

Hi! "Rise up, my love, my fair one, and come away. For lo, the winter is past---the flowers appear on the earth---the time of the singing of birds is come---Arise my love ---and come away." From whom else, except The Sanct, would you get a newsletter that starts with a quote from The Songs of Solomon? It might be wiser to end with it, for surely the literary style will deteriorate from here on! But the time of the singing of birds IS come. The smaller the bird the greater the volume of sound. Song sparrows pour their hearts out in song from the sun warmed bushes. Cardinals whistle from the tree tops, and chickadees, from everywhere, tell us that "Spring's Here!" Swans came on air-pumping wings Feb.28--two days ahead of redwings. All winter skeins of geese flew all points of the compass in search of food. It was good to know that many fields were blown clear of snow, so that they, and oh! so many ducks, could eat. One couldn't see through the ice on the ponds as it was covered with snow, but down in under watercress was growing, along with all the frogs, turtles, and others who live in our waters. Ice on and beside the trails covered everything, from tiny violets to giant ferns. The spring runoff was so tremendous that our dam was washed away, and the winds so strong that some 2 dozen trees were felled, along with our beautiful signs. (Fearless Leader will need lots of help getting things back together again, and with the wood chopping!) Bees are out and about bee business. Pussywillows and black alder are in their spring prime, other buds need still more sun before they start to swell. Every little bud is complete with fruit and flowers for the next generation, except for rain and sun! But not a single dandelion is out. The foxes have mated. Raccoons in pairs, raid bird feeders in the moonlight. The woodcock started their courtship dances in mid-March, while the peepers barely got going before April came. The only trouble is that altho' March 21st is the first day of spring, it is not necessarily the last day of winter!

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It may be some time before the full effects of so fierce a winter will be known. Two deer and five fawns died of starvation on Prudence Isl. Fawns seldom survive a winter when their mothers have been shot in the fall. But such a winter does have a bright side--deep in the ground thousands of ticks, wasps, Japanese beetles, cut worms and tomato worms have died! Can you see how we are going to miss them? Like slipping on ice and missing the deer flies of July!

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Our animals spent the coldest part of winter in the Barn-Museum and Ed Shed except Harvey, the flopeared rabbit. He might have died outdoors were it not for his tail. So big and fat it is, it made a nice handle for catching him. Now our chicken pecks around in the sun, and sleeps at night between 2 chicken hawks! The raccoon seems sweet and friendly, but keep fingers outside his cage. In the water tower starlings whistle merrily without upsetting the barn owls nesting inside. From under the tool shed comes a perfume that tells one that our former pet, the skunk, is still alive and happy. This must be his third year of freedom.

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The paragraph in the last Norman Bird stirred up many happy phone calls. It is true--one teaspoonful of a quality detergent will do a panful of dishes. If you will, turn your attention to laundry powder. One the box it says to use 1 cupful per load, yet on the soap packets sold in laundromats each one



contains 4½ oz. of soap! That is all you need! As for toilet soaps--one can buy a good, unadvertized medicated one for .03¢ an oz., or one kind for a full \$1.25 an oz. which will melt while you are looking at it! It's your money! No soap is perfumed all the way through--just the last dip is perfumed. An oval cake leaves less goo in the dish. The Roman writer, Pliny, is the first person to write of soap, altho' it is believed to have come from ancient Gaul. Legend has it that a young dandy in long-ago Gaul was going to a smashing bash. He wished, of course to catch the eyes of all the chicks who would be there. So he arranged his hair (there is nothing new under the sun!) first with grease to hold it as he wished, then with ashes added because the grease melted on his hot little head. On the way to the party, it rained! Voila, the end of his coif, the birth of soap.

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Consumers Report has an amusing article entitled "Coffee Prices First The Bad News And Then The Bad News". One lady we know makes delicious coffee in the following way--drip grind coffee with measured water in proper pot. Remove the grounds and spread them out evenly on a clean paper towel to dry. Next day use the same grounds to either perk or boil a fresh pot of java. Try it. You can cut the cost of coffee in half. General Foods is coming out with a blend of bran, molasses and coffee. It's being test marketed now. It will be called "Mellow Brew", altho' it will have to be spelled Mello. Do you know why so many names are spelled in funny ways? Because no one can copywrite the English language.

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Do you think of the ways Nature helps you every day of your life? Not just in foods, clothes, warmth, home and beauty. How about a trip to the dentist? Teeth are cleaned with a fine powdered pumice stone in paste. If it is found you have a cavity, the doctor may drill with a tool made of steel, from iron ore, it may have a diamond head and be cooled with water. He may feel that there might be some pain, so he will block it off with a shot of novacaine which is a synthesized version of cocaine--from the poppy's juice. Before filling the cavity he will dry it thoroughly with a blast of air, and keep the area dry with cotton. Then he will "varnish" the cavity with an ether-rosin mixture which will fill all the cracks too tiny to see. After the ether has dried you will smell the pine! Should you need further care, he will use beeswax to make an impression of your teeth. He may use an alloy to make some fillings. Silver, copper, tin, silica & zinc to make alloys. Or he may use gold. Some other things of nature that may be used are: powdered gypsum, alum, talc, potato starch, Althea root, flint, oils of clove/olives/roses/geraniums/castor beans & coconuts; lard or wool fat, balsam, parafin from bees wax or petroleum, turpentine, sugar and oil of sugar cane; alginates from the oceans, borax from Death Valley, chalk and gum, gelatine, marble dust, lime, glycerine, glue, clay, sand, ash of anthracite coal, soapstone, graphite, gutta-percha from Malasia. And loads of other things to make your teeth healthy and to keep you smiling. Then when his work is done, he will polish all your new "enamel" with the dust of garnets.

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NASA has announced a break through in nuclear fussion. This brings us to -- within ten years--a source of unlimited energy with none of the horrors of nuclear fission. This fussion uses laser beams and salt water. We remember when Garroway's "Today Show" had 3 scientists from MIT come to explain the future of lasers. They were allowed 3 minutes to talk about this great discovery. Followed by 13 minutes of the most goshawful rock and roll!! Lasers



will shape our lives, and the very course of the world, long after people have forgotten to ask "Rock and Roll, What's that?"

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There was a health alert that the Press fouled up completely. There is no danger in "Household Wrap" None. The warning was for manufacturers and those who handle ~~to~~ raw components! As for saccharin! Until the gov. bans cigaretts they should let saccharin be sold with just a warning that "The Surgeon General has determined that saccharin may be harmful to your rats." How many diabetics will die if saccharin is banned! How many more obese people there will be without saccharin!

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Doctors, social workers and teachers are coming to understand something that you and I have always known: that children brought up with love, humour and gentleness, grow up to be adults with love, humour and tenderness! Well, it just takes some people longer to recall how they were brought up. Slowly they are learning that "our vines have tender grapes". (There, we did end with a quote from Solomon!)

#### Humour Department

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Roabig de heabens od feddery wig

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Wid de strain of deir sog.

Oh, What a beaudiful thig

Is Sprig!

Sidney Smith S.J.

The Bookstore is now open for business! It has a new manager, Betsy Mellberg, and store hours will be the usual, 1-4 p.m., Wednesday through Sunday. We invite members and nonmembers to come see us and replenish their supplies of bird feeders, wrapping papers and gift tags, NBS T - shirts, notecards, and hand soaps. Also, we have bird baths to spruce up your spring and summer gardens, beautiful hand-made jewelry, and a wide variety of children's toys - intriguing wooden ones from the Green Mts. in Vermont, fuzzy animals, mobiles, all sorts of games and puzzles. Remember Mother's Day, Father's Day, and birthdays, or surprise a friend with a good book. We have many, from practical field guides on birds, insects, astronomy, and sea life (to name just a few) to natural foods cookbooks and how-to's on preserving, cheesemaking, and camping. We haven't left out the children, either - they have a section all their own to browse through. What a feast for mind and body! For those who really want to get into science, or who are already into it, don't forget about our science kits, Audubon bird callers, bug boxes, magnifying glasses, and sea shells. We're having a sale, too, on a potpourri of gifts and books. So come out and enjoy the spring weather - and drop in for a visit! All bookstore proceeds will benefit the Sanctuary. (P.S. Anyone interested in volunteering in the Bookstore weekdays or weekends please call Betsy Mellberg at home: 849-3506. Your help would be greatly appreciated!) P.P.S. Flash! We've just had a new shipment of honey arrive for your eating pleasure - it comes in 5, 4, 2, and 1 lb. jars, as well as the 12 oz. honey bears.



Dear Friends of the Norman Bird Sanctuary:

I would like to take this time to thank all of you for your many gifts to the Animal House Fund. We are at the verge of beginning in earnest the actual construction. Thanks to you we have received about two-thirds of the estimated \$18,000 needed for the building.

For those of you who are finally crawling out from your income tax trauma, energy crisis, and school expenses, we need about 6,000 more dollars to reach our goal. If you have yet to pledge anything would you take a minute now to do so? I know Hooter would be grateful.

Thank you,

*Lee Gardner*  
Lee Gardner, Director NBS

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THIRD BEACH ROAD  
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