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BIRDERS OF ST. JAMES

The Month of Restoration

(in the garden, in nature, and hopefuly, in our thinking)

Proceed with Caution!



Enjoy the little things.

For one day you may look back and realize they were the big things.
- Robert Brault

Birding Journey - May 2026

Since discovering the pine straw nest inside the Bluebird box, I've been diligently keeping an eye on it, waiting for more action. And during this process, I've confirmed that, yes indeed, the birds can see into my house! And…they don't like to be watched…especially when I'm watching them. So now, I step back from the window about 5 feet and look out with binoculars.

All the action last month with the Chickadees and Bluebirds both in and out of the box came to a sudden halt for 10 days. I was just about to make some calls to birding experts when boom…here come two Bluebirds. Of course, I have the internet and have done searches about Bluebird nesting habits but already these guys are not following the rules about who builds the nest, number of days for laying eggs, feeding chicks, etc.

Which made me think humorously that if the Bluebirds had a similar rule book for humans in St James and what it would look like: *"On average, a male and female will build a large house with several rooms and sleep in only one room, sometimes a dog is allowed to sleep in the room with them, they build beautiful kitchens with the latest appliances yet rarely eat in their house, most days they can be seen laying around their house with books or watching the TV, beware sometimes they look out the window with binoculars at us, and sometimes they open our house and look inside…strange behavior."*





I digressed. So, upon the visible return of Bluebirds I did look inside the box. And Ta Da! There are four eggs. It's so exciting and I can't wait until next month to update you all on this latest birding journey.

Trish Greene
President - Birders of St. James

About those young hatchlings, 96% of all songbirds feed their young insects. Why? Their young digestive systems are not yet capable of processing seeds, nuts, or berries. What they do need is food that is rich in protein. How timely! Insects become very active in the spring, caterpillars are abundant.

What else is timely in spring? Pest control companies. Pesticides don't just thin out a few pesky insects—they dismantle the entire foundation all songbirds

depend on. Broad-spectrum insecticides totally erase beneficial insects which are required to raise a brood, leaving nestlings to starve in nests that should be thriving. Those that do find food face another threat: insects laced with toxins become lethal meals, delivering pesticides straight into developing bodies.

Neonicotinoids are especially dangerous. Research shows a single treated seed can kill a songbird outright. Even "non-lethal" exposures weaken immunity, stunt growth, and disrupt parental care. The result is stark: pesticides turn otherwise healthy neighborhoods into places where baby birds are doomed. Can we restore nature friendly practices in our landscapes? Tell your bug spray company not to spray outside your house! **Learn more.**



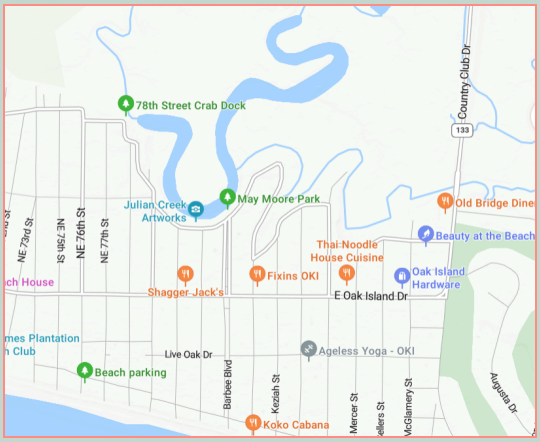


Don't poison nature's food chain!

Discover Great Birdwatching Locations.
Birding Hot Spots in and around St. James

We are fortunate to have top birdwatching spots in and around St. James. Our team seeks out the best locations and prepares written guidance to our members through our **Birders Hot Spots** guide. Each month in our newsletter we will feature a public Hot Spot location with a narrative, expected bird sightings, maps, and photos.
Visit our website for the latest sites as members continue to update our **Hot Spot locations.**









May Hot Spot - May Moore Park and 79 Street, Oak Island

Report by: Pam Miller & Hugh Shaw

May Moore Park, 840 Elizabeth Drive, Oak Island, is found at the intersection of Barbee Drive and East Yacht Drive. Continue along East Yacht Drive to 79th Street to access the mud flats – a popular feeding ground for wading and shore birds, abundantly restored by the tides. These locations offer a view of the marshland and estuaries from the Intracoastal Waterway. It is highly active during the Spring and Fall

migrations. **The best birding is the morning during low tide**. The birds follow this cycle and know it is the best time of day to feed. This site is active all year round. Both sites offer off street parking

Expected Bird Sightings

Marsh Hawk (Northern Harrier), Bald Eagle, Great Egret, Snowy Egret, Great Blue Heron, Tri-colored Heron, Purple Sandpipers, Belted Kingfisher, American Oystercatcher, Ibis, Greater and Lesser Yellowlegs, Piping Plovers, and a Little Blue Heron.

And by the way, we offer bird walks to multiple locations where you can learn from our resident expert, Hugh Shaw. He'll provide binoculars, show you his best bird books, offer advice and answer your questions. It's a great way to learn our area birds. This service is offered exclusively to St. James residents at no cost. Now that's a great deal!

Dates of interest during the merry month of May:

All month: National Clean air Month, International Big Paddle Cleanup Month

- Sunday, May 3: Wood Duck eggs are hatching, and the first broods of Bluebirds have fledged.
- Saturday, May 9: World Migratory Bird Day (*Our migrant birds left in April*)
- Sunday, May 10: Mother's Day - *How about a bird book*?
- Monday, May 11: American Robin fledglings are leaving their nests.
- Friday, May 15: Endangered Species Day. *Let's protect what we have here.*
- Wednesday, May 20: World Bee Day - *Is your yard pollinator friendly?*
- Friday, May 22: World Biodiversity Day - You know your lawn is a monoculture, right?
- Saturday, May 23: World Turtle Day - *How Turtle friendly is Brunswick Co.?*
- Monday, May 25: Memorial Day *"Our flag does not fly because the wind moves it". - Unknown author*
- Tuesday, May 26: Garden for Wildlife Week - *right in line with biodiversity.*
- Sunday, May 31: End of Spring - *(and closer to our June 17th event!)*

A special note: Although we have not scheduled a community program for the month of May, we are gearing up for bird walks and our June 17th community program on **Osprey.** Watch our Facebook page and our website for details. Flyer coming soon!

Add June 17 to your calendar today!

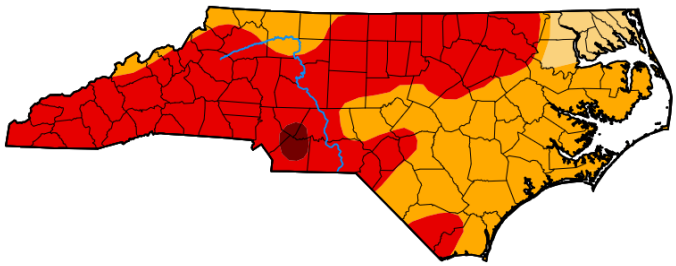


New St. James Rule :
Everyone should sit quietly in nature for 20 minutes every single day.
-Unless you are too busy, then you should sit for an hour.





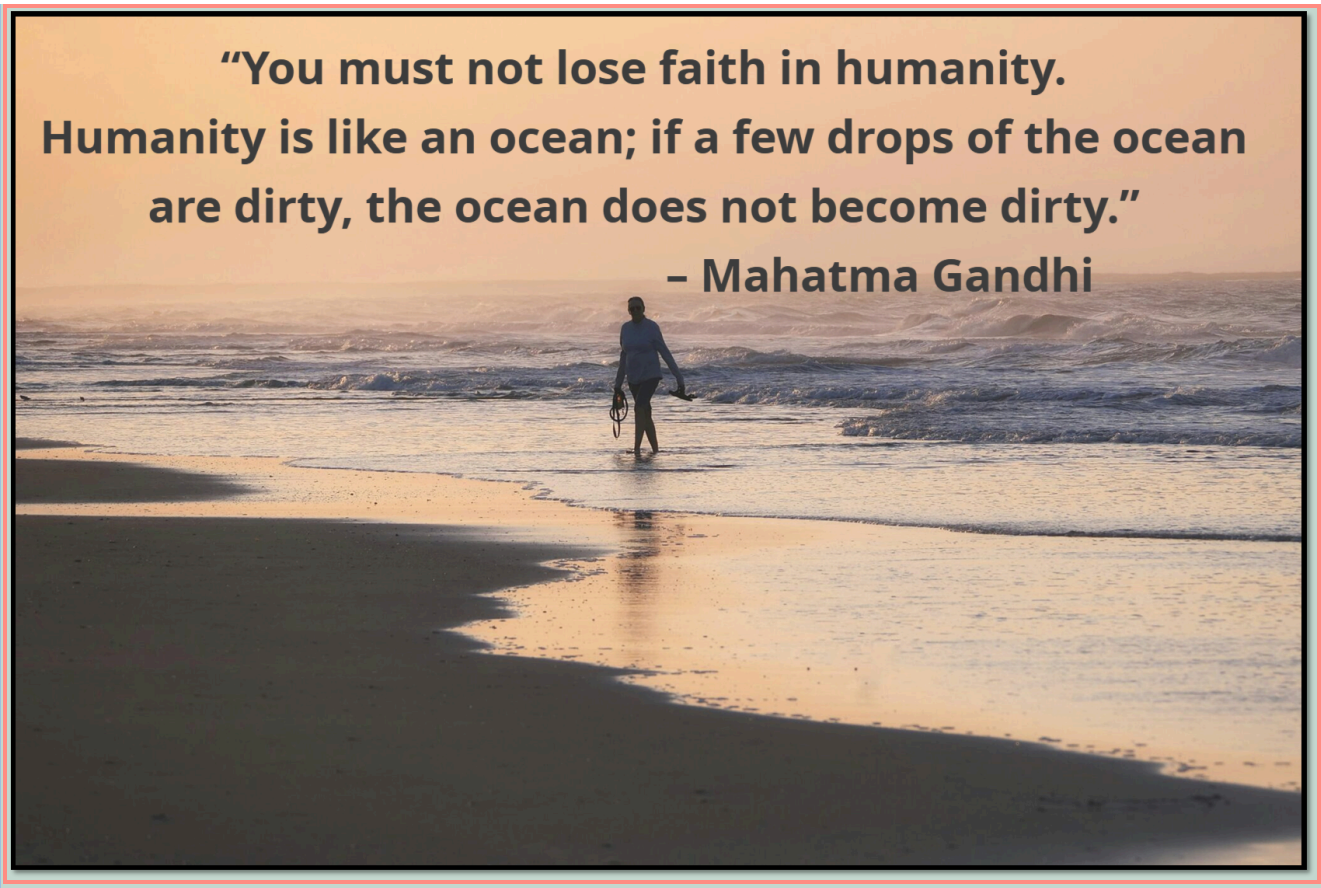
Hopefully the coming days will bring much needed rain to North Carolina. These are the conditions as of Apri 30th:



Remember to offer fresh, clean water to our birds. For songbirds, ponds are quite risky to them for the following reasons:

- Predation Risks
- The need for a shallower edge with better footing
- Songbirds prefer safety over convenience
- Field of view can be very limited





BIRDERS OF ST. JAMES

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