

## FOSW Annual Meeting Features Live Birds

The Friends of Sessions Woods is delighted to welcome back Horizon Wings on Sunday, June 7 at 1:00 p.m. at the Sessions Woods Conservation Center. All are invited. Horizon Wings is a non-profit wildlife rehabilitation and education center that specializes in birds of prey (raptors). Founded in 2001, Horizon Wings rehabilitates injured raptors for release and uses unreleasable birds as educational ambassadors for programs focusing



on conservation and environmental awareness. Horizon Wings' goal is to educate the community and create the desire in them to help preserve our natural world. The organization intends to bring live owls and an eagle for this exciting presentation. There will be a very brief FOSW business meeting preceding the event. Please register through email (friendsofsession-woods@gmail.com).

## The First "Green" of Spring

As soon as the first "green" of spring arrives, it is welcomed. But maybe not! In the Connecticut woodlands, invasive plants are first to leaf out. The problem with this early greening, is it can interfere with the natural progression and success of our native plants. The ephemeral wildflowers have evolved to get an early start, bloom and seed before the shade of native tree canopies block the sun. Non-native, invasive plants interfere with this opportunity by greening earlier. Spring ephemerals, such as bloodroot, trout lily and Dutchman's breeches, often provide the first critical nectar and pollen for pollinators, including bees, beetles, and flies.



Trout lilly



Red trillium

These beautiful wildflowers are often welcomed by people, too, to show that warmer days are ahead. Woodlands with only native plants are healthier ecosystems adapted to the environment over many, many years. Do your best to plant only native plants to decrease the likelihood of spreading invasives into natural areas.



Bloodroot

L. ROGERS-CASTRO

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*To enhance and encourage  
the public use and awareness  
of Sessions Woods*



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The Friends of Sessions Woods was established as an all-volunteer organization in 1998 to facilitate projects and programs that enhance the value of Sessions Woods.

## Ask a Naturalist

### What are the first butterflies sighted in spring?

A sure sign of spring is the sighting of the spring azure butterflies! These beautiful butterflies, often spotted on warm, sunny days in late April and early May, can be recognized by their small size (about an inch) and blue color. Caterpillars of spring azure butterflies feed on several different flower buds of trees and shrubs, but particularly dogwoods and viburnums in Connecticut woodlands. Blueberry plants are also a host plant of the caterpillars. The adults will feed on flower nectar. Later in spring and summer, a similar-appearing butterfly, called the summer azure, may be spotted.

### What is unique about Connecticut's state flower?

Although technically a shrub, mountain laurel is Connecticut's state flower! It is an evergreen plant found growing in the forest understory and is known for its showy



Mountain laurel

blossoms. The "flower" is actually composed of many smaller, pale pink, cup-shaped flowers which appear in late spring. The flower is unique in that the filaments that hold the pollen in the anthers are under tension in the closed bud. When an insect lands on the flower, its weight allows the release of the filaments and the pollen is "catapulted", at up to 8 miles an hour, out of the bud and onto the insect. You can tell if a flower has been visited by an insect because it will be open.

## Sessions Woods Calendar of Events

The Sessions Woods Conservation Education Center's Public Program Series is a cooperative venture between the CT DEEP Wildlife Division and the Friends of Sessions Woods. For more information, please email [friendsofsessionswoods@gmail.com](mailto:friendsofsessionswoods@gmail.com).

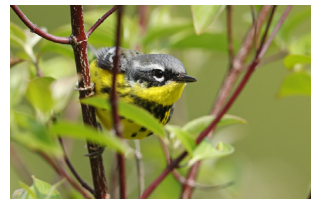
### April 11, 2026 (Saturday), 10:00-11:00 a.m. Plastic Pollution Presentation & 11:15 a.m.-2:15 p.m. Plastic Art Sewing Workshop #1

Sessions Woods will be the host site for an exciting art project focusing on plastic pollution. Plastic packaging from various products will be used to create a "plastic" black bear cub portrait to later display in the Sessions Woods Conservation Education Center. All are invited to sew together this waste to help create a symbol of consumerism. Prior to the sewing art workshops, Researcher Dr. Kat Owens will provide a presentation on the issue.

### April 18, 2026 (Saturday), 2:30-5:30 p.m. Plastic Art Sewing Workshop #2

Help continue to create a "plastic" black bear cub for an exhibit at Sessions Woods. All materials will be provided and it is not necessary to attend the April 11 session to participate in the project. See above for more information

### May 9, 2026 (Saturday), 9:00-11:00 a.m. Migratory Bird Day Walk



Magnolia warbler

Join Wildlife Photographer Paul Fusco and Naturalist Laura Rogers-Castro for a slow hike to the Beaver Marsh and back (approximately 2 miles) searching for birds seen at Sessions Woods during spring migration. Learn some tips on how to identify bird songs.

Bring binoculars and water and consider wearing a hat as the sun is strong at this time of year. This walk is a part of the celebration of Migratory Bird Day, the second Saturday in May.



Scarlet tanager

### June 7, 2026 (Sunday), 1:00-2:30 p.m. Horizon Wings



Eastern screech owl

The Friends of Sessions Woods Annual Meeting will feature a live bird presentation by Horizon Wings. A very brief, business meeting will precede the presentation. All are welcome.

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Memberships run annually from July 1 through June 30 of the following year.

For new members only: Memberships received during the months of January to June are effective through June 30 of the following year.

### THANK YOU FOR YOUR SUPPORT!

We gratefully accept your contributions. Fees and contributions are fully tax deductible. My check for \$\_\_\_\_\_ is enclosed. Please send your check, made payable to Friends of Sessions Woods, to:

Friends of Sessions Woods  
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