

# CCFA- Nature Expert

Centre de conservation de la faune ailée



## The Big Bird Fest

June 7th, 2014



- Jean Paquin, author, birding expert and Vortex Prostaff
- Jean-Philippe Gagnon, TV personality, bird guide and Vortex Prostaff
- Vortex Optics representative
- Swarovski Optik representative
- Services environnementaux faucons (with their birds of prey)
- Regroupement QuébecOiseaux
- Bird Protection Québec
- Géry van der Kellen, Wildlife artist and birder
- Yvon Dufour, Master Bird Carver



5120 rue Bellechasse Montréal, Qc.

CCFA Nature Expert





**BROME**  
BIRD+CARE

**SquirrelBuster**  
WILD BIRD FEEDERS

**W**woodstream



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## [Opening hours](#)

**Sunday - Monday**  
Closed

**Tuesday - Wednesday**  
9:30 to 6:00

**Thursday- Friday**  
9:30 to 7:00

**Saturday**  
9:30 to 5:00



[Come visit us!](#)

In this newsletter, you will read about the health benefits of birding and you will get an overview our upcoming Birdfest 2014 which will be held on June 7th.

**Bonus: We will have a draw after BirdFest and you will get a chance to win one of those two binoculars!**

(Swarovski CL 8x30 \$1188 and Vortex Talon HD 8x42 \$650)



**On June 7th you will:**

- Meet expert birders and artists.
- Try on some of the best birding optics.
- See several live birds of prey and have your picture taken with them.
- Have the chance to win numerous prizes (books, bird feeders, binoculars, etc.). More than \$2000 in prizes.
- Take advantage of several in-store specials.

[5120 Rue de Bellechasse](#)  
[Montréal, QC](#)  
[H1T 2A4](#)

**Calendar  
of  
events**

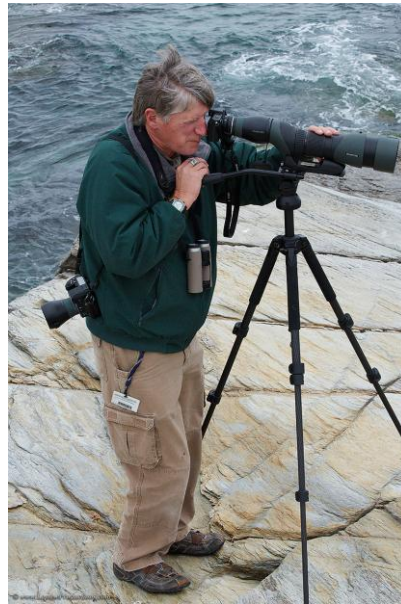
**Bird Fest  
At CCFA -  
Nature Expert**  
June 7th, 2014

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**Digiscoping Hi  
ke**

June 8th, 2014  
8:00 - 12:00



**Our digiscoping hike will be held again on June 8th, 2014. This is a joint effort between Nature Expert and Swarovski.**

There is no cost to this outing but we ask that people register with us because places are limited. During this hike, you will have a chance to get personalized hands-on instructions about your digiscoping equipment and technique. To register, send us a message at [ccfa@videotron.ca](mailto:ccfa@videotron.ca) or 514-351-5496.

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Ile Bizard  
Reservation required.  
Spaces are limited.

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# Birdfest Specials



**Unique cardinal feeder**  
Special 20% off. **\$31.99** reg. \$39.99



**Ranger ED**  
On Sale from \$439.99  
Up to 70\$ off  
Models 8X42, 10X42, 8X32, 10X32



**Eagle Optics Ranger**  
On Sale from \$299.99  
Up to 60\$ off  
Models 8X32, 8X42, 10X42, 10X50



**Razor HD Version II**

**Up to \$250 off**

Model 8X42, 10X50 et 8.5X50 available

Limited quantities



**Swarovski: EL CLASS**

**On Sale from \$1699.99**

Model 10 X 32 et 8.5 X 42 available

Limited quantities

**Spotting Scopes**



**Vortex Nomad 20-60 X 60 angled**  
**Super Special \$299.99 Reg. \$459.99**



**Viper 15-45 X 65 angled**  
**Super Special \$499.99 Reg. \$599.99**



### Swarovski ATM 20-60X80

**On Sale \$3079.99 Reg. \$3229.99 Limited quantities**



### Leica Digiscoping Kit

- Spotting scope APO Televid 65 mm + 25-50X eyepiece

- Leica D-LUX 5 Digital Camera
- Case for spotting scope & camera
- Digiscoping adaptor

**On Sale: \$3399.99 Reg. \$4669.99**

limited quantities (1 kit only)

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Illustrations by Ghislain Caron. All right reserved.

## **Benefits of Birding**

Without realizing it, people derive tangible and intangible health benefits from observing birds and being in nature. Birdwatching or birding is an engaging way to experience more of nature and the outdoors.

When searching for birds in their natural habitat, you visit all types of terrain—city parks, rural farms, wetlands, seashores, mountains, and even sewage lagoons and landfill sites. It not only gets you walking but also hiking, biking, canoeing, and even mountain climbing, in every season and in all types of weather.

Birding is an invigorating outdoor pursuit, with many health benefits accruing almost unnoticed while you are focused on finding the birds.

### ***Birding's healthy side benefits***

Birding takes you outside on a regular basis—a healthy pursuit all on its own. In a systematic review of a number of recent studies that compared walking for the same time or distance indoors versus walking outdoors, the participants scored “greater feelings of revitalization and positive engagement; decreases in tension, confusion, anger, and depression; and increased energy after they walked outside.”

A research project by the Suzuki Foundation indicated that time spent in nature reduced anxiety and depression, decreased stress, and increased energy. Other benefits included increased immunity and vitamin D production, improved weight loss and fitness, reduced symptoms of attention deficit hyperactivity disorder (ADHD), and possibly lowered risk of diabetes, heart attack, and cancer.

A lack of contact with the natural world is now referred to as “nature-deficit disorder.” A hypothesis was first presented in 2005 in the book *Last Child in the Woods* by Richard Louv. The author argues the need for kids to spend more unstructured time outdoors, with fewer organized activities and less screen time. His later book, *The Nature Principle* (Algonquin Books, 2005 and 2011), applied the same premise to adults.

## ***Birding is an unequalled family affair***

It's the type of family activity that fits the recommendations of the Canadian Physical Activity Guidelines, including taking up a new sport and being active with the family on the weekend. Even the youngest can be packed along on a hike, while older children, charged with carrying the binoculars and field guide, can challenge the adults in identifying a new bird. Birding adds a new dimension to a walk to the store, gives a reason for a longer day-hike, and lends more purpose to a vacation.

Try a specialized outing, such as an owl prowl. Together you'll discover the deep baritone of a great horned owl or witness the wild cacophony of a pair of barred owls. Such experiences make lasting memories, creating common bonds and a lifelong interest in nature.

## ***Observe, listen and learn***

Getting started in birdwatching is as simple as taking a walk outside with a field guide and binoculars. Walk around your neighbourhood or to the nearest park. Birds are all around us, and anyone can make a conscious effort to find them.

## ***Birding Makes You Happy***

Although it's possible to do a lot of birding just by looking out the window, sooner or later birds will lure us outdoors. While this alone can lift your spirits, there really is a scientific link between your mood and being outside. When we're outdoors moving around and breathing fresh air, we tend to take deeper breaths. With more oxygen transported to all the cells of our bodies, including our brains, we become more alert, and our mood is likely to be elevated. Also, during half an hour in the sun, we can soak up almost a whole day's requirement of vitamin D. Vitamin D is important for our physical health in a variety of ways, and it also helps to alleviate anxiety and depression.

## ***Birding Makes Friends***

Studies have shown over and over that a strong circle of friends is a key factor to help you to stay happy and healthy. And if you take up birdwatching, you will probably make many new friendships. An interest in birds brings together people from all walks of life and of all ages and backgrounds. Birding crosses all social and economic barriers and creates a sense of camaraderie that can help forge lasting friendships. Sharing our love of birds with new friends and with those who have never tried birding, is beneficial for the birds too! The more people we can interest in birds and nature, the more support we build for conservation.

## ***Birding Keeps You Physically Active***

Birding can be as low-key and relaxing as sitting in a comfy chair and watching the birds at your feeders, but it can also be much more of a workout. Simply going for a walk might be



boring, but going for a walk to look for birds gives you a focus and a reason to keep going. And if you get serious about seeking new and different birds, you may find yourself hiking long distances and carrying all kinds of birding gear. Even if you stay close to home, bird feeding also requires some physical activity. This is especially true if, like us, you live in an area where you've got to shovel several inches of snow (or sometimes several feet!) from around your feeding station in winter. Use the birds in your backyard as inspiration to keep moving.



Illustrations by Ghislain Caron. All right reserved.

### ***Birding Feeds the Brain***

Keeping our minds active and healthy is essential for our overall sense of well-being. The Alzheimer's Association suggest that if we want to keep our brains healthy we need to keep learning new things. What better way to do that than by continuing to learn about birds? If you are new to bird-watching, just identifying the birds you see can be a challenging mental puzzle. If you are an experienced birder, you can still learn new things every day about the behaviour of your local birds. Studies have shown that these kinds of mental exercises can help form new neural paths that can help fight against diseases like Alzheimer's, other forms of dementia and Parkinson's.

### ***Birdwatching Leads to New Experiences***

Variety is the spice of life. This is an old saying, but it's true. Lack of variety in our lives can lead to boredom and a general sense of fatigue. Adding variety can make us more energized and positive, giving us more to look forward to. And of course, in terms of variety, birds offer a dizzying array of colors, calls and behaviours. You can't predict all the birds you'll see while going out birding. On any given day, some of the expected birds will be nowhere to be seen while totally unexpected ones may pop up at any moment. So birding offers both a reassuring sense of the predictable and an exciting sense of the unpredictable, keeping us on our toes and alive to the possibilities.

An interest in birds can be the gateway to a world of discovery. Once you go outdoors and start looking around, it's almost impossible to only see the birds. Before long, a beautiful butterfly, an intriguing mushroom or some unfamiliar turtle will distract you. It's OK to be distracted—the birds won't mind. As we're fond of saying, when you learn more about

nature, your view of the world becomes more three-dimensional. Some of our best friends are humans, but there are about a million other species of living things out there that are also worth knowing. And new experiences make life worth living!

Physical and Mental Benefits of Bird Watching according to fledgingbirders.org

- exercising observation skills - both visual and auditory
- increased ability to focus on tasks
- improving communication skills
- behavioural and impulse control
- bolstering self-esteem and confidence
- provides relaxation and stress relief opportunities
- positive peer socialization activities
- reinforcing various academic concepts

Alzheimer's Australia recognises the value of activities such as birdwatching to keep the body and mind fit and active.

While it is a great activity for introducing our youth to the outdoors and nature, it is also something that can be done by anyone at any time in their life. Birding is a lifelong activity. It is definitely not static as birding changes with the seasons during migration. Many cities and towns have areas that are listed as perfect for birding. They are often quite accessible by all, including the handicapped.

We have several books that promote birding as a family or books that will help you find excellent areas that are rich in birds and wildlife.

***Come in and see us for resources that will aid you in this very healthy pursuit – birdwatching!***

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**New products and suggestions!**



**Antique Red Hummingbird Feeder 24 oz \$21.99**



**Antique Blue Hummingbird Feeder 16 oz \$19.99**

[www.ccfa-montreal.com](http://www.ccfa-montreal.com)

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