

Cabin Fever Notes from the Guilford Conservation Commission

BY GCC MEMBERS

The Guilford Conservation Commission (GCC) has been posting “Cabin Fever” notes on a weekly basis to the Front Porch Forum (FPF). We thought it might be useful to share them in the Gazette as well. Perhaps by the publication of this Gazette the Stay at Home policy will soon be lifted, but either way, outdoor exercise is one of the most beneficial activities for mind, body, and spirit.

Trails: Walking on conserved land connects us to what we love about living in Guilford. The following are three trails recommended by the GCC for their ease of access and scenic beauty. Most are on level ground without major hills, therefore appropriate for kids and elders. They may be wet or muddy through June; wear appropriate footwear. If Stay at Home remains in place, just remember to limit contact with other walkers, staying 6’ from anyone you meet on the trail.

Grassy Spur (aka Sheppie’s Meadow) in Green River Village was conserved through the Vermont Land Trust in 1978. The current landowners welcome Guilford residents to walk along the grassy path next to the Green River (about 1.5-mile walk down and back). Park on the west side of the Green River Covered Bridge. The gate to the meadow is on Stage Road (150 yards east of the bridge).

Weeks Forest Carriage Trail in Guilford Center, maintained by the GCC, is level and easy (.8 miles round trip), following an old carriage road that led to Guilford

Sweet Pond Trail is now open again with the restoration of the dam last Fall. Sweet Pond has filled over the winter, making the 1.3 mile trail that circles the pond exceptionally beautiful as it wends through woods and wetlands. Still mostly level, this trail has more uneven terrain than the other two. Park at the Sweet Pond Trailhead parking area marked by a wooden State Park sign.

Birds: May is a great time for birdwatching. Pick a comfortable spot outside to sit and listen to whoever shows up. Tune your ears to red-tailed or broad-shouldered hawks circling above the trees, wild turkeys strutting their stuff on roads and fields, redwing blackbirds “scree-ing” near ponds and wet areas, phoebes nesting under eaves, and chickadees calling to each other as they forage for food. Listen for the song of the Baltimore oriole in the blooming apple trees, and the haunting echoes of the veeries and hermit thrushes in the woods.

At the Audubon Society’s website, www.audubon.org/birding, you can find DIY activities for kids and grownups, including how to make your own hummingbird nectar. Be sure to check out the Southeastern Vermont Audubon Society (SVAS) to learn about nearby birding opportunities and events at <http://southeasternvtas.blogspot.com/>.

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*Sweet Pond Trail
photographed by Skye Morse*

Mineral Springs. Benches, a detailed trail guide, and interpretive stops make this a delightful walk. There’s a small parking area at the trail head on Carpenter Road, opposite the Old Brick Schoolhouse.

**CAROL SCHNABEL
HANDWEAVER**

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Cabin Fever Notes, continued

Interested in keeping a bird journal? This very short You Tube video shows you how to fold a small 8-page book from a single sheet of paper: <https://www.youtube.com/watch?v=21qI9Zc-QV> Use your little book to write down the names of the birds you hear or draw quick sketches of them that you can reference when looking them up in a guide later on.

Reptiles/Amphibians: By mid-May we have all heard wood frogs and spring peepers in Guilford's ponds and woods, and salamanders have finished their slow, silent migration from forest habitat to rivers, streams, and wetlands.

The Vermont Reptile and Amphibian Atlas (VtHerpAtlas.org) collects observations of any reptiles and amphibians. Their website includes a reporting form and a table with photos and descriptions of unusual species in Vermont: <https://www.vtherpatlas.org/priorities-da->

[ta-gaps/always-report-most-wanted-and-rarest/](#). Any photographs and descriptions you send to the Atlas will be much appreciated and will add to our knowledge of reptiles and amphibians in Guilford and in Vermont.

To help you identify plants and animals you encounter outdoors, visit Lynn Levine's website www.heartwoodpress.com, which offers links for educators and sells easy-to-use guides for Mammal tracks and a Fern ID book, along with books for kids about the outdoors. Email Kinglet@together.net in Ripton, Vermont to request one or more of Vermont artist Libby Davidson's collection of eight different laminated ID cards (3 7/8" x 2 1/2") for identifying everything from twigs and leaves to hawks and amphibians at very reasonable prices.

Whatever you choose to do outside, enjoy beautiful Guilford in the spring, and watch for ongoing Cabin Fever Notes in the Front Porch Forum.

Birthday in a Time of Plague

BY SUSAN BONTHRON



When Eliza Frehsee turned 10, social distancing prevented her from having a birthday party. But her mother Michelle called some friends and secretly arranged a surprise for her daughter.

The friends gathered across the street from Eliza's house in Guilford Center at a pre-arranged time, and with music, singing and applause congratulated their young friend on achieving her first decade.

Fire Department Statistics

- January:**
 - 10 fire
 - 7 medical calls,
 - 3 mutual aid
- February:**
 - 10 fire
 - 7 medical calls,
 - 3 mutual aid
- March:**
 - 8 fire
 - 2 medical calls
 - 3 mutual aid

Guilford Fire Department and Covid-19 Planning

BY WANDA ATOMANUK

The Guilford Volunteer Fire Department has been working continuously to prepare and plan for the COVID-19 pandemic.

We have been in ongoing communication with the Guilford Emergency Management Director, Peder Rude, as well as other state and local officials. Our primary objective has been to procure necessary safety supplies for the department and to set new guidelines to keep our members and patients safe.

We share the same challenges as other emergency response organizations around availability of supplies from both vendors

and State supply channels. While we do have a small supply of required equipment, we continue to work towards securing even more.

Patients will notice our personnel wearing this new safety gear when they respond. They will also notice our dispatching services asking additional questions when emergency calls are received. These new protocols are in place to help keep both patients and first responders safe.

We appreciate your understanding and assistance during this challenging time.

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