

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



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Winter 2015

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)

## Welcome New Members!

Chris & Amanda Davis  
Tim Keirstead  
Caroline Campbell  
Chrisoper Marinelli  
Victor Neves  
Larry Tow  
Tom Burkholder  
Howard & Priscilla Solley



Black-capped  
chickadee

## To Feed or Not to Feed!

Should you feed the birds this winter? According to the Cornell Lab of Ornithology, "there is little research demonstrating either positive or negative effects of feeding birds during the winter." One benefit to people who feed birds is the opportunity to learn more about our little "feathered friends." If you choose to feed birds this winter, please maintain your feeder by washing it with hot, soapy water once every two weeks. Follow the wash with a bleach solution rinse. One part bleach to nine parts water is the general rule. A poorly maintained feeder can spread disease among birds. Be sure to thoroughly dry the feeder before refilling.

Also, be conscious of your feeder placement. Feeders placed within three feet of a window or further than 30 feet have been shown to reduce the possibility of a bird strike. Breaking up the reflection of a window with decals or ribbons also is a good idea. And, never let your cat roam freely outdoors! Cats are a leading cause of mortality to birds. Finally, be sure to put your feeder away before the bears emerge from their winter dens.

## What do School Children Enjoy About Sessions Woods?

This fall drew over 1,000 school children to Sessions Woods for field trips! The children arrived from West Bristol, Green Hills, Chippens Hill Middle (Bristol); Har-Bur Middle (Burlington); and West Woods Elementary School (Farmington). What are some of the things the children learned and liked best about Sessions Woods? Here are several (it was hard to choose!) quotes from thank you notes received by Natural Resource Educators Laura Rogers-Castro and Hillary Clifton:

*"I've learned so much about ecosystems at Sessions Woods like beavers build their own habitat"*

*"I really enjoyed going into the museum and looking at the animals"*

*"I learned that you had to trap turkeys to bring them back to the state"*

*"I think that you provide such wonderful habitats for the animals. It really is a beautiful place to be"*

*"Thank you for teaching me that there is an animal named fisher. I seriously didn't know these things until you told me"*

*"Thank you for showing us what it is really like out there"*

*"I liked to touch the furs from different animals"*

*"I really liked the stuffed bear in the museum"*

*"I've learned that over half of Connecticut is forested"*

*"You were awesome!" "I also really liked doing the hike"*

*"The field trip couldn't have bine (been) any better. You taught me so much. I like the forest even better now because of you"*

*"You were very kind and informitive (informative). You made me want to go to Sessions Woods again"*

## In Memoriam: Robyn Dinda

It is with great sadness the FOSW announces the passing of Director Robyn Dinda. Robyn had been a member of the Board of Directors for over 2 years. She completed the CT DEEP's Master Wildlife Conservationist Program in 2009 and volunteered many hours assisting with outreach efforts. Robyn was a great advocate for getting adults and children outdoors. Her Junior Audubon students and their parents enjoyed collecting insects, looking for salamanders, watching birds, and just exploring Session Woods. Robyn's enthusiasm and support will be sorely missed. The FOSW has established a fund, in honor of Robyn, to support educational programs and exhibits at Sessions Woods. Donations can be made in her memory.

## What's New at Sessions Woods

- Look for the beautiful snowy owl mount in the first hallway glass case the next time you visit Sessions Woods. Avian Art, of Moosup, prepared the bird with funding from the FOSW. The Wildlife Division received the owl, that likely died from starvation, from a New London resident. Several snowy owls visited Connecticut last winter, in part, due to a strong breeding season.
- Adam Hushin secured funding and built several bat houses to complete requirements for an Eagle Scout project. One of the bat houses was erected in the lower marsh at Sessions Woods. Be sure to look for it the next time you walk the trails.



# 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 (laura.rogers-castro@ct.gov). Programs are free unless noted. An adult must accompany children under 12 years old. No pets allowed!

### February 28, 2015 (Saturday), 1:30 p.m. Bluebirds

The eastern bluebird, one of the most loved and beneficial birds, declined in numbers from the late 1800s through the 1980s. One significant contributing factor to this decline was the lack of suitable nesting cavities. Master Wildlife Conservationist Fred Lowman will provide an informative discussion on bluebirds as Fred shares some of his success stories. He also will provide tips for getting bluebirds to nest in your backyard, too. Bluebird nest boxes will be available for purchase through the FOSW.

### March 29, 2015 (Sunday), 9:30-11:30 a.m. Fungi as Medicine

Join the Connecticut Valley Mycological Society during their annual meeting at Sessions Woods. Nutritionist and herbalist Alison Birks will present "Fungi as Medicine," a look at the many kinds of fungi that can be used as part of a holistic approach to maintaining your health. During the program, Alison will highlight some of the most recent scientific discoveries about this amazing group of organisms and discuss how she uses them in her clinical practice. The Mycological Society's meeting will include a coffee and refreshments period at 9:30 a.m., with the presentation from 10:00 to 11:00 a.m. Questions and answers will follow the program.

**Save the date:  
April 26, 12:30 p.m.  
FOSW Annual Meeting  
Dessert Potluck &  
Program**

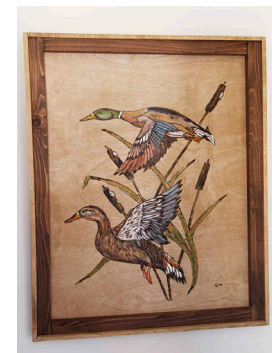
### April 11, 2015 (Saturday), 1:00 to 3:00 p.m. Backpacking Workshop

Join Friends of Sessions Woods Director Jan Gatzuras for an introduction to backpacking. This workshop will provide the essentials for beginners to learn about equipment, clothing, food, water treatment, and suggestions for beginner backpack trips. Participants will learn how to safely camp and secure food from wildlife. The resources available to identify wildlife encountered during outdoor activities also will be discussed. Backpacking is healthy, provides an opportunity to spend time outdoors, and is a great way to explore Connecticut's beautiful natural resources.



## Woodburnings on Display

Photographer and Artist Gary Melnysyn is displaying a collection of woodburned wildlife pieces he created in the Art Gallery Hallway at Sessions Woods. His subjects include, bears, moose mallards, mountain lion, wolf and other wildlife. Each piece is available for sale with a portion of the proceeds to benefit the FOSW. Prices range from \$50 to \$200.



## Membership Renewal & Special Projects Fund Donations

Please Print

Name \_\_\_\_\_

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Town \_\_\_\_\_

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

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Check one:

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

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

Annual Membership Levels (Check one)

\_\_\_\_ Student (under 21) \$6

\_\_\_\_ Individual \$15

\_\_\_\_ Family \$20

\_\_\_\_ Patron \$50

\_\_\_\_ Corporation \$100

\$\_\_\_\_\_ Special Projects Fund Donation

\$\_\_\_\_\_ Robyn Dinda Programs & Exhibits Fund Donation

Memberships run annually from July 1 through June 30 of the following year. Each membership receives a *CT Wildlife* subscription.

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