

WINTER 2007 VOLUME 30 • ISSUE 1

### We Have Puddingstone

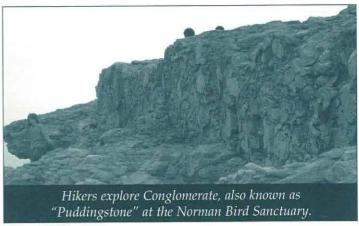
By: Tammis Coffin

The landscape of the Norman Bird Sanctuary has fascinated hikers and artists for some time. Late fall is a good time to walk the leafless landscape, discovering the shape of the land. With the new visibility, come new discoveries of the hills, their shapes, and the valleys between them.

If you've walked most trails of the sanctuary, you've come across the lumpy rocks, also found at Purgatory Chasm and Surfers End, and parts of the Rhode Island coast. To most beople, this rock goes by the name of puddingstone. To geologists, it's a conglomerate. Why puddingstone? Early settlers ate many types of pudding, including meat puddings. A popular "plum pudding" was full of raisins and nuts, steamed in a cloth bag, drenched in spirits, and served for the holidays.

A geologist follows a slightly different recipe. Take one immense pile of loosely mixed gravel from a riverbed. Press hard so the mixture cements itself together. Squeeze again, hard, stretch and fold with the aid of a continental collision. Uplift and erode for several hundred million years. When rock formation is complete, bring on several glaciers to smooth the top and shave off the end.

Look closely at the ledges next time you go to Hanging Rock or Surfer's End. Within the large rocks are collections of smaller rocks. Most are very pale in color. In fact, most of the rock particles are quartzite. That's special. Other con-



glomerates mix together a wider range of rock types. Notice too, the roundness of the stones, suggesting that the stones took a long river journey. Do you see the way the rounded shapes are elongated and aligned like a school of fish? Hard to believe, but geologists say the individual stones were stretched when this rock formation was partially melted and squeezed. Now it's actually a metaconglomerate or stretched pebble conglomerate.

If you bring small magnets to Hanging Rock, you may be able to find where they latch onto the rock face, revealing the presence of magnetite. Can't find the exact spot? Look for black specks that catch the light. While you are search-

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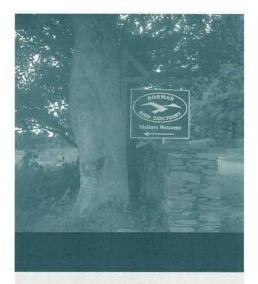
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### **Board Of Directors**

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### Overview The Paradise Farmhouse Rehabilitation

The Paradise Farmhouse project embraces the history and diversity of the Norman Bird Sanctuary to create a nature retreat center that supports expanded environmental education programming for adults and families. Plans include renovating and preserving the existing building to provide overnight accommodations and common meeting spaces for guests participating in multi-day



programs and conferences at the Sanctuary. The design is based on the existing footprint and structure of the 250 year-old Farmhouse and strikes a balance between preserving the building's historical significance and the need for it to be functional and financially self-supporting.

Foster Associates of Portsmouth, RI have created a design based on the existing footprint and 6,000-square foot structure. The Paradise Farmhouse will provide comfortable overnight accommodations and meeting spaces for multi-day environmental education programs. It will have seven double occupancy rooms on two floors, all equipped with modern amenities. Some rooms can be arranged into suites for small groups. All rooms have beautiful views of the Sanctuary; some have stunning ocean views. The ground floor will be fully accessible. Breathing new life into the Farmhouse entails significant structural upgrades and a functional floor plan that respects the history and character of this charming building.

The age and condition of the Farmhouse bring urgency to the need to rehabilitate the structure. A rehabilitated Farmhouse will:

- · Revitalize an important piece of history
- · Strengthen and expand our education programs
- Increase our revenue stream and solidify our sustainability
- · Support our mission

The rehabilitated Paradise Farmhouse will provide a unique venue for ecotourism programs. These programs will tap into a growing trend in nature-based trips that build environmental awareness, provide innovative opportunities and experiences, and generate revenue for our conservation and education programs. The rehabilitation of Paradise Farmhouse is an exciting opportunity to share the beautiful natural resources of our sanctuary and surrounding areas with a new audience of learners from New England and beyond.

ing, you'll come across many types of lichen. Getting the magnet to stick can be difficult due to the plant growth, or a too-heavy magnet. Instead, set the magnet down in the rocky soils. Small black flecks will leap onto the face of the magnet, meaning that you have found the magnetite. Study them with a hand lens and it's possible to see their geometric form.

What about fossils? You won't find any in Hanging Rock Ridge because the forces that stretched the rock formation would have melted them all. However, signs of brachiopods found in conglomerate further north helped geologists determine the age of these rocks.

Looking at a conglomerate, you find stones within stone. What's inside is older, the recycled bits of older mountains. On display here is pale quartzite, the hardest of rocks. The stones probably came from ancient mountains, themselves mostly white. Can you picture how things may have looked then? Stand here, at the foot of those imagined white mountains, blinking for a moment in their bright reflected light.

Note: Geology trips were the most commonly requested field trip at the Norman Bird Sanctuary this fall. Grades 2-8 took the one mile hike out to Hanging Rock and back with Sanctuary educators to draw, measure, and examine the conglomerate.

### **BIRD CAMP PUDDINGSTONE**

For a modern Pudding, try the ever popular NBS "Bird Camp" Puddingstone:

- 1 box instant vanilla pudding
- 2 cups milk
- fi cup mini marshmallows
- fi cup chocolate chips

#### DIRECTIONS:

Open the box of pudding and pour a mound (or the shape of a mountain) into your bowl. Pour the milk over the mountain to simulate erosion. As you are mixing add in more cobbles of marshmallows and chocolate chips. After 3 minutes of mixing, (or 300 million years), put the puddingstone in the refrigerator until you are ready to eat. Enjoy!

# Bird Ball 2006 Re-Cap Over 350 Embarked on an Icy Adventure to Raise Over \$80,000 at the Third Annual Bird Ball!



From tuxedos and tails to feathers and flip flops, guests arrived in STYLE at the Sanctuary's 3rd Bird Ball on August 19th ready for the penguin party! It was certainly the COOLEST night out as icebergs and penguin partygoers welcomed all into an icy blue world of snowballs and glacial effects.

Over 350 guests dined on sumptuous food and drink provided by Blackstone Caterers, including creative stations of smoked seafood, beef tenderloin and risotto "snowballs", as well as signature martinis and delectable ice cream treats to complete the evening's ICY theme. Eight to the Bar kept the dance floor HOT all night long with their ever-popular swing and Motown music.

The event, chaired by Mr. and Mrs. John A. van Beuren as Honorary Chairs as well as Heather Lynch and Liz MacGillivray as Event Chairs, also featured a silent auction of over sixty unique items. Auction packages included a trip for two to Antarctica courtesy of Quark Expeditions, getaways to ME and NH, and beautiful original paintings from many popular local artists, sports memorabilia and custom-made jewelry.

(continued on page 5)







## Harvest Fair 2006 A True Community Celebration!

Record crowds attended the Sanctuary 32nd Annual Harvest Fair on October 14 & 15. Sunny skies and mild October weather helped to make the fair a memorable one! As always, we extend our gratitude to our dedicated Harvest Fair Chairs, David Croston and John Durant and the entire committee, sponsors and volunteers, especially our friends at People's Credit Union, who work so hard to make this year's fair a great one. Special thanks to our local farmers for their participation and hard work in creating an extensive display of tractors and farming equipment for all to enjoy! We could not do it each year without the dedication and hard work of these great people!

#### THANKS TO OUR SPONSORS

Community Sponsor

### Peoples CREDIT UNION

and

Harvest Fair Friends
Chase Farm
Newport Daily News
Newport National Golf Club
Newport Tent Co.
St. Michael's Country Day School
Toner Electric
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Waste Management







Harvest Fair Photos: Robin Collins





### Thanks to our generous sponsors...



Swingin' Sandpipers - \$5,000

Underwritten by Citizens Bank Foundation Blackstone Caterers

### Rockin' Robins - \$2,500

Newport Tent Company

### Party Penguin - \$1,500

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### Cha Cha Chickadees - \$1,000

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### Groovin' Gulls - \$500

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### ... and more thanks to our generous silent auction contributors:

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### Educational Programs

m = member nm = non-member elder = 65 and over

### **Guided Bird Walks**

Sundays, February 4, 18 March 11, 25 8am-10am Free to all.

Wear Weather proof shoes. No registration required.

### Tai Chi at NBS

Jan 31-Feb. 9 Wed. Jan 31, Feb. 7, 7pm-9pm \$10 m / \$12 nm, \$6 elder m / \$8 elder nm

Tues. Feb. 6, 7:30am-8:45am Fri. Feb. 2, Feb. 9, 7:30am-8:45am \$8 m / \$10 nm, \$5 elder m, \$7 elder nm

Sat. Workshop Feb. 3, 10am-12:30pm and 4pm-6:30pm Day- \$45 m / \$50 nm

One Class- \$23 m / \$25 nm Elders \$40 day/ \$20 class

Teacher Ty Romijn will be exploring the Yang Long Form as taught by Master Kai Ying Tung.

### Connecticut River Raptors Trip

Sat, February 3, 7:30am-5pm \$30 m /\$40 nm

Our annual road trip to see Eagles on the river. Register by Jan 31.



### **February Vacation Camp**

February 20-23, 9am-3pm \$140 m /\$170 nm

Grades K-4, Explore, play, create, and learn in nature. Register soon, camps fill quickly!

### Make Your Own Herbal Bath Products

Saturday, March 10, 10am-3pm \$20 m /\$25 nm \$35 materials fee. Pre-register by March 8. Learn homemade recipes for making your own bath products, like sugar scrubs, bath salts, body oils and chapsticks. Create your own natural products with herbs, essential oils and other ingredients to bring out the best in you.

### Where the Albatross Lives Illustrated Talk

Thursday, March 29, 7pm-8pm \$3 m / \$5 nm Pre-Register

Join Susan Adie, naturalist as she shows photos and tells stories of the Galapagos of the South, the Sub-Antarctic Islands.

### **April Vacation Camp**

April 16-20, 9am-3pm \$175 m /\$195 nm

Grades K-4 Explore, play, create, and learn in nature. Register soon, camps fill quickly!

### **Herbal Soapmaking**

Saturday, April 21, 10am-3pm \$20 m / \$25 nm Plus \$35 materials fee. Pre-register by April 19.

Back by popular demand! Forget store-bought soap with all the additives! All-natural soap is best for your skin and senses. Must be 18 years or older.



### Educational Programs

### SAVE THE DATE!

**Birds & Breakfast** 

Sunday, May 20, 2007

4th Annual Bird Ball

Saturday, August 18, 2007

33rd Annual Harvest Fair

Saturday & Sunday, September 29-30, 2007





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



### **NBS** Welcomes New Director of Education

We welcome Tammis Coffin as our new Director of Education. Tammis comes to us with a strong environmental background and a love of educating the public. Her previous position as a Seasonal Park Interpreter at J.A. Skinner State Park in Hadley, MA involved developing, publicizing, and leading environmental programs, coordinating outreach programs that highlighted conservation issues, and designing displays and brochures for the park. A prolific writer, Tammis won the 2003 Sword of Hope Media Award for excellence in print journalism and has authored dozens of features published in Western Massachusetts media outlets. It's always fun to get a new perspective on the Sanctuary through someone else's eyes and we look forward to having Tammis share her insights and expertise with us.



### NBS Bids Farewell to Stacy and Jill



### Stacy Couto, Director of Development

Stacy's talent for fundraising and unwavering devotion to her work have been true gifts to the Sanctuary. Her diligent efforts to secure funds to support the mission of NBS have been invaluable. Even if you've never met her, you can see the fruits of her labor everywhere. Simply walk around the grounds or attend a program or event here; she's left her fingerprint on all of them. If asked, she would say the job has been a labor of love and we would agree that she's put her heart, mind and soul into the place.



### Jill Pierce, Education Coordinator

For the past 2 years, Jill has been a true leader in the Education Department. She has led field trips, developed and taught school programs, and performed the important task of organizing and managing our annual Summer Camp. From the registration process to the hiring, scheduling, and supervision of camp staff, Jill executed every step with grace and ease. We wish her luck in Brooklyn, NY, where she plans to get back to her roots in literature.



### AmeriCorps News: Thank you to Suzanne and Zach

We bid farewell to Suzanne Alden, one of our AmeriCorps members who has moved on for a position as a grant-writer at a community agency in Providence.

Suzanne came to us in January with a background in fundraising and consulting, and she used her time as an AmeriCorps member to build on her many nature-related hobbies and interests.

This summer, Suzanne oversaw our expanded Fledglings camp program for 4 and 5 year olds. For three mornings a week, campers made crafts, sang songs, read stories and explored the Sanctuary's land with Suzanne, who displayed a real talent for working with young children. We thank her for her initiative and enthusiasm with this program and for her help teaching school programs throughout the spring. Best of luck in your current and future endeavors, Suzanne!

Suzanne's fellow AmeriCorps team member Zach Ladin will continue to use his extensive knowledge of the natural





world (especially birds!) to teach school programs throughout the fall. Zach graduated with a degree in Wildlife Biology from the University of Rhode Island in 2003 and has worked for the Department of Environmental Management. Last fall, he returned from a year on the Pacific Island of Micronesia, where he learned the local language, Kosrae, and taught environmental science. Zach has been a terrific asset to both the Education and Property Departments at the Sanctuary, splitting his time between teaching for schools and camp and helping Director of Properties Joseph McLaughlin to clear trails, build special projects and maintain buildings. An avid musician, Zach has also composed a number of songs for and about the Sanctuary which he hopes to sell in our gift shop before his term ends in December. Thank you for your creativity and help, Zach!



By: Joseph McLaughlin

### **Eagle Scouts**

Thanks to Ben Corawan, Brian Dube and Dillon Whitney for completing their individual Eagle Scout projects here at NBS. Ben's project was the construction of 70 Tree Swallow boxes, to be installed this spring in the newly established cool season grassland. Brian cleared the vegetation and rebuilt over 100 yards of century-old stone walls along Third Beach Road, bordering the North field. Dillon completed the long awaited Universal trail boardwalk from the Administration building to the Red Maple

Swamp pond.



Ben Corawan building Tree Swallow boxes



Dillon Whitney working on the Universal Trail boardwark.



Brian Dube rebuilding stone walls.

### A Word From Our Volunteers...

We want to thank all our volunteers, whether their service is mandatory or not - their contributions are the only way the Norman Bird Sanctuary can operate at this level. I think to myself: How do these volunteers do it? We all have such busy schedules, yet somehow these people manage to come out and lend a hand for a couple of hours or even 200 hours. So I asked a few of our volunteers:

### Why do you volunteer at NBS?

Ali Dutra: Lifetime NBS summer camper, former ANt volunteer and recent Super Ant

Answer: "It's a worthy cause and great people are involved, a beautiful place to be; with all the building happening on the island it is wonderful to spend time in a natural setting."

Margaret Mahan: Portsmouth Abbey volunteer and summer camp Super ANt, now in her first semester of college Answer: "It's hard to say - it's so beautiful. It's my favorite place, everything about it is great. I'm not homesick but I miss the Sanctuary."

#### Rich Megargee: Portsmouth Resident

Answer: "I volunteer at the Norman Bird Sanctuary because I strongly believe in the mission of the Sanctuary, it is a beautiful place to work, I enjoy the rigorous outdoor exercise. It is a pleasure to work with the people who staff the Sanctuary, and it gives me great satisfaction to participate in such a worthy enterprise."

#### Dougald Parkinson: Newport Resident

Answer: "When I was a boy, my family and I would work on the stone walls that surrounded our small farm in Harvard, Mass. Now, as an adult, I am at home here at the Sanctuary among the stone walls."

I invite any and all school-age volunteers requiring community service or just with the desire to enjoy quality time here at the Sanctuary. There is a list of projects to choose from requiring an hour or ten or a lifetime. Please call Property Director Joseph McLaughlin for more information at 846-2577 ext 12.

## NBS Summer Camp 2007





### Summer Camp 2007 Registration is Moving Online!

This year, due to overwhelming interest in NBS Summer Camp we will use an on-line registration process and fill all of our camp spaces by lottery.

Your family will have the entire month of February to register and all camp spaces will be awarded by lottery to ensure fairness. If you don't have access to a computer, visit our office and we will be happy to assist you.

For more information, check out the camp link on our website, www.normanbirdsanctuary.org

### Important Dates to Remember:

January 15 Summer Camp Schedule Posted Online

> February 1 - March 1 Camp Registration

March 14 Lottery Results Announced

March 31

Payment Due with Signed Camp Release Forms and After-Care Requests

Please note that camp brochures will not be mailed. All schedule information will be available online. If you need a printed copy, please visit our office.

Questions? Email: camp@normanbirdsanctuary.org

### Wanted: Summer Camp Staff

We seek enthusiastic and responsible individuals to share a love of the outdoors with our campers. Teacher Naturalists lead small groups of K-8 children from 8am - 4pm M-F, with several eves or overnights for staff of grades 6-8. Fledglings Instructor leads ages 4-5 from 8am-1pm M, W & F. After-Camp Provider leads K-8 from 2:30-5pm M-F. Applicants must be at least 18, enjoy children and nature, be CPR and First Aid certified, have leadership experience and one year of college. Competitive Pay. Training begins June 18. Camp ends Aug 17. More details at www.normanbirdsanctuary.org.

Send cover letter, resume and numbers of 3 references to: Norman Bird Sanctuary 583 Third Beach Road Middletown, RI 02842

### Norman Bird Sanctuary Camp Scholarship Program

With camp registration just around the corner, we would like to extend our heartfelt thanks to those of you who donated to our 2006 Summer Camp Scholarship Program. We raised over \$3,000 to create 18 openings for the 2006 camp season. As we look ahead to the coming camp season, we hope for your support to reach our 2007 goal of raising \$5,000 for scholarship.

The camp scholarship program gives local children the opportunity to participate in a wonderful outdoor experience on the grounds of our beautiful wildlife refuge. Here at camp, the children have a chance to explore, play, create and learn in nature. A tax-deductible gift of just \$20 pays for one half day of camp for one child, \$40 for one full day, or \$190 for an entire week. Your support is very important because the children who receive these scholarships would not otherwise have this opportunity to attend camp.

For more information on our Camp Scholarship Program, please e-mail camp@normanbirdsanctuary.org.

Special thanks to those who so generously participated in our 2006 Summer Camp Scholarship Program: Lauren and Ken Amand, Whitney and Robert Bauer, Betsy de Leiris, Lisa Lewis and Bart Dunbar, James and Patricia Giblin, Stephanie Frazier-Grimm and E. Paul Grimm, Jill Johnen, Richard C. Loebs, Jr., Nancy and Andrew Lorentz, Elizabeth Minifee, Trisha and Paul Onofrio, Laurie and Garry Previdini, Paul and Dorcas Taylor, and Vivi Valentine and William Hutchinson. We also received invaluable support from The Champlin Foundations and the Newport Garden Club.





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### MARK YOUR CALENDARS 2007 EVENTS

Birds & Breakfast Sunday, May 20, 2007

Bird Ball Saturday, August 18, 2007

Harvest Fair Saturday & Sunday, September 29-30, 2007