

# Migratory Bird Sanctuary Word Search

P	W	S	T	E	W	A	R	D	S	H	I	P	K
L	E	S	N	E	S	T	U	A	R	Y	L	E	G
O	T	A	G	O	L	D	E	N	E	Y	E	N	K
V	L	R	H	G	O	O	S	E	G	E	G	B	C
E	A	G	Y	A	E	P	I	N	T	A	I	L	A
R	N	L	O	E	M	G	A	K	H	R	S	G	B
N	D	E	U	H	L	I	K	E	D	K	L	M	E
R	O	E	A	S	V	L	T	L	R	C	A	I	L
E	O	C	E	A	N	Y	O	E	S	U	T	K	K
H	E	R	O	N	N	D	I	W	A	D	I	M	C
L	C	O	A	S	T	A	K	P	L	L	O	A	I
A	L	R	E	E	D	L	L	I	K	E	N	K	T
K	L	M	I	G	R	A	T	O	R	Y	G	I	S
E	G	B	U	F	F	L	E	H	E	A	D	S	P

KILLDEER  
GOOSE  
WETLAND  
BIRD  
ESTUARY  
TEAL  
STICKLEBACK  
AVIAN  
HERON  
BUFFLEHEAD  
LAKE  
PLOVER  
YELLOWLEGS  
STEWARDSHIP  
GOLDENEYE  
LEGISLATION  
MIGRATORY  
MIKMAKI  
OCEAN  
COAST  
DUCK  
EELGRASS  
PINTAIL

Play this puzzle online at : <https://thewordsearch.com/puzzle/3820773/>



Protect Our Migratory Birds

## Did You Know!?

Shorebirds across Canada have declined by 40% since the 1970s, due in part to habitat destruction resulting from coastal development, wetland alteration, and rising sea levels.

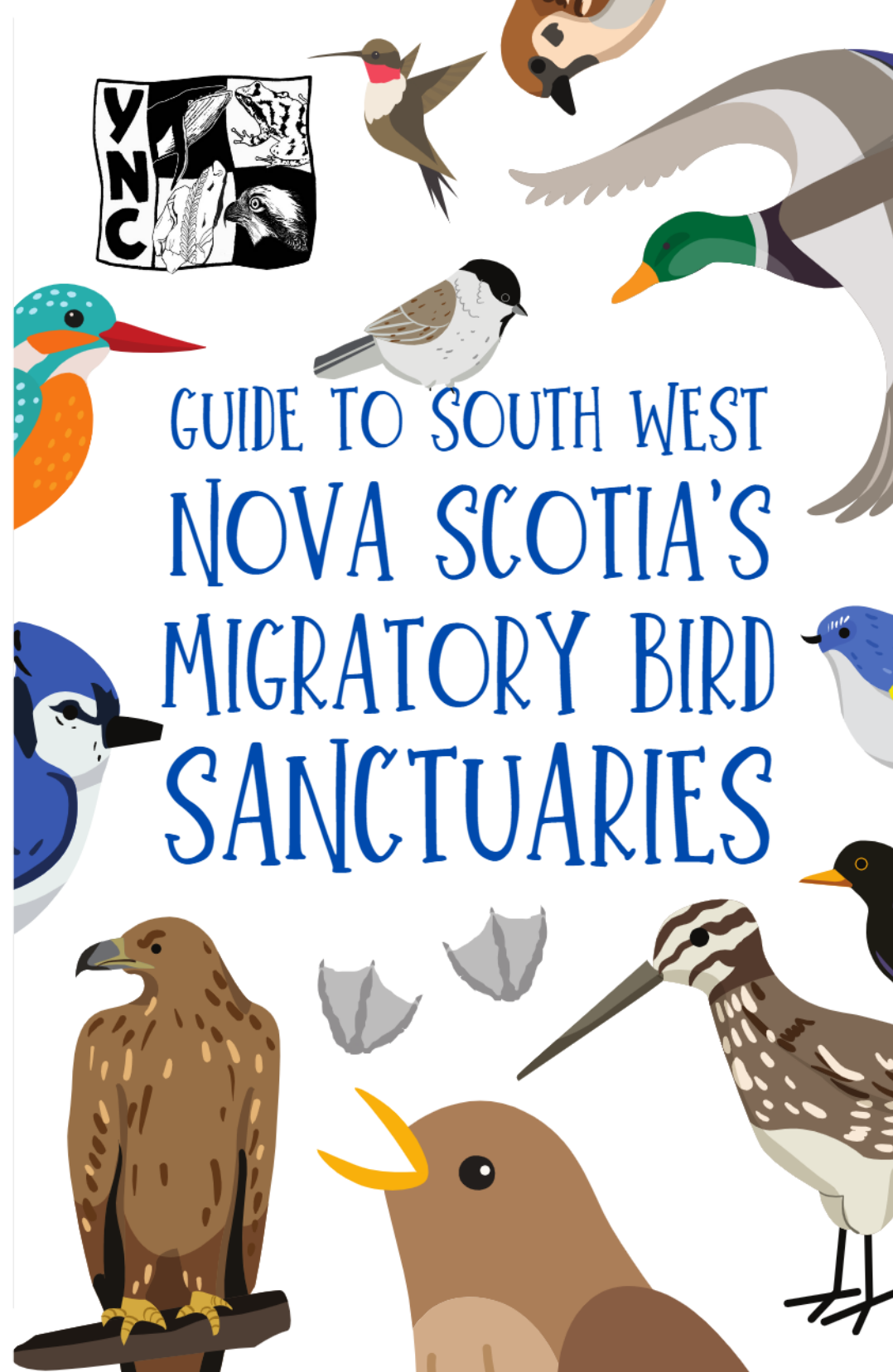
Take action! Write to your councilor or MLA and tell them why you love these natural spaces so much!



This guide was created with support from Nature Canada's Naturehood program



# GUIDE TO SOUTH WEST NOVA SCOTIA'S MIGRATORY BIRD SANCTUARIES



# WHAT IS A MIGRATORY BIRD SANCTUARY?

Environment and Climate Change Canada (ECCC) establishes Migratory Birds Sanctuaries (MBS) under the authority of the Migratory Birds Convention Act, the federal legislation that protects all birds in Canada. MBS provide a safe refuge for migratory birds in terrestrial and marine environments. The Canadian Wildlife Service is the agency responsible for MBS, although the sanctuaries can be located on federal, provincial or private land, and they are often stewarded by local community and conservation groups.

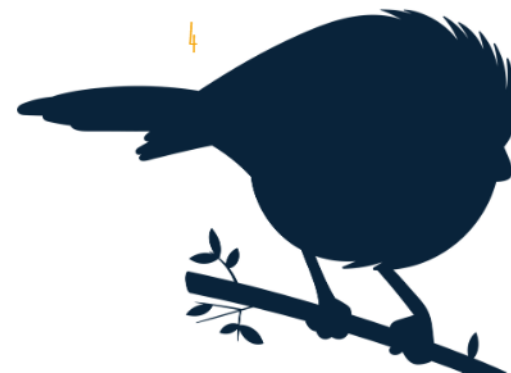
We're lucky to have 8 MBS in Nova Scotia, including 4 in "Kespukwitk" or "South West Nova Scotia":

Port Joli MBS, Port L'Hebert MBS, Halex Lake MBS  
and Sable River MBS

## GUESS THE SILHOUETTE!



1. Blue Jay,  
2. Robin,  
3. Brown Creeper,  
4. Chickadee,  
5. Yellow Warbler

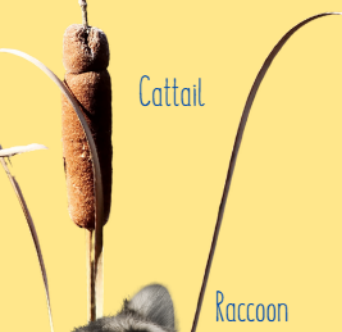


# WILDLIFE TO LOOK OUT FOR

Woolly Bear



Cattail



Raccoon



Muskrat



Deer



Monarch



Coywolf



Stickleback



Eelgrass



## CAN YOU IDENTIFY THESE MBS RESIDENTS?

1. Killdeer, 2. Green-winged Teal, 3. Black Duck, 4. Bufflehead, 5. Mallard, 6. Yellowlegs, 7. Great Blue Heron, 8. Northern Pintail, 9. Ripping Plover, 10. Common Goldeneye



1



2



3



4



5



6



7



9

10



# WHY ARE THEY PROTECTED?

The southern coastal lowlands of Nova Scotia are important for many species but especially for the Canada Goose and American Black Duck. Altogether, the Port Joli, Port L'Hebert, and Sable River MBS support 4000 – 5000+ Canada geese each year; over 40% of the birds of this species that spend the winter in the Atlantic Provinces! American black ducks are also present in large numbers during the fall and winter months, when they are attracted to the rich eelgrass beds, sometimes exceeding 1000 birds!

## Port Joli MBS

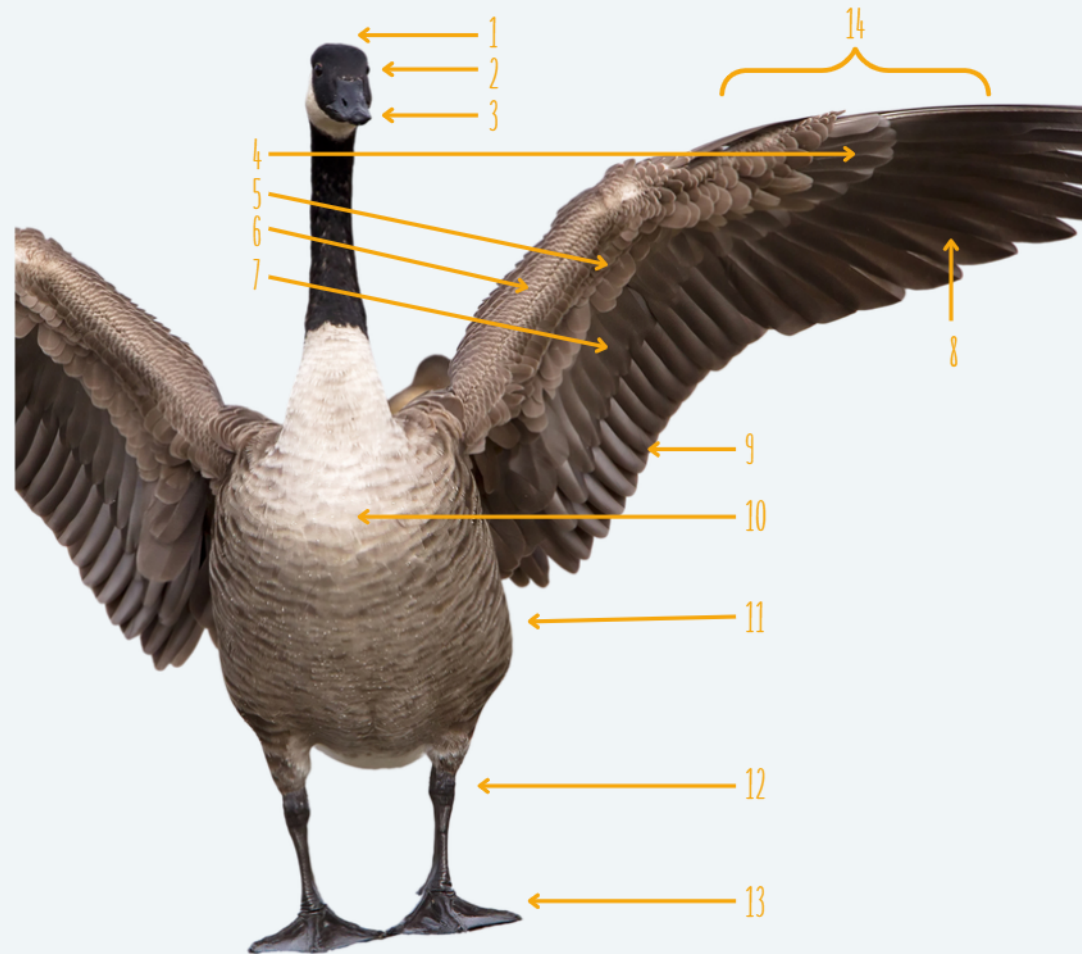
During fall migration, many American Green-winged Teal feed in the shallows of Port Joli Harbour by day; moving into nearby Louis Lake at night along with smaller numbers of Northern Pintail. In the late fall, several species of diving ducks (ducks that dive below the surface of the water to feed) including Common Goldeneye, Bufflehead, Scaups, Scoters and Mergansers, arrive in the sanctuary and small numbers of them remain throughout the winter.

## CAN YOU IDENTIFY ALL THE PARTS ON THIS CANADA GOOSE?

Bill  
Breast  
Eye  
Head  
Lesser Coverts  
Median Coverts  
Primary Feathers

Primary Coverts  
Rump  
Secondary Feathers  
Secondary Coverts  
Thigh  
Webbed Feet  
Wing

1. Head, 2. Eye, 3. Bill, 4. Primary Coverts, 5. Median Coverts, 6. Lesser Coverts, 7. Secondary Feathers, 8. Primary Feathers, 9. Secondary Feathers, 10. Breast, 11. Rump, 12. Thigh, 13. Webbed Feet, 14. Wing



# BE A BIRD STEWARD

Follow these simple tips to help scientists study and protect our migratory birds:



Keep your distance

Respect local wildlife by giving them lots of space



Look for signs



Pay attention to the posted rules and regulations



Keep dogs on leash

Even friendly pups can scare birds, taking up valuable energy meant for feeding and raising babies

Contribute to citizen science

Share your sightings to eBird or iNaturalist and help scientists track bird migrations!

eBird



iNaturalist

Spread the word

Tell your friends and family what you saw and why it's so important to protect migratory birds



photos: Rick McCharles

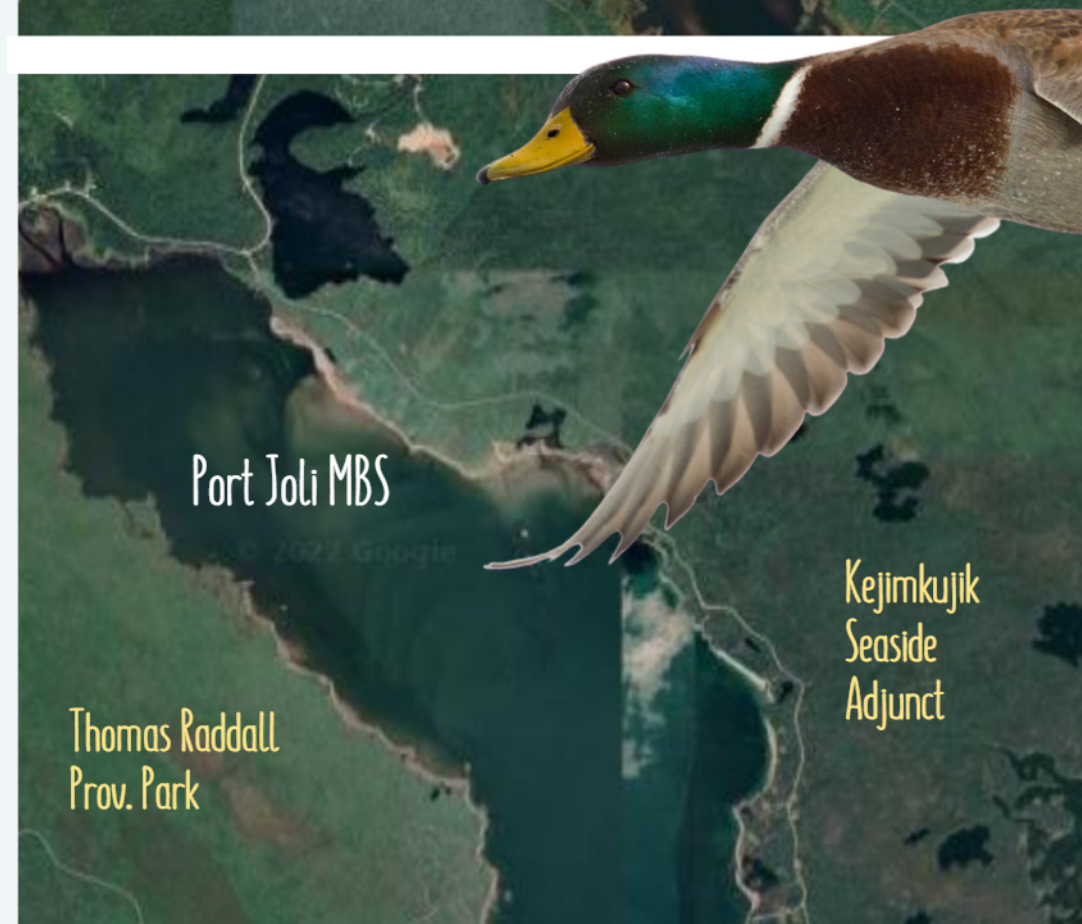
## Port L'Hebert MBS

Geese tend to arrive in the Port L'Hebert sanctuary in late September and remain until mid-March, with peak numbers occurring in late October to early November. The Port L'Hebert Migratory Bird Sanctuary is also an important resting, feeding and wintering area for American black ducks. Migrating birds of this species begin to gather in the sanctuary as early as late August with numbers exceeding 1000 birds in late January to early February. Many of these migrants remain until early April.

## Haley Lake MBS

Located approximately midway between Port L'Hebert Harbour and the Sable River estuary, Haley Lake MBS is an important area for many species of birds. In the fall, ducks and geese flock to Haley Lake from the surrounding saltwater harbours and estuaries, particularly when other feeding sites are covered in water. Besides feeding, waterfowl also use Haley Lake for resting (loafing) and preening, and to collect gravel, which many birds swallow to aid in digesting tough foods.

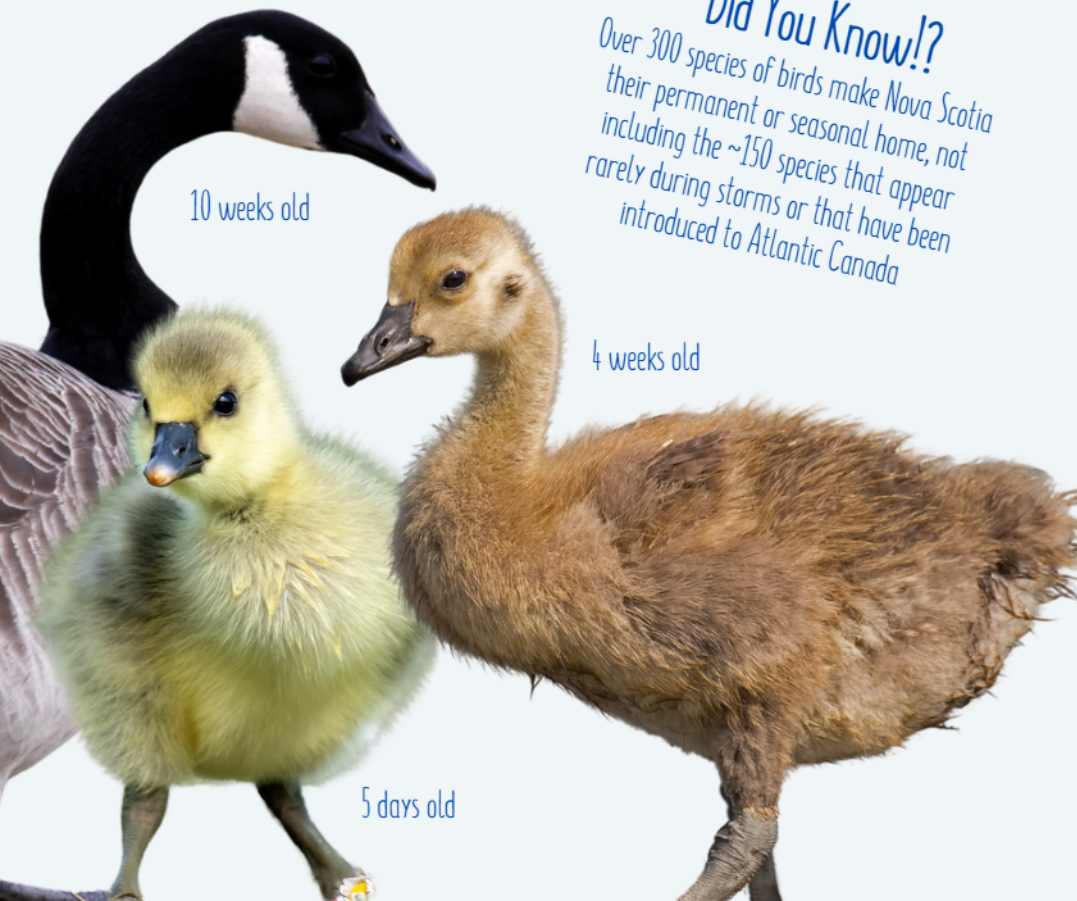
Haley Lake also supports a small colony of great blue herons, which nest on two of the rocky ledges within the lake. This colony has nested in the area since 1944 and is of particular note as these birds are the only known ground-nesting herons in the Maritimes.



## Sable River MBS

The water in this sanctuary very rarely freezes over completely, which makes it a very valuable site for overwintering Canada geese populations. During particularly severe winters, the waters in the nearby Port Joli and Port L'Hebert sanctuaries freeze over for a short period of time from mid- to late January. When this happens, overwintering Canada geese in the area move to the portion of the Sable River sanctuary that remains ice-free. During these times, the numbers of Canada geese can exceed 3000 birds!

Canada Geese grow really fast!



# BIRD MAP

## Accessing the MBS

There are no trails into the Migratory Bird Sanctuaries, most of them being almost entirely aquatic in their boundaries. But you can experience the broader Important Bird Area and see many of the species using these areas by visiting the following sites:

### Port L'Hebert Provincial Park

11183 Highway 103, Port L'Hebert

Take the highway towards Granite Village.

There is a parking lot on the South side of the road from which you can access the coastal trail.

### Thomas Raddall Provincial Park

529 Raddall Park Rd, Port Joli

Take the 103 until the turn for highway 3, towards Port Joli. Then turn onto Port L'Hebert Road and drive ~3km to Raddall Park Rd.

Mayfly



Here!



## Shelburne County Rail Trail

43°49'55.1"N 65°03'24.8"W

This mixed-use trail crosses the Sable River just before the MBS. You can also explore the nearby lake on the West side of the river.

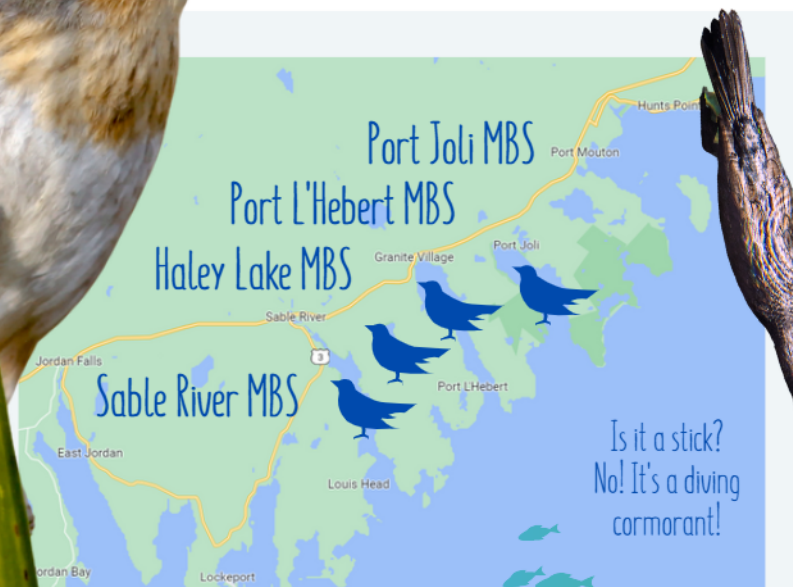
Be careful if you arrive by car, there is little parking along the side of road. Be sure not to block local driveways.

Nelsons Sparrow



## Did You Know!?

Birds that live full-time on the ocean have legs positioned further back on their bodies to make them better swimmers and divers. This may mean they have a hard time walking on land.



Is it a stick?  
No! It's a diving cormorant!