



The Canton Land Conservation Trust, Inc.

Spring/Summer 2019

Newsletter

Edited by Gail Deutsch

President's Message

Your Land Trust has been busy during this past year.

We held our annual dinner in March, a tradition started in 2008. We changed the location to Seasons Restaurant, in Avon. I'm happy to report that the new location was a great success with our largest turnout ever. Our attendance is still growing. I think the combination of our most successful ever auction, managed by Barry Deutsch, and our great speaker Anne Hall, contributed to the success.

Earlier in the year, we held our annual Christmas tree sale and moonlight hike events. The moonlight hike was so successful our main concern for next year is making sure we don't over publicize it. As always, we are extremely grateful to Larry and Elenor Smith for allowing us to use their property for this event, and to Jen Mason and the large number of volunteers who make the event a success.

Several board members attended the Connecticut Land Conservation Council conference. With over 500 participants, this is the largest land trust conference in the country. Each of us attended several sessions, all of which were excellent. One intriguing session covered Pollinator Pathways, which tries to create contiguous corridors of both public and private properties

with native plants to provide nutrition for pollinators. We are in the initial stages of turning this into an initiative for the Canton Land Trust and for other organizations in Connecticut.

The hike of the month initiative has been very successful! We try to arrange a hike each month on Land Trust properties, and hike leaders often do far more than just lead the hike from one point to another — some hike leaders concentrate on identification of flora and fauna, while others have emphasized points of historical interest.

I'm also happy to report that we have a new property. Albert Reid has donated property located at 96 Cherry Brook Road. Although modest in size, it is contiguous to our Pratt Place property. The stewardship committee has been discussing plans to improve the Pratt Place property and the addition of this neighboring piece will significantly help those plans.

Sincerely,
Stephen "Phil" Philbrick, President,
Canton Land Conservation Trust

P.S. Please visit our website at cantonlandtrust.org. In addition to providing information about upcoming events and maps of our properties, you may become a member or renew your membership online via credit card for added convenience.



EVENTS & ACTIVITIES

Annual Dinner

On March 26th the CLCT held its annual dinner at Seasons Restaurant in Avon, a new venue that was enormously well received by our guests. We entertained a record number of attendees including many new faces and friends. An hour of socializing included browsing the silent auction items, more donations from the community than ever before. We once again thank Barry Deutsch, former president and director, for his determined efforts to gather as many articles as he did. There were all sorts of wonderful offerings from art to a kayak to maple syrup to backpacks and gift cards! The auction had about 90 prizes and the proceeds exceeded \$3900. The Board did a great job in gathering prizes.

CLCT appreciates these kind, generous donations from our supporters and thanks them, one and all. Thanks, as well, goes to Ms. Rachel Antonucci, Canton High School music instructor, who provided us with a small jazz band of high school freshmen who entertained us with their talent.

After a delicious dinner of many offerings, we were enlightened by our speaker, Anne Hall, Ph.D whose topic was "Flowing Wealth: The Historical Usage of Canton's Streams and Ponds."



We're delighted to report that while we had a record in attendance and a record for fundraising that evening, our biggest thrill is that it was fun to see so many folks enjoying an evening meeting

new friends and being there to support the Land Trust. We thank you all for attending and we hope we'll be able to sign you up next year, too. Please consider inviting friends to join you! We so appreciate your interest.

We thank the following individuals and businesses for contributing to the evening's event:

Alan and Anne Duncan	John Chevalier
Alla & Garry Tilton	Judy Cantwell
Avon Hair Company	Larsen's Ace Hardware
Avon Prime Meats	LaSalle Market
Benedorm's	Luna & Lotus Yoga
Blumen Laden	Manny's Simsbury Pizza & Family Restaurant
Boston Red Sox	Marandino's Food Market
Bristol Farms	Max's Restaurant Group
Buon Appetito	Midas Auto Service
Cake Gypsy	Mikado's Asian Bistro
Canton Auto Exchange	Mitchell Auto Group
Canton Clayworks	Moto Photo
Carol & Co.	New Hartford Diner
Cherrybrook Pizzeria	Orvis Stores
Coffee Trade (Avon)	Petals and Paws
Collinsville Canoe & Kayak	Raime H. Weber
Collinsville Farmers Market	Roaring Brook Nature Center
Cook & Kozlak Flooring Center	Rootz Organic Salon
David Kubas	Sandra Jacobus
David Sinish	Sarah Faulkner
Dynamic Auto Works	Saybrook Fish House
Frank and Betty Stanley	Season's Restaurant
Giv Coffee House	ShopRite
Gresczyk Farms	Simsmore Tennis
Harold Mullins	Ted Cowles
Hartford Stage	Theresa Barger
Hartford Yard Goats	Trader Joe's
Harvey & Lewis	Tulmeadow Farms
Hickory Ledges	Welden Hardware
Jane Latus	West Hill Beach Club
Jay Kaplan	West Street Wines
Jeff Brewster	

Many thanks to the evening's underwriters:

The Miller Craig Feibel Nature Endowment, Collinsville Savings Society and the Avon Veterinary Clinic

Anne Duncan

Bristol Farms Celebration



Bristol's Farm became the 50th farm to be protected by the CT Farmland Trust, with a well-attended celebration at the farm on

Saturday, June 15th. Under beautiful, sunny skies farmer Josh Bristol led a tour of the farm. He described their crops, farming methods, and explained some of the science behind their work. It was fascinating to learn that different colors of "plastic mulch" -- soil covers -- can be used to do more than warm or cool the soil. It

turns out that silver mulch delays insects on onions, and red mulch improves the yield of tomato plants. He also described their irrigation methods, crop planting plans, and how they "share" their crops with wildlife.

Protecting the farm was a long-term, collaborative effort. After the tour each of the funders described their participation in working with the Bristol family to



purchase the agricultural development rights to 27 acres of the farm. In all, this protection was almost 20 years in the making. Representatives from the four funding groups were Elisabeth Moore of the CT Farmland Trust; Phil Philbrick from the Canton Land Conservation Trust; Tom Seigny and Bill Volovski, Selectmen from the Town of Canton; and Commissioner Bryan Hurlburt from the CT Department



of Agriculture.

The Canton Land Trust participated in both the discussions and funding for the protection, and is delighted that this Canton historic landmark will now remain as a farm in perpetuity.

Sarah Faulkner

Connecticut Trails Day Walk

In spite of a forecast that called for possible showers and thunderstorms later in the day, twenty-two participants joined CLCT board members Nate Cantwell and Jay Kaplan for this year's Connecticut Trail Days walk on the Tommy Ryan Trail and the Sun, Wind and Woodland property.

Thanks to board member, Harold Mullins, for serving as trip photographer.

After Nate Cantwell's brief history of the settling of

Sun, Wind and Woodland by the farmers who once called this hill home, Jay Kaplan opened the walk with a brief history of the ten acre "bunny cut," now in its third year. While New England cottontails are not to be found on the property, the cut has achieved its desired effects in bringing birds that thrive in brushlands and early successional forest back to the area. The bunny cut now hosts eastern bluebird, prairie warbler and indigo bunting, birds that breed in this type of habitat, but not in mature forest. The cut is also awash in wildflowers such as the delicate blue-eyed grass and is home to an array of butterfly species like the pearl crescent.

After but a short time in the cut, we entered the woods and picked up the Tommy Ryan Trail. Nate discussed some of the area's history with respect to farming and the unusual piles of stones that can be found throughout the property. The woodlands provide nesting sites for other species and the flute-like song of the hermit thrush could be heard along with the calls of red-eyed vireo and ovenbird. The group wondered what might have devoured a wild turkey as a multitude of feathers were found right along the trail. Perhaps a single great horned owl feather provided one possible suspect? Darkening skies made it an easy decision to take the shorter route back to the parking lot. It never did rain, and many in our group, being from out of town, vowed to return to take this and other CLCT trails in the Ratlum Mountain area.



Jay Kaplan

Monthly Hikes

Vernal Pools (Latin; vernalis, spring or springtime, youthful) are small temporary bodies of water, formed by snowmelt or rainwater, that dry up during the warmer days of late spring or early summer, although some may persist longer, depending on their size and the air temperature and humidity. These pools harbor an abundance of life, from single celled organisms, too small to see without a microscope, to various worms,

insects, crustaceans, and amphibians.



Members and friends of the Canton Land Conservation Trust hiked to some vernal pools at the

Uplands property and, using nets and strainers, surveyed these life forms and found the larva of frogs, probably Peepers and/or Wood Frogs, in large numbers, along with damselfly nymphs and other insect larva, indicating a healthy vernal pool habitat. We did not find Spotted Salamander eggs or larva, nor other species of salamanders, but we can check on this in a few weeks, and almost certainly find developing salamander larva.



The amphibians and insects must metamorphose quickly, before the pools dry up, their lives depend on leaving the pools as air breathing adults, not the dissolved oxygen breathing gilled nymphs that are confined to a life in water. Amphibians and some insects have been

doing just this since at least the Carboniferous Period, some 350-400 million years ago. By the Permian Period, 300 million years or so ago, amphibians were widespread and abundant, hence the "Age of Amphibians" name for this ancient time.

The Spotted Salamanders, after they mature into air breathing adults, will spend their lives mostly underground (hence their common classification as one of the "mole" salamanders) or beneath the leaf litter of the forest, venturing out at night to hunt for their prey, being carnivorous/insectivorous. They will return to vernal pools to reproduce the



following year, in late winter or very early spring, after the ground first thaws, and only at night, during a moderate to heavy rain. This is why most people have never seen them.

Tom Noonan

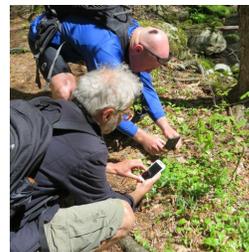
Botanical Hike

It was a perfect May morning for a jointly-sponsored hike with the CT Botanical Society. Attended by 19 folks, we slowly



meandered along the trails at the Swan Preserve, identifying and listing all the species of plants we could find. Many May wildflowers were out -- long-leaved bluets, Jack-in-the-Pulpits, wood anemone, hellebore, Solomon's

seal, and much more. They even found one ramp (but did not eat it!). The Botanical Society members came from all over Connecticut and, with plant guide-books in hand, had a wonderful time inventorying our plant diversity on this gorgeous property.



Future hikes will be listed on the CLCT website, announced through CLCT email blasts, and Town of Canton emails. If you're not on our email list, please send an email with your contact information to any of our

Board's officers. We hope more folks will join us soon for monthly hikes!

Sarah Faulkner

PROJECTS & CONSERVATION INFORMATION

Land Trusts Team Up to Help Pollinators

Canton Land Conservation Trust directors are teaming up with the Simsbury Land Trust and others to bring the Pollinator Pathway program to the Farmington Valley.

Designer Sarah Bergman, of Seattle, created the Pollinator Pathway idea in 2007 to help pollinators by connecting preserved open spaces with pollinator-friendly, pesticide-free plants, shrubs and trees. In response to pollinators' decline due to climate change, habitat loss and the prevalence of pesticides, Bergman sought to



connect fragmented landscapes by creating pollinator habitats on public lands and private property.

She sought to form pollinator pathways to connect national parks, which offer the biodiversity plants, insects and birds need to thrive. Most pollinators can only travel about a half mile, so the pathway sought to plant native trees, shrubs and perennials that offer food and shelter at every stage in the life cycle of pollinating insects, birds and bats.

Donna Merrill, executive director of the Wilton Land Conservation Trust, read about the idea and brought it to Connecticut by partnering with area land trusts, conservation commissions and watershed associations. There are Pollinator Pathways extending across 27 towns in Fairfield County and in Westchester County, New York.

Canton's Land Trust has begun the process of working with the Canton Conservation Commission, the Roaring Brook Nature Center, the Farmington River Watershed Association, Canton Public Schools and the Cherry Brook Garden Club to bring the initiative to Canton and Simsbury. While we're starting our work with Simsbury, both land trusts plan to engage conservation commissions, land trusts, garden clubs and others in neighboring towns.

We'll work to identify existing preserved land, such as CLCT property, and create pathways to connect the land. We'll then seek grants to help purchase native plants that we can offer to homeowners and landowners along the pathway and ask that they plant these pollinator-friendly plants and refrain from using pesticides.

Anyone who is interested in participating in this effort, please contact CLCT Director Theresa Sullivan Barger at tsullivanbarger@gmail.com

Theresa Sullivan Barger

Removing Invasive Barberry

If the site of the invasive Japanese barberry overtaking the understory of forests and sprouting along the Farmington River Trail isn't enough to disturb you, consider that barberry bushes are tick magnets.

Researchers at the Connecticut Agriculture Experiment Station found that stands of barberry harbor 12 times the number of Lyme disease-infected ticks per acre than those free of barberry. Small rodents like chipmunks and white-footed mice like the protection from predators that the thorny bushes provide, and these rodents are reservoirs for the organism that causes Lyme disease.

Barberry bushes became ubiquitous in residential yards, office parks and shopping centers because they're deer resistant. Their lack of appeal to deer helps barberry flourish while native shrubs feed the growing deer population.



Invasive plants compete with and overtake native species, decreasing the habitat for native wildlife, according to the Connecticut Invasive Plant Working Group. The more diverse any habitat is with plants and animals, the healthier the habitat will be. The healthier the habitat, the more resistant to pests.

To effectively remove barberry and other invasives, first protect yourself from ticks by minimizing skin exposure. The 8-legged nymphs are about the size of poppy seeds and are hard to see. Lyme-infected nymphs engorge themselves with blood then drop off their hosts.

When removing barberries from your yard, don't toss them into the woods, use your compost bin or the town landfill's yard-waste pile. The seeds and roots can easily take root and you'd just be spreading the problem. Ideally, dig up invasives before they flower or fruit. Removing them at the first sign of spring flowering will prevent them from fully developing the seeds that lead to reproduction. But even if they've flowered, the sooner they're removed the better.

After cutting off the branches and digging up the barberry plant, place all parts into a black plastic bag, tie it shut and keep the bag in the sun for at least two weeks. The solar heat in the bag will kill the seeds. Once the plant is completely dead, dispose it in the town yard-waste pile or, if space allows, in the woods.

If removing barberry from a large area such as a forest floor, stack the shrubs in a large pile.

UConn Professor of Ornamental Horticulture Mark Brand, Ph.D. spent 15 years developing a sterile variety of barberry that is now available for sale. "I think the only barberry that would be completely safe is one that's 100 percent sterile and non-fruiting," Brand says.

To see the Connecticut Invasive Plants Council's list of invasive plants,

<https://www.invasive.org/species/list.cfm?id=66>

Theresa Barger

Stressed out? Take a 20 – minute 'nature pill'

(This information is taken from the Hartford Courant's article by Najja Parker).

Interacting with nature lowers levels of cortisol.

If you are feeling stressed, spending some time in nature might help, according to a new report.

Researchers from the University of Michigan recently conducted a study, published in *Frontiers in Psychology* to determine the association between nature and stress hormone level. For the assessment they asked a group of adults to take "nature pills" or to spend some time either sitting or walking in nature. After analyzing the results, they found having a 20-minute nature experience reduced cortisol levels. In fact, those who spent time outside have the greatest decrease of cortisol levels. Our study shows that the greatest payoff, in terms of efficiently lowering levels of the stress hormone cortisol, results from spending 20-30 minutes sitting or walking in a place that provides you with a sense of nature.



Mike Gotaski

ABOUT US – CLCT

Our Thanks and Gratitude to this retiring Board Member

MIKE IGNATOWICZ

Mike retired from the CLCT board in October of 2018 so he and Norma could spend winters in Arizona where they can continue their motorcycle vacations and Mike can ride his bike all winter.

Mike handled all insurance matters and worked on the IT committee. Mike also was an informal steward for the Uplands property.

When Mike shared his perspective it was usually the last word on the subject! We will greatly miss his presence on the board, but look forward to meeting him on the Land Trust trails when he and Norma are back in town.

Welcome to our newest Board members

INFORMATION ABOUT GARRY TILTON

In the early 1930s, my grandparents, Arthur and Eleanor Tilton, purchased the William Wilcox farm (built 1750 - see below) at 580 Cherry Brook Road across from the Methodist Church and an old school house just south of the intersection with Case Street.



(<http://www.townofcantonct.org/content/19186/26907/27115.aspx>). My aunt, Joan Tilton Kenney, and father, Jarvis Tilton, grew up with this farm. Over time, my grandmother added many acres to their holdings both up Ratlum Mountain and across Cherry Brook Road behind the church. Joan Kenny, who bought the farm from her parents in the 1950s and raised her family there, eventually donated a portion of this land on the mountain to the Canton Land Conservation Trust (CLCT).

Growing up, I was lucky enough to be able to visit my cousins at the farm from the time I was born, and developed a love for the farm and North Canton. When I was finally able to, I moved to Canton, where I have lived continuously for the last 42 years. In the late 1980s, shortly after the

Canton Land Conservation Trust was founded, I realized that I believe deeply that all current and future residents should have the same opportunities to experience and appreciate the land as I had, so I became a Life Member.

Together, my wife, Alla, and I have four grown children, who have all been part of the Canton community and had the opportunity to use CLCT trails and learn about nature. Our youngest was lucky enough to participate in the CLCT Trail Blazers program. It was during that timeframe (2006 - 2012) that I first served on the CLCT Board of Directors. While in that capacity, I concentrated on improving membership record keeping and communication, but also developed an interest in how we managed our stewardship role, particularly the documentation of the lands for which we are responsible.

I recently retired from The Travelers after 40 years, the last 20+ of which were dedicated to supporting the use of Business Intelligence and Analytics products. With a little more time on my hands now, I hope to resume my CLCT efforts, using that experience, to help the Board prepare and compile historical profiles, topographical and trail information (with points of interest), conservation plans, and other pertinent information about our holdings, and devise ways to provide this information easily to all audiences.

INFORMATION ABOUT HAROLD MULLENS

- Grew up on the Jersey shore
- Moved to Connecticut about 45 years ago.
- Graduated from University of Hartford
- Hobbies: hiking, cross country skiing, kayaking, climbing and bicycling
- Has lived in North Canton for 20 years
- Has 2 sons that went through the Canton School system. Sean 26, and Kyle 23
- Last books read: "The Stranger in the Woods" and "The Genius of Birds"

- Owns Atlantic Sport Group. A sales agency on the wholesale side of outdoor sporting goods.
- Married to Mary Ellen (TrailBlazer!)

I believe that all residents of Canton, especially children, should experience and explore the wonderful Canton Land Trust properties.

INFORMATION ABOUT KATIE BLAKE

Katie Blake is excited to be joining the Canton Land



Trust board! Katie and her husband Jeremy moved to Canton a few years ago and are busy building their homestead and renovating their 150-year old farmhouse. Katie brings a wealth of knowledge and a

diverse background in the conservation field. In July, Katie will be joining Highstead as a Conservationist. She will be managing various land protection initiatives, and supporting and advancing the work of collaborative conservation groups and networks. For the last five and a half year, Katie served as the Bird-friendly Communities Manager for Audubon Connecticut. She worked with numerous and diverse partners on habitat restoration projects and in creating bird friendly gardens in Connecticut schools, parks and yards. Prior to joining Audubon, Katie was the Coordinator for the MassConn Sustainable Forest Partnership. Here she conducted forest landowner outreach and managed forest protection initiatives. Katie loves birds and has spent years in the field chasing them around - from studying Terns of coastal Massachusetts to researching Swallows in Central and South America. Her favorite place to bird lately is her yard in Canton! Katie has a Master's in Conservation Biology from Antioch University New England and a B.A. in Environmental Studies from Mount Holyoke College.



Canton Land Conservation Trust, Inc. PO Box 41
Canton Center, CT 06020
www.cantonlandtrust.org

Officers

President: Stephen (Phil) Philbrick
Vice President: Jay Weintraub
Secretary: Sarah Faulkner
Treasurer: Christian Winkler

Members of the Board of Directors

Theresa Barger, Karen Berger, Katie Blake, Nate Cantwell, Ted Cowles, Gail Deutsch, Anne Duncan, Fred Feibel, Mike Gotaski, Holly Hambleton, Jay Kaplan, Jen Mason, Harold Mullins, John Pech, Scott Persing, Thom Rice, Elenor Smith, Betty Stanley Garry Tilton.

CLCT Assets as of 05/31/19

by Christian Winkler, Treasurer

Current Assets

Total Checking/Savings - \$364,233

Endowment Investment - \$454,724

Fixed assets

(land, buildings, equipment)

- \$7,186,717

Total Assets: - \$8,005,675

DONATE to CLCT - use your credit card!

Canton Land Conservation Trust continues to encourage and accept donations by cash or by check. CLCT also accepts donations and payments over \$20 by major credit cards (Master Card, Visa, Discover and American Express).

Please go to our website:

www.cantonlandtrust.org to find the DONATE NOW button, or go to CLCT's

Secure Payment Link:

<http://payments.lawpay.com/bpl/lp2525952>

For more info please check our web- site:

www.cantonlandtrust.org.

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