

FOSW Annual Meeting Features Live Birds

Several people attended The Friends of Sessions Woods Annual Meeting in June. The Board of Directors was approved with Chuck Bird stepping down as Vice President but ensuring he will continue to be active on the Board in the future. Vince Jennetta was elected to the Vice President position and is happy to serve in that role. Clark Spencer also remains as Vice President.

The guest speaker was Horizon Wings, a non-profit wildlife rehabilitation and education center that specializes in birds of prey (raptors). Founded in 2001, Horizon Wings rehabilitates injured raptors



FOSW President Paul Willis with Horizon Wings

for release and uses unreleasable birds as educational ambassadors for programs focusing on conservation and environmental awareness. The crowd was thrilled to view a barn owl, peregrine falcon, screech owl, and Harris' hawk.



Peregrine falcon



Barn owl

Plastic Art Project a Success!!

Dr. Kat Owens provided an informative talk about plastic pollution at Sessions Woods in April, followed by sewing workshops to create a black bear cub from discarded plastic waste. Participants learned the devastating effects to wildlife around the world due to man's overwhelming reliance on single-use plastic. Wildlife can choke, gain stomachs full of plastic impeding digestion and nutrition, and be overwhelmed by plastic waste in their environment.

The art project was developed to help educate others on the perils of wildlife and plastic with the final artwork displayed in the Sessions Woods Conservation Center. Currently, a wooden frame is being constructed and the art will be covered with plexiglass. Once on view, see if you can recognize the source of the waste.



Friends of Sessions Woods
c/o Sessions Woods WMA
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www.fosw.org

*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

Are milk snakes poisonous?

Technically, the question should be “Are milk snakes venomous?” Venom is injected into a victim, while poison is ingested, inhaled, or absorbed into the body. There are two venomous snakes, the northern copperhead and the timber rattlesnake, in Connecticut. Both are elusive and somewhat reclusive! The beautiful milk snake with its brilliant colors of red, black, and grayish-white may look venomous but is a harmless, pretty snake. An urban legend tells of the milk snake entering barns and milking the cows! In reality, these beneficial snakes enter a barn and prey on mice. If you are lucky to find a milk snake, please observe and let it be.



Eastern milk snake

It's Time to Renew Membership!

The Friends of Sessions Woods support the work and educational efforts at the Sessions Woods Conservation Education Center and Wildlife Management Area. Past projects have included new exhibits, trail maintenance, and interpretive signage. Please renew your membership today, using the newsletter form!

Thank you for your membership!

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.



July 12, 2026 (Sunday), 10:00-11:30 a.m.
Beaver Marsh Hike

Explore the beautiful beaver marsh and newly refurbished boardwalk at Sessions Woods with Wildlife Photographer Paul Fusco and Naturalist Laura Rogers-Castro. Look for and identify summer birds, butterflies, turtles, and more! This 2-mile roundtrip excursion travels over a gravel road and proper, supportive footwear is recommended. Please bring water and wear a hat.

What’s New at Sessions Woods?

The Forest Meadow Trail has new signage! Beginning behind the Sessions Woods Conservation Education Center with a new butterfly garden panel, the information on the signs provides insight to habitat features along the trail. The signs are made possible by funding from the Friends of Sessions Woods. The Beaver Marsh Boardwalk has been refurbished and now provides access for viewing the marsh while within the marsh! Summer is a great time to head out to this wetland habitat. Sights and sounds include pond lilies, dragonflies, green and bullfrogs, swallows, herons, and possibly wood ducks, among others.



What is the most common bird heard on a hot, humid day at Sessions Woods?

When walking in the woods on the hottest, most humid day in summer, one bird makes its presence known. The red-eyed vireo. “Where am I? Here I am. In the tree. Where are you?” The call is persistent, usually heard high in the trees. Red-eyed vireos appear to be having a conversation with themselves!



Red-eyed vireo

FOSW Board of Directors

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Clark Spencer, Vice-President
Vince Jennetta, Vice-President
Sandy Mazeau, Treasurer
- Chuck Bird
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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
PO Box 1550
Burlington CT 06013-1550