

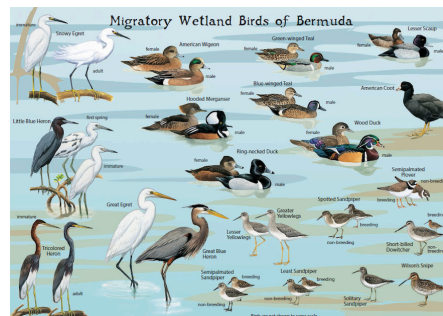
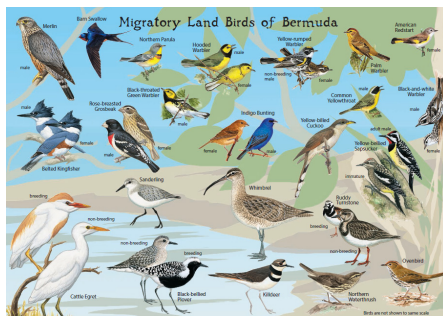
# FAMILY FUN ACTIVITIES FOR WINTER

## WONDERFUL WINTER BIRDS: SPECIES SPOTTING CHALLENGE

Many migrating birds stay in Bermuda over the winter months. Since 1974, the Bermuda Audubon Society has taken part in a bird species count over the Christmas period. They normal spot over 90 species each year, and over 250 species of birds have been spotted in total!

The best time of day to bird-watch is early in the morning and at dusk. Why not start your own 'species list', listing all the different kinds of birds you have seen! All you need is a notebook, and you can start looking for birds in your own garden, or when you are out on walks with family and friends.

Bermuda bird identification cards are inexpensive and can be bought at BNT headquarters, Waterville, 2 Pomander Road. There are also lots of bird apps online.



How many of these species can you spot?

Easy to spot	More difficult to spot	Hard to spot	Super-hard to spot
Kiskadee, Starling, Sparrow, Ground Dove, Mallard Duck, Ruddy Turnstone, Yellow-crowned Night Heron, Common Gallinule (Moorhen)	Cardinal, White-eyed Vireo (Chick-of-the-village), Sanderling, Green Heron, Cattle Egret	European Goldfinch, Eastern Bluebird, Yellow-bellied Sapsucker, Ovenbird, Barn Swallow, Hooded Warbler	Barn Owl

## NEW YEAR'S RESOLUTIONS

As a new year arrives, many people make a New Year's Resolution – a decision to do something good and positive for the whole year. Have you made your New Year's Resolution yet? Here are some ideas from the Bermuda National Trust.

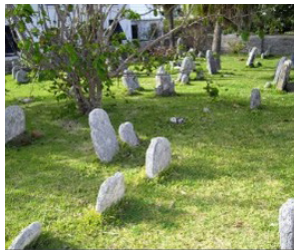
Don't drop any litter and take trash-free lunches to school	Collect ocean plastics from one of our many beautiful beaches	Join a monthly BNT volunteer opportunity in our nature reserves	Learn the names of five native or endemic species each month
Take our bird-spotting challenge and keep a species diary	Grab some trash bags and do a litter clean-up in your parish	Grow your own food - so many fruits and vegetables to choose!	Stop using single use plastics – like bags, cutlery and bottles

# THE AFRICAN DIASPORA HERITAGE TRAIL

Created in 2001 as part of the UNESCO Slave Route Project, the African Diaspora Heritage Trail in Bermuda traces the movement of African people across the globe due to enslavement. The African Diaspora Heritage Trail now has 13 sites across the island. These sites are markers for the achievements of Black Bermudian people, or where significant events happened in the lives of Black Bermudians, during the periods of enslavement and segregation on the island.

Have a look at the pictures below. Do you know where each place is on the trail? Try to visit all the sites over the next three months, or the ones you haven't visited before, and find out why it is on the trail.

You could keep a journal about your experiences and feelings as you travel to each place.



## GROW YOUR OWN FOOD

Did you know that during the first three years of Bermuda's settlement, people nearly starved to death because they did not grow enough food? Settlers found few edible plants here. When the second governor, Daniel Tucker, arrived in 1615, he immediately set about bringing plants, crops, and animals to the island from overseas.

Can you identify these foods he brought to Bermuda?



December to February is the ideal time to plant beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chard, kale, leeks, lettuce, mustard greens, onions, potatoes, radish, rutabaga, spinach, squash, tomato, and turnip. What a lot to choose from!