



The Norman Bird Flyer

VOLUME NO. 11 ISSUE 3

A QUARTERLY NEWSLETTER

Lyme Disease: Hikers Use Caution

by Amy Wright

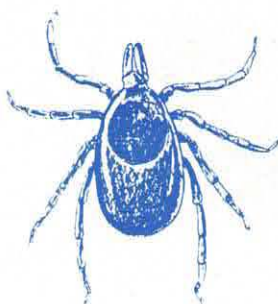
There is a lot being publicized recently about Lyme disease, the difficult to diagnose and potentially immobilizing illness caused by the bite of the dreaded deer tick. There are deer ticks on the Island, so there is reason for caution, but even the most casual naturalist need not fear going out for a nature walk.

The deer tick, Ixodes dammini has a two year life cycle, meaning it takes two years for the tick to develop from egg to adult. Eggs overwinter and emerge as six-legged nymphs. (However, they are not insects.) These nymphs climb to grasses from which they hitch a ride for feeding on small rodents. They prefer the white-footed mice. By the second Summer, they are larger and bear the eight legs characteristic of ticks. They move to larger mammals as hosts, feeding on the blood of skunks, foxes, and deer. That second Fall, the mature tick falls off the host and mates; the male dies, and the female lays her eggs and dies late that fall. The cycle begins again the following spring with the next generation.

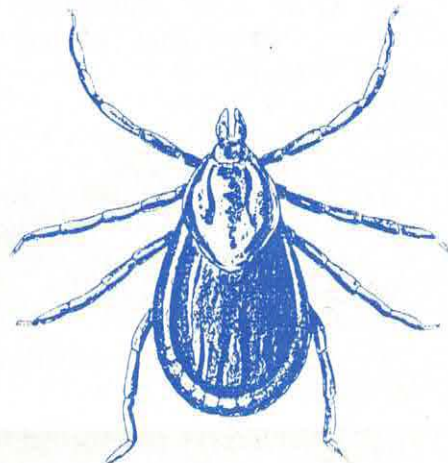
The ticks are small, although popular conception is that they are invisible or no larger than the dot of an "i" or a period at the end of a sentence. The illustration compares a mature deer tick to that of a familiar dog tick, Dermacentor variabilis. The American dog tick is very common in the East through the summer months and sometimes is carried into the house by pets. It becomes quite bloated when filled with blood. The deer tick is smaller by about half or less, but is detectable.

As precautions, stay out of tall grass and weeds. Wear long, light colored pants of tight weave so the ticks have more difficulty clinging. The light color will enable the

Summer 1990



deer tick



American dog tick

outdoorsperson to see the tick more easily upon inspection. Some people pull up their socks and stuff their pant cuffs deep inside to prevent any ticks from climbing inside the pant legs. Long sleeved shirts provide more protection. Always carefully inspect clothing, shoes and self for ticks when returning from an outing. Children, as well as adults should be aware of these preventive measures.

If your dog(s) or cat(s) roam or hunt outdoors, check your pets regularly. I have spotted deer ticks on our cat who hunts mice in the southern part of Portsmouth. Also, keep in mind where your pet sleeps; you might check there at times.

A tell tale sign of a deer tick bite is a circular rash around the site. This may be followed or accompanied by headaches, nausea, or extreme fatigue. If there is any suspicion, get a blood test from your doctor; Lyme disease can be treated with antibiotics.

Continued on next page

Continued from front page

in its early stages. As the disease progresses, treatment becomes more difficult and the effects of the illness are more disabling. Pregnant women should avoid any possible contact with deer ticks.

Taking caution in going outdoors is nothing new and we have far less to fear than when the land was wild. Armed with knowledge and a good preventive sense, we can safely enjoy the fresh air and wildlife our Island has to offer.

Amy Wright is a scientific illustrator who lives in Portsmouth with her husband and son John. She has contributed many illustrations for the NBS Flyer and has been working on the display panels for the Sanctuary's Trailside Museum.



Volunteers are needed to help with the **Grey Craig Project** fundraising campaign. In August we will need a few meticulous people to help cross-check names and addresses as we prepare for a direct mail campaign in the fall. Volunteers are also needed to help out with a phonathon in late October. Please call the Sanctuary office if you can help.

Director's Notes Gray Craig Update

I am very pleased and proud to announce that the Norman Bird Sanctuary's Grey Craig Conservation Project has been awarded an Environmental Achievement Award from the National Environmental Awards Council. This means that this project has been nationally recognized as a community effort to protect the environment and will be listed in a national resource publication and promoted as a model for others.

We expect to sign a purchase and sale agreement with the owners of the Grey Craig Estate in the coming weeks and expect close on the purchase by the end of the summer. We will keep you updated as this progresses.

As you know, our goal is to raise 1.5 million dollars to preserve Grey Craig. At the last printing of this newsletter we had raised close to 1 million dollars. To date we have raised 1.3 million dollars through grants from state and municipal open space programs and from foundations.

When we finally close on this purchase, we will begin to solicit contributions from individuals and local businesses for the final \$200,000.

This has been an ambitious and challenging project. But at last, we can see the light at the end of the tunnel.

Sincerely,

Larry

Norman Bird Sanctuary's **Aquidneck Island Harvest Fair**

October 6 and 7 1990 10 am-5 pm

Crafts, Games, "Monkey Bridge", Ethnic Food, Animals, "The Mud Pit", Home and Garden Contests, Country Store, Greased Pole, Pony Rides, Face Painting, Musical Entertainment and more, more, more!

Public Programs

Every Sunday morning Guided Birdwalks

8 am

Like through the Sanctuary's trails during these one hour guided walks. Experienced and beginner birders are welcome. A nice introduction to a rewarding hobby! **No registration required. No Fee. Cancelled in inclement weather.**

Monday evenings

July 17, August 20, Sept. 17 **9 pm**

Stargazing Astronomer Bill O'Connell offers his expertise on the heavenly bodies and summer constellations during these free one hour programs. In July, the meteor showers from the Delta Aquids will be the most visible and a sure bet to be wished upon! Cloud dates for these Monday programs will take place on the following Tuesday at the same time. Call to confirm if unsure. **Registration is not required. No Fee.**

Sunday evening

August 5

8-9:30 pm

Women's Full Moon Circle

Honor the earth, the moon and our connection with nature as we join together to renew our spirit with the help of a warm fire and gentle imagery. Bring a pillow for comfort, a candle, and a drum or rattle if you have one. Chris Pritchard R.N., Healer and Midwife from San Francisco will lead the night's activities with the help of her sister, Lisa. **Fee: \$5-10 sliding scale. Preregistration is required. Limit: 10.**

Saturday afternoon

August 11

2-4 pm

Hilltop Gardens Tour and Tea

Stroll through the fragrant and colorful organic herb and vegetable gardens of Sharon Culberson, in Tiverton R.I. She'll help identify plants to be grown both for drying and culinary pleasures. Later, join her for a taste of herbal teas and sweets in the courtyard overlooking the gardens. Participants can meet at the Sanctuary for carpooling, or can call for directions to meet the group in Tiverton. **Fee: \$10 (\$8 NBS members). Pre-registration is required.**

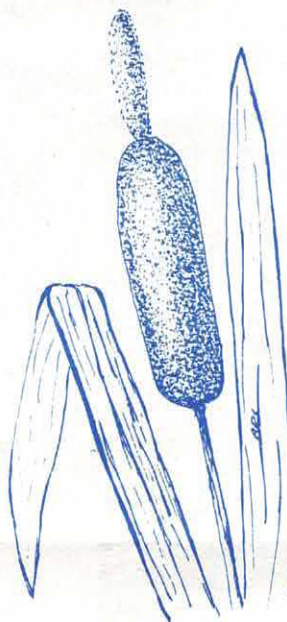


Monday evening

August 13

7 pm

Life Between the Tides Take an informal walk at the salt marsh, sandy and rocky shores with Sanctuary Director, Larry Taft. He'll point out the fascinating creatures and plant life that live in these three habitats. Families are welcome. **Fee: \$5 adults; \$2 children under 12 (\$3 NBS adult members; \$1 child member). Pre-registration is required.**



Thursday evening

August 15

7 pm

Wild Edible Walk Lamb's quarters, Red Clover, Irish Moss, and Catbrier all can be classified as delicious wild edibles. Hap Morgan will guide participants through the Sanctuary's fields and forest searching for some of these gastronomic delights. Samples will be made for tasting. Recipes will be provided. **Fee: \$9 (\$6 NBS Members). Preregistration is required. Limit: 15.**

Sunday afternoon

September 9

2 pm

Field Wildflower Walk The Sanctuary's fields are full of bloom and seed this time of year, as the Summer begins to fade and Autumn approaches. Field Naturalist and Roger Williams College Instructor Millie House is an expert on these wonderful late blooming wildflowers. She'll help identify these treasured native plants during a short hike on the trails. **Fee: \$5 (\$3 NBS members). Pre-registration is required. Limit: 15.**

Saturday afternoon

September 15

1-3 pm

Fresh Herb Wreath

Savor your colorful and fragrant Summer garden as Autumn slowly takes over by creating this simple 6" fresh herb wreath made from your favorite herbs, including thyme, sage, artemesia, statice or dill. The herbs will actually dry on the moss base and should remind you of Summer through to next year. **Fee: \$20 (\$17 NBS members). Pre-registration is required.**

Operating Budget for Fiscal Year 1989 - 90

REVENUES

Contributions	5226
Membership Dues	30682
Sanctuary Store Sales	8746
Norman Trust	18259
Entrance Fees	7065
Education Program Fees	41427
Fundraising	26395
Miscellaneous	118

Total Revenues 137918

EXPENSES

Salaries, Taxes, Employee Benefits	81768
Accounting and Auditing	6136
Trustees Fees	5937
Office Supplies	1528
Postage	1618
Telephone	1181
Insurance	6825
Travel	366
Store Expense	6294
Printing	4429
Publicity	335
Books and Subscriptions	387
Buildings Grounds and Equipment	11243
Education Program Materials	2595
Animal Care	1059
Miscellaneous	1108
Transfer to Reserves*	5109

Total Operating Expenses 137918
excess / deficit 0

RESTRICTED FUNDS

Grey Craig Project Grants	53670
Grey Craig Project Expenses	39501

Museum Project Grants	14530
Museum Project Expenses	7450

Other Restricted Funds 7806

* Last year we drew upon our reserves to complete some capital improvements. This year we began to build back this fund.

Membership

At the the end of the fiscal year there were 1325 active members. Sanctuary membership continues to grow about 5% each year.

Visitors

The number of visitors that signed in to hike the trails this year was 7,935 which is 3% more than the previous year. The monthly breakdown is below:

April	585	October	740
May	610	November	1329
June	870	December	256
July	655	January	292
August	768	February	461
September	633	March	736

Annual Report April 1989-March 1990

Grants

This year the Sanctuary received four grants: \$12,500.00 from the Champlin Foundation to purchase a new truck, \$11,173.00 from the Rhode Island Foundation to begin the Project ISLLE Program, \$4,000.00 from the Conservation Foundation for publicity for Grey Craig Project, \$1000.00 from the Julia Bird Charitable Trust for the tree swallow conservation project, \$500.00 from the John Clarke Trust for camp scholarships.

Buildings and Grounds:

The Sanctuary was able to carry out wildlife management and trail maintenance projects with the volunteer efforts of Boy Scout Troop 1 in Portsmouth, and students at St. Georges School. The projects consisted of starting a grove of 75 white spruce trees, and clearing underbrush and selectively thinning stands of cedar and black locust trees to favor these species and enhance their longevity and usefulness for wildlife.



Education Program:

Highlights for the year included:

- 2,695 school children visited the Sanctuary during the year, and 363 participated in Summer Camp.

- The Education Committee began to work on a long range plan for the Education Program. A 5-Year Plan is being drafted to include:

- Increased In-school and On-site contracts with the school system
- Expanded grants for education
- Increased participation of junior and senior high programs
- Expanded use of volunteers
- Extended use of Interns

- **Project ISLLE**, a pilot program, sponsored by a grant from the Rhode Island Foundation for 4th grade students on Aquidneck Island began in the Fall of 1989 and continued through to the Spring. Eleven classrooms were chosen from the three Island communities' public and private schools to participate free of charge in a year-long study of the Island's natural history through in-school and on site walks at the Sanctuary. Each class was given educational information, games, charts, maps, and worksheets to help learn more about our native wildlife. At the end of the school year, students researched local animals and the information was compiled into an Island Wildlife Guide to be used by the students and the public on Aquidneck Island. The Sanctuary hopes to continue **Project ISLLE** in the future.

Volunteers

The Sanctuary benefitted greatly from the help of over 300 volunteers at the "Harvest Fair" and 60 for "Birds and Breakfast". Through the year, more than 120 volunteers helped us with mailings, newsletter and brochure layout, trail maintenance, stone wall repairing, litter patrol, graphics and animal care. Community organizations that provided volunteers included St. George's School, Boy Scout Troop 1 in Portsmouth, South Eastern Massachusetts University, Volunteers in Action and the New England Wildlife Clinic.

Museum Project

Substantial progress was made on three exhibit areas: the Marsh, Ridge and Changing Land. Expenses for the museum project were paid through a 1987 grant from the Garden Clubs of America.

Personnel

Jordan O'Rylee was hired as the Project ISLLE intern from January 1990 through to June 1990. Acting as the Sanctuary's third teacher, she helped develop Project ISLLE curriculum and the Island Wildlife Guide, as well as teach other educational events at the Sanctuary.

For Kids ...

Saturday afternoon

August 4

1-3 pm

Native American Stories and Craft

Jordan O'Rylee will grace us with her love and talent of storytelling and demonstration of craft, as we look to the Native American culture and learn from their lessons and skills. **Fee: \$6 (\$4 NBS members) Pre-registration is required. Limited to 10 children, going into grades K-4.**

Saturday evening

August 11

8:30-9:30 pm

Summer Stargazing with Jordan

Once again we're offering this extremely popular program for children going into grades 2-5. Join Jordan O'Rylee, NBS friend and former Intern as she looks to the skies and tells of the tales it knows. **Fee: \$6 adult/child pair (\$4 NBS members). Preregistration is required. Limited to 10 child/parent pairs.**

Sunday morning

September 23

11 am- 1 pm

Gone Fishing:

Learning about our Local Fish

Grab a bucket and your favorite fishing pole and join Dan Snyder, "the world's greatest fisherman and dad" as he shares his love for both fishing and kids at Sachuest Point. Children in grades 2-5, accompanied by a parent or an adult friend can learn about bait, lures, and home made traps for the Blackfish, Bluefish, Bass, and Flounder that live in our ocean. The group will meet at the Sachuest Point parking lot. Bring a bag lunch. In case of inclement weather, call the Sanctuary. Rain date will be September 30. **Fee: \$8 (\$5 NBS members) Limit: 10 pairs. Pre-registration is required.**

Tree Swallow Conservation Project

For the third year, the Sanctuary, with the help of Advisory Committee member Ray Rogers, set up nesting boxes that were donated to help conserve the local Tree Swallow population. Throughout the nesting season, Ray monitored the activity around the 46 boxes. This year there were 13 active Tree Swallow nests, which is just a slight decline from last year's 15 active nests. Competition for these sites by house sparrows was extremely heavy this year. Chickadees and house wrens also nested in a few boxes.

Special thanks to Barbie Sturtevant, Byron Blandino, the Blanchettes, Cicely Thomas, Erika Sabel, David Martellino, and Valerie Druken who had built and donated tree swallow nesting boxes for this project.

Also, a special thanks to the Julia Bird Charitable Trust for a \$1000 grant to sponsor part of the cost of the materials for this project.

If you would like to build a nesting box for the Sanctuary's Tree Swallow Conservation Project, kits are available at the NBS office for \$5.00.

The Norman Bird Flyer is published quarterly by the Norman Bird Sanctuary, a non-profit 450 acre nature preserve established under the will of Mabel Norman Cerio.

Trustee: Rhode Island Hospital Trust National Bank
Advisory Committee: Anne Damon - Chair., Lawrence Allen, Joyce Botelho, Betsy deLeiris, Thomas Gunzelman, John Grosvenor, Kathy Irving, Albert Marcantonio, Sarah Meade, Charles K. Moore, Julie Morris, Candace Powell, Horatio Rogers, Gay Sheffield, and Barbara Sturtevant.

Director: Lawrence Taft

Education Coordinator: Lisa Pritchard

Naturalist/Carelaker: Hop Morgan

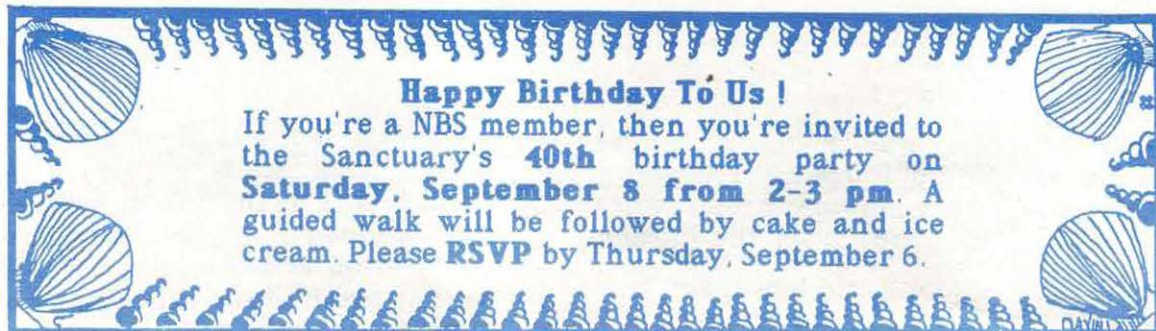
Receptionist: June Doolittle

Address: 583 Third Beach Rd. Middletown, R.I. 02840

Telephone: (401) 846-2577

Graphics by: Lucia deLeiris, Erika King, Amy Wright, and SMU Illustration students.

Henny Penny is on Summer vacation, but will return to answer your wildlife questions in the Fall NBS Flyer.



Volunteers and Donations

Thanks to everyone who helped us this Spring by lending a hand when we needed one (or two, or three !)

-For animal care, we thank Charles Donald, Emily and Becca Leslie, Erin Carney, Susan Roberts, Peter Staley, Jen Reed, and Portsmouth Veterinary Clinic.

-For items and volunteer time donated to benefit the animals, we thank Michele Studer and friends, Mike Jarret, Don and Heather Minto, Mary Kunz, Millie Ladd, and Cote Pharmacy.

-For grounds, garden maintenance, and garden items donated, we thank St George's students: Euan Fisher, Sheila Landers, Web Pedrick, Josie Simpson, Scottie Weitman and those who helped clean the trails and rebuild walls on "Ecology Day"; Betty Ogden, Gillian Hall, Terry Tefft, and Katherine and Samantha Smith.

-For library donations and help with mailings, and office work, we thank Polly Bradley, Mike and Elena Jarret, Fran Holmes, Kathy Marcantonio, Gillian Hall, and Bev Murphy.

-For children's and public program assistance, our thanks to Marguerite Crocker, Kathy Marcantonio, Betsy deLeiris, Terry Taylor, Liz Drayton, Bill O'Connell, Chris Raithel and the Audubon Society of R.I.

-Special thanks to Chris Powell, Seven Arrows Herb Farm, and Sharon Culberson.

-We would also like to thank those Advisory Committee Members who are no longer able to serve on the committee. They are Marabeth Farrell, Barry Murphy and Fran Holmes. Marabeth offered her skills on the Education Committee and at Birds and Breakfast and the Harvest Fair. We wish her and her family lots of luck in their move to Japan; Barry, who has served since 1983, has contributed hours of work as a great birder and bird walk leader, Advisory Committee Chair, and most recently, has been instrumental in the negotiations with the Grey Craig preservation; and Fran has served since 1981 and has volunteered for almost everything at the Sanctuary, mostly as Chair of Birds and Breakfast and the Harvest Fair Crafts. We are grateful for their invaluable contributions over the years.

New Advisory Committee members include Kathy Irving, John Grosvenor, and Sarah Meade. We welcome their new energy.

Birds and Breakfast 1990

The drizzle of rain didn't spoil the great turn out we had for Birds and Breakfast this year. Its success was mostly due to the great volunteer effort and fabulous foods donated.

Thanks to:

-all the wonderful members who baked delicious goods to donate.

-the local businesses who supported our efforts through donated advertisements and quality goods: Andrew's Restaurant, Au Natural, Brown Company, Cappuccinos, Coffee Corner, Cookie Jar, Country Cuisine, Crystal Springs, Designs Unlimited, Harvest Natural Foods, Newport Art Association, Newport Creamery, Kathleen's Fantastic Foods, Katrina's Bakery, La Patisserie, Sheffield and Harvey, St. George's School, The Bank of Newport, The Marriott, The New School, The Sheraton Islander, and The Viking Hotel.

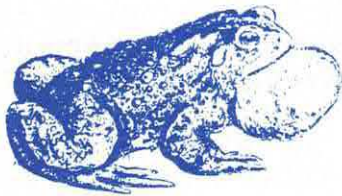
- the committed volunteers who led bird walks, baked, cooked and/or served the day of the event: Katie Ahern, Joyce Botelho, Hellie Casagrande, Chris Callahan, Laura Coggeshall, Patti Corgan, Jimmy Corr, Gene and Nancy Crooks, Sandra Crump, Anne Damon, Betsy deLeiris, Marabeth Farrell, Jan Goodland, Callie Gottlieb, Jan and Tom Gunzelman, Gillian Hall, Eileen Holmfred, Fran Holmes, Susan Levin, Irene Mack, Jeff Metz, Tim Moore, Julie Morris, Barry and Bev Murphy, Ronnie and Pete Peterman, Michele and Bill Roche, Fran Roeder, Ray and Lois Rogers, Gay Sheffield, David and Jane Steele, The New School's First, Second, and Third Graders, Dottie and Mark Vissman, Marjorie Ward, and Sher Williams.

Harvest Fair Volunteers Needed

Our Harvest Fair Committee is recruiting volunteers to help in any and every capacity during the Sanctuary's largest fundraiser, the Aquidneck Island Harvest Fair on **October 6 and 7 1990**. We would love to hear from you if you can work during those days or before, for set-up, or after for clean up. Please call the Sanctuary office.

Norman Bird Sanctuary
583 Third Beach Road
Middletown, Rhode Island 02840

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OR TO CURRENT RESIDENT

ARE YOU DUE TO RENEW?

Your NBS membership renewal date is printed on your mailing label below. If you're due to renew now (or before the next issue of the newsletter), please use the form below and send it along with your renewal check. By using this form and sending your renewal ahead, you can save the Sanctuary the cost of sending out reminders. This will help us put your membership dollars to better use.

A Wildlife Refuge

NORMAN BIRD SANCTUARY

☐ New Member ☐ Renewal

- | | | | |
|---------------------------------------|-------|--------------------------------------|--------|
| <input type="checkbox"/> Individual | \$ 20 | <input type="checkbox"/> Sustaining | \$ 50 |
| <input type="checkbox"/> Family | \$ 30 | <input type="checkbox"/> Institution | \$ 100 |
| <input type="checkbox"/> Contributing | \$ 35 | <input type="checkbox"/> Patron | \$ 100 |
| <input type="checkbox"/> Supporting | | \$ 250 | |
| <input type="checkbox"/> Benefactor | | \$ 500 | |
| <input type="checkbox"/> Life | | \$1,000 | |

☐ I would like to be called for volunteer work.

Phone # _____

Please return with your check, payable to the Norman Bird Sanctuary,
583 Third Beach Road • Middletown, RI 02840 • 401/846-2577

In the *Next NBS Flyer*... An article by Sylvia Hampton, Oral Historian for Middletown Historical Society, on Mabel Norman, the woman who gave us the Sanctuary, as described by her family and friends.

Community Calendar:

August 11 and 12: "For The Birds"

Roger Williams Park Zoo Noon- 4 pm For children and adults. Call 785-9450 for more info.

September TBA: Household Hazardous Waste Pick-up at Second Beach. Call NBS or DEM 277-2808 for exact date.

September 28-30 New England Environmental Education Alliance Conference at Squam Lake, N.H. Call NBS for more information.

October 6-7 Aquidneck Island Harvest Fair 10 am to 5 pm. Lots and lots of fun! Want to lend a hand? Call NBS to volunteer.

October 21: Rhode Island Wild Plant Society Wildflower Walk at NBS. Call 949-0195 to register. Sanctuary members discounted.

Harvest Fair

Home and Garden Competetion

dig up your very best:

veggies, flowers, herbs, baked goods, preserves, and handwork
(Young growers category too!)

And don't forget the scarecrow !

Call NBS for more details



Rudyard Kipling's
"Just So Stories"

Sunday, August 12th 1 pm
rain or shine

Admission: Donation at the Door



at the Norman Bird Sanctuary, 583 Third Beach Road, Middletown, RI

The **NCT** will present original versions of the "Just So Stories." Using Audience participation, the **NCT's** teenage cast will bring to life the wonderful variety of animals and magicians that Kipling's nurse introduced him to as a child. The **Norman Bird Sanctuary** and the **NCT** invite you and your family to share in this delightful fantasy.
A benefit for both organizations.