





Baltimore Oriole, Photo by Michel Bordeleau

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Hello,

**What better way to take our minds off this pandemic than observing birds.**

**Many of you have discovered the benefits of feeding and watching birds for the first time in 2020. Whether you are a beginner or an expert, we encourage you to continue to discover what birds can teach you in 2021.**

**In this newsletter you will learn more about the Baltimore Oriole, the benefits of bird-watching, the Grand Défi QuébecOiseaux, our new products and suggestions as well as the possibility of taking a course on ornithology this June.**



***Come visit us!***

5120 rue de Bellechasse  
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**Opening Hours :**

**Sunday - Monday**

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**Tuesday - Wednesday**

9:30am to 6:00pm

**Thursday- Friday**

9:30am to 7:00pm

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9:30am to 5:00pm

**Online Store Open 24/7**

**Do you enjoy traveling to look  
for birds?**

Join Serge Beaudette. His trips  
are breathtaking. I, Alain Goulet,  
went on one of his trips and  
simply loved it.

Serge leads trips to destinations

**Happy spring birding,**

***Alain and Dara Goulet, owners and bird enthusiasts.***



such as: Point Pelee, Costa Rica, Argentina, Ecuador, Brazil, Spain, Peru, Columbia and the Galapagos islands.

You will find all his travel destinations on his website: [PITPITPIT.COM](http://PITPITPIT.COM)

Have a nice trip! You will be in good hands.



## Binocular Exchange Canada



**Binocular Exchange Canada** is a project that aims to engage more people in outdoor activities and to find a use for older, but working birding equipment. At Nature Expert, we will accept

## The benefits of birding



If you have discovered the magic of bird watching and/or bird feeding in your lifetime, you are a fortunate person! A new study that just came out in March from Germany has found that having a wide variety of birds to enjoy in one's surroundings actually increases one's happiness or well-being! A team of scientists from several institutions used data from a survey of no less than 26,000 people from 26 European countries to study the connection between avian diversity and satisfaction with one's life: 'life satisfaction'. In essence, the happiest Europeans are those who get to enjoy numerous kinds of birds in their daily lives or at least live in fairly natural environments that are home to a wide variety of bird species.

any equipment that would help a birder in an outdoor observation situation: binoculars; spotting scopes; backpacks; field guides (from anywhere in the world); cameras; tripods; ornithology textbooks; etc.

Upon reception of the donation we will estimate the value of the equipment and Earthvalues will issue a charitable tax receipt, if desired.

Earthvalues Institute is the organization under which the project is run.

<http://www.earthvalues.org/en>

Earthvalues



If you are still not convinced that having lots of different kinds of birds in your immediate surroundings can increase your life satisfaction, how about the fact that it might help you to live longer! According to another study this past March, the ambience of bird song in nature can actually improve one's health! A team of scientists in Canada and the U.S. found a 184 percent improvement in overall health outcomes by lowering blood pressure, augmenting cognitive performance, and even reducing pain. And another recent study from the California Polytechnic University found that placing speakers playing a variety of pre-recorded bird songs and calls on hiking trails improved the outdoor experience in general. In other words, hearing birdsong while hiking outdoors improved people's overall well-being, more than if they hiked without hearing birds chirping. Of course, the biggest challenge in all of this is to halt the serious decline in many of our bird species all over the world. Without them, what will happen to the well-being of humans on the planet?

**David M. Bird, Ph.D., Emeritus Professor of Wildlife Biology of McGill University**

On the same topic, here is an article by Lynn Desjardins that you may enjoy: [Soothing souls in a pandemic: Bird watching takes off](#)

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## Feeding Baltimore Orioles

For bird enthusiasts in the Northern Hemisphere, we welcome spring with open arms and joyfully anticipate bright plumages and cheerful tunes of summer birds. Among the most welcomed is the Baltimore Oriole. It may be tricky to spot this bird in the upper canopy of a tree, but fortunately, it doesn't always have to be difficult to view a Baltimore Oriole. Inviting orioles can be easy with the right food and feeder setup!



But first, a brief overview of this bright orange-and-black songbird: the Baltimore Oriole is a member of Genus *Icterus*, which contains 33 New World species. However, the Baltimore Oriole is the only oriole species that regularly occurs in Quebec. Birds start arriving in early May in our forest edges. To mitigate the difficulty of seeing one, try learning its bubbly whistled song or its rattling call. Indeed, this songster is known for being quite vocal. Males and females rear nestlings together in a basket-style hanging nest. By August, most fledglings have left the nest, with birds starting migration to Central America in August and September. Although Baltimore Orioles spend less than half the year with us, we appreciate their presence. In order to really admire their beauty, you can attract them to your neighbourhood with the proper food and feeder.

What do orioles eat? In the spring and summer, birds are drawn primarily to these three foods: **oranges** (cut in half); **grape jelly**; and **nectar** (sugar water). We sell bird-safe grape jelly and nectar. However, come early autumn, orioles switch from their summer fruit-based diet to a more insect-centric one. Therefore, feeding orioles is easiest during spring migration and summer (if you have suitable nearby nesting habitat). Exceptions do exist, especially if an oriole is stuck in a snowstorm or extreme cold weather. In those cases, you can also try putting out items that are high in protein, like **suet**, **dehydrated mealworms**, and **suet nuggets** (all available through Nature Expert). As an added bonus, House Finches will also consume orange halves; hummingbirds sip nectar; and Scarlet Tanagers, Rose-breasted Grosbeaks, Gray Catbirds, American Robins, Brown Thrasher, Cape May Warbler, Northern Cardinal, and woodpeckers sometimes eat grape jelly. So even if orioles don't notice your food right away, you could get lucky with other species.



Because orioles eat a variety of foods, there are a variety of feeders from which you can choose. If you want to try all three foods, your best bet is an **Oriole feeder for nectar, jelly, and orange halves**. It features anchors for orange halves, cups for grape jelly, and a reservoir for nectar. It also comes with a built-in **ant baffle** to prevent attracting ants. Three other feeder types are available that allow for one food each: a **Jelly Feeder for Orioles**; the **Stokes Oriole Feeder** for nectar (includes bee guards), and a **Double orange feeder for Oriole** made from recycled plastic. If you are interested in one of the single-food feeders, be sure to consider using an ant baffle too. All of these feeders are orange, as this can pique the curiosity of an orange-coloured bird. Side note: using a nectar feeder designed for hummingbirds to attract orioles may not be effective as the holes are usually too small for an oriole's beak.

In terms of feeder placement, an oriole feeder can be used by itself or alongside other feeders. Given that Baltimore Oriole is an upper-canopy species, it is best to put the feeder up fairly high so it is visible from the tree tops. A visiting oriole should also have quick access to a nearby tree, so it can seek cover if a predator appears. Another good practice is to set out the feeders earlier than you expect orioles to arrive, so as to accommodate any early arrivals (which is becoming more frequent in

the face of climate change). Squirrels sometimes access nectar feeders, so if possible, place it out of a squirrel's reach. If raccoons are a problem, a large raccoon baffle may be beneficial or take the oriole feeders in at night. Finally, patience is key, for some years boast more orioles than others. If you don't see any orioles in your first year of oriole-feeding, try again next year.

Hopefully these tips will guide you in attracting Baltimore Orioles. As always, we are excited to get you started on your next bird feeding adventure! Please don't hesitate to contact us and ask all your bird and feeder related questions!



## Vacation

Please note that we will be closed from **July 20 to July 31st, 2021**. If you need seeds, please make sure to stock up in early July.

## Grand Défi QuébecOiseaux



Once again this year, along with Serge Beaudette, Jean-Philippe Gagnon and Frédéric Hareau, I (Alain Goulet) will participate in the Grand Défi QuébecOiseaux on May 23rd. We will look for birds for 24 hours and try to surpass the 161 species we observed in one day 2 years ago. We have decided to dedicate half of the money collected to the [Rimouski Bird Observatory](#).

You will find information about the Observatory here: [Rimouski Bird Observatory](#)

If you wish, you can donate to the Ornitrotteurs by clicking on the following link: [Donate to the Ornitrotteurs](#)

Thank you very much for contributing to bird conservation.

How many species will we see this year ???

Several prizes can be won by donating to our team (25\$ minimum).

### From QuébecOiseaux:

- 2 pairs of Diamondback HD 8 x 32 binoculars courtesy of Nature Expert, value of \$ 360 each
- 2 gift certificates courtesy of SAIL, value of \$ 300 each
- 2 gift certificates courtesy of Sépaq, value of \$ 250 each
- A copy of the Second Atlas of the Breeding Birds of Southern Quebec, value of \$ 95
- Daily passes for the Biodôme and the Botanical Garden



**[From the Ornitrotteurs Team \(better odds of winning a prize\):](#)**

- 1 pair of Diamondback HD 8 x 32 binoculars courtesy of Nature Expert, value of \$ 360 each
- 1 birding outing for 4 people with the Ornitrotteurs team (in compliance with relevant COVID restrictions). Join Frederic, Jean-Philippe, Serge and Alain on a birding outing with 3 of your friends. Value: Priceless

**[Click here to make a donation](#)**

# New products and suggestions

## New Mugs

Whether it's a cup of tea, coffee or a cappuccino, our new collection of Abbott mugs will let you enjoy your morning drink in style!

[Ladybug striped jumbo mug](#) / [Dragonfly jumbo mug](#)



Regular price: \$ 14.99 Sale price: \$ 9.99

### [Bark cappuccino mug](#)



Regular price: \$ 9.99 Sale price: \$ 2.99

## Majestic Moose Mug



Regular price: \$ 12.99 Sale price: \$ 4.99

## **Aspect Feeders**

### Silver Thistle feeder:

With spring coming, it's time to take out your thistle feeders. The thistle (nyger) seed is a favourite with goldfinches and attracts a wide variety of birds. Equipped with 8 feeding stations, a UV stabilized polycarbonate tube and made of stainless steel material, the Aspects Quick-Clean thistle feeder is designed to last. This feeder contains 1.18 liters of seeds and its cleaning is simple thanks to its removable base! The Aspects Quick-Clean Thistle Bin is backed by the Aspects Lifetime Warranty.



### Regular feeder Silver:

A 1.18 liter silo perfect for sunflower seeds, safflower and many other kinds of seeds. Adorned with 4 food stations, a UV stabilized polycarbonate tube and made of stainless steel hardware, the regular Aspects Quick-Clean silo is built to last. The removable Quick-Clean base allows for easy cleaning! This feeder is covered by the Aspects Lifetime Warranty.



[NL PURE 8x32, 10x32](#)



The NL Pure 8x42, 10x42 and 12x42 have been a big hit as they combine the best optics, comfortable viewing, a very wide field of view and the possibility to use a forehead rest for greater stability.

The NL Pure 8x32 and 10x32 deliver all these characteristics in a smaller, lighter package. They promise to be very popular.

Availability: May 2021

Please call us if you would like to reserve one.

[www.nature-expert.ca](http://www.nature-expert.ca)

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