

*Protecting open space in perpetuity through acquisition, stewardship, education, and advocacy*

## The Outside Is Good For Your Inside

**Going Outdoors Improves Your Health**

There's no secret to why we at the Farmington Land Trust value open land and the preservation of forests, meadows, and the other ecosystems those still-wild spaces support. We appreciate the visual splendor of the natural world and the diversity of species it harbors. We celebrate and honor our past in the preservation of historic sites. We like the legacy these open spaces will provide future generations. Green spaces offer carbon sequestration, respite from urbanity, and can serve usefully as flood plains or other functional elements of the larger landscape. We take pleasure in providing home and habitat for the myriad critters that fly, crawl, and walk through the part of the world we share with them. Those rewards are compelling enough for our members and friends that they make donations to help our ongoing preservation efforts.

There's another reason to love the land—one which we have known about, or at least suspected, all along. But this other reason has been a rather elusive concept—one that has proven difficult to verify definitively, and even more challenging to assign it a value.



As it turns out, open space is a boon to our well-being. A walk in the woods is more than a good time; it is proven beyond any shadow of doubt to be a measurably health-giving venture. And all the funding and anxiety over health care in our country and around the world begs a question: why aren't we investing in what we know makes people healthy? How do we start convincing cities and governments and perhaps even the health care industry to invest in nature from a public health perspective?

*(continued on page 3)*



*Farmington has been inhabited for millennia. This 4,000–6,000 year old arrowhead was found by Bobbie Emery near the Clatter Valley Road Parcel.*

## Farmington High School Class May Help Open a Window on our Past

Education and conservation are proving natural partners to the Farmington Land Trust. Opening some of our parcels to Central Connecticut State University professors who use the sites to teach their students how to conduct hands-on fieldwork research has proven a win-win for both the educational institution and the Land Trust. Studies conducted in mammal and plant populations, invasive plant eradication and more have provided the professors and their students the opportunity to do real-world research, and the results of those studies give the Land Trust greater insight into the ecosystems they are protecting,

A possible new venture may help open a window into the past, and deepen our understanding of the community of Farmington, which has been inhabited for some 10,000 years.

Jeremy Pilver, a teacher at Farmington High School, conducts an honors class in archaeology and anthropology. The course includes the opportunity for students to engage in actual archaeological field research, a distinction which makes his course unique in the state. Pilver has worked on

*(continued on page 4)*

## LETTER FROM THE PRESIDENT

**Great things are happening** at the Farmington Land Trust, and it's all because of the growing support from naturalists like you. Last year saw another increase in our members and contributors with over 320 joining the FLT to save the land for future generations in Farmington. It's exciting to see the growth of our membership and the support of volunteers and Farmington citizens committed to the environment and to saving the land! Thank you!

Over the past 46 years, more than 3,000 acres have been acquired for open space in Farmington. The remarkable partnership between the Town of Farmington and the FLT which made this possible is a singular achievement, unparalleled in other communities. Today we benefit from this foresight. Get out and enjoy this natural environment! Hike through the Meadows along the Nancy Conklin Trail, enjoy this spring's wildflowers at Canal Aqueduct along the Henry Mason Trail, spend time at the Douglas Mount fishing pier just off the bike trail in Unionville, or hike the Blue Trail to Will Warren's Den—all FLT properties. Unwind and reconnect with nature.

Opportunities and challenges lie ahead as we endeavor to preserve and protect this open space for future generations. Acquisition is only the first step. Stewardship of these properties and the opportunities for environmental education this land offers are a next step—a natural second partnership between the Town and the FLT.

Stewardship is essential to save the land. Once acquired, land must be maintained. Stewardship at the Land Trust takes many forms, from developing and maintaining natural resource management plans for our parcels to clearing trails. Work days on the land are a great way to connect with nature and with each other. Come join us this season on one of our stewardship days! Steward the land and your spirit too (see the cover article). Our

properties host many new activities of interest, from beekeeping by Jones Apiaries at our Prattling Pond Parcel to our newest enterprise with Clatter Ridge Farm to pasture sheep at the Bancroft Memorial Parcel—sheep love poison ivy; our stewards not so much.



The FLT is committed to environmental education—a pioneer in the collaboration between land trusts and the academic community. FLT properties are natural laboratories, where each year we partner with the biology department at CCSU to facilitate student and faculty teaching and research projects. The FLT is a leader in this effort; this year we presented examples of our academic outreach at the ALPINE conference, an endeavor which other participants were just beginning to organize. Last year, CCSU students completed an environmental survey, both plant and mammalian, of our newly acquired Clatter Valley Road Parcel. Other educational partners include Farmington High and Miss Porter's students. This year we are originating the FLT "Real2Reel" video contest for 12–18 year olds to focus their video craft on the natural world. We continue to offer hikes and events each month from snowshoeing in the Meadows to exploring the 18th century historical sites on Pinnacle Ridge, to bug boards, birding, wildflowers, owls and more.

We are saddened by the passing of Henry Mason, director emeritus of the Land Trust. "Hank" was a dedicated steward of the land he loved in Farmington. His life, (see page 5) taught all of us who knew him a deeper appreciation for the natural world.

Share the responsibility to save the land—send in your FLT membership today.

~Richard Kramer

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*Four-legged stewards will be helping to clear invasives at the Bancroft Memorial Parcel. The sheep, owned by Bobbie Emery and Ann Foss of Clatter Ridge Farm, love grazing on poison ivy and other hard-to-remove invasive plants. Across the street, in our Prattling Pond Parcel, lies our bee reserve, whose hives are tended by Becky and Ted Jones of Jones Apiaries.*



## The Outside Is Good For Your Inside *(continued from page 1)*

Currently most health care dollars go to treatment rather than prevention. But putting money toward prevention may in the long run be a far better investment in improving public health.

First, it helps to understand just how beneficial green spaces can be. In our increasingly city-centric world—where 70% of the population is expected to live in an urban area by 2050—open space, alive and green, is a proven antidote to the stresses of urban living.

One of the longest ongoing epidemiological inquiries on record, the Nurses' Health Study, followed 121,700 female registered nurses since 1976 (and 116,000 female nurses since 1989) to assess risk factors for cancer and other disease. The studies are among the largest investigations into risk factors for major chronic diseases in women ever conducted. Participating organizations from the Massachusetts medical community include the Harvard Medical School, Harvard School of Public Health, and several Harvard-affiliated hospitals, including Brigham and Women's Hospital, Dana-Farber Cancer Institute, Children's Hospital Boston, and Beth Israel Deaconess Medical Center. The study began in 1976 and included nurses from 11 states (Connecticut was one of the participants). Detailed questionnaires, completed every two years, covered broad aspects of their health including mental and physical health, health care, etc.

The resulting data can be crunched in all kinds of ways, but since the study included the locations of the subjects, some researchers zeroed in on living conditions, more specifically the subjects' proximity to green, open spaces such as parks or woodlands.

Overall, researchers found a 12% reduction in combined forms of mortality for subjects who had have greenness within 250 meters of their home. There was a slight fall off as the distance to green stretched to 1,250 meters, and beyond that a more pronounced decline in beneficial effect.

Among the findings was that vegetation's mitigating effect on air pollution reduced risks not just on respiratory illness but was also directly related to reductions in preterm births, Parkinson's, and dementia. It reduced incidence of depression by about 7%; hypertension by almost 10%. Risk of kidney disease declined 34%. Obesity was less common, cardiovascular health was better. There was less likelihood of problems in mental and emotional wellbeing. For children, the research shows that outdoor play has physical, mental, and social benefits—from decreasing the risk of developing lifestyle diseases such as obesity and heart disease, to better academic performance, increased attention span, improving self-esteem, and feeling more connected to nature. In terms of public health, green is good.

These outcomes may not result from mere proximity to greenness, but were documented in subjects who spent at least 30 minutes once a week in outdoor activity. The

nearness of green and open spaces meant that it was more likely subjects would take advantage of them.

There remains a need to put a finer point on what lies behind these findings. What is the minimum threshold for exposure to nature to yield improved health? Is there an optimal amount of time and frequency to spend engaged in outdoor activity? How much does the density of vegetation in the green area effect outcomes? Is a biodiverse forested area better for your health than a park filled with greenswards and smaller plantings of trees and shrubs?

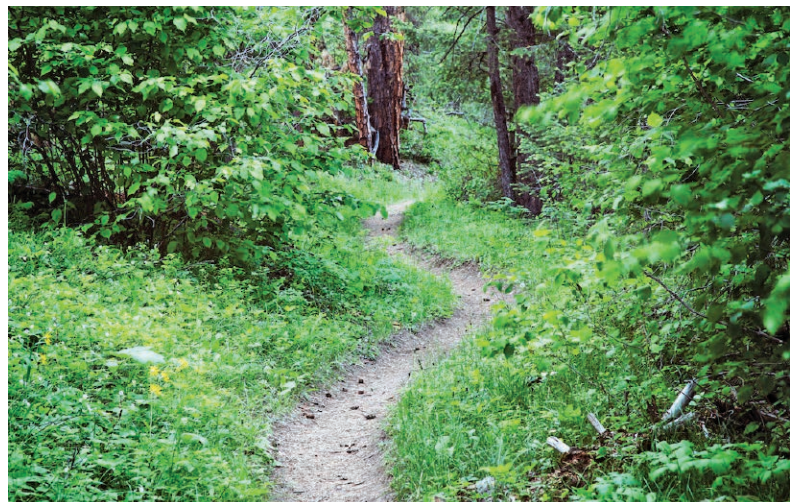
So questions persist, but there's little doubt that green spaces, like those preserved by the Land Trust and the Town of Farmington, contribute to making a healthier local population. In recognition of the outdoor advantage, at least three conservation organizations are moving toward the prescriptive use of exposure to nature to increase overall health.

Appalachian Mountain Club has inaugurated AMC Outdoors Rx, a program to provide health care professionals dedicated tools for prescribing outdoor activity, including a prescription for the outdoors and a map showing local green spaces for families to explore. The program includes an online resource with ideas for nearby outings, and eliminates the biggest barriers to getting started—cost and experience—by regularly offering local, guided programs which are free. AMC Outdoors Rx

has been funded by BlueCross BlueShield of Massachusetts, Boston Medical Center, and others. Similarly, the National Park Service has National ParkRx, and the Sierra Club has started targeting programs for inner city youth.

As these kinds of programs become more widespread and their results better known, more and more health providers may be willing to help underwrite them and, ultimately, to help financially in the preservation and stewardship of the green spaces that offer health benefits for anyone willing to take advantage of them. The open spaces owned by the Farmington Land Trust, with their proximity to the UCONN Health Center, would seem a natural venue for the kinds of cooperative research studies that would further cement and perhaps monetize the growing clarity of the link between health and the natural world.

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## Window On Our Past *(continued from page 1)*

archaeological sites all over Connecticut and has spent two summers working on a Paleolithic archaeological site in Israel that dates back to as much as 60,000 years ago.

"I wanted to share my passion for archaeology with the students and hopefully inspire others," he says. "I'm a hands-on learner and wanted to create a real-world, hands-on course at the high school."

The semester-long course follows a typical university level approach to anthropology and archaeology. "I try to provide a very holistic approach," Pilver says. "We learn about methods and process; we learn about technology and techniques, the importance of context and stratigraphy, about understanding deposition; and we learn about the importance of ethics in research."

Because Farmington has been more or less continuously inhabited for 10,000 years, it has some promising sites for research, dating all the way back to the time of the receding Ice Age glaciers. He says some of the earliest types of Clovis points (a distinctive type of stone projectile point) have been found in town.

"I like to emphasize local history," Pilver says. "I want students to understand there is a rich history of the colonial [built] era, and also a rich prehistoric history in Farmington."

Research typically involves 20-25 students, some of whom are mentors who have already completed the class. Pilver goes out ahead of time, often accompanied by the official state archaeologist, to identify likely locations and mark some specific grids for excavation. Then the students come to do their own research, conduct an excavation and examine any artifacts they may uncover. Their next step is to write a site report that includes mention of prior research, what the students found, and their conclusions and suggestions for future potential research at the site. Lastly, since their ethical responsibility includes informing the public, students host a booth of their own to share their findings at the annual Connecticut Archaeology Fair.

Anyone who attended our February moonlight snowshoe event heard Pilver talk a little about the rich history of the Cowles Parcel. His presentation led to the opening of discussions about the possibility of conducting research on a Land Trust site. Perhaps soon archaeological research on one of our sites will lead to enriching and enlarging the understanding of local history for us and for Pilver's students at Farmington High School.



*Wildflowers such as these **Dicentra cucullaria** (Dutchman's breeches) had their moment in the sun (or shade) extended this year by our long cool spring. We celebrate them each season with a walk, led this year by Steve Grant, but since many of spring's wildflowers so ephemeral, we may need two or three walks to appreciate them in all their seasonal splendor.*

## KNOW YOUR INVASIVES: Japanese Knotweed

Not many weeds lead to murder and suicide, but when it comes to invasive plants, Japanese knotweed is in a league of its own. So relentless is its onslaught that a British homeowner killed his wife and then himself after hearing that his home would lose its value thanks to the presence of some knotweed growing nearby.

Sadly, what the deceased Briton had heard about the nose dive in the value of his home wasn't true, but the presence of knotweed can impact home sales in Great

Britain. And here in Connecticut, it is as noxious and determined an invasive plant as you're likely to find. Ironically, it came to this country as an ornamental plant, and its vaguely heart-shaped leaves, bamboo-like stems, and late-season plumes of white flowers are indeed so attractive we might almost forgive its early proponent, the famed German plant hunter and botanist Philipp Franz von Siebold, for bringing it from Japan to Holland and by 1850 to the Royal Botanic Gardens at Kew in Great Britain, where it became, for a time, a popular garden plant because it looked like bamboo and was so easy to grow. The plant is now a problem throughout the

northeast U.S. and in much of the rest of the country, in Canada, Australia (where it is now illegal to grow it), New Zealand, Tasmania, and in central Europe. The World Conservation Union lists it as one of the world's worst invasive species.

This handsome herbaceous perennial dies to the ground each winter, but rebounds with vengeance in spring. Plants can top nearly ten feet in height and clumps—it spreads by seed and by its burrowing





## Remembering Henry Mason

...FINDS TONGUES IN TREES, BOOKS IN THE RUNNING BROOKS, SERMONS IN STONES, AND GOOD IN EVERYTHING. (WILLIAM SHAKESPEARE, "AS YOU LIKE IT")

Henry Mason has left us. We shall miss him, as he embodied all that is best in our old Yankee town and its beautiful natural surroundings. He was our friend and most especially a loving friend of our Farmington Land Trust, of which he was the only director emeritus.

Henry was a classical New Englander: competent, modest, understated and kind. In fact, he was brilliant: a creative master of invention and mechanics—builder, designer and appreciator of both functional and natural beauty. Grandson of the renowned Henry Hall Mason, who designed St. James Church and several local homes, he and his wife, Esther, designed and built their house on Reservoir Road using timber harvested on site. (And Henry also constructed a Model A Ford-powered rope tow out back so their boys could ski the steeps of Diamond Glen.)

Henry so enjoyed his work with the Land Trust that he once said his FLT experience was even more fun than volunteering with the fire department. The Land Trust perfectly suited his need to conserve, beautify, teach, remember, create—and he did all of these things. For years he informally oversaw conditions in his beloved Diamond Glen and its adjacent woods. Full of knowledge of the sites there, he installed signage telling of the first Farmington mill dam, its impoundments and sluiceways. He recalled high-speed sledding down the Glen from the reservoir to Main Street. His perspective was that of a local farm kid who loved life and demanded little. History for Henry was also flavored by sly humor: tales of hard spirits distilled in the Glen, and of Mason kids' pranks and adventures.

Henry was nostalgic, but accepted change. His recall of local history was a delight. He told of postal rounds—miles on dirt roads



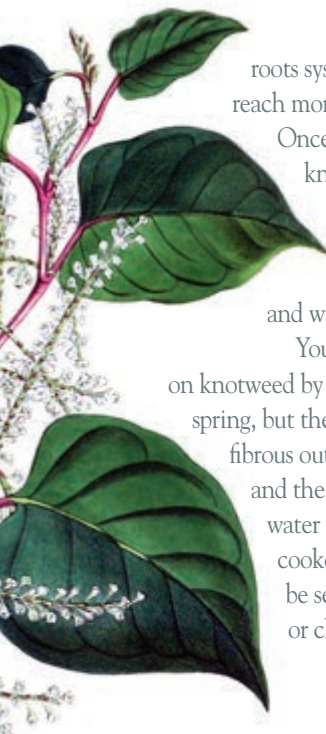
PHOTO PROVIDED BY TINA DELANEY

with his parents, who had the route. He recalled fire department barbecues. He knew the names of all the ledges and brooks along our traprock escarpment—and told of the beauty there before Route Six destroyed one of them in the thirties. The orchards—what they produced and how they got their water. Who owned what and who did what in the old days. And the losing battle against Dutch elm disease which turned Main Street white with ineffectual arsenate of lead.

Henry also for years informally stewarded the Canal Aqueduct Parcel. He removed invasives and kept the trails walkable. Finally, a few years ago, he created a well-marked and informative history and nature trail. It now carries Henry's name, as testimony to our affection and respect for his caring.

Henry truly embodied the spirit of our Farmington Land Trust. We loved him and shall miss him. He inspired us. Sadly, we shall not see his like again.

*Contributed by Charles Leach, who recorded Henry Mason's oral history, now in the Farmington Library's Farmington Room.*



roots systems—which can reach more than 30 feet across.

Once it starts growing, knotweed can crack pavement, damage a foundation, grow through concrete, and wreak havoc on a patio.

You can take some revenge on knotweed by eating its young shoots in spring, but they are extremely sour. Their fibrous outer skin must be peeled, and the young shoots soaked in water for half a day before being cooked or steamed. Then it can be served like asparagus, warm or chilled and topped with a

...IT SPREADS BY SEED AND BY ITS BURROWING ROOTS SYSTEMS—WHICH CAN REACH MORE THAN 30 FEET ACROSS.

dressing. Knotweed can be used in pies, soups, sauces, and jams.

Most of us, though, simply want to be rid of it. And that's where the challenge begins. You may be tempted to try to dig it out, but with that robust root system there is absolutely no way of getting every bit out of the ground and each little piece left behind will generate a new plant. Don't dig. Herbicide? Japanese knotweed

drinks it for breakfast. Some sources claim cutting all a plant's stalks and then pouring a Round-up type herbicide into the remaining stems can kill it, but herbicides are best avoided, especially near any kind of pond or waterway. The only safe, effective method is simply wearing the plant out. Start this spring and every time the plant sends up new growth, cut or trample it down. Keep at it, and the earlier you crush or cut the new growth the better. Expect a challenge, as knotweed grows quickly; you can plan on lots of cutting or crushing for the two, three, or more years it will take to weaken and kill the plant. It takes patience and persistence to get rid of knotweed.

## LETTER FROM THE DIRECTOR BRUCE EDGREN

I've been on the job for about a year now. I have to admit, when I started this endeavor I was unsure about several things. Was I really as dedicated to the preservation of open space as many of our members? Would I find purpose with an organization that was so removed from the rest of my career? What could I possibly contribute? Did I really want to spend my retirement doing this?



I can't say that I've answered all of these questions adequately yet, but I'm getting there. When I began the job, we were just putting together the 2016 annual business meeting. There was a lot of meeting planning including speaker needs, table decorations, coordinating pot luck contributions and member greetings. Fine. I can do that.

FLT President Richard Kramer and I hosted a display at the Jackson Labs Earth Day celebration and spoke to a couple of dozen JL employees about our upcoming events and enrolled them into our newsletter and email lists. No member conversions yet but we're there again this year. I enjoyed speaking with people about the FLT. The atmosphere of other outdoors and conservation organizations was enlightening and energizing.

In April and May we had the Bird Walk and Wildflower Stroll that we (hopefully) repeated this year. Programming is the reason many people are members. I resolved to help create relevance with new and engaging programming.

By the end of April we were deep into the Great Ditch Fundraiser planning process. I recruited Jay Bombara as our speaker and worked closely with the inimitable Cate Grady-Benson and her team to plan and host the event. Having done that for a couple of professional organizations, it was fun to return to it.

I received a call from Charlie Leach early on in my tenure. He encouraged me to attend a national Land Trust Alliance meeting. Coincidentally it was in my hometown, Minneapolis. I think I finally came to understand what a land trust could

be at that meeting. I met the ALPINE (Academics for Land Preservation in New England) folks who are trying to network academic and conservation resources throughout New England. During introductions I mentioned the two projects our CCSU biologists had completed on the Clatter Valley Road parcel. This led to a group invitation to their event at UMASS Amherst. Board member Linda Tomasso had first introduced me to ALPINE and we coordinated a piece in this newsletter about the health effects of open space. As a retired academic, now I was home.

Shortly after the fundraiser, we were in 2017 membership mode. The committee's efforts and the fundraiser provided the best ever calendar year revenue. Membership accrual is three months ahead of last year. Membership chair, Sallie Norris, has a goal of 500 members. With your help, we can achieve it. I love the challenge.

In the ensuing months we had a Stewards party, engaged Eagle Scout Chris Moreno in a wildlife blind project, held planning sessions for 2017 events, published a brochure advertising them and coordinated and co-hosted three events so far with a ton of help.

In closing I know I'm happy in this role because I'm learning from some very talented and engaged people including those mentioned above. Steve Silk creates all communications and came up with an idea for a short video contest for Farmington youth; Diane Tucker provides about a third of our programming and is our go-to expert on all things natural; Jim Calciano has infectious excitement about reclaiming historic Farmington; Steve Nelson and his team of stewards take on all of the dirty-handed tasks with humor and grit; Doug Pelham keeps us legally and financially sound; Evan Cowles looks for land acquisition opportunities; and Nina Hayes takes the 1,000-foot view of the organization to keep us on course. We have several new board members coming into their roles. I look forward to their contributions.

As executive director of the Farmington Land Trust, I am amazed by the board. I am grateful for the mentorship of Richard Kramer and I truly look forward to the great things we'll do for our members in 2017.

## Video Contest for Young Filmmakers

The Farmington Land Trust invites young video makers ages 12-18 to submit an original video for our environmental video contest, "Picturing Our Environment." We want to honor videos that encourage viewers to go outdoors to celebrate the diversity of landscapes and the beauty of nature. Videos must be three minutes or less in length, shot primarily in the Farmington Valley, and must include at least one scene from a Farmington Land Trust property. Enter any of three categories:

- Shot entirely on phone (can be edited on any device);

- using a drone; or
- filmed using more traditional methods.

Maximum entry is one in each category. The winner in each category will receive \$500. An additional \$250 will be awarded for best in show. Judges will evaluate entries based on creativity, originality, and craftsmanship. The Land Trust reserves the right to use any or all entries on their website or elsewhere.

You can enter the contest by uploading your video to Vimeo



or YouTube, making it public and sending a link to [farmingtonland.trust@snet.net](mailto:farmingtonland.trust@snet.net). Subject line of your email should read "Land Trust Video." Include in the email: your name, age, grade, school, and your parent or guardian's email address, phone number and which category you are entering.

**Deadline: We must receive the link to your video by Nov. 30, 2017.**

We are planning to host a mini-film festival in early January, 2018 to premier the winning videos.

**For more information, email [farmingtonland.trust@snet.net](mailto:farmingtonland.trust@snet.net) or call 860.674.8545**



# UPCOMING EVENTS

**Sunday, June 4, 1 p.m.**

**CT Walk Day —**

**Metacomet Trail, Hospital Rock, and Settlement Road**

Join Liz Dolphin on a hike to Farmington's newest open space acquisition. The South Ridge open space includes 90 acres along the southern extent of the Metacomet Ridge. We'll do an up and back hike along about a mile of the National New England Scenic Trail between Pinnacle Ridge and the property's northern boundary. Wear good hiking shoes and bring your binoculars—we might see migrating hawks. We will meet at the trail head on Metacomet Road in Plainville, just east of the southern end of Farmington's South Ridge Road. Do watch for the "No Parking" signs on both South Ridge and Metacomet Roads. There is no parking immediately near the trailhead.

**Sunday, June 25, 9 a.m.**

**Outdoor Yoga at the Stedman Parcel** (see back page)

**Saturday, July 22, 7 p.m.**

**Meet the Moths at Carey Pasture**

National Moth Week celebrates the beauty, life cycles, and habitats of some of the most beautiful and most welcome of the night flying insects. We will join in the festivities by hosting an evening hike to spot some of these fascinating "night butterflies." At the end, we will finish with a light display intended to draw these valuable insects in for a closer viewing.

**Thursday, August 24, 7:30 p.m.**

**Outdoor Family Film Night: 116 Main Street**

What's summer without a night out at the movies? Join us off Main Street for an outdoor movie suitable for the whole family. Bring your blankets and some snacks. We'll screen an age-appropriate, environmental-themed movie. Details to follow.

**Sunday, September 10, 1 p.m.**

**Creepy Crawlies—What Lies Beneath: Carey Pasture**

Join Farmington Land Trust Board Member and naturalist Diane Tucker on an exploration of life under foot. She placed a cover over several patches of ground earlier this year to attract insects, worms and other native crawlers and critters to the dark, cool place underneath it. Get there early for the unveiling!

**Thursday, September 28, 6– 9 p.m.**

**Fundraiser honoring Sallie Norris: Farmington Gardens**

Join the Farmington Land Trust as we enjoy a fun-filled evening celebrating board member and long time supporter Sallie Norris and the spirit of volunteerism at Farmington Gardens.

**Sunday, October 29, 1 p.m.**

**Ghostly, But I'm Lichen It: Memento Mori Cemetery**

Farmington's oldest cemetery hosts not only famous locals but you can also find some remarkable diversity among the lichens residing on the gravestones. Join Lisa Johnson, executive director of the Stanley-Whitman House, and Farmington Land Trust board member and naturalist Diane Tucker for a slightly spooky pre-Halloween stroll.

**Friday, November 24, 11 a.m.**

**OptOutside—FLT's Annual Black Friday Hike**

**WILL WARREN'S DEN: MEET AT RTE 6 AT RESERVOIR ROAD**

Bill Wadsworth will lead this hike to the rocky redoubt of Farmington's most famous hermit. Some participants might even find a way to wriggle into the cleft in the rocks he called home. A short distance past Will's hideaway is a ridge top affording panoramic views of hills and valleys. The hike lasts roughly 1-1/2 hours and includes some fairly strenuous climbing and scrambling.

**December 14 to January 5**

**The Audubon Christmas Bird Count**

The Audubon Society's Christmas Bird Count is a free, fun, and easy event that engages bird watchers of all ages. The idea is to count all the birds of each species that you see in a specific area. The Audubon Society collects all the results to assemble a real-time snapshot of bird populations. The 118th annual CBC date for CT has not been announced yet. For more information, please visit the official website, [www.audubon.org/join-christmas-bird-count](http://www.audubon.org/join-christmas-bird-count).

**For questions and to register, call 860.674.8545**

**or email at [farmingtonland.trust@snet.net](mailto:farmingtonland.trust@snet.net).**

**Please, no pets on hikes.**





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### SAVE THE DATE:

**Thurs., September 28, 6–9 p.m.**  
**Fundraiser honoring Sallie Norris:**  
**Farmington Gardens**

**BOARD MEMBER AND LONG-TIME SUPPORTER  
OF THE LAND TRUST**

*Join the Farmington Land Trust as we enjoy  
a fun-filled evening celebrating the spirit of  
volunteerism at Farmington Gardens.  
Visit our website for details to come.*

### **Sunday, June 25, 9 a.m.** **Outdoor Yoga Class at the Stedman Parcel**

Outdoor yoga is exhilarating, performing healthful poses in fresh air with the sky as the ceiling, and the sounds and sights of nature—bird song, trees, flowers—stimulating the senses.

Join us for a mixed-level class that beginners and experienced yoga practitioners can enjoy. Steve Grant and Robin Kirsche teach a mainstream yoga style in the tradition of the Kripalu School of Yoga and Health. Robin or Steve will demonstrate each pose. And with the two of them leading the class, one will always be available to mingle among participants and help them achieve optimal alignment in poses. The class will be led at a moderate pace that should be rewarding for all.

Wear comfortable clothes that allow for freedom of movement in poses. If the day is warm, shorts and a short-sleeve t-shirt or top are fine. Bring a yoga mat or a couple of beach towels. Rain cancels. Park across the street at Farmington Bank parking lot.

#### **INSTRUCTORS:**

**Robin Kirsche** lives in Farmington and has been teaching yoga for 30 years. She's developed a following in the Farmington Valley, where she teaches at HealthTrax in Avon and to private yoga clients. She received her teaching certification from the Kripalu School of Yoga and Health in Stockbridge, MA., one of the nation's finest yoga schools. If you have questions for Robin, reach her at 860.888.6097 or robinannkirsche@gmail.com

**Steve Grant** teaches yoga at the Jewish Community Center's Saint Francis Hospital campus and at Blast Fitness in West Hartford. He also received his teaching certification from the Kripalu School of Yoga and Health. If you have questions for Steve, reach him at 203.733.0079 or steve@thestevegrantwebsite.com

