



## Waterlogs - December 2024

### HAPPY HOLIDAYS

*"And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps, means a little bit more."*

*Dr. Seuss*



Wishing you and  
your family the best  
of the season.

Anne, Shan, Sarah,  
Jason, Kaitlin

## A LITTLE SELF-CARE CAN HELP MAKE THE SEASON MERRY AND BRIGHT



Image by pvproductions on Freepik

### Get your “hygge” on - Hygge is pronounced HOO-gah.

This is a concept a lot of people could use at this time of year.

The Danes really lean into the idea of self-care during the cold winter months, and, we should be no different. As we approach the Christmas season with all its joy and frustrations, a little self-care can go along way to making the season merry and bright.

So what is “hygge” some of the key ingredients are togetherness, relaxation, indulgence, presence, and comfort. Sounds like something we should practice all year, not just at Christmas. Enjoy, getting your “hygge” on.

[www.self.com/story/practicing-hygge-danish-lifestyle](http://www.self.com/story/practicing-hygge-danish-lifestyle)

## TIS' THE SEASON



### Adopt an Acre from Quinte Conservation

This year, the Adopt An Acre 2024 campaign will support the replacement of two wetland lookout platforms at Beaver Meadow Conservation Area.

Adoption Cost

1 acre = \$30 (includes an official certificate and tax receipt)

2 acres = \$60 (includes an official certificate, QC plush forest animal, and tax receipt)

The campaign runs until December 22.

To participate in Adopt An Acre,

Visit - [quinteconservation.ca/adopt-an-acre](http://quinteconservation.ca/adopt-an-acre)

Call - 613-968-3434 ext. 123 or

Stop by - Quinte Conservation's Main Office at 2061 Old Hwy 2 in Belleville.

All adoptions requiring shipping must be placed by December 13.

**GIVE A LITTLE, PRESERVE A LOT**

This season, give back to the environment and make a lasting impact. By donating to Lower Trent Conservation, you're helping to preserve and enhance our conservation lands, support environmental education, and protect natural resources for future generations.

[www.LTC.on.ca](http://www.LTC.on.ca)

LOWER TRENT CONSERVATION

### Give A Little, Preserve A Lot with Lower Trent Conservation

Lower Trent Conservation invites you to Give A Little, Preserve A Lot. This season give back to the environment and make a lasting impact. By donating you are helping to preserve and enhance conservation lands, support environmental education, and protect natural resources for future generations.

[www.canadahelps.org/en/charities/id/6725](http://www.canadahelps.org/en/charities/id/6725)

## CHRISTMAS BIRD COUNT



Started in 1900, the Christmas Bird Count (CBC) is North America's longest-running Citizen Science project. People in more than 2000 locations throughout the Western Hemisphere participate in the CBC each year.

The information collected by thousands of CBC volunteer participants forms one of the world's largest sets of wildlife survey data. The results are used by conservation biologists, environmental planners, and naturalists to assess the population trends and distribution of birds.

The CBC in each Count Circle is planned on a day between December 14 and January 5. Effort for each circle is organized by a Compiler, who is a fellow volunteer (or team of volunteers) at the local level, often supported by a birding club or naturalist organization.

[www.birdscanada.org/bird-science/christmas-bird-count](http://www.birdscanada.org/bird-science/christmas-bird-count)

## PROJECT FEEDERWATCH



Project FeederWatch is a joint research and education project of Birds Canada and the Cornell Lab of Ornithology that depends on volunteers like you to help us all learn more about bird populations.

Everyone is welcome. You don't need to be an expert birder. You also don't need to make a huge time commitment – you decide how much time you spend.

Even if you count birds only once during the season, that is a helpful snapshot of the birds in your location.

Make a donation to get started then, you will have access to the Project FeederWatch data entry page and all of the important information you need to turn your bird watching hobby into scientific discoveries!

[www.birdscanada.org/you-can-help/project-feederwatch](http://www.birdscanada.org/you-can-help/project-feederwatch)