



THE ROOKERY



Missisquoi National Wildlife Refuge
Swanton, Vermont
Youth Newsletter
Spring 2025

Coming Events

- **Monthly Bird Walk**
Saturday, April 19 - 8 -10 a.m.
Old Railroad Passage Trail
- **World Migratory Bird Day Walk**
Saturday, May 17 - 8-10 a.m.
Stephen Young Marsh Trail
- **Art Show**
May 17 through July 18
Refuge Headquarters



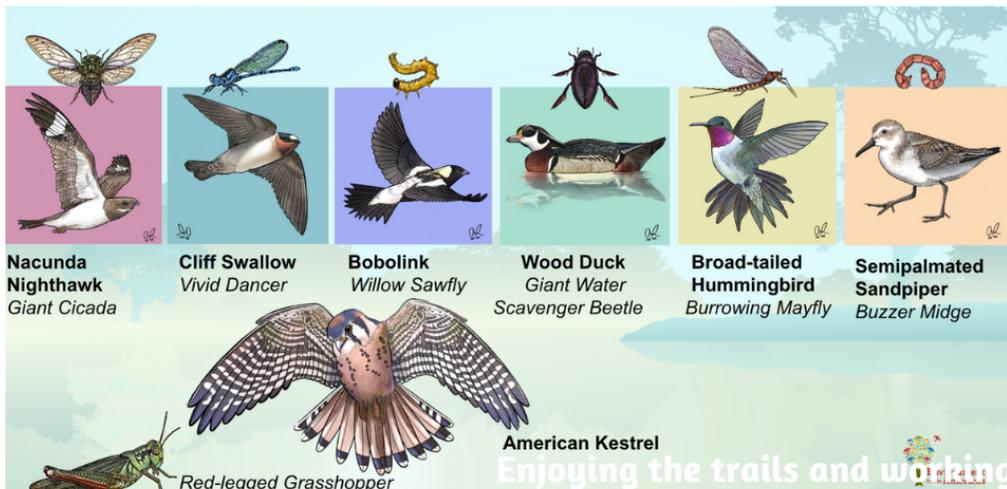
Saturday, May 17

World Migratory Bird Day

**Save the
Birds!**

World Migratory Bird Day
is a global campaign
to raise awareness
and encourage conservation
of migratory birds and their habitats.

**Save the
Insects!**



Enjoying the trails and working

Birds & Insects: A Scavenger Hunt

Many birds love eating insects! They catch them from the sky, ground, sandy areas, leaves, trees, and other hidden spots. Your adventure is to spot as many birds and bugs as possible. Count how many you find. For extra fun, find out which birds love eating bugs the most.



Birds

- Birds that catch insects in the air
- Birds with long beaks
- Birds that love water
- Birds that swim
- Birds that eat seeds
- Birds that eat bugs
- Birds that sip nectar
- Birds that sing
- Birds with really big wings
- Birds with head feathers
- Birds that migrate



Insects

- Colorful insects
- Insects that can't fly
- Insects with long antennae
- Insects that visit flowers
- Insects living underground
- Insects you can eat
- Water Insects
- Insects on buildings
- Jumping insects
- Bugs that hunt other bugs
- All kinds of different bugs



- Total # birds found:
- Total # of insects found:
- Total # of birds that eat insects found:



Environment for the Americas environmentamericas.org

Other Ways to Help Birds

Plant Native Plants

Use safe products in yards



Don't Pollute!

Keep cats away from feeders

5 Trails to Explore!

Walk all 5 trails and get a badge!
Check website for details.

