

Inside this Issue:

Once Upon a Time in Paradise..... pgs.1 & 2
Famous artist John LaFarge's unique vision of our part of the world.

Director's Page..... pg. 3
The more things change... and new art in the Barn Owl Shop.

Feature Article.....pg. 4
Community Herbalists Hap & Clara Morgan's offer more classes.

Pull-Out Calendar.....pgs. 5 & 8
A handy calendar with listings of Sanctuary events & programs.

Educational Programs.....pgs. 6-7
Complete listing of programs for children & adults.

Kids Page.....pg. 9
Puzzles and games for children.

Volunteers & Events.....pg. 10
Harvest Fair thank-yous, wish list and more.

Trails & Trails.....pg. 11
The Grassland Restoration Project & A Year of Birding Report.

La Farge Paintings



"Nelson's Pond from the Puddingstone Ledge at Paradise 1865"



"On Third Beach Road at Paradise, c1865"
Both paintings by John LaFarge

THE FLYER



the norman bird sanctuary newsletter

Once Upon a Time in Paradise

By Linn Lydon

Would you be surprised to learn that the Norman Bird Sanctuary is the guardian of nature trails that lead back into time? It is possible to travel to the oceanic vistas and pastoral landscapes of 19th century Newport County, simply by visiting the Sanctuary. Surprisingly, these gateways into the past were not built with any complex technology, but were created by the brushstrokes and sketches executed by artistic genius John La Farge.

In the mid 1800s, La Farge translated the natural beauty of an area called "Paradise" onto canvas with the masterful strokes of his paintbrushes and sketches in graphite. You may begin your journey through time with the help of a wonderful book, *John La Farge in Paradise: The Painter and his Muse*, by James Yarnall, a renowned La Farge scholar. This beautiful volume is now for sale in the Sanctuary's Barn Owl Shop.

Today, the Norman Bird Sanctuary shelters land that comprises approximately forty percent of the original Paradise. Yarnall's book, a memorable compilation of paintings and sketches, presents a historical perspective of the Norman Bird Sanctuary's landscape and topographical sites in the 19th century. Many of La Farge's works included familiar vistas within and adjacent to the Sanctuary. Although many sites where La Farge worked have undergone dramatic transformation over the last 150 years, many familiar landscape features are still clearly identifiable in his works, especially with the help of present day photos of these sites provided by James Yarnall in his book.

Deemed an "American Master," La Farge was a multi-talented artist who began his career in figure painting, landscapes, and still-lives. Later in life, he concentrated on design, mural painting and stained glass production for churches. A true Renaissance man, La Farge was also a prominent lecturer and writer.

La Farge studied in Paris under a well-known French artist, Thomas Couture and then came to Newport in 1859 to work with William Morris

Hunt, whose technique incorporated the French Barbizon style. After working in a studio setting, La Farge turned to the outdoors for inspiration, experimenting with new techniques to capture the light and colors of nature. La Farge worked in many mediums, including oils, graphite, watercolors and wood engravings. He painted at all times of the day and in all weather conditions.

From the 1860s to the early 1870s, La Farge's work focused on the Paradise area, situated along the picturesque southeast coast of Middletown and bordered by Second Beach, Paradise Avenue, Green End Avenue and Third

Beach Road. It was here that La Farge lived and painted in the summers of the 1860s, returning to Newport during the winter months. La Farge's talented hands recorded scenes of breathtaking natural beauty in many mediums during this time. His work reflected stunning views of area beaches and ponds, and the meadows, ridges and valleys of the Paradise Hills.

La Farge also captured many views of the ledge of Bishop Berkeley's Rock. One of

these, "Sketch, Blue and White Sky, Rocks and Pond, Newport." 1859, was an oil painting of a portion of the dark inner west side wall of Hanging Rock Ridge, showing a verdant meadow surrounding the small Paradise Pool. Today, the closest place to view this area of the ridge is from Red Fox Ridge at the Sanctuary.

One of La Farge's largest landscapes, composed on Sanctuary land, is "The Last Valley" (1867-1868). This painting, executed from a high vantagepoint, depicts a grassy valley, which runs between Hanging Rock and Red Fox Ridge. The contours of the ridges and valley, now obscured by a mature forest of oak, maple, cherry and beech trees, are clearly visible. Done at sunset, it shows a remarkable command of dark shadow tones, with contrasting

Continued on Page 2



A portrait of John LaFarge.

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Above: LaFarge's *The Last Valley* (1867-1868), **Below Center:** Berkeley's or Hanging Rock, Paradise. North Wind Autumn, 1869.

sunlight glinting along the top of Hanging Rock Ridge. In La Farge's day, this was a popular spot for family outings. Today, the only access to the valley is along a wooded path called Valley Trail. The trail curves down between the two giant ridges into a forest expanse, where one can see perhaps some of the oldest Maple and Beech trees on Sanctuary grounds.

La Farge incorporated aspects of Paradise's topography into other works, including religious scenes and a Tennyson poem for his allegorical productions. One of his favorite places to work in Paradise was below the puddingstone ledge looking west across the peninsula in Nelson's Pond, to a place in the woods he named the Sacred Grove. In his allegorical figure painting, titled *The Lady of Shalott*, the Sacred Grove formed the background of a dark, mournful oil on panel. This portrayal of the Lady of Shalott, a tragic mythical character from a poem by Tennyson, shows her lying on her back in a funeral barge, floating downstream towards Camelot. The solemnity of the Lady of Shalott is set in contrast to the clouds, luminescently glowing in the afternoon sun. Although it is difficult today to see this exact site, one can easily imagine this evocative scene during a late autumn afternoon on Nelson's Pond and the puddingstone ledge.

In 1865, La Farge created a number of

landscapes along Third Beach Road. The works include *Tall Trees Along Paradise Brook* Near the Bridge on Third Beach Road, Paradise Brook Near the Bridge on Third Beach Road and On Third Beach Road at Paradise. (The Maidford River was called Paradise Brook in La Farge's time.) The bridge refers to a wooden bridge, now long gone, which once crossed the tidal channel and is now an overpass. In these works, one can see a meandering river flowing through the marsh and distant views of Hanging Rock. Third Beach Road looks more like a sandy driftway dotted with

shrubs and trees, surrounded by meadows.

These are only a few of the many works created by La Farge in 19th century Paradise. To complete the journey, browse through the pages of Yarnall's brilliant art history, or visit the William Vareika Fine Arts Gallery on Bellevue Avenue in Newport, the Newport Art Museum, and the Metropolitan Museum in New York to see original works by La Farge. As expressed by Yarnall, "Paradise has remained a place apart, even as its topography has changed dramatically. La Farge's pictures of Paradise preserve forever the former aspect of the pastoral countryside."

Here at the Sanctuary, we like to feel that we too, are doing our part to preserve the natural beauty of Paradise.

I would like to thank William Vareika of William Vareika Fine Arts Gallery for permission to use the pictures in this article.



Sanctuary Update

Dear Friends,

It has been a year of change here at the Sanctuary. The success of our Third Beach project and the support of our community this summer continues to inspire us, as we look forward to the goals and challenges of a New Year.

Since our last newsletter, we have had to say goodbye to our Executive Director, Betsy de Leiris, who has been a dedicated and spirited leader for the past five years. Betsy has been involved in all aspects of the organization for twenty-five years: as volunteer, board member, Board President and Executive Director. Through her diligence and hard work, Betsy has set a high standard in conservation efforts here at the Sanctuary. We will be continually reminded of her lasting imprint on the Sanctuary each time we walk the trails or look out onto Third Beach. We thank Betsy for her strength and guidance, especially during our efforts to save Third Beach. We wish her the best of luck, we will certainly miss her.

The search to fill the Executive Director position continues and we have been lucky to have a wonderful Executive Search Committee working hard to find the best candidate for the position. Final interviews will take place in mid-December and we hope to have a new Executive Director by early 2004.

Meanwhile, we are moving forward in all areas and anticipating a busy year ahead. We are now entering the second phase of building renovations, which includes work on our Barn and "Ed Shed" in the courtyard area adjacent to the Administration Building. The bidding process will soon begin and we expect construction to follow in early spring.

After months of planning, we are also excited to embark upon the Ocean State Environmental Education Collaborative (OSEEC) project with Save the Bay and Roger Williams Park Zoo. OSEEC was recently awarded AmeriCorps funding to hire a program director and twelve AmeriCorps members who will serve five "core" cities in Rhode Island, including Newport. We welcome new program director, Kate Douton, formerly of Save the Bay, who will coordinate staffing, training, evaluation and joint projects between the organizations participating in the collaborative. In January, training will begin for the new AmeriCorps members, including orientation to the mission and structure of the three environmental organizations, as well as team building exercises and practical first aid/CPR skills. In February, four members will join each organization. Our new members will work with the education department to teach in-class and after-school programs, as well as programs at the Sanctuary. The Sanctuary's goal is to increase contact with Aquidneck Island children, particularly those who live in lower income neighborhoods.

As we anticipate the start of a New Year, we reflect back on a year of accomplishment, welcome new opportunities to reach out to our community, improve Sanctuary facilities and continue our commitment to environmental education and land conservation on Aquidneck Island.

Best wishes for a wonderful holiday season and a peaceful 2004.

The Board and Staff of the Norman Bird Sanctuary

Artful Support

Here at the Sanctuary, we are extremely fortunate to once again have the support of local artists, displaying their beautiful works in our Barn Owl shop and generously donating a percentage of proceeds towards our Third Beach fund. In October, we had pieces by William Hoyt. Currently, we have a selection of oil-on-canvas by Kate Hoyt Psaki and Nancy Custin. In December and January, we will be featuring the art of Ian Newbury, Catherine Hamilton, Melissa Martin Ellis, John MacGowan and Carol A. Cummings. Come in and see the works of these talented artists for yourself.

Barn Owl Shop

The holidays are once again upon us. At the Barn Owl Shop, you will find a great selection of gifts for family and friends. Newly arrived items include nature videos and DVD's, including the popular "Winged Migration", ceramic mushroom boxes by Courtney Malone, Sanctuary prints by Melissa Martin Ellis, and the Herbal Alternatives line by Clara and Hap Morgan.

Don't forget our old favorites: Audubon birds, Folkmanis puppets, Acorn Design stationary, Ancient Graffiti gifts, Geo Central rocks, Club Earth toys, Burt's Bees natural body care products, Droll Yankee feeders, and Sibley and Peterson guides, just to name a few!

We'd like to thank Mr. William Vaireika for his generous donation of 24 copies of "John La Farge in Paradise: The Painter and his Muse", by James Yarnall, to the Barn Owl Shop. (See front page story, "Once Upon a Time in Paradise".)

- Suzanne Goulart



"Moongate" by Melissa Martin Ellis



Feature Article

The Natural Life - Meet Hap & Clara Morgan

by Melissa Martin Ellis

Hap and Clara Morgan are doing what comes naturally - sharing their skills, talents and insights on the natural world with the Aquidneck Island community.

An Aquidneck Island native, Eagle Scout and inveterate surfer, Hap traveled west in 1980 to study at the California School of Herbal Studies and later did additional work at The Herb Pharm in Oregon with herbalist Ed Smith. Hap also studied with famous herbalists Rosemary Gladstar and Michael Tierra in California. For over two decades, Hap has been offering herbal consultations, leading herb walks and teaching classes on the medicinal use of plants.

Hap has been involved with the Norman Bird Sanctuary since 1981. In his years at the Sanctuary, he shared his knowledge of the local environment with myriad students, training staff to identify plants and medicinal herbs, as well as teaching about the fascinating geology of the area. He was the naturalist and education coordinator from 1986 through 1997, during which time he taught environmental education with children and adults.

Hap is once again actively involved with the Sanctuary, he and his wife Clara have returned after a year and a half in Hawaii, and are offering classes via our Education Programs.

Clara Lasagni Morgan is a soft-spoken woman from the town of Reggio-Enilia in northern Italy, her eyes sparkle when she talks about her love of the natural world. She has always loved plants and gardens, and credits her maternal grandparents as her first teachers in herbal lore. They had a deep connection to the land, when her grandfather brought

home nettles, her grandmother Clara would make her own version of spinach pie, in which she substituted nettles for the spinach, which produced a healthy, delicious dish that Clara remembers with fondness to this day. Her grandfather made his own wine, both grandparents gardened and knew a great deal about plants, teaching her the botanical names of herbs.

Such was Clara's interest in all things herbal, that when her Girl Scout troop went on an herb walk with a bota-



Melissa Martin Ellis photo

Clara (right) demonstrates a technique as Hap and the class look on.

nist, she decided then and there (at the age of twelve) that was what she wanted to do. She saved up and bought a field guide to medicinal plants, and subsequently learned to identify, harvest and dry them. Her love for herbs has never stopped growing.

In 1993, Clara came to Newport on a working visa to teach Psychomotor Education to young children in Newport. With a psychomotor education certificate, and a background in both yoga and karate, she is a graceful and gentle person who seems eminently suited to work with children. Clara has a Master's Degree from Salve Regina University in Holistic Counseling and teaches Art Enrichment after school to children grades K-4.

When Clara brought an injured seagull into the Sanctuary in 1996, she did not know her life was about to change. One year later she ran into Hap again, working at Harvest Natural Foods. A casual comment led to the realization that they both shared a mutual interest in herbs and herbal healing. Their first date took place at the Sanctuary, walking along the trails and talking, they discovered that they had much in common.

In 2001, Hap and Clara moved to Hawaii, but after a year and a half, missed friends and family so much that they returned home. They also really missed the biodiversity of the area, which has an amazing number of plant species.

Now Hap and Clara are back and working as a team, educating themselves and others about the wonderful benefits to be reaped from the natural world. Clara has continued her herbal studies at Sage Mountain in Vermont with Rosemary Gladstar and completed her Herbal Apprenticeship two years ago. On a daily basis, she benefits from Hap's vast storehouse of herbal knowledge.

As Community Herbalists, their ongoing wish and ultimate goal is the education and empowerment of people in the community. They want to emphasize the prevention, rather than just the treatment, of illness. In furtherance of that goal, their company, Herbal Alternatives, offered several popular classes this Fall at the Sanctuary, and will offer additional classes again this Winter and Spring (see Education Programs for listings).

The classes I attended were delightful, crammed with information, hands-on learning and even samples of teas, liniments and salves. The time spent at one of Hap and Clara's classes is time well spent, indeed.

Welcome home, Hap and Clara!

FEBRUARY 2004



SUN	MON	TUES	WEDS	THURS	FRI	SAT
Guided Bird Walk 1	2	3	4	5 Winter Birding Slideshow	6	7
8 Connecticut River Raptors	9	10	11	12	13 Great Backyard Birdcount	14
15 Guided Bird Walk Great Backyard Birdcount	16	17 Winter Vacation Camp	18	19	20	21
22 Guided Bird Walk Endangered Medicinal Herbs	23	24 Preschoolers w/Parents Session A	25	26	27 Winter Star Gazing	28
29 Guided Bird Walk	30	31				

MARCH 2004



SUN	MON	TUES	WEDS	THURS	FRI	SAT
	1	2	3 Preschoolers w/Parents Session A	4	5	6
7 Guided Bird Walk	8	9	10 Preschoolers w/Parents Session A	11	12	13
14 Guided Bird Walk	15	16	17 Preschoolers w/Parents Session A	18	19 Woodcock Walk	20
21 Guided Bird Walk Herbal Spring Tonic Class	22	23	24	25	26 Winter Star Gazing	27
28 Guided Bird Walk	29	30	31			



Educational Programs

Sunday Morning Birdwatching

Every Sunday, 8:00 AM until December 14
Every other Sunday at 8:00 AM January 4 – March 28

Winter may be upon us, but birds are out and about all over the Island. Put on your warmest clothes, and footwear that will keep you dry, grab your binoculars (or borrow a pair from us), and join us in the Sanctuary parking lot at 8:00 AM for a couple of hours of birding around the local area.

Winter Star Gazing

Fridays, December 19, January 30 & February 27

6:00 PM – 8:00 PM

Fridays, March 26, April 30

7:00 – 9:00 PM

Free to the public

Join Kenneth Conca and the Gaudet Astronomy Club as they peer through telescopes at the moon, stars and planets. Learn more about constellations and the night sky in an informal setting. These Friday night star sessions will take place several times over the course of the winter, weather permitting. Clear skies only! Dress for the cold, wear sturdy shoes and bring a flashlight to find your way to the field!

Owl Prowls

Adults Only

Thursday, December 18

Thursday, January 22

6:00 – 7:30 PM

Family

Friday, December 19

Friday, January 23

6:00 – 7:30 PM

\$6 Members, \$8 Non-members,

\$24 maximum fee for member families

During early winter evenings, owls are hooting and screeching as they choose their mates, set up their territories, and begin nesting. Join us for an evening of owls! Sanctuary staff will introduce you to these nocturnal raptors through a short slideshow and then take you out on the trails to listen for their sounds. Warm cider and hot

chocolate will warm us upon our return. Maximum 35 per night, so sign up soon!

Winter Rarities Road Trip

Saturday, January 24, 7:30 AM – 5:00 PM

\$25 Members, \$30 Non-members

Adult Programs

Rare birds anyone? Winter is the best time for northern vagrants, such as Snowy Owls, Bohemian Waxwings, and interesting gull species. This year is supposed to be an excellent winter finch year too. The plan is to keep an ear open for rumors of rarities that can be found within a few hours of our island, pile into the Bird Van, and seek them out as a team. This year we are hoping to see the Gyrfalcon who has been spending past winters in



Boston. Bring binoculars, mittens, a bag lunch, and we will provide snacks and drinks. Maximum 12.

Herbal Remedies for Children

Sunday, January 25 3:00 PM – 5:30 PM

\$25 Members, \$35 Non-members (materials included)

Join us in the Studio for another wonderful workshop with Hap and Clara Morgan. Nature offers many herbs whose gentle and beneficial properties make them suitable for childhood ailments. In this class you will learn about these herbs, their dosage, and the fun, tasty and easy ways to prepare them.

Preschoolers with Parents

Wednesdays 1:00 PM – 2:00 PM

Session A February 25, March 3, 10, 17,

Session B April 7, 14, 21, 28

Ages 3 – 5 years

\$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. We'll explore the outdoors using our five senses, songs, crafts, and explorations of the plants and animals of the Sanctuary. Parents will have fun too! Marilyn has been teaching this program for several years and has quite a following, so register early. Maximum 10 children.

Winter Birding Slideshow

Thursday, February 5, 7:00 PM – 8:00 PM

Members and Connecticut River Raptor trip participants free, \$3 for Non-Members

The Norman Bird Sanctuary has an excellent slide collection that expert birder Rey Larson has recently been enhancing and improving. Let's use these gems to brush up on our winter birds! Eagles, hawks, ducks, woodpeckers, finches, and sparrows will be the focus. Refreshments will be served.

Connecticut River Raptors

Sunday, February 8, 7:30 AM – 5:00 PM

\$25 Members \$30 Non-members

Adult Program

Road Trip! Winter is an excellent season for eagles, hawks, owls, and water birds. Join us in the Bird Van as we explore the Connecticut River and Long Island Sound near Essex, CT, home of the Eagle Festival. We will seek out bald eagles, harriers, rough-legged hawks, and wintering ducks, such as goldeneye, scaup, and long-tailed. Grab your binoculars, mittens, a bag lunch, and let's go! We will provide snacks and drinks. Maximum 12.

Great Backyard Bird Count

Friday – Monday, February 13 – 16,

9:00 AM – 11:00 AM each day

Members Free! Non-members \$3 per day



Educational Programs

Become involved in a valuable citizen science project and have fun doing it! Cornell Laboratory of Ornithology and the National Audubon Society have developed the Great Backyard Bird Count to collect data on the numbers and distribution of birds in North America during the heart of the winter. Anyone can participate by counting the birds in their own neighborhood and entering the data on the Web <http://www.birdsource.org/>. You are also invited to join Education Director, Lauren Parmelee, one or more mornings over the weekend, to count the birds here at the Sanctuary. This is a great opportunity to learn to identify the birds under and around your feeders this winter, and contribute to an important research project.

Winter Vacation Camp

Tuesday - Friday, February 17 - 20

9:00 AM - 3:00 PM each day

Children's Program for Kindergarten - 4th grade

\$135 Members, \$165 Non-Members

Maximum 20 campers

Theme: Winter Wonderland

Explore the Sanctuary during the winter season. Seek out wildlife signs such as tracks, scat, fur, and feathers. If there's snow, we'll build our own snow fort! All of our camps include science explorations, stories, games and a field trip or two. Dress for the weather and bring your lunch, snack and a water bottle too. (FYI: Spring Vacation Camp will be held Tuesday - Friday, April 13 - 16. Look for a description in the next newsletter.)

Endangered Medicinal Herbs of North America

Sunday, February 22, 3:00 PM - 5:00 PM

\$15 Members, \$20 Non-members

Adult Program

As a continuation of their series on the value of herbs, Hap and Clara Morgan will present this informative talk in the Studio. During this unique slide show, you will learn about the

many endangered medicinal herbs native to Rhode Island and to the U.S., and what can be done to preserve them. You will be inspired to learn about United Plant Savers and what they have accomplished to protect important wild medicinal plants. You will receive information about how to create your own botanical sanctuary.

Woodcock Walk

Friday, March 19, 5:30 - 7:00 PM

\$3 Members, \$5 Non-members

**One parent free in each family
Family Program**

During early spring, the male American Woodcock, a rotund short-legged bird, performs an unusual courtship display. Often referred to as a "sky dance", the Woodcock's flight is a joy



to witness. Join an NBS naturalist on an evening nature walk to seek out this interesting bird and to celebrate the arrival of spring. Maximum 20.

Herbal Spring Tonics

Sunday, March 21, 3:00 PM - 6:00 PM

\$30 Members, \$40 Non-members (includes materials)

Adult Program

Join Clara and Hap Morgan for an herbal introduction to spring! For hundreds of years Spring Tonics have been used to facilitate a smooth transition into the new season. Tonics and bitters can be used for a healthy liver, to build more energy and to help with seasonal allergies. In this class, you will learn about specific herbs and some of the many ways they can be prepared, including tinctures, decoctions and herbal capsules.

Dragonflies of Rhode Island

Thursday, April 1, 7:00 PM

\$3 Members, \$5 Non-members

Virginia Brown is Coordinator for the Rhode Island Natural History Survey EIMS Program and the principal investigator for the RI Odonata Atlas that has been underway since 1998. In other words, she is our state's expert on the fascinating world of dragonflies and damselflies! Join us in the Studio, for her slideshow presentation on the identification and life history of these beautiful insects.

NEW 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 and Stargazing 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 Summer Camp brochure for that information.

DECEMBER 2003



SUN	MON	TUES	WEDS	THURS	FRI	SAT
	1	2	3	4	5	6
7 Guided Bird Walk	8	9	10	11	12	13
14 Guided Bird Walk	15	16	17 Barn Owl Shop Event	18 Owl Prowls	19 Owl Prowls Winter Star Gazing	20
21	22	23	24	25	26	27
28	29	30	31			

JANUARY 2004



SUN	MON	TUES	WEDS	THURS	FRI	SAT
				1	2	3
4 Guided Bird Walk	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Guided Bird Walk	19	20	21	22 Owl Prowls	23 Owl Prowls	24 Winter Rarities Roadtrip
25 Herbal Remedies for Children	26	27	28	29	30 Winter Star Gazing	31

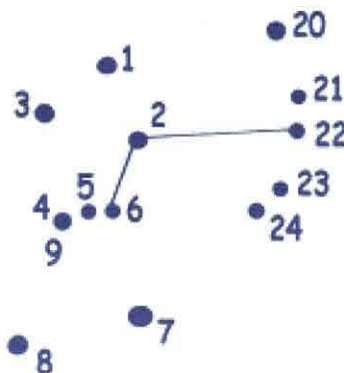
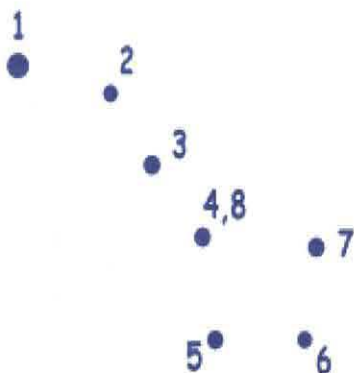
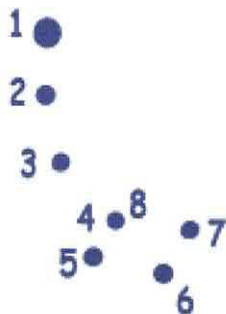


Cheerio, everyone! Norman here and I'm ready to sit down with a big beak full of hot chocolate and worms (my favorite!). The cold winds are beginning to blow and winter is here. Winter is a great time to gaze at the night sky. The trees are bare, so there is less to block our view of the stars. So, let's go out and look at stars!

Constellation Gazing

Did you know that many thousands of years ago people saw patterns of stars in the sky and thought they looked like people and animals? They wanted to understand the stars in their sky. This was important for navigating on long journeys sailing across the seas so that they would know where they were going. People also told stories about the star images they saw in the sky.

Here are three constellations that appear in our winter sky. Connect all the dots together and see if you can guess what the ancient people thought it looked like.



Test Your Star Potential

See if you can fill in the blanks of these statements about stars.

- Stars are made of hot glowing _____.
- The closest star to the Earth is the _____.
- Stars appear to twinkle because their light travels through the Earth's _____.
- Our sun is a medium-sized _____.
- Light is a form of _____ that radiates from stars.
- Our sun is one star in the _____ galaxy which is a type of _____ galaxy called a _____ galaxy.

Galaxy Craft

Did you know that we live in a galaxy that is shaped like a spiral? Earth circles around our sun, which is one of billions of stars on the far edge of one of the spirals' arms. You can make your own spiral galaxy!



What you will need: black construction paper, white crayon, pencil, or marker, glitter or sand, glue, newspaper.

How to make a Spiral Galaxy:

- Put a piece of newspaper on the table before you begin. Do your project on the newspaper.
- Draw a large circle with five "arms" spiraling around it using a white crayon.
- Fill the circle you've drawn with glue. Remember you don't need a lot of glue.
- Pour glitter or sand on the glue.
- Let it dry for a minute and then gently tip your galaxy to one side to allow the excess glitter or sand to fall off on to the newspaper.
- Repeat these steps for each of the five arms.

Answers:

Star Potential: 1) Gases, 2) Sun, 3) Atmosphere, 4) Star, 5) En-
 ergy, 6) Milky Way, Spiral.
 Constellation Gazing: 1) Ursa Minor (Little Dipper), 2) Ursa Major (Big Dipper), 3) Orion (The Hunter).
 4-6 Answers correct: Star Commander
 2-4 Answers correct: Star Ensign
 0-2 Answers correct: Star Cadet
 7 Answers correct: Star Captain!!



Volunteers & Events

Give the Gift of Membership this Holiday Season!

Give friends and loved ones a wonderful gift that lasts all year long... a family membership to the Norman Bird Sanctuary! Your gift will entitle the recipient to the following benefits:

- Free Trail Access
- Discounted Program Fees
- The Flyer: our quarterly newsletter
- Invitations to special Sanctuary events
- 10% discount in The Barn Owl Shop...and we'll throw in a coffee mug and festive wrapping to complete the package, all for the price of a regular \$40 family membership! Don't miss this opportunity to support our environmental education and stewardship efforts and give a gift that will be used throughout 2004!

Year-end Reminder for United Way Donors



Please don't forget the Norman Bird Sanctuary when filling out your United Way Pledge Form this season. You may either request that the Sanctuary be your designated charity, or use our Donor Designation Number 6286. As always, many thanks to our loyal United Way donors!

Equipment Requests

Do you have a spare working slide projector sitting idly in the closet? We heard a rumor that Kodak may stop making slide projectors, due to the popularity of Power Point. We have a marvelous collection of slides used in education programs. Unfortunately, our projector is quite old and noisy and we would like to obtain a second one before it quits altogether.

We only have a few binoculars to use with children. Do you have a spare working pair that you no longer

use and would like to donate?

If you would like to donate any of these items, please contact the Sanctuary office at 846-2577.

Harvest Fair 2003

Even stormy weather could not stop this time-honored fall tradition! Though Saturday's weather did hamper many fairgoers' plans, Sunday was indeed our biggest one-day attendance ever. Our 29th Annual Harvest Fair was yet another successful community event.

Thousands enjoyed the live entertainment, crafts, games, animals and the ever-popular mud pit! Many thanks to our Harvest Fair committee, sponsors, and dedicated volunteers who braved the ups and downs of this year's weather to support such a wonderful event!



2003 Home & Garden Contest Winners

We would like to extend a special thanks to those who participated in this year's Home and Garden Contest. Congratulations to all our winners!

SCARECROWS

1st place was awarded to the residents of Anita Jackson House; 2nd place: The Pennfield School; and honorable mention: Jill Brash.

FLOWERS

- **Single Dahlia**-1st place: Kosinski family, 2nd place: Pat Frizzell and 3rd place: Diana Bardorf.
- **Fresh Arrangement**- 1st place: Pat Frizzell; 2nd place: Kay Kosinski; and 3rd place: Diana Bardorf. Christine Forster was awarded first place for the professional category.
- **Sunflower**-1st place: the Kosinski

family, 2nd place: Jim Aull. The Kosinski family also won the largest sunflower face category.

PRODUCE

- **Single Fruit**-1st place: David Cordeiro.
- **Single Vegetable** - 1st place: Jeff Hodges, 2nd place: Betsy Williams Peckham.
- **Collection**-1st place: Jim Ayars & Emlen and Liz Drayton, 2nd place: Anne Ayars and 3rd place: Betsy Williams Peckham.
- **Biggest Pumpkin**-1st place: Kevin Kosinski, 2nd place: Jim Ayars and 3rd place: Roby Faria.

FOOD

- **Apple Pie** -1st place: Diana Bardorf.
- **Pesto** -1st place: Shawen Williams, 2nd place: Kai Matthews & 3rd place: Colleen Aull.
- **Salsa**-1st place: Tenna Hiebner, 2nd place: Ellen Toner and 3rd place: Kai Matthews.
- **Savory Relish/Preserves**-1st place: Pat Lowe.
- **Quick Bread/Muffins** - 1st place: Nina Tollefson, 2nd place: Tenna Hiebner and Alison Kates.
- **Young Baker**/baked good-1st place: William Doherty, 2nd place: Clayton Hawes and Lucas Bennett, 3rd place: Nina Tollefson.

TRACTORS

- **Best in Show**-John Peabody, 1937 John Deere.
- **Best Restoration**- Paul and Joey Silvia, 1938 F-14 Farmall (restored by Joe Silva).
- **Overall Appeal** -T.J. Moore, 1951 Farmall Cub.
- **Best Purr** - Edward DeArruda, Jr., 1950 Farmall Supra Special Edition.
- **Biggest Toy**-Roy Richardson, "Roy's Toy".
- **Crowd Favorite**- Peter Silvia, National Lawnmower.
- **Most Unusual**-Joe Silvia, 1947 Toro Tractor.
- **Hardest Worked**-John Peckham, Massey Harris 22.
- **Rustiest** -John Peckham, Alice Charm-er.
- **Most Practical** -John Peckham, Farmall.
- **Shiniest**-Jesse Alomeida, 1947 Farmall Cub.
- **Newest Tractor**- Francis Nunes, International 574.
- **Cooldest Accessory**-John Peabody, original invoice for 1948 Farmall Cub.



Grassland Restoration Update

by Veronica Hinds

After two years of working with the Natural Resource Conservation Service (NRCS) the Norman Bird Sanctuary has received approximately one hundred thousand dollars from the service to restore and preserve our grassland habitat!

Grasslands, once common habitat throughout the New England landscape supporting endemic species such as the now extinct Heath Hen, have declined rapidly in the region in the past century. Many birds, plants, and butterflies that require grasslands for breeding and feeding habitat are declining throughout New England. At least six grassland bird species are recognized as regionally endangered or threatened in many New England states (Northern Harrier, Short-eared Owl, Upland Sandpiper, Loggerhead Shrike, Grasshopper Sparrow, and Vesper Sparrow). The Regal Fritillary, a grassland butterfly, has recently become extirpated from Massachusetts and most of New England. Additionally, many endemic plant species, such as Northern Blazing Star, are also declining and are considered threatened or endangered.

Invasive plants and animals are considered one of the top threats to maintaining biological diversity around the world. Nearly half of the plants and animals listed as federally threatened or endangered are at risk primarily because of invasive species.

Our plan targets the establishment of approximately 40 acres of

warm season grassland by eliminating thickets of woody invasive vegetation, hedgerows, and conversion of existing hayfields that consist predominately of non-native grasses and forbs. During the winter months, over the next five-years, selected overgrown areas will be restored. We will manage the invasive brush by destroying existing plants, planting desirable vegetation and initiating a yearly program to control new seedlings as they appear. In the following spring we will then install warm season grasses.

Using this strategy we will restore native grass and shrublands at the Norman Bird Sanctuary. While the primary objec-



Melissa Martin Ellis photos

tive is to provide nesting habitat for grassland-dependent birds, other bird species and insects needing open areas for migration will also benefit.

Please don't hesitate to call me here at the office at 846-2577, if you have any questions.

A Year of Birds... An Update

by Lauren Parmelee

For those of you who perused my article in the summer 2003 NBS newsletter "A Year of Birds – Creating a Sense of Place", I wanted to let you know the results of my first birding year on Aquidneck Island.

First, thank you to all the experienced birders who pointed out feathered species and guided me to great birding spots on the island. Their recommendations included Breton Point State Park, Hazard Road, Miantonomi Park in Newport; Sachuest Point, Second Beach, Third Beach, Albrow Woods, Gardiner Pond and our own Norman Bird Sanctuary in Middletown; and Sissons' and St. Mary's ponds and nurseries in Portsmouth.

My favorite birds this year? Hard to say, although the color yellow was a lucky one for me. Yellow-breasted Chat on January 1, Yellow-crowned Night Heron at NBS with the irreverent Sunday morning birders, Yellow-billed Cuckoo in Breton Point Park woods who ate a caterpillar for me and then swooped over my head, Barrow's Goldeneye off of Sachuest Point and Golden-crowned Kinglets at NBS.

I can't understand why I didn't see any Winter Wrens or Rough-legged Hawks. And then there are those that I was too lazy, or too busy for, but that's for next year! Grand total as of November 9th is 161! In 2004, I will expand my range to include all of Newport County, so I can get in Beavertail Point and the Jamestown marshes.

Keep your eyes open for the Peregrine Falcon while traveling over bridges, and happy birding!

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And a Special Thanks to Our Many Dedicated Volunteers!

Barn Owl Shop
Holiday Extravaganza



**4 ~ 7pm Wednesday
December 17, 2003**

**The Barn Owl Shop is Staying Open
Late For Your Holiday
Shopping Needs!
Don't Miss Our Great Gifts
& Stocking Stuffers!**

**Get Into the Holiday Spirit & Join Us for
An Evening of Fun for the Whole Family!**

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**Storytelling with Christopher Kavi Carbone
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**Festive Refreshments will
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