

CHICKADEE



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Become a Member-Supporter by giving a financial donation at one of the levels listed below.

For more information see the website at www.stantonbirdclub.org

Basic Supporter.....\$25.00

Friend.....\$60.00

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Send checks to:

Treasurer

P.O. Box 3172

Lewiston, ME 04243

THE NEWSLETTER OF THE STANTON BIRD CLUB

Fall 2016

The President's Perch

By Jeri Maurer, President

"A child's world is fresh and new and beautiful, full of wonder and excitement. It is our misfortune that for most of us that clear-eyed vision, that true instinct for what is beautiful, is dimmed and even lost before we reach adulthood." --Rachel Carson

For anyone who is weary of the news of conflict and death that floods our airways these days I have a special invitation for you. Come to Thorncrag and people watch. Each day cars pull into the parking lot there and children spill out with their parents or grandparents and start up the trails. It is especially enjoyable to watch these littlest of the walkers and guess how long before they come back down the trail. At times you will be amazed at how far some of them are able to go. I've bumped into some families at the Anthony fireplace and complimented these small hikers on their endurance. For some children this is their first encounter with a forest; they take great delight in telling me what they've seen along the trail: birds, squirrels, toads and butterflies all fill them with wonder. The other day it was two women with their children and I asked if they had ever seen a woodchuck (there are several families living around the parking lot and old spring house foundation). They had never seen one and were as excited by this as many a serious birder upon seeing a scarlet tanager or indigo bunting (both of which have been seen recently at Thorncrag).

In the Spring we had the Orange science team of 9th graders at Lewiston High School spend much of the day at the Sanctuary with 7 experienced foresters learning about a variety of topics including Lloyd Irland teaching about wood cookies and how to tell the age of a tree and Bill Livingston teaching them how to identify certain trees and map the trees using GPS. Reading through the letters each of them wrote afterwards made it very clear how much they enjoyed learning in a hands-on way: "I learned some things I never knew before like how would you

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***Continued from front***

measure the height of a tree, also that there's histories behind the trees and also Maine is made up of 89% trees" and "thank you for taking the time to teach me about things I generally don't pay attention to. Thorncrag and the forest in general is one of my favorite places. I am the senior Patrol Leader for my Boy Scout troop and I'll try to integrate each session I went to into a future meeting."

In his book, **Last Child in the Woods**, Richard Louv quotes international expert on urban children and nature, Professor Chawla who calls for a recognition of the "positive effects of involvement with nature on health, concentration, creative play and a developing bond with the natural world that can form a foundation for environmental stewardship" Young couples with strollers walk up the trails with older children in tow. Recently a youngster and his father were visiting the sanctuary two days in a row – they had come the day before for the first time and enjoyed it so much they decided to come again. A mother and her toddler were eating a snack on the grassy area by the gazebo – she explained that they shop at the grocery store down the road but always stop at Thorncrag on their way so they can spend time together outdoors. A grandmother with her two grandkids was 'letting them stretch their legs outside' by walking up the trail with them. What a gift Professor Anthony provided the Lewiston Auburn area when he began to buy land and donate it to the Stanton Bird Club way back in 1921!





Stanton Bird Club

97th

Annual Dinner Meeting Monday, October 3rd, 6:00 p.m.

Keynote Speech by

Lee Kantar

Moose Project Leader--Maine Department of Inland Fisheries & Wildlife

"Health of the Maine Moose Herd"

Everyone loves the Maine Moose! Whether you're a resident, a moose watcher or a hunter, we all share an interest in the health of the Maine Moose population. Our guest speaker will be Lee Kantar, who serves as the state's moose project leader for MDIFW and is responsible for the management and research Maine's moose population. Join us as he shares his team's research on adult and calf moose survival, aerial surveys, disease surveillance and reproduction in Maine's moose.

Time: 5:00 PM – 6:00 PM.....Social Hour/Displays/Silent Auction
6:00 PM – 7:00 PM.....Dinner
7:00 PM – 8:00 PM.....Keynote Speaker
8:00 PM – 8:15 PM.....Annual Meeting/Auction Winners

NEW

Place: Ramada Inn Conference Center
490 Pleasant St, Lewiston, ME

Dinner Choice:

- **Baked Haddock** - Fresh Filet of Haddock baked with a topping of Butter Crumb Stuffing. Served with Wild Rice Pilaf and French Cut Green Beans.
- **Mushroom Risotto** – Sautéed Mushrooms & garlic in a creamy blend of Risotto and Wild Rice. Served with a side of Grilled Asparagus

Above includes Garden salad, rolls & butter, beverage and chocolate cake for dessert.

Cost: \$18.00 Please RSVP by Friday, Sep. 23rd. Reservations required for dinner

Name(s) _____

Please mail checks and
dinner preference to:
Stanton Bird Club
P.O. Box 3172
Lewiston ME 04243

Dinner choice Baked Haddock Mushroom Risotto

Number attending: _____ @ \$18.00 = Total Amount enclosed \$_____

Pollinators & Thorncrag

By Jeri Maurer

By this time we've all seen the news that pollinators such as bees, moths and butterflies are in trouble. It's been said that pollinators are responsible for one in three bites of food people take, and with the threats they face on a daily basis, many species are in danger. Lack of pollinators would not just affect the fruits and vegetables in our diet—beef and dairy options could be scarce as well. The crops that cattle consume are pollinated by creatures like bees and hawk moths, so fewer pollinators could mean less yogurt, cheese, and beef.

Research is showing that when nonnative plants predominate, they provide little food for butterflies and other insects. When entomologist Doug Tallamy bought his farm 15 years ago in Pennsylvania, he noticed that he had very few birds on his land. He observed that the leaves on many of the nonnative plants that had invaded his land showed few signs of insect damage because most of the native insects had evolved over time to feed on specific native plants. Without the insects and their larvae, birds were searching elsewhere for their food. The spring issue of National Wildlife magazine, highlights the work he is doing, not only to restore his farm but on research he is doing to confirm his hypothesis about the need for native plants to provide nourishment which the caterpillars need so that they are available for birds during the breeding season. In partnership with National Wildlife Federation and United States Forest Service he is tracking the plant preference for every butterfly and moth species in the United States and developing an on line database to organize this research into lists of wildlife-friendly plants for specific areas of the country.

In the last several years at Thorncrag we decided to focus the land around the parking lot on native pollinator plants. Both the center island along with the garden in front of the Hayward Gazebo are examples of what can be done. We decided to make use of native meadow plants in the island garden and to have a more formal look for the gazebo garden. Two years ago several visiting entomologists at Bates came to the center island and were excited with the amount of insect activity in this area which now has a number of plants including blue-eyed grass, cinquefoil, milkweed, vetch, Queen Anne's lace, thistle, and fleabane. Common yellow throat warblers have found it particularly appealing. This Fall using some of the donated funds from the Mary Huntress fund we will be working with the junior naturalists to improve the variety of plantings in this area with an emphasis on bird friendly bushes. The gazebo garden has seen both goldfinch and hummingbird activity the last two summers as well as a number of different butterflies. The butterflies especially like the *Eupatorium purpureum*, or Joe-pye weed which has been planted there and the goldfinch are using the thistle down for nesting material. Fall is a good time to buy plants for your gardens. Each of us can do our part as we buy these plantings. For more information about the nation-wide effort to increase the number of pollinator gardens go to: <http://millionpollinatorgardens.org/>.



New and Returning Members

Gregory Anderson*
 Mark Ayotte
 Pam & Dave Baker
 Louise Beaucage
 Doreen Beck & Sherry Poland
 Paul & Sally Belisle
 Elaine Berry
 Ronald & Donna Bissonnette
 Anonymous*
 Adam Boss
 Carol Brocker
 Owen Buck
 Lawrence Buggia
 Doug Burdick*
 Thomas & Wanda Calder
 Champoux Insurance
 Dana Cohen-Kaplan
 Rob Crosby & Lynn Derderian
 Lita DeSanctis
 Patrick Dionne
 Amy & Luke Douglass
 Connie Dudzic
 Carmen Dufresne
 Cindy & Peter Elias*
 Patricia Folsom
 Raymond Gagnon*
 Peter Geiger*
 Meredith Greer
 David & Alice Haines*

Laurie Haines
 Jason Hall & Barbara Violette
 Melinda & Ralph Harder
 John Hesler
 Penny Jessop & David Chittim*
 Richard & Jane Johnson
 Pamela Johnson
 Laura Juraska
 Chuck Lafaean*
 Nancy Long
 Michael & Angel Marchus
 Judy Marden*
 Susan Marston
 Maria McCully
 Sarah & Conrad Meyer*
 Nancy Morris*
 Jacqueline Pare
 Lewis & Helene Perry
 Chuck & Ellen Peters
 Donald Pfanstiel
 Dan Poulin
 Tonie Ramsey
 John Rasmussen
 Ginny Remeika & Jim Burke*
 Cecile Schepers
 Alan & Linda Seamans*
 Bonnie Shulman
 Bernie Slofer
 Sally Smith

Rick Speer
 Donald Thompson
 Tom & Kathy Tracy*
 Dick & Barbara Trafton
 Una & Brad Tuck
 Peggy Volock
 Candace & Ted Walworth*
 Richard & Bridget Whiting*

In Honor of Susan Hayward by
Danny Danforth &
Margaret Rotundo*

In Memory of Gerard L Morin, MD
by Betty Morin

In Memory of Gordon J Soucy by
Carl Straub*

In Memory of Jackie Turgeon by
Phillippe Turgeon

* special thank you for gifts of \$100 or more

Donations received April – July 2016



A Trillium blooms along the Appalachian Trail in Maine

Photo Credit:
Deborah Carroll

**Board members up for vote
at the October 2016 meeting are:**

Sam Boss

Nancy Long

Dan Marquis

Jeri Maurer

Steve Reed



Christmas Bird Count

Mark your calendar. On Saturday, December 17, 2016, the Stanton Bird Club will again participate in this national event to count birds throughout North America. The count itself is 117 years old, and Stanton has sponsored the Lewiston/Auburn area since 1980.

For those who have never participated, the day generally starts around 7am or 8am and runs to 3pm or 4pm. We confine our count to a circle 15 miles in diameter centered on Bates College. The circle is divided into sectors, three in Lewiston and three in Auburn, with one group per sector. Every bird seen in the sector is counted, and more people participating results in seeing more birds. Most of the birding is done by driving between known locations then jumping out of the car to locate birds and count them. Likely there are locations at which the group will stop which are unknown to you, but are great places for birds. You will see interesting birds and meet new people. No experience is required. Sector leaders, or the group as a whole, will help identify the birds. Interest is a sufficient prerequisite to participate. Join a group for the entire day, just the morning, or just the afternoon.

Following the count, we hold a pizza party from 5pm until about 7:30, pizza and drinks provided, bring an hors d'oeuvre or desert to share.

While the weather is generally cold in December, the car will warm you up. You are not outside or walking all day, though dress warmly.

To participate, contact Linda Seamans at 240-1380 or email seamans.linda@gmail.com

New Steward for Woodbury

The Board of Directors of the Stanton Bird Club announces the appointment of Ned Claxton as steward of our Woodbury sanctuary. Many members may know Ned as a long-time family practice physician in our community. What is not as well known is that he has been a volunteer for the Appalachian Trail for a number of years. Over the last year he has been working with our other volunteers who work with Land Steward Gary Maurer to maintain trails and work on special projects at the sanctuaries. Ned will take over the day to day oversight of Woodbury. In the past we had a dedicated steward for Woodbury the last being Paul Johnson. After he retired, Gary took over responsibility for both sanctuaries. Ned worked with Paul on the Appalachian Trail in Maine. We thank Ned for stepping forward to take on this responsibility.



Local Treasures

by Deborah Carroll

Although Thorncrag Nature Sanctuary is far and away our favorite place to commune with the natural world around us, we recognize that nearly everywhere we go, in our great State of Maine, we have the ability to find similar experiences on other types of trails. In fact, whether we're staying in town or driving an hour or 2 away, in any direction, we can find places where the city blends comfortably with nature, as well as places where it is possible to tune out the city sounds and tune in completely to enjoy a true wilderness experience.

Here in Lewiston-Auburn, we have been graced by the efforts of the Androscoggin Land Trust which created and stewards many miles of trails along the lovely Androscoggin River and outside of the city centers.

The Auburn trails at Mt. Apatite, Lost Valley Ski Resort, Central Maine Community College and along Lake Auburn, provide space for walking, biking in the summer and snowshoeing or cross country skiing in the winter.

In Lewiston, the Dave Rancourt River Preserve trail follows the Androscoggin River, beginning a mile or so north of Veterans Bridge.

For those living downtown, the Riverwalk Trail connecting Simard-Payne Park, on the riverfront island in Lewiston, to West Pitch Park, overlooking the Great Falls in Auburn, via the old railroad trestle that has become a safe walking bridge, is a treasure. Round trip, from start to finish, if you include a loop around Simard-Paine Park, the distance covered is roughly 2 miles. You'll find the way to be paved from start to finish, crossing no roads whatsoever, with many places to pause and rest or to simply enjoy the beauty of the Androscoggin River.

To the southeast of Lewiston-Auburn, just outside of Wiscasset at the mouth of the Damariscotta River, you'll find a place called Dodge Point Preserve.

With more than 4 miles of gentle trails, Dodge Point provides plenty of places for family exploration and quiet contemplation.

There are boardwalks and riverside trails to meander along, woods to explore, ponds for observing birds and fresh water loving wildlife, and beaches to walk. The latter includes historic Brickyard Beach; strewn discarded antique bricks these are the remnants of the brickmaking industry in Maine which dates back several centuries.



About an hour due west of Lewiston-Auburn, Pleasant Mountain in Bridgton affords nature enthusiasts a slightly more challenging walk in the woods.

Maintained through the conservation efforts of the Loon Echo Land Trust, a popular way to reach Pleasant Mountain's 2,006' peak is via the Ledges Trail. This blue-blazed trail ascends gently for 1.8 miles and has several lovely viewpoints along the way.

Reaching the summit, you'll be rewarded with views to the west, including the White Mountains of New Hampshire and the countryside in between.

To our northwest, Rumford Whitecap Preserve is managed by the Mahoosuc Land Trust. Following the Orange/Red Trail up and down, for a total round trip of 5 miles, the trail climbs steadily but never steeply. At Rumford Whitecap's 2,214' summit, the traveler will be rewarded, on a clear day, with panoramic views, as well as handfuls of tasty blueberries, when in season.

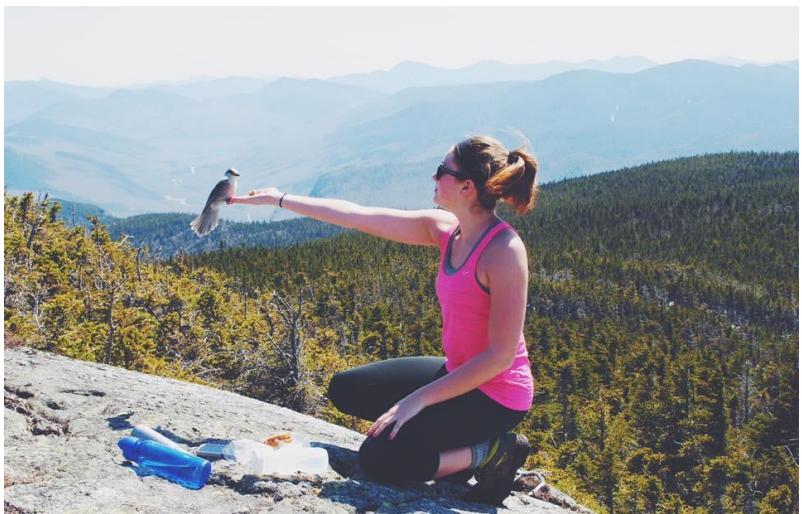
Travel north a couple of hours, past Kingfield, and you'll find yourself in the place where the Appalachian Trail intersects route 27. In addition to the Appalachian Trail, which crosses many of Maine's highest peaks, you'll find a number of less aggressive trails to explore. Maine Huts and Trails maintains a scenic network of multi-use trails and offers programming for all ages to inspire the naturalist in us all, as well as lodging and dining in rusticly elegant "eco-friendly" lodges.

To our northeast and east, other adventures lie ahead in distant places like Baxter State Park and along the rocky Maine coast.

We encourage you to research each area before you begin your adventure, to consult your local outfitter to obtain the proper clothing and gear, and to always check the current weather forecast that is specific to that area to maximize your level of preparedness.

A gray jay eats from Poland resident Lilia Conway's hand along the Appalachian Trail

Photo Credit: Deborah Carroll





SILENT AUCTION AT THE ANNUAL MEETING

This year Stanton is hosting the 4th Annual silent auction during the annual meeting in October. The proceeds will benefit the Junior Naturalists Club. This Stanton Educational outreach to children in grades 2-5 in the Lewiston-Auburn area has grown each year under the leadership of Nancy Long and Alan Seamans.

To support such a worthy program, we need your donations! To help us successfully meet our goal of raising \$800 we need every Stanton member to contribute an item from the auction. Here is a list of ideas to get your imagination going to both tangible goods and services.:

- Binoculars
- Bird seed
- Bird houses
- Personal tours of your garden or natural area
- State of Maine items with a nature theme such as a guide to the trails at Baxter State Park
 - Maine State Park pass for 2017
 - Nature posters
- Equipment for nature exploration; bug boxes, magnifiers, nets
 - Use your “natural” imagination!

When you have an item to donate, call Jeri Maurer at 207-524-2060 to arrange a pick-up of the item. All donations are tax-deductible.

STANTON Bird Club
P.O.Box 3172
Lewiston, ME 04243-3172

Visit the Stanton website
at www.stantonbirdclub.org

Become a Facebook Fan!

If you're a member of Facebook, become a fan of the Stanton Bird Club. Find upcoming trips, meetings, see member photos, or post your latest bird sighting to the discussion list.



Stanton Goes Green continues strong. If you would prefer to receive your Newsletter on-line vs. paper, please send us your e-mail address to Linda Seamans at seamans.linda@gmail.com