

Bringing people, wildlife and wellbeing together

Nature Thoughts...

In Issue 7, we heard from our furloughed colleague, Kat. She described the nature journal she has begun which gives her a sense of achievement and positivity at the end of each day. Today, she shares a gorgeous journal update with us...

So I did get those watercolours out - I'm in no way an artist but I really enjoyed the process of looking again and again at my sample photo whilst drawing. I'm hoping it will help me remember its name too!



This week I discovered that one of my favourite local trees is in fact a type of hawthorn, 'midland hawthorn'. I recognised the leaf type but had no idea hawthorn could have such beautiful deep pink blossom, I'm used to seeing the abundance of white. It's a lovely splash of happy colour.

I confess my other nature diary highlight this week is not something new to me but a very old favourite that I look forward to every year. It blooms for such a short time that I appreciate it all the more - I love Alliums!

All photos: K Reay

I'm enjoying my diary and read that NASA requires all astronauts to diary their daily activities when in space for their mental wellbeing. I hope you all had some 'nature highlights' of your own this week,

Kat Reay



Spot it!

If you can spend time outside, keep making nature your focus. You can use your garden or look out from an open window to 'Spot it!'

Theme of the week...

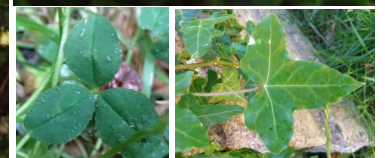
A rainbow in nature...

Now we're into those summer months, floral colours are exploding all around us. Over the next seven days, take each rainbow colour in turn. Mindfully, notice the variety of shades and tones. With rain forecast, if you see an actual rainbow, all the better.

Here comes the Science bit...

In the Fibonacci sequence: 1,1,2,3,5,8,13,21... the next numbers are found by adding the two before it. These numbers are expressed in the flowers of many plants. Lords-and-ladies

has just the one 'petal', red dead nettle is two-lipped, flag iris has three petals and clover leaves come in threes too, geranium along with MANY others: five, lesser celandine and cosmos: 8 and daisy family flowers have either 13, 21 or 34 petals! The relationship between Fibonacci numbers: The Golden Ratio, 'Phi' is also expressed in the way some plants spread their leaves or flowers on a stem for maximum exposure to light. Phi, the most irrational number, can be expressed as an angle: 137.5° . If each leaf on a stem grows at 137.5° further around the stem from the first leaf to the tip, the leaves will never come to fully overlap! The plant controls this growth with hormones!



All photos: R. Charter

WILD-WORDSEARCH!

Fungi

- Champignon
- Coral Tooth
- Death Cap
- Earthball
- Enokitake
- Ergot
- Hoof
- Lion's Mane
- Penny Bun
- Puffball
- Scarlet Cup
- Shiitake
- Turkey Tail
- Wood Ear



Photo: Les Binns

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

Extra challenge... Find the two other hidden words that hint at next week's puzzle theme!

"May your choices reflect your hopes, not your fears."

Nelson Mandela

Name it!

Can you identify the wildlife in these photos?



R.Charter



2



3

R.Charter



Tom Eyan



D Loveard



D Loveard

Issue 9 answers...

1.chiff chaff, 2.cuckoo flower, 3.peacock butterfly

Wildlife word of the week...

Arboreal: an arboreal animal is one that lives in trees and off the ground. Harvest dormice use the overlapping branches of hazel trees to travel from tree to tree.



Terry Whittaker

You can also follow TEaM on social media for a Daily Dose of Nature...



The Environment and Me



theenvironmentandme



TheEnviroandMe

AN UNFORGIVING NATURE?

The Penultimate: Episode 10

By Martin Felstead (TEaM coordinator and bushcraft leader)

WHERE DID THE TIME GO?

After another dry but below-freezing night I awoke in the dark early hours with cramp in my calf. After springing out of my hammock and 'snapping' the cramp out I took a stroll in the night time woods by the light of a full moon to loosen my muscles. Lost in the beauty of the moment I forgot that my glasses were looped through the back of my boots! I had to face the fact that they were now lost and would have to be my parting gift to the forest. I would have to spend the day with no specs! This was the last day and, although I had a spare pair away back at the car, I still had to do my fire-lighting test unable to focus on close objects. Far from perfect! The fire-lighting was done using a flint flake and metal striker, a small amount of char-cloth from the previous night, dry grasses from the smoker above the main fire and bundles of kindling prepared from dried forest twigs. After some squinting and peering I made fire and passed this part of the course. As for the venison smoking above my fire, the damp weather and wind direction had meant that only the very tips were turned to jerky. Perhaps another few days (or weeks or years) might have yielded useable smoked meat.



So Friday (day five) marked the end of the course and I duly packed down my camp and made the difficult trek back up through the wet peat and grassy tussocks to my car. I finished off my emergency chocolate rations and called my wife to say I was OK (tears pricked the back of my eyes when I heard her voice). I revelled in the knowledge I had completed and passed the course with no take-away meals delivered by moped or dropped by parachute!

Next week... The final episode!

THE COLLECTIVE QUIZ!

Fill in the missing spaces to discover the wildlife collective noun phrases...

This week, we travel abroad to more exotic climes for our collectives!



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A g__g of buffalo
A _ar__n of camels
A m_m_y of elephants
A b_o_t of hippopotamuses
A c__k_e of hyenas
A p__c__e of porcupine

Issue 10 answers...

A colony of bats,
A pod of dolphins,
A business of ferrets,
A plague of rats,
A labour of moles,
A flock of sheep,
A bob of seals

How many did you get?

Nature News and Nature Reflections... This week, your questions answered!



This is a section of a photo we received from bushcrafters Alan and Sue. They had recently potted up some beans and given them a good soak. They noticed **bees were gathering on the damp over spilled compost and wondered why?** This behaviour goes to show just exactly how hot and dry the environment's been lately. These bees are almost certainly seeking out water for a drink. You can help bees by providing a very shallow dish of water, either one with gently sloping sides or pop a few pebbles in the water so that the bees have a platform to drink from without drowning.

Dishes of water at this time of year are also vital for birds, hedgehogs and all other wildlife struggling to find a drink at time when the rain's not quite as giving as it has been this week!!

Great question from Rosalind this week: Why do birds sing in the morning?

The dawn chorus is without a doubt a highlight of the spring and early summer months for many. It's all about defending territory, finding a mate and then securing bonds. Birds are, arguably, at their most vulnerable at dawn when they've survived a chilly night and they're hungry. Singing the way male birds do, uses a lot of energy, so, those that sing the loudest at their most vulnerable are the strongest and therefore most attractive mate! Also, at dawn, when the air is dewy and the rush hour traffic has not yet begun, sound is able to travel further, making it the perfect time for male birds to defend their territory, before other males attempt to move in!

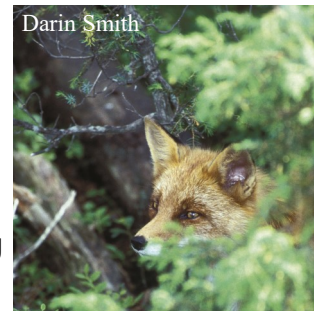


R.Charter

Feature Species!!

Urban Fox

There are many species of fox around the world in every kind of habitat including the arctic. The most common species. And a familiar sight across the UK, is the red fox. The red fox is an incredibly adaptable species and seems to be as at home slinking around a city centre as it does in the countryside.



Darin Smith



Darin Smith

Red foxes, in both urban and rural settings, are often heard before they're seen, using barks, whines, and that blood curdling 'scream' that we're all familiar with. Female foxes scream during the mating season to tell other foxes, they're looking for a mate!

Sociable beings, red foxes live in family groups with up to six adult foxes. Foxes dig out dens, known as 'earths', ready for kits to be born around March. Other foxes in the family group bring in food for the mother for the first two weeks. Sometimes offspring will stay with their family group for their entire lives.

A study carried out by researchers at Glasgow University, has found that urban foxes are adapting to their

	Rural	Urban
Habitat	banks, beneath fallen trees, under drystone walls	Beneath sheds, garages, tree roots or shrubs
Diet	95% meat, 5% fruit, worms, insects.	~50% meat, 50% household refuse.
Life span	Up to 9 years	Up to 4 years
Physical	Longer, slender snout and a larger brain!	Shorter, stronger snout.

environment and actually becoming more like domestic dogs. Their snouts are becoming shorter and stronger for urban foraging. They have also developed smaller brains than their rural relatives! In an article written for the BBC, Dr Kevin Parsons "suggests urban foxes do not need the mental capacity to catch the live prey they feed on in the country." The biggest threat to urban foxes, and the reason for their short life expectancy, is traffic with roads proving treacherous for youngsters.

Keep a look out for these beautiful animals of an evening!

(ref E. Osterloff, www.nhm.ac.uk/discover/the-secret-life-of-urban-foxes)



Stay safe

