

NORMAN BIRD SANCTUARY

THE FLYER

VOLUME 64 • NUMBER 02

SUMMER 2014







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.



Norman Bird Sanctuary
583 Third Beach Road
Middletown, Rhode Island 02842
(401) 846-2577
www.NormanBirdSanctuary.org

Board of Directors:

Karen Benson - *Chair*
Ted Sturtevant - *Vice-Chair*
Katherine Farnham - *Secretary*
Lisa Lasky - *Treasurer*
Rachel Balaban
Lorrie Burns
Michele Foster
Jay Manning
Belinda Nattress
Mary Alice Smith
Jackie Zahm

Staff:

Natasha Harrison
Executive Director
Joseph McLaughlin
Director of Properties
Lesley Muir
Director of Special Events
Lisel Woods
Director of Marketing
Rachel Holbert
Co-Director of Education
Americorps Site Director
Nicole Souza
Co-Director of Education
Camp Director
Isabel Burnham
Development Assistant
Matt Schenck
Education Assistant
Assistant Camp Director
Jesse Stokes
Properties Assistant
Jerry Moriarty
Properties Assistant
Janie Joyce
Office Manager
Americorps Staff:
Mark Pagliarini
Daisy Frabell
Kiah Brasch

Dear NBS Friend,

After getting through the long, drawn out winter everyone here at NBS is happy to finally see the green landscape at the sanctuary. This Spring we have been fortunate to be entertained once again by our pair of Red tailed Hawks. We watched as they built their nest in a tall pine and hatched their chicks. What a wonderful thing to witness the babies being fed each day by their attentive parents and finally growing big enough to fledge. If you missed it this year I hope you can come back for next year's babies!

2014 is a year of big anniversaries at NBS. The organization is 65, our summer camp is 55 and Harvest Fair turns 40! We have strived to stay with the times while preserving all of the memorable traditions of NBS and we have some lovely plans to celebrate our milestones this year.

Everyone here at NBS looks forward to Harvest Fair every year because it is the time when we are able to see our community really enjoying NBS together. In the spirit of the first founders of the Harvest Fair we are bringing back the Friday night dinner on the weekend to celebrate the 40 year anniversary. I hope that many of the people who we see every year will join us to celebrate the community tradition of the fair and reminisce about past Harvest Fair weekends. There are many people to thank for establishing this wonderful community event and we plan to do it in true NBS style with a fun, casual celebration. There will be delicious food, lively music and some special guests!

On July 31 we will host a camp anniversary celebration with a picnic, fire and awards ceremony. Camp is a tradition that generations have enjoyed. We see folks who came now bringing their grandchildren, it is such a wonderful legacy. I feel so fortunate to relive so many memories when I come to work each day. On summer mornings when I am walking into the Welcome Center sometimes a breeze will gust through the barn doors and I'll catch the scent of my childhood, it often stops me in my tracks. I have a few friends who tell me that the smell of the NBS barn is one of their favorite things too! I love being part of the tradition and helping to preserve what so many have built here at NBS over the past 65 years.

Our community keeps us going and sharing NBS brings us so much pride and happiness. I hope you have a chance to visit us this summer and celebrate our milestones! Until then we are determined to enjoy the warm months as I hope you do too!

Natasha Harrison

Natasha Harrison, Executive Director



Spotlight on Staff:

Isabel Burnham, Development Assistant

Isabel grew up in Middletown and recalls hiking to Hanging Rock with her family and playing Hide n' Seek on the trails. While attending the University of Vermont, her "love for nature grew from being surrounded by the Green Mountains and beautiful Lake Champlain".

Upon graduating from UVM, Isabel knew that she wanted to work in an administrative capacity at an environmental non-profit. Following internships at newportFILM and Save The Bay, Isabel joined the Development team here at NBS where she "loves the sense of community and purpose". Our Marketing efforts continue to gain wide recognition with Isabel on board!

Matt Schenck, Education Assistant

Matt is an avid bird watcher and naturalist with four years of experience as both a residential and non-residential environmental educator. Raised and educated in PA, Matt "was introduced to and fell in love with the outdoors through hunting and fishing with my father. I most enjoy watching local seasonal changes happen in nature".

Before joining NBS in March, Matt worked as an Environmental Educator and Animal Care Program Assistant at Rock Eagle 4-H Center in GA. In his short time at NBS, Matt has developed many followers who enjoy his interesting and engaging nature walks on the NBS property. His vast knowledge of birds, plants and animals is evident and he loves teaching to people of all ages. Matt was interested in joining NBS for three primary reasons: "the opportunity to plan & produce quality public programs, the administrative role within the summer camp program, and the opportunity to observe and document

the natural occurrences of the ecosystems of NBS over time". Matt's enthusiasm for the natural world is contagious, both with the public and amongst the staff!

Spotlight on Volunteers:

Abby Rowe

The front office is the "hub" of NBS and where most people make their first connection with NBS either walking in the front door, or calling for information. We are fortunate to have Abby's help in the hub one afternoon each week.

Abby grew up attending pre-school and camp at The Nature Center in Westport, CT. Her professional career included positions as an Environmental Consultant in Boston and at Environmental Packaging International in Jamestown.

As a new mother, Abby brought Stroller Strides to Newport, an interactive total fitness program for moms and their babies. Now a mother of two young daughters, Abby and her husband, Brewer, include NBS in their active family life, walking the trails and enjoying the "family friendly programming" that NBS offers. With her daughters attending pre-school a few days a week, Abby felt that volunteering some time at NBS would provide the flexibility she was looking for while enabling her to become involved in the aspects of NBS that interested her. Abby's involvement on the 5K Committee helped to bring this year's recent 5K to a new level – registrations doubled and more sponsors supported the event than ever before!

We could not accomplish all that we do without volunteers. We are very fortunate that Abby decided to devote time to us!



TRAIL REPORT

Joseph McLaughlin – Properties Director



We are looking forward to two very useful additions to the Norman Bird Sanctuary infrastructure. Both projects are grant funded by the Rhode Island Recreational Trails Program. The first addition, which is long overdue, is the restoration and improved access of the Universal Trail. The existing trail is inaccessible to handicapped persons due to erosion and an unstable trail surface. The project will create 2100 feet of ADA accessible trail through diverse habitats. Beginning at the Welcome Center as a stone dust surface, the trail continues to the boardwalk section (a portion constructed by an Eagle Scout in 2007 and completed by the Appalachian Mountain Club in 1997) and ends at an existing observation deck (constructed by an Eagle Scout in 2009) which overlooks the Red Maple Pond. The trail will travel along the existing path with engineering improvements in an effort to shed water, maintain structural integrity and ease the slope of the trail. The project is in the final approval stages and we are awaiting the cultural and archaeological survey to finalize the contract and move forward in the fall of 2014.

The second funded project is an ADA compliant accessible restroom at the Third Beach Education Center (3BEC). The system will be installed in one of the existing buildings of the 3BEC. An historical note; the location of this waterless, compostable, self contained unit will be in the same building on the south end of the facility where the old restroom was located when it was the Third Beach Club.

The compostable toilet process works on the same principle as an ordinary garden compost bin. Waste is collected into the composting toilet chamber along with carbon rich material such as wood shavings and garden clippings. Here, the materials gradually decompose in the chamber's aerated environment. Baffles and air channels in the composting toilet tank control airflow and this accelerates the composting process.

The end product is simply removed via a large hatch at the front of the composting tank and can be dug into the garden. In domestic circumstances this is usually necessary only once or twice a year. Some households have found it unnecessary to remove any compost for up to two years. After a year or more in the processor, the compost is safe to handle, has a fresh earthy smell, and feels and looks much like regular garden compost.

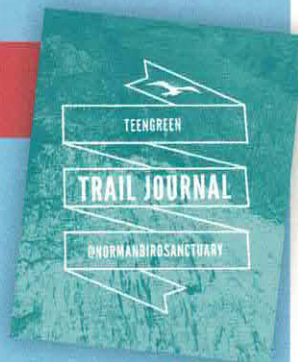
The capacity of any waterless composting toilet is affected by temperature. The compost heap will generate its own heat, and if this heat can be retained in the tank, the process will be more efficient. The cooler the temperature of the air around and entering the composting chamber, the slower the rate of decomposition will be, and this in turn may lower the number of users a system can serve.

We would like to thank the RI Recreational Trails Program and the RIDOT for their support on many past projects and on these two amazing additions.

These two projects are an example of the funding that we receive annually including Federal, State, Local and private support enabling the Norman Bird Sanctuary to succeed as a wildlife refuge and as a place for peoples enjoyment and education.

Teen Programs @ Norman Bird Sanctuary

In the education department, our goal as environmental educators is to provide quality programs for people of all ages. Recently, we realized that were reaching fewer teens than desired. To engage teens, we've created several new programs that encourage teens to be active, connect with nature, and engage with their community.



Teen Green: Take-A-Hike

This program encourages teens to hike our seven miles of trails by offering fun incentives and free trail access. The goal of this program is to help teens develop healthy, active lifestyles and an appreciation of nature, encouraging them to become active and participate in nature exploration early in life. Teens who complete the program receive a water bottle, compass and backpack and are entered to win a cash prize. Know an interested teen? Have them stop by the Welcome Center or fill out an application at www.normanbirdsantuary.org

Teen Green: Trail Guides

This new and exciting program will launch this summer! We will soon be accepting applications from interested teens who wish to learn more about hiking, nature and teaching. Each group of teens will be trained to lead nature hikes, teach children and adults about healthy habits and learn leadership skills. Know an interested teen?

High School Environmental Action Program: Met School

This spring, NBS partnered with the East Bay Met School to engage 15 students in a real word ecology program. During this program, students examined ecological principles through hands-on sampling techniques and data collection in five unique ecosystems at the Norman Bird Sanctuary. In the culminating activity, students collected data in two different ecosystems and used ecological sampling techniques to compare these ecosystems. Additionally, students selected, planned and carried out a beach cleanup at Third Beach. They also created posters to educate campers and the public at the Third Beach Education Center about issues impacting the watershed.





2014 Birds & Breakfast Bird list

Images left to right- top to bottom

Double-crested Cormorant
Great Egret
Glossy Ibis
Turkey Vulture
Mute Swan
Canada Goose
Wood Duck
Red-tailed Hawk
Herring Gull
Mourning Dove
Red-bellied Woodpecker

Downy Woodpecker
Willow Flycatcher
Great Crested Flycatcher
White-eyed Vireo
Red-eyed Vireo
American Crow
Tree Swallow
Barn Swallow
Black-capped Chickadee
Tufted Titmouse
Carolina Wren
House Wren

American Robin
Gray Catbird
European Starling
Yellow Warbler
Common Yellowthroat
Eastern Towhee
Song Sparrow
Northern Cardinal
Red-winged Blackbird
Baltimore Oriole
Orchard Oriole
American Goldfinch
House Sparrow

SPOTLIGHT ON CHICKENS



Images left to right- top to bottom, Australorp, Buttercup, Mille Fleur d'Uccle

As many of our visitors are already aware, NBS is home to a small flock of chickens located off of the Universal Trail just north of our Welcome Center. These chickens are fun to watch whether the audience is made up of children, bird lovers, or generally curious onlookers. Our chicken flock is housed within a large coop and attached

outdoor yard to keep the birds safe from furry and feathered predators. The whole setup is moveable so that the chickens can periodically be repositioned in a fresh patch of tasty green grass.

Recent attendees of Birds and Breakfast or our "Meet the Animals" outreach programs have also enjoyed the chickens as educational animal ambassadors. NBS has used our captive non-releasable Red-tailed Hawks and Barred Owl in programs for years. Now we are able to also present chickens as bird representatives that are safe for young children to see up close and touch. The Education staff has the coveted responsibility of training newly-hatched chicks to "step up" onto our hands in preparation for future programs.

Our chickens are either pure heritage breeds or hybrids of two types of heritage breeds. A heritage breed animal—whether chicken, turkey, cow, or pig—is a breed that has been developed to have valuable traits such as disease resistance, heat tolerance, or mothering ability. These animals retain important genetic diversity unlike the inbred animals that are

raised in most industrial farms. More information can be found from organizations that specialize in preserving these diverse breeds, such as SVF here in Newport, RI.

While most of our chickens are fluffy white Silkies and buffy Buttercups, you'll also see a variety of Polish crested/Silkie hybrids. Look for an Australorp and a Mille Fleur d'Uccle as well!

Fun Chicken Facts:



^ Polish chickens are not originally from Poland, but they are instead named for the historic uniform hats worn by Polish soldiers, which featured three points at the crown.



^ Silkie chickens are a very old breed that originated in China. They have feathered feet, blue skin, and extra toes.



^ Different heritage breed chickens produce eggs of different sizes and colors.



**CELEBRATE 55 YEARS
OF SUMMER CAMP
AT NORMAN BIRD
SANCTUARY**

Friday, July 31st, 6:00 p.m.

Join us to celebrate our 55th year of Summer camp. Come spend a summer evening with us, bring a picnic, enjoy s'mores at the campfire, explore & learn with our camp counselors & naturalists.

**ENTER OUR CAMP
YEARBOOK CONTEST**

We need your help to create our summer camp yearbook. Submit your answers, photos or camp story and win fun prizes.

1. Are you our oldest living camper?
2. Do you have the best camp photo?
3. Do you have the funniest camp story?
4. Does your family have the most multi generations of NBS campers?
5. Do you still have your camp t-shirt and from what year?
6. Were you a camp counselor and for how long?

Please submit your answers, camp story or photos
to nsouza@normanbirdsanctuary.org

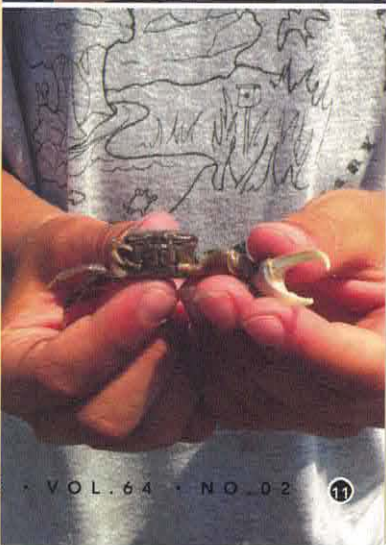
Top 10 Reasons to Send your Kids to NBS Summer Camp

With so many summer activities available, it can be difficult to decide which activities are best for your kids. Check out the facts below and don't forget to sign your child up for summer camp at the Norman Bird Sanctuary!

- 10.** Your kids will be active! Each week campers stay active and explore nature through guided nature hikes along our 7 miles of hiking trails.
 - 9.** Your kids will be outside! Spending time outdoors is proven to have many benefits for kids, including improving school performance and reducing behavior problems.
 - 8.** Your kids will make new friends! Campers make connections with new people and learn new social skills.
 - 7.** Your kids will be more independent! Parents often report that summer camp helps students to be more independent.
 - 6.** Your kids will be more confident! Kids that participate in summer camp programs report that they gain confidence during summer camp programs.
 - 5.** Your kids will keep learning! Each week campers learn about new topics, practice reading, math and science skills through hands on exploration, experiments, crafts, and more!
 - 4.** Your kids will become leaders! Each week campers participate in team building and discovery activities. Studies show that campers who attend camp are more confident and more likely to take on leadership roles at school.
 - 3.** Your kids have new interests! Camp gives kids the opportunity to try new things, explore new topics and develop new interests outside the classroom and home.
 - 2.** Your kids will be part of a community! Camp builds lifelong friendships gives and gives kids the chance to be part of a fun, supporting community!
 - 1.** Your kids will have fun!
- 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.normanbirdsanctuary.org for details!



Events at The Norman Bird Sanctuary



BAKE ON THE BEACH

SATURDAY, JULY 19TH

5:00 p.m.

Come one, Come all! For an authentic Clambake on the sand! The Norman Bird Sanctuary invites the community to enjoy a traditional McGrath Clambake on

the NBS Third Beach property, just south of Peabody's Beach. All ages are welcome to join us on a warm July evening by the water with a special treat – NBS' Third Beach Education Center, across the road, will be open with staff naturalists on hand providing fun and interesting activities for kids.

MABEL'S TABLE

SATURDAY, AUGUST 16TH

6:00 p.m. - 10:00 p.m.

Local food prepared by the area's top chefs and served at Paradise Farm at Norman Bird Sanctuary.

MABEL'S TABLE



40TH ANNUAL HARVEST FAIR

**SATURDAY & SUNDAY,
OCTOBER 4TH & 5TH**

Monkey Bridge, Mud Pit, Greased Pole, Mabel's Express Barrel Train,

Home & Garden Competition, Games, Artisans, Crafts, Great Food, Country Store, Live Music, Children's Entertainment & More!





585 Third Beach Road
Middletown, RI 02842

NON-PROFIT ORG.
US POSTAGE
PAID
NEWPORT, RI
02840
PERMIT NO.43



Printed on
Recyclable Paper

Cover Image: Photo by DAVID ILIFF, License: CC-BY-SA 3.0