

The Norman Bird Flyer

Volume 18, No. 1

Winter 1997

Looking for a way to attract birds to your backyard year round? Try complementing your backyard birdfeeder with flowers, shrubs and/or trees that will not only make your yard more beautiful, but will also attract songbirds.

Everyone knows that birds eat seeds and grains. The commercial birdfeeder mixes sold at supermarkets and garden centers usually contain sunflower seeds, hemp, millets, and cracked corn. Most birds also like berries and small fruits. Bluejays, grouse and cedar waxwings will even eat buds, and other

birds, such as finches, will eat the flowers of honeysuckle and forsythia.

The key to success in attracting several species of birds is to offer a variety of foods. Equally important is providing food and water all year round. The right habitats,

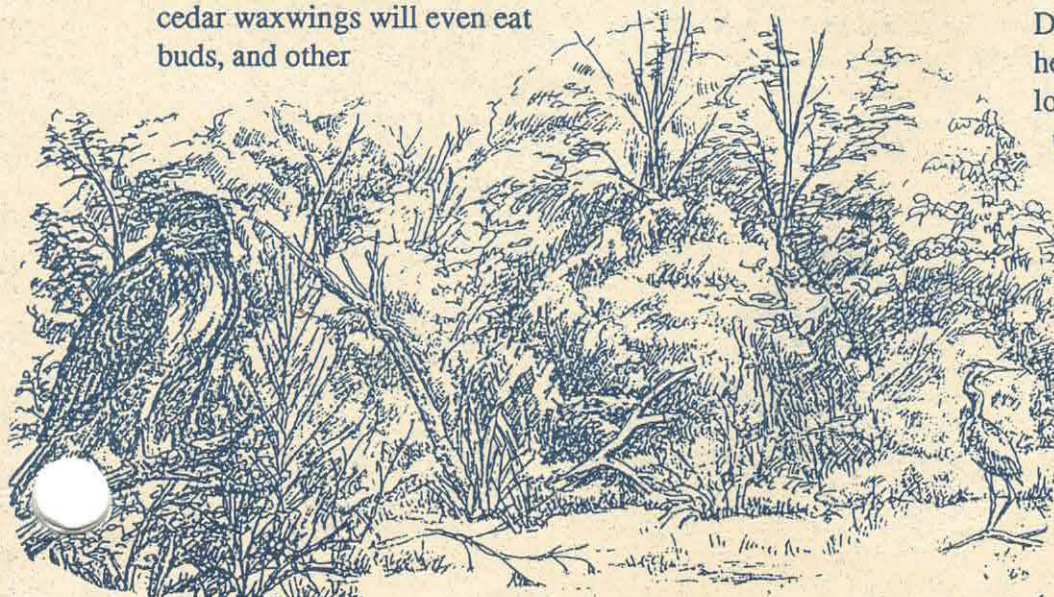
By
Lawrence Taft

well stocked, will attract migrating birds in spring and fall and may even entice some to winter over.

If you find the local garden shops a bit pricey, several agencies in Rhode Island, such as the Eastern Conservation District or the DEM Division of Forestry sell healthy seedlings at very low prices. Their sales usually occur in the early Spring, around Arbor Day. Conservation packets and wildlife packets, containing carefully selected species, are often available.

If you decide to plant for birds, we

(article continued on page 2)



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strongly suggest planting native plants rather than exotics. Native plants not only require less care, but because they are already adapted to local climate they are unlikely to become unmanageable or invasive as some exotics do. If you do decide to plant non-native plants, please, at least avoid the ones that are known to be invasive. Invasive grow so well they push out the native plants. Among the worst offenders in this category are autumn olive (*Elaeagnus umbellata*), Japanese barberry (*Berberis thunbergii*), multiflora rose (*Rosa multiflora*), bittersweet (*Celastrus orbiculatus*), and tartarian honeysuckle (*Lonicera tatarica*). Though these plants offer plenty of food for birds, they wreak havoc on nature preserves and other natural areas.

Birds need cover as well as food; brush piles and small evergreens make good winter cover. Birds also like "edge", where two habitats meet; grass and shrubs, lawn and flowers bed, field and trees. Different species of birds prefer different habitats. Birds feeding will, in turn, attract even more birds. Water is always attractive to birds, but is especially important in the winter, when most natural sources are frozen and unavailable.

Below are species of seed and berry producing plants and the type of birds that they attract.

Grosbeaks, Robins, Cedar Waxwings, Orioles, Catbirds, Brown Thrashers, Flickers, Purple Finches, Bluebirds, Vireos, Myrtle Warblers and, Tree Swallows are some of the birds attracted by the berries of the following plants:

Trees

Flowering crab (*Malus floribunda*)
Cherries (*Prunus* spp.)
Dogwood (*Cornus* spp.)
Shadbush (*Amelanchier canadensis*)
Washington thorn (*Crataegus phaenopyrum*)
Mountain Ash (*Fraxina americana*)

Shrubs

Bayberry (*Myrica pensylvanica*)
Red osier Dogwood (*Cornus stolonifera*)
Winterberry (*Ilex verticillata*)
Viburnum (*viburnum dentatum*)
Blueberry (*Vaccinium* spp.)
Elderberry (*Sambucus canadensis*)
Blackberry (*Rubus canadensis*)
Raspberry (*Rubus idaeus*)
Privet (*Ligustrum regelianum*)

Redpolls, Siskins, Grosbeaks, Crossbills, Titmice, Tree Sparrows, and juncos eat the seeds of these:

Trees

Birches (*Betula* spp.)
Red Cedar (*Juniperis virginiana*)
Spruces (*Picea* spp.)
Hemlock (*Tsuga canadensis*)

Shrubs

Shrubby St. John's wort
(*Hypericum spathulatum*)

Vines

Grape (*Vitis* spp.)
Virginia Creeper
(*Parthenocissus quinquefolia*)

Remember, a weed patch: pokeberry (*Phytolacca americana*), goldenrod (*Salidago* spp.), sunflower (*Helianthus* spp.), lambs quarters (*Chenopodium album*), meadowsweet (*Spiraea latifolia*) etc. attract winter birds.

For more detailed information, see the October, 1985 issue of *Horticulture* magazine. The Audubon Societies of RI and Massachusetts have published brochures on the subject. Another good source of information is through the Wild Plant Society, whose mission is the preservation and protection of RI's native plants. In the next issue of the Norman Bird Flyer, we will have some suggestions for planting flowers to attract hummingbirds and butterflies.

EXECUTIVE DIRECTOR'S NOTES

In the last issue of this newsletter we tried to give a brief explanation of the Trusts that were set up by donor/founder Mabel Norman Cerio and the Sanctuary's relationship to them. With the risk of being repetitious, I would like to state it again.

The Paradise Farm Trust was set up to terminate 21 years after the death of Mabel's daughter. Thereupon, the 61/2 acre property would be conveyed to the Norman Bird Sanctuary. At the same time, the Third Beach Trust would also terminate and that property would then be conveyed to the Norman Family.

As we have previously written, the buildings at Paradise Farm have fallen into a state of disrepair, especially the farm house. Over the past several years our Board of Directors' has been trying to resolve how the buildings might be saved, and to assure that the Sanctuary continues to have space for its administrative and educational functions in the years to come. Through this newsletter, we have also tried to keep you, our members informed on the development of this sensitive issue as much as we could given that we were also negotiating with the Norman Family and the Trustee, RI Hospital Trust Bank.

It now appears that we may be close to a resolution regarding the future of Paradise Farm. The highlights of our tentative agreement are outlined below:

* Half of Paradise Farm (approximately 3 acres), including the Barn and other out-buildings that the Sanctuary uses but doesn't own, would be conveyed immediately to the Norman Bird Sanctuary Trust.

* The rest of the Paradise Farm property, including the farm house and studio, would remain in a separate trust. The Norman grandchildren, would assume responsibility for restoring and maintaining those buildings. In exchange, they would be granted a 42 year lease.

* The Third Beach Trust would be terminated immediately and will be conveyed to the Norman grandchildren.

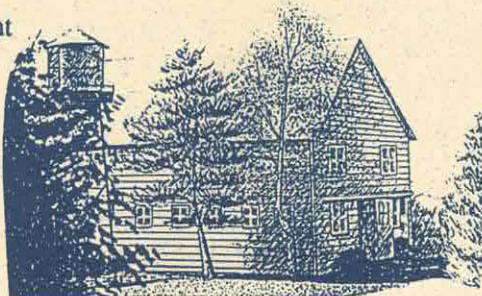
* The Friends of the Norman Bird Sanctuary will be named Co-Trustee of the Norman Bird Sanctuary Trust.

We believe that this tentative agreement represents a fair compromise, balancing the interests of the Norman Bird Sanctuary Trust and the Norman Family, and is consistent with the intent of the Will of Mabel Norman Cerio.

We are very grateful to Betsy deLeiris, who as a volunteer, shepherded us through this project as an advocate for the interests of the Norman Bird Sanctuary. If it weren't for her leadership and tenacious effort, during this long and difficult process, I am almost certain that we would not have come this far.

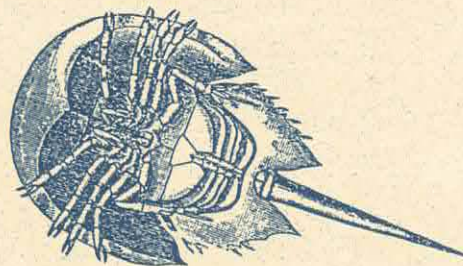
We will be greatly relieved when this issue has finally been settled, so we can move forward with our mission of habitat protection and education and begin to work on implementing our recently adopted strategic plan to achieve our vision for the future.

Lawrence Taft
Executive Director



CORRECTION

A misprint appeared in our last newsletter regarding the stipulation of Mable Norman Cerio's will. It stated that Paradise Farm would revert to the Norman Bird Sanctuary 21 years after Mabel's death. The correct terms of her will state it will revert to the Norman Bird Sanctuary 21 years after Mabel's daughter's death.



NBS Featured on Educational Television

On December 5th, NBS Director, Larry Taft, made a guest appearance on The New England Aquariums television program "The World of Water" on MCET in Boston. The "World of water is a 15 part series that investigates various aquatic ecosystems. Larry's appearance was on episode #4, The Salt Marsh, in which he discussed the ecological and conservation values of saltmarshes and talked about some of the plans and animals found there.

The "World of Water" was broadcast by satellite to over 200 schools throughout the country.

ENVIRONMENTAL PROGRAMS

Children's Nature Stories

Grades: K - 4

Day: Saturday

Date: Jan. 18, 25 and Feb. 1

Time: 10:00 - 11:00 AM

Fee: Free

Pre-registration and pre-payment required.

Children's Program

"The old man opened his mouth to speak, but no words came out. He grew smaller and smaller and the sweat poured from his brow as he melted away. Then he was gone." -Keepers of the Earth. Children will enjoy winter tales while snuggling up to the woodstove and sipping hot cocoa. Wear warm clothing just in case we take a short hike!

Winter Vacation Week

Grades: K- 4

Days: Tues. - Friday

Dates: Feb. 18 -22

Time: 9:30 AM - 12:30 PM

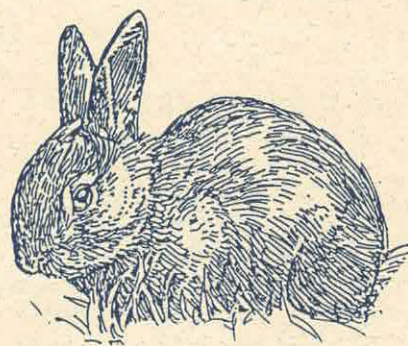
Fee: \$40.00 Members

\$50.00 Non-members

Pre-registration and pre-payment required.

Children's Program

Who needs Disney World when we have the natural world at our finger tips! Some very exciting animals have chosen to stay here too. Spend winter vacation at the Sanctuary and learn how plants and animals survive during the cold winter months. Daily hikes along the trails will be followed by crafts and games. Mickey and Minnie don't know what they're missing! *Please dress for the weather!*



Animal Signs In Winter

Grades: K -8

Day: Saturday

Date: March 1

Time: 10:00 AM -12:00 Noon

Fee: \$4.00 Members

\$6.00 Non-Members

Pre-registration and pre-payment required.

Children's Program

The animals are out there! Help us search the Sanctuary for tracks, winter burrows and other signs of life. Migrators and hibernaters are hard to find this time of year but there are many active animals, such as red fox and cottontail rabbit, that are still around. The evidence is everywhere. Come and search for the clues!

Handmade Valentines

Grades: 2 - 8

Day: Saturday

Date: Feb. 8

Time: 11:00 AM - 2:00 PM

Fee: \$8.00 Members

\$10.00 Non-Members

Pre-registration and pre-payment required.

Children's Program

Create unique valentines that you will want to frame and recycle at the same time! Children will enjoy learning the easy art of papermaking while making a gift for that special someone. Please bringh a lunch and wear warm clothes, we may take a short hike while our creations are drying.

(Programs Continued)

Spring Egg Hunt for Members Only

Day: Saturday

Date: March 22

Time: 1:00 PM

Fee: \$8.00 child/\$11.00 per family

Pre-registration and pre-payment required.

Children's Program

Come celebrate the return of Spring and the warmer weather. Join us for our annual Spring Egg Hunt. Search the orchard, barn and upper trails for chocolate eggs and other goodies. Special "Earth Eggs" will be filled with earth-friendly surprises. Children ages 3-10 may participate in this members-only Sanctuary event. Please bring your own collecting basket. Early registration is suggested.



Snowshoeing Workshop w/ Roger Gilman

Date: Saturday, January 25

(no snow date: Sat. Feb. 1)

Time: 1:00 - 2:30 PM

Fee: \$4.00 Members

\$6.00 Non-Members

Pre-registration and pre-payment required.

Family Program

Have you ever wished you could walk upon the deep freshly fallen snow? Well here's your chance. Roger Gilman, published snowshoe historian and expert snowshoer, will not only give us tips on how to snowshoe, but he will also demonstrate and "shoe" us his extensive collection of snowshoes from around the world. Bring your own snowshoes or borrow a pair of Roger's or ours, for a fun afternoon.

Winter Nature Walk

Day: Saturday

Date: Feb. 22*

March 15

Time: 10:00 AM - 12:00 Noon

Fee: ***Free** to Winter Festival button wearers

\$4.00 Members

\$6.00 Non - Members

Preregistration and pre-payment required.

Family Program

Come join Sanctuary Naturalist, Hap Morgan, for an exciting walk along the ridges of the Nelson Pond Trail and the Red Fox Trail. Guaranteed to be an enjoyable experience. Please dress for the weather and wear comfortable hiking shoes.

Owl Prowls

For Adults

Date: Tues. Jan. 21, Rain date-Jan 28

For Families

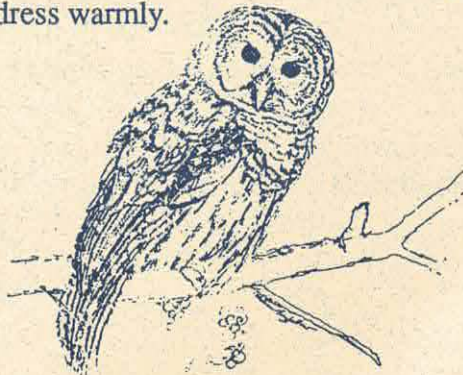
Date: Thurs. Jan. 23, Rain date- Jan 24

Fee: \$4.00 members

\$6.00 Non-Members

Pre-registration and pre-payment required.

If you've ever had an interest in owls then join us for an evening walk in search of these beautiful and expert night hunters. We may hear the Great Horned or the Screech owls calling for a mate. We may even have the joy of seeing an owl close-up. Using slides and props we will learn about the native owls of Rhode Island and how they have adapted to hunt in the dark of night. Please dress warmly.



(*Programs continued*)

Valentine's Day Night Hike

Day: Friday
Date: Feb. 14
Time: 7:30 - 9:00 PM
Fee: \$9.00 Members
\$12.00 Non-Members

Pre-registration and prepayment required.

Adult Program

You're invited to join Education Specialist Dana Chrostowski, for a romantic Valentine's evening walk under the moon and stars. We'll enjoy the sounds of winter in the woods and fields and listen to our local owls as they call to their mates. A sweet treat will be provided following the walk.



Geology of Hanging Rock

Day: Saturday
Date: March 8
Time: 10:00 AM - 12:00 Noon
Fee: \$4.00 Members
\$6.00 Non-Members

Pre-registration and pre-payment required.

Adult Program

The geology of southeastern Aquidneck Island is both beautiful and wonderfully unique. The 250 million year old rock formation called Hanging Rock has a very long earth history and it has fascinated geologists, artists and nature lovers for more than two centuries. Join us for a field trip out to this ridge and learn about the powerful forces which helped create this prominent landmark. Please dress for the weather and wear comfortable hiking shoes.

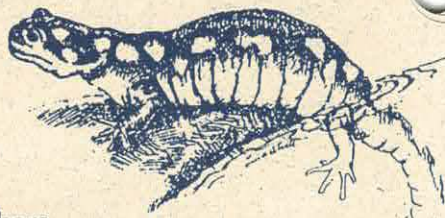
Frogs, Toads, Salamanders, Snakes and Turtles

Day: Thursday
Date: March 13
Time: 7:00 PM
Fee: \$4.00 Members
\$6.00 Non-Members

Preregistration and pre-payment required.

Family Program

Chris Raithal, Senior Wildlife biologist from DEM Fish and Wildlife, will enlighten us with his knowledge of the local frog, toad, salamander, snake and turtle populations (collectively called Herps). There will be an exciting lecture and slide presentation and then, if weather is permitting, we will venture down to the pools and ponds to explore for mating salamanders and frogs. Please dress for the weather and wear boots.



Woodcock Walk

Day: Thursday
Date: March 20
Time: 5:30 - 7:00 PM
Fee: \$4.00 Members
\$6.00 Non-Members

Pre-registration and pre-payment required.

Adult Program

Last year we had an outstanding response from our resident woodcocks. Almost as if on cue, we were quickly surrounded by a half-dozen amorous male birds. We watched them perform their bizarre and amazing courtship flight. Join us for an early spring walk in search of these odd birds.



Join us for some winter time herb classes with

The Herb Wyfe



*Susan Clements is a herbalist in the folkloric tradition. Her love affair with the Green World spans 17 years. She is an educator, presenting and sharing around southern New England and at major herbal conferences, as well as conducting extended study programs in herbalism and women's mysteries. In 1988 she opened **The Herb Wyfe** in Wickford and leads expeditions to the Belizean Rain Forest to study with Dr. Rosita Arvigo. Her greatest joy in herbalism is witnessing the transformation which takes place in people when they enter through the doorway to the green world.*

Introduction to Medicinal Herbalism

Since the beginning of time plants have been utilized for their powerful healing properties. Join us for this evening program as we begin to explore the ancient art form of medicinal herbalism. Discussion will center around the practical applications of some common and familiar herbs, as well other foundation building information for budding herbalists. Bring your questions and a notebook.

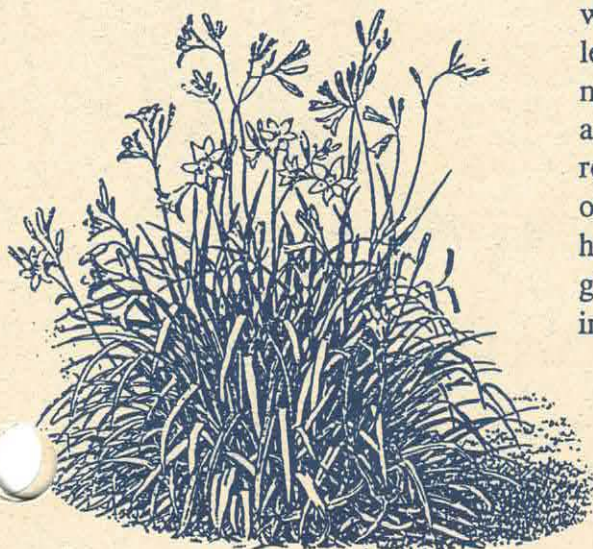


Wednesday, January 29

7:00 PM

\$15.00 Members

\$20.00 Non-Members



The "Fun" damentals of Herbal Medicine

There is incredible joy, fun, empowerment and transformation in the green world! Using plants for their healing properties opens our hearts and souls to untold magic! This day will provide more clarity and confidence for the individual wishing to explore an herbal medicine path. Participants will learn how the plants teach us who they are when we create medicines like tinctures, balms, teas and oils: how to treat chronic and acute health challenges; some background and history surrounding herbalism over time; harvesting, preparation and storage of your cultivated and wild herbs; important herbs to know and have in our medicine chest. Please bring a small (4-8 oz.) clean glass jar and be prepared to have the green world sweep you up into its magic.

Saturday, February 15

10:00 - 4:00 PM

\$50.00 Members

\$60.00 Non-Members

ANIMAL PAUSE

Most of you are aware that it is not our policy to take in injured wildlife due to federal and state regulations and often the animals need veterinary care. However, on occasion, we will take in injured raptures for rehabilitation and release in cooperation with a licensed rehabilitator. This past fall our flight cages were once again put use. We received three American kestrels, all of which were found as immatures. We also received a Cooper's hawk which had a head injury. The Kestrels were quick to be released. The Cooper's Hawk needed more time for healing and regaining the skills needed for survival in the wild.

Because of a head injury, there was great concern for a successful release. The hawk reached a point where we felt that it would be able to be successfully released. To see a bird such as the Cooper's Hawk take flight to a nearby tree after overcoming a possible fatal injury was uplifting to the spirit. In the future we hope to provide other raptors with the same success.



The hawk getting ready to take flight and return to freedom

In 1971, the Cooper's Hawk was put on the "Blue List" by the Audubon Society. The "Blue List" provides early warning for locally threatened species. Scientists link the decline of the Cooper's Hawk to the use of the pesticide DDT. Since the banning of DDT use, the populations of Cooper's Hawks are on the upswing. Cooper's Hawks live in woodland areas hunting on the wing and feeding primarily on small birds, reptiles, amphibians and mammals. We believe that our hawk is still around and has been seen stalking small birds at our bird feeding station.

The Winner Is...

Congratulations to volunteer Ashley Easely who was the winner of the "Name that Chicken Contest".

Thanks to Ashley, our three beautiful Rhode Island Reds were bestowed with the distinguished names of Rosie, Roxy and Ruby. For her creative genius, Ashley received a gift certificate to The Barn Owl Shop.

Thanks to all who entered. The staff had many great names to choose from!

Spring in Bloom

Where? At the Rhode Island Spring Flower & Garden Show that's where! The Norman Bird Sanctuary's appearance at the show was such a success last year we decided to make it even bigger and better this year.

This year we will be having two booths (#113 & #115), which will incorporate not only an educational area, but a retail space as well. A small-scale demonstration garden featuring plantings for wildlife will be displayed as well as information available for you to create your own wildlife habitat in your own backyard.

The Sanctuary is in need of sponsors for our appearance at the Flower show and volunteers to help man our booth. As a sponsor, your name or your business name will be prominently displayed at our booth. Volunteers will receive free admission to the show. If you are interested in being a sponsor or volunteering, please call the Sanctuary office at 846-2577.

Please be sure to stop by and see us. The show runs from Thursday, February 20th through Sunday, February 23rd.



REGISTRATION/MEMBERSHIP FORM

PLEASE JOIN US!
NBS Membership Form

- ☐ Student (\$10)
- ☐ Individual (\$20)
- ☐ Family (\$30)
- ☐ Sustaining (\$50)

- ☐ Patron/Business (\$100)
- ☐ Supporting (\$250)
- ☐ Benefactor (\$500)
- ☐ Osprey Circle (\$1,000)

ADDRESS & PAYMENT INFORMATION

Name: _____ Phone #: _____
Address: _____
Town: _____ State: _____ Zip code: _____

Form of Payment: CHECK VISA MASTERCARD

Card # _____ Exp. _____

Signature: _____

Program Fees	\$ _____
Membership	\$ _____
TOTAL DUE	\$ _____

Please Make Check Payable to: Norman Bird Sanctuary
583 Third Beach Road, Middletown, RI 02842

Please Register the Following:

Name	Age & Grade	Program	Fee
Name	Age & Grade	Program	Fee

REGISTRATION INFORMATION

Unless stated otherwise, pre-registration is required for programs. Fees for programs requiring registration must be paid in advance by cash, check or Mastercard/Visa. Registration can be made by mail or by phone (with credit card payments). **Fees will be refunded in full up to five days before the program. With less than five days notice, fees will be refunded only if you can be replaced with a person from the waiting list.** Please use the registration form if registering by mail.

Norman Bird Sanctuary
583 Third Beach Road
Middletown, RI 02842

Non-Profit Organization
U.S. POSTAGE PAID
Newport, RI 02840
Permit No. 43

TO CURRENT RESIDENT OR

HOURS

Tuesday - Sunday
9 am to 5 pm
(Open Monday Holidays)

For Information Call
846-2577

Astronomical Society of Southern New England

VIEWING DATES

January 17th & 31st - 6:00 pm

February 14th & 28th - 6:00 pm

March 14th and 28th* - 6:00 pm

***Special Viewing of the
Hale-Bopp Comet
March 28th**

*Amateurs and experts alike are welcome to come and
join ASSNE members. Astronomical Society
members are always willing to share their
telescopes and their knowledge!*

Save The Bay's Habitat Restoration Conference

**January 25, 1997
8:30 am - 4:30 pm**

**Rhode Island College
Gaige Hall**

*Join Save The Bay and hundreds of others to restore
critical habitat to Narragansett Bay. Attendees will
learn about the status of Narragansett Bay's habitats
and restoration plans, and will participate in hands-
on workshops to design restoration projects*

**Keynote speaker
Trudy Coxé,
Massachusetts Secretary
of the Environment**