

“We can never
have enough of
nature.”

Henry David Thoreau

LETTER FROM THE CHAIR

It is our pleasure to present to you the third issue of our annual newsletter *CONSERV*.

Our goal is to summarize the latest news and events in a single communication serves this purpose.



The community we share is rich in valuable resources — enjoying and respecting these beautiful assets should be made by all. Their ongoing existence is dependent upon how we individually, and as a community protect, manage, maintain and preserve these valuable resources for generations to come.

Speaking of our natural resources, it is with great pleasure to announce that we will again host a *Community Forum* featuring guest speakers that will inspire all stakeholders, young and old alike. **Save the Date - October 13TH** and read all about the event in this newsletter.

Thank you for your commitment to our natural resources, we hope you enjoy this issue of *CONSERV*.

Sincerely,

Diane Betkoski
Diane Betkoski

OUR - SPACE BULLETIN

EATING GREEN

5-Tips for Your Health

The *Nature Conservancy* offered an eating green article with tips that I'd like to share. We try to employ these tips regularly at home.

- 1) **Eat Smart.** Know your food — what's in it, where it came from and who it impacts.
- 2) **Eat Local.** Support local farmers.
- 3) **Eat Sustainable.** Learn about sustainable food and how to prepare.
- 4) **Eat Green.** Incorporate more fruits and vegetables into your diet.
- 5) **Eat Out.** Enjoy a picnic at one of our beautiful parks and *Manga*.

- Anita Goerig

The following volunteer's serve on the conservation commission:

Diane Betkoski, *Chairperson*
Anita Goerig, *Vice-Chair*
Christian Yanarella, *Secretary*
Chris Bielik, *Commissioner*
Jeffrey Goerig, *Commissioner*

Two seats are available for those who would like to volunteer.

CAPTURE FREE, RAIN WATER Keep Your Garden Lush

Collecting water in a rain barrel will help keep your garden lush this summer and conserve water.

Rain barrels typically hold about 50 to 60 gallons each enough to irrigate a small garden. A rain barrel should include an intake line, spigot, overflow attachment, screen cover to keep out leaves and removable solid cover.

Position the barrel beneath a downspout. To keep the rainwater pure, remove the solid cover an hour or two after rainfall has washed pollen and other pollutants off the roof. Average cost about \$150.

- Jeffrey Goerig

THE 10 ESSENTIALS For a Safe Hike

1. **Extra clothing and sturdy footwear.** Be prepared for unexpected weather changes, dress in layers.
2. **Food and water.** High calorie foods, granola bars, candy, and nuts supply energy and drink plenty of water.
3. **Pocket knife.** This lightweight tool provides a variety of options for repairs, food preparation, bandage cutting, etc.
4. **Map and compass.** Lost? Disoriented in the fog? A compass can get you home if you know how to use it.

10 Essentials for a Safe Hike (con't)

5. **Timepiece.** Allow enough time to return to the trailhead before the sun goes down.
6. **Flashlight.** An injury or miscalculation may keep you on the trail after nightfall.
7. **Waterproof matches/fire starter.** Warmth of a fire could save your life.
8. **First-aid kit.** Bring the basics; bandages, pain relievers and antiseptic ointment.
9. **Whistle.** A far-reaching, energy efficient signal for help.
10. **Hunting calendar.** Always obtain up-to-date information about hunting season. Wear blaze orange for added protection.

Courtesy of the **CT Forest and Park Association** www.ctwoodlands.org

13TH Annual SAVE THE DATE RiverFest & Duck Race

**Saturday October, 1ST
10:30 am to 4:30 pm**
Volunteer Park, Beacon Falls
Race starts at 3:00

Fabulous Prizes
Bands/Food/Crafts/Games
Beacon Hose F.D.
will kick off Fire Safety Week!
More info. call Sue Mis at 203-560-1586

COMMUNITY SECOND ANNUAL FORUM AND DISCOVERY DAY

save
the date
OCTOBER 13, 2011

FUN FILLED EVENT

3 inter-active displays from the *Connecticut Science Center*, managed by a Staff Scientist will delight 1ST through 8TH grade students from **4:30 - 5:30 PM**. This program is sponsored by CT Community Foundation

An exciting educational science presentation for all students,

An informative program for the entire community, young and old alike,

Vendors will display their products and services in a tradeshow like atmosphere. Region 16 students will display a science project.

- Connecticut Outdoors LLC,
- The Natural Princess
- Gabriela's Bicycle Shop,
- Boy Scout Troop #104,
- CT Community Foundation,
- Seymour Land Trust,
- Post University,
- and more...

DISCOVERY DAY

Region 16 students will enjoy an exciting science exploration *Discovery Day* on October 14th. Details are on the back of this newsletter.

AWARD CERTIFICATE'S

Susan Peterson, Watershed Mgr., CT DEEP will present certificate's to **Patrick O'Dell** for his *Eagle Scout* project and **Boy Scout Troop #104** for their work on the *Storm Drain Marker Program*.

...DINNER...

Food vendors will be available for the purchase of light dinner fare from 4:00 - 6:00 PM.

For more information please contact Anita Goerig, Chair of Community Outreach at 203-525-1734.

The commission meets the first Monday of the month at 7:30pm in Town Hall. Meetings are open to the public.

COMMUNITY FORUM

Join us as we discuss our *Diverse Landscape, Outdoor Recreation and Greenway* opportunities in the community.

• • • **DATE: OCTOBER 13, 2011** • • •
TIME: 4:30 - 9:00 PM
PLACE: WOODLAND REGIONAL HIGH SCHOOL
PRESENTATIONS BEGIN AT: 6:00 PM
• • • **KEYNOTE SPEAKER** • • •

Dr. Elizabeth Johnson, Director of the Science Programs at Post University

Presentations by:

Phil Goff, Senior Planner with Alta Planning (Greenways)
Elaine Sych, ERT Coordinator with Kings Mark (Environment)

Event Moderator:

Jack Betkoski, Commissioner, CT DEEP

3 Inter-active displays from the *Connecticut Science Center*, managed by a Staff Scientist will delight 1ST through 8TH grade students from **4:30 - 5:30 PM**.