

# The Norman Bird Flyer

VOLUME NO. 6 ISSUE 4

A QUARTERLY NEWSLETTER

Fall, 1985

CORRECTIONS: from the last issue of the Norman Bird Flyer. (1) The illustration caption that reads "Ladies Tresses" should be "Rattlesnake Plantain". (2) The illustration that reads "Cornflower" should be "Chickory". The illustrations Ms. deLeiris will do in Antarctica will be published by Columbia University Press, rather than Smithsonian Books.

## BIRD BANDING

Banding is a widely established method used for the study of birds. Birds are captured, marked with identifying leg rings (called bands), and then released. Apparently, the first birds banded in North America were marked by John James Audubon, who tied silver threads around the legs of a brood of Eastern Phoebes at Mill Grove, Pennsylvania in 1803. Subsequently, he discovered that at least two of the birds returned to the same locality the following spring.

Since 1920, banding has been regulated by the U.S. Fish and Wildlife Service. Modern bands are made of aluminum, and each is marked with an identification number. At the time of capture, information about the bird is recorded, such as species, age, sex, health, and site of capture. This information is then sent to the Fish and Wildlife Service to be filed in a central data bank.

The vast majority of banders in this country are not government agents, or research scientists, but people of all walks of life who study birds as an avocation. The Government has standards for the training and licensing of people interested in the program, to ensure that the birds are handled properly, and the information gathered is put to the best use. With the cooperation of the Fish and Wildlife Service and hundreds of banders, much has been learned about bird populations, migrations, life spans and health.

The Norman Bird Sanctuary enjoys a 22 year history of bird banding. James Baird, the first director, initiated the program after he arrived in 1955. Succeeding directors, Robert Woodruff and Lee Gardner expanded the program to the point of having over 50 active nets in Tiverton, Sachuest Point, and on the refuge. After the departure of Gardner in 1977, banding was discontinued.

Lois Vaughan, an ornithologist, and licensed bird bander has been banding birds since 1971 at Manomet Bird Observatory, Cornell University, Wallops Island and with the Massachusetts Audubon Society. She has offered to help reinstate a small banding station here at the sanctuary. In the next few months, plans will be made to obtain equipment and to train a small crew of sanctuary staff and volunteers in the techniques of capturing, handling and matching birds. The purpose of the program will be to collect information about local species of bird life, and to compare it with information collected in years past, to document what changes may have occurred. We expect to use banding for educational purposes in the near future, where children and adults will enjoy the opportunity to observe wild birds at close range, and for more than the fleeting moment often encountered while birdwatching.





# AQUIDNECK ISLAND



10:00 am. - 5:00 pm.

## OCT 5 & 6

NORMAN BIRD SANCTUARY

THIRD BEACH ROAD  MIDDLETOWN

- \* Over 40 Craftspeople selling Handmade wares
- \* Pony and Hay Rides
- \* Bluegrass, Sea Shanties, Folk and Barbershop Music.
- \* Magic Show
- \* Working Steam Engine Exhibit
- \* Country Store
- \* Home and Garden Contest
- \* Balloons
- \* Raffle

Come and enjoy the fun and excitement of an authentic country celebration! The time is upon us when the grounds of the Norman Bird Sanctuary will be the setting for the eleventh annual Harvest Fair. The Fair this year promises to uphold a strong tradition of inventiveness, talent and fun. Here is what we have planned.

- \* Live Animals
- \* Milking cow
- \* Cider Pressing
- \* Children's Games
- \* Log Rolling Contest
- \* Lip Sync Contest (bring tape)
- \* Mud Pit; Monkey Bridge; Giant Bell Ringer; Greased Pole; Three legged race; Rope Pulls; Egg, Hat, Bean-bag, Coconut, and Ring tosses
- \* And of course, plenty of great food!

Admission to the	\$1.50 adults
FAIR	\$ .50 children

Children under 3 admitted free

Saturday night will feature our traditional Lamb Roast Dinner and Contra-dance at 7.p.m. Music will be provided by Geese in the Bog. Tickets for the dinner and dance are \$12.50 each (children under 12 \$6.25) and are available at the refuge office. Tickets for the dance alone are \$3.50



# CHILDREN'S PROGRAMS

## PRE SCHOOL NATURE HOURS

Wednesday afternoons, 1:00 - 2:00 p.m.

This fall series of parent - child nature programs is being offered for parents with young children, ages 3 - 5, to explore the wonders of nature together. Observe the changes the fall season brings, and learn how plants and animals prepare for winter. The sessions will include observations of native plants and animals, crafts, songs and stories, designed to nurture positive feelings toward the natural world.

### OCTOBER SERIES

- 9 Life in Maple Pond
- 16 Changing Colors of Fall
- 23 Life along a Stone Wall
- 30 Nuts and Seeds

### NOVEMBER SERIES

- 6 Shore Life
- 13 Reptiles
- 20 Mammals
- 27 Winter Birds

FEE: for each series is \$8.00 (6.00 NBS Memb).  
Limit: 10 children each session.  
Pre-registration is required.

## OLD - FASHIONED HALLOWEEN

Thursday, October 31  
6:00 - 8:00 p.m.

Stop by the Sanctuary Halloween night for traditional Halloween games, hot cider and other treats. And if you are brave enough, come along on a guided tour of the Sanctuary woods at night, learn about the superstitions that surround nocturnal animals and other things that go bump in the night.



Pre-registration and costumes required.  
FEE \$3.00 (\$2.00 NBS members)

## NATURE CLUB

Saturday mornings, 9:30 -12:30

- Session # 1 October 26 - November 16
- Session # 2 November 23 - December 14

Based on our Summer Nature Day Camp program, the Norman Bird Sanctuary's Nature Club offers a school year Saturday morning alternative for your child. Nature Club is a place where children can safely explore the natural world under the guidance of a knowledgeable and enthusiastic instructor. Children follow their curiosity, learn by doing, and have fun at the same time.

For children in grades K - 4  
Pre-registration is required  
FEE: \$24.00 (\$20.00 NBS members)



## NATURAL HOLIDAY CRAFTS FOR CHILDREN

Saturday, December 21, 1:00 p.m.-3:00 p.m.  
Limit 20 children.  
FEE: \$5.00 (\$4.00 NBS members)

Children can experience the joy of making holiday gifts and decorations from natural materials. They will create hanging ornaments such as decorative sachets filled with bayberry or cedar, grapevine wreaths, garnished with evergreens, and a special ornamental birdfeeder, to decorate a tree outside your home.

Pre-registration is required by  
Monday, December 9th.



# GENERAL PROGRAMS

## NATURE PHOTOGRAPHY WORKSHOP

Saturday, October 13,  
10 a.m. - 3:30 p.m.

The Sanctuary will be the setting for a full day workshop designed to sharpen your senses and skills in photographing the beauty of the natural world.

Arthur Swoger, a nationally recognized photographer and naturalist, will be conducting the program. His photographs have been featured in National Geographic, Natural History, The Audobon Field Guide to North American Wildflowers, and in motion pictures and television.

Expert and beginner photographers alike will benefit as Mr. Swoger shares tips and techniques acquired from over 50 years as a professional nature photographer. The workshop will include a one hour slide presentation, a one hour critique session (so bring along up to four of your best slides or prints) and a three hour field session out on the trails of the Sanctuary.

Bring your camera, plenty of film, sample photos, walking shoes, and a bag lunch.

Limit: 12 participants.

Fees: \$20.00 ( \$15.00 NBS members)

Pre-Registration is required.

## WILD MUSHROOM WALK

Saturday, October 26  
10:00 a.m. - 11:30 a.m.

Dr Roger Goos, of the University of Rhode Island will lead a walk to help you start learning how to identify edible and poisonous mushrooms. Feel free to bring samples from home for identification

Fees: \$ 2.50

(\$ 1.50 NBS Members)

## BIRD WALKS

The Sanctuary offers a free guided bird walk every Sunday at 8:00 a.m. Please join us! Autumn walks feature the trails of the Norman Bird Sanctuary, the beaches and rocky shorelines of Sachuest Point. Walks last from 1-2 hours and are open to all levels. Bring binoculars if possible.  
Every Sunday, 8:00 am  
No charge



## LATE WILDFLOWER WALK

Sunday, October 27,  
1:00 p.m.- 2:30 p.m.

Most of us associate wildflowers with spring, often overlooking those that grow during other seasons. Join Millie House, Field Botany Instructor at Roger Williams College for a walk during the fall season when the Sanctuary fields are ablaze with wildflowers. She will help you learn how to identify many of these late bloomers

FEE: \$2.50 (\$1.50 NBS members)

## BANDING DEMONSTRATION

Sunday, November 3  
9:00 - 10:30 am.

Through the banding of birds much has been learned about bird numbers, why and how they migrate, and how they have been affected by people's impact on the environment. Join ornithologist and licensed bird bander Lois Vaughan for the demonstration.

Issues such as bird migration and environmental impacts on bird species will be discussed.

FEE: \$2.00 (\$1.00 NBS Members)



### BIRD FEEDING INFORMATION DAY

November 10. 2:00 p.m.-4 p.m.  
No charge. Seed pick-up and feeder pick-up  
will continue all day.

What kind of feeder should you be using to attract the greatest diversity of birds to your backyard? Arthur Brown from Droll Yankees, Inc. will be at the refuge to present to you detailed and enlightening information on Winter Bird feeding. Included will be displays and information on do-it-yourself feeders, what birds eat in the wild, and bird feeding projects for children. All of the major types of bird feeders and seed will be available for purchase at very reasonable prices on this day and throughout the winter. By buying your seed and feeders through the Sanctuary Store, you support the programs and projects of the refuge.

## HOLIDAY CRAFTS

### GRAPE VINE WREATH MAKING

Sunday, November 17th. 1:00 pm.-3:00 pm.  
Limit 15 participants  
FEE: \$8.00 (\$6.00 NBS Members)

Woven strands of grapevine produces a naturally attractive autumn wreath. The Sanctuary staff will provide the materials and instruction for each participant to create and uniquely decorate his or her own wreath. Bring clippers.

Pre Registration is required.

### HOLIDAY WREATH MAKING

Sunday, December 7,  
1:00 p.m.-3:00 p.m.

Holiday wreaths can look fresh and green throughout the season with a special design that makes use of the water retention capabilities of sphagnum moss. Chris Callahan will teach this technique. Please bring ample amounts of greens, clippers, and gloves. Other materials will be provided.

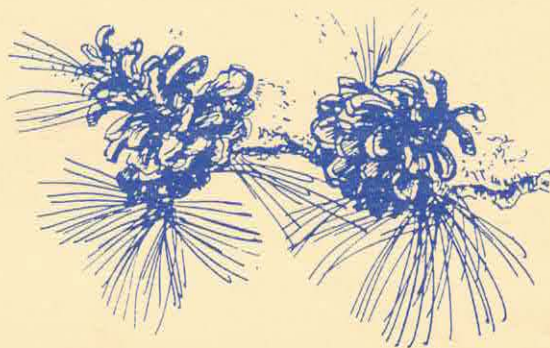
Pre-Registration is required by  
Monday, November 25.  
Limit 15 participants  
FEE: \$12.00 ( \$10.00 NBS members)

### STAR WALKS

Nov. 13, Dec.11,  
7:30 pm.

Autumn and winter are the best seasons for viewing and learning about the night sky. The Great Bear will be dipping low to the earth, while Andromeda, our distant sister galaxy rises into the sky. Join Bill O'Connell for the evening programs and explore the legends of these and other stars as the crisp night air moves in. December 11 will be the first night that Halley's Comet becomes visible to the unaided eye! Bring a blanket to sit on and binoculars if you have them. In case of cloudy weather, call 846-2577

FEE: \$2.00 (\$1.00 NBS Members)



## SPECIAL EVENTS

### ANNUAL AQUIDNECK ISLAND HARVEST FAIR

See Harvest Fair display page for a description of the 11th annual Harvest Fair. Fun? You Bet!

Oct: 5 and 6 10:00 a.m. - 5:00 p.m.

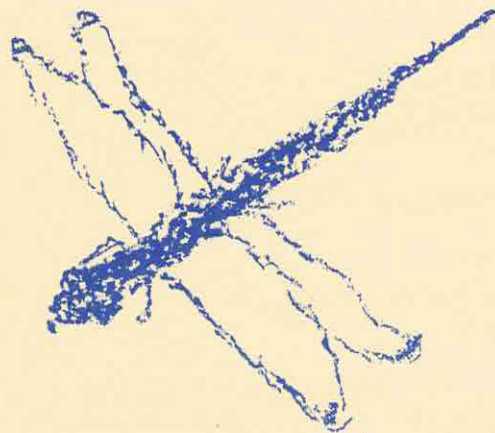
### TOXIC WASTE CLEAN UP DAY

Bring your household toxic substances to toxic waste pick up sites. For Aquidneck Island, the pick-up is on Saturday, Oct 19. 8:00 - 3:00 pm at the Middletown Public Works Garage on Berkeley Road, Middletown.

### CHRISTMAS BIRD COUNT

You never know what birds or weather to expect on the CBC. Rain, snow, sleet, or shine we will census birds on the refuge and on Sachuest Point. The CBC is sponsored by the Rhode Island Ornithology Club. For more details, call the refuge in November.





# Nature Day Camp

and  
Summer Challenge 1985



## WILD EDIBLE SELECTION OF THE SUMMER

tastefully approved by Nature  
Day Camp Participants and Staff!  
mmmm! naturally good!

BATTER-FRIED  
RED CLOVER and HORSE RADISH-  
CHIVE DIP

Batter: 2 c flour  
2 T cornstarch  
4 t baking powder  
1 t salt  
1 1/2 c ice water  
4 egg whites

\*Combine dry ingredients with a fork. Add  
water (don't add ice) and blend well. Beat egg  
whites stiff and fold into batter.



\*Flowers: Red clover blossoms or Dandelion  
blossoms. Any edible flower blossom will do.  
Clean flowers, removing all stems and leaves.  
Rinse. Stir blossoms into batter until well  
coated. Spoon into a pan with 1-2" of hot  
oil. Turn over the fritters when golden brown.  
After they're finished cooking, place on towel  
or newspaper to absorb oil.

Dip: 8 oz sour cream  
fresh chives  
fresh horseradish

Dice and chop chives and horseradish. Stir into  
the sour cream and refrigerate until needed.

Serve warm fritters and dunk into dip. A  
wonderful delight from nature. Full of vitamin  
C also!

A Summer Challenge  
Amateur Naturalist writes:

"Prudence Island:

Good fishing, swimming  
and boating. Great bird-  
watching. Friendly people  
and animals.

MATTHEW CROWLEY  
AGE 10



Another summer has ended but at the Norman Bird  
Sanctuary, we are left with wonderful memories of  
curious nature-loving children to last another year.  
At Nature Day Camp, children ages Preschool  
to nine years old under the guidance of six  
loveable Teacher-Naturalists and three energetic  
Junior Teacher-Naturalists spent nine weeks  
learning nature crafts, playing cooperative out-  
door games, singing nature songs, and exploring the  
diverse habitats of the Norman Bird Sanctuary.  
Many children would return, week after week  
with their nonstop imaginations and sense of  
wonder for the outdoors. Activities included "wet"  
swamp walks whereby children would immerse  
themselves in the swamp with joy watching frogs  
and feeling duckweed, the carving of apple head  
dolls, papermaking with grasses, leaves, and  
berries, and Adopt-A-Tree to name a few.  
Each week we would close the session with a  
celebration either as a "Wild Incredible Edible  
Feast" with handcranked black raspberry ice  
cream or a "Festival-Skit Day" with performance  
by "the Supernaturalists", "the Litterbugs and Neat"  
and "The Norman Bird"—characters created by the children.

The afternoons of Nature Day Camp were reserved  
for the older children. "Summer Challenge" participant  
ages ten through twelve were personally challenged  
as they discovered the thrill of rock climbing, ex-  
plored the coast of Prudence Island camping under  
the stars in hand made hammocks, and bravely tasted  
freshly steamed mussels and pine needle tea.

Once again, this summer proved how children,  
whether four years old or twelve years old and  
nature work together splendidly!

Nature Day Camp's  
Natural Word Scramble:

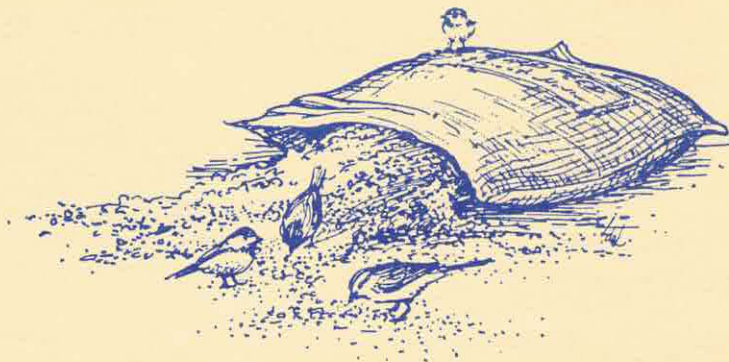
There are six familiar words from the summer's  
trails all mixed up down below. Can you  
unscramble them to reveal what spectacular sights  
we saw this summer?

- |                    |                 |
|--------------------|-----------------|
| 1. ERD EMPAL WSPAM | 4. OOPNSI YIV   |
| 2. GUSLS           | 5. DER ELDIAT Y |
| 3. GNHNAIG OKRC    | 6. DILW BLDEISE |

ANSWERS:

- |                    |                    |
|--------------------|--------------------|
| 1. RED MAPLE SWAMP | 4. POISON IVY      |
| 2. SLUGS           | 5. RED TAILED HAWK |
| 3. HANGING ROCK    | 6. WILD EDIBLES    |





## NORMAN BIRD SANCTUARY

# \* BIRD SEED SALE \*

Stock up now for the long winter ahead. Feed the birds and help support programs at your Sanctuary at the same time. Get high quality wild bird food at competitive prices. To order:

- (1) Fill out coupon below and mail it with payment to the Norman Bird Sanctuary, 583 Third Beach Road, Middletown, R.I. 02840. Orders must be received by October 18. Make checks payable to Norman Bird Sanctuary.
- (2) Pick up your seed November 9 or 10 from 9:00 a.m.- 5:00 p.m. in the Sanctuary Barn.

Don't miss the free program by Arthur Brown of Droll Yankees on bird feeding techniques and equipment. You can join in the program on November 10 at 2:00 p.m., and pick up your seed at the same time!

Bird seed in small and large quantities as well as bird feeders, guide books, and selected other items are now available in the Sanctuary Store. Come for a visit!

### BIRD SEED ORDER FORM

Name \_\_\_\_\_ Telephone Number \_\_\_\_\_  
Address \_\_\_\_\_  
Sanctuary Member \_\_\_\_\_ Non Member \_\_\_\_\_ Please send membership information! \_\_\_\_\_

QUANTITY	TYPE OF SEED	PRICE PER BAG	
		(TAX INCLUDED)	AMOUNT
_____	Black Oil Sunflower Seeds - 20 # bag	\$ 9.48	\$ _____
_____	Black Oil Sunflower Seeds - 50 # bag	18.51	→ 11.99 12.5
_____	Black Oil/Striped Sunflower Mix - 20 # bag	9.48	_____
_____	Black Oil/Striped Sunflower Mix - 50 # bag	18.51	_____
_____	Hulled Sunflower Seeds ("Sunflower Chips") - 20 # bag	11.85	_____
_____	Hulled Sunflower Seeds - 40 # bag	21.59	→ 15.95 15.9
_____	"Bird Snack" high quality mixed seed - 20 # bag	7.08	_____
_____	"Bird Snack" high quality mixed seed - 50 # bag	15.75	→ 12.49 11.6
_____	Thistle - 5 # bag	5.82	_____
_____	Thistle - 10 # bag	11.65	_____
_____	White Millet 50 # bag	13.75	_____
_____	Cracked Corn - 25 # bag	5.50	_____
_____	Suet/Seed Cakes - 11 oz square	1.49	_____

Total \$ \_\_\_\_\_



## DIRECTOR'S NOTES

As many of you know, Tim Traver and Delia Clark have moved on to new endeavors. Tim is working toward a Master's Degree at the Yale School of Forestry, and Delia is directing programs at the New Canaan Nature Center.

I am very pleased to be here at the Norman Bird Sanctuary. This post promises to be a wonderful opportunity and challenge. I come here after having coordinated the education program at the Audubon Society of R.I. Parker Woodland Refuge. My experience also includes naturalist positions here at N.B.S., Prudence Island, and Colt State Parks, Caratunk Wildlife Refuge, and the U.R.I. Alton Jones Campus.

Lisa Pritchard has just finished directing one of the Sanctuary's most successful summer camp programs. She will continue on this fall as the Education Coordinator. Her energy will be concentrated on the major education programs, N.B.S. publications, and volunteer organization.

Jean Ballantine, our office manager will be greeting visitors, handling registrations, phone messages, the refuge store and membership.

We also welcome Teacher / Naturalist Beth Carlson to our staff. She will be leading school field trips, nature club and pre-school nature programs.

Tim and Delia left behind them some large shoes to fill. We hope that our new team, with your continued support, will grow into them.

Sincerely,

Lawrence Taft

## VOLUNTEERS

Volunteers are to the sanctuary staff, what "second wind" is to a marathon runner. They provide the extra energy needed to tackle the task yet to be done. We are greatly indebted to the numerous people who have volunteered their time and energy, and have provided that second wind here at the sanctuary.

Since, at this time of writing, I have been here only a few weeks, I can't know of, or begin to thank each of you individually in this space. Rather than leave any name out, I would like to extend my sincerest thanks to all of you.

If you haven't been a volunteer at the sanctuary lately and would like to be, we still need help in the areas of gardening, animal care, children's programs, trail maintenance, minor carpentry and repairs, seasonal mailings and exhibits. We, the sanctuary staff rely on your support to help us go that extra mile.

The Norman Bird Flyer is published by the Norman Bird Sanctuary, a non profit nature preserve established under the will of Mabel Norman Cerio.

Trustees: Louis Lorillard, RI Hospital Trust National Bank  
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Director: Lawrence Taft

Education Coordinator: Lisa Pritchard

Norman Bird Sanctuary, 583 Third Beach Road, Middletown, Rhode Island 02840. Telephone: 401/846-2577



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THIRD BEACH ROAD  
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