



All About Bears

The Bear in our area have been busy this year raiding and destroying bird feeders. We thought you may want to know more about our bears and their habits.

Once considered not true hibernators because of their high body temperatures in winter, black bears are now known to be highly efficient hibernators. They sleep for months without eating, drinking, urinating, or defecating. Hibernators with lower body temperatures, such as chipmunks, woodchucks, and ground squirrels, cannot do this. These other mammals must awaken every few days, raise their temperatures to over 94°F, move around in their burrows, and urinate. Some of them must also eat and defecate during arousals. Black bears, however, develop far more insulated pelts and have lower surface-to-mass ratios than the smaller hibernators. As a result, the bears' body heat is lost very slowly, enabling them to cut their metabolic rate in half and still make it through winter, maintaining temperatures above 88°—within 12 degrees of their normal summer temperature. This, in turn, means that a black bear can react to danger faster than most other hibernators whose body temperatures may be less than 40°. New knowledge of hibernation processes has led biologists to redefine mammalian hibernation as simply a specialized, seasonal reduction of metabolism concurrent with the environmental pressures of food unavailability and low environmental temperatures.

Bear throughout the U.S. hibernate on different time schedules, according to bear.org. In areas in the central and western parts of the U.S., bear tend to begin hibernation in September or October.

In states in the eastern parts of the U.S., the bear don't usually begin their hibernation until late November or early December. Bear in the southern U.S. may not hibernate at all due to the warmer weather and food available all winter long.

Hibernation for the black bear, as for other mammals, is primarily a mechanism to conserve energy through seasons of no food or water. The process, however, does not work in summer. If there is insufficient food in summer, bears lose weight and starve, much as we would.

During hibernation, bear go through five different stages.

FIRST STAGE

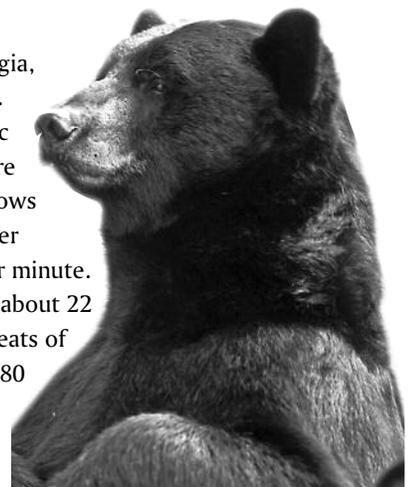
The spring until midsummer or fall is the time when the bear are in their normal activity. If food and water are available, the bear will consume about 5,000 to 8,000 calories each day. If they are unable to consume enough food and water during this time, they will be unable to successfully hibernate in the winter.

SECOND STAGE

This stage is known as hyperphagia. During this stage, bear eat and drink excessively as they build up fat stores for hibernation. When food and water are plentiful, black bear have been known to eat as many as 15,000 to 20,000 calories a day. They need large amounts of water to process the food and flush nitrogenous waste from their bodies.

THIRD STAGE

After they go through hyperphagia, it is time for their fall transition. During this time, their metabolic processes change as they prepare to hibernate. Their heart rate slows from the normal 80-100 beats per minute to about 50-60 beats per minute. During sleep, their heart rate is about 22 beats per minute. The normal beats of a sleeping bear are between 66-80 beats per minute. The bear continue to drink, but will start to eat less. As they prepare to hibernate, they can rest as much as 22 hours a day.



FOURTH STAGE

Hibernation begins. The bears' breathing slows to about half of their normal rate. They take a breath only once every 45 seconds. Their heart rate slows even more. It can drop periodically to between 8 and 21 beats per minute. They burn about 4,000 calories per day. They do not eat, drink, urinate or defecate during hibernation.

FIFTH STAGE

This stage is known as walking hibernation. During the first two to three weeks after the bear leave their hibernation den, their metabolic processes return to normal levels. During this time, they will continue to eat and drink less than they do in the summer months. Their bodily waste processes are also reduced. Once this time is past, the bears resume their normal summer activity. Bear that are in hibernation can be hard to wake if they are disturbed. The bear that are in warmer climates may not be in as deep hibernation as bear in colder areas. Should you stumble upon a hibernating bear, the best thing to do is to quietly leave the area.



For their dens, the black bears generally chose burrows, caves, rock crevices, hollow trees, or excavated depressions under fallen trees or brush piles.

The entrances usually are just large enough for the bear to squeeze through the opening into a chamber that is typically two and a half to five feet wide and two to three feet high. The main insulation for a bear in winter is its fur, which more than doubles in insulative value during the fall. The fur is thickest on the back, neck, and sides and thinnest on the muzzle, legs, and underside. A hibernating bear sleeps in a curled-up position so that its crown is against the den floor and its nose is near its tail. This position minimizes a bear's surface area and reduces heat loss from the thinly furred areas. For extra insulation, bears sleep on a nest of leaves, grass, and other material that they rake into the den. These nests also insulate cubs from the ground.

Female bear usually give birth to two or three cubs every two years; cubs are born in January, weigh less than a pound, and have practically no hair at first. The mother bear licks them to clean them and to stimulate defecation. She eats their feces and moves into position to facilitate nursing. She keeps the cubs warm and dry and usually responds to their cries. The cubs do not hibernate. They suckle and sleep snuggled warmly against their mother's sparsely furred underside and reach weights of four to eight pounds by the time they are ready leave the den with the mother at three months of age.

BECAUSE YOU



Q: Can bird seed go bad?

A: Yes it can, and that is why buying in bulk isn't always the best way. A good rule of thumb is not to buy more seed than you can use in three to four weeks. Bird's appetites are not always the same, sometimes you can't keep the feeders full and other times the seed just sits in the feeder.

Birds can be picky eaters and spoiled seed can be unappetizing as well as unhealthy for them. **Here are a few things to look for:**

CLUMPS: Birdseed that has gotten wet or otherwise spoiled may start to form stiff, firm clumps. Clumps that break apart easily are nothing to be concerned about, but strong clumps indicate spoiled seed and may clog feeder ports.

INSECTS: Insects such as moths, worms, spiders and earwigs can infest birdseed. Look for live or dead insects, cocoons, webs and other indications of insect activity. **MOLD:** Mold and mildew can be fatal to birds, and moldy seed can show mold or fungus growth, discoloration or a musty smell. **SPROUTS:**

Many types of birdseed will germinate under the right circumstances. Seeds that are swollen, split or actively growing shoots or roots are spoiled. **SMELL:** Bad seed can sometimes be detected by a simple smell. Many seeds have high oil contents, and when that oil goes bad it will generate a sharp, rancid smell. Moldy and musty odors also indicate spoiled birdseed. **RODENTS:** An infestation of rodents – mice, rats, etc. – can spoil seed through contaminants such as urine or feces. Checking for chewed containers, rodent tracks or visible feces can indicate contaminated seed. **AGING:** Very old birdseed loses its nutritional value. While it may not show blatant signs of being spoiled it is less healthy for the birds and should be discarded if possible. To save yourself some money and aggravation, buy the seed in amounts that you can use in a short period. Store it in an airtight container that insects and rodents can't get into, and keep the seed in a cool, dry area.

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Q: Do sea birds need fresh water?

A: Though they require less water than mammals, fresh and clean water is essential for birds to not only to drink but to also bathe in. Not all birds, however, have access to fresh water. Seabirds, such as albatrosses spend a great deal of their lives at sea away from fresh water and although they are very likely to drink fresh water if they do find it, they will, for the most part drink seawater. Salt is poisonous to most birds as they are unable to process it. When Garden birds for example, eat salt, they soon become dehydrated and end up drinking more, which only makes the situation worse; salt intake can also affect their kidney function. To cope with salt water, seabirds have evolved specialized glands that are found at the top of the beak between the eye socket and nostril. Both albatrosses and petrels have very pronounced external tubular nostrils and are often referred to as tubenoses. The salt glands of such seabirds pump chloride and sodium ions out of the bird's blood stream into secretions, which then exit the bird's body via the nostrils. This process takes the pressure off their kidneys. For most seabirds, the excess salt excreted from the blood by these glands passes as a concentrated solution through ducts into the nasal cavity and is eliminated in liquid form through the nostrils, often accompanied by vigorous shaking of the bird's head or forced "sneezing. The avian salt gland has made it possible for seabirds not only to exist but to maintain homeostasis in an otherwise hostile environment. Truly, "the salt gland is one of the most effective ion transport systems known.



The Bird Store and More Annual Seed Sale

It's that time again!



Preordered seed will be available for pick up from Thursday November 1st at noon through Sunday November 4th 2012. No coupons or discounts apply to the sale.

| | | | | Quantity | Amount |
|---|-----------------------|-------------|---------|----------|--------|
| Black Oil Sunflower 25# | regular price \$22.00 | SALE | \$17.60 | | |
| Black Oil Sunflower 50# | regular price \$42.00 | | \$33.60 | | |
| Smart Parts Sunflower Chips 25# | regular price \$34.00 | SALE | \$27.00 | | |
| Sunflower Select Chips (hearts) 25# | regular price \$49.83 | SALE | \$39.80 | | |
| Thistle 25# | regular price \$34.00 | SALE | \$27.20 | | |
| Safflower 25# | regular price \$34.00 | SALE | \$27.20 | | |
| Safflower 50# | regular price \$64.00 | | \$51.00 | | |
| Bird Store Blend 20# | regular price \$24.99 | SALE | \$20.00 | | |
| Bird Store Blend 40# | regular price \$48.00 | | \$38.40 | | |
| Peanut Splits 25# | regular price \$48.00 | SALE | \$38.40 | | |
| Seed order must be prepaid. Total: | | | | | |



Please call 508-347-2473 or drop off your order at the Bird Store and More by **Sunday October 21, 2012**. For your convenience you can also order your seed through our web store www.thebirdstoreandmore.com click on the "Annual Seed Sale" button to order. Seed ordered through the web site must be picked up at the store during the scheduled days; shipping is not available on these items.

ALL SEED ORDERS MUST BE PAID IN ADVANCE.
SEED CAN NOT BE STORED BY US. PLEASE PICK UP YOUR SEED DURING THE SALE DAYS

Name _____

Credit card number _____

Address _____

Expiration date _____

City _____ state _____ zip _____

3 digit V code _____
(security code on the back of the card)

Phone # _____

Credit AND Debit CARDS
WHO WOULD HAVE THOUGHT?

Credit and Debit cards are a great convenience, easy to carry. But did you know that the fees that we are charged every year equals the salary of an employee? While we are always happy to take your credit cards we really LOVE cash and checks. Just thought you should know.



20% off
 bear deterrent

(can not be combined with any other discounts)

Expires 12/1/12

Need a bear proof feeder pole?
 We can custom make you one. These are 12 foot poles made from heavy gauge steel. Your choice of 2, 3, or 4 hooks. Call The Bird Store for pricing.



Seed Moths

IT'S THAT TIME OF YEAR

Just a reminder. If you keep your seed stored indoors, it is the time of year that the seed moths tend to hatch out of the seed in larger numbers. It is best to keep the seed out of the house as you don't need these little pests bothering you. You can also buy smaller bags of seed or repack bags into smaller bags and freeze them for a couple of days. This doesn't harm the seed but it kills off the seed moth larvae.

EYES ON NATURE WALKS

Make sure you check our web site www.thebirdstoreandmore.com click on events or sign up for our email updates to get the latest trip information. You will also find our bird walks and events listed on our FACEBOOK page. We hope you will join us on one of our events! Exploring nature doesn't cost anything and it's healthy for you too!

FREE DELIVERY within 10 miles!



Bird Store Hours:
 10:00-6:00 Monday - Saturday
 11:00-5:00 Sunday

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