

# Happy 50<sup>th</sup> Earth Day!

Let's Make EVERY DAY Earth Day in Redding

## Here are 50 Ways!

1. Pick up “**The Book of Trails, A Guide to the Use and Protection of Open Lands In Redding**” and explore our town’s 7,000+ acres of permanently protected open space and 66 miles of trails. Thanks to the **Redding Land Trust**, [www.reddinglandtrust.org](http://www.reddinglandtrust.org), this incredible resource is available at the **Mark Twain Library, New Pond Farm and Redding Town Hall**.
2. Speaking of **Open Space**, take a walk on one of these trails and spy a “quote” perched on a tree by an environmental giant, writer, artist or poet.
3. So many spaces. So little time! Pack a picnic lunch and blanket and make an afternoon of it at **Saugatuck Falls**. But before you settle, drop some “Poohsticks” off the bridge that sits above the river and watch to see who wins the race! Check out this YouTube video from the Hundred Acre Wood about “**How to Play Pooh Sticks**”: <https://www.youtube.com/watch?v=7LX5023PmMU>
4. One of Redding’s gems, **Huntington State Park**, features the sculptures of Anna Hyatt Huntington. Experience the vista of Couch Hill Preserve before you venture on the trails throughout the park.
5. Learn about the **Redding Pollinator Pathway**. Visit [pollinator-pathway.org/redding](http://pollinator-pathway.org/redding).
6. Help create an **Origami Curtain Art Installation**, “A Pollinator Pathway” this 50<sup>th</sup> Anniversary of Earth Day on the Town Green. Town Hall invites every Redding resident to make an origami flower or insect; drop off your origami sculpture so we can string them into curtains and hang them on Saturday, April 25, 2020. Contact the First Selectman’s office or the town website for details.
7. Learn about the **Norwalk River Valley Trail and the “Redding Mile”** by visiting [nrvt-trail.com](http://nrvt-trail.com).
8. Learn about Redding’s **Lonetown Marsh**, the first public town Open Space purchase that sits right across from Redding Elementary School.

9. Visit your local **vernal pool** to see what lives beneath the surface: polliwogs, salamanders, frogs, fish, turtles, just to name a few. But don't take them home! Learn more about these creatures on May 2, 2020 from 10-11 am at Topstone Park.
10. Listen to the sweet sound **Peepers** make in the early Spring. *Hint: they live in moist, wooded areas, fields and grassy lowlands near ponds and wetlands. Uhhum...that's most of Redding!*
11. **Collect Rainwater** – Learn about water conservation using a variety of methods from simple science experiments to larger-scale projects such as installing a rain barrel collection system or rain garden at your school.
12. **Craft a Nature Collage** - Go on a nature walk and collect all sorts of items such as pinecones, sticks, leaves and flower petals that can be transformed into a beautiful art collage with just a little glue and construction paper.
13. **Use a Recyclable Water Bottle** - The U.S. alone consumes more than 50 billion plastic water bottles annually. Get rid of plastic cups around the office water cooler. Hand out company-branded water bottles if you want to help the cause even more.
14. Become a member of our local environmental education center, **New Pond Farm**. Located on **Marchant Road**, **New Pond Farm** is situated on 102 acres that host a rich blend of both natural habitats and farming terrains. Dozens of environmental and agricultural programs for families, children and adults run throughout the year. "On every acre, in all we do, we plant seeds for a lifetime of active engagement with the natural world." Visit [newpondfarm.org](http://newpondfarm.org) for details.
15. Arrange to carpool to the **Boys and Girls Club** for the next game. Parking there is limited and leaving your car at home just 2 days a week will reduce your carbon dioxide emissions by 1,590 pounds per year.
16. Support **Highstead** on Lonetown Road. Highstead works to inspire curiosity and build knowledge about plants and wooded landscapes in order to enhance life, preserve nature, and advance sound stewardship practices. Visit: [highstead.net](http://highstead.net) to learn more.
17. Always keep a few **re-usable totes** in your car for your store point-of-sale purchases.

18. Make an Earth Day pledge to **take a shorter shower!**
19. Get informed on **Environmental Policies** and support legislators that vote to protect the environment.
20. Register with **www.catalogchoice.org** to get off unwanted junk mailing lists.
21. Take your dog for a walk at one of Redding's picturesque Parks: **Huntington State Park, Topstone or Putnam Park.**
22. Visit **The Mark Twain Library** and check out the special Earth Day exhibit featuring titles and DVDs on the environment and environmental issues.
23. Grab your **binoculars** and go for a bird walk. Look for redwing black birds, cowbirds, robins, eastern thohees, chickadees, cardinals and phoebes.
24. Mark your calendars! The **Mark Twain Library Frog Frolic is on Saturday May 16, 2020.**
25. **Transfer Station Fact:** Every year, 21 BILLION pounds of textiles are thrown away in the U.S. 45% of these can be reused, 30% can be turned into wiping cloths and 20% recycled into new products. Bring your clothing, shoes and linens to the **Baystate Trailer at the Transfer Station.**
26. Buy a native tree from **Redding Nursery** and plant it in your yard. Planting shade trees around your house will absorb CO2 and slash your summer air-conditioning bills.
27. Reduce paper use – **use cloth rags & napkins** instead of paper ones.
28. Did you know the **average American meal** travels more than 1,500 miles from the farm to your plate? Visit your local organic farmer to get your fruits and vegetables.
29. As a member, you can buy your milk & yogurt from **New Pond Farm!**
30. **Buy recycled** products!
31. Run **washers & dishwashers** only when full to save hot water and energy.

**32.** Did you know? The **Redding Garden Club** has been keeping Redding “Green and Clean” for over 50 years? Visit [www.reddinggardenclub.org](http://www.reddinggardenclub.org) to learn about all the initiatives and what they do for Redding. And mark your calendar for their **Annual Plant Sale**, on Saturday, May 9 from 9am-1pm at the Redding Historical Society on Lonetown Road. Go native!!

**33.** Visit the **Parade Path**, a botanical walk into the past, with native and introduced plantings progressing back from the 1900s to the Revolutionary Era. The **Parade Path** is located on the Town Green.

**34. Raise your “food consciousness”** with a few simple steps: from field to table. Start with learning where it came from, how it was grown, how it was transported, how it was packaged and then distributed...to how you got it. The chain will amaze you and perhaps make you think twice before consuming. If in doubt, *buy local!*

**35. Don’t bag your grass clippings** when you cut your lawn. Organic mulches break down gradually and help improve the soil. Use the same blade to mulch leaves in the autumn for a "natural food" for your lawn.

**36. Hang clothes to dry outdoors** to cut back on dryer use...and they smell better too!

**37. Save your newspapers** and take them to the **Redding Transfer & Recycling Center**. Recycling a stack of newspapers only 4 feet high will save a good-sized tree.

**38.** Bring hangers and plastic bags back to the dry cleaners; **Classic Cleaners in Georgetown** is happy to have them!

**39. Skip the Pesticides!** Broad-spectrum or nonselective pesticides kill almost any critter they touch, including the good bugs that prey on the bad bugs. If you do use them, read the product toxicity data. Ask applicators for Material Data Sheets for all products used.

**40.** Don’t forget: Do your part to **clean up Redding’s road-side trash on Saturday, April 25, 2020**. Gloves, vests & bags will be distributed at the Town Green from 9am-1pm. Bring trash back before 3 pm and create the largest **Mt. Trashmore** ever on the Town Green!

**41.** Visit [recyclect.com](http://recyclect.com) to learn about “**What’s In, What’s Out**”, “**Can I Recycle It?**” and a search tool is available for you to type in your item of question.

**42.** You can also visit [hrra.org](http://hrra.org) (**Housatonic Resource Recovery Authority**) to learn about how to recycle correctly and how Redding manages your waste.

**43.** Do you know Redding Transfer Station offers an **Organics Recycling program**? You drop off your scraps (what goes in the bin) for just 10 cents a pound (garbage costs 20 cents per pound) and in the spring you get a bucket of mulch. Or if you don't want to drop it off, there is a service called **Curbside Compost** (\$32 per month) and they will pick up your compost. Visit: [curbsidecompost.org](http://curbsidecompost.org).

**44.** Learn how to do a sun salutation (or Surya Namaskar). You not only will feel great after doing a few, you are also honoring the sun, according to ancient yoga tradition. Visit this site to watch and learn: <https://www.yogajournal.com/videos/salute-the-sun>

**45. Plant native perennials** that attract pollinators. Visit: [pollinator-pathway.org/native-pollinator-plants](http://pollinator-pathway.org/native-pollinator-plants) to view lists of native plantings.

**46. Adopt a hive of honeybees** at New Pond Farm and work with their bee keeper!

**47.** If you have little ones, check out **Redding's Westbrook Nature School**.

**48.** If you have a field, put up a **bluebird box**. If you have a woodland pond, put up a **wood duck box**.

**49.** Marvel at the wonders of the **night sky** as you gaze through the **telescopes** out on **New Pond Farm's Astronomy Hill**.

**50. HAPPY 50<sup>th</sup> EARTH DAY!** Earthday.org estimates that **1 BILLION people now participate each year**, over 190 countries engage, making it the largest civic observance in the world! Be a part of it and visit your Town Green on April 25<sup>th</sup>!