

NORMAN BIRD SANCTUARY

THE FLYER

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Mabel Norman Cerio

The **Norman Bird Sanctuary** was established in 1949 at the bequest of Mabel Norman Cerio. Its mission, under the charge of her will, was to maintain 235 acres of land "for the propagation, preservation, and protection of birds, and where birds and bird life may be observed, studied, taught, and enjoyed by lovers of nature and by the public generally so interested in a spirit of humanity and mercy."

Over the years, NBS has grown to include more than 325 acres of diverse habitats, and its mission remains true to Mabel Norman Cerio's original vision. Today, the mission of the Norman Bird Sanctuary is to preserve and protect its habitats and resources for the benefit of birds and other wildlife, and for people's education and enjoyment.

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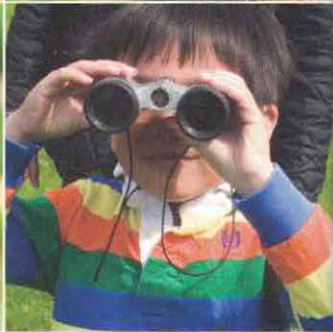
Dear NBS Friend,

I have been thinking about tradition and history alot lately. We are surrounded by so many reminders of the past and this community is blessed with a rich landscape of treasures. We are fortunate that architecture, art and nature have been preserved carefully by many thoughtful folks who came before us. Here at the Norman Bird Sanctuary we strive to keep our traditions alive while moving forward and staying with the times. It is a challenging balance to strike. We are mindful of the songs that have been sung for decades of summer camp, we focus on keeping the original NBS games at the Harvest Fair (The Mud Pit and Monkey Bridge are timeless!) and we preserve our property to honor the intentions of our founder, Mabel Norman. Even before Mabel created the Norman Bird Sanctuary, there was a significant and wonderful history that we are proud to honor as well. If you have been walking here at NBS you understand why this area was named Paradise Valley, as the landscapes and vistas are truly breathtaking. Artists felt especially connected to this land. John Lafarge, Winslow Homer, William Trost Richards and Helena Sturtevant, among scores of others, have painted significant works here in "paradise". That history continues as artists visit NBS and create their work here. I really love that this is part of our story, as it marries two special parts of my life; the Norman Bird Sanctuary and art. I come from a family of artists and I like to think that my art school education is being put to use as we imagine new ways to share our cultural history and plan to expand our engagement with that rich artistic tradition. It is exciting to see the future of NBS forming, but also heartwarming to be part of a place that has so many lovely traditions to preserve- and it doesn't hurt that it's easy on the eyes!



Natasha Harrison,
Executive Director





Taking the Intimidation out of Bird Watching

Rachel Holbert, *Education Coordinator, OSEEC Site Supervisor*

Early in Spring, many of us anxiously await fresh, new leaves. We watch the buds on shrubs and trees on a daily basis, looking for signs that they will burst soon, revealing brilliant green. Then one day, leaves are suddenly everywhere, shading the roadsides and our yards. We become quickly accustomed to a world full of leafed-out trees. Besides appreciating the shade they provide, how many people actually admire the beauty of leaves in August?

Once we grow used to seeing things, be it leaves on trees, stone walls, or even tiny brown birds, our brains become bored. New sights delight, and familiarity can become the backdrop through which we see everything else. The same is true for bird watching. Seasoned bird watchers can walk down a trail with their eyes closed and pin-point a Cardinal, three Carolina Wrens, and a Catbird off in the distance, much to the dismay of the beginner. Once something more unusual like a Cerulean Warbler appears, the veteran bird watcher is suddenly lively, wielding expensive optics and "pishing".

Such reactions often discourage budding birders of any age. One of the best ways to learn more about bird watching is to set out with knowledgeable people, but disparity in excitement between rare and common birds can be confusing. Why should a nest of baby American Robins be any less awe-inspiring to watch with your family than a probable nesting pair of Prothonotary Warblers? Rarity of species aside, we should be open to the experience of bird watching for what it is at any skill level: spending time in nature, learning to slow down and observe what is before us, and the chance to learn from our mistakes.

How then can we foster a spirit of learning in beginner birders without scaring them away with lingo and quick identifications? Many resources exist on the Internet, including Cornell Lab of Ornithology's Celebrate Urban Birds and Project Feederwatch projects. During the Spring migration month of May, many popular birding apps for phones and tablets are available at discounted prices. Perhaps most importantly, experienced birders can take the time to encourage beginners in the field. That said, beginner birders must continually ask questions, because question unasked will not foster learning.

Be sure to join us at NBS for Sunday guided bird walks every other week and upcoming Birding 101 classes. More information can be found on our calendar of events at www.normanbirdsanctuary.org.



Inspiration from the Compost Heap- The circle of life

Danielle Leitao – AmeriCorps Member 2013

John Updike stated: "All process is reprocessing" and thinking about it, I can't disagree. Nature has a beautiful way of taking care of herself and we should be inclined to do the same. Organic materials in nature go through a cycle of birth, death, and rebirth. After a plant dies it begins to decay and break down into the building blocks or raw elements from which it was made. The disassembling process Mother Nature has so beautifully perfected will happen with or without our help in due time, but the process of helping it along is called compost. And here at NBS we are doing our little part to speed the disassembling process up: We started a three bin compost system.

So often these life sustaining materials are sent away to a landfill, where the nutrients are locked away from this natural cycle. Instead, here we are helping them along by composting. Compost is a mixture of organic materials that are either nitrogen (greens) or carbon (browns) sources. In a 1:3 ratio of browns to greens, the materials are piled together. With a little soil to get things started, the pile is broken down by millions of microorganisms within the system. It will decompose slowly into the perfect mixture of nutrients to feed the next generation of garden residents.

It all started here at the Norman Bird Sanctuary last year, when we AmeriCorps were able to see an amazing presentation by Eliot Coleman, who is a master at making things grow in fickle climates, like ours. We modeled the three bin system after what he had already created. MET students came this fall to help build the structure of hay bales and pallets. It is made of straw to insulate the compost as well as to be reconstituted into browns to feed the pile later on. It has three bays to hold compost at various stages so that all can be turned when necessary rather than waiting for the pile to work down slowly. The result has been even better than previously anticipated; we have been able to add our own compost (browns and greens from the property and food we have consumed) to the garden beds. We are just doing our part to keep things in balance; no reason to upset the cycle.



Why Summer Camp?

Summer is fast approaching and many families are finalizing summer plans. With so many summer activities available, it can be difficult to decide which activities are best for your kids. Recently, several landmark studies have been released that give us some insight into why summer camp and nature programs are important for kids. Check out the facts below and don't forget to sign your child up for summer camp at the Norman Bird Sanctuary!

1. Kids that participate in summer camp programs report increased feelings of self worth and confidence.
2. Parents of campers report that an increase in their child's independence after attending summer camp.
3. Kids that are participate in camp programs are more likely to become leaders in school and extracurricular.
4. Kids that participate in camp programs have an easier time making friends in school.
5. Teachers report a significant increase in academic achievement and a decrease in disciplinary problems after kids participate in a long term environmental education programs.

Have we convinced you?

Sign up today! Online registration is open!

The Norman Bird Sanctuary offers day camp programs through the summer for children from age 3.5 through 18. Our age-appropriate and innovative camps offer a unique blend of hands-on learning, games, animal encounters and team building. Camp groups utilize our 325 acre outdoor classroom and are held in small groups with caring, enthusiastic and professional Teacher Naturalists. Visit www.normanbirdsantuary.org for details!

Summer Camp

SESSION DATES

Session 1: June 24 - June 28
Session 2: July 1 - 5 (no camp Thursday, July 4th)
Session 3: July 8 - 12
Session 4: July 15 - 19
Session 5: July 22 - 26
Session 6: July 29 - August 2
Session 7: August 5 - 9
Session 8: August 12 - 16

FLEDGLINGS (3.5 - 5yrs) & CHICKADEES (4 - 6yrs)

Fledglings:

Monday - Friday 9:00 a.m. - 1:00 p.m.

Chickadees:

Monday - Friday 9:00 a.m. - 3:00 p.m.

These half-day programs are the perfect introduction to camp for your young learner. Together, we'll explore the Sanctuary's trails, beach and tidepools, meet education animals, listen to stories, play with puppets, create crafts, and sing songs.

Fledglings:

\$155 for Sessions 1, 3 - 8; \$125 for Session 2

Chickadees:

\$215 for Sessions 1, 3 - 8; \$175 for Session 2

NATURE DAY CAMP (Entering Grades K - 4)

Monday - Friday 9:00 a.m. - 3:00 p.m.

Join us in our 325-acre outdoor classroom, as we hike along trails, investigate life in and around ponds, get eye-to-eye with snakes and salamanders, and much more! All camps include hiking, songs, spirited group games, and a trip to Third Beach. Children are grouped by age and led by trained educators.

Nature Day:

\$215 for Sessions 1, 3 - 8; \$175 for Session 2

EXPLORERS (Entering Grades 4 - 6)

Monday, Tuesday, Thursday Friday

9:00 a.m. - 3:00 p.m.

Wednesday 3:00 p.m. - 9:00 p.m.

Sessions 3, 4, 7, 8

These exciting sessions for older campers are filled with hiking, teambuilding activities, nature discovery, crafts, a trip to Sachuest Point, and a Wednesday evening campfire.

Explorers: \$240

COASTAL CAMPS

(Entering Grades 2 - 3; 4 - 6; 7 - 8)

Monday - Friday 9:00 a.m. - 3:00 p.m.

Sessions 2 - 6, 8

In this popular program, campers have the opportunity to explore tide pools, catch fish, and conduct experiments at our newly furnished Third Beach Education Center. Our Coastal Camp is now offered for three different age groups in six one-week sessions.

Coastal Camps: \$245

Camp fee includes: 2 NBS Camp T-shirts

SUMMER CHALLENGE

(Entering Grades 5 - 6; 7 - 8)

Monday - Tuesday 9:00 a.m. - 3:00 p.m.

Wednesday 12:00 p.m. - Friday 12:00 p.m.

Session 5: Entering Grades 5 - 6

Session 6: Entering Grades 6 - 8

This challenging camp for students entering grades 5-8 provides hiking, outdoor adventure, and an overnight experience at NBS! Monday and Tuesday follow the regular 9:00-3:00 schedule, but campers arrive on Wednesday at 12:00 p.m. for two nights of camping. This summer, we are offering two sessions of Summer Challenge; Session 5 is for campers entering Grades 5-6 and Session 6 is for campers entering Grades 7-8.

Summer Challenge: \$355; Camp fee includes NBS Camp T-shirt, overnight costs, transportation, and all outside program fees.

HIGH SCHOOL SERVICE CAMP

(Entering Grades 9 - 12)

Monday - Friday 9:00 a.m. - 3:00 p.m.

Session 7

Earn your service hours for school while having fun and helping your community! Traditional camp activities such as hiking, beach exploration, and paddling will make this an exciting week. Each week will include 3 off-site trips and approximately 15 hours of service.

High School Service Camp: \$295

Camp fee includes NBS Camp T-shirt, transportation, and all outside program fees.



2013 NBS Annual Events

Mark Your Calendar!

SATURDAY, JULY 20TH:

BAKE ON THE BEACH - Families, friends and neighbors- please join us on the NBS Third Beach property this summer for an authentic clambake on the sand!

FRIDAY, SEPTEMBER 13TH:

MABEL'S TABLE - A Farm to Table Dinner Event! Join us on the NBS property overlooking fields and ocean. Local, award winning chefs and vintners craft a locally sourced, seasonally fresh, five course meal. Each course paired with wines!

SATURDAY, OCTOBER 5TH & SUNDAY, OCTOBER 6TH:

39TH ANNUAL HARVEST FAIR - The most anticipated fall fair in the area with food, children's entertainment, music, games, crafts, country store, home & garden competition, pony rides, hay rides, and more! Come make this a tradition in your own family!

SATURDAY, OCTOBER 26TH:

NBS ANNUAL MEETING & APPRECIATION PARTY - NBS's success depends on the generous participation of many people. To show our gratitude, NBS throws a thank you party after the Annual Meeting. All members, volunteers, and friends are welcome!

SATURDAY, DECEMBER 7TH:

HOLLY DAYS - Celebrate the holiday season with fun, family activities including nature crafts, Mabel's Polar Express, stories by the fireside, marshmallow toasting over an open fire, games, and more!







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