

Nature's Web

Issue No. 53

Spring 2019

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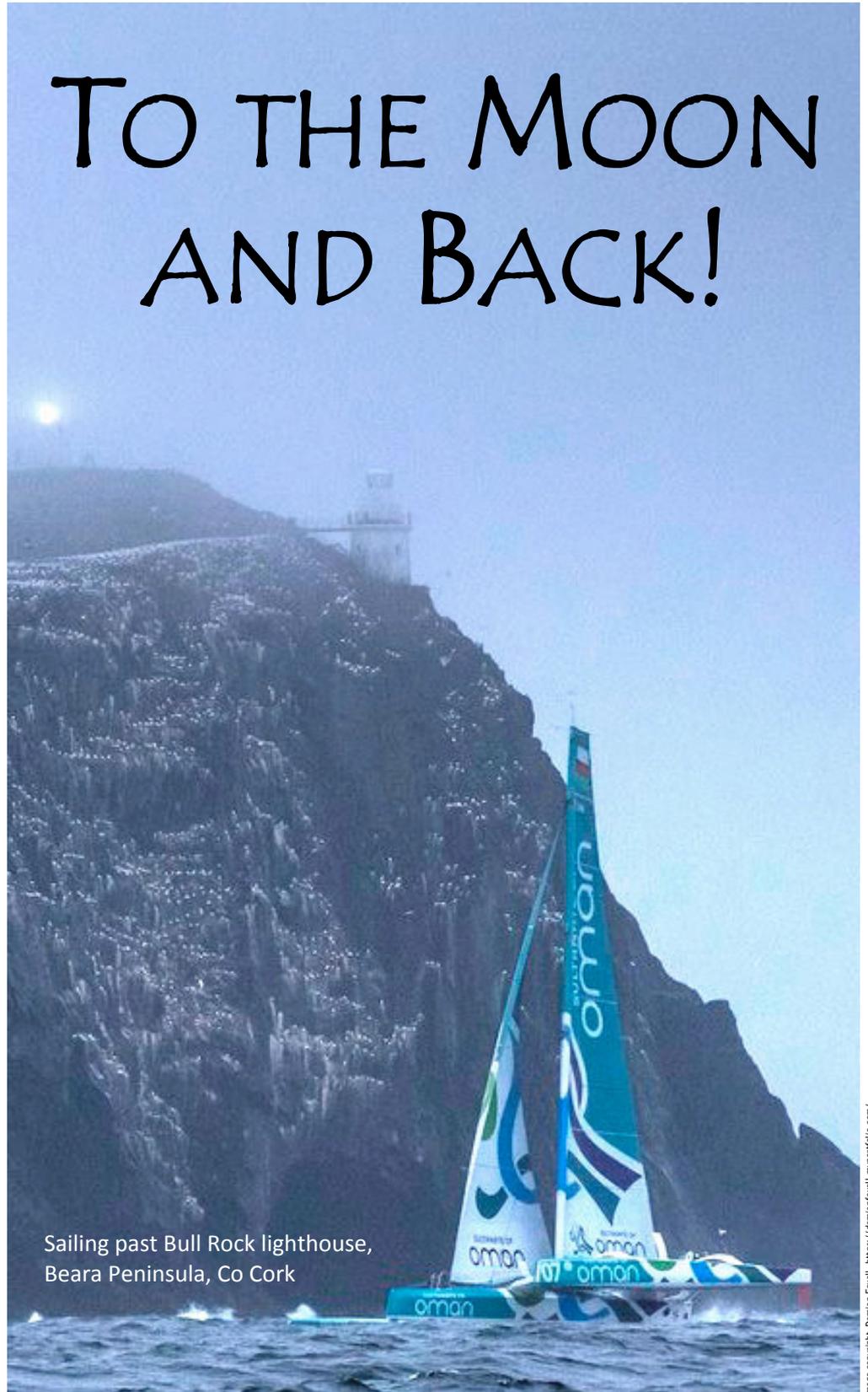
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TO THE MOON AND BACK!



Sailing past Bull Rock lighthouse,
Beara Peninsula, Co Cork

Image copyright Damian Foxall - <https://damianfoxall.mypartfoto.com/>

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3 for the Sea

We are all becoming more aware of the need to reduce the amounts of plastic and packaging we use and how we dispose of it. However, plastic and other rubbish is still getting into our seas and waterways and then washing back up on our shores.

"Take 3 for the Sea" is an initiative that began in Australia (www.take3.org). It encourages people to take 3 pieces of rubbish home with you when you leave the beach, waterway or... anywhere, in order to make a difference.

This initiative is being taken up in a number of locations in Ireland, with some beaches putting up permanent signage, encouraging people to take home three pieces of rubbish each time they visit. Beaches include Spanish Point and Whitestrand, Miltown Malbay, Co. Clare, and beaches near Crosshaven in Co. Cork— Fountainstown, Myrtleville, Church Bay, and Graball— are soon to have similar signage.

Perhaps this is an initiative that could be encouraged at a beach near you?



Image courtesy of Susan Murphy Wickens

"3 for the Sea" encourages each of us to take home 3 pieces of rubbish every time we visit the beach.

AS GAELGE! We are delighted to have teamed up with An Gúm, who are translating Nature's Web into Irish. Issues are now available, as gaeilge, at:

<http://www.gaeilge.ie/maidir-le-foras-na-gaeilge/an-gum/leon-dulra/>

GRILLED HADDOCK with a Salad of Baby Gem, Egg and Crispy Bacon



Photo courtesy of www.bordbia.ie

What you need:

- 700g haddock, skinned & boned
 - Salt & black pepper
 - 6 streaky bacon rashers, smoked if possible
 - 100g green beans
 - 4 baby gem lettuces
 - 2 eggs, hardboiled, peeled & cut in quarters
- Dressing**
- 2 garlic cloves, crushed
 - 1 dessertsp. wholegrain mustard
 - 1 teasp chives, chopped
 - 2 teasp. tarragon, chopped
 - 2 tbsp. white wine vinegar
 - 4 tbsp. extra virgin olive oil

What to do:

- Preheat the grill. Place the fish on an oiled baking sheet and season with a little salt and black pepper. Place the streaky rashers alongside the fish. Grill for about 5-6 minutes until the fish flakes easily and the bacon is crispy.
- Cook the beans in a saucepan of boiling water for a couple of minutes then drain and keep warm.
- Place the garlic, mustard, chives, tarragon, vinegar, oil and a little salt and pepper in a jam jar. Shake to combine.
- Cut each lettuce into four and divide between four serving plates along with the eggs and beans. Flake the fish and roughly chop the bacon. Add to the plates then drizzle over the dressing and serve while still warm. Serves 4

Brought to you by Bord Bia www.bordbia.ie

Welcome to the Spring Edition of Nature's Web!



Dear Reader,

Welcome everyone to the Spring 2019 issue of Nature's Web. In this issue Damian Foxall tells us about his life on the sea as a professional racing sailor. He also works as an Ocean Health Ambassador and gives us some tips on how to live more sustainably, including a great poster produced by the Volvo Ocean Race that looks at 22 ways to avoid plastic pollution. The Great Spotted Woodpecker has begun to breed in Ireland and we look at this distinctive bird and where it may be seen in Ireland. There are many differences between sea lions and seals. Find out what these are and also how sea lions get their name. Check out nature news from around the world on page 12 and enjoy a giggle with 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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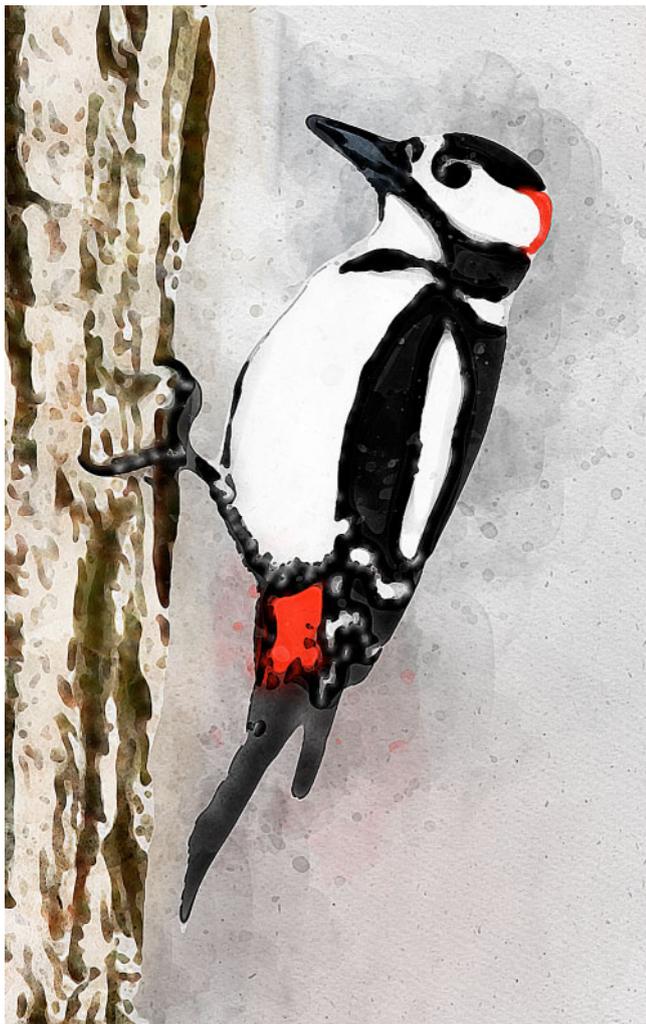
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Foreign Correspondent:

Michael Ludwig

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Great Spotted Woodpecker

Scientific Name: *Dendrocopus major*

Irish Name: Mórchnagaire breac

The Great Spotted Woodpecker is common in the UK and on mainland Europe; there are an estimated 140,000 pairs breeding in the UK. In Ireland, it is a different story. Until recently, visiting Great Spotted Woodpeckers were only seen from time to time but this has begun to change in the last ten years or so. There are now about 30 pairs breeding on the east coast of Ireland. They mainly centre around Co. Wicklow but have been seen in various counties from Louth down to Wexford.

The Great Spotted Woodpecker is about the size of a thrush or starling. It has distinctive black and white colouring, with red underneath its tail. The adult male has a small red patch on the back of its neck, while the young bird has a red crown.

Knock, Knock?

The woodpecker is famous for pecking at trees. The sound they make is known as “drumming” and this activity has three purposes. Woodpeckers use their strong, chisel-like beak like a hammer to:

- search for insects and insect larvae;
- dig holes in dead or dying trees to form nests;
- to communicate with other birds, either to find a mate or to alert others birds of their territory.

You would think the “drumming” would give them a headache but woodpeckers have adapted heads for this purpose. Their skull is made so it can compress and expand, a little like sponge, so as to withstand the great force. Woodpeckers also have a tendon at the back of their jaw that acts like a shock-absorber.



Red, Amber or Green?

Every few years, BirdWatch Ireland and RSPB Northern Ireland provide a list of priority bird species for conservation action on the island of Ireland. Birds on the **Red List** are those of highest conservation concern, **Amber List** birds are of medium conservation concern and the **Green List** birds are not considered threatened. For 2014-2019 list, the Irish population of Great Spotted Woodpecker are on the Amber list of species.

FACT FILE:

Colour: Black and white with red patches

Length: 23-24 cm

Diet: Insect larvae, pine cones and have been known to eat birds and their chicks in the nest.

Habitat: Deciduous woodlands

No. of eggs: Can lay up to 7 eggs per year

Group Name: The collective noun for a group of woodpeckers is a **descent** of woodpeckers.

Sea Lion

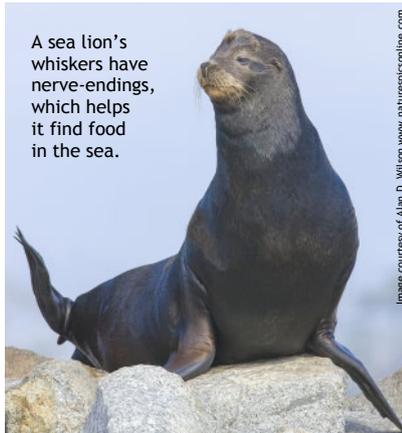
Scientific Name (Family Name): Otariidae

Irish Name: Mór-rón

Sea lions are marine mammals and have long, streamline bodies, covered in an oily fur coat. Underneath they have a layer of thick blubber to keep them warm in icy waters, though this blubber is less thick where sea lions live in warmer climates. Their powerful front and hind flippers help them move about on land and make them powerful swimmers in the sea. In proportion to their body, their head is small and they have large eyes, whiskers and external ears, with visible flaps.

Along with seals, fur seals and walruses, sea lions belong to a group known as Pinnipedia (meaning wing-footed). All these pinnipeds are related to each other. However, sea lions are most closely related to fur seals and together they are known as Eared seals—both have visible flaps over their ear holes. The seals in Irish waters, belong to a group of seals known Earless seals or 'true seals'. These seals have ear holes, but no flaps. Though sea lions look very similar to 'true seals', they are different and these differences are listed on the right.

There are six species of sea lion: California, Stellar's, South American or Patagonian, Galapagos, New Zealand and Australian. There was a seventh, the Japanese Sea Lion, but sadly they became extinct by the end of the 20th century. Sea lions can be found in the Northern Pacific between Asia and North America and off South America, Antarctica, southwestern Africa and southern Australia. There are no sea lions in Ireland.



DIFFERENCES BETWEEN SEA LIONS & SEALS



Image courtesy of Alan D. Wilson
www.naturesonline.com

SEA LION

- Sea lions have external ear flaps.
- Sea lions have hind flippers that they can rotate toward the front of their bodies.
- Sea lions have long front flippers, which have very short claws.
- Sea lions use their hind legs to 'walk' on land.
- Sea lions gather together in large groups.
- Sea lions are very loud.
- Sea lions can bring their long front flippers together and appear to clap.



Image courtesy of Robbie Murphy

SEAL

- Seals have NO external ear flaps.
- Seals have hind flippers that extend behind their body and they cannot rotate them.
- Seals have short front flipper, which have long claws.
- Seals move around on their bellies, with caterpillar-like movements.
- Seals often spend time on their own.
- Seals make soft grunts.
- Seals can't bring their front flippers together.

FACT FILE

Height: Can reach 3.3 m, depending on the species.

Weight: Up to 1,120 kg, depending on the species.

Colour: Brown to dark grey.

Food: Sea lions are meat eaters and love fish, squid, and octopus.

Habitat: Sea lions move from the oceans back to land, in order to breed.

What's in a Name?



Image courtesy of Reinhard Jahn, Mannheim (CC BY-SA 2.0 DE; Wikimedia User: Nansomite)

A colony of South American sea lions on a beach in Patagonia, South America.

The Sea Lion gets its name from the lion-like mane surrounding the neck of the males. Of the six species of sea lion, the California Sea Lion is the only species not to have this mane.

A male sea lion is known as a **bull**; a female is known as a **cow** and the young is a **pup**. A large group of sea lions that gathers on land is called a **colony** or a **pod**.



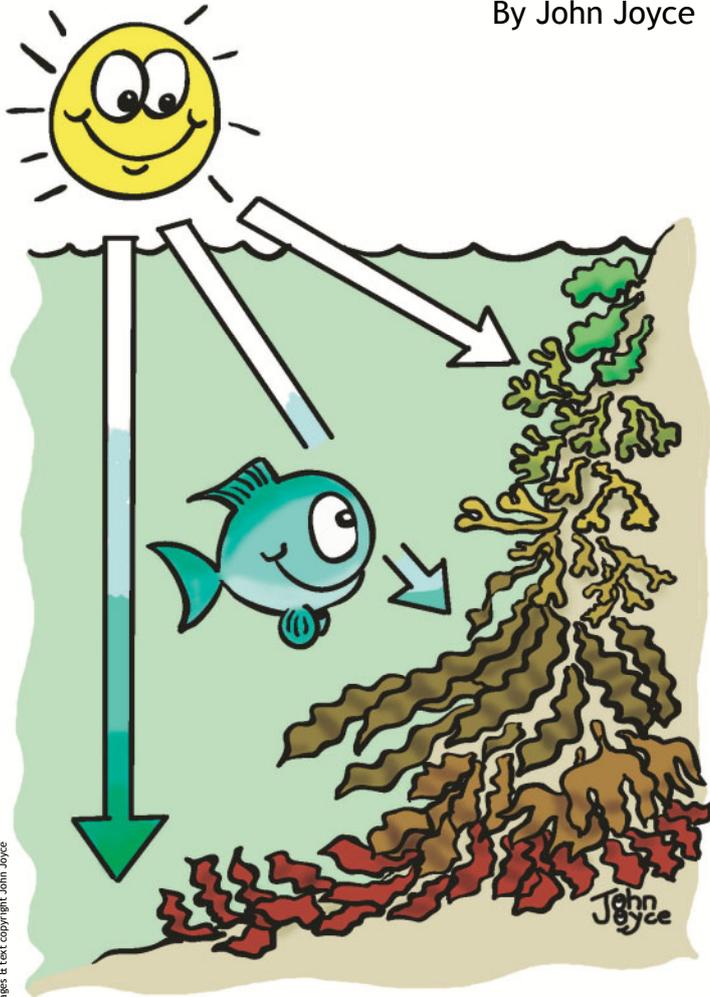


Black John - the Bogus Pirate



Why are Seaweeds Green, Brown and Red?

By John Joyce



Images & text copyright John Joyce

Avast there, me hearties! When people ask me what they can do to protect the marine environment I always say “‘tis the little things that make the biggest difference!”

Seaweeds, like other plants that live on land, use light energy from the Sun to turn chemicals from the environment around them into plant tissue. This plant tissue is used for their own growth and reproduction.

Unfiltered ‘white’ light from the Sun contains all seven colours in the ‘spectrum’ – red, orange, yellow, green, blue, indigo and violet. But seawater has the effect of filtering ‘white’ light, removing the red, orange and yellow colours. This means that only blue and green light penetrates to any depth in the ocean – which is why any photographs taken underwater without an artificial flash, show only blues and greens.

Seaweeds, the plants that live in the sea, have adapted to this environment by evolving the ability to absorb the green and blue light, which exists underwater. They have done this by developing colours – browns and reds – which absorb blue and green light the best. And the deeper a seaweed lives underwater, the more red it becomes in order to better absorb blue light.

The best way to see this in action is to take a supervised walk* down a rocky shore on the lowest of Spring Tides. At the top of the shore you will see more green seaweeds – the same colour as land plants – since they have to adapt least to the filtering effect of seawater. But as you pass down the shoreline you’ll find that the colour and types of seaweeds change from green, to brown and – at the deepest part of the shore – to red, which allows the seaweeds to best absorb the blue light they have to cope with at depth.

** Always make sure you have adult supervision on walks down a rocky shore – and even adults should be extremely careful not to slip and fall.*

HOW TO DRAW A FISH



DRAW THE UPPER LIP



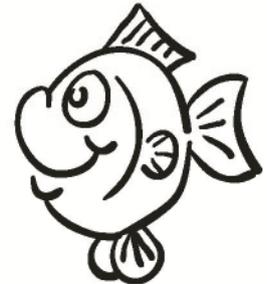
DRAW THE BOTTOM LIP



OUTLINE THE BODY



PUT IN THE EYE AND THE GILLS



PUT IN THE FINS AND TAIL

Follow ‘Black John the Bogus Pirate’ on Facebook at <https://www.facebook.com/BlackJohntheBogusPirate/>

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Colour In

LIFE ON THE HIGH SEAS!



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All in a Day's Work

Damian Foxall – Professional Racing Sailor

To the moon and back! Well, if it was possible that is how far I have sailed in my lifetime. My name is Daman Foxall, I'm from Derrynane, in SW Kerry.

I grew up on a small farm that went right down to the sea. Even on calm days I could hear the sound of the ocean swell crashing against the rocks and cliffs along our coastline, and whenever I got a chance I was on or in the water.



Damian Foxall

Image courtesy of Damian Foxall

in keeping our planet cool by absorbing the heat from the sun and redistributing this heat through ocean currents and weather systems.

How does this work help in the sailing world?

My work in sustainability is to help our sport and other industries to operate in a way that doesn't impact negatively on our planet. Sustainability is about living in a way that keeps the planet healthy for us now and for future generations (see pages 8 and 9).

Do you enjoy your job?

Every day I think how lucky I am to be able to use my sport as a platform to deliver a bigger message. Every day I get to see something new outside, and if I'm lucky I have my camera with me (Did I mention I like photography?) Every day the horizon tempts me with a new adventure, we will even run some sailing adventures to Antarctica this winter! Contact us at Sea Synergy Adventures to learn more: www.seasynergy.org

What first drew you to the sea?

Exploring the shoreline to find new species of marine life, or windsurfing or snorkeling in and out of the inlets and bays, our summers were filled with discovery and adventure. Portuguese men o'war, Jack sail-by-the-wind, Cowrie shells, violet sea shells, sea cucumbers, Cornish sucker fish, and an endless trail of hidden treasures kept us hunting for new finds along the shore.

Do you still love the sea as much as you did when you were a boy?

Today, is my 50th Birthday, and I'm surprised how the time has gone. Every morning I still feel like that little boy that jumped out of bed, gulped down breakfast and ran out the door – not to be seen until the evening. I still look out over our Atlantic horizon and wonder what is out there.

How did you become a sailor?

I left secondary school early and headed for the sea. The experience I gained delivering boats around the Atlantic and as a dive master in the Caribbean, led me eventually to becoming a professional racing sailor.

Where does your work take you?

Now, 34 years later I have raced around the world ten times, across the Atlantic more than 25 times, and have won and lost races, broken world records and boats – and even once a bone! I have sailed in every ocean, seen icebergs and Albatross, seen giant squid and flying fish, and even the odd swimming bird. I have sailed so many sea miles, that if I stretched them all out together I could easily have sailed to the moon and back!

Which race is one of the most memorable?

The longest sporting event in the World is the Volvo Ocean Race (VOR). This sailing race circles around the world taking nine months to complete the 39,000 miles lap from start to finish stopping in 9-10 ports along the way. The VOR has even been to Ireland twice, and in 2012, when we finished by winning the race outright into Galway, we had almost a million people watch the grand finale.

You have another job. What is it?

I'm a Sustainability Consultant and Ocean Health Ambassador. Using my sport and my knowledge of the environment, I work to promote Ocean Health and Sustainability.

Why is this work important?

The ocean is a fundamental part of our life on Earth; it gives us more than 50% of the oxygen we breathe. A lot of the world's protein comes from fish sources. The ocean provides a very important role



Damian at the helm, with fellow crew members.



Damian's job as a professional racing sailor has taken him all around the world—many times!

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Special Feature

22 ways to avoid plastic pollution

Plastic is killing our oceans and we need your help to save the seas!

VOVO OCEAN RACE

Use a refillable water bottle

#strawfree
Go straw free or use bamboo, steel or glass straws

Bring your reusable bags when you shop

Go without sauce and condiments if in single use plastic packets.

Buy unpackaged, not plastic wrapped food

Remember to bring your own coffee cup for takeaways

Bring your own take-out containers **#bringyourown**

Go topless on your coffee cup - no plastic lids

At least one truckload of plastic is dumped into the ocean every minute!

Use beeswax food wraps instead of cling film

Have plastic free parties (balloons, plates, decorations)

Top 3 beach litter items

- 1 Cigarette butts
- 2 Plastic bottles
- 3 Plastic bottle caps



The puffin—one of the beautiful birds Damian sees on the ocean.

Image courtesy of Damian Foxall

Damian Foxall, who features in this issue's "All in a Day's Work" on page 7, is a sailor and Ocean Health Ambassador. In his work, he sees first hand the plastics that are polluting our oceans and its effects on wildlife. The Volvo Ocean Race, in which Damian sails, has produced this excellent poster, showing 22 ways to avoid plastic pollution. Damian also explains here why the Earth's limited natural resources must be used with care.

The choices we make at the coffee shop, supermarket, in our homes, at work, on holidays, and enjoying events, all directly impact the fate of the seas.

Choosing alternatives to plastic products is one choice we can make. We must find better solutions to plastics, especially single use plastic. Can you think of any single use plastics and how we can refuse or replace them with something better?

We also need to start using more sustainable energy instead of relying on fossil fuels. A fossil fuel is a fuel that stored energy from the sun millions of years ago. For example, when we use oil we release carbon back into the atmosphere in a way that is causing global warming. We are lucky in Ireland because the Atlantic Ocean and wind provides us with wonderful renewable energy alternatives. Can you think of one? In fact, everything we do every day has an impact on the environment. Natural resources that are used to make every single item in your local shop. A natural resource example might be – energy, water, land, minerals. Can you think of anymore?

More and more products are now manufactured with care, taking into account the impact on our planet's

Continues on page 9

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How to help the Sea

Continues from page 8

limited natural resources. It is important that we promote this by being careful of what we buy. Next time you go to the shop, ask yourself a few questions:

- Do I really need this?
- Where does it come from?
- Did it get shipped or flown from a long way away? Or is it local produce?
- How was it produced?
- What processes were used?
- Do I really know what the ingredients or contents are?
- How it is packaged?
- Is there too much plastic packaging?

What you can do....

One of the best influencers we have is our money. Every time we buy something, we 'vote', saying 'I like this product, I think we should have more'. So use your money and your 'votes' wisely to promote sustainable locally-sourced products. Next time you visit your local shop, see what you can do to promote sustainable products and in turn help the sea.

For more information visit:

<https://archive.theoceanrace.com/en/sustainability/education.html>
and www.seasynergy.org



Images copyright: Damian Foxall - <https://damianfoxall.mypartfoto.com/>

Avoid products with microbeads

Choose alternatives to disposable plastic razors, toothbrushes and cotton buds.

Use matches instead of lighters, and refillable instead of disposable pens

#plasticfree

Avoid buying plastic toys

It's estimated there will be more plastic than fish in the oceans by 2050

#binyourbutt

Use a personal butt bin. Never litter cigarette butts

Buy in bulk, and bring your tubs

Choose alternatives to plastic - choose durable over disposable

Photograph and report plastic pollution accumulation

Use soap bars rather than liquid soap in plastic

Join or start a local beach clean up group

Only use compostable baby wipes. Most others are made of plastic. Don't flush them!

Lobby for change to policies wherever you have influence

Thank you for keeping it clean!

Take litter off the beach every time you go

There are more micro-plastic particles in the ocean than there are stars in our galaxy

© Volvo Ocean Race volvooceanrace.com

VOLVO OCEAN RACE

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Geography Quiz

THE GREAT CONTINENTAL RACE

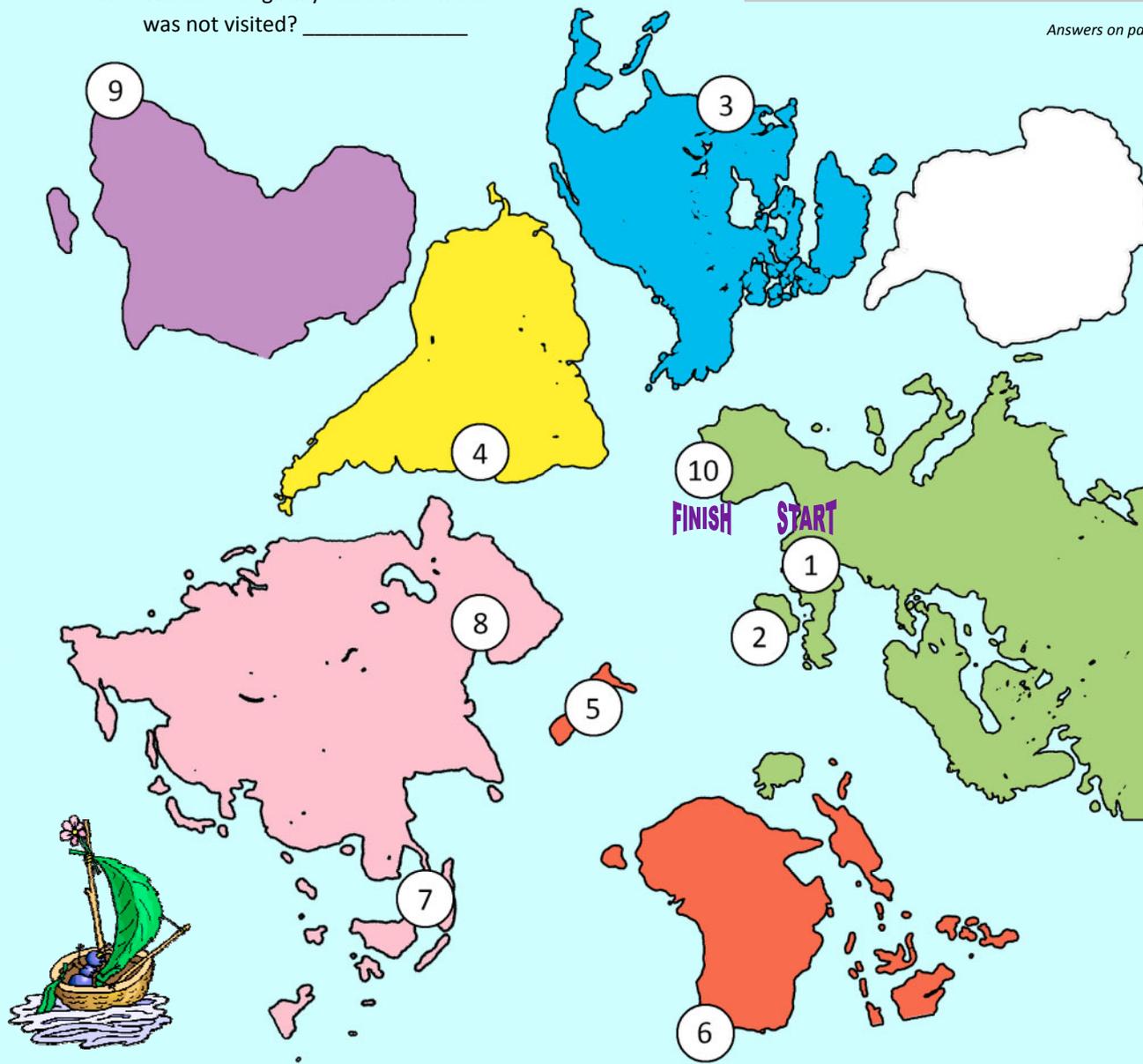
Sail boats are taking part in the imaginary *Great Continental Race* and are visiting the cities listed on the left. Can you match up the cities with the numbers on each continent? Just so you know, the maps of the continents are not quite as they should be!

When you have identified the cities, answer these questions:

- I. Where did the race begin? _____
- II. Where did the race end? _____
- III. Did the race run in an easterly or westerly direction around the world? _____
- IV. Which ecologically sensitive continent was not visited? _____

- ___ A. Perth, Australia
- ___ B. Boston, USA,
- ___ C. Galway, Ireland
- ___ D. Cape Town, South Africa
- ___ E. Lisbon, Portugal
- ___ F. Singapore, Malaysia
- ___ G. Rio de Janerio, Brazil
- ___ H. Southampton, UK
- ___ I. Abu Dhabi, United Arab Emirates
- ___ J. Auckland, New Zealand

Answers on page 15



Activity

A 'Pecking' Woodpecker

Make your very own woodpecker on a log.



YOU WILL NEED:

- Empty Toilet Roll
- Pipe cleaner
- Woodpecker drawings (below)
- Tape
- Crayons or markers
- Paper
- Pencil
- Card
- Glue
- Scissors



1. Colour the toilet roll to look like a log.



2. Carefully make a small hole 4 cm from the end.



3. Wind pipe cleaner tightly around a pencil.



4. Straighten out about 4 cm of the spring.



5. Insert into the hole and tape in place inside.



6. Stuff the roll with paper to make it solid.



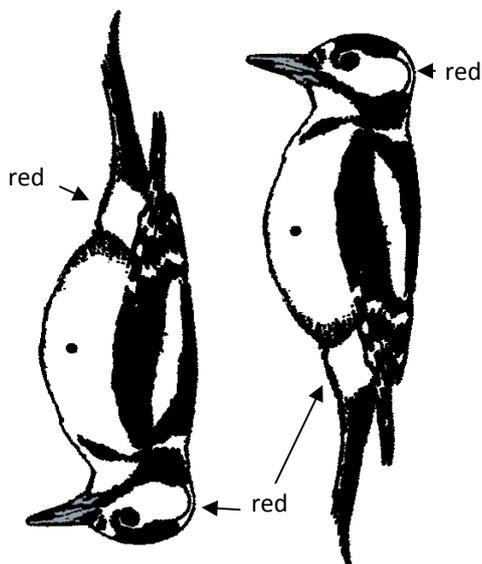
7. Cut and colour a piece of card and glue on top.



8. Glue woodpeckers to pieces of card and cut.



9. Pierce the dot on each and glue together.



10. Colour red and black where necessary.



11. Thread spring through hole and twist to secure.



12. Adjust spring if needs be and flick tail to peck!



The World Around Us



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

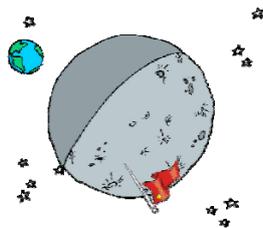
The World's Largest Bee

The world's largest bee is the Wallace's Giant Bee. The bee measures 3.5 cm, about three times larger than a European honeybee, and has a wingspan of over 6 cm. Female bees make their homes in termite mounds, lining their nests with sticky tree resin to keep termites out. Native to Indonesia, Wallace's Giant Bee is named after Alfred Russel Wallace, who first discovered one on the Indonesian island of Bacan in 1858. Researchers last saw one of these bees in 1981 and since then, scientists feared that this bee had become extinct.



However, this January a Wallace's Giant Bee was spotted and photographed by photographer Clay Bolt on one of the Maluku Islands in Indonesia. Little is known about this giant of a bee, which is called *Megachile pluto* in the scientific world, and scientists are now searching other locations for the bee, to learn more about it.

China lands on far side of the moon



In early January 2019, China made an historic landing on the far side of the moon. The spacecraft "Chang'e-4" not only has experiments on board but, along with a rover, will

explore the environment and surface of the moon. The far side of the moon is much rougher than the side that faces Earth, with many deep craters, and scientists are keen to learn more about it. Because that side of the moon permanently faces away from Earth, China first sent up a satellite called "Queqiao (Magpie Bridge)" to halo-orbit the moon. This satellite enabled messages to be relayed between "Chang'e-4" and Earth.

In this harsh environment, scientists have already managed to sprout a cotton plant, which they had sent up in a special canister. However, success was short-lived as night time temperatures plummeted to -170°C , killing the plant. Night time on that side of the moon actually lasts for two weeks. Daytime temperatures go to the other extreme and rise to about 120°C . The moon doesn't have an atmosphere to lessen these extremes. Unlike here on Earth. We look forward to hearing more about "Chang'e-4" and its experiments and explorations.

Early sightings of Portuguese Man o' war



In recent years, Ireland had a high number of sightings of the Portuguese Man o' War. This jellyfish-like organism can deliver an extremely painful sting. Though we are only a few months into the new year, there have already been sightings of Portuguese Man o' war on Irish beaches, particularly in the southwest coast. Be vigilant if you visit the beach any time soon.

Using up one of its Nine Lives

You may well have heard that cats have nine lives. Well, Fluffy, a cat in Montana, USA, certainly used up one of those! Fluffy is an indoor-outdoor cat and in a recent extremely cold spell, they found her covered in chunks of snow and ice after she failed to return home. An injury had immobilised her and then the cold had set in. Luckily, Fluffy was still alive and they immediately brought her to the vet where they discovered her body temperature was well below 32°C , the lowest setting on the vet's thermometer. They immediately began to warm her up and within an hour, she was showing signs of recovery. Fluffy was indeed a lucky cat!



A Tight Squeeze!

Rescue workers in Bensheim, a town in central Germany, had an unusual call-out recently. A rat had misjudged its waist size when it was squeezing through a hole in the cover of a manhole and unfortunately for the rat, it got stuck! Rats use their whiskers to gauge whether or not they will fit through a space. Usually, they can twist their bodies through small spaces but not this time! The local fire brigade and Wildlife Animal Control worked together to free the rat and sent it back down the manhole.



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 Which part of the fish does Black John—the Bogus Pirate draw first?
- 2 Which country in South America was visited in the Great Continental Race?
- 3 Name the Chinese spacecraft that landed on the far side of the moon.
- 4 The sea lion has flaps over its ears. True or false?
- 5 In which country did the Take3 initiative begin?
- 6 Which fish is used in the Bord Bia fish recipe?
- 7 What are the top three beach litter items on the Volvo Ocean Race poster?
- 8 In which county in Ireland have the majority of Great Spotted Woodpecker sightings been?
- 9 Where in Kerry does Damian Foxall live?
- 10 Which species of sea lion became extinct in the 20th century?
- 11 Damian Foxall sails in which race that takes 9 months to complete?
- 12 By 2050, it is estimated that there will be more what in the sea than fish?
- 13 Are seaweeds greener or redder at the top of the shore?

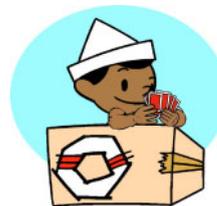
Answers Above: (1) Upper lip; (2) Rio de Janeiro, Brazil; (3) Chang'e-4; (4) True; (5) Australia; (6) Haddock; (7) Cigarette butts, plastic bottles and plastic bottle caps; (8) County Wicklow; (9) Derrynamee; (10) Japanese Sea Lion; (11) The Volvo Ocean Race; (12) Plastic; (13) Greener.
Answers for The Great Continental Race (page 9): A=1; B=3; C=2; D=9; E=10; F=7; G=4; H=1; I=8; J=5; K=Southampton; L=Lisbon; M=Westerly; N=Antarctica.

Nature Jokes



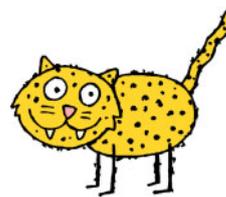
What is a woodpecker's favourite type of joke?
A Knock Knock joke!

What would you call a sea lion in the jungle?
Lost.



What do sailors play when they're bored?
Cards—because they always have a deck.

What season is it when you are on a trampoline?
Spring—



Why can't a leopard hide?
Because he's always spotted!

How do fish go into business?
They start on a small scale.



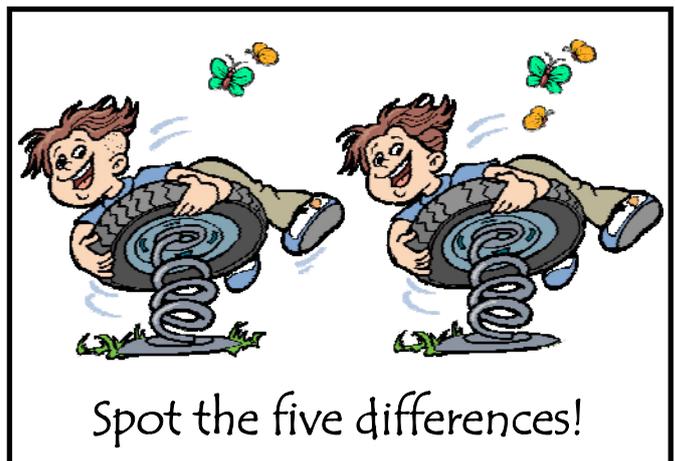
What do you get when two giraffes collide?
A giraffic jam.



Image courtesy of Robbie Murphy—www.robbiemurphyphotos.ie

Think of a Title

Have fun with your friends making up a title for this photo of two Grey Herons.



Spot the five differences!

Learn More



Only €2.10 each including postage or €12.00 (plus €3.00 p&p) for all eight! 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. *Safety Sam's Activity Book* is filled with activities to encourage safety for children. *My Nature Diary* contains lined pages to fill in a daily record of sightings and nature news.

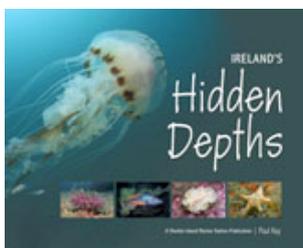
A Beginner's Guide to Ireland's Wild

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



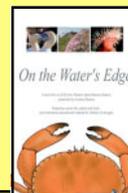
is another Sherkin Island Marine Station publication. Ireland's amazing marine life, glorious kelp forests and spectacular undersea scenery are featured in over 200 spectacular photographs by nature photographer Paul Kay. 277 x 227 mm 160 pps
Only €13.00 including postage

Sea Life DVD:

"On the Water's Edge"

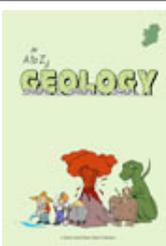
Produced by Sherkin Island Marine Station, the DVD 'On the Water's Edge', features a short film on life beside the sea.

Presented by Audrey Murphy, it includes 6-10 hours of interactive material for children of all ages. Only €6.00 plus €1.30 p&p.



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. 206pp

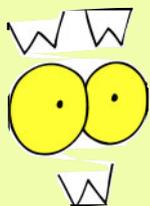
Only €8.00 inc postage



"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 and pay 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:

3 for the Sea: www.take3.org

Great Spotted Woodpecker:

<https://www.birdwatchireland.ie/News/GreatSpottedWoodpeckersNewtoIreland/tabid/568/Default.aspx>
<https://www.bto.org/about-birds/bird-id/bto-bird-id-great-lesser-spotted-woodpeckers>

Sea Lion: <http://www.marinemammalcenter.org/education/marine-mammal-information/pinnipeds/>

Black John—the Bogus Pirate: <http://www.seaweed.ie/descriptions/>
<https://www.facebook.com/BlackJohntheBogusPirate/>

Damian Foxall: www.seasynergy.org <https://damianfoxall.myportfolio.com/>

How to Help the Sea: <https://www.theoceanrace.com/en/sustainability.html>

The World's Largest Bee: <http://www.sci-news.com/biology/wallaces-giant-bee-megachile-pluto-06930.html>

China lands on far side of the Moon: <http://www.planetary.org/explore/space-topics/space-missions/change-4.html>

Early sightings of Portuguese Man o' war: <https://oceanservice.noaa.gov/facts/portuguese-man-o-war.html>

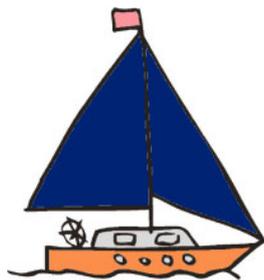
Using up one of its Nine Lives: <https://www.mnn.com/family/pets/stories/fluffy-cat-nearly-froze-death-montana>

A Tight Squeeze!:

<https://www.irishexaminer.com/breakingnews/discover/fat-rat-stuck-in-manhole-cover-saved-by-team-of-german-firefighters-907345.html>

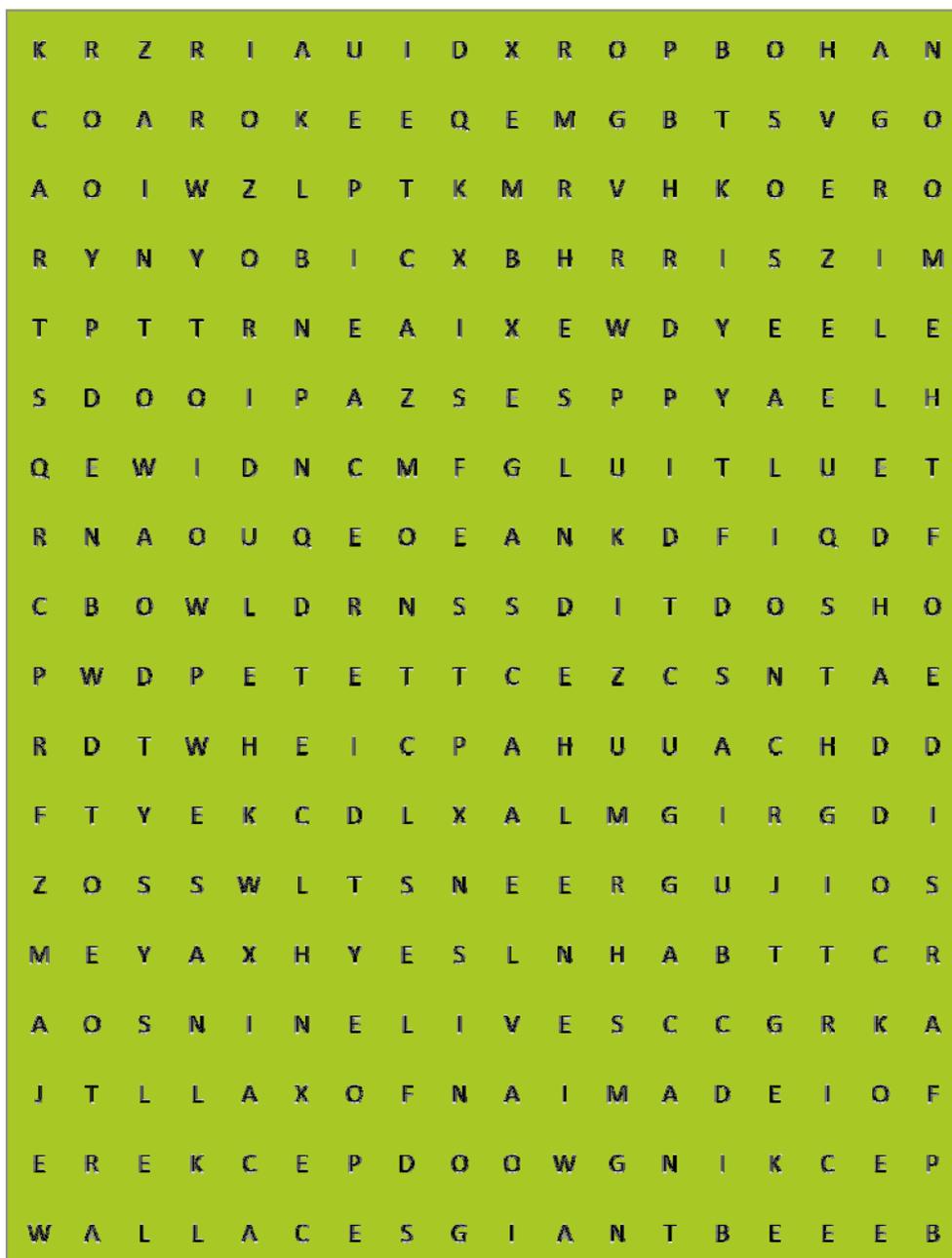
We cannot be responsible for the content of external websites, so please observe due care when accessing any site on the internet.

Wordsearch



Nature's Web Spring 2019 Wordsearch

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



Avoid Plastic Waste

Brown

Continental Race

Damian Foxall

Far side of the moon

Green

Grilled Haddock

Nine Lives

'Pecking'
Woodpecker

Portuguese
Man o' War

Racing Sailor

Red

Sea Lion

Seaweeds

Three for the Sea

Tight Squeeze

Wallace's Giant Bee

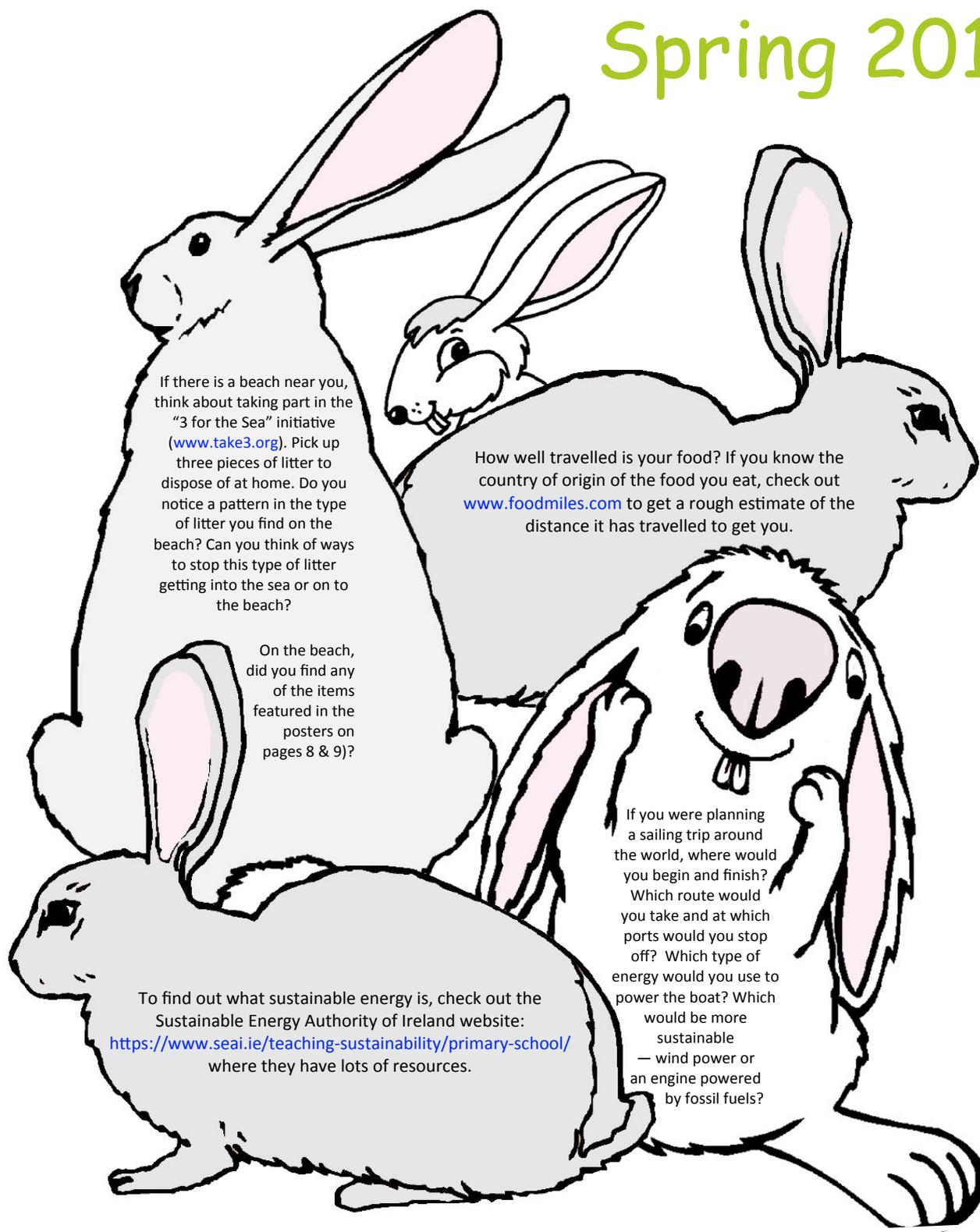
Woodpecker



(Over,Down,Direction): Avoid Plastic Waste (17,1,SW); Brown (6,4,SW); Continental Race (1,2,SE); Damian Foxall (14,16,W); Far side of the moon (18,16,N); Green (13,13,W); Grilled Haddock (17,2,S); Nine Lives (4,15,E); Pecking Woodpecker (18,17,W); Portuguese Man o' War (18,17,NW); Racing Sailor (15,12,MN); Red (11,3,NW); Sea Lion (15,4,S); Seaweeds (1,6,SE); Three for the Sea (14,2,SW); Tight squeeze (16,14,N); Wallace's Giant Bee (1,18,E); Woodpecker (2,10,NE).

Nature's Noticeboard!

Spring 2019



If there is a beach near you, think about taking part in the "3 for the Sea" initiative (www.take3.org). Pick up three pieces of litter to dispose of at home. Do you notice a pattern in the type of litter you find on the beach? Can you think of ways to stop this type of litter getting into the sea or on to the beach?

On the beach, did you find any of the items featured in the posters on pages 8 & 9)?

To find out what sustainable energy is, check out the Sustainable Energy Authority of Ireland website: <https://www.seai.ie/teaching-sustainability/primary-school/> where they have lots of resources.

How well travelled is your food? If you know the country of origin of the food you eat, check out www.foodmiles.com to get a rough estimate of the distance it has travelled to get you.

If you were planning a sailing trip around the world, where would you begin and finish? Which route would you take and at which ports would you stop off? Which type of energy would you use to power the boat? Which would be more sustainable — wind power or an engine powered by fossil fuels?

Sherkin Island Marine Station would like to thank the following for their help with this newsletter, especially Bord Bia, Damian Foxall, Lucy Hunt, John Joyce, Michael Ludwig, Eimear Murphy, Robbie Murphy, Jez Wickens and Alan D. Wilson.

Visit the Sherkin Island Marine Station website at www.sherkinmarine.ie



We appreciate support from the EPA toward the newsletter.

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