

The Warren Conservator

Spring 2017



From The President's Desk

Dear Friends and Neighbors,

By the time you see this newsletter in your mailbox, spring will hopefully have sprung for good. It's been a winter with a fair share of drama, and not just in terms of the weather. For example, we most certainly are living in an eventful and highly politicized moment.

As president of the Warren Land Trust, I have the honor of representing an organization that has always represented a spectrum of political viewpoints. Regardless of where our directors and members stand politically, however, we are united in our dedication to our land conservation mission. That means preserving open space - fields, forests, and farmlands - in the form of land donations and conservation easements. It also involves recreational and educational

programming that helps get our community out and enjoying the great outdoors and beauty of nature, as well as helping people understand why it's valuable to do so. I hope you will enjoy reading more about the latter subject in this newsletter.

It is also worth underscoring that the Warren Land Trust is not a political organization or a part of town administration. Rather, we are an independent non-profit organization. Our status as such prohibits us from lobbying or supporting political candidates as an organization. Instead, we are a voice in support of open space preservation and the rural atmosphere that is such an important part of our town's character. That does not make us adversaries of development: we recognize that thoughtful and well-managed development is important to maintain the town's viability and to foster economic opportunity.

Above all, we see ourselves as a fundamental part of the fabric of civil society in Warren and beyond. We voluntarily expend our time, energy, expertise, and resources in support of a cause we believe in – an effort which we believe makes our community stronger. To paraphrase the old saying, we may think globally - in a range of different ways as individuals - but we act locally together.... and take pride in and satisfaction from those actions. We hope you will join us!

Sincerely,

Rebecca

What's So Great About the Great Outdoors??

It probably comes as no surprise that land trust members, supporters, and directors enjoy being outdoors. We hike, fish, run, bike, ski, swim, hunt, snowshoe, garden, golf, kayak, and farm. And we've always known that these outdoor activities can make us feel good. But increasingly, scientific studies and cultural practices are providing additional reinforcement for what we've always sensed about how great the "great outdoors" can be.

A number of studies focus on the benefits of hiking. Most obviously, hiking is good for you physically. As a workout, hiking can burn up to 500 calories an hour, depending on the strenuousness of the trail and whether or not you are carrying a pack. As a form of cardiovascular exercise, hiking can reduce blood pressure and blood cholesterol levels. And, if you avoid steep hills, hiking can be a low-impact workout that doesn't stress joints. Finally, unlike running on pavement or a treadmill, or riding a road bike, the uneven surface of a trail means that hikers or trail runners engage their core muscles, supporting upper body strength and balance.

Hiking isn't just good for the body, however, it is good for the mind and emotions - as is being outside in general. Hiking - and spending time in nature - relieves stress, studies in the International Journal of Sports Medicine and elsewhere suggest. Longer hikes can improve antioxidative capacity, which helps fight disease; exposure to Vitamin D in the form of sunlight also aids the immune system. On an anecdotal level, outdoor enthusiasts such as Dr. Aaron Baggish of the Cardiovascular Performance Program at Mass General observe that "There's a real sense of peace and composure you get from being outside and away from everything." Research even shows that time outdoors - unplugged from technology - improves creative capacity and attention span.

Practices such as grounding and forest bathing seek to capitalize on these benefits. Grounding, also known as "earthing" involves systematically putting bare skin in contact with a natural surface (dirt, sand, etc.). The human body is then able to absorb the earth's negatively charged electrons which, some alternative medical practitioners theorize, has an anti-inflammatory and energizing effect. "Shinrin-yoku" ("taking in the forest atmosphere" or "forest bathing") arose in 1980s Japan, and has found adherents in the US, particularly in California. It, too, emphasizes the therapeutic ... *Continued on page 4*

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Warren Land Trust Mission Statement

The Warren Land Trust is a conservation organization dedicated to the preservation of the rural character of Warren. Its mission is to preserve farmland, open space, natural and endangered resources such as wetlands, forests and wildlife habitats, to encourage outright gifting of land for permanent protection and the use of conservation easements to preserve open space.

New Annual Meeting Format Is a Success!

The Warren Land Trust held its Annual Meeting at the Community Center this past November. As always, members heard reports from our officers and our committees: Land Acquisition & Stewardship, Outreach & Development, Finance, and Governance & Nominating. We reported on 2016 activities, as well as our plans for 2017 - for more details, please contact us at info@warrenlandtrust.org. Following the business portion of the meeting, we featured something new: a program and hike on the Strong Preserve, our newest acquisition. Town Historian Ellen Paul gave a presentation about the preserve's history and that of the family who owned it for many years. Board members and meeting attendees then adjourned to Above All Road, where they took advantage of a mild November day to walk the preserve, accompanied by the commentary of board member Dave Schneiderbeck.

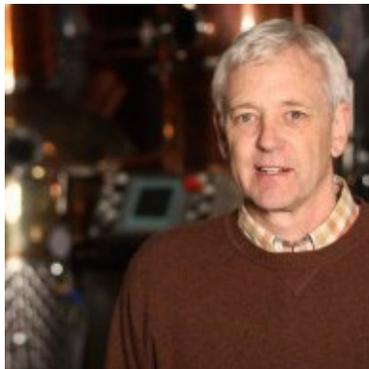


From Left to Right:
 Shannon Strong on the preserve named in her family's honor
 WLT President Rebecca Neary applauds members
 Town Historian Ellen Paul with WLT members, left to right, Paul Brown, Ellen Paul, David Cook
 Board members Dave Schneiderbeck and Laura Moore Brown after the hike

Town Clean-Up: Saturday, April 22nd - 10am-2pm Warren Community Center (Rain Date Sunday, 4/23)

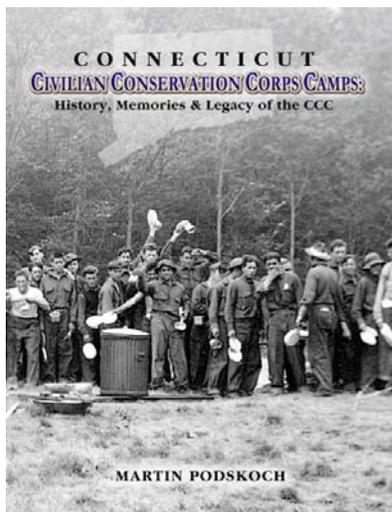
Along with Parks & Rec, we encourage you to help us commemorate Earth Day, and keep Warren's roadsides clean and beautiful! Stop by the Community Center to pick up garbage bags and rubber gloves, and select the stretch of road you'd like to work on. A dumpster will be located at the Town Garage for the refuse you collect. Refreshments will be provided at the Community Center. A great opportunity for kids to get involved in community service and enjoy the outdoors!

Thank you to Jack Baker



Although not one to seek out attention, Jack Baker is a prominent figure in Warren and beyond. One of the proprietors of Litchfield Distillery and executive vice-president of Crystal Rock Water, Jack is at least as well-known for his extra-professional endeavors: he has served on town committees, chaired the Connecticut Community Foundation and, along with his equally community-minded wife Pam, received a Patron of the Arts award from the Governor. In addition to all of this, Jack was a longtime member of our board, who stepped down this November after over a decade or service. An avid outdoorsman, Jack was drawn to the land trust by the opportunities it provided to combine service to the community with time in the woods. For many years the chairman of our Land Acquisition & Stewardship committee, Jack was a hands-on steward of our preserves and conservation easements. During the process of our accreditation by the Land Trust Alliance, he gamely took on a less enjoyable endeavor: combing over years of land records to make sure our past transactions were in order, and generating reams of new policies and procedures to ensure that they would be so in the years to come. It is no exaggeration to say that the Warren Land Trust would not have come as far as it has without Jack's steady guidance and love for our natural surroundings. We will miss his dedication and diligence, his skills and talents...not to mention his sly humor. Thank you and best wishes, Jack!

Lecture on CT Civilian Conservation Camps



On March 12th at 2pm, the WLT, along with the Warren Public Library and Warren Historical Society hosted author and historian Marty Podskoch, who gave a presentation on Connecticut Civilian Conservation Camps: History, Memories and Legacy. The Civilian Conservation Corps (CCC) was formed in 1933 as part of President Roosevelt's "New Deal" to alleviate poverty and unemployment during the Great Depression. Twenty-one camps were established in Connecticut towns, state parks, and forests, including in the Warren area. Workers built trails, roads, campsites, and dams, stocked fish, built and maintained fire tower observer's cabins and telephone lines, fought fires, and planted millions of trees. The CCC disbanded in 1942 as men were mobilized to fight in WW II. The author regaled attendees with fascinating stories of these camps, the men who inhabited them, and the conservation and construction work they undertook. He also passed around an assortment of CCC memorabilia, from rings and hats, to yearbooks and CCC newspapers. The author's passion for his subject was contagious, and made for an engaging lecture enjoyed by his audience.



**The WLT currently holds over 650 acres under permanent protection.
IF YOU AREN'T A MEMBER OF THE WARREN LAND TRUST,
WE INVITE YOU TO JOIN NOW!!**

Becoming a Member of The Warren Land Trust is easy. Simply cut off this page and send it to our mailing address below, along with your check. We will send you a receipt along with our thanks for your generous, 100% tax deductible contribution. Please include your name, address and email so that we may include you in our email updates. Choose the type of membership you would like:

<input type="checkbox"/> Land Guardian	\$5,000	<input type="checkbox"/> Land Caretaker	\$ 300
<input type="checkbox"/> Land Grantor	\$2,500	<input type="checkbox"/> Land Protector	\$ 100
<input type="checkbox"/> Land Steward	\$1,000	<input type="checkbox"/> Family Membership	\$ 25
<input type="checkbox"/> Land Conservator	\$ 500	<input type="checkbox"/> Other	\$ _____

Email: _____

Please make checks payable to: The Warren Land Trust, Inc.

MAIL THIS FORM AND CHECK TO: The Warren Land Trust, Inc. 50 Cemetery Road, Warren, CT 06754

To join or donate online, visit www.warrenlandtrust.org

Please make any necessary corrections to your name and address on the mailing panel and submit to the WLT.



Welcome, BK Stafford!

We were recently fortunate enough to add Roberta (BK) Stafford to our Board of Directors. She and her husband Peary are longtime Warren residents. BK works as a financial advisor or at Wellington Shields & Co., and will use her skills in that arena to benefit our Finance Committee. She is an avid outdoorswoman as well – a seasoned hiker with special interest in and knowledge about birds and butterflies – so will also be an asset to our Land Acquisition and Stewardship

Committee. Outside of work and the outdoors, BK enjoys art, tennis & cooking. Welcome, BK – we look forward to working with you!

**Lecture: Jeffrey Ward
“The Importance of Trees” - April 30th
Washington Montessori School, 2pm**

From their crucial role in our local ecosystem to the recent trend for “forest bathing” as preventive medicine, trees matter. In this lecture co-sponsored with the Lake Waramaug Association and Steep Rock Association, forester and horticulturalist Jeffrey Ward will tell us why. With a doctorate in Forest Ecology and decades of experience in the field, Dr. Ward’s presentation will have compelling applications to the Connecticut great outdoors. Join us for his lecture, and stay afterwards for refreshments and discussion!



Dr. Jeffrey Ward

Seeking New Volunteers

Volunteers are very important to the Warren Land Trust (WLT). There are numerous opportunities throughout the year to help WLT. Whether you have a few hours or a full day to volunteer; whether you could attend a meeting or event, or would prefer to do something from home; whether you have a special skill or just enthusiasm, please consider donating your time to help protect Warren’s unique resources and open space.

Here are some ways in which we could use your help:

- Trails and property maintenance; lead a nature walk
- Warren Fall Festival Booth
- Town Clean Up and Swap Meet
- Write for our newsletter
- Help with mailings
- Tech support
- Event planning

We are also looking for new volunteers who can bring experience to Warren Land Trust in areas such as working with nonprofits, fundraising, finance, law (particularly CT bar), land trust operations, surveying and property inspection.

**To volunteer, please contact Rebecca Neary
(info@warrenlandtrust.org / 860-868-7939)
and indicate how you would like to help.**

If you are interested in volunteering, please contact Rebecca Neary at (info@warrenlandtrust.org / 860-868-7939), along with a copy of your resume or other description of your experience and interest.

The Warren Conservator

50 Cemetery Road
Warren, CT 06754

Email: info@warrenlandtrust.org

www.warrenlandtrust.org

Mark Your Calendars

- **4/22 - Town Clean-up**
- **4/25 - 4/26 - Give Local**
- **4/30 - Jeffrey Ward Lecture on Trees**
- **6/3 - CT Trails Day Hike**
- **9/17 - Housatonic Heritage Walk**
- **9/23 - Community Hike and Picnic**
hosted by Adil and Zarinna Mulla
- **9/30 - Parks & Rec /WLT Cider Run 5K**

*Details forthcoming on
our website and in email blasts.*

**For up to date information:
www.warrenlandtrust.org**

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Support the Warren Land Trust with Give Local!

What is Give Local?

Give Local is an online giving platform hosted by the Connecticut Community Foundation, with the additional generous sponsorship of local businesses. This fundraising campaign benefits hundreds of regional nonprofit organizations, including ours.

When is Give Local?

The fundraising campaign begins at 7 AM on Tuesday, April 25, and concludes at 7 PM on Wednesday, April 26.

How can you "give local"?

Donating is as easy as a few clicks on your computer or taps on your phone. We will send out email blasts over the course of the campaign with a link to the campaign. You can also check our website, email us at info@warrenlandtrust.org, or visit www.givelocccf.org.

Why donate through Give Local?

Thanks to the generosity of the Connecticut Community Foundation and Give Local sponsors, every dollar donated by supporters is augmented by a bonus fund pool. In addition, sponsors underwrite prizes for different sub-campaigns – \$500 to the first environmental organization to receive a donation after noon on April 26, for example. The WLT earned hundreds of additional dollars this way last year!

What's So Great About the Great Outdoors?!, Cont.

benefits of nature by "soaking up the sights, smells, and sounds of a natural setting" – as part of a guided experience, or on one's own. As one certified forest therapy guide explains, unlike hiking, which has a destination as its goal, forest bathing is "an opportunity to slow down, (and) appreciate things that can only be seen or heard when one is moving slowly." One Japanese study showed that the practice resulted in lower blood pressure, heart rate, and stress hormone levels.

So, whether you want to indulge in some forest bathing, put your toes in the dirt, or just go for a hike, we urge you to get outside! We will provide an opportunity to do just that with our annual **CT Trails Day Hike on June 3rd at 10am**. We will hike in the old Camp Francis Girl Scout Camp, which the Kent Land Trust acquired with our assistance and is now the East Kent Hamlet Preserve, 39 Kent Hollow Road. Email blasts with details forthcoming, or contact us at info@warrenlandtrust.org.

Sources: "Proof that Hiking Makes You Happier and Healthier," Huffington Post, <http://m.huffpost.com/us/entry/5584809> ; "Health benefits of hiking: Raise your heart rate and your mood," Harvard Health Blog - Harvard Health Publications, <http://www.health.harvard.edu/blog/health-benefits-of-hiking-raise-your-heart-rate-and-your-mood-2016092810414> ; 7 Scientifically-Backed Health Benefits of Being in Nature, "The Trek," <https://thetrek.co/scientificallly-supported-reasons-get-outside/>; 'Forest bathing' is latest fitness trend to hit U.S. — 'Where yoga was 30 years ago,' Washington Post, <https://www.google.com/amp/s/www.washingtonpost.com/amphtml/news/to-your-health/wp/2016/05/17/forest-bathing-is-latest-fitness-trend-to-hit-u-s-where-yoga-was-30-years-ago/>.

