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Northwest Connecticut
Land Conservancy



PROTECTING LAND AND WATER
FOR PEOPLE, FOR WILDLIFE, FOREVER.

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February Newsletter

Dear Friend of NCLC,

"We cannot protect something we do not love, we cannot love what we do not know, and we cannot know what we do not see. And touch. And hear." - Richard Louv, author of *Last Child in the Woods*

If we have learned anything over the past several years, it is that nature is essential for our individual and community well-being.



As February ends, all of us at NCLC are looking forward to the warmer days of spring and more time spent outdoors enjoying nature's health benefits. To help you look forward to these good things, too, in this newsletter, we share a video from NCLC and The Equus Effect on the therapeutic benefits of conservation. In addition, we have several upcoming member events, a member-submitted nature video, and we welcome a new staff member to our NCLC team.

This spring, I hope to see you at an event or hiking **our trails**. Thank you for your continuing support and care for the land.

With gratitude,

Catherine

Catherine M. Rawson
Executive Director



Stories from the Land: The Therapeutic Benefit of Conservation



Jane Strong is the founder of **The Equus Effect** and an NCLC conservation easement landowner in Sharon. The Equus Effect provides veterans, first responders, and others from high-stress environments with

tools to manage their emotions and rebuild healthy relationships at home and work through purposeful engagement with horses.

[Click here](#) to hear Jane describe how NCLC's conserved lands are integral to the therapeutic experience. Thank you, Jane, for sharing your story with all of us.

Upcoming Events



March 24
Wildlife Cameras 101
[Click to Register](#)



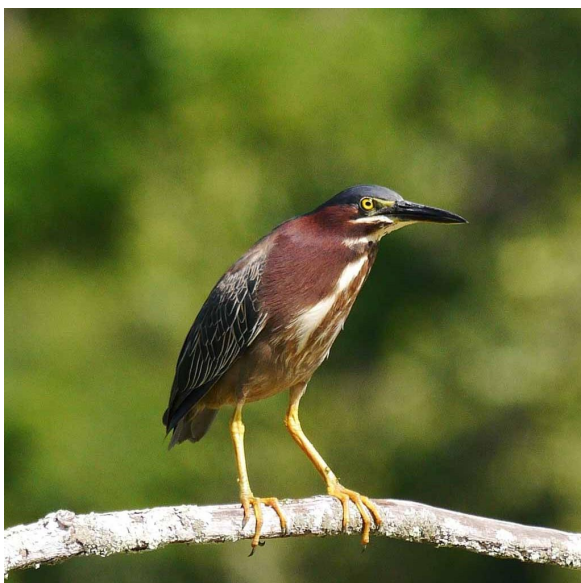
March 2022
Frog Frolic at Towner Hill
[Click to Register](#)



April 7
How Your Yard Can Help
Support Birds
[Click to Register](#)



April 9 - April 17
Story Walk at
the Mallory Preserve
[Click for More Info](#)



May 7
Bird Walk at Wimisink Preserve
[Click to Register](#)



May 15
Bird Walk at Smyrski Farm
[Click to Register](#)

Welcome Heather Perrault



We are delighted to announce that Heather Perrault has joined NCLC as the Program Administrator. Heather is excited to join NCLC, where her passion for nature and business experience will blend nicely. Prior to Northwest Connecticut Land Conservancy, Heather worked for a local savings bank as a mortgage closing coordinator. Heather and her husband live in Norfolk and enjoy hiking, kayaking, and the arts. She is committed to connecting people with nature.

Nature Note: Member Submission

Wow! Joan and Sandy Ivler of New Milford captured this **terrific video** of some coyotes passing through their yard. **Click to watch.** We are so lucky to share the land with these beautiful animals.

Have you had any interesting animal sightings? We love to hear about your time on the land. Email any photos or videos you would like to share to **info@ctland.org**.



drinking water resources, NCLC permanently protects 12,500 acres (and growing) of vast, connected natural areas in Litchfield and northern Fairfield Counties.

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Northwest Connecticut Land Conservancy

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