

# Sing, Fly, Soar – Like a Bird!

Celebrating World Migratory Bird Day



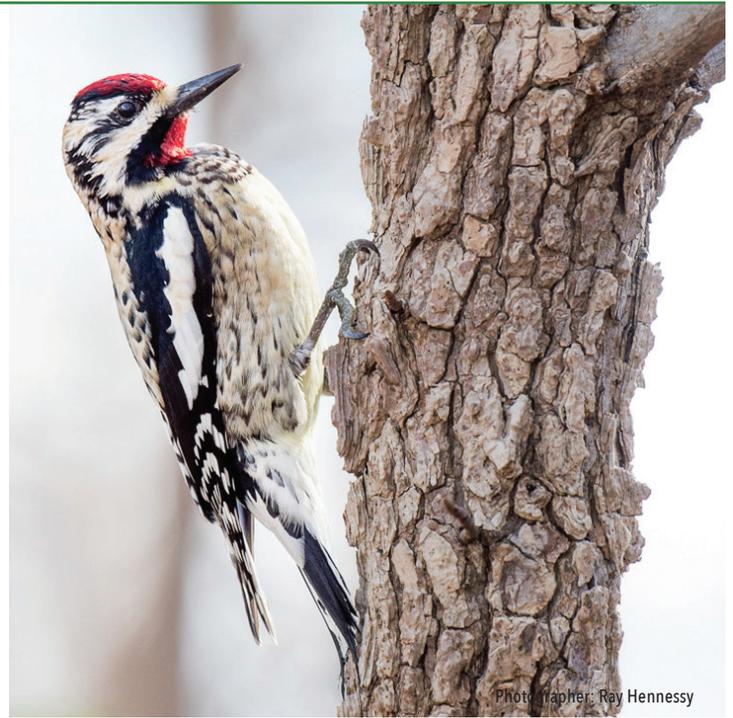
Yellow-Bellied Sapsucker

Drawn by Nancy Kaudel - Owner Totem Roasters

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# Yellow-Bellied Sapsucker

Fascinating and unique woodpeckers that like other woodpeckers eat insects and spiders captured on tree bark but they are also very fond of fruits and sap. Their love for sap is what gave them their name. They access the sweet liquid by creating and maintaining wells, or holes, in the bark of often diseased or wounded trees. Sapsuckers are the only woodpecker from this area that can undertake a long-distance migration to Mexico and Central America. Interestingly, females usually make the longest migrations. Yellow-bellied Sapsuckers have been found on Bird Friendly coffee plantations.



Photographer: Ray Hennessy

## Help the Yellow-bellied Sapsuckers

Yellow-bellied Sapsuckers share our love for maple sap; think maple syrup! You can help them by:

- Offering them a place to make a nest by leaving dead and dying trees in place if safe to do so.
- Installing window collision deterrents such as decals, stickers or tape on the outside of your windows. To learn more about how to prevent window collisions, visit [FLAP.org](http://FLAP.org).
- Looking out for products that protect their winter habitat such as coffee grown on Bird Friendly coffee farms. Learn more at [cafebirdfriendly.org](http://cafebirdfriendly.org).

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## Bird Friendly Coffee

Three quarters of the world's coffee farms destroy forest habitat to grow coffee in the sun.

When forests disappear, migratory songbirds disappear too. Certified Bird Friendly coffee grows underneath shade trees that provide habitat for birds, including migratory species whose impressive journeys take them from our backyards all the way to coffee farms in Latin America.

*(Source: Smithsonian Migratory Bird Center)*



## World Migratory Bird Day

Celebrated each year on the second Saturday of May, World Migratory Bird Day is a day to raise awareness about issues that hinder the bi-annual journey of migratory birds, to increase our knowledge of what makes each migratory bird species unique and to create a desire to conserve migratory birds and their habitats.



## Totem Roasters

As a coffee roaster and promoter of certified Bird Friendly coffee we're committed to sourcing and roasting excellent coffee and sourcing coffees that not only have unique flavour characteristics but also benefit our planet and its living things. Learn more at [totemroasters.com](http://totemroasters.com).