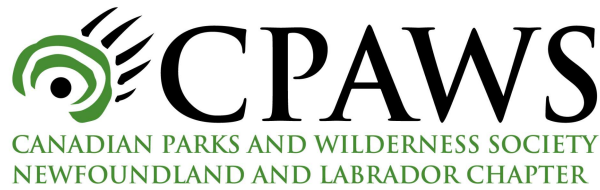




CANADIAN PARKS AND WILDERNESS SOCIETY
NEWFOUNDLAND AND LABRADOR CHAPTER

September 2025 Newsletter





As the days get shorter and the air gets cooler, we hope you're enjoying every bit of sun and warmth!

Although it will soon be time to cozy-up and hibernate for the winter, we still have lots of time to enjoy Newfoundland and Labrador's beautiful fall months. The summer may be winding down, but our conservation work certainly isn't! Read on to find out what we've been up to lately, and what we have planned next:

Welcome to our new Community Engagement and Communications Coordinator - Amy Frost-Wicks!

Amy grew up in Prince Edward Island, where she enjoyed spending her time in forests and by the ocean. She completed her BSc Hons. in Environmental Science at Dalhousie University. After graduation, Amy found herself back home in PEI working as the Land Stewardship Manager for Island Nature Trust. Here, she was fortunate to be able to explore, protect, and help restore natural landscapes across the island.

It seemed natural to move to another island to complete her MSc in Geography at Memorial University, studying a Species at Risk. She is so excited to now be a part of the CPAWS team, continuing to support important conservation efforts throughout the province. In her spare time, Amy loves hiking, backpacking, kayaking, knitting, and reading.

Contact Amy at afrostwicks@cpaws.org

Come Join our Petty Harbour Clean Up!

Join CPAWS for another Shoreline Cleanup in Petty Harbour! We're teaming up with the Petty Harbour Mini Aquarium and Fishing for Success for a community shoreline cleanup on **Saturday, September 6th, 2025!**

- Meet outside the **Petty Harbour Town Hall**
- Cleanup starts at 1:00 PM, but we'll be providing materials until 3:00 PM

All cleanup supplies will be provided. We hope to see you there! For more info, contact: hhynes@cpaws.org

To learn more, go to our Facebook event linked here:

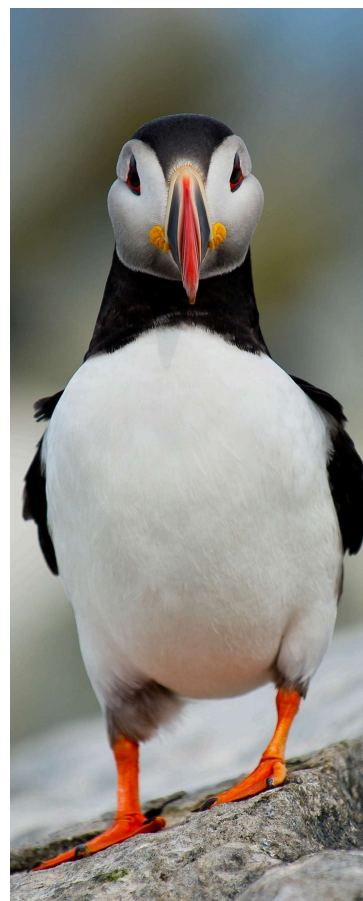
[Petty Harbour Cleanup Event Page](#)

2025 Puffin Strandings

Puffins are one of Newfoundland's most beloved seabirds, known for their colorful beaks and charismatic behavior. With around 400,000 puffins in Eastern Canada, Newfoundland is a crucial breeding ground for these birds. In fact, half of all North America's puffins breed at the Witless Bay Ecological Reserve.

What is fledging?

Fledging season marks the time when pufflings leave their nests and venture out to sea for the first time, usually at around 6-8 weeks of age.



This is a crucial step in their development as they prepare to become independent from their parents. This is also why puffin patrol only runs during the month of August – to line up with this time in their lives.

Pufflings naturally orient themselves toward the sea, often guided by the reflection of moonlight on the water. However, this journey is fraught with challenges, and sometimes things don't go as planned, especially when the weather, or artificial lights intervene.

What Are Strandings?

Puffin strandings happen when puffins become disoriented and end up on land instead of making their way out to sea. This happens most often with juvenile puffins, called pufflings. Due to their anatomy, puffins can't take off easily from land and need water to launch themselves into flight. Stranding numbers fluctuate each year, with various factors like weather and light playing a significant role.

9 pufflings were found stranded and safely released, thanks to the efforts of more than 1300 volunteers and community members who joined the initiative this past August!



There are many factors that influence puffin stranding, including:

Weather Conditions:

Certain weather patterns contribute to more strandings. Cloudy nights and strong winds make it difficult for fledglings to navigate, increasing the likelihood of them ending up on land instead of heading out to sea.

Moon Cycles:

The moon plays a significant role in pufflings' navigation. Full and new moons can provide natural light that helps pufflings find their way. On the other hand, darker nights may result in more birds becoming disoriented.

Light Attraction:

One of the biggest causes of puffin strandings is artificial light. Coastal towns with bright lights can confuse pufflings, drawing them away from the sea. Efforts to reduce light pollution, such as dimming streetlights during fledging season, are helping to combat this issue.

Fewer strandings aren't always a bad sign! It's easy to assume that fewer strandings mean fewer puffins, but that's not always the case. In fact, low stranding numbers can indicate favorable environmental conditions. Calm weather and minimal light pollution allow pufflings to make it out to sea without getting stranded. So, while we monitor strandings closely, a drop in numbers can also be a positive sign for puffin conservation.

Communities can play a major role in reducing strandings by turning off unnecessary lights at night, especially during the fledging season. Simple actions can go a long way in protecting these birds!

Although puffin fledging season is over, Leach's storm-petrel fledging season will begin soon! Just like the puffins, juvenile petrels may become disoriented and stranded along our shorelines. The good news is that we can help them the same way that we help puffins – by dimming or turning off unnecessary lighting during this season (mid-September to mid-November), and reporting strandings to us via [Facebook](#) or by texting us at 709-330-8929.

Thank you to everyone who helped the rescue efforts this year, and for your continued support!



Be on the lookout for Leach's storm petrels in the coming weeks! Photo via Wikimedia commons.

As always, feel free to reach out with any questions that you may have. For information on how to [volunteer](#) or make a [donation](#), visit our website at cpawsnl.org! Also, if you're interested in keeping up to date on what's new and exciting at CPAWS-NL follow us on [Facebook](#), [Instagram](#) or [Twitter](#) for regular updates.



Tanya Edwards
Executive Director
CPAWS NL





Canadian Parks and Wilderness Society - Newfoundland and Labrador Chapter
360 Topsail Rd, Suite 303
St. John's, NL, A1E 2B6

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