

## Westbrook Land Conservation Trust

“Nature doth kindly heal every wound.” Thoreau. With social distancing required this spring, people are heading outdoors, flocking to available open spaces - trails, roadways, waterways. I have never seen state forest trails so populated with families on weekdays. Whether you are alone or with others, the natural world provides thinking away from a screen, fresh perspective, quietude, stress relief, peace and a place to expend energy outside walls. Wilderness heightens the senses, fosters optimism and imagination for all ages. E.O. Wilson calls this *biofilia*, “the innately emotional affiliation of human beings with nature.” These difficult times underscore the value of our preserved natural world, and Westbrook offers a significant variety to explore. Visit Westbrook’s MapGeo system, look under Themes and click the tab for Open Space. The sounds, views, and smells are extraordinary out there this time of year. As the demands on our natural resources increase, however, we must also be mindful to safeguard where we wander, for the next visitors, as if we were never there. Pick up any litter, and watch out for poison ivy! Meanwhile, I’ll see you on the trail. - Doug White

The Westbrook Land Trust came into being in 1968 when there was concern over the development of ecologically invaluable salt marshes. With the donation of a privately held piece of land that year on Hammock Road, we began our journey preserving open space in concert with the Town. The Land Trust now owns 31 land parcels totaling over 150 acres, as well as the conservation rights to 51 acres. If you live near a parcel and would like to join in its stewardship, or simply appreciate the protected open space we preserve, please consider joining this organization. Write or email us at: WLCT, PO Box 1124, Westbrook, CT 06498. Email: [WestbrookLCT@yahoo.com](mailto:WestbrookLCT@yahoo.com).

Photo: WLCT Trout Brook Property