Our Annual Newsletter: TRIBUTARIES

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Remembering John Lohmann (1919-2005)



One of the magical terraced fields at the John Lohmann CT River Preserve.

Here in Old Lyme, we are blessed to be surrounded by the natural beauty of our land and shoreline and to have many protected preserves for our use. The COVID-19 pandemic has amplified this sentiment for many of us. Now is an opportune time to reflect on how we landed this good fortune—and recognize the work of local visionaries such as John Lohmann.

John Lohmann was born in Washington, DC in 1919 and was raised in New Haven, CT. He attended Yale University (Class of 1941) and the Harvard Graduate School of Design. He served in World War II and worked in New York City as an architect before moving to Old Lyme in the 1960's with his wife Mary, a painter. Here, according to his contemporary, Mervin Roberts, John worked tirelessly behind the scenes to encourage land preservation in the area. Notably, he was instrumental in creating the Old Lyme Conservation and Inland Wetland Commission which regulates responsible land management practices in town to this day.

In 1966, what began as an alliance of concerned citizens to protect the Lieutenant River was incorporated as the Old Lyme Conservation Trust (in 2010 renamed the Old Lyme Land Trust), with John Lohmann as one of its founding members. For many years, this group of like-minded friends donated, helped purchase, and protected some of the town's most precious land from development. A major accomplishment was the creation of the 25-acre Elizabeth B. Karter Watch Rock Preserve along the Duck River in 1986. A capital campaign raised \$500,000 from over 1,000 donors in a little over a year to purchase the land. These efforts allayed concerns that Loctite Corp., a global sealant manufacturer, might build its corporate headquarters there. Instead, Watch Rock Pre-

serve serves as a habitat for many animals, songbirds, and waterfowl as well as native plants such as pepperbush, sassafras, black cherry, and red maple. What a loss its development would have been for our community!

John Lohmann also was a driving force for protecting 46 acres of land on the western bank of the Lieutenant River from development. He marshalled Kinsley "Bud" Twining and Bud's sister, Emay Buck, in purchasing the property with him. As a result of these families' generosity and devotion to land conservation, Old Lyme now boasts the Lohmann Buck Twining (LBT) Preserve, a scenic treasure in all seasons.

Edie Twining, a current Trustee of the Old Lyme Land Trust who spent time on the LBT land as a child, recalls John as an "in-

(Continued on page 2)

The Mile Creek Preserve: An Enchanted Forest

To take a walk at the Mile Creek Preserve is to step into a world far removed from the surrounding residential area. This 44-acre property contains a small body of water known as Swan Brook, which meanders through huge moss-covered boulders. There are several vernal pools and surrounding wetlands, and some truly magnificent stands of trees on dry land. In just a few short minutes, hikers find themselves bathed in green and dwarfed by much of the flora. Large royal ferns abound, and maple, beech, and tulip (Continued on page 4)



A delighted hiker enjoys a new stream crossing in the lush Mile Creek Preserve landscape.

Volunteer Of The Year: Pierre Rougny



OLLT President Sabine O'Donnell (left) and Chief Steward Anne Galliher (right) were pleased to present the 2021 Volunteer of the Year Award to Pierre Rougny.

Have you ever encountered a stream crossing and given thanks to the unknown person who placed a row of nice, flat, stable stepping stones – thereby preventing a leap which was doomed to end badly? On Old Lyme Land Trust trails, that much appreciated person is most likely our volunteer of the year, Pierre Rougny.

Pierre and his wife Elizabeth moved from Maine to an old colonial house on Mile Creek Road in 2018. Almost immediately, he volunteered his services to the Old Lyme Land Trust. He was appointed co-steward of the Upper Three Mile River Preserve, the site of some of his first stepping stone crossings. Learning that some five acres near his home along the Armstrong Brook belonged to the OLLT, Pierre began monitoring that property, clearing trash and assisting in finding and marking property boundaries.

Next, Pierre joined the OLLT Stewardship Committee where he's made excellent contributions. Upon learning that stream crossings were needed on other preserves, including Lay-Allen, Mile Creek, and Boggy Hole, he eagerly "stepped up" to the challenge. He also helped reroute trails at the Jericho and Lay-Allen Preserves.

Pierre is an enthusiastic mountain bike rider and active member of the New England Mountain Bike Association (NEMBA). He is a strong advocate of responsible trail riding, believing that trails can be successfully shared by hikers and trail riders. He urges trail riders to: 1. Avoid riding in wet conditions; 2. Stay on marked trails;

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3. Refrain from altering existing trails or creating new ones; and 4. Yield to hikers.

Professionally, Pierre is a physical therapist at Backus Hospital in Norwich. Like many healthcare workers, he had a challenging year replete with COVID-19 complications and concerns. More than once he expressed his happiness at getting out into the woods to counter the stress. The OLLT is most appreciative of his contributions!

John Lohmann (Continued from page 1)

ventive, undeterred, bold, and eccentric" man whose energy was directed at preserving the beauty of Old Lyme.

In 2005, John Lohmann died at age 86 at his home in Old Lyme, having been predeceased by Mary in 2000. A final act of philanthropy and advocacy for land conservation was the bequest of 42 acres with frontage on the Connecticut River to the Old Lyme Land Trust. Although purchased as a site for a future home, John found himself unable to disturb the natural beauty of the land. The more John cleared down to the river, the more he felt he could never mar the views by building a house there. Instead he chose to reside for 30 years in a small one-story house overlooking the future Lohmann Buck Twining Preserve, enjoying broad views of the Lieutenant and Connecticut Rivers.

On the Connecticut River parcel, John spent half a century clearing and thinning brambles, underbrush, and trees to create the park-like setting he had come to love in the English country-side while stationed there during the war. His will stipulated that this character be maintained. Legal hurdles were finally resolved in 2012, when the property became one of the Old Lyme Land Trust's gems, the John Lohmann CT River Preserve. John's vision for this and all other preserves was for accessible places for public recreation and enjoyment. This principle continues to guide the Trust as we carry out our mission, honoring one of our most valued pioneers.

We are forever grateful to John Lohmann and his family for all they have done to make Old Lyme the wonderful place it is today! ■



The Griswold Preserve scenic viewing area, now outfitted with a bench, provides a tranquil vantage point to observe wildlife on Mill Pond.

Nature Note: Monarchs and Milkweeds



The Lyme-Old Lyme High School Environmental Club planted milkweed seedlings in a sunny field and installed educational signage at OLLT's Watch Rock Preserve.

Milkweeds (Asclepias spp.), with their distinctive pods and seeds that disperse on gossamer parachutes, serve as the sole food of larval monarch butterflies (Danaus plexippus). In turn, milkweed benefits from butterflies and other large insects that transfer pollen between unrelated plants of the same species.

Even those who are not smitten by the sight of a monarch butterfly or a milkweed flower in bloom reap benefits from these species. Pollinators are essential to the reproduction of over 80% of plants. In fact, some 35% of the world's food depends on pollinators to reproduce.

A consequence of the intertwined nature of the life cycles of monarchs and milkweeds is that a reduction in milkweed due to habitat loss across the United States is linked to a decline in monarch butterfly populations. Many organizations, including the Old Lyme Land Trust, are working to protect existing milkweed stands or establish new ones to reverse these trends and help preserve the beauty and mystery of the North American monarch migration.

Did you know:

- Adult monarchs from Connecticut fly 3,000 miles to a very specific overwintering location in Mexico?
- The individuals who make the journey are from a generation that has never been there before, and may be guided by a magnetic compass or a "sun compass"?
- The tap root of a milkweed plant can be 12 feet deep?

- The soft, fluffy hairs (known as the pappus, coma, or floss) attached to milkweed seeds are used by humans as an insulating material and also in flotation devices due to their water-repellent properties? (During World War II, two million pounds of floss were used for this purpose.)
- Milkweed flowers come in shades of white, yellow, green, purple, pink, orange and red?
- The sap in milkweed leaves contains sticky latex and toxic chemicals (called cardenolides) used to fend off herbivores, pathogens, and parasites? (Although monarch larvae can sequester the toxins, they are not completely immune from the effects of these defense mechanisms.)
- Native milkweeds grow several feet tall and can be found in livestock pastures, agricultural margins, roadsides, and wetlands where there is adequate sun?
- Monarch populations outside North America lost the ability to migrate, likely due to genetic differences affecting muscle function?

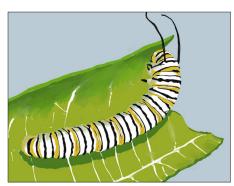
Both milkweeds and monarchs are fascinating species that are important in a diverse and healthy landscape. Pollinate Old Lyme, a local initiative to support them, can be reached via Facebook or PollinateOldLyme@gmail.com. ■

References: www.americanmeadows.com. www.monarchjointventure.org www.monarchwatch.org https://www.fs.fed.us/wildflowers/pollinators/ https://www.nrcs.usda.gov/wps/portal/nrcs/main/ national/plantanimals/pollinate/





Our thriving milkweed seedlings on May 15 and July 24!





A monarch caterpillar feeds on a milkweed leaf. A monarch butterfly visits milkweed flowers for nectar. A ripe milkweed pod releases its seeds.





Tulip trees, such as those inhabiting the Mile Creek Preserve, can grow up to 100 feet tall.

Mile Creek Preserve (Continued from page 1)

trees stretch skyward, making even the tallest amongst us feel Lilliputian.

The tulip trees are especially fascinating. This is such an ancient species that they were likely gazed upon by dinosaurs! These giants grow strikingly fast and straight with just a canopy of branches on top. They have the unusual habit of sending up multiple trunks from one connected base. Mile Creek Preserve has one specimen with five trunks, and the sight of it alone easily repays the effort of the trek. In Autumn, the preserve glows with the beautiful golden-hued leaves.

Besides their extreme height, tulip trees are notable for producing an abundance of very fragrant and nectar-rich flowers, an important food source for honey bees, native bees, and humming-birds. The leafy treetops provide nesting sites for songbirds and food for the tulip tree silkmoth and tiger swallowtail caterpillars. These attributes make the Mile Creek Preserve important for pollinators.

So why don't we see more tulip trees in our area? This is likely due to several factors, including their popularity as a lumber source among early European settlers and the tree's preference for moist soil, a habitat in decline due to land development. Thanks to the generosity of William and Connie Pike, we have the opportunity to stand amongst these towering trees in Old Lyme.

The Pikes were civic-minded, ardent conservationists who purchased a home on Mile Creek Road and moved their family there from New York City in 1962. William blazed trails on the property and the family rode their ponies back to the stream. In 1973, the Pikes donated their land to the Old Lyme Land Trust. It was the Trust's first upland parcel and first major preserve. In recognition of their invaluable gift to the community, OLLT gave its "Landsaver" award to William and Connie at the 2009 Annual Meeting, shortly before Connie passed away.

Located near Mile Creek Elementary School, the preserve is well-suited for educational purposes. It contains an easily accessible nature trail with markers identifying features and plants of interest. Recently, other trail sections have been modified to better accommodate hikers, including even the youngest enthusiasts (see Chief Steward's Report, page 5). So head for the Mile Creek Preserve, and be prepared for a great experience!

Thank you, Volunteers!

OLLT is fortunate to have a cadre of dedicated volunteers who help in many capacities. The work necessary to preserve undeveloped land and keep our trails in good condition year-round should not be underestimated. We are grateful to those who contribute their time and energy. To join a work party, serve as a preserve steward, or assist in other ways, please contact: OLLandTrust@gmail.com.

Members are invited to join the Stewardship, Acquisitions, Outreach, and/or Finance Committees that guide the Trust's activities.

We are especially indebted to the Preserve Stewards who monitor and care for their preserves:

Belton Copp Preserve: Peter Engelking

Boggy Hole Preserve: Ned Coffee

Goberis Chadwick Preserve: Wayne Ashton

Griswold Preserve: Josh Edmed, Winnie Edmed,

Richard Porcelli, Craig Taylor,

Karen Taylor

Hatchetts Hill Preserve: Jeff Ballachino

Heller Preserve: Kent Lacey

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Preserve: John Christiano

Jericho Preserve: John Griffin

John Lohmann CT River

Preserve: Anne Galliher, Jon Lathrop

Lay-Allen Preserve: Cheryl Bucior, Jay Campbell,

Susanne Colten-Carey

Lohmann Buck Twining

Preserve: Brian Greenho, Edie Twining

Mile Creek Preserve: Cindy Kovak

Upper Three Mile River

Preserve: Mike Kiernan, Pierre Rougny

Watch Rock Preserve: Sandra Downing,

Ted Freeman, Ed Sopneski

The OLLT thanks Attorney Thor Holth of Holth & Kollman, LLC for his excellent counsel; Keith Totten of KMT Works for his *pro bono* preserve maintenance work; the Lyme-Old Lyme High School Environmental Club for their sustained service; Fred & Andrea Fenton for leading the Kayak Regatta; and Sapore Pizzeria Italiana (formerly Scarpetta's Restaurant) for donating a contest prize.

Chief Steward's Report

There's been a flurry of activity with impressive results on OLLT Preserves this year:

Belton Copp: After last year's extensive efforts clearing the stone wall along Smith Neck Road, the litter situation has improved markedly. Many thanks go to Keith Totten!

An early Spring work party enlarged the popular "fairy circle" which now boasts an elaborate fairy house. We also continued trail widening, removed poison ivy from the fairy circle area, freed selected cedar trees of overtaking invasive vines, and cleared an area offering a lovely view of the state-owned marsh, Joe's Creek, and a nearby osprey nest. We hope to install a bench at this spot and upgrade the entrance area with native and bird-friendly plants.

Griswold: The recommendation from our Griswold stewards and member/volunteer Jeff Cooley to create a trail for hiking the higher portion of the preserve resulted in a fine new Blue Trail along the rock ridge. A second new route, the Orange Trail, connects to the Red Trail. Steward Craig Taylor and team also cleared the "lookout" area off the Yellow Trail and constructed a sturdy natural-looking bench to enhance viewing of Mill Pond. Finally, the preserve sign was adjusted to be clearly visible from Route 1.

Hatchetts Hill: A "scavenger hunt" drawing attention to interesting natural features was installed by Max Garvin.

Hoffman-Matthiessen-DeGerenday: An energetic team of volunteers cleared several severely overgrown trail sections last Fall. The Japanese knotweed remediation program in the parking area continued for its third year this Spring and Summer. Progress from the start of the campaign—when chest- and head-high knotweed obscured the preserve sign and traffic sightlines from the parking area—is readily apparent.

John Lohmann CT River: Thriving pitch pine seedlings are evidence that our efforts to encourage this increasingly uncom-



Our preserves reflect the hard work and devotion of volunteers. Clockwise from top left: Work parties having fun while doing good at the Belton Copp, Lay-Allen, Mile Creek (on Earth Day weekend) and Griswold preserves.



mon species were successful! In fact, several young pines are now three feet high or taller. In April, we happily shared some seedlings with the Friends of Oswegatchie Hills Nature Preserve in East Lyme to add to their pitch pine park and nursery. Also, two new bluebird houses, built and donated by the Lyme-Old Lyme High School (LOLHS) Environmental Club, were installed in the upper and lower fields.

Lay-Allen: After the discovery that a small segment of the Blue Trail ran outside the OLLT property line, Stewards Cheryl Bucior and Jay Campbell and volunteers Jon Lathrop and Pierre Rougny helped re-route it. It is now fully inbounds and sports a smart stepping stone brook crossing.

A work party with record attendance made great strides against invasive plants on the Red Trail last Fall. A Pfizer team, the LOLHS Environmental Club, and other volunteers of all ages came out in force. Watch our website for details on how you can help on the Blue Trail.

Upcoming enhancements include establishing a trail on the newly acquired section bordering Bayberry Ridge Road, and installing more trail signage to help hikers navigate this preserve and the contiguous Town of Old Lyme McCulloch Family Open Space trails.

Mile Creek: Thanks to the persistence of Steward Cindy Kovak, a more walkable White Trail bypassing the challenging northern portion has come to fruition. A hiker-friendly, drier route has replaced the section that entailed ankle-twisting rock and swamp hopping. A multi-phase work party not only cleared and blazed the new trail, but also built sturdy walkways over other perpetually muddy sections, planted pine tree seedlings, and cleared Japanese Barberry from the Green Trail near Swan Brook.

(Continued on page 7)





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Chief Steward's Report (Continued from page 5)

Upper Three Mile River: A rugged wooden bridge was installed across the Upper Three Mile River in the Fall by Co-Steward Mike Kiernan and volunteers Chris LeQuire and Enrique Lopez Ivarra.

A small but mighty team spent a warm May morning clearing invasive plants around the trailhead. The rest of this popular preserve appears dominated by native plants, and we want to keep it that way! More permanent trail signage is planned, with the possibility of an additional trail.

Watch Rock: Last Fall, in an attempt to suppress invasive plant growth, an enlarged field area was mowed. We hope to expand on that effort this Fall. With credit to the LOLHS Environmental Club, the field now hosts a patch of seedlings of the monarch butterfly-friendly milkweed plant (see Nature Note on page 3) as well as a bluebird house they built and donated.

The OLLT is particularly thankful for Steward Ed Sopneski's years of work removing invasive plants. The lovely fern section he envisioned in the parking area is becoming a reality. We think the improved appearance engenders a respectful mindset, as evidenced by a reduction in littering.

8 and 14 Sill Lane: Many people are not aware that the OLLT owns the field properties behind the stone walls at 8 and 14 Sill Lane. In concert with abutting property owners, the OLLT is making efforts to maintain these special environments and open up the view of the fields from Sill Lane, a popular street for walkers, runners, and cyclists. (Note, these lots are not open to the public.) ■

Other Happenings . . .



Fourteen bird species were seen or heard on the Spring Bird Migration Walk led by Roger Tory Peterson Estuary Center naturalist Joe Attwater on the Hatchetts Hill Preserve.



The Watch Rock Preserve was the perfect setting for the Botanical Drawing Workshop held by professional artist Betsy Barry in June.



Sculptures made of natural materials were created at the Watch Rock Preserve during Unplugged Weekend. The Lymes' Youth Services Bureau coordinated local organizations, including OLLT, in offering a myriad of social media-free activities.



Post Office Box 163, Old Lyme, CT 06371

UPCOMING EVENTS

Hiker's Happy Hour

Treat yourself to some mid-week fun! Hiker's Happy Hours occur on Wednesdays twice in both Spring and Fall. The format is simple: a 45 minute hike beginning at 4:15 p.m. at a local trailhead followed by happy hour from 5-7 p.m. at the Old Lyme Inn. (You can join for either or both components.) The next event is on **September 29 at the Griswold Preserve** on Route 1. The guide will share information about its interesting features and history. October's event will be announced on Lymeline and our website, and via posters around town.

Hiker's Happy Hour is a partnership of the Old Lyme Land Trust, the Town of Old Lyme Open Space Commission, and the Old Lyme Inn.



7th Annual Kayak Regatta

A perennial favorite, the Old Lyme Land Trust Regatta will return on **Sunday, September 12 at 10 a.m.** The 6 mile route will include time on the Connecticut River (estimated total duration: 2 hours). Our guide, Fred Fenton, is an experienced kayaker who has led many of the Trust's past regattas.

Paddlers of all ages are welcome. Use of a USCG-approved life jacket or vest is required.

Space is limited and pre-registration is necessary. Email olltkayak21@gmail.com with name(s), number of boats, and contact information. More details of the event will be provided upon confirmation.

The event is free. Donations to support the non-profit OLLT's work are appreciated (go to www.oldlymelandtrust.org).

Our Mission

The Old Lyme Land Trust is a non-profit organization dedicated to conserving Old Lyme's natural, scenic and historic land and water resources for the benefit of the public now and for generations to come. The Trust accomplishes its purpose by acquiring land through donation and purchase, managing the land and by providing education to the public.