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representative must sign an agreement, committing them to abide by the arbitrator's ruling. The arbitration agreement also sets out OMVAP rules and the remedies available through the program.

Although the main feature of the program is its simplicity, informality, and low cost - in most cases, there will be no expense for the consumer - you may hire a lawyer if you wish. If you do hire a lawyer, expect to pay legal bill yourself, Mr. Reisman says.

Arbitrators must restrict their remedies to remedies set out under OMVAP rules such as ordering specific vehicle repairs through an authorized dealer, replacement of defective car, or a refund.

The power of arbitrators is strictly defined in the agreement and is for arbitration," says Mr. Reisman. "Consumers should study the regulations carefully before signing an arbitration agreement. We don't want to go into this procedure expecting the impossible. If you set on seeking a particular sum of money or action not allowable under OMVAP rules, you may be better off to take the case to court."

A brochure explaining OMVAP in detail is expected to be available in the near future.

Contact OMVAP headquarters, (416) 964-0496.

## A winter birds study to see how they cope

**BARON REID** says that in these cold winter mornings, as you shiver through the daily ritual of scraping the frost off your car, it's easy to wonder how anything could survive our Canadian winters. That same thought prompted researchers at Cornell University to look more closely at the Black-capped Chickadee, one of our most common winter birds, to find out how it copes with the extremes of a harsh winter.

Small birds lose heat more quickly than larger animals, especially at colder temperatures or in the wind. On average, chickadees weigh less than half an ounce, or about the same as the combined weight of four pennies. Even though their down insulation and their protective overcoat of feathers

greatly reduces heat loss, chickadees must have a rich diet in energy to maintain their body heat.

But unlike other winter birds, the chickadee can turn down the thermostat to conserve heat. During the day, a chickadee's body temperature is about 108°F (42°C). But at night, this body temperature was found to drop by as much as twenty Fahrenheit degrees, causing heart-beat and breathing to become slower. In this controlled state of hypothermia, the rate of heat loss and demand for energy is considerably reduced.

Chickadees also choose night roosting spots within a tree cavity or nest hole, or in dense evergreens, to provide shelter from the elements. Through these mechanisms, the

reserves of energy-rich fat accumulated the previous day can carry the bird through the night, with a small surplus left to fuel the morning search for food.

Despite these adaptations, as many as seven of every ten young chickadees will not survive the winter. But in the early spring, when the woods ring with the "fee-bee" calls of male chickadees proclaiming their territory, pairs will be formed once again and nest cavities in dead stubs excavated. From a single pair, as many as 12 to 16 young are produced each year, usually from two broods. That surplus allows the population to successfully carry on.

The chickadee has been suggested as a prime candidate for Ontario's official bird.

## Here's the Ticket...

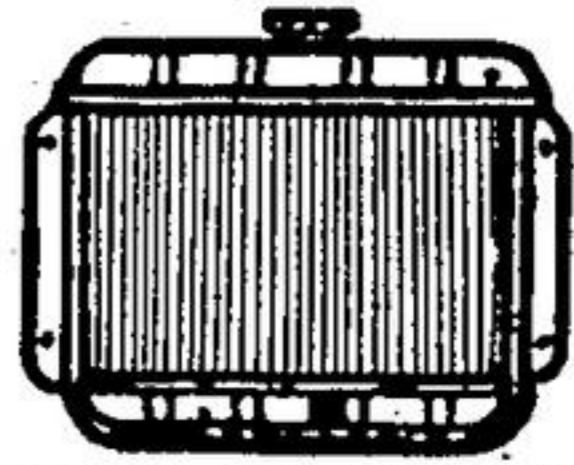
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