

Sisters Country birds

By Douglas Beall
Correspondent

The animated and enthusiastic behaviors of the Western kingbird (*tyrannus verticalis*), are easily seen in open areas throughout the west.

Their buzzes and snapping wings are heard as they defend their nesting territories and fly-catch from open perches. Arriving in April from a winter in Central America, they choose their nesting site and both the male and female defend their territory. The male has an impressive courting display as he twists and turns upward to 60 feet and then cascades down and tumbles toward the ground.

The female builds the nest [as the male twerts her on] using rootlets, grasses, stems, and plant fibers.

A final lining of hairs, string, and wool is added to protect the 2-7 white to pinkish with dark blotched eggs. Incubation for 12-19 days leads to a nesting period of 13-19 days where both parents are continually bringing crickets, grasshoppers, beetles, wasps and an occasional dragonfly to satisfy the nestlings.

A collection of kingbirds is referred to as a "tyranny," a "court" or a "coronation" of kingbirds.

To view more images of the Western kingbird, visit <http://abirdsingsbecauseithasasong.com/recent-journeys>.



The Western kingbird.

PHOTO BY DOUGLAS BEALL

Local earns speaker certification

Bethanne Kronick, a local productivity expert and author, has earned the CSP™ (Certified Speaking Professional) designation from the National Speakers Association (NSA). Established in 1980, the CSP is the speaking profession's international measure of speaking experience and skill. About 12 percent of speakers worldwide hold this professional designation.

The CSP designation is awarded to accomplished professional speakers who have earned it by meeting strict criteria. Kronick, a Sisters Country resident, is one of only 43 professionals to earn the CSP in the class of 2017. She was honored during a ceremony on July 8 at Influence 2017, NSA's annual convention in Lake Buena Vista, Florida.

Kronick is a business owner, national speaker, author, and productivity strategist. In 2002, she created her company, SIMPLIFY!, with the goal of helping busy people make lasting, positive changes in their lives. She has shared her message with thousands of people across the country advocating a mix of purposeful planning and practical strategies to address the many distractions that keep them from getting the right things done every day.

With enthusiasm, firm personal conviction and the calming no-nonsense voice of a former classroom teacher, she



PHOTO PROVIDED

Bethanne Kronick earned National Speakers Association certification as a professional speaker.

shares data-driven and time-tested strategies to improve focus and productivity in today's information-saturated world.

"I'm passionate about helping people in today's overly wired world live with less stress, find more energy, and make time to do what they love," said Kronick.

This professional "calling" on her life is personal.

The painful losses of her first husband and her father within a short period revealed a new understanding of the true value of each moment — even those spent at our day jobs. Kronick and the team at SIMPLIFY! just celebrated 15 years of helping busy people at all levels of leadership, administrative assistants to CEOs, make positive changes in how they spend and invest their time.

Need a speaker for an upcoming event?



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