

JANUARY 2018 | YOUR MONTHLY NEWSLETTER

CANADA SUMMER JOBS

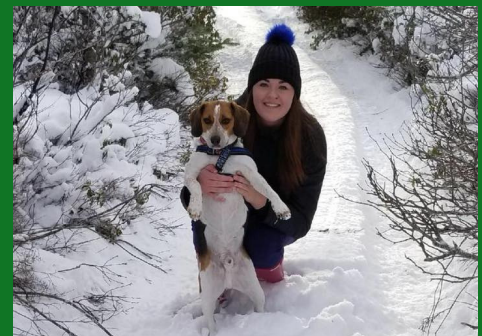
Are you a person between the ages of 15 and 30, who is passionate about conservation? Be sure to keep your eyes open for summer opportunity postings on our website and social media.

<https://cpawsnl.org/>
[@cpawsnl](#)



WELCOME TO OUR WINTER INTERN, EMMA

This January, CPAWS-NL would like to welcome Emma Corbett as our winter intern! Emma is currently pursuing a Master of Marine Studies in Marine Spatial Planning and Management at the Marine Institute, which she will finish in May 2019 and has joined our team for this winter. - Welcome to CPAWS-NL Emma!



NEWFOUNDLAND AND LABRADOR FEATURE ANIMAL: SNOWSHOE HARE



Did you know that the snowshoe hare changes colour in winter, from brown to white, so it can better camouflage with its wintry surroundings? This helps the hare to hide from common predators including lynx, fox, coyote, great horned owl and goshawk. These interesting little animals create visible trails between feeding and resting sites. Snowshoe hare are also important food source for many residents of Newfoundland and Labrador, with approximately 1.5 million hares being consumed annually.

CPAWS-NL BLOG UNDER CONSTRUCTION

Do you have great stories about experiences in nature, environmental events or other environmental topics that you would like to see published on our online blog? Pitch your idea to us at [nlvolunteer@cpaws.org!](mailto:nlvolunteer@cpaws.org)

10 TIPS AND IDEAS TO HELP YOU ENJOY THE NEWFOUNDLAND & LABRADOR WINTER

Need some inspiration to get outdoors this winter? We're here to help:

- 1) Have you ever tried snowshoeing? Our province has some wonderful trails and parks to explore after a fresh snow fall! In St. Johns, Pippy Park and Bowring Park are great spot for beginners to try this activity! They even have snowshoe rentals!
- 2) Down hill skiing is another great activity to enjoy in NL. Take a trip out to Marble Mountain or to White Hills and enjoy the slopes.
- 3) A fun thing to do in your own backyard this winter is to make a snow man! This is a great way to get your family outdoors to enjoy the winter snow. Pets love to be a part of this activity too!
- 4) Newfoundland and Labrador has some great winter hikes to enjoy. Check out the East Coast Trail this winter.
- 5) Newfoundland and Labrador is home to thousands of ponds and lakes. When ice conditions are safe, try going pond skating! Take some friends with you and have a game of pond hockey.
- 6) Take your family sliding for a day. This is a great way to get children outside and to have some great fun.
- 7) Have a snowy campfire after your day of outside activities. This is a great way to warm up while still enjoying the outdoors. Don't forget your marshmallows!
- 8) Have some fun with a winter scavenger hunt! Make a list of winter things to look for and see who can find the most.
- 9) Find a dark area, away from the city lights and go star gazing!
- 10) Feeling extra adventurous? Try a winter camping trip with friends and learn some survival skills!

Challenge yourself to get outdoors and try a new activity. Happy winter-ing!

