



### **CENTER AT POMFRET:**

**189 Pomfret St (Rt. 169)  
Pomfret Center, CT 06259  
(860)928-4948**

### **Fall Bird Walks**

**Every Tuesday in Oct. at 8:00 a.m.**

Join Andy Rzeznikiewicz as we explore different areas of the sanctuary each week looking for migrating hawks, ducks, and songbirds. Bring binoculars, wear waterproof shoes and drab colored clothing. No dogs please. Meet at Nature Center. We will carpool to various locations on the sanctuary. Meet at the Center at 189 Pomfret Street in Pomfret Center.

Cost: Free to members/\$5 non-members.

### **Trails for Toddlers has returned!**

**Tuesdays in October from 9:30 – 11a.m.**

Do you have a toddler who likes to explore? Bring them to the Center for a walk on the Sanctuary, nature activities and/or crafts.

Program will be led by nature loving mom and certified teacher Sarah Wiberg. Cost per month: \$12 members/\$20 non-members. Call 928-4948 for more information and/or to register your child.

### **After School Nature Club**

**October Session -**

**Grades K – 2:**

**Tuesdays 3:15-5:15 p.m.**

**Oct. 6, Oct. 13, Oct. 20, Oct 27**

**Grades 3 – 5:**

**Thursdays 3:15 – 5:15 p.m.**

**Oct. 1, Oct 8, Oct. 15, Oct. 22, Oct 29**

This program is all about getting outside and exploring the Bafflin Sanctuary. After a quick snack, we will hit the trails in search of what Mother Nature is providing. Be it fall migrating birds, late summer insects or fall leaves, the “timely” display is highly enjoyable.

Children must wear shoes and clothes appropriate for the weather. Pick up is promptly at 5:15 p.m. Registration required: call 928-4948 for more information and registration forms. Cost per session: \$35 members, \$45 non-members.

### **Bird Banding Demo Days!**

**Saturday, Oct. 3 at 9:00 a.m.**

Watch Sanctuary Manager, Andy Rzeznikiewicz and fellow bird banders capture and band numerous birds. See how birds are caught, their data recorded, and how they are released. You may be able to release a bird or two. Conducted during peak fall bird migration, each session will produce different bird species. Three years ago a swamp sparrow was captured just west of Philadelphia the next day! Meet at the Center at 189 Pomfret Street in Pomfret Center.

Cost: \$5 members/\$10 non-members.

### **BIRD SEED SALE**

**Saturday October 3, 9-Noon**

**Watch for order forms in mail or call us at 928-4948.**

### **Wednesday Noon Walks**

**Wednesdays, October 7 – November 25**

Get out of the house or office to stretch your legs and clear your head. Join Connecticut Audubon Society staff for some fresh air and exercise. Seniors and parents with babes in backpacks welcome. Meet at the Center at 189 Pomfret Street in Pomfret Center.

Cost: Free, donations appreciated.

### **Sense of the Night**

**Saturday, October 10, 7:00 p.m.**

Come out in the cool and the quiet of the night to explore Bafflin Sanctuary with your night vision. Property Mgr., Andy Rzeznikiewicz, will lead a 2 to 3 mile rigorous hike through woodland and meadows. Wear comfortable walking shoes and bring your sense of adventure. Good night vision is imperative. Very limited use of flashlights. Cost: Free Meet at the Center at 189 Pomfret Street in Pomfret Center.

### **Art Guild Exhibit and Sale**

**Open until October 15, 2-4 p.m.**

The Center at Pomfret welcomes The Northeastern Connecticut Art Guild back with their exhibition and sale of watercolor and oil paintings featuring Mother Nature. A wide variety of styles and images will be presented. Cost: Free to the public. Exhibit will be held at the CT Audubon Center at 189 Pomfret Street in Pomfret Center.

### **Third Sunday Walks with Fran**

**Sunday, October 18 at 2:00 p.m.**

Fran Baranski, longtime Center volunteer and tracker will lead guided walks on the sanctuary. Come for the free air, exercise, and lessons along the trail. Great family activity. Consider packing a picnic lunch or supper to enjoy before or after the walk. Cost: Free to members/\$5 non-members. Meet at the Center at 189 Pomfret Street in Pomfret Center.

### **Saw-Whet Owl Banding**

**Saturday, October 24, 7 p.m.**

**Friday, October 30, 7 p.m.**

The smallest species in the Northeast, this owl typically migrates south in early winter. This is our third year banding the owls. Seeing these remarkably docile pint-sized owls up close is something to behold! Cost: \$15 members/\$25 non-members. Register early, space is limited. Call 928-4948 to make a reservation.

### **Touring Southeast Asia**

**Wednesday, October 28, 7:00 p.m.**

Longtime Pomfret residents, Ann and Walter Hinchman traveled independently throughout Southeast Asia for six weeks during the winter of 2008. They were comfortable, felt safe at all times, and managed on a slim budget. They visited Hanoi, Halong Bay, Saigon, Angkor Wat, Vientianne, Luang Prabang, and Bangkok and many other interesting sites while traveling by plane, train, junk, hydrofoil, rickshaw, bicycle and coracle. Free to members/ \$5 non-members. Meet at the Center at 189 Pomfret Street in Pomfret Center.

### **The Sanctuary: Landscapes of New England Oil Painting Exhibit and Sale**

**Opening: Friday October 30, 6:30 p.m.**

**Exhibit thru November 22**

Award-winning artist Barbara Lussier will exhibit her glorious landscapes of New England. Barbara is a well-known artist here and a student of Lyme Academy. Barbara and her easel are a familiar sight on our Bafflin Sanctuary. Her work has been exhibited both throughout New England and internationally. Barbara's paintings can be found in a number of corporate and private collections. Barbara has won numerous awards, including recent honors from the 2007 First Summer Show at the Rockport Art Association, the 2007 Academic Artists Association's 57<sup>th</sup> National Exhibition, the Connecticut Academy of Fine Art, and the 2008 Sylvan Gallery Juried Coastal Show. Barbara is also a signature member of New England Plein Air Painters. Preview her paintings at her website, [www.barbaralussierpleinair.com](http://www.barbaralussierpleinair.com). Free to the public. A percentage from all sales will benefit the Center at Pomfret. Opening and exhibit will be at the CT Audubon Center at 189 Pomfret Street in Pomfret Center.

## **TRAIL WOOD -**

**93 Kenyon Road, Hampton, CT 06247**



***The Edwin Way Teale Memorial Sanctuary: open to the public from dawn to dusk seven days. Teale's writing cabin and study are open Sunday from 1 to 4 p.m. and by appointment. Call (860)928-4948.***

### **Full Moon Walk**

**Oct. 4 at 7:30 p.m.**

Get the nocturnal view of Trail Wood under the full moon. Catch the reflection of the moon off the beaver pond, listen for denizens of the night and delight in the beauty of it all. Warm up around the woodstove with a cup of tea. Free to CAS Members/\$3 non-members. Meet in the Visitor's Parking Lot at 93 Kenyon Road in Hampton.

### **Trail Wood After School Nature Club**

**Wednesdays: 3:15 to 5:15 p.m.**

**October Session: Wednesdays Oct. 7, Oct. 14, Oct 21, & Oct. 28**

Geared for second, third, fourth and fifth graders, this program is all about getting outside and exploring Trail Wood. After a quick snack, we will hit the trails in search of what Mother Nature is providing at the time be it fall migrating birds, late summer insects or fall leaves. Children must wear shoes and clothes appropriate for the weather. Pick up is promptly at 5:15 p.m. Registration required: call 928-4948 for more information and registration forms. Cost per session: \$30 for members/\$40 for non-members.

### **Teale's Trail Wood**

**Saturday, October 10, 2009**

Bring family and friends for a leisurely, two hour walk along the trails named by Edwin Way Teale and his wife Nellie at their former home, Trail Wood in Hampton. Learn how Monument Hill got its name, why the Old Colonial Road is a part of Connecticut's history, what the writing cabin was for and how and why the Teale's named the places they traversed almost daily on their 168- acre homestead. This walk is one of the QSHC's "Walktober" walks. Meet in the Visitor's Parking Lot at 93 Kenyon Road in Hampton. The walk is recommended for those 8 and older who are accustomed to hiking two or more miles. Cost: free

### **Second Sunday Afternoon Walk**

**Sunday, Oct. 11 from 2:00 – 4:00 p.m.**

Delight in the cool of autumn afternoons at Trail Wood with caretaker Vern Pursley. Walk the trails, read excerpts from Teale's books and allow life to slow down for a few hours in the quiet that is Trail Wood. Free - although donations are always appreciated. Meet in the Visitor's Parking Lot at 93 Kenyon Road in Hampton.

### **Bird Walks**

**Thursday, Oct. 15 at 8:00 a.m.**

Join Andy Rzeznikiewicz as we search for fall migrants. Please bring your binoculars and wear drab clothing. Depending on bird observations, may travel to a nearby Wolf Den Land Trust Property. Cost: free members/ \$10 non-members. Meet in the Trail Wood Visitor's Parking Lot at 93 Kenyon Road in Hampton.