

The Norman Bird Flyer

Volume 18, No. 2

Spring 1997

Attracting Butterflies and Hummingbirds to Your Backyard!

By Dana Chrostowski

As the spring season approaches, there are many things I look forward to. Animals waking from their winter slumber and trees and flowers blooming are just a few. Most of all, I look forward to the return of butterflies and hummingbirds. This Summer you can enjoy these beautiful creatures too, with a few simple and natural additions to your yard.

The first step towards enjoying butterflies and hummingbirds is planting flowers to attract them to your backyard. Both these creatures survive by drinking nectar produced by numerous flowers. By planting nectar-producing flowers, you can make your backyard more enticing for your airborne visitors. When choosing flowers, choose single rather than double flowers. Single flowers generally produce more nectar and have fewer petals which makes it easier for butterflies and hummingbirds to extract the nectar. Flowers such as Wild Columbine, Lupine and Azaleas are a few native species which work well. Large, tube-shaped flowers such as Trumpet Creeper, Foxglove or Bee Balm usually are good nectar providers.

Because they have a poor sense of smell, butterflies and hummingbirds rely on their sense of sight to find food sources. So when you plant flowers arrange them in large splashes of color. This will be easier for them to see than sparsely planted flowers. Red, orange and pink flowers attract

hummingbirds. Butterflies are attracted to these colors as well as purple and yellow. Large blooming shrubs such as **Rhododendrons** or **Buddlia** can provide the large splashes and shades of color you're looking for. Plant your garden with flowers that have overlapping blooming dates in order to provide birds and butterflies a continuous supply of food throughout the summer.

The life cycle of butterflies revolves around a specific host plant. Host plants are plants that are preferred by a particular species of butterfly. Butterflies will lay their eggs on the

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Veronica Hinds Caretaker host plant. When the larvae hatch they will use the plant as a food source and ultimately form their chrysalis on or near the plant. Host plants will attract female species to your garden, provide a place for them to lay their eggs and provide food for caterpillers. The fascinating life of a Monarch Butterfly is intertwined with the milkweed plant.

It is also important to provide damp or shallow puddles in your garden. Some species of butterflies drink and extract salts from moist soil. If you're lucky, you might witness a large gathering of male butterflies, aptly called a "puddle club".

Birds are warm-blooded and butterflies are not. Thus, butterflies must use the Sun's warmth to maintain their body temperature. Add some flat stones for butterflies to alight on and watch them spread their wings as they bask in the sunlight.

A plate of ripe bananas and other fruit also is one enticement that a passing butterfly could not possibly pass up. Most importantly though, never use pesticides in your garden, as this will likely harm the animals you attract.

With all of this in mind, along with some proper planning, you will have a garden to enjoy for a lifetime! Visiting the Butterfly Zoo on Aquidneck Avenue in Middletown, R.I, is a great way to get up close to local and exotic species of butterflies and moths. Most species can be seen in all life stages.

For further information:

Plants To Attract Hummingbirds,
Butterflies and Bees and References for Wildlife Habitat
Ehancement for your yard, Free
by sending RINHS a No. 10 (legal size), self-addressed, stamped envelope to: Rhode Island Natural History Survey, C.E. Education
Center, East Alumni Avenue, URI, Kingston, R.I. 02881. Also available is a Checklist of Rhode Island butterflies.

References:

"Callaway Gardens Home Horticulture Butterfly Gardening" and "A Garden Fit for hummingbirds". Mary Newsome-Brighton, Horticulture magazine, 1986.

Nature Guide Training

What is A Nature Guide?

A Nature Guide is a trained volunteer environmental education teacher. They share knowledge of the Sanctuary and the natural world by conducting tours with school groups, children and adult vistors. Call for more information and registration. Free!

Times and Dates
Session I
Intro to Becoming an
Environmental Educator
Wednesday, April 2
6:00 pm to 8:00 pm

Session II

Natural History Lessons
Saturday, April 5
1:00 pm - 3:00 pm

Session III
Outdoor Learning
Activities
Saturday, April 12
1:00 pm - 3:00 pm

~ EXECUTIVE DIRECTOR'S NOTES ~

The Sanctuary is now the proud owner of the buildings that it has been occupying for approximately 40 years.

After several years of discussions with the Norman Family, and the Trustee, RI Hospital Trust National Bank, an agreement has been reached. Approximately 3 acres of Paradise Farm, including the barn and other out-buildings that we have been using for our offices, education classrooms and maintenance have been officially transferred to the Bird Sanctuary. In an agreement approved in RI Superior Court on February 28, 1997, the Norman Family agreed to release their interests in this part of the property. Our Board of Directors, the "Friends of the Norman Bird Sanctuary", has also been named as Co-Trustee of the Sanctuary.

Now, with ownership secured, the Sanctuary is ready to move forward with long needed maintenance and improvements. Thanks to a grant from the Prince Charitable Trusts, we have retained the Architectural services of Foster Associates, to help us develop a facility plan to make the buildings and surrounding grounds more efficient and user-friendly for our visitors, program participants, volunteers and staff. Foster Associates has had extensive experience with similar projects including designs for the Massachusetts Audubon Society and Blithewold Gardens.

We expect the plan to be completed sometime this Summer.

Lawrence Taft

Around The Refuge!

If you've visited (or driven by) the Sanctuary in recent months, you've probably noticed a lot of brush clearing and tree removal along Third Beach Rd. What's going on is we have given the Electric Company and the Middletown Tree Commission permission to plant new trees on NBS property to replace the damaged and dying ones they are removing along the road.

The trees that they are taking down are ornamental sycamore maples that have been severely damaged by over pruning to keep them below the utility wires. The new trees that will be planted are a variety of native species including oak, maple and shad and will be planted inside our stone wall where they will have room to grow.



- Machintosh computer (Power Mac)
- Birding binoculars
- Picinic Tables
- Chain saw
- -15 passenger van (for field trips)
- Utility trailer
- Laminator
- Portable typewriter

<u>Join Us</u> <u>for</u> <u>Sunday Morning Bird Walks</u>

Spring Migration and Summer BirdWalks continuing through the Spring and into the Summer. Experienced"birder" Jay Manning, will guide participants through the Sanctuary trails in search of woodland warblers and grassland birds and other species. Walks begin at 8 am every Sunday morning (weather permitting) and last about an hour. Free: Starting April 6

ENVIRONMENTAL PROGRAMS

Preschool with Parents Nature Hour

Ages: 3-5 years
Day: Wednesdays

Dates: Session 1 - April 9,16,23,30

Session 2 - May 7,14,21,28

Fee: \$25.00 Member

\$30.00 Nonmember

Pre-registration and pre-payment required.

Children's Program

This one-hour program is a gentle and fun way to introduce your preschool age child to the wonders of our natural world. We'll explore nature through our five senses with songs, crafts, hikes and also by studying the plants and animals of the many habitats at the Sanctuary. This is an enjoyable time for all. Please be sure to dress for the weather.

Spring Vacation Week

Grades: K-4

Days: Tues. - Friday Dates: April 22 - 25

Time: 9:30 AM - 12:30 PM

Fee: \$40.00 Members

\$50.00 Nonmembers

Pre-registration and pre-payment required.

Children's Program

Look for the signs of Spring as nature wakes from her long Winter's nap. Children will have a great time exploring the trails, playing games and learning new nature crafts. Classes fill up fast, so don't delay! Please dress for the weather and bring a healthy snack.

Trees are Terrific!

Grades: K -4
Day: Saturday
Date: April 26

Time: 9:30 - 12:00 Noon Fee: \$6.00 Members

\$8.00 NonMembers

Pre-registration and pre-payment required.

Children's Program

What is Arbor Day and why do we celebrate it? Trees provide us with many things; oxygen, fruits and other foods, shelter, and relief on a hot sunny day. This three hour program will leave your children saying, "Trees are Terrific"!

PBJ LUNCH CLUB

Grades: 2 - 8

Day: Saturdays
Date: May 17, 24

Time 11:00 AM -1:00 PM

Fee: \$6.00 Members(each day)

\$8.00 NonMembers (each day)

Pre-registration and pre-payment required.

Children's Program

The Mission of the club is to have lunch in the mouth of Hanging Rock, explore Red Maple Swamp Pond or hike the Red Fox Trail. Club members will spend the full two hours outside hiking, playing games and eating lunch in some of the most secret places in the Sanctuary. Please dress for the weather, wear comfortable hiking shoes and bring a backpack to pack your lunch in and your trash back out.

(Programs Continued)

April Showers Bring May Flowers

Grades: K - 4
Day: Saturday
Date: April 19

Time: 9:30 am - 12:00 Noon

Fee: \$6.00 Member \$8.00 Nonmember

Pre-registration and pre-payment required.

Children's Program

Imagine yourself as a tiny water molecule starting your life in a fluffy white cloud... Where will you go? In this three hour program, children will learn about the fascinating water cycle through interactive games, a warm spring hike and making their very own rainstick! Rain or shine, this progam is guaranteed to take away the rainy day blues.

Buzz...about Bees!

w/Louis Chasse, Beekeeper

Day: Thursday
Date: May 22

Time: 7:00 pm - 8:30 pm Fee: \$6.00 Members \$8.00 NonMembers

Pre-registration and pre-payment required.

Family Program

Mr. Chasse, owner of the Arson Alley Apiary and avid beekeeper, will teach about the life of the fascinating honey bee. There will bee a demonstration with LIVE bees! Don't BEE late for this class!

Berry Basket Making

W/ Sharon Culberson

Day: Saturday
Date: May 24

Time: 1:00 pm - 4:00 pm Fee: \$15.00 Members \$20.00 NonMembers

Materials Fee: \$5.00 (Paid directly to Sharon) Pre-registration and pre-payment required.

Adult Program

If you've never made a basket before but would like to learn the basics, this is the class for you. Participants will make a simple berry basket to hang on a door or to gather berries in, of course! Sharon Culberson of Hilltop Gardens will be the instructor for this start-to-finish class.

Pondemonium!

Day: Saturday
Date May 31

Time: 10:00 am - 11:30 am Fee: \$6.00 members

\$8.00 NonMembers

Pre-registration and pre-payment required.

Family Program

Buzzing insects, bombarding tree swallows, a chorus of bellowing frogs...Spring is back and they are, too! Red Maple Swamp Pond is in a frenzy of activity. Learn about its exciting inhabitants. This is the *wild life* of the pond!

REGISTRATION INFORMATION

Unless stated otherwise, pre-registration is required for programs. Fees for programs requiring registration must be paid in advance by cash, check or Mastercard/Visa. Registration can be made by mail or by phone (with credit card payments). Fees will be refunded in full up to five days before the program. With less than five days notice, fees will be refunded only if you can be replaced with a person from the waiting list. Please use the registration form if registering by mail.

(Programs continued)

Drawing From Nature

Day: Sunday Date:, June 1

Time: 10:00 am - 12:00 Noon

Fee: \$16.00 Members

\$20.00 NonMembers

Pre-registration and pre-payment required.

Adult Program

Come enjoy the comradery of fellow artists while we draw from nature in some of the Sanctuary's most beautiful areas. *John Hagen*, well-known local artist, (and movie star), will begin the class and be on-hand to offer assistance or advice. All levels and mediums are welcome. Please bring your own easel, drawing board or other art supplies.

Rocky Shore Ramble

Day: Saturday
Date: June 14

Time: 9:00 - 10:30 am Fee: \$6.00 Members

\$8.00 NonMembers

Pre-registration and pre-payment required.

Family Program

Come learn about sealife on the rocky and sandy shores of Third Beach. *Dede Forker*, Teacher-Naturalist, will show parents and children alike fun activities they can enjoy together at the beach...besides sunworshipping! Participants will also learn the names and behaviors of commonly found species in these habitats. A hand-out of great family beach activities will be distributed. Please wear shoes that can get wet and sunscreen. Children participating must be accompanied by an adult.



Native American Classes

The Moon of Storytelling

Day: Sunday
Date: June 8

Time: 1:00 pm - 2:00 pm

Fee: \$10.00 per family / Member

\$15.00 per family / Nonmember

Pre-registration and pre-payment required.

Family Program

Please join Strongwoman and Moondancer from the Aquidneck Indian Council along with their friends from the Dighton Indian Council of Massachusetts for traditional Native American storytelling. "The Indians would sit in their wigwams around the fire and the old storytellers, the Grandmothers and Grandfathers, would tell the children all the legends, all the traditions and the history of the tribe. This later became our Great Unwritten Book" - Strongwoman Indian artifacts will be on display and apple

Indian artifacts will be on display and apple cider and corn bread with warm maple syrup will be served.

be served.

Peyote Stitch Beadwork Class

Day: Sunday
Date: June 15

Time: 1:00 pm - 3:00 pm Fee: \$10.00 Members \$15.00 NonMembers

Pre-registration and pre-payment required.

Adult Program

Native American artist, Redwing, will teach the ancient and beautiful art form of peyote stitch beadwork practiced by the Native American's for thousands of years. The decorative design was used in ceremonies and is truly a work of art. Stop by the Sanctuary to see an example of this craft.



New Nature Day Trips

Join experienced Norman Bird Sanctuary staff for a day of fun and learning.

~New~

Prudence Island Nature Trip

Day: Saturday
Date: June 7

Time: 9:15 am - 4:30 pm Fee: \$15.00 Member

\$20.00 Nonmember

Pre-registration and pre-payment required.

Adult Program

Kim Botelho

683-6786

682-1936 (Fag

Join Audubon Society of Rhode Island's Prudence Island Naturalist, Amy Costa and naturalist Hap Morgan from the Norman Bird Sanctuary for a day of exploration on Prudence Island. Prudence Island is part of the protected Narragansett Bay National Estuarine Research Reserve. It is home to many scientific research projects and is a great place to hike, birdwatch, explore the varied shoreline and view the bay and surrounding landscape from another perspective. We'll learn the ecology and history of one of Narragansett Bay's precious jewels. We will meet Ms Costa in Bristol and take the 10:00 am short ferry ride to the Island returning on the 4:00 pm ferry. Please dress for the weather, wear comfortable walking shoes, bring a lunch and plenty of water. Please call for more information, 846-2577.

Wild Plant Walk

Day: Wednesday Date: June 18 Time: 6:00 pm

Fee: \$6.00 Members

\$8.00 Nonmembers

Pre-registration and pre-payment required.

Adult Program

A wide variety of wild plants abound here at the Sanctuary. Spring and early Summer is a time for rich colors, smells and textures. Join NBS *Executive Director*, *Larry Taft*, as he points out many of the trees, shrubs, grasses and wildflowers around us. Please dress for the weather and wear comfortable walking shoes.

~New~

The American Museum of Natural History/Birding In

Central Park

Day: Saturday

Date: May 10
Time: Deparature from NBS 7:00 am

Return to NBS 10:00 pm

Ree: Adults: \$45.00 Member \$55.

Fee: Adults; \$45.00 Member \$55.00 Nonmember Children; \$35,00 Member \$45.00 Nonmember

Pre-registration and pre-payment required by April 25. Family Program

Enjoy a day in the "Big Apple" and have a chance to view the spectacular Spring bird migration passing through Central Park. Some of the best birding can happen even in the 'City'! Then, view the many exhibits at the Natural History Museum including the special bird exhibit, "Up in Central Park". For more family oriented day trippers, visit the dinosauar exhibit or maybe the 'Imax Theatre'. The fee includes bus transportation and entrance into the Museum. Tickets to Imax Theatre, special exhibits and meals are extra. Call for more information, 846-2577. Transportation will be a comfortable coach provided by Viking Tours of Newport.

Saltwater FlyFishing

Day: Wednesday
Date: May 7
Time: 7:00 - 8:30
Fee: \$6.00 Meml

Fee: \$6.00 Members \$8.00 nonmembers

Pre-registration and Pre-payment required.

Adult Program

Greg Weatherby, owner of SaltWater's Edge Fly Fishing Co., will show slides and lecture about the local speices of saltwater fish best for flyfishing. He will also show us the best locations for flyfishing too. Participants of this evening lecture will be offered a 10% discount on flyfishing trips and lessons. Sounds good to me!

Sunday May 18th

A Spring morning of guided bird walks, bird exhibits and educational activites for the entire family. After your walk join us for a scrumptious breakfast buffet.



Birdwalks Begin at 6:30 am and Breakfast Seatings are 7:30 8:30 9:30 & 10:30

Tickets may be purchased in advance by using the registration form on page 13 or over the phone with a credit card.

Ticket Prices;

Adults: \$8.00 (\$10 at the door) Children: \$4.00 (under 3 free)

ALL PAID TICKETS WILL BE HELD AT THE DOOR.

What's New for

Birds and Breakfast 1997

Woodland warblers and Red-winged blackbirds are among the colorful entertainers at the annual Birds and Breakfast, on Sunday, May 18th. This unusual interpretation of the May Breakfast tradition offers guided birdwalks followed by a country breakfast buffet. Each 45 - minute birdwalk consists of a half-mile loop through the Sanctuary grounds, culminating at the Red Maple Swamp Pond - a prime viewing spot for Spring wildlife. The timing of Birds and Breakfast coincides with peak migration in the Rhode Island area, so birders are assured an exciting morning. This event is especially helpful for new birdwatchers, as experienced guides teach them how to identify species through their field marks and calls.

A "Binocular Fair" is one of the new additions to this years' event. Representatives from premier binocular manufactures will give demonstrations and take orders on site. Also new this year, the *Newport Children's Theater* will give an outdoor performance suitable for the whole family. Delicious breakfast fare - such as casseroles by Savoir Fare caterers, homemade pancakes, sizzling sausage, and baskets of fresh baked goods - ensure that no one in attendance eats like a bird.

For more information on times and admission, please refer to our order form, also in the newsletter. Remember to make reservations early, as seatings fill up quickly.

Join the March For Parks Sunday, April 13th

Each year the National Parks and Conservation Association organizes an event that focuses attention on our National Parks and recreational open spaces. There is one designated walk set-up in each of the 50 states.

This year, the Volksport Club has chosen the Norman Bird Sanctuary as the designated walk in Rhode Island. A donation will be made from the profits of this event to fund trail maintenance at the Norman Bird Sanctuary

The 11km (6.8 miles) walk includes a marked route which starts at the Sanctuary, then goes along Second Beach to the short edge trails of the Sachuest National Wildlife Refuge and finishes with a stroll along Gardner Pond. The event is FREE to those who wish to participate, but if you would like to receive

an award for your accomplishment, (and help out the Norman Bird Sanctuary) there is a \$4.00 registration fee.

Volksporting or Volkswalking (translated as the "sport of the people) originated nearly 35 years ago in the German speaking part of Europe. The Volksporting club is dedicated to promoting families enjoying outdoor recreation together. The March for Parks is a great way to find out more about the Volksporting Club, support your National Parks and the Norman Bird Sanctuary and have a healthy and enjoyable afternoon with the family all at the same time!

For more information on the club or about the March for Parks walk, please call the Sanctuary office at 846-2577 to receive a brochure. We hope to see you on April 13th!



Volunteer Opportunities

Do you long to be working in the great outdoors? Here's your chance. Become a charter member of the new NBS Trail Club. Join caretaker *Nikki Hinds* every Wednesday morning from 10 am to 12 noon for trail work, wildlife managemnt, habitat enhancement and wildlife surveying. Bring a friend. Call now to sign-up 846-2577.

NOTE: We are in need of people who have experience in building stone walls. Flexible schedule.

VOLUNTEERS: TREASURES for ALL SEASONS



The many people who donate their valuable time to do so many different things are truly treasures. The volunteers here at the Norman Bird Sanctuary have accomplished a great deal, including restoring our specimen collection, redoing our retail shop, helping to register our many campers for summer camp and so much more.

In celebration of National Volunteer Week coming up in April, we will be redesigning our volunteer program slightly. While some of the changes won't be readily apparent, they will help the NBS staff in recruiting, orienting and keeping accurate records of all the talented people out there who can make the Sanctuary a better place.

Beginning in April a new volunteer handbook and application will be available for anyone wishing to volunteer. The handbook will describe in detail all of the available opportunites, NBS volunteer policies and any pertinent information a prospective volunteer might need to know.

If you would like to receive our new volunteer information, please call the Sanctuary office at 846-2577 and request that we mail it to you. Current volunteers will be sent the information automatically. We look forward to having you join our volunteer "team"!





The Barn Owl Shop

25% off
All Store Items!

Great New products for Spring.

Environmentally Friendly & Educational Gifts

All sales benefit the Norman Bird Sanctuary

Members receive an additional 10% discount.

Located in the Norman Bird Sanctuary Barn 583 Third Beach Road Middletown, RI

Open Tuesday thru Sunday 9 am to 5 pm

Somethin's Fishy Around Here

Many thanks to Sanctuary neighbor, Finn Strong for donating The River Tank, System, his invention, and for volunteering his time to setup the tank. Our painted turtle, Little Joe is extremely grateful too!

Stop by for a view of our turtle tank and see how wonderful **The River Tank System** really is. *Again, thank you Finn.*

Rhode Island Spring Flower & Garden Show

The sanctuary office is still receiving calls from people who had seen us at the Flower Show! By all acounts our appearance there was a great success.

We would like to express our sincere appreciation to those who sponsored our booth:

Bank of Newport Newport Garden Club All Star Car Rental

And we thank those listed below for their invaluable assistance and guidance and for going out of their way to help the Norman Bird Sanctuary:

Third & Elm Street Press
Cottage Garden Shop
Potting Shed
People's Credit Union
Cathy Rainy
Maryanne Amrose
John Hagen
Robert Janiesch

Mary Benson
Paul Raducha
Jean Smith
David Reed
Narissa Willever
Lauren Carson
Ginny Hinds
Ashley Easley

Peggy Stoos
Fran Holmes
Marilyn Lyell
Carol Dutton
Brian Mitchell
Mary Louise Greeley
Gail Griffin

REGISTRATION/MEMBERSHIP FORM

PLEASE JOIN US! NBS Membership Form

	Student (\$10) Individual (\$20)	☐ Patron/Business (\$100) ☐ Supporting (\$250)		
☐ Family (\$30) ☐ Sustaining (\$50)		☐ Benefactor (\$500) ☐ Osprey Circle (\$1,000)		
	ADDRESS & PAYMEN	NT INFORMATION		
		Phone #:		
Town:	Stat	e: Zip code: _		
Card #	ble to: Norman Bird Sanctuary ddletown, RI 02842	Program Fees Membership Bird & Breakfast Adult Tickets Children ticket TOTAL DUE Please circle One *Seating Time: 7:	\$ \$ \$ \$	
Name	Age & Grade	Program	Fee	
Name	Age & Grade	Program	Fee	
Name	Age & Grade	Program	Fee	
Please list any medical	conditions or problems we should	be aware of including allegie	es and medications:	
	that I cannot be reached in an emary staff or medical personnel to			
Parent Signature:		Date	Date:	
			The state of the s	

The winning License # is

RI reg. - HW 696

CONGRATULATIONS!

Norman Bird Sanctuary 583 Third Beach Road Middletown, RI 02842 Non-Profit Organization U.S. POSTAGE PAID Newport, RI 02840 Permit No. 43

TO CURRENT RESIDENT OR

~ Members! ~

Our staff has been busy driving around Aquidneck Island trying to find our members. If we spot our member decal on your car, you could be a winner!

Somewhere in our newsletter your license number may be listed. If it is, all you need to do is stop by the Sanctuary and claim your hummingbird feeder gift pack, complete with feeder flower seeds and a great book all about hummingbirds.



Astronnomical Society of Southern New England

VIEWING DATES

APRIL 11th & 25th -7:00 pm

MAY 9th - 7:30 pm MAY 30th - 8:00 pm

JUNE 13th - 8:00 pm JUNE 27th - 8:00 pm

Amateurs and experts alike are welcome to come and join ASSNE members. Astronomical Society members are always willing to share their telescopes and their knowledge.

Rhode Island's Breeding Marine Birds

April 21,7:00 pm Vanderbilt Amphitheater Doubletree Hotel, Goat Island

Richard Ferren. Prof. of Life Sciences,

Berkshire Comm. College will consider the history of the Ocean State from a bird's perspective! Marine birds such as Herons, Egrets, Oystercatchers, Double-crested Cormorants will be discussed.

This lecture is co-sponsored by the Rose Island Lighthouse Foundation and the Norman Bird Sanc-

tuary.

<u>Free</u> to members For more information call: 847-4242