



# The Flyer

THE NORMAN BIRD SANCTUARY NEWSLETTER

SPRING 2006

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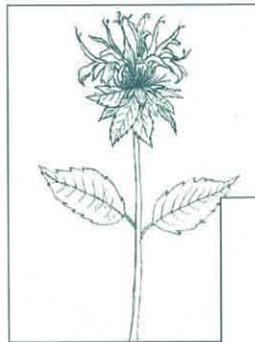
## Think Spring! Gardening Tips for Attracting Birds and Butterflies

By: Joan Andersen, Stacy Couto and Lauren Parmelee

Spring is just around the corner and it's time to start planning for your gardens. We've consulted with Joan Andersen, our resident horticulturist, for tried and true tips on how to create beautiful, lush gardens that will attract a variety of birds, butterflies and other wildlife.

### Preparing or Creating your Garden Beds for Spring

If you are creating new beds, start by removing the turf. Rake to remove rocks and grade the area before planting. For existing gardens, clear and weed beds in preparation for planting. In both cases, soil preparation is essential. Compost is always a good addition to enrich your soil, as is an organic granular fertilizer. If you have questions regarding your soil, URI Cooperative Extension is a good resource at [www.uri.edu](http://www.uri.edu).



*Bee Balm  
and  
Butterfly  
Weed*



### Choosing Plants, Shrubs, Vines and Trees to Attract Birds & Butterflies

If your goal is to attract wildlife, think color! Plants have evolved to attract pollinators, including a wide variety of insects, hummingbirds and bats. Consider vegetation that provides shel-

ter and food in the form of nectar, berries and seeds. When choosing plants, go for the colors you like and think about bloom sequence, a variety of plant heights and a three-season interest to ensure a healthy, attractive garden from spring to fall. Evergreens and grasses will add color and provide shelter and food for birds during the winter months too.

It's also good to remember that non-native does not always mean invasive. Perennial hybrids can safely bring visual variety and plant diversity to your garden without threatening native species when chosen with care. Water and mulch your new gardens. Your new plants will need one inch of water per week, which may vary with weather. Then sit back and enjoy your hard work!

(continued on page 3)

Don't Miss Our Annual  
Birds & Breakfast • Sunday, May 21



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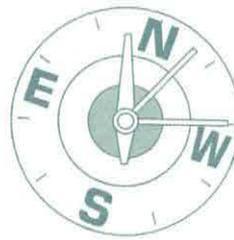
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## From the Director

*Spring is a season of expectation. At the Norman Bird Sanctuary that expectation revolves around more than what we expect to see, it also revolves around what we expect to do.*

*Spring provides both the end of a year for us as well as a beginning of a new year. Spring marks the end of the school program year. Thousands of students will participate in our education programs. They'll learn about birds, butterflies, and beaches. They'll get their hands dirty and laugh while they learn about the scientific method and the world around them. Some of our students learn at the Sanctuary while others experience our programs right at their own school.*

*As spring turns to summer and we say goodbye to the school year and our students, we say hello to summer camp and our campers. Summer camp is one of our most successful and sought after programs at NBS. We serve more than 500 campers over the course of the summer. Ask our campers, both past and present and you'll hear just how significant an impact the Norman Bird Sanctuary has made on their lives.*

*We offer more than programs for children. Look inside this issue of the Flyer or visit our website at [www.normanbirdsantuary.org](http://www.normanbirdsantuary.org) and you will be amazed at the diversity of programs we have available for adults. Our programs reflect the diversity of interests held by our members. We offer bird walks and nature hikes as well as yoga and digital photography.*

*Our commitment to education is as strong as our commitment to protecting the Sanctuary itself. In fact, we believe that our mission of conservation and education are intertwined. Our education programs support our mission of conservation by helping people understand and connect with nature. Our conservation activities support our mission of education by providing more than 300 acres of outstanding beauty and diverse habitats for people to experience.*

*I invite you to look closely at our education programs this spring and register for as many as you can.*

*Rob Cardeiro*



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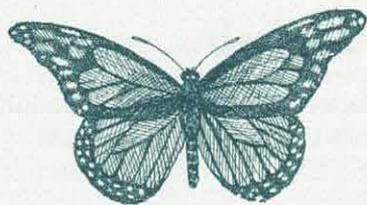
Stacy Couto  
Director of Development

Joseph McLaughlin  
Property Manager

Lauren Parmelee  
Director of Education



# Gardening Tips for Attracting Birds and Butterflies (Cont.)



## Joan's Tips

- It is safest to plant one month after the last frost date, usually by May 15th.
- Arrange your gardens according to how your plants will grow. Don't overcrowd or your plants will suffer. Fill in with annuals if necessary. When in doubt, recommended spacing is usually listed on the plant's label.
- Remember pathways for walking when planning larger gardens.
- A layer of mulch helps lock in moisture and prevents the growth of weeds. Ask for shredded bark mulch at your local nursery.
- REFERENCES: Brooklyn Botanic Gardens, 21st Century Gardening Series, Bird Gardens, ISBN 1-889538-08-6; Missouri Botanical Garden, The American Garden Guides, Annual Gardening, ISBN 0-679-75831-3; Readers Digest, Successful Gardening, Plant Partners, ISBN 0-089577-614-6

## Joan's Picks for an Enticing Garden!

*Many, But Not All Are Native Plants*

### Annuals

Four O'clock  
Nasturtium  
Spider Flower  
Dames Rocket-biennial  
Verbea bonariensis-biennial  
Pineapple Sage

### Perennials

Butterfly Weed (*Asclepias tuberosa*)  
Bee Balm (*Monarda* hybrids or spp.)  
Coral Bells (*Heuchera sanguinea*)  
Coneflower (*Echinacea*)  
Daylily (*Hemerocallis* hybrids)  
Lily (*Lilium* spp.)  
Red Hot Poker (*Kniphofia uvaria*)  
Dragonflower (*Physostegia*)  
Lupin-(*Lupin* spp.)  
Cardinal flower (*Lobelia cardinalis*)  
Penstemon (*Penstemon* spp.)  
N.E. Aster (*Aster novae angliae*)

### Vines

Virginia creeper (*Parthenocissus quinquefolia*)  
Trumpet Vine (*Campsis radicans*)  
Scarlet Runner Bean (*Phaseolus coccineus*)  
Trumpet Honeysuckle (*Lonicera sempervirens*)  
Hardy Kiwi (*Actinidia kolomikta*)

### Shrubs

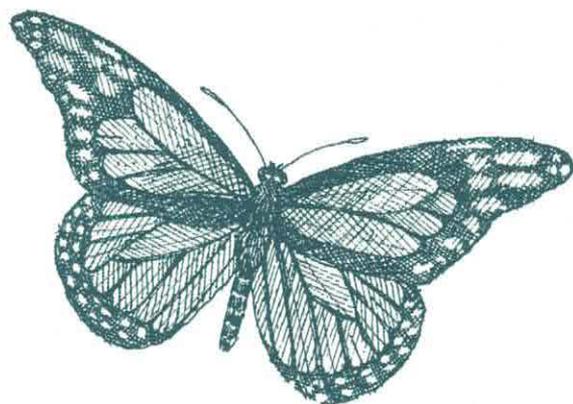
Abelia- (*Abelia x grandiflora*)  
Butterfly bush (*Buddleia davidii*)  
Northern Bayberry (*Myrica pennsylvanica*)  
Highbush Blueberry (*Vaccinium corymbosum*)  
Lowbush Blueberry (*Vaccinium angustifolium*)  
Oakleaf hydrangea (*Hydrangea quercifolia*)  
Fothergilla (*Fothergilla major*)  
Staghorn Sumac (*Rhus typhina*)  
Gray Dogwood (*Cornus racemosa*)  
Red Chokeberry (*Aronia arbutifolia*)

### Trees

Shadbush (*Amelanchier canadensis*)  
Spicebush (*Lindera benzoin*)  
Winterberry (*Ilex verticillata*)  
American Elderberry (*Sambucus canadensis*)  
Blackgum (*Nyssa sylvatica*)

### Evergreens

White Pine (*Pinus strobus*)  
White Spruce (*Picea glauca*)  
White Fir (*Abies concolor*)  
Atlantic White Cedar (*Chamaecyparis thyoides*)  
Western Hemlock (*Tsuga heterophylla*)





## Sanctuary News



### Sanctuary Welcomes Lesley Muir

The Norman Bird Sanctuary would like to welcome our new weekend receptionist, Lesley Muir! Lesley joined us in October with a knack for interior design and tons of enthusiasm. She has already greatly improved the appearance of our Barn Owl Shop and hopes to further enhance it with new merchandise this Spring. A native of Rhode Island, Lesley is no stranger to NBS and has kids who have attended our ever-popular summer camp. She is a true nature lover and feels right at home in her new position. You can see Lesley's friendly face any Saturday, Sunday or Monday. Please stop in and say hi!

### SKIP Arrives at the Sanctuary

SKIP, the 'Sanctuary's Kindergarten Investigation and Play' program, was the brainchild of a mom who asked the Sanctuary to develop a series of after-school programs for half-day kindergarteners. For two months in the fall, a group of ten kindergarteners met on a weekly basis in the Ed Shed to read a story, learn about a group of animals, plants or people and then head outside to explore their surroundings through sensory explorations, hikes and games.



### *Attention Shutterflies* Announcing The NBS Photo Contest



Get out your cameras and start snapping! We want to see what you see while you visit the Norman Bird Sanctuary.

This competition includes an amateur and professional category. Entries may be color or black and white digital scans. Scans should be no larger than 800 by 600 pixels at 72 dpi. You must be the sole author and owner of the copyright in all the photos entered. Images must not be digitally altered in any way other than burning, dodging and cropping. Up to 3 photos may be entered at each deadline. No photos may be entered more than once a year. Please include the following details with your submission: your name and e-mail address, your category, a title for the photo, a brief statement with your thoughts about the photo, where the photo was taken, when it was taken and the equipment used to take it.

Please note that NBS does not allow names, logos or writing on photo entries. These markings must be removed prior to submission. Judges appointed by NBS will choose the winners. The judges' decision on all matters relating to the competition is final, and no correspondence will be entered into concerning the competition's judging and NBS.

The deadline for entries is as follows:

- April 30th
- July 31st
- October 31st
- January 30th

Winning photos will be displayed on our web-site and in the seasonal NBS newsletter. For further questions please e-mail [jmclaughlin@normanbirdsantuary.org](mailto:jmclaughlin@normanbirdsantuary.org)





## Education News

# Welcome Our New Americorps Team

By: Kelly Carpenter

The Sanctuary is excited to announce the arrival of three new AmeriCorps members, Suzanne Alden, Chelsea Seidel and Zach Laden. They will be spending the next year volunteering their services to the Sanctuary and working very closely with the Education Department. As explained in the winter newsletter, AmeriCorps volunteers assist with environmental education by teaching Sanctuary field trips, conducting after-school programs and enlightening the general public and school groups about the natural world. They also help with summer camp, work with our Property Manager, Joseph McLaughlin, on grounds-related projects and aid the staff with preparation and implementation of annual events.

Chelsea hails from Rochester, New York and has two years of college under her belt. You might be surprised to hear that her major is French and Psychology. She decided to take some time out of school to explore her interest in environmental education and see if it's a direction she'd like to steer her studies. Chelsea learned about AmeriCorps through an email from a family friend and was interested immediately. The fact that she won't be following a predictable routine at a desk all day appeals to her. She plans on taking full advantage of the hiking trails and being outdoors as much as possible during her time at NBS.

Suzanne grew up in rural Westport, Massachusetts and loves the outdoors. Suzanne comes to the Sanctuary with a

wealth of non-profit experience and looks forward to incorporating her love of nature into her work. AmeriCorps offers a perfect opportunity for her to build a foundation for this new career path of education. Suzanne learned about

AmeriCorps through our website and through a conversation with Kelly Fox, our Teacher/Naturalist. She is really excited about working with children and gaining new skills in this area.

Zach, an avid birder, graduated with a degree in Wildlife Biology from the University of Rhode Island in 2003. He has worked for the Department of Environmental Management and recently returned from a year on the Pacific Island of Micronesia where he taught environmental science and learned the local language, Kosrae. Zach became familiar with the AmeriCorps program through a friend who volunteered for CityYear in Boston and his fiancée who is currently in the AmeriCorps program at the

Roger Williams Park Zoo. Like Suzanne, Zach looks forward to working with kids. He is unsure about what the future holds, but plans to pursue a career as a musician.

Chelsea, Suzanne and Zach have very different backgrounds but share a similar goal - to gain valuable knowledge and experience over the course of this year. We are so glad they have joined us and look forward to helping them learn as much as possible!



Our New AmeriCorps Team  
Zach Laden, Suzanne Alden and  
Chelsea Seidel



## Calling all ANTs! WANTED:



### Assistant Teacher Naturalists for Summer Camp 2006

Will you be in 8th, 9th, 10th, 11th, or 12th grade next year?

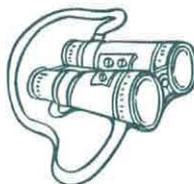
Are you looking for something to do this summer?

Would you like gain volunteer experience working with younger children?

You may be interested in our Assistant Naturalist (ANT) program, a 3-week volunteer opportunity during the summer months. ANTs help our Teacher-Naturalist camp counselors to lead songs and games, set and clean up craft projects and hike and explore the Sanctuary's property. The program involves a lot of responsibility, and a lot of fun! It is a great way to get community service hours, gain work experience and meet new people. Hours are from 8:30 a.m. - 3:30 p.m. Monday through Friday during a 3-week block of time, and our summer camp will take place from June 19 - August 18 this year.

Please call the Education Coordinator at 846-2577 x 17 for more information and an application.





## Educational Programs

We have so many great happenings on the calendar this spring that we have kept our newsletter listings brief and put full descriptions of each program on our website [www.normanbirdsanctuary.org](http://www.normanbirdsanctuary.org). Just click on [programs/individuals & families](#).

### **Guided Nature Walks**

Every other Saturday,  
March 11, 25 April 8, 22, May 6, 20  
9:00 - 10:30 AM • Members Free,  
Non-member Adults: \$4, Children: \$2

A great opportunity to ask your questions about the natural world! Take a walk along the trails of the Sanctuary with our naturalist, Kelly Fox.

### **Woodcock Walk**

Thursday, March 16, 6:00 - 7:00 PM  
\$3 Members, \$5 Non-members,  
One parent free in each family

Join an NBS naturalist on an evening nature walk to witness the wonderful "sky dance" of an amazing bird called the American Woodcock.

### **Sunday Morning Birdwatching**

Every other Sunday at 8:00 AM  
March 19, April 2, 16, 30 May 14, 28,  
June 11 • No fee

Put on footwear that will keep you dry, grab your binoculars and join us in the Sanctuary parking lot at 8:00 AM for a couple of hours of birding around the local area.

### **Preschoolers with Parents**

Wednesdays 1:00 - 2:00 PM  
Session B March 29, April 5, 12, 19  
Session C April 26, May 3, 10, 17  
Session D May 24, 31 June 7, 14  
Ages 3 - 5 years, (not for Kindergartners)  
\$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. Registration required. Maximum 10

### **Build your Own Bat House**

Saturday April 1, 2:00 - 3:30 PM  
\$8 per box for members,  
\$12 per box for non-members



Learn more about these fascinating mammals and build your own bat house. Children must be accompanied by an adult. Registration required. Maximum 15.

### **Gentle Yoga**

Certified yoga instructor and community herbalist, Clara Morgan, is offering two gentle, relaxing and energizing yoga sessions that will benefit people of any age. Registration required. Minimum 4, Maximum 12

### **Morning Yoga**

Monday & Friday, from April 3 - May 8,  
9:00 - 10:30 AM (no class on April 17)  
\$80 for 10 classes for Members,  
\$100 for Non-members, \$50 for elders  
over 65. Sessions will be pro-rated if you  
join after the start date.

### **Evening Yoga**

Monday, April 3 - June 12 6:00 - 7:30  
PM (no class on April 17 or May 29)  
\$72 for 9 classes for Members, \$90 for  
Non-members, \$45 for elders over 65  
Sessions will be pro-rated if you join  
after the start date.

### **Yoga for Young People**

5 classes on Monday afternoons, April  
3, 10, 24 May 1, 8 (no class on April 17)  
4:30-5:30 PM  
\$40 Members, \$ 50 Non-members  
For boys and girls ages 7-12

A yoga session especially designed for young participants who are interested in exploring the fascinating world of yoga and relaxation through games and activities suitable for their age. Registration required. Minimum 4, Maximum 12

### **Effects of Deer Populations on Rhode Island Habitats**

Thursday, April 13, 7:00 PM  
\$3 Members, \$5 Non-members  
Adult Program

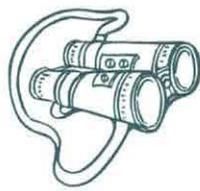
Lori Gibson, Supervising Wildlife Biologist for RI D.E.M.'s Division of Fish & Wildlife, will share her research and expertise on the status and impact of white-tailed deer populations in our state.

### **Stories and Science at the Sanctuary**

Tuesday, April 18, Wednesday, April 19,  
Thursday, April 20 • 10:00 - 11:00 AM  
Suggested donation: \$2 per child for the  
care of our education animals.  
Appropriate for children ages 4 - 8 years  
& their families.

Listen to stories and participate in hands-on explorations around the grounds. Themes include: It's Spring! - Tuesday, Wind & Weather - Wednesday, & What Lives in the Forest? - Thursday





## Educational Programs

### **Introduction to Digital Photography of Wildlife**

Saturday, April 22,  
10:00 AM - 12:00 Noon  
\$8 Members, \$10 Non-members  
Adult program

If you are interested in wildlife photography or just getting started with digital photography then join photo-naturalist Rich Johnson for this two hour workshop. Registration required. Maximum 12

### **Sunday Morning Wildflower Walk**

Sundays, May 7 & June 18,  
9:00 - 10:00 AM • No fee

Join Sue Williams for an enjoyable morning of wildflower identification around the Sanctuary property. Please dress for the weather and wear appropriate footwear for hiking on rough terrain.

### **Migration in the Nutmeg State**

Saturday, May 13, All day trip leaving NBS at 6:00 a.m. & Tower Hill Park n' Ride at 6:25 a.m. \$30 Members, \$40 Non-members, Adult program

We are heading on a new adventure to some of the best spring birding spots in eastern Connecticut. The plan is to find lots of neo-tropical migrants, water birds and raptors without too much travel time. Stops may include Bluff Point State Coastal Reserve, Barn Island Wildlife Management Area, Rocky Neck State Park, Selden Creek Preserve, Nehantic State Forest, Devil's Hopyard State Park and others. Dress for the weather, wear sturdy shoes, bring a lunch, binoculars and your curiosity. We will provide birding expertise, snacks, bird guides and humor. Registration required. Maximum 10 adults

### **Tai Chi Workshop with Ty Romijn**

Early bird registration by May 5th  
Workshop dates: Friday May 19, Saturday May 20, Sunday May 21

Fri. 7-9 PM, Sat. 9 AM -12 PM, 2 -4:30 PM, Sun. 9 AM-12 PM, 2 -5 PM  
Early Bird \$90, At the Door \$100

During this weekend workshop, we will continue our journey learning the Yang Long form. Beginners are welcome as are experienced practitioners.

### **Birds & Breakfast**

Sunday, May 21  
See Page 11 for details

Join us for a spring morning of guided



bird walks, a delicious country breakfast and fun educational programs for the whole family.

### **Tai Chi Practice Sessions**

Tuesdays & Fridays throughout the spring • 7:30 AM in front of the old farm house, No fee

Join Tai Chi students as they practice the form in the Sanctuary's beautiful surroundings.

### **National Trails Day 2006**

Saturday, June 3 • Guided Walks at 9:00 & 11:00 AM • Trail Maintenance 12:00 - 3:00 PM • Free to the public

Come help us celebrate National Trails Day 2006! This year's theme is Experience the Outdoors, so come along on a guided walk to explore the Sanctuary trails. Pitch in and help us to "spruce up" our trails in the afternoon. Equipment and refreshments will be provided.

### **Summer Constellations**

Friday, June 9, 8:30 - 9:30 PM  
Members Free, Non-member Adult: \$4, Children, \$2

Discover the stars of the summer sky! Registration required.

### **Tree Walk, Tree Talk**

Thursday, July 6, 6:00 - 8:00 PM  
\$3 NBS & RIWPS Members,  
\$5 Non-members

Join us for another trip led by naturalist Garry Plunkett out on our Valley Trail to study trees. Registration required.

## **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 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.





## Feature Article

# Bird House Basics

By: Kelly Fox



As spring approaches, people start thinking about preparing their yards for the new growing season. At the Bird Sanctuary we often get many questions about putting up bird houses. Before starting such a project you should ask yourself "Where should it go? When should I put it up? How high up should it be? Which birds will use it?" This article will hopefully sort out some of these questions for you.

Many birds in our area will use a bird house or nesting box in the spring and summer to place their nest, lay their eggs and protect their newly hatched chicks. Tree swallows, purple martins, tufted titmice, black-capped chickadees, wrens, house sparrows and house finches will all use nest boxes. A good time to put up the boxes is March and April before birds start nesting. Some birds may even use a bird house in the fall and winter to shelter themselves from bad weather.

Picking out the right house for your yard involves knowing what kind of habitat you have (i.e. forest, field, pond, etc.) and what kinds of birds live in each habitat. To help you identify the birds in your area, it is helpful to consult a field guide. Birds also favor houses with an appropriately sized entrance that will keep out predators.

**When choosing a bird house to buy or build, there are some important things to keep in mind.**

- A brightly colored bird house may be pretty, but it also announces to a predator that there are birds living there.
- If you are going to put up a painted bird house, make sure that the paint or stain is non-toxic.
- A bird house should NOT have a perch, as perches are used by predators.
- The box should be easy to clean, and have ventilation and drainage holes.
- Bird houses with a roof extending over the entrance helps keep water out of the nest.

**There are also things you can do to help out the birds in your yard.**

- Place the bird house away from bird feeders where predators may be spending time.
- Face the hole away from prevailing winds and near a bush or tree for perching.
- Put out short strips of fabric, pet hair, cotton batting and short pieces of yarn and string less than 6" long to be used for nest building.
- Do NOT put out fishing line, dryer fabric softener sheets (they may contain toxins) or dryer lint (if it gets wet, it loses its shape).

If there are birds you would like to share your yard with and they are not listed here, you can find more information online at:

<http://www.npwrc.usgs.gov/resource/tools/birdhouse/birdhouse.htm>

<http://www.rlrouse.com/birdhouses.htm>

<http://birding.about.com/od/buildhouses>

### A Few Bird House Specifications

BIRD	ENTRANCE HOLE SIZE	HEIGHT FROM GROUND
Chickadee	1½"	6-15'
House wren	1¼"	5-10'
Tufted Titmouse	1½"	6-15'
Bluebird and Tree Swallow	1½"	5-10'
Wood Duck	4"	4'+ above high water level



# Signs of Spring are Everywhere!

## Word Scramble



A.

suknk ecgabab



B.

obnir gegg



C.

psuyus owlwi



D.

pcbrutuet



E.

horrtamwe



F.

eolwyl potsdet  
leasndamra

## Vernal Pooling!

### It's a fun way to explore after a rainy night!

A vernal pool is a temporary water basin; they are created by snow and rain fall during the winter months. Vernal means spring and these pools only last until the beginning of the summer months, when they dry up.

Some really cool species that inhabit vernal pools are the wood frog, fairy shrimp, painted turtle, and spotted salamander. Go out and explore your property or your local trails system to see what you can discover. You may bring a net to see what you can find, but remember only take home memories!



Answer Key: A. skunk cabbage, B. robin eggs, C. pussy willow, D. buttercup, E. earthworm, F. yellow spotted salamander





## *Trails and Tides*

By: Joseph McLaughlin

# A Salute to Our Volunteers

### **VOLUNTEER NEWS**

The Sanctuary is fortunate to have so many people who donate their time and talents to help with special events, education programs and habitat management. We'd like to highlight a few of our dedicated volunteers and their projects.

Joseph Deslaurier, a retired educator, has been working on replacing our wooden trail signs that often seem to vanish into the night. Rich Megargee, retired from the military, has logged in over 125 hours in 2005 helping to maintain the seven miles of NBS hiking trails and stone walls. Portsmouth Abby, St. Michael's Country Day School, Wheeler School and Middletown High School students have all joyfully put in time after school and on the weekends, fulfilling their community service requirements. Margaret Mahan, a student at Portsmouth Abby, recently finished creating hand-painted signs naming all our buildings. Garry Plunkett, also retired from the military, has hosted several excellent nature walks and scientific lectures and has spent many hours eradicating exotic invasive plants along the trails. Long-time volunteer, Jay Manning, often serves as our chief bird trip leader, most recently taking birders on adventures to see Rhode Island rarities and Connecticut eagles. Richard Johnson, retired from the insurance industry, teaches our popular digital photo workshop.

In addition, we received 265 community service hours through the Rhode Island Department of Motor Vehicle Driver Retraining Program. We also want to thank the countless others who have devoted their time and energy to making the Sanctuary a better place.

### **VOLUNTEER OPPORTUNITIES**

Would you like to be a volunteer here at NBS? If so, please view the following list of possibilities for the upcoming warmer months. If you are interested, please call the sanctuary for more information at 846-2577 ext 12.

### **Gardeners**

Our gardens will be in full bloom soon enough! Helping hands are needed to weed and water perennial plants and the newly planted trees in the apple orchard. A great activity for the whole family! There will be a training session and informational meeting for all those interested on Saturday, April 22nd at 1pm.

### **Stonewall Builder**

Have you spent hours formulating, contemplating, repositioning and chipping with the end result being a stonewall? If so, there is a spot at NBS for you! There are several stonewalls in need of repair and rebuilding and your experience would be greatly valued. Share your knowledge with people who love and thrive on fresh sea air, physical activity and puzzles that, with each piece, form a connection to the creation of Aquidneck Island.

### **Here & There**

There is always something to be done on the 300 acres at the NBS. A few hours or a few days all volunteers are welcome. We are a community based organization and need your support to maintain our beautiful acreage.

## **NBS Member Discount for the American Hiking Society**

Attention Members! The Norman Bird Sanctuary is now a member of the American Hiking Society's Alliance of Hiking Organizations, a network working together to protect footpaths, trail lands and the hiking experience.

As an alliance member, our members now receive a \$5 discount when they join AHS. Go to [www.AmericanHiking.org](http://www.AmericanHiking.org) and then click on Alliance of Organizations for more details.





## Community Events



### NORMAN BIRD SANCTUARY'S

#### Annual May Breakfast

#### BIRDS & BREAKFAST

Sunday, May 21, 2006

Breakfast Seatings:

7:30, 8:30, 9:30 & 10:30 A.M.

Bird walks:

6:30 to 11:30 A.M.

(Departing every half-hour)

ATTENTION MEMBERS:

**Early Bird Special!**

Family of Four: \$35 (2 adults, 2 children)

Make your Reservations

before May 8, 2006

After May 8:

Adults: \$20 in advance, \$25 at the door

Children: \$5 (4-12 years old)

Children 3 years and under are free

For reservations, please call (401) 846-2577

*Don't miss this rite of spring!*

*Join us for a morning of guided bird walks, a delicious country breakfast buffet and fun activities for the whole family, all overlooking the spectacular fields of the Norman Bird Sanctuary and Rhode Island Sound.*

*Guided bird walks will depart every half-hour from 6:30 - 11:30 am and fun educational activities are scheduled throughout the morning.*

*All proceeds benefit the Norman Bird Sanctuary.*

#### **Birds & Breakfast Volunteers Wanted!**

*Volunteers are needed for set-up, serving and clean-up on the day of the event.*

*Join your friends and neighbors and lend a hand during this wonderful community event. Bakers... donate your homemade delights to the breakfast buffet. Muffins, coffee cakes and other breakfast goodies are always welcome!*





583 Third Beach Rd.  
Middletown, RI 02842

Non-Profit  
Organization  
U.S. POSTAGE  
PAID  
Newport, RI 02840  
**Permit No. 43**

TO CURRENT RESIDENT OR:



**Bird Ball 2006 • Saturday, August 19, 2006**

*Save The Date!*

**Just a Reminder:  
Save Your Receipts from  
Clements' Marketplace!**

Save your grocery receipts to support the Sanctuary! Mail or drop them off to us and we'll collect, tally and send the receipts to Clements' Marketplace. By participating in their "Friends' Fund", the Sanctuary is eligible to receive a check for a percentage of the total receipts collected.