

# Editor's Page

## Rain, Rain Go Away, Come back Another Day!

Like many places around the country, we had record rainfall on Sherkin Island in the month of November. Not only was it the wettest November since the Marine Station started recording rainfall in 1972 but it was also the wettest month of all in that time. When we talk about the weather it's not surprising that a nursery rhyme or two might pop into our heads, as quite a few have a weather theme. For example, "Red sky at night, shepherd's delight; red sky in morning shepherd's warning" often comes to mind when we see a beautiful red sky at night. On rainy days, we might think of some of the rhymes on this page. Nursery rhymes are great ways to learn a number of skills. As younger children they teach us to remember words, understand rhyming, improve our memory and speech. Even as we get older we still find they can be great fun, especially some of the tongue twisters!

*Doctor Foster went  
to Gloucester  
In a shower of rain.  
He stepped in a puddle  
Right up to his middle,  
And never went there again.*

*It's raining, it's pouring;  
The old man is snoring.  
He bumped his head  
And he went to bed  
And he couldn't get up  
in the morning.*



*Rain, rain, go away,  
come again another day;  
Little Johnny wants to play.  
Rain, rain, go to Spain,  
And never come back again.*

*The south wind brings wet weather,  
the north wind wet and cold together.  
The west wind always brings us rain,  
the east wind blows it back again.*

*Whether the weather be fine,  
Or whether the weather be not,  
Whether the weather be cold,  
Or whether the weather be hot,  
We'll weather the weather  
Whatever the weather,  
Whether we like it or not!*

Welcome to the  
Winter Edition of  
Nature's Web!

Dear Reader,



Welcome everyone to the winter issue of Nature's Web. We are delighted to feature Paddy Barrett of the Donkey Sanctuary in this newsletter. This is a wonderful charity that has helped over 2,800 Irish donkeys over the last 22 years. From Captain Cockle we learn about marine worms and we also take a look at the land variety (as well as the computer kind!). You can 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, comments and suggestions for future articles. Have a good read!

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## SEAFOOD RECIPE

### Family Fish Pie



Photo courtesy of BIM

#### What you need:

- 750g fish of choice - salmon, smoked coley, pollock - cut in cubes
- 100g butter
- 100g flour
- ½ litre milk
- 2 leeks - roughly chopped
- 50g grated cheddar cheese
- 4 large potatoes - cooked and mashed
- Little salt and pepper

#### What to do:

- Pre-heat oven to 190°C/Gas mark 5.
- Heat butter, gently fry leek until soft.
- Place fish in milk, simmer gently for 5 minutes. Remove and place in oven-proof dish. Season and spread leeks on top.
- Melt butter, stir in flour gradually. Slowly whisk in milk, continue to cook over low heat, stirring continuously, until the sauce thickens.
- Add grated cheese.
- Pour sauce over fish. Spread mashed potatoes on top.
- Bake for 25-30 minutes.
- Serve with fresh vegetables or crisp green salad.

Serves 4

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