



## Woodford cedar run wildlife refuge

4 Sawmill Road  
Medford, NJ 08055-8133  
Phone 856-983-3329  
www.CedarRun.org



### REFUGE VISITING HOURS

**Monday – Friday:** 9am – 5pm  
**Sat & Sun:** 10am – 4pm



### WILDLIFE HOSPITAL INTAKE

**Summer:** 9am – 7pm  
**Winter:** 9am – 5pm  
**Seven Days per Week!**

Non-Profit Org.  
US Postage  
**PAID**

## Understanding the Misunderstood

**Bats: Pest Control** 1/4 of all mammal species are bats, and they are the only true flying mammal! All Pinelands' bats are insectivores, meaning they eat pest insects like flies, mosquitos and vegetable rootworms. One little brown bat can catch 1,200 insects an hour. Amazingly nursing mothers eat more than their own body weight nightly!

**Bees: Perfect Pollinators** Bees are responsible for one out of every three bites of food we eat! Crops grown for fruits, vegetables, nuts, seeds, fiber (such as cotton), and hay (such as alfalfa grown to feed livestock), require pollination by insects. Pollinating insects also play a critical role maintaining natural plant communities and ensuring seed in most flowering plants.

**Frogs: What Makes Frogs Hoppy?** A healthy habitat of course! Frogs are bioindicators, meaning they display our planet's environmental health. Their permeable skin makes them very vulnerable to environmental contaminants, such as agricultural, industrial, and pharmaceutical chemicals. Contaminants in frogs' water sources cause deformities to grow, indicating pollution.

**Groundhogs: Rent A Burrow** Groundhog burrows provide homes for other animals like skunks, foxes, and rabbits. Foxes and skunks eat field mice, grasshoppers, beetles and others that destroy farm crops. In aiding these animals, groundhogs indirectly helps farmers. In addition, groundhogs bring subsoil to the surface promoting soil improvement directly helping farmers.

**Snakes: Predator And Prey?** Snakes' predatory feeding habits act as form of pest control. They feed upon harmful bugs, insects, mice, rats, and other problematic animals destroy crops or damage property. We would be completely overrun by nuisance animals without snakes! However, they become prey for larger predators such as hawks, owls, herons, and many carnivorous mammals such as bobcats. Snakes' role as both predator and prey directly impact ecosystem health.

**Spiders: Antidotes From Arachnids** Chemicals harvested from spider venom help control and treat many diseases. These venom compounds are also used as pain medicine that has less negative side effects than synthetic compounds. Also, spider venom aids in explosive detection! Their venoms' chemical compound changes the colors of a sensor which signals explosive materials are nearby.

**Turkey Vultures: Nature's Garbage Men** Some do not realize vultures have a very important role in the ecosystem since they rid us of carrion. What would we do without "Nature's Garbage Men" to dispose of dead animal carcasses? All animals killed by cars would remain on the side of the road for weeks becoming a breeding ground for diseases until decomposed completely or are disposed of by someone. Vultures make our planet a much cleaner place!



By Lorraine Millard, Office Manager

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# tales from cedar run



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## Bird Feeding: MYTH vs FACT

I love birds! There's no denying this, ever since I took my first Ornithology (the study of birds) course in college. I love trying to identify them by size, color, calls, everything! Well, the only logical thing for someone like me to do is to begin feeding them in my backyard. It started with just one feeder, then two, and now I have 12 (more or less)! My husband thinks I'm crazy, but I love it and my five year-old can identify multiple species of birds as well. I love to share my enthusiasm and knowledge with her. She's so excited to see something new, and this summer we were privileged enough to have a Baltimore Oriole nesting in our cherry tree. This was a first for us, so of course, we had to start feeding it too!

If you're interested in feeding birds, I've compiled a simple list of do's and don'ts. There's so much information on the internet, and I'd like to set the record straight for the most common bird-feeding myths.

**MYTH:** Birds eat anything, so I'll buy the cheapest seed I can find.

**FACT:** Just like humans, birds need to eat a variety of nutritious foods. Low-quality seed mixes do not contain the right amounts of protein, fat or necessary nutrients. Instead, choose a seed mix that is mostly sunflower seed, safflower or nuts. Milo, corn and millet are the equivalent to "junk food" for birds and offer little nutritional value.

**MYTH:** If birds eat uncooked rice, it can swell up in their throats or stomachs and kill them.

**FACT:** Plenty of birds eat uncooked rice in the wild. Bobolinks, sometimes called "rice birds", are a good example. While rice is okay for birds, many wedding parties throw bird seed instead.

### SAVE THE DATE

**Sun, September 17 11AM - 4PM**

**Autumn with the Animals Festival**

**Sat, September 23 9AM**

**Hoot, Waddle & Stroll**

**5K Trail Run & 1/2 Mile Stroll**

**Sat & Sun, October 21 & 22**

**9AM - 4PM**

**Chatsworth Cranberry Festival**

**MYTH:** Birds can choke on peanut butter.

**FACT:** There's no documented evidence for this. However, mixing peanut butter with grit or cornmeal will break up stickiness. Natural peanut butter without added sugar is a better option and the protein found in peanut butter is especially important for birds before winter.

**MYTH:** Birds become dependent on bird feeders.

**FACT:** Birds become accustomed to a reliable food source and will visit daily. However, birds search for food in many places, so if your feeder goes empty, most birds will find food elsewhere. During periods of extreme ice, snow, or cold, sudden disappearance of food may be a hardship. If you are leaving town during freezing weather, consider having someone fill your feeder while you're away.

**MYTH:** Birds like to eat bread, so I'm just going to offer that instead.

**FACT:** Bread is not found naturally in the wild. Commercially made bread is often made with high-fructose corn syrup or sugar that is not good for birds and may end up making them sick. Never feed moldy or spoiled bread either.

**MYTH:** Feeding hummingbirds in late summer can stop their migration.

**FACT:** Some people believe they should stop feeding hummingbirds after Labor Day because the birds' southward migrations will be interrupted. However, a bird's migratory urge is primarily triggered by day length, and even a hearty appetite won't make a bird resist that urge. In fact, your feeder might provide a needed energy boost along a bird's migration route. I typically leave my hummingbird feeders out until mid-October!

**MYTH:** Using red food dye will help hummingbirds find feeders more easily.

**FACT:** Red food dye can make hummingbirds very sick. Use only sugar and water to make the nectar and do NOT buy store-bought nectar that is colored red. If you are concerned about the hummingbirds finding the feeder, you can hang a pink or red flowering plant near the feeder or tie a red ribbon near the feeder.



male, Baltimore Oriole

Happy Birding!



By Denise Peters, Director of Education

# Woodford cedar run wildlife refuge



## OUR MISSION:

Dedicated to the preservation of New Jersey's wildlife and habitats through environmental education, conservation and rehabilitation.

To that end Cedar Run operates the region's busiest wildlife hospital, and engages in conservation efforts through environmental education and ecologically based management of our 171 acres of Pinelands habitats.

Cedar Run offers environmental educational programs for all ages that highlight the connection between wildlife conservation, human health and the importance of protecting the habitats we all share.

**Call Us** - (856) 983-3329

**Visit Us** - 4 Sawmill Rd, Medford, 08055

**Follow Us** - [www.CedarRun.org](http://www.CedarRun.org)

## BOARD OF TRUSTEES

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## VOLUNTEER SPOTLIGHT

Deirdre Radwill loves volunteering at the Cedar Run Wildlife Hospital and on our Whiskey, Wine and Wildlife Volunteer Committee. Deirdre stated, "I consider it an honor and a privilege to be included in the Cedar Run family." This year's Whiskey, Wine and Wildlife event was successful because of her generous support and uncompromising dedication. We could not have done it without her! Deirdre has a unique ability to focus on, and handle numerous details at the same time, with creativity and passion. Simultaneously she sees the forest AND the trees! She has a natural tendency to work diligently with logic, humor and always remembers why our work and mission at Cedar Run is so important. It is a pleasure to work side-by-side with her and we are grateful for what she commits to and gets achieved and *always* with a smile!

Deirdre is a former Educator and takes a special interest in spoiling our Hospital Interns. In addition to her weekly shift

caring for injured animals, she brings the Interns homebaked treats for their enjoyment. She encourages them to continue with their intensive training and thoroughly prepare for their future careers.

Deirdre brings a sense of hard work and purpose to her activities at Cedar Run. She has an interest in environmental issues as they impact wildlife preservation. If we have a job to do, we can always count on Deirdre to get it done! Thank you Deirdre for your years of service, support, encouragement and gentle humor you regularly sprinkle upon us that invites others to look upon Cedar Run in this way: "the organization makes itself available as a resource; it



needs to be respected as a place that cares for both wildlife and human needs."

By, Penney Busichio  
Donor Relations  
Manager

## Upcoming Fall Programs:

**Walk on the Wild Side - Sept 10 & Oct 15, 1:30pm.** Join us for a themed hike through the refuge. Trails are family-friendly. *Cost: \$10/adult, \$8/child 4-13, ages 3 & under free.*

**Mommy/Caregiver & Me - Sept 19, Oct 3 & 17, Nov 7 & 21, 10-11am.** Join us for a fun and engaging program about one of our resident animals. We will read books, do a craft and learn about a different animal each time. Ages 2-5. *Cost: \$8/child.*

**Raptor Photography Session - Oct 8, 9-11am** Get up-close with our education raptors in a natural setting. Limited to 12 participants. *Cost: \$40/members, \$50/non-members. Pre-payment required.*

**Homeschool Programs - Oct 10 & 11, Nov 14 & 15. Classes at 10am or 1pm each day.** Knee-high Naturalists (ages 3-5), Nature Nuts (ages 6-8), and Eco-Explorers (ages 9-14). *Cost: \$10/child.*

*Advanced registration required for all programs. Registration and program information can be found online at: [CedarRun.org](http://CedarRun.org)*

**Day-Off Adventures - Sept 21, Oct 20, Nov 9 & 10, 9am - 3pm** Children in grades K-5 can join us for a day of hiking, games, live animals, crafts and more. Register for multiple days and save. *Cost: \$60/child/day.*

**Refuge Night Hike - Oct 14, 6:30-8pm** Explore the refuge at night! We will walk our trails in search of nighttime visitors. Bring flashlight, water and comfortable shoes. *Cost: \$10/adult, \$8/child. Suitable for ages 8 & up. See our website for hike time.*

**Boneyard Pickins - Oct 15, 1-2:30pm** This program will review basic tips and tricks to help identify various skulls. We will use both replica and real examples and then head outside to do some digging to see what else we can uncover! Ages 5 & up. *Cost: \$8/person.*

**Owls in Autumn - Nov 11, 5:30-7pm** Begins inside the Nature Center for an up-close experience with our resident owls followed by a short hike in search of our local species. *Cost: \$12/member, \$15/non-member. Suitable for ages 8 & up. This program will fill up!*

# FALL FUN AT CEDAR RUN



A day of family fun to support Cedar Run! Wildlife programs, live music, animals, nature hikes, games, face painting, guided tours, canoeing on Cedar Run Lake, and much more! 11am - 4pm \$10/non-member; \$8/member; children 3 & under are free. Food available for purchase.



4th annual 5K trail run and 1/2 mile stroll! This flat, beginner to intermediate course with varied terrain and scenic views is perfect for beginners and families! Race begins at 9am. Registration fees: \$25/5K, \$20/5K student, \$10 1/2 mile stroller. www.active.com

## a very special thanks goes to: ANIMAL & BIRD HEALTH CARE CENTER & HOSPITAL

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www.animalandbirdvet.com 856.751.2122  
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## Use this form for either Membership OR Adoption purchases

### membership (please choose one)

Annual memberships support our three-fold mission of habitat conservation, wildlife rehabilitation and environmental education.

- FRIEND** \$1000
- EAGLE CLUB** \$500
- SUSTAINING** \$250
- SUPER FAMILY** \$100
- FAMILY** \$50
- FAMILY OF TWO** \$30
- INDIVIDUAL** \$25

### ALL MEMBERS RECEIVE:

- Year-round admission to Cedar Run Nature Center, hiking trails, picnicing and wildlife watching
- Invitation to members-only events
- Discounts on programs and parties
- Our quarterly Newsletter

Please mail form with your check payable to:  
**Cedar Run Wildlife Refuge**  
4 Sawmill Road  
Medford, NJ 08055

We accept **Visa, MC, Amex** and **Discover**.  
Kindly make note with your payment whether you are purchasing a membership, an adoption, or both.

name \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

phone \_\_\_\_\_ email \_\_\_\_\_

### adopt-a-wild-one! (please check your choices)

If you are giving an adoption please **also** provide the name and address of the recipient.

#### ▶ \$150 Level

- bald eagle
- peregrine falcon
- barred owl



#### ▶ \$100 Level

- red-tailed hawk
- Aldora
- Shiva
- great-horned owl



#### ▶ \$75 Level

- raccoon
- barn owl
- turkey vulture
- white-tailed deer



#### ▶ \$50 Level

- Eastern screech-owl
- corn snake
- American kestrel



#### ▶ \$35 Level

- American crow
- fish crow



#### ▶ \$25 Level

- Eastern box turtle
- Canada goose



**Annual Adoptions include:** Adoption Certificate with Color Photo • Educational Materials  
• One Year Subscription to our Newsletter • One Free Visit to Cedar Run