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Melissa Martin Ellis photos

# THE FLYER

*the norman bird sanctuary newsletter*

## *The Natural Treasures of Third Beach*



by Lauren Parmelee

*Look what I found! What kind of crab is this? I see a shrimp – can I use a net to catch it? Look at all these shells stuck together! Ewww... it's a jellyfish! What's swimming in that minnow trap?*

The Norman Bird Sanctuary and students from all over Rhode Island are exploring the ecology of the Third Beach environments which border the Sakonnet River -- salt marsh, sandy beach, dunes and tide pools. They are using nets, minnow traps, hydrometers, thermometers, and their excellent powers of observation to delve into the physical characteristics and living components of each ecosystem. They are gathering information to tackle questions such as: What adaptations do living organisms have to survive in these salty environments?

Let's pick up our buckets and explore Third Beach with them!

As we pass through the dunes, please stay on the trail! American beach grass, sea-side goldenrod, beach pea, and bayberry are among the few plants adapted to grow in this harsh environment of little water, low nutrients, high winds, salt spray, and extreme temperatures. American beach grass sends out rhizomes (lateral roots) as it grows, so one stalk is part of a larger plant comprised of hundreds of stalks. These rhizomes hold the sand in place and are a key component of this fragile system. Walking on the plants breaks rhizomes, causing erosion. Numerous trails and litter found in the dunes reveal heavy use by humans and dogs. The prickly salt spray rose and irritating poison ivy growing on the

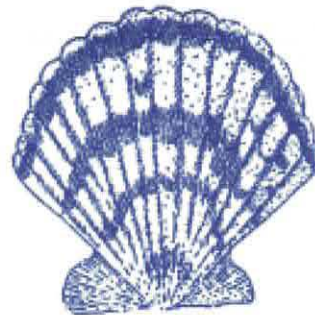
dunes may help to limit this traffic.

Moving on to the sandy beach, what do you notice? Sand! Most of the sand grains are quartz, a very hard mineral common in granites. The sandy beach extends from the lowest low tide mark to the edge of the dunes, where plants are established. Third Beach faces the Sakonnet River, not a river at all, but the eastern arm of Narragansett Bay. What's the salinity of the water? It's 31 ppt, according to our hydrometer, which is normal for bay water. How cold is the water? A chilly 52° Fahrenheit in early May. What other factors do organisms have to adapt to in this environment? Primarily, the rise and fall of tides, extreme temperatures, and lack of freshwater. Third Beach is

protected from violent wave action, but tides, currents and storm water certainly keep the sands shifting.

Unlike the town beach, the piece of Third Beach that the Norman Bird Sanctuary is trying to purchase is not scraped clean by public works machinery. A wealth of sea treasures can be found washed up along the wrack line. Walking down the beach, how many different kinds of life or evidence of life can you find? In one group are the molted exoskeletons of crustaceans -- rock crabs, lady crabs, mole crabs, and spider crabs decorated with bits of algae, barnacles, and sponge. Gastropods, one-shelled snails, include the predatory channeled whelks, knobbed

*Continued on Page 2*





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Each staff member has an identifying icon. Please follow the guide to identify articles in the newsletter.



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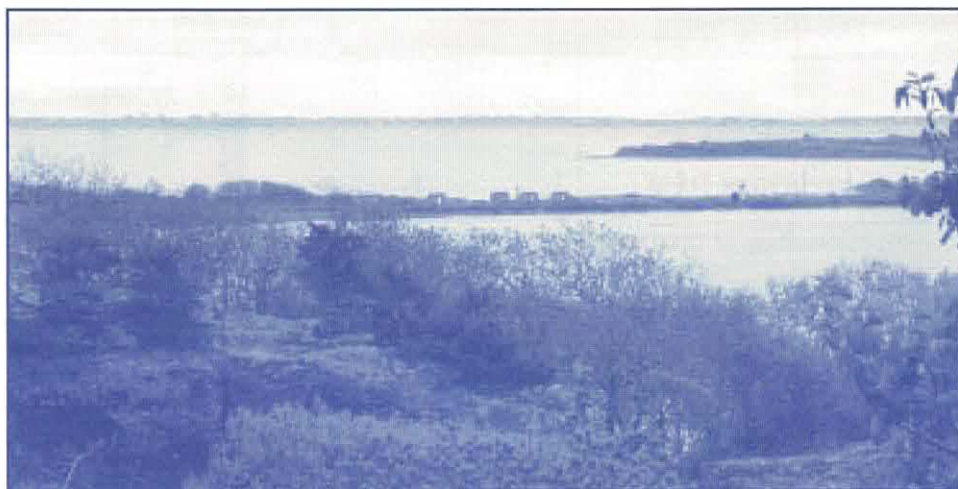


**Suzanne Goulart**  
OFFICE MANAGER



**Melissa Martin Ellis**  
NEWSLETTER EDITOR

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Third Beach viewed from Red Fox Trail at the Sanctuary.

Melissa Martin Ellis photo

whelks, and moon snails. Quahogs, surf clams, razor clams, scallops, and cockles are all bivalve filter feeders whose shells wash up on the beach. Seaweed, such as kelp, sea lettuce, and Irish moss, can be sorted into three major groups – brown, green, and red. Herring, ring-billed, and great black-backed gulls are evident, as they scavenge the beach for tidbits of clams, crabs, and worms.

Let's head down to the far northern end of the beach, to explore the rocks and tidal pools of "crab town". What's the temperature and salinity? The abiotic characteristics of a tide pool can change



dramatically over a short time. Waves and high tides wash water into the rock depressions, evaporation causes salinity and temperature to rise, precipitation causes salinity to decrease. Tide pool animals and algae must be tough! What organisms can you find? What characteristics help them survive? Lots of animals and seaweeds hold onto the rocks -- rockweeds use holdfasts, blue mussels use byssal threads, barnacles make a cement, sea stars and periwinkle snails use suction to prevent themselves from being washed away. Slipper shells stack up on rocks, shells, and each other. Hermit crabs hide in snail shells and the non-native green

and Japanese shore crabs hide in the crannies of the rocks. It's hard to leave this intriguing environment, but it is time to cross the road to investigate the salt marsh!

Take a look around this tidal wetland. What do you see and smell? Salt-tolerant smooth cordgrass and saltmarsh hay are

the primary producers of this ecosystem. Few herbivores can feed on their tough fibers. Most of their biomass is broken down into detritus by bacteria and washed into the channels, where it is fed upon by small animals. The remaining dead grasses are broken down on the sur-

face of the marsh and built up into layers of peat. This spongy soil traps sediments, filters pollutants, and acts like a giant sponge during floods. The channels that meander through the marsh carry tidal salt water in, where it mixes with fresh to create a brackish water environment. These channels are important habitats and nurseries for killifish, blue crabs, fiddler crabs and eels. Don't forget to look up! Egrets, herons, ducks, and osprey all use marshes as feeding and resting grounds.

Our journey is at an end for now. We hope that next year, these Third Beach ecosystems will belong to the Norman Bird Sanctuary, and will be available for us to explore in the years to come.





## Director's Page

### *Dear Friends,*

It seems so long ago that the Sanctuary Board and staff sat together in October, trying to decide, "Could we meet the challenge of raising an incredible amount of money to protect our treasured coastline?" As I write in May, we have raised more than \$3 million, and are confident that the overwhelming community support will allow us to successfully close on the land in July. We do still need your help! Your ideas about possible sources of funding, your attendance at the Clambake on June 29th, your contributions, will all bring us closer to our goal.

In late March, we reached our match for the \$1 million challenge grant. Since then, The Newport County Chamber of Commerce Board of Directors voted to give us their support, and Jody Sullivan, Assistant Director, plunged whole-heartedly into the effort, organizing "Walking is for the Birds", complete with a cookout and entertainment. Aggie Perkins and Karen McCormack stretched folks in a Pilates class and class participants stretched their pockets for the beach. Seth Bock and Julianne Stapleton of Newport Acupuncture and Herbal Medicine have donated a portion of their patient fees for several months. Middletown High School students continue to be indefatigable in their efforts. Gaudet students paid to wear slippers to school, donating funds to the Beach fund, and creating some wild slippers to boot! To all of our donors, we are so grateful for your support.

We have been working on the development of our management plan for this property, with the help of Numi Mitchell, biologist extraordinaire, whose support is provided under the auspices of the Aquidneck Island Land Trust. The potential for this property as a quality wildlife habitat is boundless. We are exploring best methods to restore the marsh. The beach will be open to the public at large, and the road will be maintained with the town's help to provide access to this exquisite summer resource.

I have been enjoying a series of discussions with high school students across the island; they have asked thought-provoking questions about the policy questions inherent in every land management decision. Today, those questions include public health considerations (what effect will our decisions have on deer ticks and mosquitoes?), sustainability considerations (if, some day in the future, we have to close off the beach to protect an endangered species, how would the community react?) and historical considerations (What do we use as our reference point in habitat improvement? This property is forever changed by the construction of Gardiner's Pond; can/should we introduce species of plants or animals that might have been here, whose presence we cannot document?) As we continue our discussions and conversations with the Sachuest Point National Wildlife Refuge and the Aquidneck Island Land Trust, these questions will frame our dialogue.

We are already planning a Third Beach cleanup day in early August. For many years, the passive management of this beautiful spot encouraged folks to dump their yard waste, trash and more along the roadside. I am looking forward to getting out there and getting started on a little beautification. We'll end that day with a swim and a cookout; I hope you'll join us for the work and the fun.

On June 18, we will hold the annual meeting of the Friends of the Norman Bird Sanctuary. We'll do the usual, update on the year's events, installation of officers and new board members. We'll also be honoring the contributions of some of our partners in the Third Beach effort, and will be updating you on the status of our drive, with just under a month left to go. Jan Reitsma, Director of the Department of Environmental Management, will join us and share his thoughts on the preservation of open space. And we'll end the evening with hors d'oeuvres and drinks on the Paradise Farm lawn, enjoying an early summer evening. Please join us and celebrate our accomplishments and the promise of our future.

*Betsy Edeker*  
3

### *Hello and Goodbye*

Lori Cochrane served the Sanctuary well for two years, mastering the challenges of coordinating the Harvest Fair, and ably managed the ever-increasing complexity of our Preserving the Legacy capital campaign and the Third Beach Fund. Lori left us at the end of March, to devote more time to her men, Athol, Andrew and Graham, as well as to her passion for art. She has promised that she'll continue to come out here; she was so busy in two years that she never had time during a work day to hike out to Hanging Rock!

I'm delighted to introduce you to Stacy Couto, who has stepped into Lori's shoes and is off and running. Stacy has great experience in non-profit organizations. She has worked for seven years for an organization supporting schools in Turkey. She's done it all: newsletters, board development, fundraising, special events, and more. She started a week before Birds and Breakfast, and ended up getting her mom to bake scrumptious coffeecakes for the event. Welcome, Stacy, and thanks, Mrs. Couto! Stacy is an avid hiker, biker and swimmer, and thrilled to be working in the beauty of our coastal paradise.







## Norman's Activity Page



*Hello girls and boys!  
It's me Norman, and I  
love this warm summer  
weather. As a matter of  
fact, I'm going to put  
some sun block on my beak and  
head on down to Third Beach. Why  
don't you join me there? We'll visit  
the sandy beach, the rocky shore,  
and the salt marsh.*

### Rocky Shore –

Animals and plants living at the rocky shore have many of the same challenges as animals living at the sandy beach. They also have to deal with tides and changing temperatures. See if you can find and circle all the words about the rocky shore.

### Rocky Shore Word Search

• Barnacles • Low tide • Green crab • Periwinkle • High tide • Seashore • Sea Star • Salt water

• Sunny day • Hermit crab  
• Rocky • Peaceful • Tide pool  
• Shore • Moon • Blue mussel  
• Sea Urchin • Fun

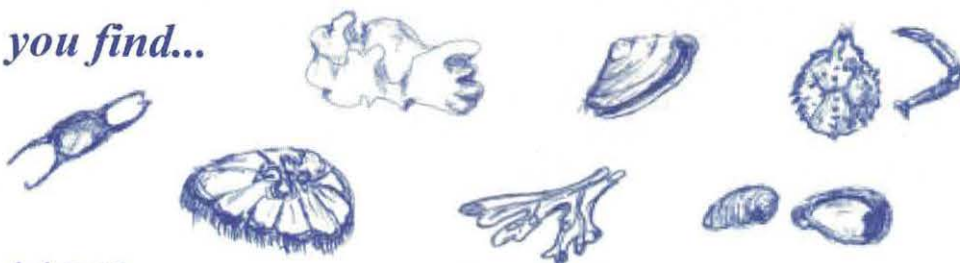
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | E | A | C | E | F | U | L | N | I | F | U | N | L |
| Y | K | C | O | R | G | O | F | W | Y | B | O | W | T |
| S | E | L | C | A | N | R | A | B | X | A | G | A | R |
| U | L | O | T | S | A | L | T | H | E | R | R | P | M |
| N | K | W | B | O | A | T | Q | R | C | C | E | A | X |
| N | N | T | I | D | E | P | O | O | L | T | E | Y | B |
| Y | I | I | S | E | A | U | R | C | H | I | N | M | E |
| D | W | D | R | A | F | T | N | M | V | M | C | O | E |
| A | I | E | D | I | T | H | G | I | H | R | R | O | S |
| Y | R | A | T | S | A | E | S | H | O | E | A | N | H |
| H | E | A | E | B | T | R | N | V | K | H | B | S | O |
| K | P | L | E | H | S | A | L | T | W | A | T | E | R |
| S | E | A | S | H | O | R | E | B | O | T | T | L | E |
| X | Z | L | E | S | S | U | M | E | U | L | B | L | T |

### Sandy Beach Fun-

All the plants and animals that live here at the sandy beach have to have ways to survive with the tides coming in and out, changing temperatures, and constantly shifting sands. Let's go comb the beach to discover the animals and plants that live here!

### Scavenger Hunt - Can you find...

- An egg case?
- A slipper shell?
- An animal that has no bones?
- A seaweed with air bladders?
- A crab molt (the crabs shell or exoskeleton)?
- Three different bivalves (means two shells)?
- A snail shell?
- The shell of an animal that we like to eat?
- Sea lettuce (green seaweed)?
- An animal that is a scavenger (an animal that feeds on dead animals and garbage)?



David Collins illustrations

### Rocky Shore Word Search Answers

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| T | L | H | U | E | M | U | S | S | E | I | Z | X |
| E | L | T | B | O | R | H | O | H | A | S | E | S |
| R | L | T | W | K | V | R | N | B | E | L | E | K |
| O | E | S | A | L | N | T | R | B | E | A | E | H |
| H | N | A | H | O | H | S | A | E | S | X | R | V |
| O | R | R | H | I | G | T | H | D | I | E | I | A |
| E | O | C | M | V | M | N | F | R | A | D | W | D |
| E | M | N | I | C | H | R | C | U | E | I | I | V |
| B | V | T | E | L | O | P | O | I | D | T | N | N |
| A | X | C | E | R | C | O | R | A | T | O | K | N |
| M | P | R | R | E | H | E | T | S | A | L | U | U |
| A | R | G | A | X | B | H | A | N | R | A | A | V |
| T | W | O | B | Y | W | F | G | O | R | C | K | A |
| L | N | U | F | I | N | L | U | L | E | F | R | P |





## Educational Programs

ary's Van, driven by an NBS educator, will leave at 7:00 AM to take you to Captain John's Boat at Town Wharf in Plymouth, MA for a 9:00 AM departure. The boat will take us on a four-hour adventure out to Stellwagen Banks – the summer feeding grounds of whales and porpoise. A shipboard naturalist will be on hand to guide our journey. Upon our return to Plymouth, we will grab a bite to eat at a local restaurant before heading back home. Binoculars, cameras, layers of clothing, sunscreen, water, and snacks are recommended. **Maximum 12.**

### Northeast Navy Show Band

**Sunday, August 24**

**4:30 PM**

**Free**

An annual tradition! Sponsored again this year by **Bruce J. Long and Del's Lemonade**, the wonderful musicians of the Navy Showband Newport will delight you with big band music, jazz traditionals, and wonderful vocals. Bring your family and friends to picnic on the Paradise Farm Lawn and enjoy a relaxing evening after a day at the beach!

### Westport Paddle

**Saturday, September 13**

**8:00 AM – 1:00 PM**

**\$50 Members, \$55 Non-members Adults & Youth 13 years & older**

We'll travel by Bird Van to the head of the Westport River where we will join Osprey Sea Kayak staff and a Westport River Watershed Association naturalist for a three-hour journey along the river. After you're fitted out with your kayak and have a short lesson, we'll head down river to explore the ecology of this watershed and discover the creatures, such as the osprey, that live there. Wear layers of quick-drying clothing, hats, and shoes that can get wet and muddy. Bring ziplocks for cameras and binoculars, water, a bag lunch, and suntan lotion. We will provide snacks. **Minimum 6. Maximum 12. Please register before August 29<sup>th</sup>.**

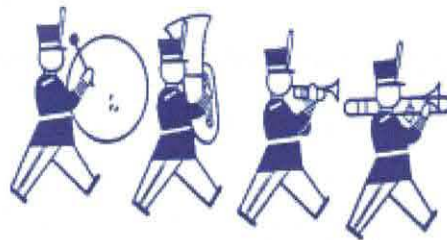
### Hawk Mountain Birding Adventure

**7:00 AM Friday, September 19**

**7:00 PM Monday, September 22**

**\$300 Members, \$350 Non-members**

Join us for a weekend of fabulous birding for a reasonable price! Stand on an Appalachian ridge and witness hawk migration at its finest – 20,000 raptors in a season. Hawk Mountain provides migration habitat for 100 species of birds, including 16 species of raptors. The Bird Van will leave the NBS parking lot early Friday morning for the long haul to southeastern PA. We will spend Saturday, Sunday, and early Monday morning exploring the trails and wildlife of Hawk Mountain Sanctuary. We will be staying in a local motel and eating



out in area restaurants. Fee includes motel, Hawk Mountain fees, gas and snacks. Meals are not included in the price. Check out [www.hawkmountain.org](http://www.hawkmountain.org). **Maximum 10 adults. Please register before September 1, 2003.**

### Mushroom Walk

**Saturday, September 20**

**1:00 – 3:00 PM**

**\$6 Members, \$8 Non-members Family Program**

Mushroom identification is intriguing, but challenging. Join Dr. Roger Goos, URI mycologist and long time Mushroom Walk guide, to learn how to identify the many different types of mushrooms and fungi found at the Sanctuary. Discover the important role these diverse organisms play in our ecosystem. Dress for the weather

and wear sturdy walking shoes. **Maximum 20**

### Preschoolers with Parents

**Wednesdays 1:00 – 2:00 PM**

**Session A Sept. 24, Oct. 1, 8, 15**

**Ages 3 – 5 years**

**\$30 Members, \$35 Non-members**

This series of four one-hour programs is an engaging and hands-on way to introduce your pre-school age child to the wonders of nature. We'll explore the outdoors using our five senses, songs, crafts, and explorations of the plants and animals of the Sanctuary. Parents will have fun too! Marilyn has been teaching this program for several years and has quite a following, so register early.

### NEW Registration & Cancellation Policies

- Please come by the Sanctuary or call 846-2577 to register for programs that require a fee and/or have a maximum number of participants. Payment is required at the time of registration via cash, check, or Visa/MC.

- Free programs that have no maximum number of participants such as the Sunday Morning Birdwalk and Stargazing do not require prior registration.

- If you must cancel your registration, please call and let us know. Refunds will only be provided if you call at least 7 days in advance of the event. A check will be mailed to you within two weeks of cancellation.

- Programs that do not have a minimum number of registrants will be cancelled five working days before the event. (The minimum number is determined by Sanctuary staff and is usually based on the program's expenses.) In the case of program cancellation, your fee will be returned in full. In some cases, we will offer you the option of another date or a program credit.

- The Norman Bird Sanctuary Summer Camp has different registration and cancellation policies. Please refer to the Summer Camp brochure for that information.

*Please Note: Preregistration is required for programs.*



# JUNE 2003



| SUN                                        | MON                      | TUES | WED                                                          | THURS                       | FRI                      | SAT                        |
|--------------------------------------------|--------------------------|------|--------------------------------------------------------------|-----------------------------|--------------------------|----------------------------|
| Guided Bird Walk 1                         | 2                        | 3    | 4<br>Preschoolers w/Parents Session E                        | 5                           | 6                        | 7                          |
| Guided Bird Walk 8                         | 9                        | 10   | 11<br>Preschoolers w/Parents Session E                       | 12                          | 13                       | 14                         |
| Guided Bird Walk 15<br><i>FATHER'S DAY</i> | 16                       | 17   | 18<br>Preschoolers w/Parents Session E<br>NBS Annual Meeting | 19                          | 20                       | 21<br><i>SUMMER BEGINS</i> |
| Guided Bird Walk 22                        | 23<br>Summer Camps Begin | 24   | 25<br>Preschoolers w/Parents Session E                       | 26<br>An Evening on the Bay | 27<br>Summer Star Gazing | 28                         |
| Guided Bird Walk 29<br>Clambake!           | 30                       | 31   |                                                              |                             |                          |                            |

# JULY 2003



| SUN                    | MON | TUES                          | WED | THURS                  | FRI                      | SAT |
|------------------------|-----|-------------------------------|-----|------------------------|--------------------------|-----|
|                        |     | 1<br>Preschoolers Story Hour  | 2   | 3<br>Evening Herb Walk | 4                        | 5   |
| 6<br>Guided Bird Walk  | 7   | 8<br>Preschoolers Story Hour  | 9   | 10                     | 11                       | 12  |
| 13<br>Guided Bird Walk | 14  | 15<br>Preschoolers Story Hour | 16  | 17                     | 18                       | 19  |
| 20<br>Guided Bird Walk | 21  | 22<br>Preschoolers Story Hour | 23  | 24                     | 25<br>Summer Star Gazing | 26  |
| 27<br>Guided Bird Walk | 28  | 29<br>Preschoolers Story Hour | 30  | 31                     |                          |     |

# AUGUST 2003



| SUN                                                                                  | MON | TUES                             | WED | THURS                                        | FRI                         | SAT |
|--------------------------------------------------------------------------------------|-----|----------------------------------|-----|----------------------------------------------|-----------------------------|-----|
|                                                                                      |     |                                  |     |                                              | 1                           | 2   |
| 3<br>Guided<br>Bird<br>Walk                                                          | 4   | 5<br>Preschoolers<br>Story Hour  | 6   | 7<br>Herbs &<br>Natural<br>Healing<br>Class  | 8                           | 9   |
| 10<br>Guided<br>Bird Walk<br>Trinity Summer<br>Shakespeare-Much<br>Ado About Nothing | 11  | 12<br>Preschoolers<br>Story Hour | 13  | 14<br>Herbs &<br>Natural<br>Healing<br>Class | 15<br>Whale<br>Watching     | 16  |
| 17<br>Guided<br>Bird<br>Walk                                                         | 18  | 19<br>Preschoolers<br>Story Hour | 20  | 21<br>Herbs &<br>Natural<br>Healing<br>Class | 22                          | 23  |
| 24<br>Navy<br>Band Concert<br>Guided<br>Bird<br>Walk                                 | 25  | 26                               | 27  | 28                                           | 29<br>Summer Star<br>Gazing | 30  |
| 31                                                                                   |     |                                  |     |                                              |                             |     |

# SEPTEMBER 2003



| SUN                          | MON                            | TUES | WED                                          | THURS | FRI                            | SAT                                                |
|------------------------------|--------------------------------|------|----------------------------------------------|-------|--------------------------------|----------------------------------------------------|
|                              | 1                              | 2    | 3                                            | 4     | 5                              | 6                                                  |
| 7<br>Guided<br>Bird<br>Walk  | 8                              | 9    | 10                                           | 11    | 12                             | 13<br>Westport<br>Paddle                           |
| 14<br>Guided<br>Bird<br>Walk | 15                             | 16   | 17                                           | 18    | 19<br>Hawk Mountain<br>Birding | 20<br>Mushroom<br>Walk<br>Hawk Mountain<br>Birding |
| 21<br>Guided<br>Bird<br>Walk | 22<br>Hawk Mountain<br>Birding | 23   | 24<br>Preschoolers<br>w/Parents<br>Session A | 25    | 26<br>Summer Star<br>Gazing    | 27                                                 |
| 28<br>Guided<br>Bird<br>Walk | 29                             | 30   |                                              |       |                                |                                                    |





## Educational Programs

### Sunday Morning BirdWalks

**Every Sunday at 8:00 AM**  
**Free to the public.**

Summer is here! The birds are singing, nesting, and feeding their young. Join us for a guided bird walk. Dress appropriately for the weather and for hiking on rough terrain. Bring binoculars and meet us in the Sanctuary parking lot at 8:00 AM for a couple of hours of birding around the local area.

### Norman Bird Sanctuary Annual Meeting

**Wednesday, June 18**  
**6:30 – 8:30 PM**  
**Free**

Please join us under a tent on the Paradise Farm lawn to celebrate a year of accomplishments. Jan Reitsma, Director of the Rhode Island Department of Environmental Management, will speak on the value of preservation of open space. After the meeting, we'll enjoy refreshments and the splendor of the setting sun. **RSVP.**

### An Evening on the Bay

**Thursday, June 26**  
**5:30 – 7:30 PM**  
**\$50**

Set sail on the Schooner Aurora, and help us to close the gap for the Third Beach Fund. Enjoy a lovely sail on this elegant two masted schooner. Drinks and hors d'oeuvres are included to make this a perfect early summer evening! **Limited to 70 guests.**

### Summer Star Gazing

**Friday, June 27, 9:00 PM**  
**Friday, July 25, 9:00 PM**  
**Friday, August 29, 9:00 PM**  
**Friday, September 26, 8:00 PM**  
**Free to the public**

Join Kenneth Conca and the Gaudet Astronomy Club as they peer through telescopes at the moon, stars and planets. Learn more about constellations and the night sky in an informal setting. These Friday night

star sessions will take place in the Sanctuary fields, weather permitting – cloudy skies block the stars! Dress for the weather and wear sturdy shoes for walking through the field.

### Clambake!

**Sunday, June 29**  
**3:00-6:00 PM**  
**Adults \$65 Special children's menu \$10**

Our last fundraising event for Third Beach! The bakemasters from McGrath's Clambakes will delight your tastebuds, starting with stuffies and chowder, and finishing with watermelon. Music on the lawn will accompany this great afternoon. A silent auction includes a night at Rose Island and an exquisite Nantucket Lightship basket. **Reservations required by June 24.**



### Pre-school Story Hour

**Tuesdays, July 1, 8, 15, 22, 29,**  
**August 5, 12, 19**  
**10:30 – 11:30 AM**

Free to young children and their parents, grandparents, or caregivers. Join us for an hour of stories and nature exploration. Different stories will be read each week. Come once or every week! Children must be accompanied by an adult.

### Evening Herb Walk

**Thursday, July 3**  
**6:00 – 8:00 PM**  
**\$6 Members, \$8 Non-members**  
**Adult Guided Walk**

In summer, the fields and forest are rich and abundant with healing plants. Join herbalists Hap and Clara Morgan as we explore the habitats of the NBS and identify the various wild

herbs used for medicines. Wildcrafting and plant preservation techniques will also be discussed and demonstrated. Dress for the weather and wear sturdy hiking shoes. **Maximum 15.**

### Herbs and Natural Healing Class

**Thursdays, August 7, 14, 21**  
**6:00 – 8:00 PM**  
**\$40 Members, \$50 Non-members**  
**\$8 materials fee**  
**Adult Program**

Later in the summer, herbalists Hap and Clara Morgan of Herbal Alternatives will be presenting an intensive three-part class that will cover the fundamentals of herbalism. Part I will be an introduction to herbal medicine. Part II will be about on plant Identification & wildcrafting. Part III will focus on herbal medicine making. **Maximum 15.**

### Much Ado About Nothing Trinity Summer Shakespeare Project

**Sunday, August 10**  
**5:00 PM**  
**Free**

Following last year's marvelous performance on the Paradise Farm lawn, Trinity Summer Shakespeare will this year bring us **Much Ado About Nothing**. And an appropriate theme it is: the war is over and the boys are heading home with love on their minds! Sponsored by **Del's Lemonade and Bruce Long**. Bring a picnic, enjoy a frozen Del's, and laugh with Shakespeare-lovers and friends!

### Whale Watching is Wild

**Friday, August 15**  
**7:00 AM – 4:00 PM**  
**\$45 Adult Members, \$50 Non-members**  
**\$40 Children 12 & under Members, \$45 Non-members**  
**Adults & Family Program**

Summer is not complete without witnessing the magnificence of marine mammals, such as Humpback, Finback, Minke, and Right whales. (Oh, and we'll look for birds too!) The Sanctu-





## Trails & Tails

### AMC Workday

by Veronica Hinds

Another productive workday was provided by the AMC as they continued construction of our handicapped accessible trail. Although it was not a great day to be working, work is what the group did! As the rain hammered down on the volunteers they hammered down on the trail. Putting up another 100 feet of boardwalk that is to become the Sanctuary's main interpretive and handicapped accessible trail. We can't thank the volunteers enough for all their hard work.

### Big Day for the Birds . . .

May 10<sup>th</sup>, 2003 marked my first attempt to see 100 birds on Aquidneck Island. At 4:00 am I was at the sanctuary making coffee for a group of eager birders anticipating what we birding geeks refer to as a "Big Day" (a 24 hour period of hunting for 100 different species of birds). That group of crazed birders consisted of myself, Jay Manning and John Fenton. At 4:30 am, after enjoying a cup of coffee and sketching out a game plan, we headed out. At 7:30 pm I headed in. I was done! Fifteen hours of hunting birds, talking about birds, looking at birds, listening to birds, all mixed in with drinking excessive amounts of coffee, driving the bird van on every back road on this island, and getting the van stuck in two feet of mud at Oakland Forest. All of which proved to be literally for the birds. At that point we had logged 80 birds (that's 5.3333333 birds per hour). By 7:45 pm, I was fast asleep. Jay Manning, on the other hand, had continued on the quest. He managed to pick up a couple of extra species before he called it a night. Sadly we did not achieve the "Big Day"

but believe it or not we sure had "Big Fun" trying!

### . . . And More Birds

Birds and Breakfast was a great success once again. We had a couple of new additions to the day that enhanced our traditional schedule of events. The weather was perfect!



Veronica Hinds photo

### AMC Workday 2003.

The fire alarm going off and running out of water added a bit of excitement to the day. But the bird walks continued to be the focal point for this spring event. Many thanks to all the bird walk leaders for taking time out of their busy schedules to help us locate the birds of the Norman Bird Sanctuary. Thanks again to Lauren Parmelee, Lois Vaughan, Bill Saslow, Jay Manning, Bob Weaver, Chris LaMonica, Larry Taft, Hap Morgan, Arliss Ryan, John Fenton, Charles Avenego, Fred Orwiler, Shelly Perry, and a special thanks to our Butterfly walk leader Walter Bosse.

### Birds & Breakfast 2003 Birds:

Great Blue Heron  
Great Egret  
Green Heron  
Glossy Ibis  
Mute Swan

Canada Goose  
Mallard  
Common Merganser  
Osprey  
Cooper's Hawk  
Red-tailed Hawk  
Golden Pheasant  
Ring-billed Gull  
Herring Gull  
Mourning Dove  
Chimney Swift  
Downy Woodpecker  
Great Crested Flycatcher  
Eastern Kingbird  
White-eyed Vireo  
Blue Jay  
American Crow  
Tree Swallow  
Barn Swallow  
Black-capped Chickadee  
Tufted Titmouse  
Carolina Wren  
House Wren  
American Robin  
Gray Catbird  
Northern Mockingbird  
European Starling  
Yellow Warbler  
Yellow-rumped Warbler  
Black-throated Green Warbler  
American Redstart  
Common Yellowthroat  
Eastern Towhee  
Chipping Sparrow  
Song Sparrow  
Northern Cardinal  
Bobolink  
Red-winged Blackbird  
Common Grackle  
Brown-headed Cowbird  
House Finch  
American Goldfinch  
House Sparrow

### For Even More Birds-

Check out Lauren's article "A Year of Birds - Creating a Sense of Place" on page 11.





## Volunteers & Events

### ***Birds & Breakfast 2003***

*by Stacy Couto*

On May 18<sup>th</sup>, the Sanctuary held its annual Birds & Breakfast. Families and friends joined us on a beautiful spring morning to share in a delicious buffet breakfast, live classical and jazz guitar by Peter Piltz and guided bird walks. Educational programs were also held throughout the morning, provided by Phil Owen of Birdwatcher's Nature View; Rosanne Sherry of the Master Gardeners, bird and butterfly expert Walter Bosse, and our own Norman Bird Sanctuary Education Staff. Horse-drawn carriage rides to Third Beach, conducted by Mike Waters of the Commonwealth Carriage Company, were a popular addition to the event. We would like to extend our heartfelt thanks to those volunteers whose efforts once again made Birds & Breakfast such a great success. We are also

grateful for the generosity of local businesses, bakeries, caterers and restaurants that donated items for the event. Please join us in thanking the following establishments for their support:

**Canfield House**  
**Catering Concepts**  
**Harvest Natural Foods**  
**Hyatt Regency Newport**  
**Marriott Hotel**  
**The Green Bean**  
 Bagel Boys  
 Café Zelda  
 Fatulli's Gourmet Bakery & Deli  
 Frasch Confectioner  
 Island Garden Shop  
 Kathleen's Fantastic Foods  
 Katrina's Bakery  
 La Forge  
 Ocean Breeze Café  
 Sardella's  
 Shaws  
 Slice of Heaven  
 Stop 'n Shop  
 The Mooring  
 Tommy's Diner

***Here's a sweet treat for the beach...*** friends and neighbors Jan and Michelle Eckhart of **Sweet Berry Farm** are offering to their customers a great way to help us preserve Third Beach. Buy a Sweet Berry Farm Certificate before July 14 and they will donate **25%** of the value to our Third Beach Fund. Certificates may be purchased in any amount, but must be at least \$25. They can be used at any time during the season to buy their wonderful berries, jams, honey, cut flowers, and yes, even Christmas trees! Certificates must be used by December 24, 2003. Our thanks to Sweet Berry Farm, 19 Third Beach Road. Be sure to stop by or call them at 847-3812.



**AN EVENING  
on the BAY to  
BENEFIT  
THIRD BEACH**  
**Thursday, June 26, 2003**  
**• 5:30-7:30pm**

*Join us for a sunset sail aboard  
the Schooner Aurora & help close  
the gap for the Third Beach Fund.*

**\$50 per person**  
**Drinks & Hors d'oeuvres**  
**Included**  
 Space is Limited.

### **INNERLIGHT CENTER for YOGA**

*Concert with Wah!*

Enjoy an Evening of a Unique  
Blend of Pop, World & Reggae  
Music to Benefit Third Beach

**Thursday, July 3, 2003-7pm**  
**Tickets-\$20 in advance**  
**\$25 at the door (as available)**

To order, please send a SASE with check payable to:

**Innerlight**  
**850 Aquidneck Avenue**  
**Middletown, RI 02842**

For more info on Wah!, visit  
[www.wahmusic.com](http://www.wahmusic.com).

Questions?  
[info@innerlightyoga.com](mailto:info@innerlightyoga.com)  
 or 401.849.3200

### ***CLAMBAKE!***

**Join us for our last  
fundraising event to benefit  
Third Beach!**

***Sunday, June 29, 2003***  
***3 - 6 pm***

*Music on the Lawn*  
*Overlooking Rhode*  
*Island Sound*  
*Silent Auction*

**MENU INCLUDES:**  
**Chowder, Stuffies, Steamers,**  
**Lobster, Corn on the Cob,**  
**Potatoes, Chourico &**  
**Barbecued Chicken**

**\$65 Adults**  
**\$10 Special Children's Menu**  
**PLEASE RSVP by JUNE 24th!**





## *A Year of Birds- Creating a Sense of Place*

*by Lauren Parmelee*

Having spent the first eighteen years of my life in one small rural Connecticut college town, it seems I have done nothing but move since. Various locations in Massachusetts, Wyoming, New York, New Hampshire, New Jersey, North Carolina, and California have all been called "home" over the past couple of decades. In order to work at the Norman Bird Sanctuary, I recently moved to Aquidneck Island from "The City Different" – Santa Fe, New Mexico. Take it from me, every state in this country is unique with its own culture, traditions, foods, lingo and bureaucratic quirks. The first year in a new state is usually similar — that feeling of being a newbie, the frustrations with the motor vehicles department, and the thrill of trying new restaurants. Being a long-time birder, I try to look at a new place as a treasure chest full of feathered gems to seek out and admire. This perspective helps me create a sense of place and forces me to get outside in the natural world.

Since I have never lived on an island before, I set the attainable goal of seeing as many species of birds on Aquidneck Island in the year 2003 as I possibly can. Rey Larson, expert birder, shared his island life list with me....275 species, including Sandhill Crane and Pacific Loon! For me to see 200 species this year, on this chunk of land, will be thrilling. The challenge forces me to explore my island, talk to other birders, breathe fresh air and revel in the natural world.

The first bird of the year at 7:00 a.m. January 1, 2003 was one of rare intelligence – the American Crow. The first day of the year ended with a grand total of 50. The most exciting treasure of the day was the Razorbill, a pelagic alcid shaped like a football. You don't see those in New Mexico.

This winter was long, long, long and cold, cold, cold. Perfect weather for a seaduck. And see ducks I did! Sachuest Point, Third Beach, and Gardiner's Pond were full of the downy beasts. The playful and colorful Harlequins living in the roughest waves were a highlight. Watching the rare Barrow's Goldeneye hang-



ing out with his cousins the Common Goldeneyes in the pouring rain with the NBS birders group was a glorious, if frigid, sight. Common Eiders, Black, White-winged and Surf Scoters, Red-breasted Mergansers, Buffleheads, Greater and Lesser Scaups, Common and Red-throated Loons, Red-necked and Horned Grebes, Greater and Double-crested Cormorants and Northern Gannets all made the seabird list.

The wonderful and frustrating thing about birding, is that birds tend to be somewhat unpredictable...we may know a lot about them, but they will not be where they are supposed to be, just when you need them to be there. I searched and searched for the Snow Geese everyone was seeing around the island, only to have two fly over my head at the Sanctuary during the Great Back-

yard Bird Count. I led six Owl Prowls this winter and couldn't call in a Great Horned to save my life, but lo and behold, as I was walking with Kindergartners in broad daylight, one swooped over the trail. A cloudy Sunday afternoon turned up a handsome Short-eared Owl hunting along Third Beach's marsh, and a sunny afternoon produced Brant just off the same shore. One of the many snowstorms landed two male Eastern Towhees and two Fox Sparrows under my office feeder and a short Sunday stroll with the bird group produced three Eastern Bluebirds. My first Fish Crows called across the street from my laundramat, and then there are those winter birds I missed....but there is always December!

Oh spring! There are some amazing natural phenomena on this planet and spring in New England is one of them. Every day can bring a gem....an American Woodcock in March, an Eastern Phoebe in April, a Northern Oriole in May. The Sunday bird walk led by the irreverent, but much admired Jay Manning, has turned up a number of treasures for me. A stunning adult Yellow-crowned Night Heron strutted before us, on the same day a Bald Eagle soared overhead, Green-winged Teal swam in the pond, and a Ruby-crowned Kinglet hopped about in a tree. My birthday presents included Barn Swallows over the beach, a Little Blue Heron and Gadwalls along Hazard Road, and Rough-winged Swallows zooming around Breton Point Park in the brisk wind. Daily, Veronica Hinds, NBS land manager and fellow birder, and I share our sightings and our stories, which keeps the challenge fresh and reminds me to GO OUTSIDE. Oh, and how many different species have I seen? 122 Species as of May 18, 2003. Wish me luck! Happy birding!



*Norman Bird Sanctuary*  
*583 Third Beach Road*  
*Middletown, RI 02842*

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**TO CURRENT RESIDENT OR:**

## **BARN OWL SHOP**

Just when you thought Aquidneck Island would never see the likes of a warm, sunny day again... Surprise! Summer is almost here. Time to start that garden you've been meaning to plant, but never got around to due to inclement weather. The Barn Owl Shop has a wide variety of seeds to choose from. Selections include chef gardens, butterfly and ladybug kits for children, and our favorite flower seed collections by American Meadows.

**New Items!** We now have Audubon Birds with real birdcalls and an abundance of great books, including "Sibley's Field Guide to Eastern Birds" and Janet Cannon's "Crickwing" and "Verdi". Stop by and visit us soon!

### ***Become A Member Today***

*Members enjoy free access to the trails, 10% discount in our store, a subscription to our newsletter and discounts on our programs.*

- ☐ Student \$15   ☐ Individual \$25   ☐ Family \$40   ☐ Contributing \$50  
☐ Sustaining \$80   ☐ Institution \$125   ☐ Patron \$125  
☐ Supporting \$250   ☐ Benefactor \$500   ☐ Angel \$1000  
☐ Check   ☐ Visa/Mastercard # \_\_\_\_\_

Signature \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name \_\_\_\_\_

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Phone \_\_\_\_\_ Email \_\_\_\_\_

*Please check the membership category of your choice and mail with a check or credit card information to:*

**The Norman Bird Sanctuary, 583 Third Beach Rd., Middletown, RI 02842**

*www.normanbirdsanctuary.org • (401) 846.2577*