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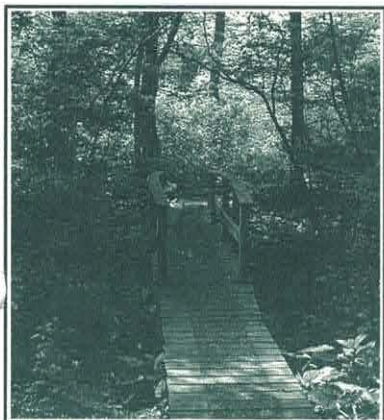
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Sanctuary Pic



Melissa Martin Ellis photo

THE FLYER



the norman bird sanctuary newsletter

Sanctuary Receives Conservation Award for Third Beach Acquisition

by Stacy Couto

On May 7th, the Norman Bird Sanctuary received the 2004 Senator John H. Chafee Conservation Award from The Environmental Council of Rhode Island for our efforts to preserve and protect 23 acres of Third Beach. We were presented this handsome award at their annual Conservation Awards Dinner held at the Federal Reserve in Providence. It was a marvelous evening for the organization, as we received the top honor for the scope of the project, the sensitive habitat that was preserved and the dedication of our community.

Board Chairman Christopher Greene accepted the award on behalf of everyone who had worked so hard to make the acquisition a reality. In his acceptance speech, he spoke of the true dedication and commitment of the staff, Board and community regarding the preservation of this special land. This small organization could not have successfully completed such a large project, had it not been for such strong community support.

This award was developed by the Environmental Council of Rhode Island as a way to honor the memory of the late Senator Chafee and his lifelong efforts to protect our natural environment. The awards are given annually to non-profits,

volunteer groups, companies or municipal agencies to highlight outstanding projects which provide significant benefits to the community, ecological systems and natural resources of Rhode Island.

The Sanctuary was certainly in good company as other programs and projects were also highlighted for their

conservation efforts.

They included the Town of East Greenwich, for the construction of a safer Ultra-violet Disinfection system in their wastewater treatment facility, The Southside Community Land Trust, for the Farm Business Incubator program which helps local urban com-

munities to improve their quality of life, REC Fuel for offering a Bio-diesel alternative at its fueling station in Providence, which promotes cleaner air and sustainable energy, and the Town of Narragansett for successfully installing a water quality basin to help protect, preserve and enhance the water quality of Narrow River.

It was truly an honor to receive such a prestigious award, especially considering the breadth of projects honored that evening. The award is currently on display in the Sanctuary Administration Building.



Stacy Couto photo

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Each staff member has an identifying icon. Please follow the guide to identify articles in the newsletter.



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Stacy Couto
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David Collins
EDUCATION SPECIALIST



Linn Lydon
EDUCATION SPECIALIST



Megan Bradley
OFFICE MANAGER



Melissa Martin Ellis
NEWSLETTER EDITOR



Director's Notes

Dear Friends,

It's not unusual for a sanctuary director to be asked, "What makes your center special?" It happens every day. Visitors, volunteers, donors, they all want to know. For me, there are three aspects of the Norman Bird Sanctuary that make it special: its diversity of habitats, its link to the past through the historic structures and landscapes, and its commitment to education.

At the core of the Sanctuary is its property: a rambling, incredibly diverse landscape that ranges from beaches and dunes to old growth forest and rocky ridges. The scale of the property, the fact that all these different habitats exist in a relatively modest 300 acres accessed by seven miles of trails, the scenic vistas of forest, field and ocean, all foster the contemplation and enjoyment of the natural world in an intimate and peaceful setting: an unhurried experience with the real world seemingly light years away from the virtual age. This is the hallmark of the Norman Bird Sanctuary experience, an experience that is remembered forever by the thousands of visitors who come here annually from all over the world.

Locating the Sanctuary in a site as beautiful as the Paradise Farm was a deliberate and inspired decision. Mabel Norman Cerio was keenly aware of the importance of the Paradise farm for birds and other wildlife. We prize our role as custodians of a grand landscape of forests and fields on the edge of one of the most appealing maritime villages in the country. From the lawn of the Paradise Farmhouse, our visitors can look south across open fields to the Atlantic Ocean and west to the forested ridges of Middletown. As they walk among the buildings that make up the main campus of the Sanctuary, they see a fusion of old and new. As the Sanctuary continues to improve the functionality of our buildings, we have committed ourselves to protecting the historic feel of the original farmstead. These buildings house an array of resources, from offices and a gift shop to classrooms and exhibits. Collaborating regularly with local individuals and organizations, the Norman Bird Sanctuary takes advantage of its special location as it uses the resources around it as a foundation for the third and most important of its special qualities: our commitment to education.

To us at the Sanctuary, the quality of education programs that describe or interpret the world around us are as important as nature itself. Given the Norman Bird Sanctuary's dual nature as both a sanctuary and an education center, we can and should foster learning about the natural world as we promote the protection and conservation of habitats. In making this point, I often speak as a headmaster might. I see the Sanctuary's role in the world as analogous to that of a classroom or living laboratory, a place that fosters experience, insight, and explanation in a variety of ways. Our education programs provide an opportunity for students of all ages to inquire, touch, smell, and see. Our exhibits, lectures, and printed material offer a variety of perspectives on different aspects of the natural world, including birds.

The catalyst energizing our mission and programs is our commitment to promoting greater public engagement in appreciating the beauty and subtlety of our local biodiversity and history, greater insight into the workings of the natural world. Our regular, daily challenge is making the natural world more accessible to adults and children of all ages. This commitment is what drives us and our institution every day, in everything we do.

Rob Cardeiro
Executive Director



Feature Article

Spotlight on Marilyn!

by Cat Rosario & Jessica McCauley

The muddy mess of a rainy April day does not get in the way of Marilyn Lyell, our fearless preschool leader. Bursting with energy and a charismatic smile, Marilyn announces that deer are the theme of the day. Her enthusiasm is contagious, she bounds across the room with antlers... yes, antlers, atop her head. Right on cue, the White-tailed Deer choose that day to frolic and gather in the field. A wonderful teachable moment!

Setting out on foot, Marilyn leads the courageous group of excited preschoolers and parents along the Sanctuary's muddiest trail, slurping and sloshing and sometimes stopping on the way to splish-splash in the puddles. She doesn't think there is enough silliness in the world, and loves bringing out such joy in people, especially parents. Marilyn grew up in California, where her love for nature was born, and she has been teaching Preschoolers with Parents at the Sanctuary for twelve years! She first got involved when she brought her then preschool-age sons, Slader and Andrew, to the group, and stepped in when an instructor was needed.

Always staying active, Marilyn plays tennis and volleyball competitively and also enjoys golf, soccer, and yoga. She works as a bookkeeper for the Newport glassblowers, has been president of the PTA for thirteen years, and belongs to a book club. For the past twenty-

three years she has gone on a yearly adventure with her best friend. She finds adventure in her travels, recently returning from Paris, and now planning a biking and hiking trip to Bryce, Zion and Grand Canyon National Parks. She is married to Chan, her husband of twenty-four years, whom she deems "the most wonderful man in the world." Besides being a mother, wife, friend, and educator, Marilyn is also a warrior for the natural world. She takes her own cloth bags to the grocery store!

How wonderful to be three feet tall, where the world is still exciting,

fresh, and unknown. Who better to facilitate that process than someone who finds joy equally in outdoor exploration and encouraging young, curious children to experience the world through all their senses? A child's relationship with the natural world is only as profound as we encourage it to be. Nurturing a loving bond with nature begins at an early age, and parents and caregivers are crucial to that process. Within Marilyn's experience, dedication, and teaching there is a special something that empowers young people to eagerly embrace their environment, and for that we say "Thank you, Marilyn!"



Cat Rosario photos

Above: Look what I made!
Left: Marilyn wearing her antlers





Norman's Activity Page



Cheerio, Everyone! Our friend Marilyn has some very interesting activities for you AND your parents this time! We love her ideas for enjoying all that nature has to offer, we think you will, too!

* * * * *

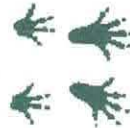
Fun in Nature - According to Marilyn



Colors in nature – Young children are excited about learning their colors! Give your child a crayon, scrap of construction paper, paint chip, or colored block. Search for a color that matches....leaves, fruit, rocks, and flowers offer a rainbow to choose from.



Scat is SO interesting! All animals poop and searching for wild animal droppings or "scat" along the trails is great for focusing attention. Animal tracks, tunnels, nests and shelters are fun to look for, too.



Water is wonderful! Put on your boots or take off your shoes and splish-splash in ponds, mud puddles, or salt water this summer. Walk in the rain! Dip a net and see who you find!

Stories and songs along the trail – Any book by Eric Carle.
Silly songs with animal sounds.



Counting Sounds – Nature is noisy! Sit on a rock or lie on your back in a field, close your eyes and listen. Count on your fingers how many different sounds you hear!

Marilyn's Advanced Family Challenge: While traveling this summer, or merely doing errands around town, spot a red sports car with the top down containing two people and a dog, pull over immediately for ice cream anytime, anywhere!



JUNE 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6 Guided Bird Walk	7	8	9	10	11	12
13 Guided Bird Walk	14 <i>Flag Day</i>	15	16	17	18	19
20 Guided Bird Walk	21	22	23	24	25	26
27 Guided Bird Walk	28	29	30			

JULY 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Young Children's Storytime	2	3
4	5	6 Tai Chi	7	8 Metamorphosis Puppet Show	9 Tai Chi	10
11 Guided Bird Walk	12	13 Tai Chi	14	15 Young Children's Storytime	16 Tai Chi	17
18 Guided Bird Walk	19	20 Tai Chi	21	22 Young Children's Storytime	23 Tai Chi	24 Dragonfly Adventure
25 Guided Bird Walk	26	27 Tai Chi	28	29 Herb Walk Metamorphosis Puppet Show	30 Tai Chi	31



Educational Programs

Sunday Morning Birdwalks

**Every Sunday at 8:00 AM except the Fourth of July
Free to the public.**

Summer is here! The birds are singing, nesting, and feeding their young. Join us for a guided bird walk around the local area. Dress appropriately for the weather and for hiking on rough terrain. Bring binoculars and meet us in the Sanctuary parking lot at 8:00 AM.

Young Children's Story Time

**Thursdays, July 1, 15, 22, 29
August 5, 19**

**Metamorphosis Puppet Show
Thursdays, July 8 & August 12
10:00 - 11:00 AM**

Free to young children and their parents, grandparents, or caregivers.

Join us for stories, puppets, live animals and nature exploration. Different stories will be read each week. Come once or every week! Children must be accompanied by an adult. In nice weather, this will take place in the orchard, so you may want to bring a blanket or lawn chairs to sit on. *Do you have children's stories with a nature theme taking up space on your teen-ager's bookshelf? The Sanctuary uses stories in many of its educational programs, and would appreciate appropriate donations. Thank you!*

Tai Chi in Nature

Tuesdays & Fridays, July 6, 9, 13, 16, 20, 23, 27, 30 August 3, 6, 10, 13, 17, 20

7:30 - 8:30 AM

Adults \$112 for Members, \$140 for Non-members

Children 10 - 17 years, \$55 for Members, \$70 Non-members

Introductory Tai Chi class with Ty Romijn in a natural setting. In observing the way nature grows and interacts, the ancient Tai Chi practitioners strived to emulate what they saw. During this 7-week class, we will learn together one of the many forms that came out of that study. And we will do it in a beautiful setting at the Sanctuary, overlooking the water with nature abounding.

Minimum: 5 participants.



Dragonfly Adventure

**Saturday, July 24
10:00 AM - 12:00 Noon**

**Free to the public
Registration required**

Join Odonatologist Ginger Brown of the Rhode Island Natural History Survey on an exciting investigation into the dragonflies and damselflies of the Sanctuary. We will head out on the trails with insect nets and field guides to seek out these beautiful and fascinating creatures. The information you help gather will be part of the Rhode Island Odonata Atlas and will be added to the Sanctuary's inventory of species.

Evening Herb Walk

**Thursday, July 29th
6:00 - 8:00 PM**

\$6 Members, \$8 Non-members

Adult Guided Walk

In summer, the fields and forests are rich and abundant with healing plants. Join herbalists Hap and Clara Morgan as we explore the habitats of the NBS and identify the various wild herbs used for medicines. Dress for the weather and wear sturdy hiking shoes. **Minimum 7**

The Norman Bird Sanctuary's Bird Ball

**Saturday, August 21,
7:00 PM**

\$125, Sponsorships from \$500

Join us for an enchanting evening at Paradise Farm. Enjoy spectacular water views and the stylings of Richard Carbotti and Perfect Surroundings, Inc. Feathery, festive attire encouraged! All proceeds from this event will benefit the Sanctuary. www.birdball.org. Make your reservation today.

Herbs and Natural Healing Class

**Thursdays, August 12, 19, 26
6:00 - 8:00 PM**

**\$45 Members, \$55 Non-members
Adult Program**

Hap and Clara Morgan of Herbal Alternatives will present an intensive three-part class that will cover the fundamentals of herbalism. Part I will be an introduction to herbal medicine and plant identification. A slideshow on medicinal plants will be included. Part II will be an herb walk focusing on plant identification, field botany & wildcrafting techniques (collecting of wild plants). Part III will focus on creating herbal medicines including salves, liniments, herbal teas, and the conservation of important medicinal herbs. **Minimum 7**



Educational Programs

Advanced Herbal Medicine Making

Sunday, September 12

2:00 - 5:00 PM

\$25 Members, \$35 Non-Members

This workshop will offer more advanced training in herbalism, continuing from where the introductory course *Herbs and Natural Healing* left off. As an advanced course, this workshop is open to those who have previously participated in the *Herbs and Natural Healing Class* or who have already some sound background in herbalism. You will learn how to prepare tinctures, capsules, pills, fomentations and poultices, and examine the healing properties of some medicinal plants more closely. **Minimum 7**

Preschoolers with Parents

Wednesdays 1:00 - 2:00 PM

Session A September 1, 8, 15, 22

Session B October 6, 13, 20, 27

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**

Tree Talk, Tree Walk

Saturday, September 18

3:00 - 5:00 PM

Free to members, \$5 Non-members

Registration required

Like most of New England, the Sanctuary property was cleared of

its original forest cover in the 17th century, when it was settled by European colonists. Second growth forest has now reclaimed much of what once was hay meadows, tilled farmland, or pastureland.

Join naturalist Garry Plunkett on a stroll around the property to identify trees and speculate on what they tell us of the land and its history.

SAVE the DATE

Harvest Fair

Saturday and Sunday, October 2 & 3

10:00 AM - 5:00 PM

Celebrate the season with our 30th



annual Harvest Fair event. Field games, crafts, pony rides, vendors, food, and musical entertainment. A whole lot of fun for every member of the family, and a great way to support the education programs of the Norman Bird Sanctuary. See you there!

RI Environmental Education Alliance Annual Conference

Saturday, October 30

8:30 AM - 3:00 PM

Roger Williams Park, Providence, RI

\$40 Standard \$30 Students

An excellent way for teachers,

youth leaders, or parents to delve into environmental education. Registration includes workshops, a membership to RIEEA, lunch and a raffle.

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 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.

AUGUST 2004



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Young Children's Storytime	6 Tai Chi	7
8 Guided Bird Walk	9	10 Tai Chi	11	12 Metamorphosis Puppet Show Herbs & Natural Healing Class	13 Tai Chi	14
15 Guided Bird Walk	16	17 Tai Chi	18	19 Young Children's Storytime Herbs & Natural Healing Class	20 Tai Chi	21 The Bird Ball
22 Guided Bird Walk	23	24	25	26 Herbs & Natural Healing Class	27	28
29 Guided Bird Walk	30	31				

SEPTEMBER 2004



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Preschoolers with Parents Session A	2	3	4
5 Guided Bird Walk	6	7	8 Preschoolers with Parents Session A	9	10	11
12 Guided Bird Walk Advanced Herbal Medicine Making	13	14	15 Preschoolers with Parents Session A	16	17	18 Tree Talk
19 Guided Bird Walk	20	21	22 Preschoolers with Parents Session A	23	24	25
26 Guided Bird Walk	27	28	29	30	31	



AmeriCorps

The Ocean State Environmental Education Collaborative is a joint effort of NBS, Save the Bay and Roger Williams Zoo to better serve the core cities of Rhode Island. AmeriCorps members are the key force behind the project.

A Sanctuary, Not Just for Wildlife . . . but for the Soul

-An excerpt from a poem by Catherine Rosario



Cat Rosario photo

Sharing a laugh at Birds and Breakfast.



David Collins photo

A fledgling friendship learning to fly.



Jessica McCauley photo

Getting things done!

Norman Bird is like a living meditation...

*where a sanctuary has been created, life
found a home,
where every creature has its own
special niche,
its own sound,
they all merge,
knowing this, I am, with them,
connected,
embraced by joy and peace,
listen, to their stories,
on the wing, or on the run,
A sense of comfort emanates from
this space.*

*Ray awhile and be inspired....
marvel in the way the bends and sways
of the trees create poetry,
nature's thoughts and mine,
intertwine, creating metaphors
with the vines, the wildlife, and other trees...*

*Deeper and deeper into nature I go,
full of questions,
free to write, to just be,
careful not to disturb what is beneath.
The birds above continue to guide and
shelter me.
For I am a fledgling, who will one day fly,
my bond with nature grows stronger still,
and in her presence, I am whole,
and I know,
wherever she is,
I am home...*



Lauren Bourque photo

Trail Maintenance 101.



Cat Rosario photo

Creating a bird mask.



Cat Rosario photo

The Worm Lady, Jean Tierney!





Volunteers & Events

Birds & Breakfast 2004

by Stacy Couto

It was a beautiful Sunday morning here at the Sanctuary on May 16th, as we hosted our annual May breakfast event. Friends and neighbors joined us for a delicious buffet breakfast, live music provided by Peter Piltz and guided bird walks for birders of all ages!

This year, the morning was filled with great activities scheduled throughout the morning. The NBS education staff created a wonderful program especially for children, which included story times, a hawk talk, mask-making and worm bin exploration, encouraging many families to stay and participate! This was certainly a very welcome addition to the event! Our feature semi-

nar was conducted in the studio by Rosanne Sherry of the U.R.I. Master Gardeners. It included a slide presentation and helpful tips for gardeners.

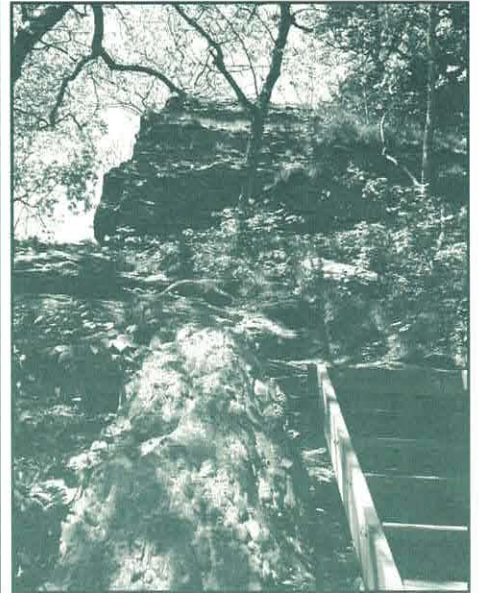
We would like to thank our many volunteers who worked so hard to make the event a success. We could not do it without you! We'd also like to extend out sincere thanks to our local supporters: businesses, caterers, restaurants and bakeries who donated the delicious food for the event. Please join us in thanking the following establishments for their generosity and continuing support:

Ocean Coffee Roasters • Harvest Natural Foods • Marriott Hotel

• Bagel Boys • Café Zelda • Catering Concepts • Fatulli's Gourmet Bakery & Deli • IHOP • La Forge • Ocean Breeze Café • Sardella's • Shaws • Stop 'n Shop • The Market-Newport Gourmet • Tommy's Diner.

New Stairs

Max Whitney will be attaining the rank of Eagle Scout with the completion of the much-needed stairway on Hanging Rock Trail. Great job, Max... and thank you!



Melissa Martin Ellis photo

Yet another awesome Eagle Scout Project.

Birds & Breakfast 2004 photos



Cat Rosario photo



Brendan Dee photo



Cat Rosario photo

Left to right: Taylor Knoop shows off her bird mask, Education Director, Lauren Parmelee, leads family bird walks and Education Specialist David Collins leads a Red-Tailed Hawk Talk.



Trails & Tails

Birds and Breakfast & Birding Update

by Veronica Hinds

The weather gods were on our side for our annual Sunday morning birding (and eating) extravaganza! According to our local weathermen, we should have been soaked out, but fortunately for us, the forecast was inaccurate, believe it or not!

I would like to send out a sincere thank you to all our Bird Walk leaders. Thank you to: Lauren Parmelee, Bill Saslow, Larry Taft, Hap Morgan, Charles Avenego, Dana Reed, and Christopher LaMonica. We couldn't hold this event without your willingness to lead us into the wonderful world of birding.

Here's our annual countdown:

Red-throated Loon
Common Loon
Double-crested Cormorant
Great Blue Heron
Great Egret
Green Heron
Black-crowned Night Heron
Yellow-crowned Night Heron
Glossy Ibis
Turkey Vulture
Canada Goose
Wood Duck
Mallard
Osprey
Red-tailed Hawk

Ruby-throated Hummingbird
Red-bellied Woodpecker
Downy Woodpecker
Northern Flicker
Eastern Phoebe
Great Crested Flycatcher
Eastern Kingbird
White-eyed Vireo
Red-eyed Vireo
Blue Jay
American Crow
Tree Swallow
Barn Swallow
Black-capped Chickadee
Tufted Titmouse
White-breasted Nuthatch
Carolina Wren
House Wren
Hermit Thrush
American Robin
Gray Catbird
Northern Mockingbird
European Starling
Cedar Waxwings
Northern Parula
Yellow Warbler

Magnolia Warbler
Black-throated Blue Warbler
Yellow-rumped Warbler
Blackpoll Warbler
Black-and-white Warbler
American Redstart
Common Yellowthroat
Eastern Towhee
Song Sparrow
Northern Cardinal
Bobolink
Red-winged Blackbird
Common Grackle
Brown-headed Cowbird
Baltimore Oriole
House Finch
American Goldfinch
House Sparrow

In total, we saw 55 birds. Not too shabby for a day that was predicted to be a wash out! Thanks to everyone who joined us for Birds and Breakfast 2004. It was a great day. We hope you enjoyed the event and we'll see you again next year!



Brendan Dee photo

Embarking on morning bird walks led by our faithful volunteers!

Norman Bird Sanctuary
583 Third Beach Road
Middletown, RI 02842

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