



Audubon NORTH CAROLINA

# birds + citizens

Audubon recognizes that we not only need to help birds in natural areas, but also where most people live – in cities and towns. Two years ago we convened a Bird-Friendly Communities team. The work of the team is guided by this vision: Bird-friendly communities across North Carolina give birds the opportunity to succeed by providing connected habitat dominated by native plants; minimizing threats posed by the built environment; and engaging people of all ages and backgrounds in stewardship of nature.



There are lots of ways to create a bird-friendly yard, neighborhood, park or workplace where you live. Audubon North Carolina is encouraging people to get involved in several ways: landscaping with bird-friendly native plants, helping with Lights Out programs to reduce building collisions for migrating birds and taking steps to help specific birds such as the Brown-headed Nuthatch and the Wood Thrush.

Here are a couple of examples to show how small actions done by a lot of people really add up to helping birds. The Wood Thrush flies 300 miles in one night on its way south in the fall, and when it stops to rest it needs high-fat berries found on the Spicebush or Dogwood tree to refuel. Likewise, the Brown-headed Nuthatch needs nest boxes because the dead trees it usually uses for nesting are no longer commonly found in developed areas. With thousands of people across North Carolina planting for Wood Thrushes and putting up nest boxes for nuthatches, these birds directly benefit.

The wonderful thing about the Bird-Friendly Communities program is that we can never have too many people involved. Consider joining the thousands of people just like you who are putting up nest boxes, planting from our list of bird-friendly native plants and asking buildings in cities and towns to turn out their lights during migration. You can find out all about these projects and download materials to help you on our website at [nc.audubon.org/creating-bird-friendly-communities](http://nc.audubon.org/creating-bird-friendly-communities).

We would love to have your help in making your community, home, workplace or place of worship more bird friendly! In the words of Margaret Mead “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” Together, we are making a difference for birds every day.

With gratitude,

**Heather Starck Hahn**  
Executive Director





## 10,000 Nest boxes

With fewer dead trees available for Brown-Headed Nuthatches to nest in, Audubon is asking citizens to put up nest boxes for nuthatches to give them more places to raise their young. Our goal is 10,000 nest boxes this year!

# Birds + Citizens

## Growing Native

Growing plants that are native to North Carolina makes good sense for all kinds of reasons. But growing native plants that are good for birds makes even more sense! Native plants support many more insects and caterpillars that baby birds need to eat, as well as supplying berries and nectar to adult birds. Growing bird-friendly native plants is a win-win.







## Local Roots

When we started asking citizens and municipalities to choose native plants that are good for birds, we heard that these plants might not be easy to find. We convened a group of folks to solve the problem and launched our Local Roots program as a result. Each year, Audubon will educate bird lovers about plants to grow and where they can be purchased and participating nurseries and growers will make those plants available. Check our website for a list of places to find plants birds will love!



## Lights Out

Birds colliding with buildings during migration is a big problem. Even mid-level buildings can confuse birds with the glow of artificial light at night. Volunteers in Raleigh, Durham, Charlotte and Winston-Salem are working with building owners to turn out upward facing lights. Audubon is also conducting trainings for architects to better understand how to design buildings with bird safety in mind.

# it all adds up to more bird protection



**A Lights Out volunteer releases a Wood Thrush that recovered from a building collision.**

Audubon's Bird-Friendly Communities program has easy projects for you to do where you live, work and play. You can get involved a little or a lot; it all adds up to helping our birds. From planting bird-friendly native plants in your yard, to helping your congregation landscape with these plants; from putting up a Brown-headed Nuthatch nest box to working with a local park to put up multiple boxes; from turning off outdoor lighting at night at your home, to talking to high rise office buildings downtown; the scope of action is up to you. We just ask that you do act. All of these actions add up to more protection for a wide variety of bird species and create healthier communities across North Carolina.

The Bird-Friendly Communities program is already involving many different groups of people including landscape architects, municipalities, congregations, parks, scouts, teachers and clubs. There is room for many more. If you have ideas about getting groups involved, we would love to hear from you. Contact BFC Coordinator Kim Brand at [kbrand@audubon.org](mailto:kbrand@audubon.org). You might also want to join our on-line community via our Facebook page where folks are talking about bird-friendly activities.

As spring approaches and birds begin to build their nests and raise their young, we want you to know that whether you are hanging feeders for hummingbirds, educating others about your local birds or joining one of Audubon's Bird-Friendly Communities projects, we appreciate all that you do to help keep North Carolina full of the color, song and life that birds bring.

Audubon North Carolina relies on contributions from individuals to add new programs like Local Roots and Lights Out. Please return the enclosed envelope with a donation today to help birds in the towns and cities where you live. Thank you!

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