

To enhance and encourage  
the public use and awareness  
of Sessions Woods



Volume 12, Number 2  
Spring 2014

The Friends of Sessions Woods was established  
as an all-volunteer organization in 1998 to facilitate  
projects and programs that enhance the value of  
Sessions Woods.

Friends of Sessions Woods  
c/o Sessions Woods WMA  
PO Box 1550  
Burlington, CT 06013-1550

[www.fosw.org](http://www.fosw.org)

## FOSW Annual Meeting Features Yankee Magazine Honoree!

*Yankee* magazine recently selected native plant nursery Earth Tones, based in Woodbury, in their special section on "Spring Gardens." Coincidentally, Earth Tones will be at Sessions Woods on Sunday, April 13, from 12:30 until 3:00 p.m. for the FOSW Annual Meeting! The FOSW will be selling "Buffer," "Butterfly," and "Hummingbird" boxes of native plants. Each consists of a handmade pine box with various combinations of shrubs and perennials and will be bargain-priced for all meeting attendees! These boxes make great "Mother's Day" or "Think Spring" gifts, in addition to being a great benefit to wildlife.

Wildlife Division biologist Peter Picone will present a program on using native plants in the landscape. Both Pete and the staff of Earth Tones will show visitors plans for a rain garden adjacent to the Sessions Woods Conservation Education Center. Plenty of informative handouts will be available to provide insight on both rain gardens and native plants.

**The 2014 FOSW Annual meeting will begin with the traditional and tasty DESSERT EXTRAVAGANZA at 12:30 p.m. Participants are asked to bring a dessert to share. For more information, please contact Laura ([laura.rogers-castro@ct.gov](mailto:laura.rogers-castro@ct.gov) or 860-675-8130, Mon.-Fri., 8:30 a.m. to 4:00 p.m).**

### Why Plant Native?

1. Native plants provide food for wildlife
2. Native plants create healthy habitat
3. Native plants help preserve biodiversity
4. Native plants require less water & care
5. Native plants are beautiful!

## FOSW Board of Directors

**The Board of Directors for the Friends of Sessions Woods are elected to 3-year terms.**

*The following individual will be starting a new 3-year term:*

Paul Willis, President

*The following individuals seek to be on the Board for an initial term:*

Jan Gatzuras

Josh Peters

Dave Zabel

*The following individuals are currently in either their second or third year of their terms:*

Henry Perrault (2nd)

Heather Shirlock (2nd)

Clark Spencer, Vice President (2nd)

Cheryl Spencer (2nd)

M. Charles Bird, Vice President (3rd)

Sandy Mazeau, Treasurer (3rd)

Alissa Bumstead (3rd)

Robyn Dinda (3rd)

Ann Jesup (3rd)

Elmer Madsen (3rd)

## Do Your Part & Protect Pollinators!

In many places, pollinators are in trouble! Honey bee decline has been in the news but our native pollinators, such as many solitary and bumble bees, also appear to be disappearing. Bees move pollen from one flower to another to produce seeds within the fruits and vegetables we eat, such as blueberries, apples, cherries, peppers, and pumpkins. Wild animals depend tremendously on the seeds and fruits of many plants. In fact, the service of pollinating animals is vital to over 85% of the world's flowering plants! By providing native plants of different colors, shapes, and blooming times, you can do your part and help our pollinators!



## What's New at Sessions Woods

In late winter, Lamothe's Sugar House of Burlington leased taps on sugar maple trees at the Sessions Woods Wildlife Management Area in a location off East Chippens Hill Road. CT Department of Energy & Environmental Protection forester David Irvin oversaw the lease of the taps through a Forest Products Harvesting Permit that allows a set number of taps in an area. The CT DEEP Forestry guidelines allowed 1 tap per tree, 12-16 inches in diameter at breast height (DBH) and no more than 2 taps on a tree 18 inches or more in DBH.

Allowing maple sap harvesting is an example of the use of a renewable natural resource and an opportunity to support local Connecticut-grown products. Connecticut's sugar maple industry only produces 10 percent of the sugar maple syrup that Connecticut citizens consume.

### Be Bear Aware!

By the time you receive this newsletter, our Connecticut bears will have left their winter den sites and be foraging for food to replenish the body fat they lost over winter. Now is the time to become reacquainted with the 7 tips recommended by the CT DEEP Wildlife Division to prevent problems with bears!

- #1 **Never feed bears!** Bears that associate food with people may become bold and possibly cause property damage.
- #2 **Remove bird feeders.** Bears will eat seed that is easily available.
- #3 **Clean grills after use.**
- #4 **Do not leave pet food outside.**
- #5 **Store livestock food in airtight containers.**
- #6 **Do not add meat or sweets to compost.**
- #7 **Store garbage safely-** Keep trash bags in a container with a tight lid and store in a garage or a shed until collection morning.

# Sessions Woods Calendar of Events

*The Sessions Woods Conservation Education Center's Public Program Series is a cooperative venture between the CT DEEP Wildlife Division and the Friends of Sessions Woods. Please pre-register for these programs by calling 860-675-8130. Programs are free unless noted. An adult must accompany children under 12 years old. No pets allowed!*

## FOSW Annual Meeting April 13, 2014!

The 2014 Friends of Sessions Woods Annual Meeting is on Sunday, April 13, beginning at 12:30 with the Dessert Extravaganza Potluck. At 1:00 p.m., the FOSW will conduct a brief, 10-minute business meeting before the featured presentation. Wildlife Biologist Pete Picone will provide a program on using native plants to benefit wildlife. Special guests from Earth Tones Nursery will share plans for a new rain garden at Sessions Woods. A free plant will be given to the first 50 attendees!

May 24, 2014 (Sat.), 9:00 a.m.-3:00 p.m.

### Open Center Day

This year's CT DEEP Great Park Pursuit features an "Open Center Day" on Saturday, May 24. The Sessions Woods Conservation Education Center also will be open with a full day of scheduled, fun activities for all ages. There will be guided walks and hikes in the morning and a special salamander art activity led by local artist Judy Bird in the afternoon, beginning at 1:00 p.m. Several live salamanders will be on display in honor of "Year of the Salamander." Master Wildlife Conservationists will staff wildlife-related activities, including a wildlife track-making activity. Best of all, it is FREE!

### Thanks Newman's Own Foundation!

The Friends of Sessions Woods would like to extend a BIG thank you to Newman's Own Foundation for the receipt of a generous \$7,500 grant! The grant will be used to replenish the bus transportation fund for school field trips and to purchase new trail signs.

June 7, 2014 (Saturday), 1:30 p.m.

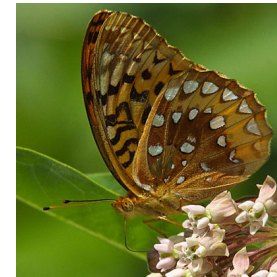
### Trails Day Hike

Since 1993, the first Saturday of every June has been designated "National Trails Day," inspiring the public and trail enthusiasts nationwide to seek out, discover, learn about, and celebrate America's trail system. Sessions Woods will be participating this year with a hike on the beaver marsh trail to enjoy the outdoors and learn about the unique habitats at this wildlife management area. Participants will hike a mile to the beaver marsh and may continue on for a 3-mile loop or return the same way (2 miles total). Meet the hike leader at the flagpole in front of the Sessions Woods Conservation Education Center. Bring water, a snack, and wear proper walking shoes.

July 16, 2014 (Wed.), 10:00 a.m.

### Butterfly Walk

Visit the flowers and fields at Sessions Woods to identify the local butterfly fauna with Wildlife Division Natural Resources Educator Laura Rogers-Castro. Participants will learn the basics to butterfly identification, including tips on distinguishing the various butterfly families. This program will begin in the classroom area located in the exhibit room of the Education Center.



## Membership Renewal & Special Projects Fund Donations

Please Print

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Check one:

I am a new member \_\_\_\_\_

I am renewing my membership \_\_\_\_\_

Check one:

Annual Membership Levels:

Student (under 21) \$6

Individual \$15

Family \$20

Patron \$50

Corporation \$100

\$\_\_\_\_\_ Donation for Special Projects Fund  
Memberships run annually from July 1 through June 30 of the following year. Each membership receives *Connecticut Wildlife* magazine.

For new members only: Memberships received during the months of January to June are effective through June 30 of the following year.

### THANK YOU FOR YOUR SUPPORT!

We gratefully accept your contributions. Fees and contributions are fully tax deductible. My check for \$\_\_\_\_\_ is enclosed. Please send your check, made payable to Friends of Sessions Woods, to:

Friends of Sessions Woods  
PO Box 1550  
Burlington CT 06013-1550