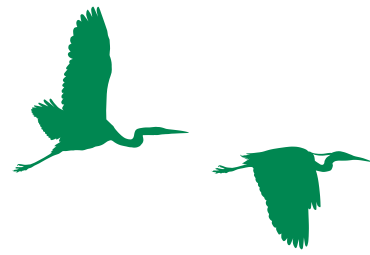


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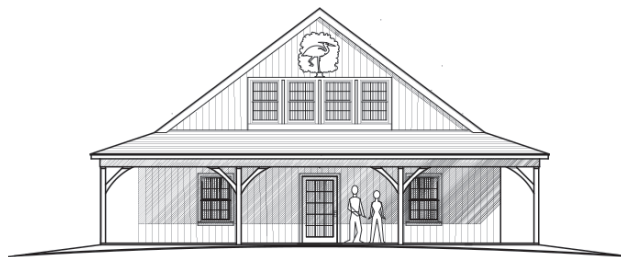
Lyme Land Trust

SPRING 2022 NEWSLETTER

A Home for the Lyme Land Trust

By Jonathan Butler, *Land Trust Director, Chair of the Building Committee*

Community is the word that came to mind when the Board of the Lyme Land Trust first began considering building a shelter for its many functions. We give thanks for so many folks in our community who have contributed: to Steven Mattson, our First Selectman, for identifying a potential site lying in a commercial zone between the Hadlyme four corners and our Banningwood Preserve; to Barbara David, who donated the land; to our Board alumnus Andy Baxter, whose very generous gift will help ensure that we can complete construction using only funds donated to us specifically for that purpose; to members of the Board, whose suggestions helped clarify our objectives; and to the many members of our design and construction team, who shared time and imagination to help pave the way for a building that will serve our community for many years to come.



View from the street. Elevations by Jonathan Butler.

Our building will include a three bay garage for landscaping equipment, much needed storage space and offices for our Executive Director, Kristina White, and our Environmental Director, Sue Cope. A meeting room will accommodate education, board meetings, and gatherings. The hillside will be a learning center for ecological landscaping.

We hope to begin construction over the summer and enclose the building for completion before cold weather. We are grateful to our builder, David Tiffany, for leadership in assembling a talented construction team. We have zoning

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Long-exposure star trails centered around Polaris. Photo by Parag Sahasrabudhe from our Lyme Land Trust Dark Sky Site. See more information on page 5.

The End of Night

By Douglas Nielson

In the past decade, night has disappeared from many parts of the world. More energy-efficient LED lights have replaced incandescent bulbs, but this change has introduced many new environmental problems. While warm white incandescent lights were generally 2700 kelvins at most, LEDs—particularly in outdoor residential, and commercial use—are more often 3500 to 4100 kelvins (called “bright white”) or up to 6500 kelvins, literally bright enough to read by.

Such lighting contributes to three kinds of light pollution: *skyglow*, when inadequately shielded bright light reflects off buildings and the ground, lighting up the night sky; *glare*, when bright lights cause the pupils of the eye to contract, diminishing the depth of field and lengthening reaction time; and *light trespass*, when your neighbor’s lights or commercial lights shine in your windows, possibly disrupting sleep.

Once we could see over 2,000 stars with the naked eye; now it’s rare that we can see more than thirty, even on a cloudless night with no moon.

But there are even deeper problems:

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Photo by Wendalyn Hill

Upcoming Tuesday Treks

Join us for a refreshing morning walk on a Lyme preserve led by a board or staff member of the Lyme Land Trust. We meet at 9:30 every Tuesday, and walk for about two hours.

Reservations are required. Contact walk leaders listed below to reserve. The walks are moderately easy unless noted. Bring a water bottle and dress for the weather. Unless otherwise noted, meet at preserve parking lot. Inclement weather cancels. For details, please see our website: lymelandtrust.org/tuesday-treks/

May 10, Selden Creek Preserve.

Tony Irving, anthonyinlyme@gmail.com

May 17, Banningwood Preserve.

Sue Cope, sue.cope@lymelandtrust.org

May 24, Hartman Park. Meet at Field Entrance.

Wendy Hill, openspace@townlyme.org

May 31, Brockway-Hawthorne Preserve.

Kristina White, kristina.white@lymelandtrust.org

June 7, Thach Preserve.

Sue Cope, sue.cope@lymelandtrust.org

June 14, Pleasant Valley Preserve.

Tony Irving, anthonyinlyme@gmail.com

June 21, Selden Creek Preserve.

Wendy Hill, openspace@townlyme.org

Check out the "Explore" Tab

We encourage you to visit the Land Trust website for the latest news and upcoming events, and for preserve brochures and trail maps. The next time you visit the website—lymelandtrust.org—be sure to check out the "Explore" Tab in the main menu. Scroll down and you will find webpages with photos and videos, including the three educational videos we have produced with Mike Zarfos, recordings of Zoom programs, plus amazing Trail Cams and Preserve Highlights. Brand new under the Explore tab is the page "Helpful Resources," where you can find links to all kinds of interesting information.

A Home for the Lyme Land Trust

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approval for the project, and a site plan developed by our Civil Engineer, Tom Metcalf. Geothermal energy, water retention and reuse, permeable site materials and native plant materials are all part of our responsible approach to developing the new home for the Lyme Land Trust. We look forward to having you join us on the hill.



View of garage and meeting room.

Upcoming Youth Programs

Outdoor Fun with Regan Stacey

Environmentalist/artist Regan Stacey volunteers to lead three Lyme Land Trust programs for youth which meet monthly during the school year. She has children in the Lyme/Old Lyme school district and is founder of Awaken the Forest Within, a mindfulness-based practice that helps reconnect people to nature. To register or for details about the programs: reganstacey@gmail.com.

Saturday, May 14, 11:00 a.m.-1:00 p.m.: Hiking Club for middle schoolers. Register to learn location. Bring lunch. This is a drop-off/pick-up program. Parents are welcome to walk the preserves on their own during club time.

Saturday, May 14, 1:00-3:00 p.m: Sapling Club: outside play for elementary school-aged kids at Banningwood Preserve, 19 Town Street. Parents are welcome to stay or drop-off/pick-up.

Sundays (various): The Tree Collective. A program designed to engage young conservationists ages 14-18 in outdoor fun and education while working to maintain trails.

Summer 2022: "Read Beyond the Beaten Path"

Lyme Public Library summer reading program. The Lyme Land Trust will participate by providing programs, including two events by the Lyme Land Trust Astronomy Program on July 5 and July 29. Regan Stacey will provide a nature-related program. Stay tuned for more details.

Meeting Some Gentle Friends

This past February, Pamela and William Lefferts, licensed wildlife rehabilitators with Ferncroft Wildlife Rescue in Woodstock, CT (ferncroftwildlife.com) who specialize in opossum rescue, visited us with a few friends, and shared their knowledge about these misunderstood gentle creatures. Opossums are non-aggressive animals that help clean up the environment by eating grubs, carrion and ticks. For more information on animal rescue, and to find information on animal rehabilitators, go to the lymelandtrust.org website. From the dropdown tab “Explore,” select “Helpful Resources” and click on the options under the headings at the bottom of the list: Wildlife and Small Mammal and Opossum Rescue.



Melody with Patch the Opossum.

QUEST FOR THE QUOTE

Have you taken the Lyme Land Trust challenge to follow the Quest for the Quote?

To find the quote, decipher 18 clues that bring you to locations throughout many of the Lyme Preserves (preserves cooperatively owned and or managed by the Lyme Land Trust, the Town of Lyme and The Nature Conservancy). At each location, you will find a sign with a word associated with the spot. Once you’ve collected all the words in order, you’ll have the quote. Submit the contest form with the full quote and you will be added to the Wall of Honor!

The challenge runs through June 1. Find the list of clues at our website: lymelandtrust.org/quest-for-the-quote

Imagining Lyme 2022 Update

We invite you to share your favorite photos of the natural beauty of Lyme. This showcase for photos now has four seasonal categories: Winter, Spring, Summer, and Fall. We will award three photos of distinction each season based on emotional impact and creative design. Each year, a People’s Vision Award will be chosen by voting on the website. The submissions will be celebrated with an annual public reception.

Photos may be taken in Lyme in either Lyme Preserves owned and/or managed by the Lyme Land Trust, Town of Lyme, and The Nature Conservancy or in pollinator/wildlife habitat; this could be a backyard, preserve or in a Lyme Pollinator Pathway garden.

Be sure to check out the tips from Joe Standart and guests to expand your ideas, and view the stunning photo galleries at imagininglyme.org.

Season

Photos taken in Spring

Photos taken in Summer

Photos taken in Fall

Deadline

June 30, 2022

Sept. 30, 2022

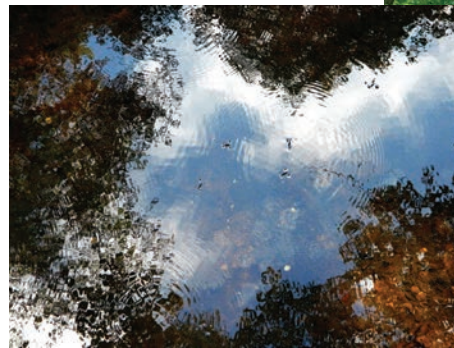
Dec 30, 2022

Summer/Fall 2021



Peoples Vision Award:
Mushroom in the Forest (Beebe Preserve) by Rochelle Davis.

Photos of Distinction in the “Depth” category



Water Bugs in the Water, (Selden Creek Preserve) by Lindsay Pettinicchi.



Gorgeous Greens (Chestnut Hill Preserve) by Diana Fiske.

Our Hidden Landscapes: Archeological and Ceremonial Stonework

Wendolyn Hill, *Land Trust Vice President*

On February 27, Dr. Lucianne Lavin, Director Emeritus of Research and Collections at The Institute for American Indian Studies in Washington, CT provided an illustrated presentation of the various stone structures left behind in our woods. Her focus for the talk was the built ceremonial stone landscapes of the indigenous populations that have inhabited New England for more than 10,000 years. Interest in this subject was strong; the webinar attracted a large audience. If you missed this fascinating presentation or want to watch it again, a recording of it has been posted to the Lyme Land Trust website.

The landscape of Lyme is crisscrossed with stone structures that are the remains of thousands of years of human history on the landscape, from the earliest indigenous populations to the agriculture of the 19th century. Stone walls and foundations built since colonial times for agriculture and shelter have been widely recognized and admired. What Dr. Lavin revealed to us were the stone structures created by indigenous people long ago for sacred and ceremonial purposes. No one knows how old these structures are, but artifacts from one site in Connecticut were carbon-dated to 3,000 years ago. The original purpose of the Lyme site creators has been lost but much can be surmised by the practices of indigenous people in Connecticut and around the world. Unfortunately many of these sites are being damaged or destroyed, largely through the actions of people who are unaware of their significance.

Dr. Lavin stressed that as environmental stewards of our land, private and public, it is important that we learn to identify these fragile structures, so we can help protect and preserve them from future destruction. It is a legacy that we all share. When you recognize these sites, do so with a sense of curiosity and wonder, but also with respect for the history of the artifacts and the significance that they once held for the people who built them. Artifacts and their placement tell a story. Digging, removing them, altering the placement, or adding stones destroys the story forever. Climbing on or toppling rocks can cause considerable damage to walls and structures already exposed to a great many threats. Please leave stone walls and stone structures undisturbed in the woods.

If you want to learn more about how to recognize these sites, watch the video “Hidden Landscapes” on the Lyme Land Trust webpage. Dr. Lavin’s award-winning book, *Connecticut’s Indigenous Peoples: What Archaeology, History and Oral Traditions Teach Us about Their Communities and Cultures*, is available where books are sold and can be borrowed from the Lyme Public Library.

Note: This past March, documentary photographer Markham Starr led a walk in Jewett Preserve to see ceremonial stonework built by the indigenous population that lived in this area for 12,000 years. Native Americans built several distinct types of structures in our area, ranging from cairns to stone serpent effigies, and these spiritual offerings remain standing in now long abandoned woods. Starr is the author of a dozen books, including *Ceremonial Stonework: The Enduring Native American Presence on the Land*.

Rain Garden to be Installed at Reed Landing

Reed Landing is a small open space property owned by the Town of Lyme on the east bank of the Eightmile River in the Hamburg Bridge Historic District. The district, originally named Reed’s Landing when it was settled by Europeans around 1710, affords some of the most beloved scenic views in Lyme. The lot owned by the Town is open to the public for wildlife viewing, fishing, and kayak or canoe launching.

The Landing has been maintained as a cultivated lawn with shallow roots and sparse leaf cover that does little to impede stormwater that flows from Joshuatown Road and Old Hamburg Road. This May, Lyme Pollinator Pathway (LPP), with the professional help of New England Pollinator Gardens, will be asking volunteers to help install a dry swale rain garden of native plants.

Rain gardens are designed to slow the velocity of stormwater runoff, control erosion and filter pollution. This project will be an educational showcase and an example to follow in your own yard. You can strategically place rain gardens to absorb and filter stormwater pollution that runs off impermeable surfaces such



Reed's Landing by George F. Bottume, c.1850, now hanging at the Lyme Town Hall.

as driveways and roofs. These native plantings not only protect water quality, but also provide habitat for a variety of pollinators and other wildlife. And with less grass to mow, carbon emissions are decreased.

Lyme Pollinator Pathway was recently awarded a grant to help with the rain garden from the Eightmile River Wild and Scenic Coordinating Committee. LPP is an initiative of the Lyme Sustainable Committee, which is appointed by the Lyme Board of Selectmen. The Lyme Land Trust is a member and supporter of LPP.

The End of Night continued from page 1

Energy waste: even though LEDs burn one-sixth the energy of incandescent bulbs and last longer, much energy is wasted by burning lights outside when they are not needed and burning much brighter bulbs than necessary.

It's estimated that about 35 percent (3 billion dollars yearly) of residential outdoor electrical use is wasted, either by being overly powerful or poorly shielded.

Human health: melatonin, needed for healthy sleep, is released by the pineal gland only at night. A recent AMA study suggests that even a small amount of blue-white light—coming from computers, smartphones, iPads, TVs, or lights shining into a bedroom from outside—will prevent melatonin from being released, causing us to eat more and gain weight, and increasing cases of diabetes, heart disease, and auto-immune diseases.

A simple fix for nighttime computer users is to adjust your computer's light so that it emits a warmer color after dark. For a Windows computer look for Night Light Settings in the Display menu. On a Mac computer, in system preferences, look for Night Shift.

Effect on wildlife and ecosystems: light pollution harms mammals, birds, insects, amphibians and reptiles, all life forms that depend on the cues of bright natural light to trigger reproduction, migration, feeding and predation. Millions of years of evolution have encoded these behaviors into animal and plant DNA, which are now disrupted by bright artificial light at night, playing havoc with animals' ability to navigate, causing birds and insects to fly off course, often smacking into brightly lit buildings. Endangered sea turtle hatchlings which normally head for the sea after seeing the bright horizon over the ocean at night, are now lured by bright lights inland, causing millions to be crushed by cars.

Insects—our most vital pollinators—which pollinate 80 percent of all flowering plants and 75 percent of food crops, are

dying in unprecedented numbers. Key pollinators such as moths now circle bright lights endlessly, dying—or being killed—before they can lay eggs.

Plant life is also negatively impacted by bright lights interfering with normal seasonal cues such as when to flower or when to produce fruit. Mutations are more common and less fruit is produced.

Public safety? Why do we need such bright lighting outside? Most people will say that it is a matter of public safety—yet *there is no evidence that increased public lighting deters traffic accidents or crimes. Most property crimes occur in the daytime.* Glare can in fact be dangerous by momentarily blinding us, making it more difficult to readjust to low-light conditions.

What can I do? If you must have outside lights, limit the number of lights, install motion detectors and timers so that lights are on only when needed and not for the entire night. This is not only much cheaper but a more effective crime deterrent.

Replace your brighter outside LEDs with bulbs that are not more than 2700 kelvins (warm white light) and not more than 800 lumens. These lights are not expensive and are readily available. For most household applications, a 40 watt soft white bulb of 460 lumens should be sufficient for outdoor fixtures. Recently, low kelvin amber LED lights have been introduced.

Shield your lights and aim them so they shine on the area you want to illuminate and not up into the sky or into your neighbor's house.

Urge your neighbors and local businesses to follow the recommendations of the International Dark-Sky Association.

For more information see:

Sag Moraine Presents Adam Kreuzer of the International Dark Sky Association: Saving Our Night Sky on YouTube.

International Dark-Sky Association site: darksky.org

Astronomy Program Hosts Observing Sessions

The Land Trust hosts nighttime observing sessions around the new moon. This winter we had several challenges from Mother Nature, but our core group managed to grab some outstanding astrophotos nonetheless. Stay tuned for announcements for future sessions! The astronomy program is spearheaded by Alan Sheiness and Scott Mallory. Visit our website lymelandtrust.org/our-dark-skies to learn more about the program, and upcoming events.



Lyme Land Trust Dark Sky Site. Photo by Roger Charbonneau Jr. from our Lyme Land Trust Dark Sky Site.

Curious About Coyotes?

Anthony Irving, *Land Trust Director*



Curious coyote captured on Anthony Irving's trail camera.

The establishment of coyotes (*Canis latrans*) in Lyme is reshaping woodland dynamics as their activities and behaviors greatly influence the forest ecology. To get more insight into this apex predator's potential impact I attended a Zoom presentation by wildlife researcher Chris Schadler who brought into focus the important role coyotes play in a healthy landscape.

She has studied wolves for 40 years and, more recently, the introduction of coyotes into the northeast where they colonize former wolf ranges. Coyotes are in the same genus as wolves, and the eastern coyote, weighing an average of 45–55 pounds, is larger and more wolf-like in appearance than the western variety. Here are some of her points pertaining to their behavior and life cycle.

- The eastern coyote is over 60% western coyote, 8-30% wolf and up to 10% domestic dog. Dog matings are generally unsuccessful as domestic dog DNA restricts survival ability in the wild.
- Pack territory is several square miles depending upon the food supply and time of year. Territories do not overlap.
- A coyote pack is a family affair, consisting of a single mating pair, yearlings and pups.
- Pairs mate for life, are mostly monogamous and breed once per year in winter, all of which control pack size and limit

population. Yearlings disperse within a year to establish new territories and find mates.

- Pup mortality is high—50-70% in the first year. The life span for adults in the wild is four years on average.
- Coyotes are opportunistic omnivores, although mainly carnivorous. Insects, berries, rodents and small mammals, including rabbits and sometimes fawns, are hunted in spring and summer. In winter, weakened or injured deer are targeted in addition to small mammals, although deer and other roadkill are the primary diet year-round. Coyotes will also take cats and small dogs within their territory, especially at night when the pack is most active, so please be aware.

Coyotes are self-regulating in that their population is defined by food availability and abundance and whether a territory is occupied by another pack. I saw my first coyote in Lyme about 25 years ago when deer numbers were high as evidenced by the sparse forest understory and the heavy feeding on landscape plantings around our home. More recently the coyote population appears well-established and stable, and my observations, especially in the last five years, indicate that deer numbers are falling, putting them more in balance with the forest flora. Whether this is due to coyote abundance, as they fill in territories, or other factors relating to deer survivability, is unclear.

We have all heard family packs howling, especially at night, to call the pack together, to advertise their territorial presence to other packs or just for the fun of it. Perhaps this is indicative of an ecological balance returning to our woodlands after more than 250 years, as this apex predator reinhabits its niche within the landscape.

CT Trails Day Activities

Pollinator Meadow Celebration for Families

Saturday June 4, 11:30 a.m.–1:30 p.m.

Riverside Preserve, Salem Rd., Lyme

Sponsored by Lyme Land Trust &

Lyme Youth Services Bureau.

Register with LYSB: lysb.org

Seed bombs sown in 2021 have sprouted and wildflowers are growing in the meadow. Come see the pollinators at work. Join Lyme Pollinator Pathway for this family/kid-friendly program. Children must be accompanied by an adult. Pizza Party, Pollinator Meadow Tours, T-shirts for first 24 kids to register.

Introduction to Forest Bathing

Saturday June 4, 10:00–11:15 a.m.

Banningwood Preserve, 19 Town St., Lyme

Contact: regan@reganstacey.com

No charge, registration required. Curious about forest bathing? On CT Trails Day, come dip your toes into this Japanese-inspired practice of “taking in the forest atmosphere.” Slow down, awaken your senses, and enjoy the wonders of nature as you deeply relax in the forest. You’ll be guided on a gentle, mindful stroll. Certified forest therapy guide, Regan Stacey, will offer you a series of sensory-opening “invitations” designed to help you connect with the natural world in your own authentic way. Leave your stresses behind and connect with the healing powers of nature. The walk is about a half-mile over easy to moderate terrain.

THE LYME LAND TRUST NEWSLETTER

Published by The Lyme Land Trust, Inc., PO Box 1002, Lyme, CT 06371
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Tour de Lyme 2022

June 5, 2022



Photo by Joe Standart

The Tour de Lyme starts at 7 a.m. on June 5 at Ashlawn Farms, Bill Hill Road. Please join us for this annual cycling event with beautifully scenic routes for all ages and levels. Delicious food, local brew, and blues music are awaiting our riders when they come back after enjoying rides through the hills of Lyme and surrounding towns. For more information, visit the website TourDeLyme.org.

The Lyme Land Trust inaugurated Tour de Lyme in 2013 as an annual bike ride to raise funds to support its mission of preserving and protecting environmentally important land in Lyme.

In Memoriam



Photo by Joe Standart

Andy Baxter

We at the Lyme Land Trust recently lost one of our most ardent and generous supporters—Andy Baxter, who died in February after battling a long illness. Andy was a member of our Board for 13 years beginning in 2005 and served as our Treasurer and later Vice President.

Andy didn't just have opinions. He had convictions. And he acted upon them. One of his strongest convictions was that the Land Trust's mission of preserving land in Lyme of great conservation value was vitally important and merited strong community support. And as our Board member, he could always be counted on to have his own original and valuable points of view in service of that mission.

Year in and year out, Andy was a generous contributor to the Land Trust's causes. Shortly before he died, he gave us a major gift that will help ensure that the Land Trust's new home in Hadlyme (see front page article) will be built solely through donations given to us for that specific purpose. He understood that our land stewardship obligations run in perpetuity and that having storage facilities and offices for our staff, equipment, volunteers and board members is vital to meeting those obligations.

Whatever the endeavor, Andy was always all in. Considering the breadth of his interests and activities and of the positive impact he had on our lives and on so many of our organizations, he truly was a Man for All Seasons. We will greatly miss him!



Lyme Land Trust

PO Box 1002, Lyme, Connecticut 06371



Do you use Amazon? Consider selecting us as your nonprofit of choice to receive a percentage of every eligible product you purchase, at no charge to you! Visit smile.amazon.com. Thank you!

Events Calendar

All events subject to change. Dates and times will be posted on the Land Trust website, and may be announced by press release, email, and Facebook page. Contact: education@lymelandtrust.org (unless noted otherwise below).

May Flowers Forest Bathing at Hartman Park

Sunday, May 22, 2:00-4:00 p.m.

Registration: \$32, includes the program and tea. Lyme Land Trust members receive 15% off with the discount code LLT15. To register, see website or contact regan@reganstacey.com. Meet at Field Entrance.

We will stroll along the forest and streams of Hartman Park and take in what nature has to offer. The walk is about one mile over easy to moderate terrain. Mindful invitations to connect with nature will be offered along the way. The walk concludes with a flower blossom tea.

May Astronomy Observing Session

Friday, May 27, 8:00 - 9:30 pm

Register to learn location: scott.mallory@gmail.com.

See website for more information.

Come join us at our Lyme observing site for an evening of stargazing. See the beauty that is the uniquely dark sky of Lyme. Park in the designated area and walk to the observing field with its amazing panoramic views of the heavens. For your comfort, dress for temperatures 10-20 degrees lower than forecast. No white lights at the field site, please.

An Afternoon at Ballek's Garden Center

Sunday, June 12, 2:00-3:00 p.m. (Food truck 10 a.m.- 3

p.m.) 90 Maple Ave., East Haddam

Register: Lymepollinator@gmail.com

Nancy Ballek will speak about which plants to choose for your pollinator friendly landscape and will be available for advice on selecting plants from Ballek's extensive nursery stock.

Limited to 40 participants. Each will receive a coupon for 10% off pollinator planters, Ballek's selected pollinator/native plants for the event, and pots/containers. *The Lyme Land Trust is*

a sponsoring member of Lyme Pollinator Pathway, an initiative of the Lyme SustainableCT Committee.

Lyme Land Trust Annual Meeting 2022

Friday, June 17, 6:00 p.m.

Clucas Field, Brush Hill Rd. Park in the field.

Registration required: Kristina.white@lymelandtrust.org

Please join us for our Annual Meeting, which will include the nomination of new Board members, annual financial report, presentation of the Volunteer of the Year Award, video highlights of this unusual year and live music. Light refreshments will be served. Bring a chair and enjoy a lovely June evening in Clucas Field. The meeting will be virtual on zoom if weather is inclement.