



CENTRAL INDIANA  
LAND TRUST

SPRING 2019

**THE HEALING  
POWER OF NATURE**

SPECIES SPOTLIGHT  
**HONEYSUCKLE,  
WINTERCREEPER AND  
BITTERSWEET, OH MY!**

IN APPRECIATION  
**FROM THE GROUND UP**



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### FROM THE LEADERSHIP

Recently, I was having lunch with a coworker and we got to talking about climate change. My colleague said she loves how tangible our work is on the local level, but it would be nice to better understand its impact on the big picture of climate change. Admittedly, as a father of two young children, I think about climate change every day—and how our work helps create a better future for them.



*Cliff Chapman*

Protecting and managing natural areas close to home makes a lot of sense—and benefits future generations of Hoosiers by keeping their natural heritage intact. But we are constantly bombarded with statistics and media stories of overwhelming problems at a global level. How does our work make a difference in that bigger picture?

We are committed to pragmatic, natural solutions for a better, cooler future. And our new conservation plan, covering an expanded service area of the central third of Indiana, definitely increases our ability to make an impact on climate change. An important part of the new plan is to expand protected old growth forests from small wooded areas to forest blocks of at least a square mile.

By the time we reach our plan's goals, we estimate we will have planted and protected millions upon millions of trees around existing old growth preserves. Trees mitigate climate change as they grow by removing carbon dioxide from the atmosphere.

There are added benefits to this strategy beyond those that are climate-related. Forest interior species struggle near woodland edges. We commonly see raccoons eating turtle eggs in nests close to the woods' edge. Similarly, brown-headed cowbirds commonly lay eggs in wood thrushes' nests near an edge. By expanding the size of forest blocks, we reduce the edge and increase the size of the forest interior, thus helping forest interior species survive and thrive in Central Indiana.

Another benefit to planting trees next to or around existing preserves has been well-documented in recent research on forest clearings. Patches of young trees are called early successional forest. Several declining species, such as blue-winged warblers and willow flycatchers, need this habitat for nesting. Interestingly, it has also been found that some first-year birds that are forest interior species prefer to forage in early successional habitat after they leave the nest. So, we can benefit multiple classes of species by planting thousands of trees around existing natural areas.

You can see how this one solution addresses multiple problems, including the overwhelming one of climate change.

Going back to that conversation about how our work fits into “the big picture”—it does so perfectly. And here's the thing: The best way to make a global impact is to take action locally. With your help, we can make lasting change right here at home, and on a planetary scale, using the very same local strategies.

Cliff Chapman  
*Executive Director*

ON THE COVER:  
Virginia Bluebells







## WHERE THERE'S A WILL THERE'S A WAY...

### TO MAKE A LASTING GIFT FOR CONSERVATION IN CENTRAL INDIANA.

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By including the Central Indiana Land Trust in your will, your passion for nature serves as a legacy for generations to come.

The Burr Oak Society was established in recognition of CILTI's donors who have created such a legacy. If you have made a provision for the Central Indiana Land Trust in your will or trust, please let us know so we can include you as a member of the Burr Oak Society and thank you during your lifetime.

If you would like more information about including the Land Trust in your plans and becoming a member of the Burr Oak Society, please contact Stacy at [scachules@conservingindiana.org](mailto:scachules@conservingindiana.org) or 317.441.0535.

## MEMBERS OF THE BURR OAK SOCIETY

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## THE HEALING POWER OF NATURE



Terry and Gale Sherwood, walking their Tipton County land in early March, tip their heads up at the calling of sandhill cranes. “There they are,” says Gale, pointing to a ragged V in the sky, source of the bugling sound. “It’s amazing how loud they are, because sometimes you can hear them but they’re so high up you’d never see them.”

They go on to describe bald eagles, redtail hawks, woodcocks and many other birds they’ve watched from their little piece of paradise. CILTI holds a Conservation Easement on 90 acres of their property. Most evenings, any time of year, you can find them walking the property with their two dogs.

Terry’s parents first moved to the property in the 1930s, raising Terry and his two siblings while farming the land. Gale, who grew up across the road, claims a similar lifetime connection to the area. The couple raised two daughters of their own here, and have always savored the nearness of nature.

They set up a conservation easement with CILTI in 2009, permanently protecting the acreage they had already begun to consider a sanctuary for wildlife. Former agricultural fields are now tangled with native wildflowers or planted in rows of saplings.

There’s a high corner of meadow that Terry calls his favorite. There’s a mitigated wetland they both point to with pride. There are 10-year-old trees hanging on against deer damage.

But the old forested parcels soothe their spirits most of all. Walking into Sherwood Forest, they look for a hawk’s nest high in the canopy, then notice a twisted little sapling that Terry jokes would make a good cane in case of a broken leg. The conversation unfolds easily, as it does every evening, while their boots stir a thick layer of brown leaves.

Terry says that over all these years of walking, tending, exploring the woods, it feels like he and Gale have come to know the trees personally. “They have a wisdom,” says Gale.

It will come as no surprise to CILTI members and supporters: Nature—and forests in particular—can heal us. Physicians and mental health professionals the world over recognize this, and have begun to prescribe nature walks to their patients.

A group dedicated to this concept, the Association of Nature and Forest Therapy Guides and Programs, has several Indiana practitioners qualified to lead forest therapy outings. Certified Forest Therapy Guide Christy Thomson of Huntington notes that a great deal of research points to the benefit of long doses of outdoor time. But it doesn't need to take that long: In just a few mindful hours, people can feel the same kind of therapeutic benefit as they'd get from a long weekend getaway.

Forest bathing, as it's known in Japan, "gets you out of your head in a quick way," she says.

Muncie resident Rick Shafer, who recently obtained certification in the same program, calls this type of experience "a very efficient and healthy way to calm yourself down."

"You can spend two hours in the woods and your blood pressure can drop," he says. "Your cortisol levels can drop. People get really worked up these days, with social media, the news, and all the screen time. But even 20 minutes (of nature infusion) will calm you down."

When Christy Thomson leads a walk, she asks participants to really sink into a place. She'll guide them to notice any pleasant feeling touching their skin—and to simply breathe.

"We're trying to help start or regenerate this relationship we have with nature," she says, noting that the Western mind tends to forget or override any connection to nature.

Local acupuncturist Melissa Laborsky integrates that link to nature into her practice. Through Traditional Chinese Medicine, she supports clients' understanding of their issues as a call to transform at a deep level, just as the natural world constantly moves and transforms. Part of her role as a practitioner is to reacquaint clients with what they already know: that they are not separate from nature. "Because we ARE nature—we are one with nature," she says.

"Being with trees," she says, "they are constantly trying to connect in and talk to us. Constantly. But we don't know how to listen, we don't know how to tune in."

Whatever the goal, and whether under guidance or alone, a real sense of wellbeing arises when walking mindfully through a natural area like Meltzer Woods or Blossom Hollow.

Or through Sherwood Forest, as Gale and Terry have found.

So what is it, exactly, about these trees that tower over us? "They're just so majestic," Gale says. "There's so much they've seen, and they've lived so much longer than we've lived. And they're at our mercy."

One thing's for certain: The more people rekindle a love of our remaining natural areas, the greater the drive to protect them. That's why the word "wonder" figures into CILTI's mission, as we reconnect Hoosiers to the natural beauty of our region. Keep an eye on our website ([conservingindiana.org](http://conservingindiana.org)) for upcoming hikes and outings, and check our list of publicly accessible properties to plan a visit on your own.

*Top left: Sandhill cranes  
Inset: Gale and Terry Sherwood  
Bottom Right: Blossom Hollow*







## IN APPRECIATION: FROM THE GROUND UP

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As one of Indiana's conservation champions, John Bacone grew his career from the ground up. Straight out of college in 1974, he used his Eastern Illinois University botany degree to hire on as the first professional naturalist at Turkey Run State Park.

Now he's retiring after a nearly four-decade run as director of the Indiana DNR Division of Nature Preserves. It's the longest anyone has held that kind of position, anywhere.

Over the years, Bacone took the department from a threesome to 21 full-time staffers and 22 additional part-time and intermittent staff. The number of nature preserves during that time went from 47 to 288.

In the mid-1970s, during fieldwork in Illinois, he started to see the full scope of threats to undisturbed natural areas. Many had already been converted to agriculture, as he found while inventorying natural areas in Illinois. Before that experience, he had focused on biology and botany, without looking closely at the big picture.

Since then, his passion for land protection has made him a hero to many in the conservation arena.

### **Bacone says the high points of his career include:**

- Completing a natural areas inventory of Indiana, which identified gaps and added focus to conservation efforts.
- Formation of land trusts like CILTI, eventually resulting in land trust coverage for the whole state—boosting collaboration on land protection projects.
- Establishment of the Indiana Heritage Trust license plate, which raises funds for conservation statewide. (See sidebar.)

"Overall," he says, "the biggest highlight has been the collective collaboration with all the partners in this field."

CILTI's own Cliff Chapman counts Bacone as a mentor, having worked in the Division of Nature Preserves early in his career. And without Bacone's leadership, it's clear that many key species would have long since disappeared from Indiana, and many special places would have been destroyed. Long before he was ready to retire,

## A LICENSE TO CONSERVE

Did you know that proceeds from this environmental plate fund land protection? Established in 1992, the Indiana Heritage Trust (now called the President Benjamin Harrison Conservation Trust) protects Indiana's outstanding natural areas.



Sales of the Environmental Plate have protected thousands of acres of Indiana's natural heritage! According to the DNR, the trust's leadership has helped the state and its partners acquire 440 sites, totaling 61,793 acres. And those acres are home to countless native species.

**NEXT TIME YOU RENEW, GO BLUE!**



Bacone received the George Fell award for Lifetime Achievement at the 2007 Natural Areas Association conference. He calls the experience humbling, especially because of his personal acquaintance with George Fell, the founder of the natural areas movement.

Speaking for the human and nonhuman lives Bacone has touched, we owe him a debt of gratitude. Please join us in congratulating him on his retirement, and thanking him for his tireless work for conservation in Indiana.

“THE BIGGEST HIGHLIGHT HAS BEEN THE COLLECTIVE COLLABORATION WITH ALL THE PARTNERS IN THE FIELD.”

- JOHN BACONE

*Upper left: John Bacone.  
Photo courtesy of DNR.*

*Above: Bacone is especially proud of protecting Indiana's prairie remnants.  
Photo courtesy of Lee Casebere.*

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## SPECIES SPOTLIGHT: HONEYSUCKLE, WINTERCREEPER AND BITTERSWEET, OH MY!

Why are we featuring nonnative, invasive plants in our species spotlight? As a cautionary tale. If you've ever visited a natural area only to find species like wintercreeper and Asian bush honeysuckle predominating, you know how easily these species spread to natural areas.

And if you've ever helped us clear these from sites like Meltzer Woods, Blossom Hollow and Glacier's End, we thank you!

Once introduced into a natural area, invasive plant species have a range of impacts—often changing the environment's conditions to the extent that the local flora and fauna struggle to survive.

That's why we rejoiced this January when a state commission adopted a new rule that will soon make dozens of invasive plant species illegal to sell and transport in Indiana. The Natural Resources Commission took this action that promises to benefit native species of plants, insects and larger animals alike.

The rule prohibits and restricts the introduction, sale, distribution and transport of 44 highly invasive terrestrial plants statewide. The provisions began to take effect this spring, with the full rule going into effect in April of 2020.

Spread the word to your gardening friends: When planning and planting a garden this year, make sure to avoid invasive plant species, some of which are still available at nurseries until April of 2020.



In a nature preserve, invasive wintercreeper outcompetes native vegetation and can even overtop old growth trees, covering the leaves and preventing photosynthesis.

**INSTEAD, PLANT NATIVES!**  
Find a directory of outlets  
for native plants at  
[growindiananatives.org](http://growindiananatives.org).



*A red admiral butterfly visits a native ninebark bloom.*





*Invasive Asian bush honeysuckle*



*Invasive Japanese barberry*

## THE PROHIBITED INVASIVE PLANTS:

Achyranthes japonica (Japanese chaff flower)  
 Ailanthus altissima (tree of heaven)  
 Alliaria petiolata (garlic mustard)  
 Alnus glutinosa (black alder)  
 Artemisia vulgaris (mugwort)  
 Arthraxon hispidus (small carpgrass)  
 Berberis thunbergii (Japanese barberry)  
 Carduus acanthoides (spiny plumeless thistle)  
 Carduus nutans (musk thistle)  
 Celastrus orbiculatus (Asian bittersweet)  
 Centaurea stoebe (spotted knapweed)  
 Cirsium vulgare (bull thistle)  
 Conium maculatum (poison hemlock)  
 Convolvulus arvensis (field bindweed)  
 Coronilla varia (crown vetch)  
 Dioscorea polystachya (oppositifolia) (Chinese yam)  
 Dipsacus fullonum (common teasel)

Dipsacus laciniatus (cut-leaved teasel)  
 Elaeagnus umbellata (autumn olive)  
 Euonymus fortunei (wintercreeper)  
 Euphorbia esula (leafy spurge)  
 Frangula alnus (glossy buckthorn)  
 Hesperis matronalis (dame's rocket)  
 Humulus japonicus (Japanese hops)  
 Lepidium latifolium (pepperweed)  
 Lespedeza cuneata (sericea lespedeza)  
 Ligustrum obtusifolium (blunt leaved privet)  
 Lonicera japonica (Japanese honeysuckle)  
 Lonicera maackii (Amur honeysuckle)  
 Lonicera morrowii (Morrow's honeysuckle)  
 Lonicera tatarica (Tatarian honeysuckle)  
 Lonicera x bella (Bell's honeysuckle)  
 Microstegium vimineum (Japanese stiltgrass)  
 Morus alba (white mulberry)  
 Phalaris arundinacea (reed canarygrass)  
 Phellodendron amurense (Amur cork tree)  
 Phragmites australis subspecies australis (common reed)  
 Polygonum perfoliatum (mile-a-minute vine)  
 Reynoutria japonica (Japanese knotweed)  
 Reynoutria sachalinensis (giant knotweed)  
 Reynoutria x bohemica (Bohemian knotweed)  
 Rhamnus cathartica (common buckthorn)  
 Vincetoxicum nigrum (black swallow-wort)  
 Vincetoxicum rossicum (pale swallow-wort)

# JOIN US!

Renew or begin your membership today by  
 simply using the enclosed envelope or by  
 making a gift online at

[www.conservingindiana.org](http://www.conservingindiana.org).



# 2018

## YEAR IN REVIEW

THANKS TO YOUR SUPPORT,  
**IN 2018 CILTI:**

- **PROTECTED AN ADDITION TO MOSSY POINT IN PARKE COUNTY**, featuring a breathtaking sandstone canyon that offers an experience comparable to Turkey Run State Park, but more secluded.
- **LAUNCHED ON-THE-GROUND WORK TO OPEN THREE WHITE RIVER NATURE PRESERVES** that will include two new entry points to the White River.
- **PUBLISHED AND BEGAN WORK ON CILTI'S NEW STRATEGIC CONSERVATION PLAN.** Among many other highlights of the plan, we are excited to work with other land trusts in the region to support protection of more special natural areas.
- **HOSTED A FIELD TRIP AT GLACIER'S END NATURE PRESERVE FOR THE 2018 NATURAL AREAS CONFERENCE**, and invited members of the Xerces Society to tour the property and learn how its restoration benefits pollinators.
- **EMBARKED ON TWO ECOLOGICAL STUDIES AT OUR NATURE PRESERVES**—one to look at controlled burning's impact on vegetation, and another assessing oak regeneration success rates in micro openings.

TOTAL VALUE OF LAND HELD  
**\$19,991,462**

REVENUE **\$2,440,680**

V. EXPENSES **\$581,855**



**150 VOLUNTEERS**

— contributed —

**500  
HOURS**

of work to improve  
and maintain the  
lands we protect.



**CILTI**  
owns and manages  
**NATURE  
PRESERVES**  
across Central Indiana.

**OVER  
5,400  
ACRES OF  
LAND**



are protected to  
benefit plants  
and animals and  
allow Hoosiers to  
experience the  
wonder of nature.





## MORE LAND PROTECTED IN PARKE COUNTY

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We are excited to announce that in April, we closed on a 33-acre parcel of Parke County land in partnership with the DNR Division of Fish and Wildlife. The property adjoins 2,000 acres of protected land, including a 397-acre conservation easement held by CILTI, and lies close to Mossy Point, which we expanded in 2018.

Part of the Lower Sugar Creek Conservation Area, the property has a creek flowing through it and contains habitat that is perfect for the endangered Indiana bat. While not yet open to the public, the land represents one more piece of the puzzle in this critical conservation area. Overall, Lower Sugar Creek's natural features are unlike any other in the state—with awe-inspiring sandstone canyons, waterfalls and unbroken forest canopy for migratory warblers and other forest interior species.

Realtors approached the owners of this land multiple times looking to purchase the land. Our involvement gives them the assurance and peace of mind that these 33 acres will never be developed.

Thank you for your support as we continue to protect Central Indiana's last remaining natural areas!

### *In Gratitude*

**In 2018 Traders Point Hunt in Zionsville donated \$89,000 from the sale of their property.** Because of the club's generous support, we will be able to protect and steward many more acres of Central Indiana's remaining special places. On behalf of the native flora and fauna sheltering in these natural areas, we thank you, Traders Point Hunt members and leadership!

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We are pleased to thank the following donors who generously supported conservation right here in Central Indiana with their support of the Central Indiana Land Trust during fiscal year 2018. (January 1 – December 31, 2018)

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*Question mark butterfly*

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*Shagbark hickory*

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