

# CCFA- Nature Expert

Centre de conservation de la faune ailée



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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

Everyone is talking about this winter's cold weather. How do our birds cope during these repeated cold spells? Due to popular demand, we will address this issue in our current newsletter. Please take time to look at the upcoming events we will be a part of: QuébecOiseaux's Grand Défi and our very own Bird Fest on June 7th, 2014.

Happy Birding!

Alain Goulet,  
Owner and bird enthusiast.

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## QuébecOiseaux's Grand Défi May 9th to May 10th 2014

Each year, QuébecOiseaux organizes a fundraiser aimed to raise funds for bird conservation. Several teams from across the province will compete in a 24 hour Big Sit on May 9th to May 10th. Their goal: to observe the maximum number of species for 24 continuous hours from a specific location.

**Alain Goulet, owner of Nature Expert, will be part of one of the teams.** His team is the "Razor HD". He will be accompanied by **Jean Paquin (birding author, speaker and Vortex Prostaff)**, **Jean-Philippe Gagnon (well-known for his participation in the TV series 1-888-OISEAUX and also an international bird guide, Biodôme employee and Vortex prostaff)** and **Frédéric Hareau**



## [Come visit us!](#)

[5120 Rue de Bellechasse](#)  
[Montréal, QC](#)  
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**Calendar  
of  
events**

## **Grand défi QuébecOiseaux**

[May 9th to 10th, 2014](#)

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### **Bird hike & Lecture at Mount-Royal Cemetery**

***By: Alain Goulet***

*Les histoires d'oiseaux  
inusitées. (Lecture and hike  
will be conducted in French)*

May 25th, 2014

(experienced bird guide for Bird Protection Québec and Club d'ornithologie d'Ahuntsic).

[Donate to preserve our feathered friends and fund bird research.](#) Regroupement QuébecOiseaux uses these funds for specific projects such as the conservation of Chimney Swifts and Golden-winged Warblers. They also monitor the population of several other species at risk. [Click here to make a donation and support conservation initiatives in the province of Quebec.](#)



**Bonus: When you make a donation through team Razor HD, you earn a chance to win a pair of Vortex Diamondback 8x32 (suggested retail 280\$).**

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

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**Digiscoping Hike**

*with Clay Taylor*

June 8th, 2014

9:00 - 12:00

Ile Bizard

**Reservation required. Spaces  
are limited.**

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**Here are the quiz  
answers and winners:**

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**Bird Fest 2014 June 7th, 2014**

Bird Fest 2014 will take place on June 7th, 2014. This event has been held at CCFA - Nature Expert for the past two years and this year we will include a few new faces.

You will have the opportunity to meet:

- 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

**Bonus: Attend our festival and  
get a chance to win one of  
those two binoculars!**

(Suggested retail price: Swarovski CL 8x30  
1188\$ and Vortex Talon HD 650\$)

**Why are there no penguins in the arctic?**

Answer: Because of the presence of predatory land mammals.

**Which birds do not lay eggs?**

Answer: Males do not lay eggs.

**Winners:**

Watching Birds - an introduction to Ornithology :  
Steve Charlton

Birdfinding in the Montreal area :  
No winner



## Do birds in Quebec get cold during winter?



Whether large or small, many of our feeder birds will not migrate south in the fall, but rather will remain in Quebec during winter, despite our very cold temperatures of even  $-40^{\circ}\text{C}$ . Chickadees, cardinals, nuthatches, House Finch, woodpeckers, House Sparrow, Mourning Dove, about half the population of goldfinches and some additional species will continue to visit our backyards throughout the winter. The question everyone is asking is: How do they survive during such cold temperatures? It is thanks to highly developed adaptations that these little creatures can brave the frigid temperatures.



### **Body temperature and energy requirements**

Birds keep their body temperature at around  $40^{\circ}\text{C}$  and have a heart rate that varies from 150 to 350 beats per minute for medium-sized birds. Therefore, they have relatively high energy requirements and need to feed more often. Their heart rate and body temperature keeps them warm even during the coldest temperatures. They require a lot of energy; you can give them seeds, insects or suet during the winter. Although birds are able to find most of their food in nature, bird feeders

become very important during ice storms when ice covers plants, trees and soil.

\*\* It is strongly recommended to **not** give bread to birds or to ducks, because no matter the season, bread does not provide enough energy for birds. Instead, it gives the impression of having eaten well and they no longer feel hungry. Another consequence is that ducks, they can become less fearful of humans and become more vulnerable to predators.



**Plumage and insulation**

Plumage is the key to bird survival. In very cold weather, they are able to puff up their feathers to allow better insulation and keep the body warm. In addition, non-migratory birds increase the thickness of their plumage with a pre winter moult. This insulation allows them to conserve precious energy during winter. Wind is another factor of the cold and can cause significant heat loss. Fortunately, birds have a very fast metabolism which produces a large amount of heat and regulates their body temperature.

In contrast, during hot weather, birds do not puff up their plumage which reduces the air spaces that act as insulation. Once the cold season is over, their plumage decreases through molting, to accommodate the warmer temperatures.



### **Water Conservation**

Birds lose most of the water they consume by exhaling. When cold temperatures mean water is less available, birds excrete less water, which allows them to conserve the water they drink.

Nevertheless, during winter, birds must find a way to wash and drink. They do not hesitate to eat snow to fill their need for water. However, because snow cools the bird's core temperature, their energy needs increase.

Heated bird baths have been on the market for many years and are a great tool to help birds during the cold weather. These baths are designed to prevent water from freezing when temperatures fall below zero.

Birds are not disadvantaged when winter arrives. In fact, they are ready for it. Their plumage, their heart rate, body temperature and water conservation are all mechanisms that protect them from the cold. Feeding birds during the winter season is an added bonus for them, especially when food is not readily accessible because of snow, ice or frost.

Thanks to their adaptations, we can continue to enjoy observing them through the winter's months.

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**New products and suggestions!**

## Metal Sunflower Feeder



This feeder is made entirely of metal and can hold up to 5 pounds of seeds. It is designed to accommodate perching and climbing birds, and is easy to use with no assembly required. This feeder may attract more than 10 birds at the same time! Fold it closed for easy storage.

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## Top Fill Waterer



This water dispenser can hold up to 64oz of water and fills from top with ease. It no need to unscrew it! This technology also collects and filters rainwater to fill the waterer. A valuable tool for providing water that is essential for attracting birds to your garden!

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### Adjustable Platform



This platform can hold 1 kilo of seed and the height adjustable dome accomodates all sizes of birds. Not only does it have a strong wire grate and metal base that prevents squirrel access, but the dome bounces and wobbles, deterring unwanted squirrely visitors.

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

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