



Palm warblers are among the first warblers to return to New Hampshire's coast in spring. © TNC

A chorus on the coast

Songbird migration at Great Bay

Each spring, the forests and marshes surrounding Great Bay come alive with a chorus of returning songbirds. Warblers, bobolinks, saltmarsh sparrows and others—tiny travelers weighing less than an ounce—arrive after epic journeys from Central and South America. For some, our seacoast is the destination: they'll nest in the coastal forests and salt marsh edges. For others, it's a critical rest stop before continuing north to the White Mountains or even Canada.

This mosaic of tidal creeks, salt marsh and upland woods protected by TNC and partners provides food and shelter for birds at a time when their energy reserves are low. Here, they refuel on insects and berries, restoring strength for the next leg of their journey. These stopovers are lifelines for these species, especially as climate change and habitat loss make migration more perilous.

Migration is more than movement; it's a transfer of energy and nutrients that

sustains entire ecosystems. Birds spread seeds, control insect populations and help pollinate a diversity of plants. Their presence tells us Great Bay is thriving, but also reminds us how fragile these connections can be.

Rising seas threaten marshes, and development fragments forests along the Atlantic Flyway. That's why TNC's work across the Great Bay watershed—restoring tidal flows, protecting forests and working with local communities—is so critical. By keeping these habitats intact, we ensure that the spring chorus continues, for birds and for all who depend on a healthy estuary.

As the dawn chorus swells each spring, we're reminded that migration is nature's way of connecting places and people across continents, and that local action matters. By protecting and restoring Great Bay, we're helping to keep these ancient journeys (and the life they bring) alive for generations to come.



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Supporting a more resilient and connected seacoast

From scientists rebuilding oyster reefs to create habitat and filter water, to researchers tagging saltmarsh sparrows to track how they use marsh habitat through tidal cycles, to communities and partners coming together to remove barriers and replace culverts to let water flow and salt marsh migrate, there's a lot happening around New Hampshire's coast to help people and nature thrive together.

Explore this work!

Check out all the exciting work happening around the seacoast at nature.org/nhcoast



Krista in the early days © TNC; Krista Helmboldt © Jerry Monkman/EcoPhotography

Celebrating 40 years with Krista Helmboldt

Over four decades, Easement Stewardship Manager Krista has seen incredible success and change in conservation with TNC in New Hampshire.

Do you remember your first day at TNC? I remember the day of my interview, when it quickly became evident that the staff at TNC were energetic, thoughtful, positive and kind. And I remember the first weeks. I started as one of three new administrative assistants working in the Eastern Regional Office in Boston; the other two were seasoned office professionals whereas I was fresh out of college (and hired with the condition that I had to take a typing course). The three of us had a special bond during our time together. The Eastern Resource Office was a great place to work; the office was alive with purpose and energy, collaboration and support, dynamism and productivity, positivity and laughter.

What's one project or moment from your early years that still makes you proud today? Building the Bat Gate at Mascot Mine. I loved that I was able to lead a project that was very unique and addressed a need to protect New Hampshire's best bat hibernaculum, which was habitat for a State Endangered species. It was the first of many volunteer projects that I led during early years—subsequent volunteer projects were focused on trail building at TNC preserves. Working with volunteers was always energizing, productive, rewarding and fun.

What's a change in conservation work or technology that's amazed you during your career? The advent of the computer and internet and email have transformed the work environment and our systems and pace of communication, as anyone of my age knows; it was a big deal that we had advanced to a Wang Word Processor when I first started; our membership was on microfiche; we sent memos and correspondence by daily post. But in conservation specifically, ArcGIS and digital mapping are transformative. The data we can gather, store and analyze has taken tremendous leaps, and this allows us to do so much more in conservation planning and stewardship.

This is just a sampling of what Krista has to say! Read her entire Q&A (and snag her advice for up-and-coming conservationists) at nature.org/newhampshire.

NATURE NEW HAMPSHIRE



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Take part in the City Nature Challenge!

Can you help us find as many species as possible in New Hampshire? Join TNC as we take part in the City Nature Challenge from April 24 to 27! This annual event encourages people from all over the world to explore and document wildlife in their community. Whether you're a seasoned naturalist or a curious beginner, this is a fun and easy way to contribute valuable data and connect with fellow nature lovers.

To participate, download the iNaturalist app and head outside! Explore local parks, gardens, and green spaces, or head to a TNC nature preserve. You can even participate from your yard or neighborhood! Then, snap photos of the plants, animals, insects, and other organisms you see and upload those observations to your city's iNaturalist project.

Learn more about the City Nature Challenge and how to get involved at nature.org/nhevents.