

# Nature's Web

Issue No. 22

Summer 2011

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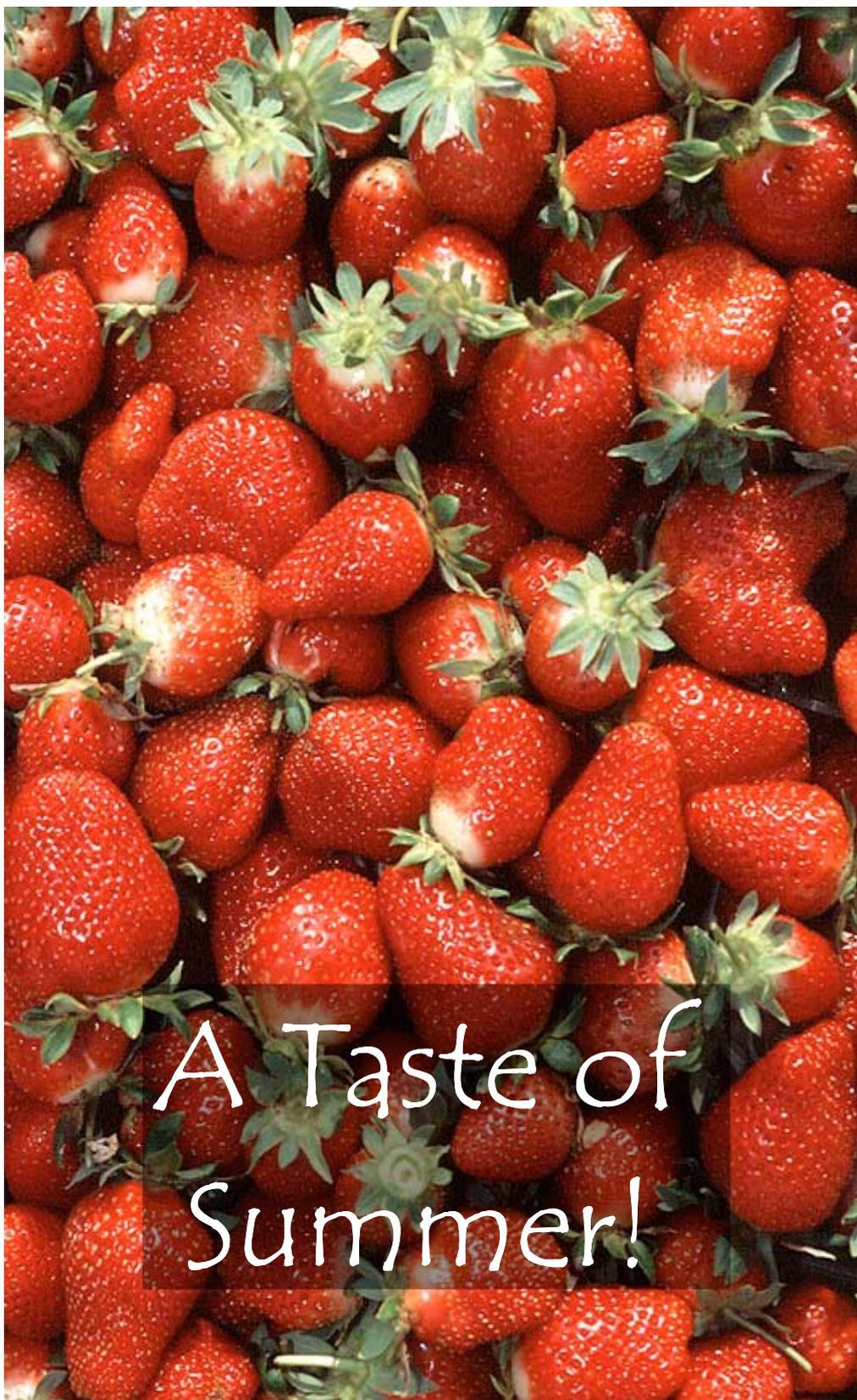


Image courtesy of USDA

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# Editor's Page

## 2011 - The Year of the Volunteer

The year 2011 has been designated the European Year of the Volunteer. This is to celebrate the work of volunteers across Europe and to encourage those who do not currently volunteer to get involved so they too can make a difference. There are many organisations in Ireland which are looking for volunteers, from the environment, to sport, to the needy. You may have a skill that would be really useful to an organisation. Are you good at organising, weeding, teaching, listening, painting, fundraising? The list is endless. If you don't volunteer already, why not give it a try - maybe just one hour to begin with. You might find you enjoy it and can really make a difference.

Visit **Volunteering Ireland** [www.volunteering.ie](http://www.volunteering.ie) and **Volunteer Centres Ireland** [www.volunteer.ie](http://www.volunteer.ie) for information on volunteering in Ireland.



Volunteers in action.

One organisation looking for volunteers is the Irish Peatland Conservation Council. They have loads of opportunities for volunteers from gardening, to databasing and, throughout the summer, lots of work on their nature reserves in Lullymore, within the Bog of Allen in Co. Kildare. They are also looking for people to sign their petition to save the raised bogs of Ireland. Check out their website for details: [www.ipcc.ie](http://www.ipcc.ie)

Welcome to the Summer Edition of Nature's Web!

Dear Reader,



Welcome everyone to the Summer 2011 issue of Nature's Web. In this issue we are delighted to feature the work of Tiarnan O'Sullivan, one of the many lifeguards around the country helping to keep our beaches safe. We look at a summer favourite, the strawberry, and a bird we don't see on this side of the Atlantic - the Hummingbird. Captain Cockle gives us important information about how plastic affects our marine environment and the EPA introduces us to a new family of "litter bugs"! 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

Email: [editor@naturesweb.ie](mailto:editor@naturesweb.ie)

Web: [www.naturesweb.ie](http://www.naturesweb.ie)

Editor:

Susan Murphy Wickens

Layout and Design:

Susan Murphy Wickens

Photographs & Clipart:

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Foreign Correspondent:

Michael Ludwig

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Photo courtesy of [www.bim.ie](http://www.bim.ie)

## GRILLED MACKEREL

WITH APPLE, SPINACH AND YOGHURT SAUCE

### What to do:

- Brush fish lightly with olive oil and season with salt and freshly ground pepper.
- Grill for 4 minutes on each side or until golden on both sides.
- Meanwhile make sauce - heat together apple and spinach purée and add in yoghurt. Check taste and season well.

### To Serve:

- Place mackerel fillet on layers of crisply fried potato slices and tomato.
- Top with spinach and mackerel fillet.
- Serve with sauce and caramelised apple on the side.

Serves 4

Brought to you by BIM.

For more fish recipes visit [www.bim.ie](http://www.bim.ie)

Recipe created by Anthony McDaniel, Tourism College Killybegs

### What you need:

- 8 very fresh mackerel\* fillets - pin bones removed
- Salt and freshly milled pepper
- Olive oil

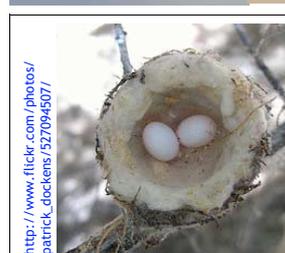
### Sauce:

- 1 cooking apple - cooked and puréed
- 55g / 2oz spinach - cooked and puréed
- 110g / 4 oz natural yoghurt

\*You can substitute herring

# Bird Life

There are over 320 different species of hummingbird, making them the second largest family of birds in the world, after flycatchers. Hummingbirds are found only in North, South and Central America, and on the islands of the Caribbean. Different species can be found in various habitats - from Alaska all the way down to Tierra del Fuego at the bottom of South America - although most species are found around the tropics. Hummingbirds are tiny birds, weighing from 2 to 20 grams and are most noted for their rainbow colouring and the iridescent plumage of the males. Their unique ability to fly by rotating the whole wing, means they have an extremely rapid wing beat, beating as much as 90 or more times per second! This beating produces a humming sound and gives them their name. It also means they need to eat huge amounts of food every day, often eating 100-200% of their body weight in nectar and add protein to their diet by eating insects. Their long slender beaks and tubular tongues are specially adapted to probe flowers.



### Mini Bird Nests!

Being tiny birds, hummingbirds also have tiny nests and lay 2 eggs in a clutch. The eggs are tiny, white and about the size of jellybeans. The nests are made from flower down, leafy material and lichen, all held together with spider silk.

### A hummingbird lookalike!

There are no hummingbirds on this side of the Atlantic Ocean (unless in captivity) but there is a creature that might be mistaken for it. The Hummingbird Hawkmoth shares a number of similar characteristics to the hummingbird. The moth has a long tongue that mimics the slender beak of the bird and as it also has a rapid wing beat, it gives the impression that it's hovering as it feeds.

Last year a number of "sightings" were reported to BirdWatch Ireland, who were able to confirm that they were not hummingbirds - it would be too great a journey across the Atlantic!



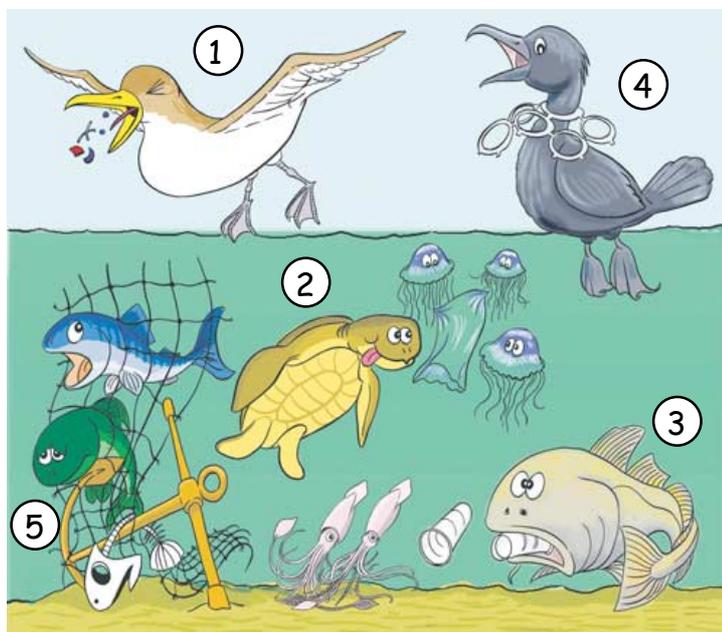
### The World's Smallest Bird!

One species of hummingbird, the Bee Hummingbird, is the smallest bird in the world. Native to Cuba, it measures approximately 5.5cm and is scarcely bigger than a bee. An adult male weighs about 1.95g and its nest is only 3cm across!



# Aquatic Life

## The Problem of Plastic

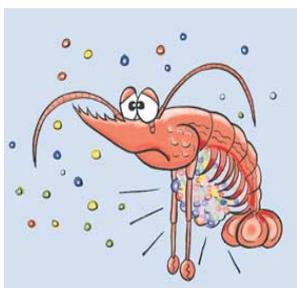


## Plastic in the Marine Environment

Floating pieces of plastic have been seen in the oceans since the 1970s and today some 250 species of marine animals show signs of "plastic stress" either from eating plastic, or becoming trapped in plastic fishing nets and packaging. A study carried out in the North Sea showed that 25 out of 27 fulmars had small pieces of plastic in their stomachs<sup>1</sup>. Turtles are known to mistake floating plastic bags for the jellyfish they feed on<sup>2</sup> and cod can choke on plastic cups that they mistake for tasty squid<sup>3</sup>. The plastic rings that hold drink cans together in "six packs" can mean a slow death for fish and diving birds that find their heads trapped inside them<sup>4</sup>. Fishing nets that are abandoned at sea or stuck on the bottom can remain "ghost fishing" for years, catching fish that nobody can ever harvest<sup>5</sup>.

### "Micro-Plastics" - a new threat

But the most serious threat from abandoned plastic in the marine environment recognised by scientists is the presence of "micro pellets" of abandoned plastic, some as small as two microns (two millionths of a metre) in diameter, which can be eaten by mistake by filter feeding animals at the bottom of the food chain. Not only do these micro pellets provide no food value whatsoever, but scientists fear that because of their extremely small size and relatively large surface area, these pellets might act as magnets for chemical contaminants such as heavy metals. Toxins such as these, suggest the scientists, may poison the ocean's food chain at its very core, with a knock on effect right up to the larger fish we rely on for our food.



### PLASTIC: An Important Part of Our Lives

Because of its flexibility, strength and lightness, plastic is an important part of our lives today - from plastic bottles and bags, to computers, cars and aircraft, with worldwide production growing from 5 million tonnes of plastic in the 1950's to some 230 million tonnes today. But the fact that plastic breaks down so slowly, makes it a real problem when it is discarded at sea.

### How You Can Help ...

In Ireland, the Plastic Bag Environmental Levy which was introduced in 2002, has been recognised by marine scientists as having reduced the amount of plastic litter on Ireland's beaches. Prior to the Levy, some 1.26 BILLION plastic shopping bags were given out each year, which then dropped by 90%. Projects such as DEEPCLEAN, which are designed to locate and recover lost fishing nets, are underway between scientists and the fishing industry. And you yourself can play an important part in cutting down on plastic pollution of the seas each time you visit the beach, by always disposing of your plastic rubbish sensibly or by bringing it home for recycling in your "Green Bin".

### Captain Cockle's Log



Welcome aboard shipmates!

Together, we'll be taking a look at the world's greatest natural resource - the sea!

Copyright John Joyce 2011

[www.captaincockle.com](http://www.captaincockle.com)





# The Rabbit

## Fact File

**English Name:** European Rabbit

**Scientific Name:** *Oryctolagus cuniculus*

**Irish Name:** Coinín

**Body Colour:** Mainly greyish-brown fur, with paler grey underparts.

**Length:** 40-55 cm.

**Weight:** Approximately 1.3-2.2 kg.

**Habitat:** Grassland, scrub and roadside verges.

**Food:** Rabbits are vegetarian, mainly eating grass. They will nibble on other plants and can be a pest for farmers by eating their crops. They also eat their food twice to extract all the nutrients!

Rabbits are mammals. They are not native to Ireland but were introduced here by the Normans for food. They are native to south west Europe (Spain and Portugal) and north west Africa. Rabbits are found throughout Ireland (though not on Sherkin!) and live in different types of habitats. They especially like areas where the grass is short but which also have patches of longer grass so that they can hide. They are mostly nocturnal but may be seen during the day if few predators are about (e.g. foxes, badgers, domestic pets, birds of prey and human hunters).

Rabbits like to live in large groups and many extended families often live together in a large warren. A warren is a large system of burrows that the rabbits dig underground.

In many countries they are considered an invasive species, having caused many problems to the environments that they have colonised. However, in their native homes their populations are under threat, mainly due to a disease which affects rabbits, known as myxomatosis.

Rabbits have lots of babies, and they have them often! They can breed at any time but mostly in spring and summer. A doe can have up to seven litters a year, with 3-7 young per litter. Babies are born blind and hairless and are weaned by 24 days. Many rabbits live less than a year but a few live for about five years.

Image courtesy of JJ Harrison CC BY-SA 3.0



## Rabbit Names

- A male rabbit is called a *buck*.
- A female rabbit is called a *doe*.
- A baby rabbit called a *kitten* (also a *kit*, or *bunny*).
- A group of rabbits is known as a *colony* or *nest*.



## A RABBIT & A HARE: What's the difference?

- Hares are generally larger and faster.
- Hares have longer ears and legs.
- Rabbits are born blind and hairless, hares have hair and can see.
- Hares live in simple



Hare

- nests above the ground and mostly alone.
- Rabbits are not protected in Ireland but hares are.

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# Strawberries



Larger image courtesy of Robbie Murphy

Wild Strawberry

## Wild Strawberries

Scientific Name: *Fragaria vesca*

Irish Name: Sú talún fhiáin

Strawberries grow wild in Ireland, though they are much smaller than the cultivated varieties and are deliciously sweet. Wild Strawberries can be found in hedges, banks and woodland edges. They flower from May to August, with fruit appearing a few weeks after flowering.

Strawberries, believe it or not, belong to the Rose family. They are perennial plants, which

means they die back each year and appear again year after year. The plants reproduce by sending out runners - small plants on long stems. When these small plants touch the ground, they form roots, the stem dies away and a new plant is produced.

Strawberries have buttercup-like flowers, each with five white petals and a yellow centre and the leaves come in threes. This flower, once pollinated, will produce the delicious fruit that we all love to eat. The "seeds" on the outside of the strawberry are actually tiny dried fruits, each of which contains a seed inside. The red flesh of the strawberry is really a fleshy part of the stem, called the receptacle, which holds the female reproductive organ of the plant, known as the ovary.

## Growing Strawberries

The strawberry plants that produce the fruit we buy in shops, are plants that have been specially developed to produce fruit that will appeal to the buyer. Growers try to grow strawberries that have a good colour and shape, that smell good and most importantly are juicy and taste good. Not only this, the grower will also want each plant to produce a good crop of strawberries.

Some strawberries are grown outside in the field, others are grown in polytunnels, which help to lengthen the growing season.



## Strawberry Delight!

Strawberries are used in many foods. We eat them on their own, in jams, yoghurts, ice creams, cereals,



sweets and much more! In the summer months, when strawberries are plentiful, there may be too many to eat in one go! To have the taste of strawberries all the year round, they can be preserved into jams, frozen or freeze-dried.

## The Strawberry Tree

Unfortunately you won't find strawberries on a strawberry tree! However, its fruit does resemble miniature strawberries and are edible, though they are not particularly tasty. The Strawberry Tree is a shrub, or small tree, and is part of the heather family. It is popular in gardens and is native to a small area of SW Ireland, as well as southern Europe.



Fruit on a Strawberry Tree

Courtesy of Lordgrunt CC BY-SA 3.0

# All in a Day's Work



## Tiarnan O'Sullivan – Lifeguard

Photos courtesy of Tiarnan O'Sullivan



Tiarnan O'Sullivan is a lifeguard. He was trained by Irish Water Safety and spends his working day patrolling the beach, helping to ensure that members of the public that visit the beach are kept safe at all times.

### Where do you work?

Beach lifeguards work every weekend in June, and every day in July and August. My first two Summers I worked on Inchydonney Beach in Clonakilty and spent last Summer on Garrettstown Beach near Kinsale.

### Have you always been interested in what you do?

I've been taking classes in Water Safety at my local pool since I was 11 years old, and as my eldest brother was a beach lifeguard before me it was something I've wanted to do since I was young.

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

I've done a lot of swimming. You don't need to swim with a club or anything like that, I just went to the pool a few times every week to build up my fitness so I could pass the beach lifeguard exam, a test given to everyone that wants to work on the beach.

### What is a day in your life like?

As a lifeguard, you spend your day patrolling the beach (mainly in the safe swim zone - between the red and yellow flags), giving first aid to people with cuts or stings, filling out reports and, sometimes, you might have to rescue someone that has gotten themselves into difficulty in the water.

### What is your main aim?

Our main aim is to ensure the members of the public that are visiting the beach are kept safe at all times, and that they know the most dangerous areas of the beach. Simple rules like not swimming beyond waist depth, always having at least one other person with you and only swimming between the two red and yellow flags are the kind of things we try to make sure everyone knows about.

### What is the best thing about your job?

Being able to work at the beach, of course! Obviously, being a lifeguard is not all fun and games, but it is

nice to have a job that keeps you outside all day, preferably in the sun!

### What is the worst thing about your job?

We do live in Ireland, so there is a very big chance that you're going to be working in the rain and wind a number of times throughout your summer. Thankfully, I've yet to work during a summer with mostly bad weather!

### What equipment do you use?

Lifeguards have a lot of equipment which we use on a daily basis; the most important is our can-buoy, a large orange float which we hold in our hands at all times. It is essential if we need to swim out to someone in difficulty so we can use it to help them back to shore. We also have binoculars, a siren, a first aid box, flags, flippers and a rescue board.

### Do you work alone or as part of a team?

Each beach is assigned a team of lifeguards every year, usually three to a beach.

### What advice would you give someone wanting to do your job?

Get signed up to your local Irish Water Safety classes. I loved the years I participated in the classes, and they'll really help you if you'd like to become a beach lifeguard yourself. You can check the closest pool which holds the classes at [www.iws.ie](http://www.iws.ie).

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

I read in a novel a few years ago that one question is far more important than a thousand statements. I've been asking questions about everything ever since!

Top: Tiarnan on watch; Bottom: Can-buoys, which lifeguards hold at all times.



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# Wordsearch



## Nature's Web Summer 2011 Wordsearch

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



SOLUTIONS: (Over, Down, Direction) Atlas of Mammals (17,14,N); Beach Boys (12,9,NW); Captain Cockle (18,1,S); Good and Bad (2,2,S); Hummingbird (11,13,W); Lifeguard (9,14,W); Litter Bugs (3,15,E); Mackerel (15,8,N); Mummy (18,14,S); Plastic (3,7,NE); Rabbit (12,13,SE); Strawberries (13,1,SW); Strawberry Tree (2,12,E); Tiarnan O'Sullivan (16,10,W); Tsunami (4,11,E); Underwater Museum (17,16,NW); Volunteer (11,1,SW); Water Safety (14,11,N).

- Atlas of Mammals
- Beach Boys
- Captain Cockle
- Good and Bad
- Hummingbird
- Lifeguard
- Litter Bugs
- Mackerel
- Mummy
- Plastic
- Rabbit
- Strawberries
- Strawberry Tree
- Tiarnan O'Sullivan
- Tsunami
- Underwater Museum
- Volunteer
- Water Safety



# The Beach Boys!



# Learn More

## A Beginner's Guide to Ireland's Wild Flowers

Have you ever wanted to put a name to the wild flowers you see about you every day, or while on a walk, or on holiday? With the help of this pocket-sized guide, you will be able to do just that. Beginners of all ages will be introduced to the many common wild flowers found around Ireland. 206pp



Only €8.50 including postage

## Sea Life DVD:

### "On the Water's Edge"

Sherkin Island Marine Station has launched a dvd called 'On the Water's Edge'. It is made up of a short film on life beside the sea and is presented by Audrey Murphy. It includes 6-10 hours of interactive material for children of all ages. Available from: Sherkin Island Marine Station, Sherkin Island, Co. Cork. €13.30 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.

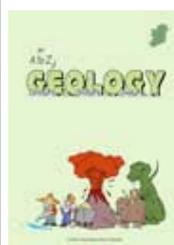


Only €8.00 including postage



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.



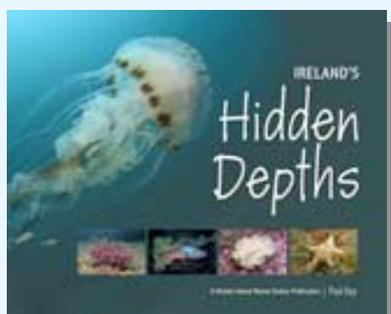
"An A to Z of Geology" explores the fascinating world of rocks and geology - a world of volcanoes, tsunamis, earthquakes, diamonds, gold and even dinosaurs! Produced by Sherkin Island Marine Station, in association with the Geological Survey of Ireland, the book aims to highlight the importance of geology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

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](http://www.sherkinmarine.ie) where you can order by Paypal.



Sherkin Island Marine Station has just published a new book on Ireland's marine life. Ireland's cool temperate seas have a wealth of amazing marine life, glorious kelp forests and spectacular undersea scenery. *Ireland's Hidden Depths*, with over 200 spectacular photographs, opens up this magical world to us.

Nature photographer and author **Paul Kay**, explores the beautiful, intriguing and fascinating creatures that can be found in the shallow waters around Ireland's coast. Experience his enthusiasm for this remarkable wildlife, which he has been photographing for nearly 30 years.

## New Book from Sherkin Island Marine Station

# Ireland's Hidden Depths



ISBN: 978-1-870492-53-9

160 pages · Softback (with french folds)  
277 x 227 mm · 200 colour photographs



Only €17.99 plus 2.00 postage



Clockwise from top left: Dahlia Anemone; Cuckoo Wrasse; Bloody Henry Starfish, Spiny Spider Crab.



# The World Around Us



"Foreign Correspondent"  
Michael Ludwig reports on some strange goings on in the natural world.

## A Dog who Survived a Tsunami

The devastating earthquakes and tsunami in Japan in March shocked the world and it's hard to imagine any good news from such human tragedy. But, a resident of Kesennuma saw her home destroyed and her dog swept out to sea by the power of the wave that reached a height of 37.9 metres. Ban, a mixed-breed dog, was feared dead but three weeks later she was found perched on the roof of a collapsed house, which had drifted a mile out to sea. The dog was rescued by a Japanese Coast Guard helicopter but it took several hours because the dog wouldn't leave home! The rescue was broadcast on national television. Ban's owner, who was watching the rescue, was overjoyed to see her pet and they were soon reunited.



## Underwater Museum

Would you like to visit an art museum where you didn't have to walk around to see the exhibits, but could swim around instead? In Cancun in Mexico, there is just such a museum - it is underwater! The museum, Museo Subacuático de Arte (MUSA) was created in the Gulf of Mexico's warm, blue waters for viewing art and improving the environment.



Courtesy of [www.underwatersculpture.com](http://www.underwatersculpture.com)

MUSA has 403 life-size sculptures, created by Jason deCaires Taylor. Each sculpture is made from materials that encourages coral to grow on it. Over time the sculptures are developing into a fascinating reef. With nature reefs being damaged by souvenir hunters and Cancun's Marine Park one of the most visited reefs in the world, it is hoped that this museum will take pressure off the natural reefs by attracting some of the visitors away from them.



## Too Many Cream Buns?

Imagine being famous thousands of years later, for being the oldest known case of an illness! The Egyptian Museum in Cairo, as part of a US-Egyptian collaboration, did x-ray scans on 52 mummies dating back to between 688 and 332 BC. The scans revealed that almost half of the people had clogged arteries and heart problems. The earliest mummy found to have heart disease was a princess. According to one of the co-leaders of the study, Gregory Thomas, (a University of California Professor of Cardiology) said, if he could travel back in time he would tell her to lay off the fat, take plenty of exercise and then he would schedule her for heart surgery. I wonder if yummy cream buns were on the menu in Egypt 3,500 years ago?

## Atlas of Mammals in Ireland

We are all familiar with an atlas. It shows maps of the countries of the world, especially our own, with all its physical features, counties, towns and villages.

Some of Ireland's leading mammal scientists are planning to create a very special atlas, one that maps the distribution of all 64 species of mammals known to occur in Ireland. This includes 27 species of land mammals, 10 bat species, 3 marine mammals and probably 24 cetaceans (whales and dolphins).

The National Biodiversity Data Centre is co-ordinating the initiative, which will bring together information collected by a wide variety of organisations, and the public. Between now and 2015, members of the public are invited to submit, online, any sightings of mammals they are looking for so that they can build up an understanding and map where mammal species occur in Ireland. The group needs your help!

If you can help and would like to take part, access their website at <http://mammals.biodiversityireland.ie>



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## Up Close

# LITTER BUGS

These posters from the EPA (Environmental Protection Agency) are from the 'Litter Bug' collection by the artist Bill Fallover. It is a fun and cheeky way of turning waste into art whilst also making a statement about how waste affects us. These small sculptures of bugs and insects are constructed entirely of waste material with each little creature focusing on a different aspect of waste. These posters can be downloaded directly from the EPA website: <http://www.epa.ie/downloads/pubs/other/education/litterbugsposters/>



***Creventus litus cimex***  
**(Bloody Beach Bug)**

The Bloody Beach Bug is an insect at the cutting edge of the entomological world. A sharp, but nonetheless transparent type of character. He hides under the sand and if you are not careful he can destroy your sole.



***Saepes salirens***  
**(Hedgerow Hopper)**

The Hedgerow Hopper is regrettably not yet extinct, although he finds life fairly taxing since the imposition of the levy on plastic bags.



***Industrius nebulo***  
**(Industrial Waster)**

The Industrial Waster is a toxic, oily, slick type of character. When his useful life is over we must all undertake to dispose of his remains with great care.



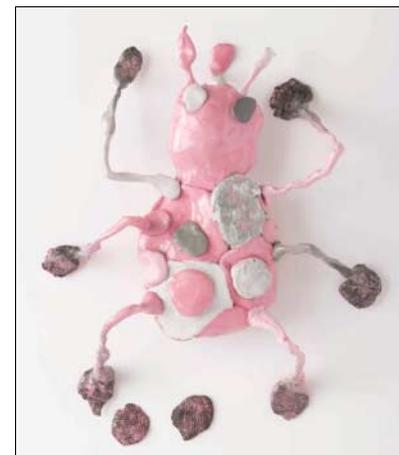
***Cibus praedator***  
**(Picnic Predator)**

The Picnic Predator likes the outdoor life and is prevalent in warmer climes. If you come across him he should be told to get lost. Replace him with eco-friendly stainless steel instead.



***Furtiva crepido ambulans***  
**(Sneaky Sidewalker)**

The Sneaky Sidewalker is a ubiquitous nuisance. He can be seen Twix-ed footpath and road, he can be Crunchi under foot and will never be found in a Galaxy or on a planet such as mars, so why should we put up with him?



***Agitantis cimex*** (Wriggley Bug)

The Wriggley Bug is invariably found in sticky situations, and can sometimes have quite a bubbly character. He gets from place to place by attaching himself to a shoe. He must always, always be disposed of in a waste bin.

All images & text courtesy of EPA [www.epa.ie](http://www.epa.ie)

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# 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 What should only ever be attempted by an in-date trained lifesaver?
- 2 To which family of flowers do strawberries belong?
- 3 Name the smallest bird in the world?
- 4 What type of atlas are Irish scientists hoping to create between now and 2015?
- 5 On either side of a safe swim zone on a beach, what colour flags will be flying?
- 6 Which "litter bug" is found in sticky situations and can sometimes be quite a bubbly character?
- 7 Rabbits are vegetarian. True or false?
- 8 What is the most serious threat from abandoned plastic in the marine environment?
- 9 Which creature is often mistaken for a hummingbird?
- 10 The earliest known Egyptian mummy found to have heart problems was a prince. True or false?
- 11 What is so unusual about the museum where Jason deCaires Taylor is displaying his work?
- 12 In which year was the Plastic Bag Environmental Levy introduced in Ireland?
- 13 What was the name of the dog that survived being swept out to sea by a tsunami in Japan?
- 14 What does Tiarnan O'Sullivan like most about his job?
- 15 2011 is European Year of the Volunteer. True or false?
- 16 Which vegetable features in BIM's seafood recipe?

Answers: (1) A swimming rescue; (2) The Rose Family; (3) Bee Hummingbird; (4) Atlas of Mammals of Ireland; (5) Red & yellow; (6) Wriggley Bug; (7) True; (8) Micro pellets; (9) A Hummingbird Hawkmoth; (10) False, she was a princess; (11) It is underwater; (12) 2002; (13) Ban; (14) Being able to work at the beach; (15) True; (16) Spinach.

## Think of a Title

Have fun with your friends making up a caption for this picture of a female bison and her calf.



Courtesy of Andrew David, NOAA/NMFS/SEFSC Panama City & Lance Horn, UNCW/NURC-Phantom II ROV operator.

## Nature Jokes

Why are bananas never lonely?  
Because they hang around in bunches.



What should you do if you find a snake in your bed?  
Sleep in the wardrobe.

Why was the strawberry crying?  
Because its parents were in a jam.



What bee is good for your health?  
Vitamin B

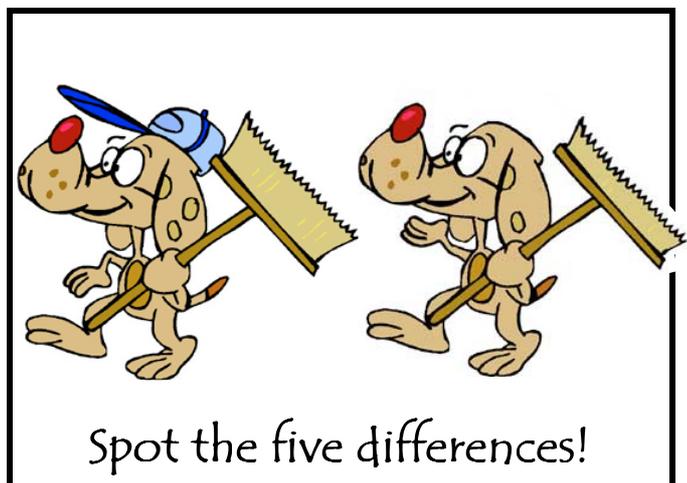
What did the lion say to his cubs when he taught him to hunt?  
Don't go over the road till you see the zebra crossing.



How does the man on the moon get his hair cut?  
Eclipse it!

What do you get if you cross a tarantula with a rose?

I'm not sure, but I wouldn't try smelling it.



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## Special Feature

# WATER SAFETY

## What Action do I take when I come upon a casualty in the water?

Always consider your own personal safety  
Never dive in without completing a risk assessment.

In as much as you can you assess the following:

- The degree of urgency
- The numbers in danger
- The observer's own abilities
- The condition of the subject(s)
- The aids or assistance available
- The weather and water conditions  
e.g. river current or rip currents
- The distance of the subject(s) from shore

A swimming rescue should only be attempted if you  
are an in-date trained lifesaver.

Information courtesy of Irish Water Safety



### VOICE!

- Seek assistance - Shout for **HELP**
- Instruct another to dial **999** or **112** and ask for **Marine Rescue**
- Use your voice to calm the casualty and issue instructions and encouragement to assist them to a place of safety. There may be no rescue equipment available.

### REACH

If this fails then use a coat, branch of a tree, brush handle or other available rescue aid to complete a reaching rescue.

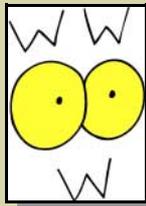
### THROW

When available always use Public Rescue Equipment e.g. ringbuoy, lifebelt or throw rope.

### WADE

If the location allows conduct a wading rescue with care and only if you are a trained lifesaver.

For further information on water safety visit the Irish Water Safety website at [www.iws.ie](http://www.iws.ie)



## 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:

Volunteering: [www.volunteering.ie](http://www.volunteering.ie) [www.volunteer.ie](http://www.volunteer.ie)

Hummingbird: <http://www.learner.org/jnorth/humm/index.html> <http://www.worldofhummingbirds.com/index.php>

Plastic: [http://www.bim.ie/templates/text\\_content.asp?node\\_id=1155](http://www.bim.ie/templates/text_content.asp?node_id=1155) [www.captaincockle.com](http://www.captaincockle.com)  
<http://www.cleancoastproject.org/index.php?pid=1>

The Rabbit: <http://www.wicklowlmountainsnationalpark.ie/Rabbit.html>  
<http://www.askaboutireland.ie/learning-zone/primary-students/subjects/environment/furry-friends/rabbithare/index.xml>

Strawberries: [http://www.wildflowersofireland.net/plant\\_detail.php?id\\_flower=261&wildflower=Strawberry,%20Wild](http://www.wildflowersofireland.net/plant_detail.php?id_flower=261&wildflower=Strawberry,%20Wild)

Irish Water Safety: [www.iws.ie](http://www.iws.ie)

Underwater Museum: <http://www.underwatersculpture.com/index.asp>  
<http://www.wanderingeducators.com/artisans/lives-artists/jason-decaires-taylor-museo-subaqu-tico-de-arte-musa.html>

Dog Survives Tsunami: <http://www.bbc.co.uk/news/world-asia-pacific-12957838>

Scanning Egyptian Mummies: <http://www.rte.ie/news/2011/0404/mummies.html>

Atlas of Mammals in Ireland: <http://www.mammals.biodiversityireland.ie/>

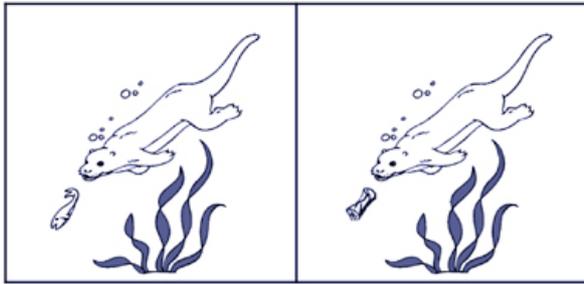
EPA Litter Bugs: <http://www.epa.ie/downloads/pubs/other/education/litterbugsposters/>

Disposing of Waste - The Good & The Bad: <http://www.epa.ie/downloads/pubs/other/education/primary/waste/>  
<http://www.tidytowns.ie/>

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

# Conservation

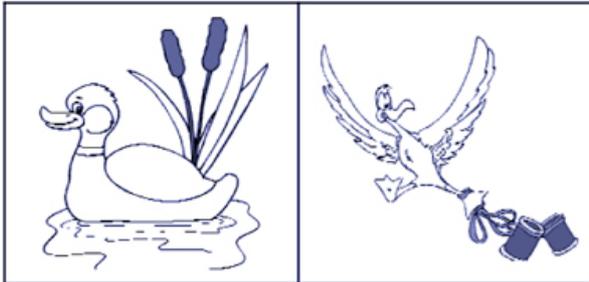
## The Good & the Bad



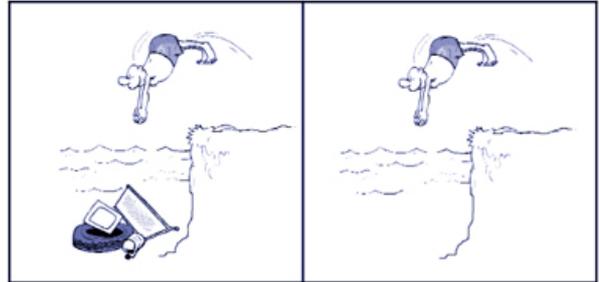
1



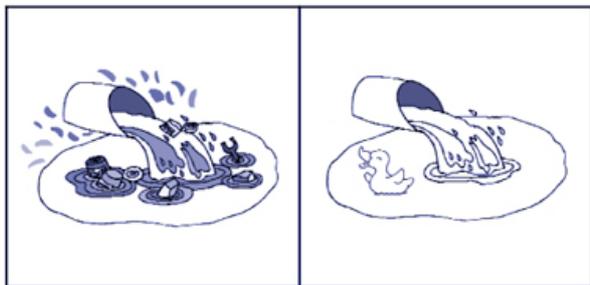
2



3



6



4



7



5



8

When we dispose of our waste, we all make choices. These choices have consequences - some good and some bad. Here you have to choose between positive and negative images and when you do, try to think of the consequences of each action. It will help you see how water pollution affects us, as well as the link between human activity and its possible negative consequences for animals, plants and other humans.

This is part of a Water Worksheet produced by Sherkin Island Marine Station for the Environmental Awareness Section, Cork County Council. They can be downloaded at [www.corkcoco.ie](http://www.corkcoco.ie) > Environment > Environment Awareness > Youth > Latest Publications.

# Nature's Noticeboard!

## Summer 2011



Sherkin Island Marine Station would like to thank *PharmaChemical Ireland* for their support in making this newsletter possible. We would like to thank those who have contributed to this newsletter especially Jennifer Care, John Joyce, Niamh Leahy, Michael Ludwig, Robbie Murphy, Tiarnan O'Sullivan and Jez Wickens.

Visit the Sherkin Island Marine Station website at [www.sherkinmarine.ie](http://www.sherkinmarine.ie)



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