



WELLFLEET CONSERVATION TRUST

Spring 2019 • www.wellfleetconservationtrust.org

ANNUAL MEETING WILL FEATURE TALK BY SEASHORE SUPERINTENDENT BRIAN CARLSTROM



Superintendent Carlstrom

You are invited to the Annual Meeting of the Wellfleet Conservation Trust on Saturday, August 17, 2019 at the Wellfleet Senior Center, 715 Old King's Highway. The business meeting begins at 10 a.m., but please arrive as early as 9:30 to join us for coffee/tea and an array of baked breakfast treats.

Cape Cod National Superintendent Brian Carlstrom will be the featured speaker at the event. During his 30-year National Park Service career he has served as a park ranger, recreation planner, natural resource specialist, legislative affairs specialist, and superintendent. Before coming to Cape Cod, Superintendent Carlstrom served in the National Park Service Washington Office as Deputy Associate Director, Natural Resource Stewardship and Science.

Superintendent Carlstrom should have plenty of material to share after completing his first year with the Cape Cod National Seashore. This year the Seashore has begun to implement the Shorebird Management Plan intended to improve productivity during the breeding season through a combination of increased protection and flexible management of visitor access. The challenges of shark awareness and safety are another big concern. We anticipate a lively exchange with the Superintendent. Mark your calendars now!

OUR ANNUAL GUIDED WALK TAKES YOU TO THREE GREAT PONDS

Let us walk you around three great ponds and three smaller, satellite ponds on our thirteenth Annual Guided Walk on Saturday, September 7th. The gathering place is at the Wellfleet Senior Center, 475 Old King's Highway, at 9 a.m. The locations and topics to be covered will include, the Community Garden, the Municipal Water System's Boy Scout well



pumping station, the old Boy Scout Camp itself, Wellfleet's discontinued firing range, the dog park, the upper trail overlooking Duck Pond, early 20th century Governor Eugene Foss's Wellfleet connection, other pond camps, Great Pond, definition of a "great pond", three additional

ponds, Dyer Pond trails and history. The walk will recross Cahoon Hollow Rd. and return to finish at the Senior Center parking lot.

The distance planned is three miles, but there will be two or three early stopping points for those who prefer a shorter walk. Finish time is generally between 11 o'clock and noon. Most of this year's walk is in shaded areas, but you are advised to use sunscreen, apply bug and tick repellent, and wear comfortable walking shoes. Water is supplied along the route, but you are encouraged to bring your own to stay hydrated for the duration.

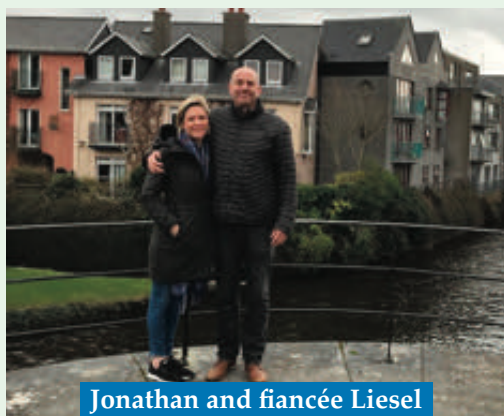
A rain date is scheduled for Sunday, September 8th at the same time. If you are in doubt about weather conditions on September 7, please check our website (www.wellfleetconservationtrust.org) for up-to-date information on the event.

We promise you'll be glad you joined us for another annual "guided" walk organized by our Vice President, Bill Iacuessia. We look forward to seeing you on September 7!

WCT's NEWEST TRUSTEE: JONATHAN KELLY

Jonathan Kelly is WCT's newest trustee. He joined the Board of Trustees this winter and will be nominated for regular election at our annual meeting on August 17, 2019.

Jonathan was raised in Brewster. When he moved back to the Cape, he wanted to live in a different town. Since he had worked at Aesop's Tables (now Winslow's Tavern) in college and always loved the town, he chose Wellfleet. Jonathan has two daughters, so Wellfleet's great school also attracted him here.



Jonathan and fiancée Liesel

Jonathan is a Senior Investment Officer at Cape Cod Five Trust and Asset Management in Orleans. He has an MBA from Northeastern and has CPA and CFP licenses. He worked as a securities trader and risk manager for ten years before returning to the Cape.

Because he is a big runner and has used the trails of Wellfleet and

Truro for years, Jonathan wants to help preserve our open space. This interest led him to the Wellfleet Conservation Trust. Some of his favorite places in Wellfleet are Lecount's Hollow Beach, as well as the National Seashore lands and trails. Free time on the weekend might include a long run, beach volleyball at Cahoon Hollow, and dinner at Mac's Shack. In addition to being a big beach volleyball player, Jonathan loves to cook and was once an owner of Beanstock Coffee.

So many people are an inspiration to Jonathan, anyone putting themselves out there to create something of value, whether that is art, a business, or anything original and new. He expresses interest in artificial intelligence and says, "The future is not going to be boring!"

The Trust has already put Jonathan's talents to work on WCT finances. We welcome Jonathan to the Board of Trustees and look forward to many years of working together to preserve open space in Wellfleet.

CORRECTION

The young helper releasing a diamond back terrapin hatchling during our Twelfth Annual Guided Walk around Indian Neck and Field Point was misidentified in an article in our Fall Newsletter. Our apologies to Sterling Palladino, who not only participated in the turtle release, but completed the entire walk, dedicated to the memory of his grandfather Don Palladino, our late Trustee and friend.



GREEN SUMMER READING LIST



You've been trying to make eco-friendly decisions in your personal routines for some time, so why not go "green" with your summer reading list this year? What better place than the beach or a hammock to catch up on climate change, the environment, or our wild companions on the planet? The following suggestions are just a sampling to get you started on the vast array of green reading with something available for everyone.

***HOLE IN THE WIND* – David Goodrich**

An epic bicycle journey across the America explores the challenges of climate change and diverse American voices.

***JUNK RAFT* – Marcus Erikson**

The Five Gyres cofounder, recounting his struggles to keep afloat on a raft made of junk plastic, immerses the reader in the history of plastic pollution and the movement to combat it. Marcus was on the WCT "CoastSweep" in 2017, and it was his efforts that were important to the creation of the U.N. international CoastSweep programs.

***BEE QUEST* – Dave Goulson**

The author tracks bees but will inspire you to think about the ways in which we are all responsible for the future of our world.

***SIXTH EXTINCTION* – Elizabeth Kolbert**

Is the Earth in the midst of a modern, man-made, sixth extinction? This was the Wellfleet selection for the One Community, One Book program in 2018.

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GREEN SUMMER READING LIST, CONTINUED

***THE WORLD WITHOUT US* – Alan Weisman**

This book is a non-fiction look at what would happen to the natural and built environment if humans suddenly disappeared.

***THE WATER WILL COME* – Jeff Goodell**

The subtitle describes it: rising seas, sinking cities, and the remaking of the civilized world.

***THE OVERSTORY* – Richard Powers**

This novel brings together nine characters who address the destruction of the forests.

***THE LORAX* – Dr. Seuss**

What kid from 3 to 103 doesn't want to be a friend to the trees?

***SILENT SPRING* – Rachel Carson**

Revisit this 1962 classic to see how it remains relevant today.

***INSOMNIA* – John Kinsella**

The Australian poet and eco-warrior worries about the relationship between art and an endangered world.

***THE NATURE FIX* – Florence Williams**

The subtitle explains: why nature makes us happier, healthier, and more creative.

***SOUL OF AN OCTOPUS* – Sy Montgomery**

Here's the case for octopus intelligence and playfulness.

***GREAT WHITE SHARK: MYTH AND REALITY* – Alexandrine Civard-Racinais**

Get a comprehensive look at the great white shark.

***COYOTE AMERICA* – Dan Flores**

In the war between humans and coyotes, coyotes have won, hands-down.

***101 WAYS TO GO ZERO WASTE* – Kathryn Kellogg**

Kellogg provides a practical, friendly blueprint for anyone who wants to reduce their waste.



SPOTLIGHT ON... THE MOURNING CLOAK

The first butterfly to appear on a warm day in early spring (this year observed April 7th in the Pilgrim Springs woods) is the Mourning Cloak (*Nymphalis antiopa*). The Mourning Cloak winters over in its adult stage as a butterfly frozen in "cyro-preservation" in a sheltered tree cavity, under tree bark, or in any crevice

it can fit into to be out of the wind and away from birds or squirrels.



Nymphalis Antiopa

Mourning Cloaks are a good-sized butterfly with a wing span of nearly four inches. Their dark, maroon-brown wings are edged with yellow-beige and have a distinctive row of

submarginal blue spots that make them easy to identify. The underside of the wings are colored dark brown with lighter brown edges, providing them with a perfect camouflage when they are not in flight.

Butterflies must be warm to fly. They need body temperatures close to ours for proper flight. Mourning Cloak butterflies bask, opening their wings and angling their bodies toward the sun, to increase their body temperature prior to flight. Basking is particularly important for Mourning Cloaks in early spring. Their dark colored bodies and wings help them attract this solar heating.

Adult Mourning Cloak butterflies, after emerging from their hibernation, seek each other out for mating in the spring. Males will wait in a sunny spot for females to fly by. After a brief aerial courtship, the pair will mate. The females lay bunches of eggs on a single tree or shrub, in a mass that surrounds a twig. Having spent as much as 10 months as adults, a long life for a butterfly, the

At least one new generation of Mourning Cloaks are produced each year. An early spring may result in two broods. The caterpillars emerge from eggs after about 10 days and they will remain together on the same plant. They eat voraciously and grow rapidly. They pass through five larval stages, called "instars," shedding their skins four times as caterpillars. Their bristling spines ward off predators. Additionally, the young caterpillars stay in contact and if disturbed on a branch, the mass of caterpillars will shake and vibrate in unison to startle or scare off a potential predator.

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THE MOURNING CLOAK, CONTINUED



When the caterpillars have reached full size, they leave their host plant to find a protected site to pupate. There the caterpillar will spin a small anchor pad of silk, attach its hind end to the pad, then hang, head down but curled up like the letter “J.” After about a day in this position, the caterpillar sheds its skin one last time to enter the pupal stage. In several hours it hardens into a spiky grey chrysalis.

After about 10-15 days, the Mourning Cloak butterfly will emerge from the chrysalis. It hangs upside down for an hour or two while its wings inflate and dry. Then it flies off in search of food and a mate to start the cycle over.

The Mourning Cloak is widespread throughout most of North America. It is found anywhere that the larval host plants are found. Trees and shrubs must be available for the butterflies. Our oak trees and many woodland shrubs are a perfect habitat for the Mourning Cloak.

OUR FAVORITE COMING EVENTS

ANNUAL WCT MEETING

Saturday, August 17, 10 a.m. • Wellfleet Senior Center
Doors open at 9:30 for socialization and refreshments.

ANNUAL GUIDED WALK

Saturday, September 7, 9 a.m (Rain Date - September 8)
Gathering Place: Wellfleet Senior Center

COASTSWEEP

Monday, October 14, 9 a.m. • Mayo Beach

Want to receive emails from WCT? Send an email to:
info@wellfleetconservationtrust.org

VERNAL POOL CERTIFICATION EFFORTS UNDERWAY

Wellfleet's Assistant Health & Conservation Agent, Doug Guey-Lee, and AmeriCorps member, Adrienne Tardiff, received permission from the Trustees to determine if one of our parcels should be certified by the State as a vernal pool under the Natural Heritage & Endangered Species Program. Vernal pools provide very specialized habitat that foster certain rare and threatened species of fauna and flora.

WCT has one State certified vernal pool on the Walker conservation property. Mr. Guey-Lee and Ms. Tardiff are now investigating the wetlands across Route 6 from Oliver's Tennis Courts. The Oliver Family donated this fresh water marsh to WCT in 2001. Observation and documentation of the physical and biological aspects of a vernal pool are required in order for certification to be granted. Part of the certification process includes mapping pools by sketching, GIS, and assessor's maps.

"Peeper"



Vernal pools occur where fresh water is contained for two or more months in spring and summer. Rainfall or inlets supply the water for the pool, but there are no outlets. No fish are present in a vernal pool because the water dries out annually or periodically. Vernal pools provide habitat for fairy shrimp, salamanders,

toads, wood frogs, gray treefrogs, and spring peepers. The team working on certification for the pools must provide photos and videos of the species present, egg masses, larvae, and transforming juveniles. Audio recordings of calls and chorusing are additional proof of species inhabiting the pools.

Look for a certification update. The Trust awaits the outcome of the process and will share the information with you in a future newsletter, as well as on our website and Facebook page. We hear the peepers calling "Certify!"

THANK YOU FOR YOUR SUPPORT

We appreciate your donation using the enclosed envelope.

Check out the "Wellfleet Open Space and Conservation Lands" map on our website to see what your support of WCT has preserved. Click on the map under the "Conservation Land and Trails" tab and then expand the map on your browser.

WALKING WITH YOUR DOG ON CONSERVATION LAND TRAILS



Barbara and Kerry Cormier

Dog walkers love to enjoy nature on Conservation Land trails, and their dogs get lots of exercise. The trails go over joint Trust and Town lands without ownership distinction. With the increased usage on the trails that comes with warmer weather, here are some tips for you and your dog when out walking on your favorite trails.

The number one way to keep your dog safe is to have control over it. This means keeping dogs leashed. Some people demand and receive total obedience from their dogs, but most of us have dogs who want to chase animals, run up to people or other dogs, and sometimes get out of our sight.

You should stay aware of your surroundings and listen for what might lay ahead on the trail. Some people may be afraid of dogs. It is courteous to step to the side to let others pass by. You should hold onto the dog's collar as well if your dog is eager to greet them. This is also important when passing other dog walkers. Some dogs do not like having dogs invade their space. It's safer for both dogs to ask the owner if the dogs can greet each other up close. Always ask if you can pet another dog. A dog may take this as permission to nip or jump on you. Some dogs do not want a pat on the head but might enjoy a scratch on the back instead.

Check your dog and yourself for ticks before you go home. Your dog is probably protected by a veterinarian product, but Lone Star, deer and dog ticks can move from its fur to your body. To remove a tick from either of you, use a tweezers to pull out the tick's head as soon as possible to lessen exposure to Lyme and other tick-borne diseases.

The last and most important consideration for trail walking with your dog is to always pick up, bag, and throw away your dog's poop. Nobody wants to step in it, and dog poop contains harmful bacteria that can make other dogs sick. Make sure you throw the poop away in the trash. Even though they may say biodegradable, these plastic bags do not decompose in woods or fields. They need high heat compost systems to break down.

We need everyone's cooperation to create a safer and more enjoyable trail walking experiences for all. Enjoy yourselves out there!

SHORT SUBJECTS



WCT Maintains Breakwater Heathland

In April, complying with a jurisdictional opinion from the Conservation Commission, WCT volunteers enhanced the viewshed from the Trust's heathland at the Indian Neck breakwater beach. Their aim was to promote grassland and scrub vegetation habitat to preserve vistas for humans and to encourage birds and

other creatures to inhabit the grassy area full of bayberry, beach plums, and wildflowers.

Earth Day/Mother Earth Day

The Trust posted signs around town again this year on April 22 to commemorate the 49th anniversary Earth Day. There are big plans underway to celebrate the 50th anniversary in 2020. We also learned that in 2009 the U.N. designated April 22 as International Mother Earth Day, a part of the same Earth Day movement to promote harmony with nature and the Earth.

Wellfleet Town Meeting Voters Say "Yes"

At the April 22 - 23, 2019 Annual Town Meeting, Wellfleet voters accepted four articles with a positive impact for open space and the environment. The Open Space Committee had two articles for the transfer of several Town-owned parcels to their care as permanent conservation land. The Recycling Committee had placed a balloon reduction bylaw on the warrant. A petitioned article called for the discontinuing municipal use of plastic water bottles (with an exception for emergency situations). Thank you, Wellfleet, for your positive votes for the environment.



WELLNESS AND THE WOODS: HOW TO BE HEALTHY AND HAPPY

The secret of health and happiness might be right outside your door. Reports of Dr. Robert Zarr's "nature prescriptions" have gained attention for his creative approach to wellness. The Washington D.C. doctor recommends nature prescriptions to get people outside for their health and well-being. Other physicians and mental health professionals are promoting the idea as a powerful health strategy. Nature will not cure diseases on its own, but there is much to be gained by spending time in green places.

The benefits of being outdoors are multiple. Spending time outside helps you relax. Studies show it can decrease levels of the hormone cortisol, lower blood pressure, and reduce other markers of stress. Going out encourages you to get moving. Physical activity, whatever it might be – gardening, walking, hiking, biking or group sports – is important to good health.

The National Park Service's *Healthy Parks, Healthy People* program promotes getting outside for good health. Free *Walk With a Doc* offerings have sprung up all over the country. Go outside and enjoy what nature has to offer you, the beauty of the Wellfleet Conservation Trust lands and trails – and think of it as just what the doctor ordered! You can find maps and trail guides on our website.

PRESIDENT'S LETTER - SPRING 2019

Dear Members and Friends,

Spring is another great season in Wellfleet, one of my four favorite seasons. With the arrival of spring come the daffodils, forsythia, the verdant greens, peepers, Earth Day and beautiful days. Also in my calendar, spring brings the e-mail reminding me to write this letter from Trustee Mary Rogers, who along Trustee Susan Anthony, write and edit many of the stories in this newsletter. All year long, your Wellfleet Conservation Trust (WCT) works on securing and stewarding conservation lands in Wellfleet. We now have 386 acres of Wellfleet land secured for conservation, having recently received one parcel along the old rail bed and concluded a Conservation Restriction on another Harbor front lot. We are very thankful to the people who saw the benefit to conserve the land.

Climate change, read increasing temperatures and raising sea levels, is getting a lot of deserved attention. Much of that attention is about energy conservation and emission reduction. However, land conservation is a direct credit to combating climate change. I read a summary of a recent *Scientific American* article which points out that a tree is capable of storing up to 48 pounds of carbon dioxide per year; its root system will filter and purify ground water; and it supports biodiversity. Our benefactors have helped us preserve trees by setting the lands aside for conservation. Another major environmental problem is residual lives of plastics and their prevalence in the ecosystems. In what may seem insignificant, WCT is continuing to help collect and properly dispose of waste, largely plastics, through our "Adopt a Highway" and the "CoastSweep" programs. I note our thanks to the Trustees and the volunteers who do this good work.

Summer is the season that brought a lot of us to Wellfleet. The season does stress our resources, but allows us to live and work here. Please be environmentally conscious during this season. You and I can make a difference.

Finally, thank you for your continued support. We believe our all-volunteer land trust can do more land conservation with your support. If you have any questions or comments, feel free to contact us.

Thank you,

Dennis (Denny) O'Connell, President, Board of Trustees
508-349-2162 or dennyoc@comcast.net



WELFLEET CONSERVATION TRUST

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The Wellfleet Conservation Trust is an IRS
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