

Conserving the Heart of Maine since 2004

View from the Chair

By Tom Aversa, SRLT Board Chair

In the natural world, spring marks a remarkable season of renewal. Cheryl Daigle stepped in last spring as the first regular SRLT staff person in over six years. As Board chair, I have appreciated observing how she rejuvenated the Trust and I look forward to watching this upward trajectory continue! Our visibility in the watershed and online has improved dramatically with our Board and volunteer work force expanding accordingly. Outreach programming and SRLT representation at area events has spiked and improved. With plans afoot to collaborate with other organizations on regional conservation

planning, we feel, once again, that we are in a position to facilitate conservation in the Sebasticook River Watershed. We now stand on firmer financial footing, even after promoting Cheryl to our Executive Director position. Granting agencies responded with capacity and special project funds which included awards from the Quimby Family Foundation, Momentum Conservation (formerly Southern Maine Conservation Collaborative), Cornell University's Land Trust Bird Conservation Initiative, the Maine Outdoor Heritage Fund, the Town Of Unity, and the Morton-Kelley Foundation. We are beginning to improve preserve signage and trails, as well as making progress on adding at least one new preserve and one

conservation easement to our conservation portfolio. We are also updating our forest management plans thanks to USDA Natural Resource Conservation Service support. Long-term supporters as well as new donors have chipped in, but

we need all of our supporters to renew membership with this newsletter appeal.

We can't achieve our goals without successful appeals to members. We only ask twice a year, so please show support and help us continue to conserve working farms, forests and wildlands while educating residents of their importance by making a generous contribution.

Native Woodland Ephemerals in the Sebasticook River Watershed

By Adri Bessenaire

The changing of seasons brings a flush of new growth that's evident in the flora and fauna, and even in our spirits. Around the same time you hear the first songs of the White-throated Sparrow—"Poor Tom Peabody, Peabody, Peabody"—or the ethereal notes of the Hermit Thrush, the leaf and flower buds across the forest begin to unfurl. In this very transitional period, where sunlight is able to easily penetrate the open canopy of deciduous forests and reach the forest floor, native spring woodland ephemerals get their time to shine. These unique, understory, herbaceous plants provide the earliest sources of nectar and pollen for our native pollinators. Depending on the timing of the spring thaw, you can usually find many of the species in the accompanying photos within the Sebasticook River Watershed emerging through the deciduous leaf litter and blooming for a few short weeks from April to May.

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Red Trillium (*Trillium erectum*)
| Cheryl Daigle

Sebasticook Regional Land Trust is a membership-supported conservation association working to conserve and restore the lands and waters of the Sebasticook River Watershed in Central Maine. We focus on land conservation, habitat restoration and environmental education.



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BOARD MEMBERS

Tom Aversa, Chair
and acting Secretary

Ellen Batchelder, Treasurer

Adrianna Bessenaire

Tyler C. Hadyniak

Doug Miller

Jonathan Milne

Pete Nichols

Dana Ward, Vice-Chair

EXECUTIVE DIRECTOR

Cheryl Daigle

Since 2004, we've worked with many organizations to conserve the wild and working landscape of the Sebasticook River Watershed...

Thank You!

AgAllies • Avian Haven • Bar Harbor Bank & Trust • Biodiversity Research Institute • Benton Grange Colby College - Chace Community Forum • Cornell Land Trust Bird Conservation Initiative • Kennebec Woodland Partnership • Hills to Sea Trail Coalition • LightHawk • Maine Audubon • Maine Farmland Trust Maine Land Trust Network • Maine Rivers • Midcoast Conservancy Momentum Conservation • Morton -Kelly Charitable Trust • Newport Cultural Center • North Star Adventures LLC • Outland Farm Brewery • Penobscot County Conservation Association • Quimby Family Foundation • The American Chestnut Foundation • The Cornell Lab of Ornithology • The Ecology Learning Center • The Nature Conservancy • Town of Unity • Two Trees Forestry • RSU 3 • RSU 19 Unity Public Library • Unity Barn Raisers • Villageside Farm

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Community-Based Conservation

By Cheryl Daigle,
Executive Director

When I first began working with conservation groups, many years ago and fresh out of college, community-based conservation was gaining traction as a phrase and in practice. Protecting and stewarding land with community interests at the center of these activities can have a profound impact on the towns hosting protected lands. A renewed sense of community is allowing the Sebasticook Regional Land Trust to gain momentum with program attendance, new and revitalized partnerships, a growing volunteer base, and support from businesses and foundations in the region. This year we celebrate two milestones - the founding of Friends of Unity Wetlands and the Sebasticook River Watershed Association, which merged to become SRLT (*see page 5*). These organizations, and the persistence of SRLT in facing the challenges of past years, represent the critical role community plays in protecting the ecological values found here. This collaborative work also helps preserve the rural economies and sense of place throughout the watershed.

Community pops up in unexpected ways, too. We couldn't be more thrilled that employees at Bar Harbor Bank & Trust voted to contribute \$2,040 from their Casual for a Cause fund to SRLT in April. These funds supported the production and distribution of this newsletter as well as upcoming programs that bring community together to celebrate and care for the land in our watershed. It means a lot that Bar Harbor Bank & Trust employees value conservation lands and understand the importance of getting people outdoors to experience and learn from nature.

Outland Farm Brewery and farm-to-table restaurant in Pittsfield announced their new Charity on Tap program in April, with the first round of funds going to SRLT (based on \$1 of each pint of Hewn Maple beer being donated) through the month of May. I've since enjoyed conversations with owners Heather and Mike Holland



In May we had great fun with community members preparing flags for the Benton Alewife Festival at the first annual Alewife Printmaking and Sewing party at the Benton Grange Hall.

at their restaurant along with delicious locally-sourced meals and beverages. Their emphasis on supporting local farmers is what "being a community" is all about. Our June paddle on the mainstem Sebasticook will be followed by gathering at the restaurant, which is located by the river.

Small town celebrations embody a sense of community in ways that keep people connected to their local landscape. Our participation in the Benton Alewife Festival in the spring is a wonderful example. Millions of alewife now return to the Sebasticook River to complete their life cycle, feed other fish and wildlife, and revitalize historic fisheries that boost local economies and cultures. These thriving fish runs are possible because community members cared deeply about restoring the broken natural connections between land and sea.

Conserving the land that protects these fisheries is also important. With support from the Quimby Family Foundation, we will renew a focus on collaborative, regional conservation planning to guide efforts to be sure more land is protected throughout the watershed. We look forward to continuing partnerships with the Hills to Sea Trail Coalition and Midcoast Conservancy, along with others, and sharing more about regional planning efforts later this year.

The Wonders of Vernal Pools

By Adri Bessenaire

By definition, a vernal pool is a natural or man-made depression in the landscape that is temporarily flooded by rain and spring snowmelt and dries up partially or completely by mid-summer. Vernal pools lack predatory fish, which makes these significant habitats the safest breeding grounds for some of Maine's amphibians, invertebrates and even reptiles. These unique features on our spring landscape support the major lifecycle stages of four main indicator species: Wood Frogs, Spotted Salamanders, Blue Spotted Salamanders, and Fairy Shrimp.

Wood Frogs share an incredible chorus alongside the Spring Peepers usually in early to mid-April during the first big movements of amphibian migration. The female wood frog is larger than the male and tends to be more salmon-colored. Their eggs appear more like marbles, each embryo wrapped in an individual membrane.

Blue-Spotted Salamanders and Spotted Salamanders are two of Maine's mole salamanders and can live up to 15-20 years old! Adults travel an average of 400 feet from the uplands to vernal pools in mid-April and spend about six weeks breeding there. Males deposit spermatophores along the bottom of these pools that females collect and use to fertilize her eggs. Egg masses

contain roughly 1,500 embryos (Wow!) and are usually laid in a loose gelatinous mass anchored to small twigs to keep them submerged in the water column.

Fairy Shrimp are aquatic crustaceans about one and a half inches long. They feed on zooplankton and are usually a somewhat reddish-hue. They are coincidentally named for the fact that adults seem to appear in unpredictable years like magic. This is mostly due to the fact that Fairy Shrimp eggs can remain viable at warmer temperatures than adults can survive and even after multiple years of vernal pools drying up!

Places within SRLT's service area where these vernal pools can occur include leaf-bottom isolated uplands (Freedom Forest Preserve), floodplain scours along riparian edges (Albert J. Sousa Preserve), shrub or swamplands with acidic emergent vegetation (Rines Wetland & Wildlife Preserve) or forested swamps (Great Farm Brook Preserve). Vernal pools do not support the existence of these awesome amphibians on their own ... the area surrounding the pool—up to ½ mile from the water's edge, known as the critical terrestrial zone—is where these species spend the rest of their lives. This upland habitat

is where adults and dispersing metamorphs find food, hibernate through the winter, and contribute as a food source to the larger ecological community of predators such as foxes, raccoons, coyotes, turkey, hawks, and snakes. By natural design, these sanctuaries are fleeting and represent a really unique natural phenomenon to be celebrated when they are writhing with life but also protected even when they're not active. The continued conservation of lands with vernal pools, upland critical terrestrial zones, and habitat connectivity between these patches of breeding grounds ensures the future persistence of these species and their very important ecological roles.



A citizen-science project called Maine Big Night is dedicated to monitoring these migrations across the state and is a critical effort to assessing road mortality risk in amphibian populations. There are roughly 35 road survey sites located within the Sebasticook River Watershed that contribute to this research and save hundreds of migrating amphibians from road mortalities each year! If you'd like to get involved with this incredible volunteer effort on our conservation lands, please reach out to us and we can help connect you with a coordinator for your area of interest.

L-R: Wood Frog egg mass: Embryos in individual membranes resemble marbles or tapioca | Dawn Morgan; Wood Frog (*Ranas sylvatica*) | Megan Gahl; Spotted Salamander (top) and Blue Spotted Salamander | Kevin Ryan (all 3 from the book Of Pools and People). Spotted Salamander egg mass: Irregular and all-encompassing gelatinous envelope | Adri Bessenaire.



Honoring Board Members

In 1999, when Matt Bernier put out the call to help form the Sebasticook River Watershed Association (SRWA), **Brandon Kulik** stepped up to join the organization's first Board of Directors. In 2011, when SRWA and SRLT merged, Brandon switched over to become a member of SRLT's Board of Directors. He continued to serve on SRLT's Board until late last year. Thus, for a quarter century, Brandon reliably served our organization and played an important role in our restoration efforts, a record of service for



which we are profoundly grateful. Brandon was a Senior Scientist at Kleinschmidt Associates in Pittsfield until his retirement last February. Throughout his career he was "passionate about fishery restoration projects" so it should come as no surprise that in reflecting on his involvement with SRLT, he is proudest of his role in helping the Alewife Restoration Initiative (ARI) become a success. Brandon worked with partners to help overcome resistance to the project among some residents in the China Lake community fearful that alewife reintroduction would upset the ecology of the lake. His calm, clear, and knowledgeable presentation of the science behind the program helped break up the logjam of resistance and the project moved forward. He had always looked for projects with tangible results, and nothing could be more tangible than millions of alewives swimming from the ocean to China Lake for the first time in over two hundred years in the spring of 2022. For all that you have done Brandon, we thank you.

Doug Wescott has been a stalwart supporter of SRLT over the last decade since relocating to central Maine from his home state of California. We are grateful for his continued support which included serving two stints on the Board of Directors. He left the board earlier this year. Doug first joined the board in 2014; most notably, he stepped in as chair in 2017 to help keep SRLT afloat during a critical period after we lost staffing. His sense of optimism enabled other board members to continue for six years as an all-volunteer organization with the goal of bringing back staff when finances allowed it. He left the board in



2020 but returned to serve from 2022 to earlier this year. Doug spearheaded our Speaker Series during much of his tenure. He intends to remain active and lend support to SRLT into the future. Thanks Doug!

Contributed by Dana Ward and Tom Aversa

Ephemerals, continued from page 1

Spring woodland ephemerals and ants have an interesting relationship. Many spring ephemerals rely on myrmecochory, or ant seed dispersal, in addition to spreading through their rhizomes. Though they are not the only pollinators, ants are particularly good at accelerating germination of these early flowers. Native ants will seek out seeds from Bloodroot, Trillium, Trout Lily and other spring ephemerals specifically for their elaiosome, the yummy lipid and protein-filled attachment on the outside of the seed coat. They take the seeds back to their nest where they consume the outer seed coat and discard the seed intact. Nestled amongst other organic material underground in the ant's nesting area, the seeds have perfect protection and resources to begin germination! Kudos to the littlest creatures for assisting this adaptive clade of flora in the temperate forests of Maine.



Above: Jack-in-the-Pulpit (*Arisaema triphyllum*) | Jennifer Brockway
Below Left: Bloodroot (*Sanguinaria canadensis*) | Cheryl Daigle
Below Right: Trout Lily (*Erythronium americanum*) | Cheryl Daigle



MILESTONES

By Dana Ward, Vice-chair

This year marks two milestones in Seabasticook Regional Land Trust's history that set the stage for land conservation within the Seabasticook River watershed. Twenty-five years ago, the town of Pittsfield opted not to act on its 1997 Plan calling for a commission to monitor and restore the Seabasticook River's water quality. In response, Matt Bernier, a civil and environmental engineer at Kleinschmidt Associates in Pittsfield, brought together nine other environmental professionals and created the Seabasticook River Watershed Association (SRWA), incorporated in 1999. Two years later, Molly Docherty, Director of the Maine Natural Areas Program, established the "Beginning with Habitat" program. Beginning with Habitat identified a number of "focus" areas in need of conservation, including the Unity Wetlands. When Genevieve Pence of the Maine chapter of The Nature Conservancy (TNC) learned of the program, she contacted Molly Docherty and suggested they organize a community group focusing on conserving the Unity Wetlands.

Molly enlisted her husband, state wildlife biologist Phillip deMaynadier, along with SRWA's Matt Bernier, and the Unity Barn Raiser's John Piotti to help organize the group. After weeks of preparation over the summer of 2002, Molly, Gen, Phillip,

Matt and John convened a meeting on September 18, 2002 at the Unity Community Center, attended by roughly two dozen people. Molly moderated the meeting and Gen prepared the agenda. The meeting produced a set of goals and a Steering Committee for what would become the Friends of Unity Wetlands (FUW). Members of the Steering Committee were: Matt Bernier, Phillip deMaynadier, Alan Habershtock, Mary Ann Hayes, Molly Docherty, Genevieve Pence, Dave Potter, Pam Proulx-Curry, and Andy Reed. Over the following year the Steering Committee met five times before holding its second community meeting on July 9, 2003, at the Unity Community Center. Molly again moderated the meeting and Gen Pence presented the Conservation Plan she had been working on since the first community meeting. Along with refining the group's goals, making revisions to the Conservation Plan, and developing strategies to expand the group, the Steering Committee was given the task of formally incorporating the Friends of Unity Wetlands, a task accomplished in early 2004. FUW's first Board of Directors meeting took place 20 years ago on April 13th, 2004.

In 2010, FUW decided to expand its focus to the entire Seabasticook River watershed and changed its name accordingly to the Seabasticook Regional Land Trust (SRLT). The following year SRLT and SRWA merged operations. Today SRLT manages over

4,000 acres of fields, forest, and wetlands, mounts an array of lectures and events, and helps improve wildlife habitat across the watershed. Sometimes all it takes to change the environment is the flap of a butterfly's wing, or, in this case, an email between two women dedicated to public service.

Welcome New Board Members!

SRLT is excited to have two new members on the board, both of whom bring decades of experience in land conservation and stewardship in Maine.

Jonathan Milne joined the board in January; a resident of Sydney, he is also serving as the Moulton's Mill land steward and brings GIS experience to our team effort. Jonathan is the Eastern Maine Program Coordinator for LightHawk, and previously spent many years as a land steward for 7 Lakes Alliance and Baxter State Park.

Pete Nichols also joined the board in January, and brings his past experience as director of Midcoast Conservancy to help us continue to build our momentum and guide our land conservation efforts in the watershed. Pete is now the director of the Maine Chapter of the Sierra Club, and lives in Jefferson, Maine.

Field Research: Using Sound to Identify Grassland Bird Nesting Blocks to Aid Management

AgAllies affiliated researchers Kshanti Greene of Thomas College and Thomas Young are working on a way to parse out nesting locations and nesting density of Bobolinks and other grassland birds using sound to determine if this can inform the development of un-mowed blocks in fields that are used for agricultural purposes. Ten sensors are set up in fields at the Richardson Memorial Preserve to collect bird vocalizations and their location and frequency. These will then be analyzed to help identify most likely nesting locations (and possibly answer other questions). The sensors will be taken down either after the birds fledge or before mowing needs to commence. Grassland birds are declining nationwide, and the Richardson fields are now being fully managed to maintain important grassland habitat in Unity since the discovery of PFAS in soils made the fields unusable for hay and produce. We will report on the results of this research in our Fall newsletter!



Stewardship Committee Update

By Doug Miller, Co-chair

Winter storms in December and January had an adverse impact on our preserves and easements, dropping many trees across our lands and trails. The SRLT Volunteer Stewards came together this winter and spring to open these trails for hiking and nature exploration. Thank you to all the volunteers who joined us!

Board member Jonathan Milne took some independent time this spring to clear trees and open up the trails at Moulton's Mill and Richardson Memorial preserves. Volunteer work crews cleared trails at the Connor Mills Trail and Rines Wetlands & Wildlife Preserve. Tom Aversa and Ron Waldron, Stewardship Committee co-chair, led a group at the Kanokolus Bog trail to remove downed trees – the cold temperatures did not deter this crew! Freedom Forest Preserve and Carlson Woods trails are also open. The Pleasant Lake Preserve has been maintained with the diligent work of volunteer stewards Jeff Guesman and Billy Ashton. The Connor Mill bridge over Bacon Brook is now in place. Board member Adri Bessenaire is working with Cheryl Daigle on construction of a new kiosk frame at the Connor Mill Trail to hold a new and updated Unity Trails map funded through Town of Unity TIF funds and the Maine Outdoor Heritage Fund.

Our volunteer stewards continue to monitor trail conditions and make recommendations for repairs and improvements. We are working with Rines Preserve Steward Barry Stoodley on a plan to improve the Rines entranceway on Route 139. We will continue to improve kiosk content on our properties this spring and summer. Stay tuned for updates on our volunteer work days via our e-news, Facebook or Instagram, or visit us online at sebasticookrlt.org. We typically plan a work day the last Sunday of the month, but sometimes reschedule due to holidays or bad weather. **Come visit our woods and fields, you are all welcome!**



Photos, clockwise from top left: Frank Sivisky, Adri Bessenaire and Michael Clark take a photo break after clearing trails at Freedom Forest Preserve; Jeff Guesman, Jonathan Milne, and Cheryl Daigle scouting out trail improvements at Moulton's Mill Preserve; Dan Hill alternates as chainsaw operator with updating trail marks; Adri handles a chainsaw with flair at Freedom Forest; Jonathan considers boardwalk needs at Moulton's Mill; Tom Aversa works with landowners and volunteers to reinstall the bridge across Bacon Brook to provide full access to the Connor Mill Trail.

Community Outreach Update

The SRLT Speaker Series continues with programs held at Benton Grange Hall, Unity Community Center (Barnraisers), and Newport Cultural Center – we greatly appreciate these community partners



Bobolink illustration by Emily Renaud

and an opportunity to bring programming to different areas of the Sebasticook watershed! Presentations are well-attended, and this past winter and spring included a close look at Maine's Heritage Fish Waters presented by Bob Mallard of the Native Fish Coalition; an update on the state of Maine's rivers with Landis Hudson, executive director for Maine Rivers; a review of the ins and outs of land surveying with longtime SRLT volunteer and surveyor Frank Sivisky; and a talk by SRLT Board Chair Tom Aversa on migratory birds in Central Maine. Thank you to all who come out – building a sense of community around these topics and an understanding of land stewardship helps all of us face the particular mix of challenges that we see today with climate change and development pressure in our rural part of the state.

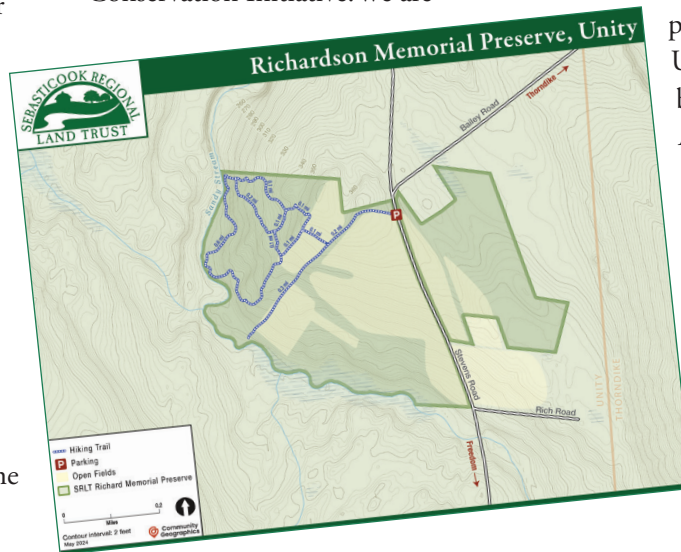
We received funding through the Maine Outdoor Heritage Fund to update content such as maps and interpretive posters in select kiosks and expand our workshop offerings this year. In May, we offered a workshop on invasive species identification and management by Hunter Manley of Legacy Woodlot Services in partnership with Waldo County Soil & Water Conservation District. In June, we offer programs on grassland habitat management at the Richardson Memorial



Executive Director Cheryl Daigle (left) co-chaired a session at the Maine Sustainability and Water Conference on "Balancing Forest and Farmland Protection with Renewable Energy Development" with Thatcher Carter (far right) of Maine Farmland Trust. Carter and Sarah Haggerty of Maine Audubon offered presentations on how their respective land trusts are informing the renewable energy/conservation arena; Mark Zankel, Holly Noyes, and Lindsay Bourgoine of Revision Energy focused on the business/state policy perspective; and Josh Kercsmar (center), Unity Environmental University professor and board member for Preserve Rural Maine, provided a perspective based on the historic interplay of renewable energy and economic development in Unity and the potential impacts to rural communities.

Preserve and the Albion Bread Farm easement in partnership with AgAllies, supported by Cornell's Land Trust Bird Conservation Initiative. We are

information on a trail building workshop planned for August 4!



co-sponsoring a walking tour of SRLT's Cambridge Woodlands Preserve in collaboration with Maine Woodland Owners Association on June 25, focused on managing working woodlands for wildlife. The walk will be led by Joe Roy of Maine Department of Inland Fisheries & Wildlife and Hannah Mullally of U.S. Fish & Wildlife Service. And, stay tuned for

The Connor Mill Trail kiosk improvements, funded by Town of Unity TIF funds, will be in place by early summer. Board member Adri Bessenaire and volunteer Chad Pierce helped design a new frame for the kiosk. We've been working with Margot Carpenter, Steve Engle, and Hope Rowan from Community Geographics to create an updated Unity Trails map for Connor Mill, as well as maps for other preserves in Unity.

The Maine Land Conservation Conference returned to in-person sessions and workshops, and it was wonderful to reconnect with past colleagues and meet new ones! The focus on cultural access combined with the plenary by Dr. Bonnie Newsom on "Weaving Wisdoms: Introducing the New NSF Science Technology Center for Braiding Indigenous Knowledge and Science" was particularly inspiring and informative.



Keep an eye on our e-news and social media for upcoming talks, walks, workshops, and paddles!



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Prairie Warbler | Tom Aversa

Remember to **JOIN** or **RENEW** your membership!
It takes a community to protect the places we love and all
the creatures that depend on them.

THANK YOU FOR YOUR SUPPORT!

UPCOMING EVENTS

JUN 1, 7-9:30am

Sharing Fields with Grassland Birds

Join Laura Suomi-Lecker, Ag Allies Program Manager - Somerset County Soil & Water Conservation District, and Tom Aversa, Sebasticook Regional Land Trust – Board Chair, to learn what landowners can do to manage grassland habitats so that they support bobolinks and other grassland-dependent species. The 7 am talk will be followed by an optional walk along Sandy Stream and through the Richardson Memorial Preserve to see the diverse habitat influenced by bird-friendly timber management.

JUN 19, 6:30-7:30pm

Managing Harvests to Benefit Grassland Birds

Visit SRLT's Albion Bread Farm easement property to experience how forage harvest which maximizes grassland bird reproduction has increased Bobolink numbers and learn how you can do the same. Landowners here have delayed cutting prime habitat until grassland birds fledge.

JUN 22, 10am-1pm

Sebasticook River Paddle: Pittsfield

Explore a beautiful section of the mainstem Sebasticook River in Pittsfield, followed by gathering at Outland Farm Brewery where you can buy and enjoy a locally sourced farm-to-table meal and/or drink. The paddle will be approximately 5 miles roundtrip. Led by Pittsfield resident Bill Cunningham and SRLT Executive Director Cheryl Daigle.

JUN 25, 5-6:30pm

Managing Working Woodlands to Benefit Wildlife

SRLT is partnering with Maine Woodland Owners Association for a tour of Cambridge Woodlands Preserve led by Joe Roy, Maine Department of Inland Fisheries & Wildlife, and Hannah Mullally, wildlife biologist with the U.S. Fish and Wildlife Service. Roy and Mullally will highlight timber harvest practices on the property that benefit birds and other wildlife and provide management tips for landowners.

July 24, 6-7:30pm

Cultivating Maine's Agricultural Future

Newport Cultural Center with Thacher Carter, Maine Farmland Trust

AUG 4, Full day

Trail Building Workshop

With Erin Amado, a collaboration with Hills to Sea Trail Coalition... Stay tuned for more details!

AUG 21, 6:30-8pm

The History of Maine Game Wardens

We return to the historic Benton Grange Hall for a riveting presentation by retired game warden David Georgia on the establishment of the Maine Game Warden program dating back to 1880.

RSVP at [SebasticookRLT.org](https://sebasticookrlt.org)

You can find details and program updates on our website or by following SRLT on Instagram or Facebook.

Volunteer Work Days Last Sunday of the Month | Visit our Website for Updates!