

Community Links of Chelsea Newsletter January 2021



Let's Protect Ourselves Against COVID-19



Source: CDC

Avoid exposure to the virus by following these steps:

- 1) Wear a face mask in public or indoor gatherings. Try meeting people outdoors.
- 2) Keep your distance from others for at least 6 feet
- 3) Cough into a napkin, handkerchief, or your sleeve
- 4) Washing your hands with soap for at least 20 seconds frequently. If you want, you can sing the Happy Birthday song while washing your hands.
- 5) Avoid unnecessary outing. For instance, you can prepare a list of your shopping needs and go shopping once to purchase your items.

Learn more on <https://www.cdc.gov/>

This Is How We Prepare Little Green Paper



Little green paper is a bi-monthly paper produced by the Community Links of Chelsea

staff. Sections included in this paper are:

Articles

To include an article, we first decide about the topic. Next, we search the internet to find articles related to that topic. We select the most suitable one for printing. We type this article into a format proper for printing.

Puzzles

We create all of the puzzles in the house. Currently, we have the followings: Crossword, Wordsearch, Sudoku, Idioms, Proverbs, Cryptograms

Events

We are in contact with Green Country North-East establishments. When we receive their event announcements, we publish them in the Little Green Paper.

Did you know that Little Green Paper is available online?

We have a website now, and you can access it at <https://links.community-options.net>. We have compiled all of the issues of 2018, 2019, 2020, some of 2007 in PDF format and made them available online. We are adding current issues as they become available. We are also adding our old Special Edition issues online. So far, we

have added volume one out of 3 volumes.

Did you know we have a website?

It has been a few months since our website is up and running at <https://links.community-options.net> address. You can order most of your vinyl projects online. We can ship your orders to your door if you choose to do so. You can read things like events announced for the Green Country North East. We have some online games also. We hope you enjoy them. Go and check the website. We would like to hear your voice about this website by telling us what you would like to see on this website and how we can improve it.

Some facts about Philippine Eagles



Philippine eagle is of the Accipitridae family. This family of birds lives in all parts of the world, except for Antarctica. They live in a wide variety of habitats including deserts, forests, grasslands, and wetlands. The Philippine Eagle, as its name suggests, is found only in the Philippines, an island

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country in Southeast Asia. While the Philippines consists of more than 7,000 islands, the Philippine Eagle is found on only four of them, Leyte, Luzon, Mindanao, and Samar, all within the northern and eastern regions of the country.

Its diet varies depending on the availability of prey on different islands. Their primary prey species is the Philippine flying lemur, although they also hunt palm civets, monkeys, snakes, monitor lizards, and sometimes other birds of prey.



Philippine Flying Lemur



Common Palm Civets

Life Span

An eagle's average life span is about 30 years out in the wild. The Philippine Eagle Foundation (PEF), a nonprofit was created for the "Sole purpose" of improving the Philippine eagle's conservation status from critically endangered. The average life span of the Philippine eagle is 30 to 40 years in this center.

Endangered Species

After 32 years of support and protection by PEF these birds of prey remain in the red, with fewer than 400 breeding pairs recorded in the forests of Mindanao, Luzon, Samar, and Leyte islands. The eagles are vulnerable, with humans the biggest threat to their conservation. Development, including the construction of road networks across verdant forest reserves, sport hunting, mining, and logging activities contributes to the eagles' dwindling population.

Did you know that...

Hummingbird lovers use feeders to attract them. Since the main tool for attracting hummingbirds is feeding we would like to discuss this amazing bird's diet.



Food Consumption

Understanding the hummingbird food diet will help to create a backyard habitat for them and we will be able to contribute in ways that assure their survival. Hummingbirds survive on protein from bugs and are fueled by the nectar. A hummingbird consumes 1/2 its weight in food per day. One of the reasons this bird consumes this much food per day is

because she beats her wings from 2000 to 3000 times per minute.

Hummingbird Diet

Hummingbirds primarily eat flower nectar, tree sap, insects, and pollen. Insects provide essential protein for proper muscle and feather development and are especially critical to feed growing nestlings. Insects are important sources of fats, salts, fiber, amino acids, and a range of nutrients critical to a balanced diet. Hummingbirds may eat from a few dozen to several hundred or even a thousand or more insects in one day, depending on the availability of insects, the type of insects, and an individual bird's dietary needs. It has been seen hummingbirds to eat the following insects: Ants, Aphids, Beetles, Gnats, Mites, Mosquitoes, Spiders, Wasps, Weevils. In addition to adult insects, hummingbirds will also eat larvae and insect eggs.

Hummingbird's Tongue

Researchers previously thought tube-like channels in their tongues sucked up fluid by capillary action. But the new analysis shows that their tongues actually trap nectar by curling around it.

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