

SPRING 2020

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Please  
Join the  
Stanton  
Tradition

*Become a Member-Supporter by giving a financial donation.*

*For more information see our website at [www.stantonbirdclub.org](http://www.stantonbirdclub.org)*



## The President's Perch

*Jeri Maurer*

“It is not so much for its beauty that the forest makes a claim upon men's hearts, as for that subtle something, that quality of air, that emanation from old trees, that so wonderfully changes and renews a weary spirit”.

**Robert Louis Stevenson**

Greetings to each of you. As we all adjust to the new reality of our lives with the COVID 19 virus, the news can seem overwhelming.

These circumstances have reaffirmed how wonderful the gift of Thorncrag Nature Sanctuary is for our local community as more families than we have seen in the past are using the Sanctuary as a place to walk with their children. And it's not just families; walkers of every age are using the Sanctuary. With 450 acres it is easy enough to maintain social distancing and still enjoy being outside.

How long does it take to get a dose of nature high enough to make people say they feel healthy and have a strong sense of well-being? In a study of 20,000 people, a team led by Mathew White of the European Centre for Environment & Human Health at the University of Exeter, found that people who spent two hours a week in green spaces — local parks or other natural environments, either all at once or spaced over several visits — were substantially more likely to report good health and psychological well-being than those who don't. The study, published last June, stated that the effects cut across different occupations, ethnic groups, people from rich and poor areas, and people with chronic illnesses and disabilities. (Continued on pg 2)

## Cancellations

For the safety of our membership and the larger community we have cancelled both the April and May speakers.

We will continue to cancel activities as needed.

Check our website at

<https://stantonbirdclub.org/>

for details



## President's Perch (continued from page 1)

"It's well-known that getting outdoors in nature can be good for people's health and well-being, but until now we've not been able to say how much is enough," White said. "Two hours a week is hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit."

For more details see <https://e360.yale.edu/features/ecopsychology-how-immersion-in-nature-benefits-your-health>

If you can't get outside, take a look at Dan Marquis' nature photographs and his 5 minute video of Thorncrag on our website: <https://stantonbirdclub.org/>

## Bringing Wildflowers to the Centennial Meadow

Bates College students have started a project to bring more wildflowers and pollinators to Thorncrag Nature Sanctuary. In 2015, the Sanctuary acquired a large new tract of land, including a hay field affectionately called the Centennial Meadow in honor of the club's 100<sup>th</sup> anniversary. Members of the Club, including Steward Gary Maurer and Board Member David Haines, saw the meadow's potential to provide much-needed habitat to pollinators. Responding to this need, students in Board Member Carla Essenberg's Restoration Ecology class at Bates developed a plan for introducing wildflower species to the meadow to increase the diversity of native plants available to pollinators. Starting next winter, first-year Biology students will grow seedlings of species such as cardinal flower, swamp milkweed, and blue vervain while learning about plant ecology and experimental design. The seedlings will be planted at numerous locations in the meadow. Carla and her students will track the plants success at establishing, spreading, and attracting pollinators, adjusting methods as needed to ensure the success of each species. With help from Jeri Maurer, Carla is currently learning how to grow native plants from seed (advice and suggestions are welcome!) and will plant her first few seedlings in the Centennial Meadow this spring.

*Seedlings in waiting. Blue vervain, beardtongue, obedient plant, and pasture thistle seedlings prepare themselves for their new life at Thorncrag.*



## In Memory – news from the Board



CARL STRAUB

The Stanton Bird Club lost a treasured friend last fall. After a long, distinguished academic career at Bates College, in 2007 Carl responded to our plea to the community for financial help to purchase a 45 acre tract of land that would finally complete the Club's protection of 'Thorncrag Hill'. Carl anonymously gave the Club close to two-thirds of the funds necessary for this purchase. In return we created a space on the land to memorialize a recently deceased friend of Carl's. Thus Gordon's Ledge was created at the height-of-land.

Carl went on to become a valued member of the Board of Directors of the Club for several years using his wisdom to strongly encourage the board to reaffirm its mission and purpose for the future.

"Among my fondest memories of my 20 years of caring for Thorncrag are the times spent showing Carl our Sanctuary and checking Gordon's Ledge each spring and autumn. His guidance and generosity will be long remembered," states land steward Gary Maurer.

Elizabeth Dexter 1927-2019



If you ask many long-time Bird Club members how they became a member of the Club or the Board, Betty Dexter's name comes up. From 1975-1977 she was President of the Board of Directors of the Stanton Bird Club and took great pride in being the first woman president of the Club.

In May of 2001 she was honored along with four other presidents at a Stanton Bird Club President's Night Gala at the Muskie Archives.

Last year at our Centennial event at L/A Arts Gallery she was also given special recognition for her work for the Club over the years.

### Earth Day – 50 years old

"The study of ecology – man's relationship with his environment – should teach us that our relationships with each other are just as intricate and just as delicate as those with our natural environment. We cannot afford to correct our history of abusing nature and neglect the continuing abuse of our fellow man."

Edmund Muskie at the Philadelphia Earth Day Rally,  
Fairmount Park, Philadelphia, April 22, 1970

# “The Peace of Wild Things”

**Wendell Berry**

## **Listen**

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children’s lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.



***Great Blue Heron***

**Courtesy Cornell Lab of Ornithology**

Here are a few COVID-19 safety tips for outdoor enthusiasts from the National Recreation and Park Association:

- **Wash your hands** before you go and carry hand sanitizer.
- **Do not use trails if you have symptoms** of COVID-19, which can include fever, cough and breathing trouble.
- Maintain a **six-foot distance** from other people while on the trail, following social distancing guidelines from the Centers for Disease Control and Prevention.
- Bring your own water

## Spring/ Summer 2020 Wednesday Walks

The Stanton Bird Club is pleased to continue our 13th year of **Wednesday Guided Bird Walks** in the Lewiston/Auburn area. Walks are led by Stan and Joan DeOrsey. **All walks start at 8am at the walk location and end by 11am.**

For any questions or to receive a detailed email reminder prior to the walk, call Stan DeOrsey at 406-4741 or e-mail jsmd@att.net.

**May 6:** Papermill Trail, Lisbon. Meet at the boat launch parking lot at Frost Hill Rd. on Route 196, Lisbon.

**May 13:** Bill Sylvester's home, Auburn. Meet at the Sylvester home, 1128 Riverside Dr.

**May 20:** Ina Small's home, Litchfield. Meet at the Small home, 476 Pine Tree Rd.

**May 27:** Chuck Peters' home, New Gloucester. Meet at the Peters' home, 40 Underpass Rd. off Cobbs Bridge Rd. *immediately* on the right after the railroad underpass.

**June 3:** Whitman Spring Road, Auburn. Meet at the trail, park on Holbrook Rd. in N. Auburn.

**June 17:** Brunswick Landing, Brunswick (old Naval Air Station). Meet in the parking area on the right ½ mile beyond the entrance off the Bath Rd.

**July 1:** Thorncrag Sanctuary, Lewiston. Meet in the Thorncrag parking lot off Montello Street.

**July 15:** Fitzgerald Preserve, Brunswick. Meet and park on the entrance road, "Lindbergh Landing" (Lindbergh Crossing) off Old Bath Rd.

**July 29:** Riverside Trail, Lewiston. Meet at the corner of Winter and Whipple Sts. in Lewiston at Sunnyside Park.

***If the current health situation requires cancellation, this will be done week by week and noted in the reminder email.***





P.O. Box 3172  
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**Stanton Bird Club**

**Nature Week at Thorncrag**

**"FROM YUCK TO WOW"** – children will explore this beautiful, yet sometimes yucky, world by taking part in hands-on explorations, crafts, hikes and games.

July 20-24 9 am to Noon  
6-12 year olds  
REGISTRATION \$25/week

**Scholarships and Transportation available**

For information and registration form call Penny Jessop at 782-5467

Registration Form also available at [Stantonbirdclub.org](http://Stantonbirdclub.org)