SANCTUARY

Newsletter of the White Memorial Conservation Center Vol. XXXVIII No. 3 Summer 2020

> Museum Hours: The Nature Museum is closed until further notice.

For Information Phone: 860-567-0857 E-Mail: info@whitememorialcc.org <u>www.whitememorialcc.org</u>



The Next Generation ~ Ray Belding teaches his granddaughter Helena, how to hand feed a nuthatch.

Everybody Loves Raymond ~ **Birding Legend Ray Belding** By Fran Zygmont, Photos Courtesy of Ray Belding

I met Ray Belding when I was 12 years old. It was a Sunday in May and a bird walk at White Memorial with the Litchfield Hills Audubon Society. They say first impressions are lasting impressions – with Ray that is certainly true.

If you know Ray, you know what I mean. If not, let me tell you.

Ray is a longtime resident of Torrington. He devoted much of his life to improving the lives of troubled youths as a social worker at Naugatuck High School and surrounding areas. He has this way about him to identify an individual's interests and provide them guidance and a path to making change to make the most out of their lives – a life saver. I found a personal connection to this that I realized in later life. I was so passionate about birds in my early years (age 12 - 20), but lost connection with the natural world. Cars, money and job were more important to me. Although making a living was important, Ray pointed out not to lose sight of my hobby, the environment and my passion for birds. He was right!

Ray and birds...match made in heaven. I don't know when Ray got his passion for birds and the environment, but he has certainly made his mark on both the community and personally from those perspectives. Let's start with the community.

In June 2005 Ray received the 'Outstanding Service' award from the Litchfield Hills Audubon Society (LHAS) for his 31 years of service. In today's terms, that is almost 50 years! The short list of his accomplishments with LHAS includes President (twice), Vice President, and multiple terms as Recording Secretary, Nominating, Field Trip, finance and Bylaws committees for several years.



You were born with wings... Ray Belding by Gerri Griswold

The longer and more impressive list includes the National Audubon's Christmas Bird Census Compiler for the Litchfield area since 1977! Equally impressive is the Duck Ramble leader since 1976 – more recently led by our mutual friend Greg Hanisek.

Ray's reach extends beyond Litchfield as he chaired the Audubon Council-an important group focused on Connecticut's aviary and environmental health, and, representing National Audubon to further conservation within and beyond Connecticut's walls. More recently, Ray's famous Wednesday walks with Ray are well attended and often visit White Memorial to experience the diversity of species that can be found on its grounds.

Beloved LHAS members commented that "Ray is always there when you need him and even at times when you don't" (Rick Hannon, nephew and past LHAS President). Ann Orsillo remarked "Ray is modest, is committed to LHAS, birds and environmental stewardship and always enjoys what he does...a voice of reason and comfort."

On a personal level, Ray enjoys birding in northwestern Connecticut throughout the years and is devout to entering his current and past sightings into eBird. eBird is a citizen science conservation site to contribute bird sightings to a database specific to tracking populations and occurrences of birds across the world.

Ray is also an avid world travelertouting a life list of over 3,500 species of birds and a visitor of over 25 different countries. I had the pleasure of going on one of his South American adventures in 1995 - Venezuela - after MUCH prompting. I am not a fan of places that have poisonous animals and only seafood so it did take a lot of convincing. Needless to say, I'm healthy and came away with so many memories (some cannot be shared here) that I would do it again.

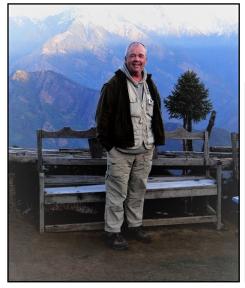
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Dave Tripp, a long time birder, close friend of Ray's and international birding traveler commented: "Bud is the best birding companion. We have traveled together many times both locally and internationally and have experiences that one could only wish. Sharing the Purplecrested Turaco in 2005 on a trip in South Africa – Ray's 3,000th life bird – is just one of the many highlights."

Dave and I are planning to take Ray back to the tropics –Brazil – and joining us will be up-and-coming birder Nic Main from Thomaston (and frequent visitor to White Memorial). We hope COVID does not derail our plans for 2021 (it already did for 2020).

In summary, whether it is Ray's wit, his joy for life, interest for helping others or his passion for birds and travel or even his mom's famous clam casserole, you need to take the opportunity to be in his presence to see what life is all about. You are missing something!

Oh, I almost forgot...later in 2020 we (Gerri, Dave and I) are working on a fireside chat to roast Ray and to share life and times. We welcome you to join us and to participate with your stories with an extraordinary man and conservationist.



Trekking the Himalayas ~ Nepal



Black-eared Puffbird ~ Venezuela



From Ray's Journey to the Land Down Under



South Africa

Ray and White Memorial By Gerri Griswold

"For years I was Lois Melaragno on weekends in the Museum." I howl at the thought of Ray Belding being the greeter of guests entering the Museum. Not that Ray is a curmudgeon, mind you.; it's just the way he tells a tale. It's that "theater of the mind" thing. Ray Belding is a funny man.

Fran Zygmont painted a beautiful portrait of Belding and the impact he has made on generations of birding enthusiasts not just here in Connecticut but around the world. I first heard of Ray Belding when I was a teenager. In the weekly *Foothills Trader* newspaper was a calendar. A frequent offering was an "Owl Prowl with Ray Belding." For years, Ray has engaged beginners and novices alike on White Memorial trails leading bird walks. Ray served as a Conservation Center Trustee for seven years and frequently volunteered at Family Nature Day.

The Conservation Center is beyond grateful to Ray for the many kindnesses he has shown us through the years. It is an honor to call this fascinating man my colleague and my friend.



Ray and Helena on the Boardwalk



Thank You Corporate Members!

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<u>Reflections During an Unprecedented Event</u> From The Staff of The White Memorial Foundation and Conservation Center



Mike Berry and Kelly Orr ~ Maintenance

Mike ~ This pandemic has not changed too much of my day to day. I am still able to go to work, on the woods crew here at White Memorial. Our usual routines do not require us to interact too heavily with the public, but I am more aware of where people are and keeping my distance. There has been an increase in the number of visitors to the foundation property. Most people are here to enjoy the outdoors in a time where much else is unavailable and that is wonderful. I do get frustrated about the people that come and have no respect for the land and the rules in place. Many people still walk the boardwalk even when it is closed. I hope these people don't prolong this pandemic for us all.

I am beginning to really miss traveling after weeks of the stay at home orders. Normally my wife and I travel three weekends out of a month to places in New England. I am ready to be able to go camping again. We have cancelled a trip to Montana that was supposed to happen in July after years of planning. We found out today Nature Day for 2020 is cancelled. It is sad and unsettling to think this will be lasting well into the fall. I look forward to being able to share life with family and friends again.

Kelly ~ This pandemic has been unlike anything I have heard about, or experienced. It still sometimes feels as though it is not real. When the weather is really nice, and I'm driving in my car it is easy to forget that the life as we knew has changed. Arriving to places like the grocery store, or work are stark reminders. Everyone is in masks, afraid to interact or greet anyone. At work, at Arethusa Farms, making cheese, we have been split up into groups of three to limit our exposure to others. We can not take lunch breaks with other teams, or be near them without a mask on. I consider myself extremely lucky to still be working. Many of my friends and family are out of work, until an unknown further date. Even more work from home. There are some silver linings to it all. People are spending more time with their kids, getting outdoors more, and remembering what is most important. There is always a lot of good in the world at times like this, and that will be what pulls us through. We are all looking forward to a time where we can share a meal with friends and family, and walk free of protective gear and fear in public.



Lori Ciocca ~ Sunday Gift Shop Manager

Last night a bear ran through my backyard. A hopeful bear? It was not the bear that broke into my coop on the first day of the stay at home order, Friday March 13th (what luck)! Just a bear looking for some bird seed.

As a para-educator I kind of feel like that bear when looking for tools that can help my students learn from home. A lot of searching around and then, yes, I found the exact thing that they might need. I miss the tough days the most. The days that test my patience.

As the bear ventures out on his evening course, as I to the grocery store, to find our favorite meal the chaos begins to build as I stroll by an empty shelf that normally would hold the ingredients I need. In the bear's case an empty bird feeder, does he attempt the chicken coop again in broad daylight? No, he keeps

running, stopping every other living creature around him dead in their tracks, just as I do in the grocery store, with my masked face and gloved hands, when I let out a dry cough. In the chaos of it all I start grabbing whatever is in my path. What in gods name am I doing? Come on, the damn bear moved on, you can too. Adapt, improvise, create opportunity as the bear does. Be the hopeful bear.



James Fischer ~ Research Director

Like most people, this has been an extraordinary time for me. When I look back at my journal entries trying to glean poignant memories, I am noticing that there was quite a bit of confusion in the first days. But there were two things that served as my ballast. As you might expect, I could always look to the natural world for observations that demonstrated to me that some things are reliable. The seasonal patterns that occur every spring. Trout lily are some of the first wildflowers to bloom and Eastern Phoebe arrived on schedule. Adult Caddisflies emerged as soon as the ice melted and immediately performed their mating flights in the morning and then wait in the nearby trees until the sun climbs to the zenith. A warm sun high in the sky means that egg laying commences. The female Caddisfly lands on and dances across the water surface while depositing the next generation until she reaches a rock along the shoreline to continue the practice over again. Yet, the Creek Chub lurks beneath wait-

ing for one to float by so that they can get a chance to eat. Other plants and animals were slow to show themselves because it was a colder than average month of April but once the warm temperatures arrived so too did the other things that I look forward to seeing.

The other consistency was how the Foundation and Conservation Center would remain available to everyone. It was obvious from the outset of COVID that people saw White Memorial as a place where they could turn to as a sanctuary. A refuge for the wild-life and for people. A place for the natural processes to continue and a place for people to share their experiences, albeit in the virtual realm. Alain and May White's gift in memory of their parents continues to give us what we each need most, remaining relevant.

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<u>Reflections During an Unprecedented Event</u> From The Staff of The White Memorial Foundation and Conservation Center Continued from page 3



Pam Genarelli ~ Office Manager

Spring break never ended!

I'm grateful that my youngest decided to stay home instead of going on vacation for Spring break. We celebrated when she finished the last final of her junior year.

I'm grateful that Aska, the restaurant my daughter worked at in New York closed two weeks earlier than other restaurants. Bri is spending her time grocery shopping for a neighbor and teaching us how to live a vegan life style.

I'm grateful for Bolivar, my daughter's boyfriend, who was able to leave his job in New York. He is spoiling us with good company and amazing dinners.

I'm grateful to my husband who opens the Deli (Litchfield Catering) every day with a smile. After 30 years, I still don't know how he does it.

I'm grateful for White Memorial, that gave us the ability to work from home. Without the systems that are in place it would not have been as seamless as it has been.



John Grabowski ~ Campground Manager

In my lifetime I recall measles and polio vaccines, tuberculosis tests, cold war nuclear preparation tests, the Vietnam War, the assassinations of John and Bobby Kennedy and Martin Luther King Jr., 9/11 and the Mideast war that continues today, But if someone told me kids can't play in playgrounds or go to school and people can't go to church, that you can't get a haircut and you have to follow arrows in grocery stores and you have to wear masks and stay six feet away from people and wash your hands for twenty seconds, I would say "That's a good science fiction story". We will get through this because humans make the most out of any situation, for example someone gave me a mask with an eagle handpainted on it. Stay Healthy.



Gerri Griswold ~ Director of Administration and Development

What a surreal experience. I am hoping, once the dust settles, that we not forget how much being out in Nature meant to us during the Great Pandemic of 2020 and how this tragedy exposed the best of human nature... the local caravan parades, the hearts hanging in every yard in support of our frontline workers... but also the worst.... I found the hoarding a bit over-the-top. I could not believe how disrespectful so many people were when the Little Pond Boardwalk was closed for their safety, yet they ignored the barriers and climbed over.

There are few I know who have an "at home" office as lovely as mine. Perched above a pond, binoculars always within reach, watching spring's cast of feathered characters arriving, has been such a joy. I am deeply grateful to The White Memorial Foundation's Board which steadfastly supported us

through this unprecedented period because, "That is what Alain White would have done." It was extremely important to us that the Conservation Center remain relevant and ever present while being shut down. Our virtual programming has been as demanding and as rewarding as our normal programming.

I spent time in my kayak and read incredible books. A biography about avian artist Rex Brasher has been my favorite. On a soggy Sunday, my dog Bradley and I searched and found Brasher's grave in Gaylordsville! Cemeteries are good places to visit during pandemics! Each week I tried to do something for someone less fortunate: dropping off dinner to unemployed friends, donating to the local shelter, or putting a little money into the coffers of another organization that was struggling, supporting local restaurants.

Many conversations I've had with people involved the abundance of wildlife they had never witnessed in their backyards before. I mention that there actually is a party going on in their yards every day. The only difference is that the humans are now working from home to experience it.



Lukas Hyder ~ Interim Executive Director & Forest Manager

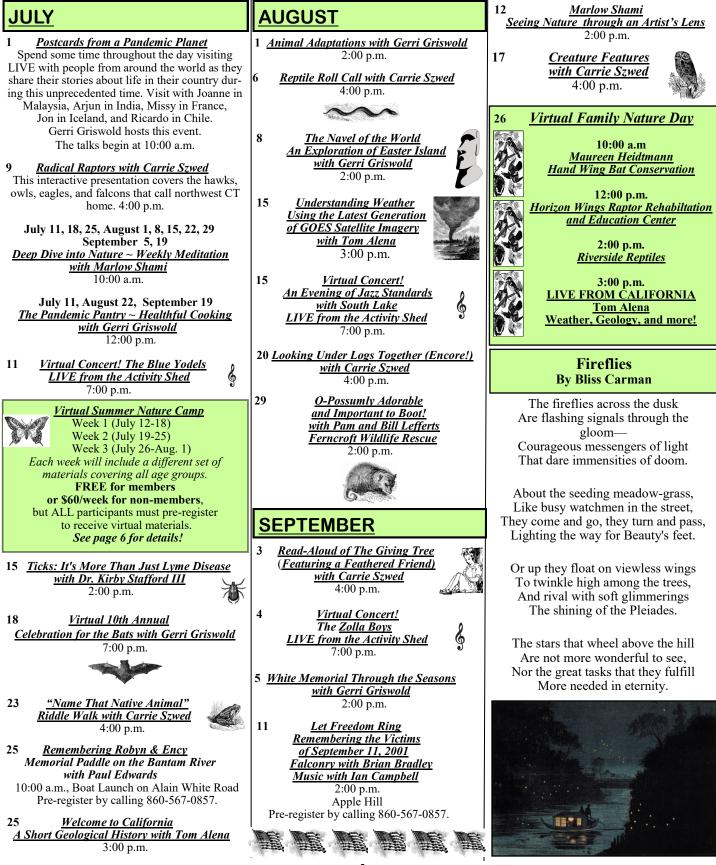
It was the best of times and the worst of times. This seems to describe my experience for the last two months dealing with the coronavirus and its effects on the workplace. As I transitioned into a new role, it was the best of times because everything was very quiet. Staff worked from home, programs cancelled, buildings closed; an ideal time to learn the ropes without distraction. But it was the worst of times due to the unprecedented nature of these times. Everything is new and hasn't been done before and there seem to be more questions than answers. Keeping people safe is the biggest priority, which led to some difficult decisions including cancellations and closures. My job is made easier because everyone is pitching in, innovating, and adapting very well to this new normal. A big thank you to the White Memorial staff.

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Summer 2020 Calendar of Virtual Events

All programs will be available via ZOOM and simulcast on Facebook Live!

For more information, please call 860-567-0857 or visit our website ~ <u>www.whitememorialcc.org</u>



Reflections During an Unprecedented Event From The Staff of The White Memorial Foundation and Conservation Center Continued from page 4



Lois Melaragno ~ Administrative Assistant & Gift Shop Manager

Some of the things that I've found difficult during this pandemic are having to distance myself from my neighbor who has Covid, not being able to hug my kids and being limited as to when I can walk my dogs. I also worry about my two disabled siblings who have underlying conditions, and my niece who is a nurse at St. Frances Hospital. On the positive side, while being allowed to work from home, I felt safe and was able to have my animal companions with me which is a huge comfort. A big shout out to all the doctors, nurses, hospital workers, first responders, grocery store workers, tow truck drivers, mechanics, and truckers who do their best to keep us going. And I am very grateful that the veterinarians are available for our fur babies.



Marlow Shami ~ Community Outreach Coordinator

Aside from my usual outreach work, phone calls, and emails, I was especially challenged and gratified to revise or compose new guided meditations to live-stream Saturday mornings. Developing the Deep Dive into Nature meditation series aided my negotiating of these stressful times. Each meditation required reflection on how tending our inner landscape supports the peace and resilience needed as we proactively and safely face the pandemic. Meditation themes included Nature as Mentor, Building Healing Relationships, Natural Centering, Cultivating Devotion, and Mindful Eating & Living.



<u>Carrie Szwed ~ Education Director</u>

The pandemic hit our area just as we were coming up on what I call "field trip season" here at White Memorial. April, May, and the first half of June are typically the busiest months for school/group programming. Unfortunately, all in-person groups had to be cancelled. In an effort to still connect with teachers/group leaders and students across the area, I offered 3 options for education programming: a free, shareable "Nature's News" video clip every other week, highlighting natural phenomena occurring at the time; the option to set up live, interactive virtual lessons with classes via Zoom or Google Meet for a small fee; and the option to request pre-recorded lessons of the leaders' choosing, again for a small fee. Teachers could integrate any of these education offerings into their distance learning curricula. For those school districts that had already paid for their field trips or outreaches in advance, I emailed them several pre-recorded lessons throughout the Spring, such as "Seeds, Please," "Measuring Our Impact," and "Take a Hike."



Tim Tallon ~ Maintenance

Besides driving alone (in a work vehicle), and having the trails very busy, COVID-19 hasn't affected me much at work. Although the constant search for toilet paper and hand sanitizer became a real issue.



The White Memorial Conservation Center and take advantage of the member discount, along with free admission to the Nature Museum, a discount in the Gift Shop, and receipt of the quarterly newsletter and calendar of events. Your tax-deductible fee will help sponsor programs. A family membership is \$60.00 per year and an individual membership is \$40.00. per year.

https://whitememorialcc.org/individual-and-family-membership/



Upon registration via whitememorialcc.org, families will be emailed a virtual camp "backpack" full of nature activities, including:

- pre-recorded demonstrations of games, crafts, and outdoor activities - "guided" hikes throughout the Northwest Corner, showing you where to start, what to look for, and stunning views from the top!
- meet-and-greet videos with live animals
- Zoom links to live interactive programs, allowing us all to learn and socialize with each other

- pre-recorded storytime sessions



Sign up for: Week 1 (July 12-18) Week 2 (July 19-25) AND/or Week 3 (July 26-Aug. 1) Each week will include a different set of materials covering all age groups.

FREE for members or \$60/week for non-members, but ALL participants must pre-register to receive virtual materials.

In her continuing series, **Zoë Greenwood** helps you find small ways to help the environment.

I just didn't expect it. I didn't expect the fiftieth anniversary of the first Earth Day would coincide with a global pandemic named Covid-19. Did you? I thought there would be plenty of rallies and opportunities to get together and talk about what improvements we had made and how far we still had to go. I was wrong.

What surprised me was not the cleaning and disinfecting and wearing masks and gloves. That just made sense. It didn't even surprise me that smart business people and restaurant owners jumped on board quickly with the "new" way of shopping- curbside pickup. It didn't surprise me that package stores were considered essential, right up there with food and prescriptions. What surprised me was the people. Now, granted, I am just one person, living with just one other person and we don't entertain that much. But the people I came into contact with were willing to jump on and do the right thing for everyone by staying home and staying safe. As Americans, we are pretty much able to go where we want and when we want, no questions asked. We are not limited by much. In the grocery store, it was common to see waiting while someone selected just the right kind of chips or the correct avocado. The toilet paper thing baffled me for a bit, I mean, really? But, heck, there are people who panic when it is going to snow two inches! Plus, I found an online company that makes TP out of bamboo! I'm on their waiting list.

What HAS surprised me and filled me with unbelievable joy was seeing kids outside playing again. It surprised me to see the number of "forts" being built with lawn chairs and old blankets. It surprised me to see so many adults throwing balls or riding bikes and hiking! It surprised me that there were so many people wanting to walk on the boardwalk at WMF that it had to be closed! It surprised me that people were home more and cooking more and baking more and gardening more. It surprised me that "old-fashioned pursuits" like puzzles and board games and knitting and embroidery were making a comeback. Baking bread is one of the "new" passions. That's why there isn't any flour or yeast in the grocery stores. But people are adapting to doing more with less. Learning how to use natural yeast or baking powder or making flour-less chocolate cake. Talking on the phone to distant friends and relations has become paramount to so many people's well-being.

Now, I know I am a bit of a Pollyanna and that this period of social distancing has been unbelievably difficult on many people, not just the front-line people and people out of work. There are no words to adequately convey my feelings for those in need: mentally, spiritually, financially and physically. I know that people have lost loved ones and have been unable to grieve in the traditional way. I can't even comprehend what that must be like. It's been hard on everybody coming to grips with the "new" norm; changing the way we work; changing the way we live. But just maybe it is a good thing, too. In many ways, the Earth is breathing better than it has in decades. Air pollution is down by at least 17%. The air in a lot of places is clearer because everybody is off the road. Maybe people are appreciating the way things *can* be if they change the way they live their lives. Maybe not shopping for entertainment is making people realize that many of us already have enough. Maybe having to figure out how to do things in a new way is a good thing. It certainly has been mind bending! Helping your child go to school online has proven more than difficult, for some. But just perhaps on some level the kids are feeling more connected to their folks. Maybe finally cleaning that closet or painting that room or reading that book has helped some people realize that taking a breath and a break from the way we have been doing things might have benefits that go beyond what we can see.

Maybe Covid-19 is a way of forcing us *all* to *make a difference*.





WHITE MEMORIAL CONSERVATION CENTER, INC. 56th ANNUAL MEETING MINUTES May 15, 2020

The 56th Annual Meeting of the White Memorial Conservation Center, Inc. was called to order by President Diedrick at 3:35 pm., on May 15, 2020 at the White Memorial Foundation office; with the Board of Directors attending remotely via Zoom.

The minutes of the May 3, 2019 Annual Meeting were approved as previously distributed.

Mr. Samponaro presented the report for the Nominating Committee. For member of the Board of Directors for a term of three years: Mary Skilton. For members of the Education and Activities Committee for terms of three years: Debbie Goepel, Chrissy Steward, Jo-Ann Wood, and Lisa Dietrichson. For members of the Education and Activities Committee for a term of one year: Tom Clark, John Markelon, and Lisa RoBerge. Upon motion of Mr. Gault and second by Mr. Samponaro the Secretary was authorized to cast one ballot for the slate as presented.

As there was no further business, upon motion of Mr. Schoelzel and second by Mr. Morosani, the meeting was adjourned at 3:41 pm.



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