



## Newsletter – 1<sup>st</sup> Quarter 2022

### A Message from the President

It's official! Spring has arrived in Oswegatchie Hills! How do I know? Because the sound of wood frogs is echoing from vernal pools found throughout the Hills.

I am fortunate enough to have a pool right on my property. All day long, especially on the warm days we've had recently, the sound of these small but very loud creatures doing their "spring thing" fills the air. My family has coined a term for this activity – they call it "froglin." At times the frogs sound like quacking ducks. From a distance you can see the water bubbling with all their activity, but move in for a closer look and everything stops. If you are patient, though, you will eventually see them in the leaves at the bottom. Although this is an annual event, for me there is something magical, almost mystical, about the cycle every year.

The pools are also magical in their own way. They are temporary, appearing in woodland depressions in early winter and usually disappearing by June. The depression on our property starts filling with water in late December or early January. Fairy shrimp appear first. These tiny crustaceans actually look like water fairies, with fluttering wings as they swim through the water. Next come wood frogs. These truly amazing creatures freeze solid over the winter and thaw out in early spring. Finally salamanders emerge on rainy spring nights to begin their mass migration to the pool.

Vernal pools provide critical habitats for these species. Because of the pools' fleeting nature, the fairy shrimp and amphibians are safe from larger, predatory species. Rich Gallagher, a board member, conducted a terrestrial ecology survey of the preserve a few years ago. He identified numerous wetlands on the preserve, some year-round and others temporary. Another one of our board members, Don Danila, along with Susan Gonzalez (a former Board member) conducts an annual FrogWatch. This national science program is designed to help people learn more about wetlands and the amphibians that inhabit them. Each month from February or March through July, they go to the hills at night to record their observations; these can then be tracked over time to show changes.

Rich's and Don's work reminds us just how lucky we are to have the Oswegatchie Hills Nature Preserve and how important it is to protect this ecologically important environment.

Join us at the annual meeting on May 14<sup>th</sup> to learn the latest news about the Hills and to meet fellow members. We will gather in person at the Pitch Pine Park beginning at 10. I hope to see you all there.

*Kris Lambert*



*The results of 'froglin'*



# iNaturalist

Don't forget to join the iNaturalist community and post photos or videos of your discoveries in the Hills (or anywhere). Just take a photo and upload it using the iNaturalist app and it will be added to the '*Diversity in the Oswegatchie Hills*' project. This amazing platform is a resource to connect all of us! iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society. The '*Diversity in the Hills*' project is overseen by our own Al Burchsted.

## Drew Kenny Entrance Support

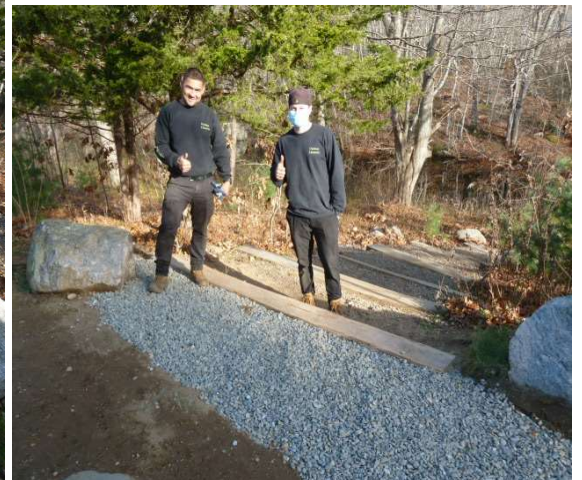
Drew Kenny owner of 'Outdoor Lifestyles' in Niantic has graciously donated his time, labor and materials to resolve an existing problem with erosion at the main entrance. Drew and his team installed a French drain system along with a new step secured with rebar and finished with gravel. The design looks great and will provide safety and prevent further erosion! We are so grateful to have Drews' expertise and support for the Hills. Outdoor Lifestyles has been instrumental in many other landscaping solutions through the years including the Clark Pond bridge and the riparian buffer project. Thank you Drew for your expertise and support!



*Left photo above is the space before 'Outdoor Lifestyles' assistance. Others – Drew Kenny, Oscar and Ryan shown completing excavation for the French drain and step. Thank you for your support for the Oswegatchie Hills Nature Preserve!*



*Above - Drew drilling a hole to insert rebar to secure the step in place*



*Beautiful Job - Thank you Drew, Oscar and Ryan!!*



## Run for the Hills – May 22, 2022



The first annual 'Run for the Hills' 5K trail run and silent auction will be held on May 22<sup>nd</sup>. Registration, bib pick-up and pre-race concessions start at 10 AM, the race begins at 11AM. The course takes you by beautiful Clark Pond and around the perimeter of the nature preserve. All proceeds from the race go directly to maintaining this special place of quiet beauty for future generations to enjoy. Be prepared for a beautiful adventure on the 100% dirt trails with lots of ups and downs, single track trail with spring growth unfolding around you.

The first 100 registered participants will receive a custom Oswegatchie Hills trail map bandana! Prizes awarded to the top three men and women in each age category. Bring your family and friends to cheer you on and join in the festivities! For any questions, more information or to become a sponsor, contact us at [RunfortheHills.org](http://RunfortheHills.org)

### Race Schedule:

10:00am – Registration and Bib Pickup  
11:00am – Race Starts  
12 Noon – Awards Ceremony at the kiosk



Scan this QR code or  
visit [OSWHills.org](http://OSWHills.org)  
for additional  
information

### Silent Auction at Niantic Public House:

Post-race festivities will continue at our sponsor the Niantic Public House with a silent auction, free beer (for runners over 21), live music by 'The Lowtiders' and local food trucks. We are honored to be joined by Amby Burfoot, who will serve as master of ceremonies! Amby is a former American marathoner. He grew up in Groton and attended Fitch High School where he was coached by John J. Kelley on the cross-country team. In his senior year at Wesleyan University, Amby won the 1968 Boston Marathon. After retiring from competition, he became a running journalist and author and served as editor-in-chief at *Runner's World* for many years. Some of his books include *Run Forever*, *Runspirations*, *First Ladies of Running*, and *The Runner's Guide to the Meaning of Life*.

Come meet Amby and support the Hills! Festivities start after the race – around 12:30

## Seen in the Hills



Spring view from Mt. Tabor

## Save the Date

### Annual Meeting – May 14<sup>th</sup>

This year's annual meeting will be held outside at the Pitch Pine Park at the Hills entrance, at 10am on Saturday May 14<sup>th</sup>. We look forward to finally seeing everyone in person! Please feel free to bring your own lawn chair.

### CT Trails Day – June 4<sup>th</sup>

Please join us for guided hikes on Saturday June 4<sup>th</sup> for CT Trails Day. Thankfully this year we can accommodate an unlimited number of hikers! Once finalized, hike information will be posted on [OSWHills.org](http://OSWHills.org), the Friends Facebook page and the East Lyme Park and Rec website. Hope to see you there!

## FOHNP thanks the following members for their generous support in 2021

Dorothy Anselmo  
Lori and Frank Balantic  
Jane and Ralph Bates  
Pete Bates  
Richard Battin  
Gayle Booth  
Heather Bordeleau  
Carol and Ed Bourque  
Lisa and Don Burch  
Tracey Burchard  
Jane and Al Capozza, Jr.  
Michael Capozza  
Margaret Caste  
Chelsea Groton Foundation  
Gail and Peter Chiappa  
Carolyn and Carmin Cimino  
Levi Citarella  
Susan Gonzalez and Jay Clark  
Linda Coleman  
Sandra and Robert Cope  
Ed Cramer  
Ann and William Curatolo  
Joanne and Alfred D'Anca  
Cathy and Don Danila  
Denette and Bruce Dasinger  
Justin and Joyce Daubar  
Alda and Michael Debboli  
Ceil and Greg Decker  
Erin and Eric Decker  
Tess Deshefy-Longhi  
Dominion Energy Charitable  
Foundation  
Steven Dowling  
Deb Moshier-Dunn and  
Mike Dunn  
Barbara Eberle  
Pamela and Franz Edson  
Patti Clancy Emanuel  
James Foertch  
Jane and Tom Fox  
Melanie and Stuart Furjanic  
Shirley and Raymond Gaito, Sr.  
Joyce and Rich Gallagher

Kathleen Gilbride  
Linn Golubchik  
Cordette and Fred Grimsey  
Stefania and Jim Hall  
Betsy and Malcolm Hall  
Nicholas Hansen  
Marci and Martin Hasenfeld  
Penny and Ray Heller  
Molly Helms  
Regina and Joe Hitchery  
Lois and Burt Hobby  
Mary Jean Hull  
Zita and Arthur Kachadourian  
Claire and Jerry Kavarnos  
Raechel Killeen  
John Kirkwood  
Adam Klein  
Maryellen Brousseau and  
Jack Kohanim  
Kathy Pavelcak and  
Bruce Kolowsky  
Kris and Brian Lambert  
Connie Clabby and  
Pamela Laramie  
Caren and Bob Linden  
Nancy Lowry  
Lawrence Magee  
Sandy and Wayne Maheu  
Madeleine and John Makiaris  
Floy and Steve Marks-Hamilton  
Betty Martin  
Kathy and Joe Mascaro  
Lucy Masi  
Beverly and Gerald Mayer  
Angela and Jack McLean  
Nicole and Paul Michaud  
Stephanie Mickle  
Carol and George Milne  
Joanne Zrenda Moore  
Mimi Mountain  
Stephen Mullen  
Arlene and Tom Nebel  
Eileen and Ken O'Pasek

Janice and Tony Orsini  
Liz and Jim Paganetti  
Neil Passman  
Norman Peck  
Marilyn Percy  
Janne and Pete Petersen  
Pamela and Creig Peterson  
Linda Raffa  
Laurie Ranelli  
Susan and Kevin Reardon  
Pat and Ken Payne  
Jim Rives  
Deb and Larry Roberts  
Daneen Roth  
Mary and Dave Royce  
June Schloemer  
David Schutt  
Marilyn Schutt  
Jaye and Peter Sepko  
Sue and Mike Sheehan  
Sharol Stewart  
Diane Beckwith Sullivan  
Jeanne Manfredi and  
Jackie Sullivan  
Gay and Jack Suplicki  
Jeremy Susco  
Karen and Allan Taylor  
Patricia and John Thompson  
Margaret Verdon  
Virginia Vesnaver  
Donna Williams  
Joan Williams  
Robert Wilson  
Sandra Winslow  
Karen and Joe Wysocki  
Yankee Remodeler  
Christine and Bob Young  
Susan Zimmerman

Editor's Note: Every effort has been made to ensure the accuracy of this list. However, we are only human so if you find an error or omission, please let us know.

*When one tugs at a single thing in nature, he finds it attached to the rest of the world.*

*~ John Muir*

