



Page 2-3
Wildlife
Winter
Adaptations

Ice Fishing



Page 4, 7-8
Partner
Highlight

Local
Family
Events



Family News- HAPPY NEW YEAR!

Happy New Year from your SOLE team! The new year brings new beginnings, and new adventures. SOLE is excited to continue our mission of bringing education and the outdoors to you and your families. We have an exciting year ahead, and look forward to connecting with you and your children in 2020!

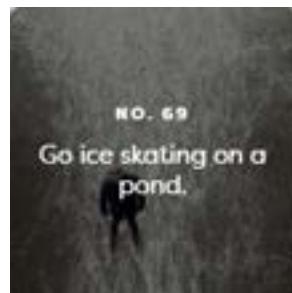
Check out some fun activities from Generation Wild that you and your families can do together this winter! For more activities [Click here!](#)



#89 Make Snow Ice Cream



#54 Build a Snow Cave.



#69 Go Ice Skating on a Pond

Winter edition, 2020



Outdoor Resources

Looking for a new place to explore or use your snowshoes this winter? Check out page 6 for some great resources to help you plan your next adventure!



How Are We Funded?

Great Outdoors Colorado (GOCO) invests a portion of the Colorado Lottery proceeds to help preserve and enhance the state's parks, trails, wildlife, rivers and open spaces.

Half of GOCO funds are dedicated to CPW projects, including support for environmental education programs and youth outreach. Colorado Lottery games fully fund SOLE, making us all winners!

Winter Wildlife Adaptations

What is an adaptation?

An adaptation is a special skill or trait which helps an animal to survive. Adaptations could be innate physical changes to the animals body or behavioral changes in how an individual animal or a society live.

4 Unique Colorado Wildlife Winter Adaptations



The American black bear is known to gain weight throughout the summer and fall in order to hibernate through the harshest parts of winter. But did you know the black bear does not urinate during hibernation. Instead it recycles its urine! The urine is recycled into their blood, then into the gut and then to the liver. The liver is where they make amino acids, and then the skeletal muscle is resynthesized. What they lose in muscle mass is recycled.



The snowshoe hare is adapted to surviving the cold winter with its thick furry coat that keeps it warm and its large paws that enable it to travel lightly on the snow. But did you know that in the winter the snowshoe hare changes color? During the warmer months the snowshoe hare's fur is a brown/gray color. But it changes color in the winter in order to camouflage with the snow and to be able to hide from predators!



Prairie dogs are specially adapted to surviving the winter. They are able to burrow into their dens when the weather gets tough. But did you know that the black-tailed prairie dog (found in the eastern plains and front range) are able to hibernate when they want to. Only when the winter is especially tough and a food source is not readily available will the prairie dog put itself into hibernation. This ability to hibernate only in the harshest conditions makes the black-tailed prairie dog a resilient winter survivor!



The wood frog has one of the most unique winter survival adaptations. Unlike most frogs that will survive winter by burrowing in the deepest part of a pond, which don't freeze over. The wood frog will actually allow itself to freeze! During the winter, the Wood frog will allow its body to completely freeze over in its burrow. Their hearts stop beating, their blood stops flowing and their body becomes frozen. But they don't die! Wood frogs are able to do this thanks to their unique adaptation that allows them to use stored glucose in their body which keeps their vital organs unfrozen!



Take It Outside - Ice Fishing

•3•

Take It Outside With Colorado Parks and Wildlife

Ice Fishing

As the weather turns, it provides new opportunities for families to get outside. Ice fishing is one winter activity that can bring families together and provide an excellent way to enjoy nature!

Sometimes the best part of ice fishing has nothing to do with fish. Winter anglers enjoy quiet landscapes, early morning light shining off a lake's frozen ripples, and perhaps animal prints in the snow.



Before going onto a frozen lake, pond or river, it's important to take safety precautions to reduce the risk of falling through the ice. Remember you take a risk any time you go onto the ice. [Click here](#) to learn more.

[Click here](#) to watch videos and learn some ice fishing basics before you get out on the ice!

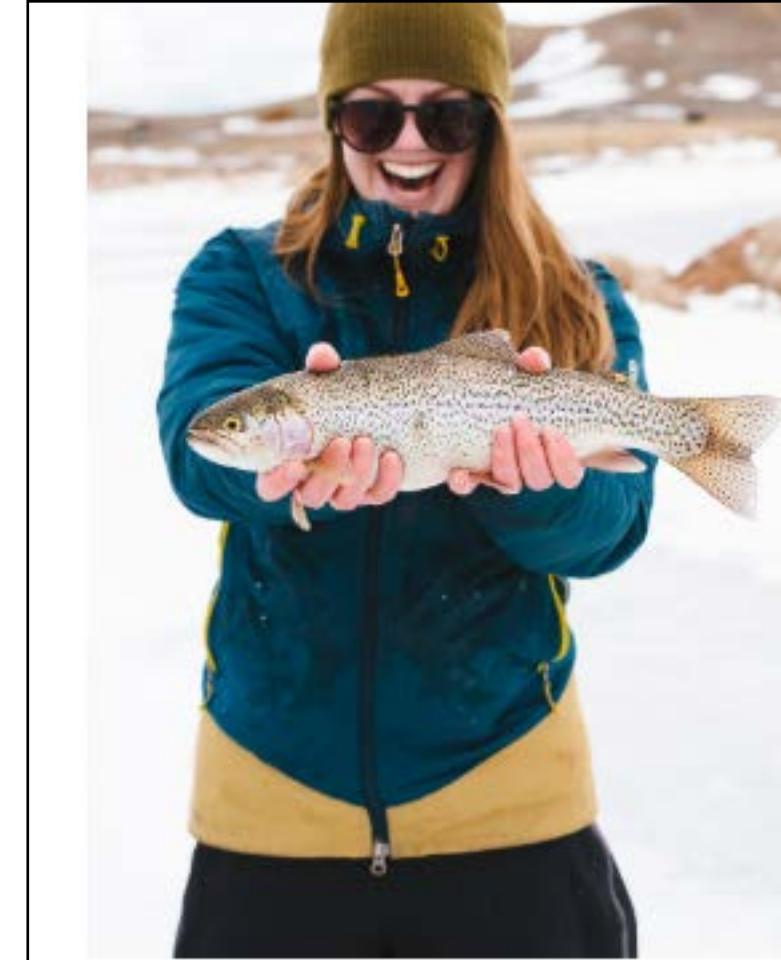
After learning the basics of ice fishing, you may want to go out on your own to a Colorado state park, [click here](#) to learn about fishing conditions at the state park in your area.

Ice conditions can vary, so take safety precaution before going out onto a frozen lake, pond or river. Knowing how to judge ice conditions and changes in the weather can help you make more informed decisions while enjoying winter activities.

You can register to attend an Intro to Ice Fishing class with Colorado Parks and Wildlife by clicking the links below!

[February 1 - Staunton State Park, 9am-3pm](#)

[February 15 - Staunton State Park, 9am-3pm](#)



Be sure to [purchase a fishing license](#) before heading out on the water!

SOLE Partner Highlight

•4•

SOLE is so thankful to all our partners who are essential in helping us create wonderful experiences for our SOLE kids, schools and families. This winter we would like to highlight one of our amazing partners, History Colorado!

The Story: Established in 1879, History Colorado is a 501(c)(3) charitable organization and an agency of the State of Colorado under the Department of Higher Education. They are the trusted leader in helping people understand what it means to be a Coloradan—by sharing powerful stories, honoring our state's treasured memories, and creating vibrant communities.



"At History Colorado, we believe in making Colorado's history accessible and in creating opportunities that connect people to Colorado and our past to cultivate an informed future. We are Colorado!"

History Colorado

•5•

History Colorado has been an amazing SOLE partner. Their eagerness to share the history of Colorado with our schools helps give the students a better understanding of the complex and wonderful history of our great state. They have provided our schools with the opportunities to take field trips to the various museums as well as attending our Family Nature Night events. Knowing the past, gives you a better understanding of the future.



Plan your visit to one of the nine History Colorado museums and exhibits around the state by [clicking](#)

We'd like to thank History Colorado for all that they do for SOLE. To learn more about History Colorado [click here!](#)

CPW Outdoor Resources

•6•



Web Tools to Find Outdoor Fun

Here are a few websites with information and ideas on where to go and what to do. Print this page or save the web addresses to quickly find events and outdoor activities.

Colorado Parks and Wildlife's [website](#) has several great pages:

- ["Things to Do"](#)
- ["Places to Go"](#)
- ["Events and festivals"](#)

Recreation.Gov hosts information about national parks, fish and wildlife refuges, national forests, etc. <https://www.recreation.gov/>

Be sure to mark your calendars for [free days for national parks in 2020](#):

- January 20 (Birthday Of Martin Luther King Jr.)
- April 18 (National Park Week)
- August 25 (National Park Service Birthday)
- September 26 (National Public Lands Day)
- November 11 (Veterans Day)

ReserveAmerica.com is a one-stop website for making reservations at lodges, campgrounds, marinas, day use areas and tours. <https://www.reserveamerica.com/>

The screenshot shows the CO TEX app interface. At the top, it says "Colorado Trail Explorer". Below that is a search bar with the placeholder "Explore routes and more...". A list item for "Castlewood Canyon State Park" is selected, indicated by a blue arrow icon. The description below the list item says "State Park in Douglas Co, CO". To the right of the list is a thumbnail image of a dirt trail through a grassy field with trees in the background. Below the list, there is a "RELATED" section with links to "Trails", "Field Notes", and "Recorded Trips". Under "FEATURED ROUTE", there is a thumbnail for "Castlewood Canyon Ruins L..." and a summary: "1 hr 15 min 4.1mi • Castlewood Ca...". At the bottom, there is a link to "Homestead Trail" with a distance of "0.6mi" and a note "Trail on Cheesecreek rd."

Download the Free [CORTEX](#) app today!

Start exploring Colorado's expansive network of trails, track your adventures, and share your experiences.



Stay up to date with



SOLE!

www.cpwsole.org



Local Family Events

Northeast Region

•7•

January 12 ◆

Bird Conservancy of the Rockies, Annual Christmas Bird Count 4 Kids
Sunday, January 12, 9:00am-12:00pm

Barr Lake State Park, 13401 Picadilly Rd., Brighton, CO.

Join us to learn how to give back to the scientific community through citizen science! Every year for more than a century, tens of thousands of volunteers take part in the National Audubon Society's annual Christmas Bird Count the longest-running wildlife census to assess the health of bird populations. In an effort to train future generations in the country-wide endeavor. Bird Conservancy of the Rockies invites families with children ages 4-18 to join us for this half-day event to learn some basic elements of this Audubon tradition. For more information/registration [Click here.](#)

January 31 ◆

Winter Moonlight Walk
Friday, January 31, 6:30pm-8:30pm

Lac Amora Open Space, 2800 Miramonte Blvd., Broomfield, CO.

Bundle up for an enchanting Winter Moonlight Walk led by Broomfield Nature Program. Enjoy the nighttime wonders of nature while viewing the moon and stars. This event is FREE to attend, with no registration required. For more information [Click Here.](#)

February 29 ◆

Birds of Prey Live!
Saturday, February 29, 1:30pm-2:30pm

Broomfield Auditorium, 3 Community Park Rd. Broomfield, CO.

Bring the whole family for a chance to see live raptors and learn from experts about bird biology and rehabilitation. The Birds of Prey Foundation is an organization dedicated to the rehabilitations of birds like hawks, eagles and falcons. This FREE event is indoors and open to all ages. For more information [Click Here.](#)

March 14 ◆

Broomfield Open Space Foundation Pancake Fundraiser
Saturday, March 14, 7:30am-9:30am

Applebee's, 6405 W 120th Ave. Broomfield, CO.

Come support Broomfield's open spaces and wildlife at the annual Pancake Breakfast Fundraiser. Tickets are \$10 and can be purchased at the door or online. For more information [Click Here.](#)

March 23-27 ◆

Bird Conservancy of the Rockies Spring Migration Camp
March 23-27 9:00am-4:00pm

Bird Conservancy of the Rockies, 14500 LARK BUNTING LN, BRIGHTON, CO.

Come join us at the Bird Conservancy of the Rockies for a week of birding and learning! As the birds prepare for spring migration we will learn why birds migrate back from their wintering grounds, and what it takes for them to survive. Campers will refine their birding skills along our local trails, learn what resources migrating birds need through fun and interactive games, and much more! Come and make a new flock of friends at bird camp! For more information/registration [Click Here.](#)

Local Family Events

Southeast Region

•8•

- January 10** ◆ **Full moon Kids' Night Out at Bear Creek**
Friday, January 10, 5:30-9:00pm
Bear Creek Nature Center, 245 Bear Creek Road, Colorado Springs, CO.
Parents, enjoy an evening to yourselves while your child (age 6-11) spends an evening at Bear Creek. Full Moon night hike, educational games and activities and a campfire. Dinner provided. \$15 per member child, \$20 per nonmember child. Prepaid registration required. For more information/registration [Click Here.](#)
- January 25** ◆ **Family Yoga: Animal Theme!**
Saturday, January 25 10:00am-11:30pm
245 Bear Creek Road, Colorado Springs CO.
Join Omtastic Yoga at Bear Creek Nature Center for a morning of animal yoga. Crafts to follow the one-hour yoga class. Minimum age 4. Children must be accompanied by a parent. \$5 per participant. Prepaid registration required. For more information/registration [Click Here.](#)
- January 25** ◆ **Arkansas Valley Audubon Society 4th Saturday Bird Walk**
Saturday, January 25, 9:00am
Nature & Wildlife Discovery Center River Campus, 5200 Nature Center Rd. Pueblo CO.
Join the River Campus for their FREE 4th Saturday bird walk. All ages are welcome. For more information [Click Here.](#)
- February 1** ◆ **Winter Fun at Fox Run!**
Saturday, February 1, 10:00am- 1:00pm
Fox Run Regional Park, 2100 Stella Drive, Colorado Springs CO.
Join us (and our Bear mascot!) at Fox Run Regional Park for a celebration of nature and winter! Storytelling, guided nature walks, dog snow queen and king contest, hot dog and marshmallow roasting, hot chocolate, crafts, games, snow science activities and more! \$5 per person includes snacks and all activities. For more information/registration [Click Here.](#)
- February 14** ◆ **A Valentine's Evening in Nature**
Friday, February 14, 6:00pm-8:30pm
Bear Creek Nature Center, 245 Bear Creek Road, Colorado Springs CO.
Join us for a date with the natural world this Valentine's Day! Take a moonlit stroll, make a keepsake to take home, and top the evening off with hot chocolate and s'mores! \$5 per member, \$6 per nonmember. Prepaid registration required. For more information/registration [Click Here.](#)
- February 22** ◆ **STEM & Snow at Bear Creek Nature Center**
Saturday, February 22, 10:00am-1:00pm
Bear Creek Nature Center, 245 Bear Creek Road, Colorado Springs, CO.
Your kids can join us for a STEM-filled Saturday at Bear Creek! This day will revolve around snow, ice, and everything FUN about winter. From the animal engineers who are experts at staying warm to the science behind snow, we will have an active day of exploration and discovery. Lunch provided. Dress for the weather. \$15 per member child, \$20 per nonmember child. Prepaid registration required. For more information/registration [Click here.](#)