



The Flyer

FALL 2007

What makes a beautiful Autumn? By Kelly Fox

As the days grow shorter and the nights grow colder, the foliage watchers bubble with excitement to see the leaves lose their color. I have heard many debates on what makes it a colorful Fall and hope to clear up the confusion.

To start the year, having a warm and wet spring ensures a great production of leaves. As autumn approaches, mild days with cool, crisp evenings without frost help to produce the many colors. Drought conditions also cause the leaves of young and distressed trees to turn brown and fall early.

Chlorophyll is the green pigment in leaves that help to produce food. As trees prepare for winter, the veins that carry fluid into and out of leaves gradually close, trapping the sugars in the tree. When the leaf is absent of chlorophyll it is ready to drop.

During this time, anthocyanins (red, blue and purple chemical pigments may build up producing the beautiful shades of red

we see. Carotenoids (yellow and orange chemical pigments) are present in the leaf at all times but are overshadowed by the green chlorophyll. As the chlorophyll disappears, the yellow and orange colors are able to be seen. Enjoy the last few spots of colors of the year as we prepare for winter whiteness (we hope!) owl prowls, and hot chocolate!



Volunteer :

A person who gives freely of their time and talent.

NBS relies on its volunteers throughout the year whether it be helping with a major fundraiser, maintaining trails, stuffing envelopes, or counting birds and butterflies. This year's Harvest Fair was a trial run for our new system of finding volunteers. We advertised through a variety of sources and the online registration proved to be an efficient way of cultivating volunteers. The response was nothing short of amazing! Over 250 people helped

out with Harvest Fair 2007. Ages ranged from 7 to 87! Whether it was to satisfy a community service requirement for school, a way to make new acquaintances, or just to spend a few hours outside on a beautiful Fall afternoon, everyone who participated helped to make this year's Harvest Fair the most successful one to date.

We could not do what we do without our volunteers! Thank You All!

As volunteer opportunities arise, we will post them on our website.

Directors Note

Walking: a simple pleasure we should just do more often. How many times have you headed out on a walk to clear your mind? How many times have you taken a brief walk to improve your mood, or blow off steam? Walking and being outdoors has an amazing effect on the mind and the body. Of course we're all partial to walking here at the Norman Bird Sanctuary; however it seems that whenever we venture outside for a stroll we're doing something to improve our own lives.

I think about my own family and the amazing impact of a walk on my children. A walk can transform an angry and fuming five-year old into a smiling and playful kid. Walking must do something to our chemistry because we have all seen the transformation at one time or another.

Recently, the staff talked about how easy it is to neglect walking; how quickly we forget the importance of getting up from our desks and heading out on the trails. Everyone is busy. The demands of work and family seem to take all of our time leaving us with few opportunities to escape. We talked about the importance of getting outside, the importance of having fun and enjoying the world around us.

Well, here is a challenge for all of us. Get outside and walk. Walk in the woods, or on the street. Make the time for you. Whenever you see the opportunity to walk, take it. Let's all get outside for a walk. Let's enjoy autumn, and winter, as much as spring and summer. Hopefully, I'll see you all out on the trail!

-Rob Carneiro, Executive Director



Visit the Barn Owl Gift Shop this holiday season!

This year, please consider buying your gift bags from us. We have bags made from recycled paper. The purchase of them will help to support our animal care fund.

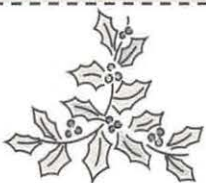
We will also be offering pre-made gift baskets for your shopping convenience. Please come and see our new selection of Endangered Species Chocolates, Tree Free holiday cards, nature ornaments and, for the young and young at heart...a wonderful selection of books, stuffed toys, and DVD's featuring Stranger in the Woods characters.

Don't forget to bring your coupon!

Receive a discount on any purchase over \$10.00

in the Barn Owl Gift Shop!

Members 25% off, Non-members 10% off Expiration 12/31/07



Events & programs

For more information visit us at www.normanbirdsanctuary.org

To register please call (401) 846-2577

Dec. 9, Jan. 6, 20, Feb. 3, 17

Sundays 8-10am
Bird Walks every other week with
Jay Manning & Bill Saslow
Free to all, no registration required

Dec. 7

Friday 7-8:30pm
Holiday Owl Prowl— owls, crafts and fun
for the whole family!
Members \$6, non-members \$8
Pre-register

Dec. 13

Thursday 7-8:30pm
Adults Only Owl Prowl
Members \$5, non-members \$7
Registration encouraged

Dec. 15

Saturday 1-2:30pm
Family Origami Workshop— make some
Holiday decorations!
Child Members \$5, Child non-members \$7
One Adult Free per child
Register by Dec. 13

Dec. 20

Thursday 7-8:30pm
Cranes of the World Illustrated talk
Adult members \$5, non-members \$7
Children 1/2 price
Register by Dec. 18

Dec. 26, 28, 29, Jan 1, 2, 4

T'ai Chi Ch'uan classes with Ty Romijn
Various days, times and fees,
please call for more information

Dec. 27 and 28

Thursday and Friday 9am-3pm
Holiday Vacation Camp Session I
Grades 1-5
Members \$75, non-members \$90
Register by Dec. 22

Jan. 2-4th

Wed-Friday 9am-3pm
Holiday Vacation Camp Session 2
Grades 1-5
Members \$110, non-members \$130
Register by Dec. 22

Jan. 14, 28, Feb. 4, 11, 25

Mondays 6-7:30pm

Jan 2, 9, 16, 23, 30

Wednesdays 9-10:30am

Yoga with Clara Morgan
5 classes

Members \$40, non-members \$50,
seniors \$25
Registration encouraged

Jan 14, 28, Feb. 4, 11, 25

Mondays 4:30-5:30

Yoga for Young People

Ages 7-12

Members \$40, non-members \$50
Registration encouraged

Jan. 11

Friday 7-8:30pm

Family Owl Prowl— Dissect an owl pellet!

Members \$5, non-members \$7

children half price

Register by Jan. 9

Jan. 5

Saturday 7am-5pm

Winter Rarities van trip

Raindate Jan. 12

Members \$40, non-members \$50

Register by Jan. 2

Jan. 26, Feb. 23

Saturdays 1-2:30pm

Winter Waterfowl Walk at Sachuest Point

Adult members \$5, non-members \$7

Register by Jan 24 and Feb. 21

Jan. 26

Saturday 10-11:30

Make a Birdfeeder with Reusable Materials

Child members \$5, child non-members \$7

One Adult free per child

Register by Jan. 24

Jan. 31

Thursday 7-8:30pm

Mountain Lions of New England program

with Bill Betty, Amateur Naturalist

Member adults \$5, non-members \$7

Register by Jan 29

Feb. 9

Saturday 7am-5pm

CT River Eagles Van Trip

Raindate Feb. 23

Members \$40, non-members \$50

Register by Feb. 5

Feb. 9

Saturday 1-3pm

Family Winter Stroll

Adult members \$5, non-members \$7

1 child free per adult, additional children 1/2
price



NATURAL, ORGANIC, WHOLE FOODS

Save \$10 On any purchase of \$40 or more

Redeem coupon for free gift

Visit our NEW location in Portsmouth, located on Rt 138,
934 East Main Road 401.683.0007

One coupon per visit, per \$40 purchase.

Offer good until December 31, 2007

**This issue of The Norman Bird Sanctuary
is generously sponsored by THE GREEN GROCER**



583 Third Beach Road
Middletown, RI
02842

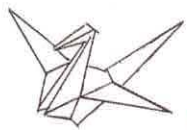
Non-Profit
Organization
US Postage
PAID
Newport, RI 02842
Permit # 43

Our Wish List!

- Large Coffee Maker/ Urns
- Office Supplies (Copy Paper, paper clips, post it notes, etc.)
- Bird Feeders
- Bird Seed and Suet
- Kitchen Size Towels
- Pine Animal Bedding
- Guinea Pig Pellets
- Camp Memories and Pictures from Past Years
- Passenger Van
- Volunteers

**Please help us raise money
by sending NBS your
Shaw's and
Clements' receipts!**
**We receive 1% of your
total purchases!**

PRINTED ON 100% POST CONSUMER PAPER WITH SOY/VEGETABLE INK



Have you received your annual appeal letter yet? Show your support for NBS by sending us an origami crane. We hope our mission continues for future generations as well as the populations of these majestic birds.

DID YOU KNOW?

- * *Ancestors to modern cranes date to over 25 million years old!*
- * *Cranes are found on every continent except South America and Antarctica.*
- * *There are 15 different species of cranes, of which eleven are now vulnerable to extinction.*
- * *Two crane species live in North America: the Sandhill Crane and the Whooping Crane.*
- * *Cranes typically mate for life and can live up to 30 years in the wild.*

Facts from the International Crane Foundation