North Carolina Bluebird Society

Mission Statement

Our goal is to support activities that foster the resurgence of bluebirds and other cavity nesting birds in our home areas.

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How Tree Swallows and Habitat Quality Influence Bluebird Breeding Success

By Dr. Lynn Seifferman, ASU

Tree swallows are taking over our bluebird nest boxes in Watauga County. Our first year of monitoring birds in 2008 (~200 nest boxes), we had about 10 tree swallows breeding; now we have about 140 pairs. This might be happening in your boxes too. In the last 30 years, tree swallows have extended their breeding range south to North Carolina, South Carolina and Tennessee. This is pretty weird; because of global climate warming, many species are expanding their breeding ranges northward.

Despite being a third larger than tree swallows, bluebirds have a difficult time competing with tree swallows for nesting cavities. At Appalachian State, we are studying interactions between bluebirds and tree swallows.

So, we set out to understand what kind of habitat bluebirds prefer, what influences reproductive success in bluebirds and how tree swallows influence all of those things. We figure that it is intuitive that if a nest box is used for multiple years in a row by bluebirds, something about the habitat must be ideal. Because bluebirds like to forage from tree islands, fence lines and electrical poles, we suspected that greater amount of open habitat (like grassy areas) would benefit their reproductive success. At each bluebird territory, we used satellite photography to quantify the percent of grassland habitat. We expected more grassland would mean more preferred nest boxes. We also predicted that bluebirds would avoid settling in habitat types with a lot of tree swallows. We found that, if bluebirds had consistently used nest boxes for many years, more babies fledged from those boxes. Also, bluebirds preferred territories with more grassland. Older mothers were more successful at rearing young but father’s age didn’t matter. We also found that birds that laid large clutches, laid clutches earlier in the season and those that produced multiple successful broods produced the most fledglings.

So what about the tree swallows? Tree swallows did not directly influence bluebird reproductive success but bluebirds avoided settling in areas with high densities of tree swallows. Indeed, our data
Bluebird Notes
Volume 30 Issue 1

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Bluebird Tales

(Tree Swallows Continued) showed that, when tree swallow densities are really high, bluebirds only breed there if the territory is almost exclusively grassland.

Overall, we think bluebirds experience tradeoffs between settling in areas of high habitat quality and high densities of tree swallows. Although much smaller, tree swallows seem to call the shots at our field site and are what behaviorists call 'behaviorally dominant' to bluebirds. So, if you want to see more bluebirds, place your boxes in really open habitat, away from locations that tree swallow frequent. But don't forget, tree swallows are native, protected and beautiful birds too!

If you want to read more of the nitty-gritty science, our published paper is free to the public in the journal Frontiers in Ecology and Evolution (http://journal.frontiersin.org/journal/10.3389/fevo.2014.00071/full).

Authors: John Jones, Morgan Harris and Lynn Siefferman

About the Authors: Dr. Siefferman is a member of the faculty at Appalachian State University. She is also on the NCBS Board of Directors and Watauga County Coordinator. John Jones is studying golden-winged warblers and pursuing his Masters in Biology at Appalachian State. Morgan Harris received his Masters degree last year and is currently working on seabird conservation in Hawaii.

Suet Recipe

1 Cup of crunchy peanut better
1 Cup of lard
Melt and stir these two items together
Add two cups of oatmeal
Add 2-3 Cups of cornmeal
1 Cup of flour
(If desired, add hot sauce)
May add: sunflower chips chopped
raisins or other dried berries

A friend’s wife made a recipe of this suet one afternoon. When husband got home, not knowing any better, cut a square of this suet and ate it thinking it was fudge. He, like the birds, said it was real tasty! Fortunately, the wife didn’t add the hot sauce! Well maybe she should have added the sauce, then at the first bite he would have known it wasn’t fudge.

Submitted by: Ray Welch
Robert Wolk, retired Program Director at the NC Museum of Natural Sciences and ornithologist, made a presentation to the Bluebirds of Wake County group on Sunday, November 2, 2014 entitled, “Why do birds nest in holes?” Also seen here is Bill Satterwhite, Honorary Director NCBS Board.

The following is a summary of Bob’s presentation:

Nearly half (46%) of the land area of North America before European settlement was forested making dead standing trees (snags) readily available to primary and secondary cavity nesters. It is easy to conceive that, in time, birds could breed in nest cavities that reduce their offsprings’ vulnerability to potential predators.

Today, as many as 20% of North American species are cavity nesters, if we include the many fresh-water and marine species like the Bufflehead and Goldeneye ducks along with the more familiar bluebirds and other song birds. Their problems stem from the fact that the forested areas of the continent are currently reduced in size and snags are therefore, much more rare.

Bob is on the NCBS Board of Directors and his “Meet the Cavity Nesters” articles have been very interesting.

The Bluebirders of Wake County is a group interested in birds especially bluebirds. It was founded by Wake County Coordinator, Bill Satterwhite. The next quarterly meeting is scheduled for Sunday, February 8, 2015 at 2:00 p.m. at St. Mark’s Chapel on the grounds of Mordecai Historic Park in Raleigh, North Carolina at 1 Mimosa Street.

If you are in the area, drop in. There is usually an interesting speaker and time for questions and answers. Check us out: www.bluebirdersofwake.org

Submitted by Joye Stephenson
NCBS Wake County Co-Coordinator

Hey! Bluebirds aren’t the only critters that have needs in the winter! God made us too!

Photo submitted by Russ Bauman
Provide suet to help wild birds keep up energy and stay warm!

By John Cummings  Emma Greig
Photography by iStock

The person who coined the phrase “eat like a bird” wasn’t paying attention! In fact, these beautiful creatures spend most of their waking hours searching for food. Their bodies are like tiny blast furnaces that generate the heat they need to get them through the long cold winter. To stoke that fire, these furnaces require fuel, and lots of it.

“Birds eat relatively more calories per day than humans.” says Emma Greig, program director for Cornell University's Project FeederWatch. How much? Greig says a 150 pound person would have to consume 61,853 calories to match the 10 calorie daily intake of an eleven gram Carolina chickadee. The daily body mass gains and losses for a chickadee would be the equivalent of a 200 pound person gaining 40 pounds every day and losing it every night. Project FeederWatch research has shown that the chickadee will visit a bird feeder about 50 times a day, taking with it one sunflower at each visit.

It’s not just the cold that makes winter a challenge for birds, in warmer months, they get their fat and other nutrition from berries, nuts, and insects, all of which are in short supply when winter settles in. With that in mind, setting out suet for birds to supplement their diets provides them with an excellent source of high-calorie fat, particularly in winter, Greig says.

“It is definitely a favorite food item because it is so high in fat and that is exactly what birds want in the winter when it is chilly out, and they are expending a lot of energy trying to take care of themselves.”

Greig says, “Suet is a really high nutrient-value meal for birds especially in the winter.”

Suet can be placed in a regular bird feeder or in a separate, specialized feeder. It also can be hung from a tree branch or a line and pretty much anywhere in the yard. While it always nice to have a view of the bird feeder from your kitchen window, Greig recommends putting the suet near vegetation. “It’s nicer for the birds in case they get spooked and that would be true of any bird feeder,” she says.

Pure suet or some combination of suet mixed with birdseed, peanuts or berries will work just fine. Winter’s cold should be sufficient to keep the suet from spoiling, and birds will likely eat most of it well before there is a danger of it turning rancid. In warmer weather, when birds have more food options, suet might not be so readily consumed.

John Cummings
is a Florida writer

Picture submitted
By Russ Bauman

BLUEBIRDS ENJOYING SUET

Pictures submitted by William Taylor
Stanley, NC
Taken Dec. 28, 2014
IF FOOD IS SO SCARCE IN THE WINTER, WHY DON'T ALL BIRDS MIGRATE SOUTH?

“Migrating is incredibly taxing. Lots of migratory birds don’t make it,” says Emma Greig, program director for Cornell University’s Project FeederWatch.

“If you can stay in one place your whole life (for example, the downy woodpecker) that can be an effective way to survive because it is not traveling huge distances to unpredictable places,” she says. “You are staying in a place that you know where you can presumably find food regularly, whether it is a bird feeder food or natural sources.”

Source Emma Greig

Wake County Coordinator, Bill Satterwhite with Bill Finger and wife, Georgia Springer of Raleigh.

Bill Satterwhite installed his personalized NCSU bluebird nest box for Georgia, a birthday gift from husband, Bill. On this beautiful autumn day, a perfect place was selected in the backyard where they can get a bird’s eye view from their living/kitchen area. Bill and Georgia are not new bluebirders as they have a nest box that is used regularly, but wanted one placed where they can watch the show. Welcome to the NC Bluebird Society and hope you enjoy the newsletters.

Submitted by Joye Stephenson

OOOOO BOY!

Turkey flavored mealworms, and LOOK, stuffing mealworms over here. Mealworm biscuits. Cranberry mealies. Hiding under the pile, I see an apple pie and vanilla ice-cream worm. But sadly they are all just plain mealworms. Oh well even a Bluebird can dream.

By Russ Bauman
Can you believe that the Annual Meeting is just around the corner? Your Board is diligently working on plans for the 2015 meeting. The meeting this year will be held at The Summit Conference Center at Haw River State Park located near Brown Summit, NC on Saturday April 25.

The Haw River State Park is located in the northern Piedmont Triad region and nearly at the center point of the state. The picturesque terrain makes Haw River State Park the perfect place to connect with nature by hiking, fishing, sleeping and eating.

Wildlife typical of the Piedmont region abounds with mammals, reptiles, amphibians and fowl. Around the property, look for wild turkeys, red-headed and pileated woodpeckers, ruby-crowned kinglets, wood ducks, mallards and bluebirds. Amenities for meeting guests include: full dining service, a 6-acre lake for fishing and canoeing; comfortable sleeping rooms and state-of-the-art audio and video equipment.

In the newsletter, one will find the proposed meeting agenda and a meeting registration form to be completed and returned no later than April 10, 2015. To really enjoy this location, we hope that you will plan to arrive on Friday, enjoy the park and enjoy a great dinner, meet for breakfast and join the meeting beginning at 8:30 A.M. Room rates are $100.00 for single occupancy and $160.00 for a double occupancy. “But wait”, your room rate includes three meals per person. If you overnight Friday night, each person will get dinner Friday, Saturday breakfast and lunch. These fees also include your meeting registration for each person.

Door prizes would be welcomed if you would like to donate a gift(s). One must be present in order to win and responsible for the gift. Additionally, we invite anyone who would like participate as a vendor of nature/birding items at the meeting to let us know. If you know of potential vendors, please advise them to contact me at 336-764-0226.

The Board truly hopes that you will make plans to attend this meeting and look forward to seeing each of you then!

Bring your walking shoes!
NCBS 2015 Annual Meeting
The Summit Conference Center at Haw River State Park
339 Conference Center Drive, Brown Summit, NC 27214
April 25, 2015

8:00 – 8:45  Registration and Meet and Greet
8:45 – 9:00  Welcome To Haw River State Park
9:00 – 10:00 Business Session;
            Election of Officers and Directors – Treasurer’s Report
            Membership Report – President’s Report - Other business
10:00 – 10:45 Break – Coffee – Visit Vendors, view door prizes and silent auction items.
11:00 – 12:00 Ms. Melissa Coe – President of Piedmont Wildlife Rehabilitation-Bird Rehabbing
            and Rescue
12:00 — 1:00  Lunch
1:00 — 1:30  Chris Marks – Academic Coach, Southern Alamance High School-Discussion of
            NABS grant for school
1:30 — 1:45  Dr. Caren Cooper – Assistant Director at the NC Museum of Natural Science
1:30 — 1:45  Q & A for Dr. Cooper
1:45 — 2:30  General Questions and Answers about the Eastern Bluebird
2:30 — 3:00  Announcement of Door Prizes and Silent Auction-Must be present
3:00  Announcement of 2016 Annual Meeting – Adjournment

Meeting Registration Form
Please mail registration form and check payable to NCBS to:
Mrs. Carrie Helston; 7060 Landingham Drive; Willow Spring, NC 27592

***********Registration Deadline – April, 10, 2015***********

Attendee #1_________________________________ Attendee Phone ____________________
Attendee #2_________________________________ Attendee Phone ____________________

Email Address ________________________________ County of Residence __________________

___(Single) overnight Friday night (Meals and registration included) $100.00______
___(Double) overnight Friday night (Meal and registration included for both) $160.00______
___Day Registration ( Lunch included) $20.00______

Total ______
North Carolina Bluebird Survey Results

The numbers are in! A good sampling from the North Carolina coast to the mountains and counties in between was received. Eleven counties are represented out of 100. I would love to see all counties participating in this exciting endeavor. Thank you to all who took the time to monitor nest boxes and respond.

Data was recorded and reported from a total of 478 nest boxes (including some brown headed nuthatch nest boxes). Warren County had the earliest date for first egg laid on March 20, 2014, with Lenoir and Wake Counties coming in a close second with a date of March 26, 2014. Clay and Cherokee Counties recorded the other end of the spectrum with a date of August 29, 2014, as the end of season last fledglings. Wake, Lenoir and New Hanover Counties came in a close second on this with dates around the third week of August.

My best interpretation of the estimates reported shows that 2,615 bluebird eggs were laid with 1,767 hatched and 1,483 fledglings. Other cavity nesting bird eggs laid were 558 with 472 hatched and 434 fledglings. Types of other cavity nesting birds mentioned were swallows, chickadees, brown-headed nuthatches, English sparrows, wrens and tufted titmouses. Thank you to those who have taken an added interest in the resurgence of the brown-headed nuthatches by erecting the nest boxes with the 1 1/8" openings specifically designed for them.

The county reporting the highest number of boxes monitored was New Hanover with 107 boxes monitored by five teams. Thank you Judy Wesoloski for compiling this data for your county. Moore County came in second with 83 nest boxes and the data was compiled from all monitors and reported by Nancy Kinney.

I have learned that every body doesn’t rely on a computer which allowed me to have some wonderful communications by telephone. Please feel free to call me if I can be of assistance to you at 252-257-3137. I love out doors and don’t camp out at my computer a great deal which gets me in trouble with those that do depend on attentive monitoring of emails. That is something I will have to improve on in 2015. Thank you to those that submitted their data by email/attachments.

(Continued on page 9)
(Continued from page 8)  Now that we have the year 2014 taken care of, please lets commit to make 2015 our best reporting year yet! There is a field guide available to you that is designed to record the season’s activities for four nestboxes with up to three nestings each (12 summary pages). If you are interested, call me and I will mail them to you. Your input and comments are appreciated. Happy Bluebirding!

Stella S. Rideout

VENDORS NEEDED!!

Are you a crafts person, commercial sales person or a vendor of wildlife related items? We would love to have you participate as a vendor at our Annual Meeting on Saturday April 25. This opportunity is open to members, non-members, family members, and friends or even enemies. Tables will be available for your use but please bring a table cover if you desire. If interested, please contact me at:

Ray Welch at 336-764-0226 or rwelch5@bellsouth.net to reserve your spot.

ROBINS IN THE HOLLY
Charles Barefoot, “A Hobby for the Birds”
Lexington, NC

Charlie Barefoot is 86 years young and enjoys working in his workshop every day! He especially enjoys building bluebird houses. He is a very resourceful builder and will find a way to use any building materials he can get his hands on. He was given a stack of white plastic post material, and decided it was just the right size for a bluebird house. He uses his special ingenuity and tons of jigs and fixtures he’s developed through the years to get the job done. There is no one way he creates a top or a bottom, or a door. It depends on the material at hand, and if he doesn’t have a jig or fixture to fit that particular job, he’ll whip one right up. He mixes plastic with wood and wood with metal or whatever he happens to have available! He may have a paperclip, a string, a wire, or a rope to make things work. The bluebirds love his houses and he has received many pictures back from happy bluebird house owners and their new tenants! He always figures out a creative way to give them plenty of ventilation at the top and a way for the water to drain at the bottom. He readily admits his houses are not show pieces, but he says he doesn’t build them for aesthetics and he only needs the bluebirds approval anyway! His houses are guaranteed. If it breaks or rots, come back to see him and he will give you another! He puts his unique signature on the bottom which is a stamp of two feet, (like his last name) and his initials, and the date he made it. On New Years Eve this year, he let a saw get the best of him and had to get 7 stitches! If you get one of his houses with that date, you might get a little extra poinsettia color on that one! He is healing well and is right back in his shop to begin the new year. Charlie has given away hundreds of bluebird houses. Sometimes people try to pay him or give a tip, and he just puts this in his materials fund. $6 is a deal! If you have any building materials around that you aren't using, give Charlie a call and I am sure he can put whatever it is to good use!

By Risa Jarman

Charlie's contact information is:
Charlie Barefoot
Phone #336-764-8155
cbarefoot4@triad.rr.com

His wife says, “Come get some houses!!”
IDEAS FOR HOMEMADE SUET FEEDERS

Got a roll of string?

Just ate that last onion? Don’t throw that mesh bag away!

A little glue, or a screw and a trip to Goodwill…… Look what you can do!

A grapefruit Sundae?

Maybe Mr. Barefoot will make us some of these!
Congratulations! Randy and Iris Senzig with The Center for Human-Earth Restoration

By: Don Belk, Friends of Wake District, Reprinted with permission from the “Right Here in Fuquay-Varina On-Line Community News”

Randy and Iris Senzig with the Center for Human-Earth Restoration (CHER) were recently awarded a NCBS grant in partnership with the Kingwood Elementary Montessori STEM Magnet school in Cary to establish a bluebird trail. The Senzig’s are long time members of the NCBS; Randy served as Vice President and Iris served as Treasurer. They were also presented with the 2014 COMMUNITY CONSERVATION AWARD by Don Belk, Friends of Wake District.

“Our 2014 Community Conservation Award goes to a new and exciting nonprofit that is “bringing the Earth into the Hearts of all.” Established in 2010, The Center for Human-Earth Restoration, or CHER, immerses urban and underserved children in the great outdoors and teaches the inspirational works of noted eco-theologian Thomas Berry, noted conservationist Aldo Leopold and noted scientist and botanist G.W. Carver.

“CHER believes that if each person expands their connection to the Earth, they will find a deeper joy in time spent outdoors and in turn, they’ll protect the Earth and live with it wisely.

“CHER consists of Randy Senzig, an award-winning environmental educator & retired high school science teacher with over 30 years experience, his wife Iris Senzig, a retired Wake County Public School System Administrator, and their new Program Instructor Melissa Yslas, as well as several interns and volunteers. Randy, Iris and Melissa know they must immediately lay to rest students’ worries and fears of the outdoor ‘monsters’ (which are usually insects, or anything wet, cold, rough, or just plain ‘icky.’) After participating in outdoor science experiments, plant surveys, individual reflective journaling, and lively group discussions...the students are observing, identifying and TOUCHING insects and “ickyness” of all sorts with new confidence and appreciation for nature. Through field projects such as weeding invasive non-natives and re-seeding with native plants, the students gain hands-on practice caring for this wondrous, life-sustaining planet we call home.

“CHER offers a myriad of innovative programs such as summer camps, school programs, after school enrichment classes, adult workshops, classes for elders, North Carolina celebrates Aldo Leopold festival and a nature poetry contest in memory of their colleague Ross Andrews who passed away suddenly last fall at the young age of 37.

“This year, they are working with Fuquay-Varina Middle School’s entire 8th grade—a total of 270 students. Each student will visit the local environmental center on 4 separate three hours expeditions for hands on nature experiences that teach and reinforce the NC essential standards. With the help of numerous partners, CHER has begun a new ‘Neighborhood Ecology Corps’ to lead 20 underserved and under-sourced students on a year long adventure in identifying local environmental issues that they feel strongly about and taking action to improve their environment. CHER hopes to expand this program to other schools so many more tweens & teens can benefit from this environmental education experience. With good humor, contagious enthusiasm and masterful teaching, CHER brings Aldo Leopold’s words to life: ‘We must teach children to see the land, to understand what they see, and to enjoy what they understand.’

“For nurturing our young people’s sense of wonder and a life-long conservation ethic, the Wake District proudly honors: Randy and Iris Senzig with The Center for Human-Earth Restoration”

Posted on 09 December 2014 by Marguerite GreeneReprinted with permission from the “Right Here in Fuquay-Varina On-Line Community News”

Submitted by Joye Stephenson, NCBS County Coordinator Administrator
North Carolina Bluebird Society

North Carolina Bluebird Society Membership Form

NCBS memberships are for one or three years. New members will receive the current issue of our newsletter, Bluebird Notes, Bluebird Tips, and will receive quarterly newsletters each year which include informative and interesting articles.

Dues: $10 per year or $25.00 for three years
Gift membership from ___________________________ to:
Name:______________________________________
Address:____________________________________
City:__________________________ State:________
Zip Code:__________________________ County:__________________
Phone Number:__________________________
Email address:__________________________

A member’s email address can be used only for NCBS official business and is considered private and confidential.

[ ] Check box if you prefer to access the NCBS Bluebird Notes newsletter via the Internet.

Please complete this form and send it with your check made payable to NCBS to:

North Carolina Bluebird Society
135 Lakeview Dr.
Tarboro, NC 27886

Additional tax-deductible donation $ __________

New Membership [ ]
Renewal [ ]

Check amount: $__________________________

Please indicate if you also have an interest in:
   [ ] Establishing a bluebird trail in your area
   [ ] Contacting your local newspaper
   [ ] Volunteering to be a County Coordinator
   [ ] Helping with the newsletter
   [ ] Assisting with the annual meeting
   [ ] Other: Please explain:__________________________

How did you hear about the North Carolina Bluebird Society?
______________________________________________

GIVE A FRIEND THE GIFT OF THE NC BLUEBIRD SOCIETY MEMBERSHIP!
Just fill out the form at the left and indicate it is a gift membership and we will put a note in the membership packet that they are the recipient of your wonderful gift of bluebird events, stories and pictures.

We need YOU!!

MEMBERS: Please look at our County Coordinators list and if your county does not have a Coordinator, consider volunteering. The responsibilities and application are on our website. We’d like to see every county represented. Contact:

Joye Stephenson 919-632-0736
County Coordinator Administrator

Please submit your wonderful stories and pictures to:
Editor@ncbluebird.org
or Risa Jarman
Risatj2@triad.rr.com
336-775-4083
or write to
Risa Jarman
141 Williams Meadow Lane
Winston-Salem, NC 27127

Let us know if there are any particular topics you would like to hear about!
SPOTLIGHT ON NEW COUNTY COORDINATOR
Bill Highsmith, Nash County

Bill Highsmith and wife, Anne, who will celebrate 40 years of marriage in 2015, have two married sons and one granddaughter. Bill, a graduate of N.C. State University has practiced architecture in Wilson and Raleigh since 1975 teaming with Steve McDaniel (NCBS Durham County Coordinator) to design many schools, hospitals and churches. A couple of years ago, Bill and Anne moved to a location that seemed right for hosting a bluebird nest box.

A resident of Nash County, Bill was introduced to the nurture of bluebirds by Steve McDaniel whom he has known for over 40 years. Steve gave Bill a nest box in April 2013 and Bill located it in his backyard, facing southwest, overlooking a wide lawn and along the shore of Sapony Creek in Nash County. Shortly after siting the new house, several pairs checked it out. On July 4 of that year, the first brood of five fledged. Bill reflected on the glory of God's creation and wondered what it would be like in the mind of a fledgling when they first glimpsed the world outside the nest box hole. In 2014, two broods fledged, with nine more birds. Watching the arriving birds in spring, right on schedule, has become a sight of much wonder and anticipation signaling the end of winter.

Bill hopes to provide assistance to those that have a desire to host a bluebird family and in doing so share the joy of participating in the preservation and propagation of these precious creatures.

For you folks who live in Nash and surrounding counties and have questions, please contact Bill at:

252-399-9602 or billhighsmith@gmail.com

Submitted by Joye Stephenson
County Coordinator Administrator

ATTENTION COUNTY COORDINATORS !!!

Please check your contact information. It is IMPERATIVE that it be correct as bluebird season is upon us. It is important that you respond as soon as possible to calls or emails. If you are unable to give accurate information, please refer them to another coordinator, our President, Vice-President or me. All our contact information is in the newsletter. BE PROACTIVE. We would like to know what you are doing. If you need additional Bluebird Tips or have suggestions, please let me know. We learn from each other. If you are unable to fulfill your County Coordinator volunteer responsibilities, also please let me know.

Joye Stephenson
County Coordinator Administrator
A Miracle for Christmas

Frank Newell, the Founder of the Eastern Bluebird Rescue Group had a near miss with death this holiday season. This is an excerpt from an article Frank Newell wrote in the local paper, *The Warren Record*, published on December 10, 2014.

“I know that I’m not the best Christian in the world, nor do I claim to be a really good Christian, but I am a believer, and I know a miracle when I see one, especially when it happens to me.” And that day when Anthony came to check on us and the truck, a miracle surely happened..........

Last Friday afternoon when Anthony stopped by to see if Gary and I needed his help getting the big pickup truck started, I said that he should go ahead and hunt deer as he planned. He helped Gary with a couple of last minute things, and soon the truck roared to life. Greatly pleased, I paid Gary for his service, got into the truck and started to drive away. I felt a small bump and realized that something that I hadn’t seen was in front of the truck. I shifted the gear into park, opened the door and started to get out. Either I didn’t have the gear in park or it somehow jumped into reverse, and the truck began to go backwards. With one foot on the ground, and the other still in the truck, I was thrown off balance, and the open door knocked me to the ground lying face up. Immediately the left front wheel ran over my foot and up to my knee, headed for my head. Helplessly pinned down, all I could see was the big wheel com-

ing up my leg and headed to my head.

They say that in a life and death situation your whole life passes by. That is true. Two seconds before that wheel was going to crush my head, Anthony leaped into the truck and slammed it into park. Then he drove it off my body.................

That day the Lord and Anthony gave me the most wonderful Christmas gift that I ever received. “They gave me my life.”

By Frank Newell
Submitted by Stella Rideout

Frank Newell is the founder of the Eastern Bluebird Rescue Group and provides the fabulous $10 bluebird houses at the State Employee Credit Unions. His family and Friends of Frank (FOF) asks for prayers for his foot to heal and for him to listen to the doctors and stay off of it!

Mama Told Me

There’d be Days Like This

Bauman
### North Carolina Bluebird Society County Coordinators

<table>
<thead>
<tr>
<th>County</th>
<th>Coordinator</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
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<td>336-264-4963</td>
<td><a href="mailto:chrisw@piedmontfed.com">chrisw@piedmontfed.com</a></td>
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