

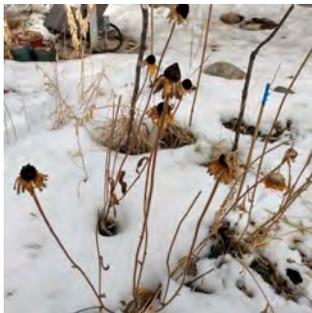
Native Plant Garden Royal Saskatchewan Museum



Is the Royal Saskatchewan Museum—native plant garden **alive in the winter?** The roots of plants are alive and snug under the ground. The layer of snow on top protects the roots so the plants can grow again next spring!



Check out the robber's mask around the eyes. The **Red Breasted Nuthatch** is about the **same weight as a loonie** and it survives Saskatchewan winters!



Black-eyed Susan (or rudbeckia) are a **winter food source for Goldfinches, Nuthatches, Chickadees and Towhees.**



Red Breasted Nuthatch



What is happening under the snow? **Voles, mice and shrews are active under the snow during the winter!** They live in the subnivean zone and create tunnels to keep warm and access food sources such as grass and seeds.



Black Capped Chickadee

Small birds like Black-capped Chickadee **survive** cold winter nights, by **eating continuously during the day** and sleeping in a sheltered spot. They **fluff up their feathers** and insulate their legs by hunkering down over their feet. Sometimes at night they **share their roost in warm tree cavities with nuthatches!**



Downy woodpeckers eat insects year round! Their long tongue helps them reach hibernating insects during the winter time. Join **Project Feederwatch** and see what you can spot in your yard!
www.feederwatch.org

The **Royal Saskatchewan Museum** is offering an **online Winter Animals program for grade 1 to 4.** Explore what winter is like for animals and plants in Saskatchewan. Watch a video, then join an interpreter online for a game of "Hibernator, Insulator, or Migrator." Register at education@royalsaskmuseum.ca



More outdoor adventures at natureregina.ca/get-outside-family-hikes

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Wascana Lake

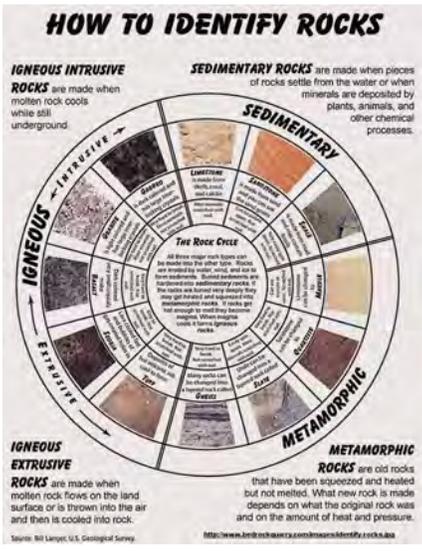
Scavenger Hunt



There are many different parking lots to begin your outdoor adventure at Wascana Lake!
Wascana Centre clears the pathway all winter long . If you stay on the path it is definitely wheelchair and stroller accessible!

Explore off the regular pathway. There is so much to see!

Can you check all the boxes?



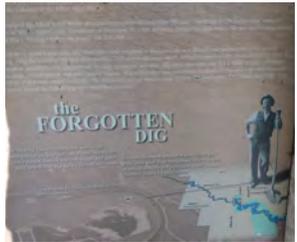
Are these rocks **igneous, sedimentary or metamorphic?** Download the How to Identify Rocks guide (below):
fitz6.wordpress.com/2012/06/07/identifying-rocks/



Practice your balancing act!



Wascana Lake is aerated so although you might think it is solid it is not!
Please stay off the ice.



Find the sign about the Forgotten Dig!
“In the Dirty Thirties when times were tough men dug out the lake bed—relief work was rough. Under the hot summer sun with wagon and spade—that’s how Willow and Spruce Islands were made. Over two thousand men toiled down in the pit” - from the book “The Lake in the Middle of the Town” by Neil Sawatzky.



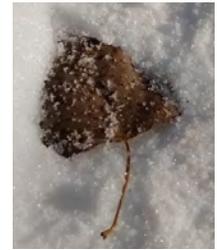
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The poplar leaf is the symbol for Wascana Centre. **How many Wascana Centre symbols can you spot?**



How many Jack Rabbits can you find? Look for them around trees and in the shrubs. Watch their coats change colour to know if it is really winter! **Their fur changes colour when their eyes see less light as winter approaches.** Their pale fur acts as camouflage in winter and has great insulating properties!



30 species of birds make Regina home during the winter. **How many types of berries can you find?** These berries are a food source for birds during the winter.



Wild Rose Hips



Willow Island Overlook features a “echo plate”. Stand with one person in the middle and another looking out and **send a secret message!**



Trafalgar Lookout

Enjoy the view and take a beautiful picture with an iconic background.



Find these two **secret benches** close to the water and enjoy the view!



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Wascana Lake

Winter Bird Watching



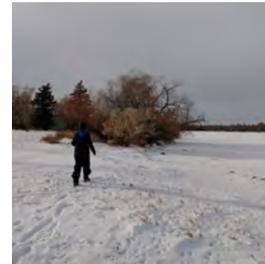
Close to the marina you will see **Red Osier Dogwood** bushes. This is an important habitat for birds especially during the spring.



Find nests in the winter so you know where to look in the spring for birds.



Red Winged Blackbirds make an insulated nest lining from the downy within cattails. These birds will return during the spring from a 1400 km migration.



Head off the trail...**what food sources for birds** can you find?



The open water by Pine Island is a great place to **view waterfowl**.



Common Goldeneye



Romeo is a male **Wood Duck** that stays during the winter! He appears to have a Mallard partner.



Pay close attention to holes in trees...you might just see a Red Breasted Nuthatch or House Sparrow fly out!



Red Breasted Nuthatch



Take a walk **behind and on the side of the Legislative Building**. We spotted about 20+ White Winged Crossbills.



Crossbills use their crisscrossed bills to eat conifer seeds.



Spruce Island Lookout. We spotted several Magpies. A great place to spot birds!



Check out wooded areas around the lake. We spotted a Hairy Woodpecker.

Check out **Birds Canada** website for more local birdwatching resources www.birdscanada.org/birdmon/skatlas



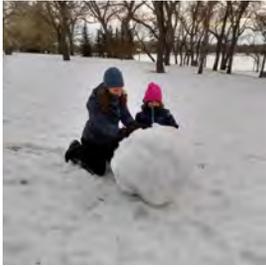
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Wascana Lake

Fun Winter Activities



Make a snowman!



Build a snow city!



Play tree tag in the forest!
When you touch a tree you are in time out for 10 seconds.



Visit the Royal Saskatchewan Museum for an up close look at nature! Visit www.royalsaskmuseum.ca for hours and information.

You can see which types of birds have been spotted at Wascana Lake recently!
ebird.org/home

Explore
Explore Regions
Regina, Saskatchewan
Click on **Hot Spots**
Look for Regina—Wascana Lake
Select it!

Regina--Wascana Lake(between Broad St. & Albert St.)
Regina County, Saskatchewan, CA

Overview
247 Species observed | 3104 Complete checklists

Illustrated Checklist

VIEW MY...
My eBird

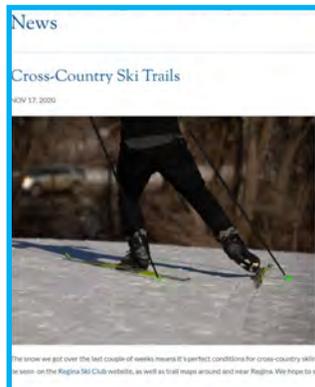
Target Species

EXPLORE...
Hotspot Map
Bar Charts
Media
Printable Checklist:

SPECIES NAME	COUNT	DATE	OBSERVER
1. Canada Goose	24	13 Dec 2020	Daniel Sawatzky
2. Wood Duck	1	13 Dec 2020	Daniel Sawatzky
3. Mallard	107	13 Dec 2020	Daniel Sawatzky
4. Sharp-shinned Hawk	2	13 Dec 2020	Daniel Sawatzky
5. Common Goldeneye	1	13 Dec 2020	Daniel Sawatzky
6. Rock Pigeon	2	13 Dec 2020	Daniel Sawatzky
7. Downy Woodpecker	2	13 Dec 2020	Daniel Sawatzky
8. Black-billed Magpie	4	13 Dec 2020	Daniel Sawatzky
9. Black-capped Chickadee	3	13 Dec 2020	Daniel Sawatzky
10. Red-breasted Nuthatch	4	13 Dec 2020	Daniel Sawatzky
11. White-breasted Nuthatch	1	13 Dec 2020	Daniel Sawatzky
12. House Sparrow	12	13 Dec 2020	Daniel Sawatzky
13. White-winged Crossbill	2	13 Dec 2020	Daniel Sawatzky
14. Hairy Woodpecker	1	13 Dec 2020	Christopher Harris
15. Common Raven	2	13 Dec 2020	Christopher Harris

To find out more about Wascana Centre check out www.wascana.sk.ca
Wascana Centre also has great content on Instagram and Facebook!

www.allaboutbirds.org/
Listen to a bird call or song or click ID info!



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