

Editor's Page

Sherkin Island Marine Station

In 1975 Matt Murphy and his late wife Eileen set up the Marine Station on Sherkin Island. Their aim was to make people more aware of what goes on in the seas around Ireland and encourage people to take an interest in the environment around them.

The station carries out research on plankton, plants, otters, birds, sponges, rock pools, sandy beaches, mudflats, insects, butterflies, moths, seaweeds and the seashore. Every year volunteers from around the world visit the station to continue each project.

The Station organises conferences, workshops, exhibitions, environmental



competitions and a schools programme to increase awareness. The huge collection of reference material in the form of seaweeds, plants, insects, plankton and photographs is used for research, which is then included in the many publications produced by the Marine Station to help educate on the environmental.

Check out the Marine Station's website www.sherkinmarine.ie to view publications and the work that is carried out.

Welcome to the
First Edition of
Nature's Web!

Dear Reader,

We at Sherkin Island Marine Station are delighted to welcome you to this trial issue of our newsletter *Nature's Web*. We hope to bring you this exciting newsletter every season to keep you up to date with news and trivia from the environment! There will be topics from around the world to interest everyone and articles on how we can make a difference. We will bring you new features each season and many ways in which you can help in protecting our environment. We hope that by learning more about the environment we will all be more inclined to appreciate and look after it.

Signed
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These days everyone is talking about saving energy - 'turn off the light', 'recycle this' or 'recycle that' seem to be on everyone's lips. We only have one environment which will be left for future generations so it is extremely important that we look after it. Every little thing will make a difference. By doing our bit to prevent waste going to landfill sites and by reducing the amount of electricity used in our homes we are doing our bit to help our environment last for a little while longer. If we can each reduce our waste by 5% imagine what a difference that would make. Check out page 13 for five ways you can make a difference this Autumn.

SEAFOOD RECIPE

Boxty Fish Cakes

What you need:

225g of fish
(e.g. salmon, cod, trout,
prawns or crab are good)
3 large potatoes
Olive oil
Salt and pepper



What to do:

Ask an adult for help before starting. Peel and grate the potatoes on the large side of the grater onto a clean tea towel. Dry well. Mix with the fish and season with pepper and salt. Spoon onto an oiled pan, pressing down lightly with a fish slice. Cook for three minutes on each side. Dip into ketchup, mayonnaise or chutney and enjoy!

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