

Bringing people, wildlife and wellbeing together

Nature Thoughts...

Three years ago, I had never heard of nature and wellbeing, let alone bushcraft! I used to work in an office facing a computer seven to ten hours a day. I was an auditor and accountant for both small and large companies. I have to say I have always enjoyed the outdoors, because I loved walking and mountain climbing. Since joining the TEaM project in 2017 it has opened my eyes to the incredible impact of nature on our wellbeing. I guess I was benefiting from it without realising. I have really taken to bushcraft, especially using green wood (fresh wood that has not been dried out yet) and willow weaving. When you are making a butter knife or a small spoon you are lost in the whittling of the piece of wood. You are so focused and concentrating, it is relaxing because it is a very mindfulness task. I love watching the wood changing as I shave a little bit more off. I like the feel of the wood as it becomes smoother. Each piece is unique and different. During my walks I am always on a look out for any broken branches that I can take home to start whittling. There is always a good wind fall when there has been a storm or strong wind.



Willow weaving is also another mindfulness activity as you focus on the weaving. I find it relaxing as I take the time to bend each piece to make it pliable. I love observing the patterns made, as each new piece of willow is added to my structure. In willow weaving we tend to use dried willow that has been re-soaked to soften enough to use. You can use green (fresh willow) but remember that green willow will shrink once the willow dries out. Your object may shrink or become slightly loose.



Not only is willow weaving a brilliant activity but you end up with a useful item such as a trivet, fruit basket, bird feeder etc. Willow are also important plants because live willow can be used to protect riverbanks against erosion and create noise and pollution barriers along motorways. Believe it or not willow has medicinal uses. Some cultures have used willow bark for pain relief, as the bark contains salicin. In fact the salicin compound was used to develop aspirin.

Hopefully once this strange time is over, you can look out for a bushcraft course with TEaM. I am certainly looking forward to having more opportunities to share my bushcraft skills and experiences.

Stay safe and keep well.
Man Lan

WILD-WORDSEARCH!

Primates

- Bonobo
- Capuchin
- Chimpanzee
- Gibbon
- Howler monkey
- Human
- Langur
- Lemur
- Loris
- Macaque
- Mandrill
- Marmoset
- Orangutan
- Vervet



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Challenge... Find the two hidden words that hint at next week's theme!

"Adopt the pace of nature. Her secret is patience." Ralph Waldo Emerson

Name It!

Can you identify the wildlife in the photos...



Erin Green



Hilary White

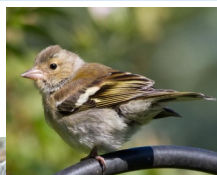
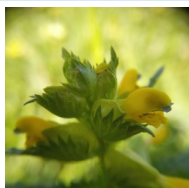


Lorna Burns

Issue 18 answers...

Name It!

1. yellow rattle
2. shield lichen (Parmelia)
3. juvenile chaffinch



Missing Links...

- Seed-Robber (**bank**)
- A-flour (**corn**)
- River-Line (**side**)
- Team-Ward (**up**)
- Cloud-Line (**base**)

Missing Links...

Your task is to find the missing word that follows the first clue and precedes the second. For example, the answer to Rain-String could be 'Bow' giving Rainbow and Bowstring.

Fog-Bill

Sky-Dance

Spider-Page

Chest-Cracker

Bull-Hopper

Answers next week!

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

CLOSE-UP WITH BIRDS OF PREY

THE KESTREL



Ally with eight-week old Nipper

The second pair of birds we met at 'Bird on the Hand Falconry Centre' were very different in terms of age and hunting techniques. 'Nipper' is an eight-week old Kestrel whilst 'Zippy' is a fourteen-year old Peregrine Falcon.

There are around 46,000 breeding pairs of Kestrels in the UK and we often see them hover-hunting above roadside verges. With a wingspan of 70-80 cms the Kestrel hovers in a way that although it's body may be moving to adjust to the wind etc the head remains stationary (gyroscope effect). With it's amazing eyesight, it can spot a beetle from as much as 50 metres away or watch from a distance for prey to be flushed-out by farm machinery, it can then drop silently down onto its prey. Usually they hunt for small rodents such as voles but will take small birds, insects and worms. Their feeding range is between one and ten square kilometres with winter feeding ranges larger than the summer.

Kestrels do not build their own nests but prefer to occupy abandoned nests built by 'stick-nesters' such as Crows. They will also use ledges, cliffs, buildings and even abandoned nest boxes and will lay 3-6 eggs which hatch after about 4 weeks. The young fledge after a further 4 weeks and reach first maturity about 4 weeks after that. This means that Nipper had just reached maturity and would be able to be flown freely after a few weeks more handling. I love to see these birds hovering so still and perfect over the roadside.

THE PEREGRINE FALCON

Equipped by nature with broad, swept-back wings with pointed tips, nostril air-baffles and a streamlined shape, Peregrine Falcons are the fastest animals alive. Climbing to great heights these exciting birds can use their hyper vision to spot small prey at distances of up to 1 mile away! (this is like us being able to spot a rabbit from over 17 football pitches away). They then stoop (dive) reaching speeds of around 180mph before striking their prey. During the stoop their hyper vision enables the bird to keep track of the relative positions of themselves and their moving prey before making the strike. Typically, Peregrine Falcons hunt feral Pigeons, waders and small ducks but will also take small mammals. Their ability to see in the Ultra Violet spectrum also allows them to see the trail of faeces or urine left by small mammals.

Peregrines do not build nests as such but rather use their bodies to form a rough shallow 'scrape' or Eyrie. They lay 3-4 eggs which incubate for around 30 days before hatching. 35-40 days later the young birds fledge and may become independent of their parents 2 months later.

Peregrines can be long-lived with birds of up to 20 years old being recorded. At 14 this makes 'Zippy' a senior aged bird. Despite his age, during our falcon display Zippy was almost too fast for the eye and eventually out-witted the handler by ambushing him at speed from behind a small copse and successfully hitting the spinning lure and bringing it to ground where he cloaked it with his wings so he could eat in private.

During the 19th and 20th Centuries, Peregrine Falcons were decimated by deliberate hunting by humans and in the 1960s onwards by increasingly high levels of agricultural toxins such as DDT and loss of habitat. However, since they were protected and farming practices improved so populations are rising again. Nature has equipped these birds with all they need to succeed in nature, it is only humans that threaten their existence. Long may these 'Ferraris of the Skies' live long and prosper!



Zippy 'cloaking' his prey against intruders

Next week we will meet 'Dotty' the African Spotted Eagle Owl and 'Juliet' the Barn Owl

TEaM does



Unscramble the letters to discover more bushcraft vocab often heard around the TEaM camp fire...

Issue 18 answers...

dlabbrick - blackbird

tube ilt - blue tit

biorn - robin

sruhth - thrush

prowars - sparrow

nudonck - dunnock

wos wab

cafft krien

thiltwing

cacrhola

bertim thich

chunv dote

There was an Old Man with a beard

There was an Old Man with a beard,
Who said, 'It is just as I feared! -
Two Owls and a Hen, four Larks and a Wren,
Have all built their nests in my beard.'

Edward Lear



Take some time out to mindfully colour in this cute squirrel.

We would love to see the result, please email us a photo.



Just Color

Feature Species!!



What has got eight legs but is not a spider?

A harvestman (Opiliones), has eight long spindly legs (about 1 to 2 inches long) with a spider-like small body. They belong to the arachnid family which includes spiders but they do not spin webs. They feed on fungi, fruits and on smaller invertebrates which they catch using hooks at the ends of their legs. A common harvestman is reddish-brown on top and white below; females are larger than males. Their fangs are quite prominent and they have glands that make a smelly secretion to fight off predators.

They are around all year. However, they are more visible during harvest time, this may be because they mate in late summer and autumn. That is how they got their name "harvestmen". Also in Latin the word opilio means shepherd. In some countries harvestmen reminded people of shepherds who used stilts to get a view of their sheep from a height. The females lay hundreds of eggs in the soil, crevices or rotten wood. Harvestmen eggs hatch in spring. They can be found under stones and logs, around trees and shrubs, in gardens and grasslands.

Harvestmen are harmless to humans and worth looking out for this autumn.



Important notice:

From August, TEaM Up newsletters will be fortnightly. **The next issue will be on Friday 14 August.**

This is because all the TEaM Staff are gearing up with the aim of starting delivery of activities.

So readers do continue to send in your photos and nature experiences to us.



**Stay
safe**

