

Nature'sWeb

Issue No. 31

Autumn 2013

INSIDE THIS ISSUE...

Editor's Page

Peregrine

Planet Earth or
'Planet Ocean'?

The Goat

Alpine Plants

All in a
Day's Work –
Edel Foley,
Cheesemaker

Colour In:
Grumpy Goat

Wordsearch

Learn

The World
Around Us

Mount Kilimanjaro

Fun Page

Activity Page

Conservation

Nature's
Noticeboard

Daisy the Goat



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An Unusual Visitor!

I don't like earwigs. I can tolerate spiders and beetles but when it comes to earwigs, they make my skin crawl! Normally I don't give them much thought but one day this summer it was hard to miss a white earwig crawling along the floor of our utility room. Our first thought was that the earwig was an albino, but after a bit of searching we discovered that that wasn't the case. To be albino means to have no pigment in the skin and as earwigs have no skin then it couldn't be albino. The reason for the lack of colour is due to the earwig having just moulted its hard outer skeleton, or exoskeleton. As the new skeleton hardens up, it becomes darker and darker, eventually turning the dark brown we are used to. Even with all this new information, I still don't like them!



Courtesy of Susan Murphy Wickens

The pale colour of this earwig made it stand out against the dark floor.

As GAELIGE! We are delighted to have teamed up with An Gúm, who have begun to translate Nature's Web into Irish. Issues are now available, as gaeilge, at:
http://www.gaeilge.ie/ForasnaGaeilge/An_Bhunscoil.asp

SEAFOOD RECIPE

Apple & Spice Baked Seafood

WHAT'S NEEDED:

- 700g/1½lbs cod fillet
- 2 cloves garlic - crushed.
- 1 tablespoon curry paste
- 1 tablespoon chutney
- 1 small apple - grated

What to do:

- Add garlic, apple and chutney to curry paste.
- Coat fish and chill for 10 minutes.
- Bake fish for 15-20 minutes at 190°C/ 375°F/Gas 5.
- Serve with yoghurt sauce.

*You can substitute any firm fleshed white fish - pollock, monk or gunard.

Yoghurt Sauce

- 1 small carton natural yoghurt mixed with 1 tablespoon skinned, diced cucumber and the zest and juice of ½ lime.
- Salt and freshly milled black pepper.



Photo: © BIM

Serves 4

Courtesy of Bord Iascaigh Mhara.
www.bim.ie

Welcome to the Autumn Edition of Nature's Web!

Dear Reader,



Welcome everyone to the Autumn 2013 issue of Nature's Web. Hopefully the cute picture of Daisy on the cover will encourage you to read more about the life of goats on page 5 and then on page 7 how Edel Foley, a cheesemaker, uses goat's milk (and cow and sheep's milk too!) to make the awarding Knockdrinna Farmhouse Cheese in Co. Kilkenny. Afterwards, you can take an imaginary trip to the top of Mount Kilimanjaro or learn where alpine plants are found. Most importantly there are loads of tips from StopFoodWaste.ie to help us reduce the amounts of food we waste. Check out nature news from around the world on page 11 and enjoy a giggle with the jokes on page 13.

We would love to hear your views and comments and suggestions for future articles. Have a good read!

Susan

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Peregrine

Scientific Name: *Falco peregrinus*

Irish Name: Fabhcún gorm

The Peregrine is a raptor, or bird of prey, and is found on all continents except Antarctica and high on the Arctic. It mostly hunts and feeds on other birds, such as pigeons, starlings, ducks, waders and seabirds.

Peregrines are widespread throughout Ireland. They breed on coastal and inland cliffs, more so on the north, west and south of the country as there are less suitable nesting sites on the east coast. They can sometimes be seen in estuaries during the winter months, chasing waders.

When away from the breeding site they are quiet birds but make a loud cackling sound when alarmed.

Peregrines are incredible hunters. Thought to reach speeds of at least 240km/hour when hunting, they are the fastest animal on the planet. They can strike their prey with such force they often kill on impact.

FACT FILE

Wingspan: 95-115 cm.

Colour: Same for male & female. Dark blue-grey upperparts & white underparts with dark bars.

Food: Others birds such as pigeons, starlings, ducks, waders & seabirds.

Eggs: 2-3 per clutch.

Habitat: Prefers mountains & coastal cliffs but can also be seen in towns & cities.



Courtesy of Alan D. Wilson www.naturespicsonline.com

Population Recovery

The peregrine population suffered a huge crash in Europe during the 1960s, due to pesticide poisoning. The pesticide that was responsible for the decline was banned and the population has been recovering slowly ever since.

In Ireland the peregrine population is not considered to be under threat.



Courtesy of Robbie Murphy

The Peregrine has a heavy body, a medium length tail and broad, bowed wings. It has powerful legs, sharp talons and a short hooked bill. Its wingspan is about a metre in width (95-115 cm).

Family

The breeding season is from February onwards. The female peregrine, which is larger than the male, lays about 2-3 eggs in a clutch. A clutch is a group of eggs laid at the same time and incubated together. A peregrine may have a second clutch in a season if the first clutch fails. Eggs are incubated for about 29-32 days and it takes about 40 days before they are able to fly. It will be another couple of months before they become independent of the parents. Peregrines belong to a group of birds known as falcons. Falcons are small to medium-sized raptors, that have pointed wings and which can fly at speed. Other falcons include the Kestrel, Merlin and Hobby.



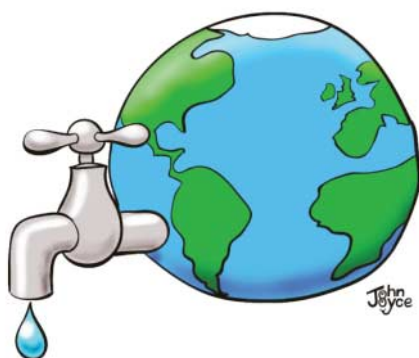
Courtesy of Robbie Murphy

Aquatic Life



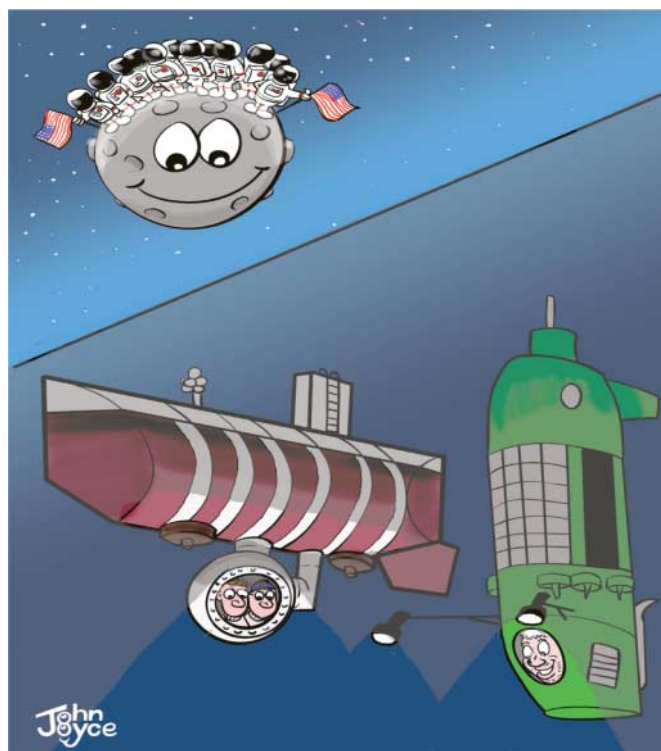
Planet Earth or 'Planet Ocean'?

Why the Sea is important...



The Sea covers 71% of our planet's surface and contains 97% of our world's water. It plays a key role in the world's weather and climate and is essential for the production of oxygen and absorption of carbon dioxide. Nearly half of all living things on our planet live in the sea, of which it is estimated that only 10% have been catalogued.

The United Nations Atlas of the Oceans reveals that around 60% of the world's population lives within 60 kilometres off the coast, which can be subject to violent change from storms, coastal erosion, flooding and pollution.



In spite of its vital importance to life on Earth, we know so little about the Sea. Only 5% of the seabed has ever been observed by human eyes and just over 100 years ago it was thought that nothing could live beyond the reach of sunlight.

More people (12) have walked on the Moon than have visited the deepest part of the Sea (3) at the Marianas Trench, 10.9 kilometres below the surface of the Pacific in the *Challenger Deep*. These three people were Don Walsh and Jacques Piccard in the bathyscaphe *Trieste* in January 1960, and legendary film director and ocean explorer James Cameron on the 26th March 2012.

Cameron dived on his own in the lime-green submarine *Deepsea Challenger* and sent back the Tweet 'Just arrived at the ocean's deepest pt. Hitting bottom never felt so good. Can't wait to share what I'm seeing w/ you'.

For more Fun Facts see the Childrens' Page at <http://www.spindriftpress.com>

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The Goat

Scientific name: *Capra hircus*

Irish name: Gabhar

Domestic goats are small animals, similar in size to their relative the sheep. The goat has a shorter tail, which is turned upwards, horns that grow upwards (on both male and females) and the male usually has a beard.



Maisy the goat enjoying a little rest!

Goats are herbivores and their diet consists of grass, leaves, trees, hay, grain, food scraps - in fact it appears that goats will try to eat just about anything! Like cows they ruminate, or "chew the cud". Animals that ruminate have four chambers in the stomach. These chambers are full of bacteria, which help to break down the food that the animal eats, so that the nutrients can be

absorbed into its body. Having chewed and swallowed the food (now known as cud), the food is often brought back up into the mouth to be chewed some more and then swallowed again. This is known as "chewing the cud".

FACT FILE

Height: 70-120 cm

Weight: 45-54 kg

Colour: Varies - white, brown, grey, red, cream, black or a mixture of these colours.

Food: Grass, foliage from trees, shrubs bushes and other plants.

Male: Called a ram, buck or billy goat.

Female: Called a doe or nanny goat.

Young: Called a kid.

Life span: Approximately 15 years.

Feral Goats

Feral goats are domestic goats that have gone "wild".

The ancestors of feral goats were farm animals that either escaped or were set free, to roam in the wild. Even today, the odd domestic goat will join a feral herd.

In Ireland these feral goats can be found in remote mountain areas in Killarney, Glendalough, the Burren, Waterford, Connemara and in the Mourne Mountains.



Produce

Humans rely on goats for many things.

Goats provide us with milk and cheese, often used by people who have allergies to cow's milk, as goat's milk is easier to digest. Goat meat is popular in many parts of the world, though not as much in Ireland. Goat's wool, like sheep's wool, can be used to create clothing, with the fine wool from the Cashmere goat and Angora goat particularly prized. The skin or hide of the goat is soft so is often useful for making gloves and shoes. It is also used to cover drums, such as the bodhrán, the Irish drum.



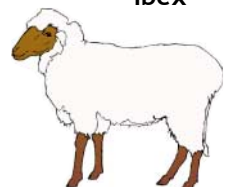
Relatives

Goats belong to a family of species known as bovids. This family includes all animals that have cloven hooves (hooves that are divided into two) and unbranched horns, such as goats, sheep, cows, bison, wildebeest and antelope.

Goats are believed to have been domesticated from wild goats about 8,000-9,000 years ago in South Asia. There are still about 10 different species of wild goat found on mountains in Europe, Africa and Asia, with one of the most well-known wild goat being the Ibex. In America there is a Mountain Goat, but it is really a type of antelope.



Ibex



Sheep

Alpine Plants

High on a mountain is not the friendliest of places for plants to grow. Above the treeline, where trees can no longer survive, the climate is harsh. Some plants, known as alpin~~e~~s, can survive the lack of water, the cold temperatures, high winds, strong sunlight and poor soil. These are *true* alpine plants. There are similar plants that grow lower down the mountain and in gardening terms any of these hardy low-growing plants, suitable for growing in a rock garden or trough, are also referred to as alpine plants. Many have colourful flowers.

The Burren – a Haven for Alpine Plants

The unusual landscape of The Burren, Co. Clare, is a unique environment and home to plants that would not normally be found together in the wild. The climate, geology and agricultural practices of the area come together to provide ideal conditions for

Arctic-alpine and Mediterranean plants to live side by side.

Carved out millions of years ago by glaciers, the limestone terraces and pavements of The Burren are filled with crevices and pockets of grassland where alpine species such as Spring Gentian, Bloody Cranesbill and Mountain Avens grow.



Courtesy of Tigerente CC-BY-SA 2.5

Spring Gentian, a plant usually found in alpine meadows in central and southeastern Europe, can also be found in huge sheets in The Burren, Co. Clare.

Fame at last!

One alpine plant was made famous in song – “Edelweiss” through the movie “The Sound of Music”. Edelweiss is found high in the the Alps, the great mountain range crossing eight European countries. Like other alpine plants, it has adapted to the extreme weather conditions on the mountains. It has a deep roots to anchor it and a felt-like covering on its leaves to protect it from drying out or being damaged by wind or sun.



Courtesy of Jeff Pang <http://www.flickr.com/photos/jeffpang/3715964470/>

Alpine plants are so called as many of them come from the Alps in Central Europe. However it has become a collective name for similar plants found on mountains and sometimes lower lying areas around the world. Above: The Matterhorn, one of the highest mountain peaks in the Swiss Alps.

Alpine Plants in the Garden

You don't have to live high on a mountain to grow alpine plants. Alpine plants have been collected and propagated for hundreds of years and specimens are widely available in our garden centres and gardens. Many alpine plants need rocky soil and sunny conditions to thrive and these can be recreated in rock gardens, troughs, window boxes or between cracks in the pavement. Being drought resistant, alpine plants are great to grow if regular watering is a problem.



Courtesy of Böhlinger-Friedrich CC BY-SA 2.5

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All in a Day's Work

Edel Foley - Cheesemaker

Edel Foley works as a cheese maker in Stoneyford Co. Kilkenny. She makes award-winning cheese, using the best quality goat, sheep and cow's milk sourced from local farmers.

www.knockdrinna.com



Where do you work?

I work for Knockdrinna Farmhouse Cheese, which is owned by Helen Finnegan and I work with her to produce a range of goat, sheep, and cow cheeses, which have earned over 40 International and Irish awards.

What training did you do to get where you are today?

When I left school I trained as a chef at the Cork Institute of Technology, specialising as a pastry chef. The training I got for this job was firstly from my boss who showed me the ropes. As she herself was learning too, we both did some cheese-making courses in England and also went to France to see how they do it there. Some of their methods are different than in Ireland. We are constantly learning new things and ways to improve our cheeses.

Why is goat's cheese so popular?

That's a hard question for me to answer. I guess it's so different to a cow's cheddar cheese so people like a different flavour. Also

because goat's milk is made up differently to other milk it's easier to digest and people with food allergies / intolerances can have it without it causing problems for them.

What equipment do you use?

We don't use a huge amount of equipment. We have two vats which each hold 700 litres of milk. We use a metal cutter like a wide comb to cut the curd. We stir the cheese with a big plastic shovel! We put the curds in moulds to form the cheese and we use three different sizes. One is 10cm wide for our soft goat's cheese (about 150g). Another mould is about 24cm for our hard cheese (holds 3 or 4 kg depending on which cheese). Our third mould holds a cheese which weighs about 1kg and that mould is just like a plastic strainer used at home!! We have a hydraulic press for pressing the hard cheese, which helps it to drain more and forms a firmer wheel of cheese.

What would you do if you weren't doing what you do?

If I wasn't doing this job I'd love to bake. I sometimes make cakes and other treats to sell in the Farmshop which is part of Knockdrinna as well.

What is the best piece of advice you have ever had?

The best advice I ever got was from my father when I was starting college. He told me to get to know everybody first, and then choose my friends. And that's what I still do! That's how I have such good friends in my life today!

This is our cheese-making vat. We usually work with 600 or 700 litres of milk. Once the milk has been pasteurised we add a starter (culture) to get the acidity working in the milk. After half an hour we add rennet which sets the milk to a solid state. Once it has set we cut the curd (which is the solids) and this also produces whey (the liquid). This is what you see in the vat at this stage. Only the curd is then used for the cheese. The whey is drained off.



Above: Knockdrinna Snow, a soft goat's cheese. Below: Knockdrinna Kilree Goats Cheese.



We ripen some of the cheeses on shelves. We wash the rind (the outside) with a mix of salt and water twice a week until they are 3 weeks old. After that we just turn them so they develop a nice even golden colour.

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Grumpy the Goat



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Nature's Web Wordsearch



Nature's Web Autumn 2013

Try out this giant wordsearch containing words found in this issue of the newsletter.

W M D D K P N E Z H E A R W I G L I
A P O J O I L T N D C Y N S W B E F
S M M U T O I A E I E F T N E Q A U
T U R W N Y F L N L R O C N J I F H
I R E Z E T F A A E P G U V K Z Y K
N A V U U O K H E F T T E X L Q B R
G N J I L Z W I O S P O A R T W O E
F A W E D R A O L E D I C S E I O T
O T Y S E R D R N I S E A E O P K A
O I U L Y W P H J E M O K X A H C W
D T L H A P P C Q N H A Y A N N O G
W I Q S Z I X D W X W L N Q B X V N
K S T N A L P E N I P L A J J B E I
M E K N O C K D R I N N A G A U R T
O T A O G L A R E F O B G R O R V S
O R D X Q F E H F H Q Z C Z R A O A
N R Z T I F C N A M P H C L M S T W
U L L F J V H Z L T I O R G H O R Q

SOLUTIONS: (Over, Down, Direction) Alpine Plants (13,13,W); Baked Seafood (15,12,NW); Earwig (11,1,E); Edel Foley (11,1,SW); Feral Goat (10,15,W); Goat (14,14,SE); Killer Whale (1,13,NE); Knockdrinna (3,14,E); Leafy Book Cover (17,1,S); Moon (1,14,S); Mount Kilimanjaro (2,1,SE); Neptune (9,9,NE); Peregrine (16,9,NW); Planet Ocean (6,1,SE); Stop Food Waste (14,2,SW); Titan Arum (2,11,N); Wasting Food (1,1,S); Wasting Water (18,17,N).

Alpine Plants

Baked Seafood

Earwig

Edel Foley

Feral Goat

Goat

Killer Whale

Knockdrinna

Leafy Book Cover

Moon

Mount
Kilimanjaro

Neptune

Peregrine

Planet Ocean

Stop Food Waste

Titan Arum

Wasting Food

Wasting Water



Learn More



Only €2.10 each including postage or €12.00 for all seven! 32pp each

Sherkin Island Marine Station has published a range of colouring books, guides and activity books for children. Each 32-page *Colouring & Guide Book* gives you the chance to colour, identify and learn about the wildlife around Ireland. *My Nature Diary* contains lined pages to fill in a daily record of sightings and nature news.

A Beginner's Guide to Ireland's Wild

Flowers With the help of this pocket-sized guide, beginners of all ages will be introduced to the many common wild flowers found around Ireland. 206pp

Only €8.50 inc. postage



Ireland's Hidden Depths has just been published by

Sherkin Island Marine Station. Ireland's amazing marine life, glorious kelp forests and spectacular undersea scenery are featured in over 200 spectacular photographs by nature photographer Paul Kay. 277 x 227 mm 160 pps

Only €10.00 plus 3.00 postage

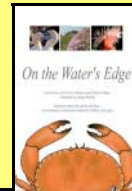


Sea Life DVD:

"On the Water's Edge"

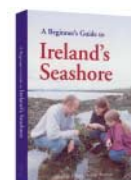
Produced by Sherkin Island Marine Station, the dvd 'On the Water's Edge', features a short film on life beside the sea.

Presented by Audrey Murphy, it includes 6-10 hours of interactive material for children of all ages. Only €7.30 including postage.



A Beginner's Guide to Ireland's Seashore is a pocket-sized guide, suitable for beginners of all ages. This book will help you to explore the wonders of marine life found on the shores around Ireland.

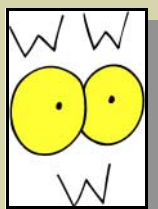
Only €8.00 inc. postage



"An A to Z of Geology" explores the fascinating world of rocks and geology - a world of volcanoes, tsunamis, earthquakes, diamonds, gold and even dinosaurs! Produced by Sherkin Island Marine Station, in association with the Geological Survey of Ireland.

Only €5.99 plus €1.00 postage

To order books, send your name and address along with a cheque or postal order made payable to Sherkin Island Marine Station to: Sherkin Island Marine Station, Sherkin Island, Co.Cork. Ireland. Or Visit: www.sherkinmarine.ie where you can order by Paypal.



Useful Web Addresses

There are lots of websites to be found on the internet that will give you further information on topics we have covered in this newsletter. Here are a few that may be of interest:

Earwigs: <http://www.arkive.org/common-european-earwig/forficula-auricularia/video-09e.html>
<http://www.naturespot.org.uk/species/earwig>

Peregrine: <http://www.birdwatchireland.ie/IrelandsBirds/Raptors/Peregrine/tabid/399/Default.aspx>
<http://www.rspb.org.uk/wildlife/birdguide/name/p/peregrine/index.aspx>

The Goat: http://www.animalcorner.co.uk/farm/goats/goat_anatomy.html <http://www.allgoats.com/index.html>

Alpine Plants: <http://www.kew.org/plants-fungi/for-gardeners/alpines/>

Knockdrinna Farmhouse Cheese: <http://www.knockdrinna.com/>

Stop Food Waste: <http://www.stopfoodwaste.ie/>

'Springer' Killer Whale:

<http://www.cbc.ca/news/canada/british-columbia/springer-the-killer-whale-spotted-with-1st-calf-off-b-c-coast-1.1316859>
http://www.iwdg.ie/index.php?option=com_k2&view=item&id=2213:killer-whale

Wasting Water & Electricity: http://www.seai.ie/Schools/Primary_Schools/ <http://www.taptips.ie/>

'New' Moon on Neptune: http://science.nasa.gov/science-news/science-at-nasa/2013/15jul_neptunemoon/

Titan Arum: <http://www.natureworldnews.com/articles/2867/20130709/rare-stinky-corpse-flower-blooming-belgium-video.htm>

Mount Kilimanjaro: <http://www.tanzaniaparks.com/kili.html> <http://www.climbmountkilimanjaro.com/>

Crayon Rubbing: http://www.firstpalette.com/Craft_themes/Nature/Leaf_Rubbings/Leaf_Rubbings.html

We cannot be responsible for the content of external websites, so please observe due care when accessing any site on the internet.

The World Around Us



"Foreign Correspondent"
Michael Ludwig reports
on interesting news
from the natural world.

Town leads the way

Are you tired of being sent to school with an apple? Parents and students in Killorglin, Co. Kerry, are being given a unique opportunity to work with STOP Food Waste and the EPA to reduce family food costs by reducing waste. Because we throw away almost one-third of the food we purchase, over the next few months the townspeople will look at ways of shopping, eating smarter, helping educate future generations, and saving money.



Overfilling Kettles Wastes Lots of Money!

A study in the UK found that three-quarters of households overfill their kettles, wasting £68m each year. Boiling a full kettle of water, which may have a six-cup capacity, for just one cup of tea means you heat five cups of water unnecessarily. Keeping this in mind when making the tea will help save on the energy bills!



Big, Beautiful and Smelly!

This summer the National Botanic Garden in Belgium had visitors queuing up to see the world's largest and smelliest flower, the Titan Arum. You would think that the size of this magnificent flower, rising to 2.44 m (8ft), would be its main attraction but its strong stench of rotting meat is equally as fascinating. Also known as the "corpse flower", this name should give you some idea of just how badly it smells! Visitors had to be quick to get a glimpse, and smell, of the flower. It blooms very rarely and only for about three days. The Titan Arum in the Belgian Gardens is an exception in that it has flowered three times since 2008.



Courtesy of US Botanic Garden

Titan Arum, the world's tallest and smelliest flower.

A New Addition

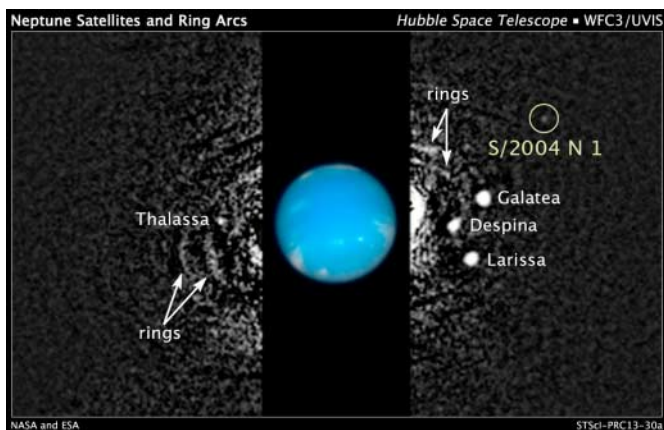
Eleven years ago an orphaned killer whale (Orca) calf, named 'Springer' was rescued from Puget Sound in Washington State, USA, nursed to health and returned to her family in Canada. The local community, NOAA and Canadian Fisheries officials were rewarded last week when Springer was sighted with her own new calf. In 2002, Springer was found sick and alone. Everyone was concerned. Researchers used photos of her colouring and dorsal fin, as well as recordings of her calls, to find her pod (family). Keeping her alive and returning her to the pod was a feat in itself. The fact that she was accepted back into the pod and has now produced young, is making everyone smile.



"New" Moon for Neptune

NASA's Hubble Space Telescope has discovered a new moon orbiting the distant blue-green planet Neptune, the 14th known moon to be circling the giant planet.

The moon, currently known as S/2004 N 1, is estimated to be no more than 12 miles across, making it the smallest known moon in the Neptunian system. It is so small and dim it escaped detection by NASA's Voyager 2 spacecraft, which flew past Neptune in 1989. Mark Showalter of the SETI Institute in Mountain View, California, USA, found the moon on 1st July 2013, while studying the faint arcs, or segments of rings, around Neptune. Looking far beyond the ring segments, he noticed the white dot about 65,400 miles from Neptune. Having plotted a circular orbit for the moon, he noticed it completes one revolution around Neptune every 23 hours.



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Mount Kilimanjaro



Images courtesy of NASA

This is a computer generated image of Mount Kilimanjaro.

Mount Kilimanjaro, at 5896 m, is the highest mountain on the continent of Africa. It stands right on the north-eastern edge of Tanzania, where it borders Kenya. Though not especially high compared to Mount Everest - the tallest mountain in the world at 8,848 m - it is the tallest free-standing mountain in the world. It is also one of the largest volcanoes in the world and has three main peaks, Kibo, Mawenzi and Shira. Both Mawenzi and Shira are extinct, having not erupted for thousands of years, but Kibo, which is dormant, last showed activity about 200 years ago and could erupt again.

Mount Kilimanjaro sits in the middle of Mt Kilimanjaro National Park. The park stretches beyond the mountain to include the surrounding lowlands. While other national parks in Africa are famed for their wildlife, in this park the mountain itself is the real attraction.



The decrease in snow and ice cover on Kibo peak from 1993 (top) to 2000 (bottom).

The Shining Mountain

Although Mt Kilimanjaro sits near the equator, the climate of the mountain ranges from desert to cultivated lowland at the base to arctic conditions at the very top, with forest, heath and moorland, and alpine desert in between. The snow-capped Kibo peak is the iconic image we have of Mt Kilimanjaro. The gleaming snow explains why it is sometimes called "The Shining Mountain". The peak is also known as the "House of God" by those who live on the mountain itself.

In the last two decades, there has been noticeable melting of the glaciers on the mountain and it is feared that within the next two decades, the snow will disappear from the top altogether.

Climbing the Mountain

Kilimanjaro is a popular mountain to climb. Experienced climbers can choose tough routes but with proper training it is also possible for beginners to ascend the mountain

along easier routes.

High above sea level the air pressure is lower, resulting in less oxygen. This can have a serious effect on climbers, causing a condition known as altitude sickness. Symptoms of the sickness include headaches, tiredness, vomiting and dizziness. To prevent it climbers ascend mountains slowly, allowing their bodies to acclimatise, or get used to the change in oxygen levels.



People of Kilimanjaro

The foothills of Mt Kilimanjaro are home to the Chagga people, one of Tanzania's largest ethnic group. The capital of the region is the town of Moshi, which has a population of about 150,000.



Fun Page

How much did you learn?

The answers to all these questions can be found in the newsletter...see if you can remember!

1. How high is the tallest and smelliest plant in the world?
2. The Peregrine is a seabird. True or false?
3. What the deepest trench in the world's oceans?
4. Name the alpine plant made famous in a movie.
5. Which peak on Mt Kilimanjaro is a dormant volcano rather than an extinct volcano?
6. At Knockdrinna Farmhouse Cheese, how many litres of milk does each vat hold?
7. Are cloven hooves divided into two or three?
8. What type of leaf is pictured on the "Leafy Book Cover" page?
9. Name the killer whale that was rescued in 2002 from Puget Sound, Washington State, USA.
10. What is the hard outer skeleton of an earwig called?
11. Peregrines are falcons. Name another falcon, beginning with 'K'.
12. As far as we know, how many moons circle the planet Neptune?
13. On average each year, how much money do Irish households lose on wasted food?
14. What type of food does Edel Coffey make?
15. Is altitude sickness caused by climbing or diving?
16. Feral goats are domestic goats gone "wild". True or false.
17. Do three-quarters of UK homes overfill their kettles with too much milk or water?

Answers: (1) 2.44 m (8ft); (2) False. It is a bird of prey; (3) Marianas Trench; (4) Edelweiss; (5) Kibbo; (6) 700 litres; (7) They are divided in two; (8) Sycamore; (9) Springer; (10) An exoskeleton; (11) Kestrel; (12) 14; (13) €700 (14) Cheese; (15) Climbing; (16) True; (17) Water.

What a Picture!

Have fun with your friends making up a title for this picture of a female Northern Shoveler duck.



Courtesy of Alan D. Wilson www.naturespicsonline.com

Nature Jokes



What do you call an elephant that flies?
A jumbo jet.

What is worse than an alligator with toothache?

A centipede with smelly feet!



Someone said you sounded like an owl.
Who?

Why do seagulls fly over the sea?

Because if they flew over the bay they would be called bagels.

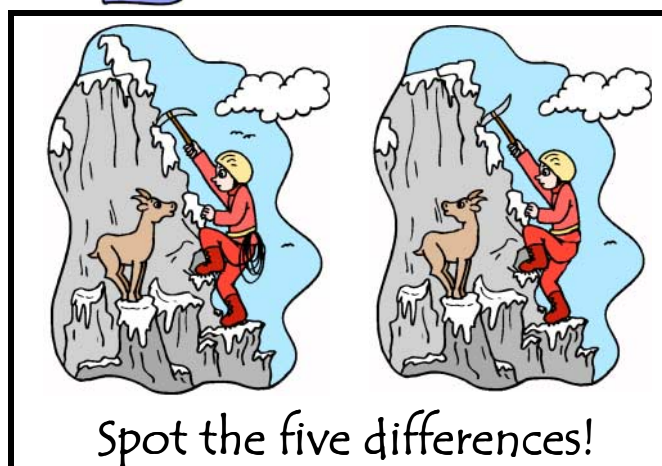


What does a goat become after it is six years old?
Seven years old!

What did the volcano say to his wife?
I lava you.



What do you call two spiders who just got married?
Newlywebs.



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Activity Page

Leafy Book Cover

Personalising the cover of your journal, diary or copy book can make it look great. Leaf rubbing is a simple way to decorate it. Here is how:

You will need:

- A sheet of paper big enough to cover your book.
- A leaf or leaves, depending on how many rubbings you want.
- Crayons/colour pencils
- Scissors, Glue, Tape

It does not have to be a leaf for rubbing. There might be other items that you could rub that would also give a beautiful result, e.g. any raised pattern on an object.

What to do:

1. Choose leaves that have prominent veins on the back. These give the best impress when rubbed. This is the leaf of a sycamore tree.



2. Crayons are great for getting a good rubbing. You can also use coloured pencils by rubbing with the side of the pencil tip.



3. Cut around the edge of the rubbing.



4. Cover the book with a sheet of paper, using tape to stick it down.



5. Glue a single leaf on the covered book, or a number of leaves if you choose. You can decorate the rest of the cover with lines, squiggles or drawings.



6. You might like to create the rubbing directly on to the large sheet before you cover the book.



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Conservation



Main Types of Food we Waste

It has been found that the main foods that are regularly thrown out are:

- Bread
- Apples
- Potatoes
- Salads - almost 50% of what we buy we throw out!
- Meat and fish
- Yoghurts and milk
- Spreads and dips

So when you're shopping or eating, watch out for these foods especially.

Remember that by preventing food waste you save twice:

- by buying less food and
- by having less to dispose of.

Stopping Food Waste starts when you are buying your groceries, then continues in the home where you store what you've bought, and then cook your food. For more information on ways to prevent food waste check out

www.stopfoodwaste.ie

TIP! Next week, make a list of what you throw out - you'll be surprised by what you find.



The Food We Waste

We all generate Food Waste - at home, in school, at work, on the run...everywhere. Nearly all this food waste is thrown in the bin, and while some is composted most of it ends up in the local landfill.

Food waste CAN be avoided

The first step is to learn more about what we are throwing out, then we can do something about it.

- Don't go shopping when you are hungry - you'll buy more than you need!
- If you are shopping for the week try and plan your meals ahead.
- Check your fridge, freezer and cupboards before you go shopping and plan meals around what you find.
- Then make a shopping list....and then try to stick to it!!
- Beware of special deals - these are great for toilet rolls and shampoo but bad for fruit, veg and salads (anything that can go off quickly). These are the things we buy because of a "good deal" but often does not get eaten.
- Try and buy loose fruit and veg - you get what you need and can cut down on packaging wastes in your bin as well.
- Check use-by dates to avoid buying food that might get thrown out if not eaten immediately.
- Poke around at the back of shelves - you'll often find 'use-by dates' that are further away.
- Shop for what you actually eat, not for what you want/wish you would eat (e.g. "I am going to be really healthy this week and eat lots of yoghurts!") and then not eat them!



A Waste of Money & Food!

On average, wasted food costs each Irish household €700 a year. For some households this can be over €1,000! Think of the holidays you could have instead of throwing all this food out!



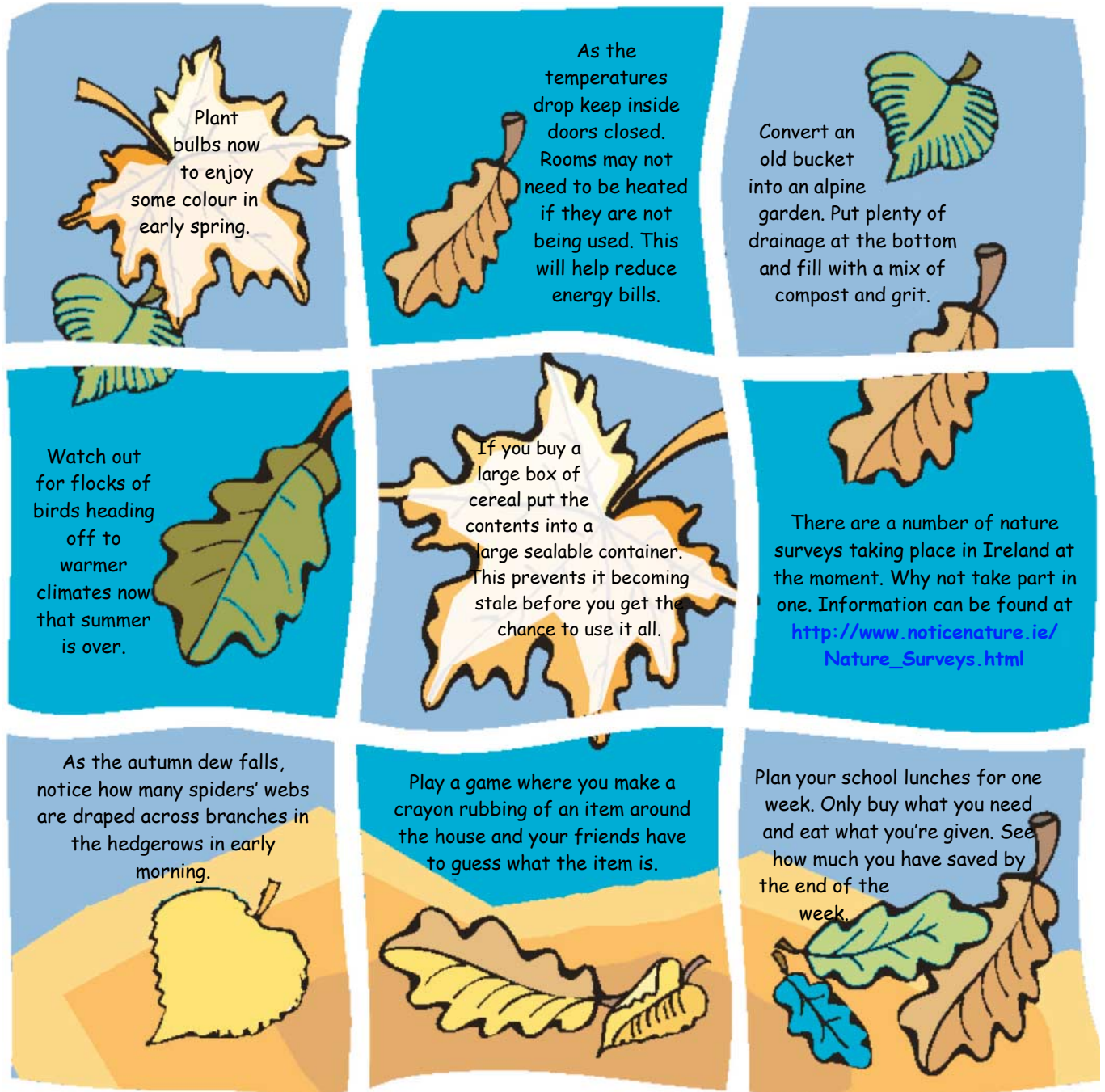
Are you robbing yourself?

Imagine you went shopping and somebody stole a third of your shopping after you paid for it ... you'd be pretty mad!! The crazy thing is this is what we do to ourselves when we waste food!



Nature's Noticeboard

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