

## Bringing people, wildlife and wellbeing together

### TEaM News...

It's been a long awaited week for TEaM allotment members. We've had another lovely couple of walks and we have also returned to the allotment this week too. The importance that nature has had for people and its role in keeping us well throughout lockdown was so very evident in the conversations had as members returned to digging and harvesting or as we wandered through parks. It was uplifting to hear everyone chatting about the time they've spent outdoors, in gardens and further afield and how important this time has been for their wellbeing.

We've also been reminded this week of how powerful nature is in levelling the playing field. Before we returned to the allotment this week or met up for recent walks, many members felt apprehensive and nervous about returning—we'd not been together for so long and the past few months have changed us all in one way or another. A while back a friend observed: "We're not all in the same boat. We're in the same storm but we all have our own boats to steer." But when the team came back together, nature gave us a common focus. For the time we're all gathered around a strange looking fungus consulting various id apps on phones or bending over ponds to peer through the weed, giggling when someone almost topples in, it doesn't matter the direction we've come from or how big our boat is. For that time, all that matters is that nobody misses out on seeing the dragonfly or figuring out the name of 'that' tree! A desire to be immersed in nature, with all its 'wow' moments, is just the best thing to have in common and share and nature has a wonderful way of keeping us grounded.

**Walk to Naul's Mill Park...** We had a lovely walk in the sun with so much wildlife to spot around the pond including common darter and southern hawker dragonflies and smooth newtlets. A great recommendation for a gentle potter!



### Back at the plot...

Thanks to the wonderful donation from Cardinal Newman R.C. School of a hygiene unit, we have been able to safely reopen the SVA site and group members can enjoy socializing once again after six months and share the benefits of the outdoors and nature again!



On Thursday we took our monthly **Wellbeing Walk to Lakeview Park** to see how the new pools are doing, it was so peaceful and calming to stand and watch the water a while. Next month we'll be back to War Memorial Park and extending the invitation to bushcraft alumni!

# WILD-WORDSEARCH

## Crystals

- Agate
- Amber
- Calcite
- Fluorite
- Garnet
- Halite
- Heliodor
- Jade
- Jasper
- Morganite
- Opal
- Red coral
- Topaz
- Zincite

Image: Brian Kakuk

E	F	B	U	F	L	U	O	R	I	T	Z	O	F	H
B	D	C	O	R	A	Z	E	P	X	A	P	P	E	T
A	R	S	R	J	F	N	O	H	E	T	I	L	A	H
T	G	J	C	A	L	C	I	T	E	Z	I	A	J	A
L	I	A	H	S	U	I	N	A	D	O	E	B	E	M
I	X	D	T	P	I	T	E	U	D	X	L	T	I	B
A	J	A	D	E	X	E	T	O	M	L	I	E	G	J
X	M	L	L	R	T	Z	R	I	T	C	O	F	P	E
D	O	C	A	E	O	I	A	T	N	H	D	C	R	T
T	R	E	P	R	E	C	N	I	L	F	O	A	Z	I
E	G	D	O	U	O	J	Z	A	P	O	T	R	L	R
N	A	H	R	P	J	C	T	B	G	X	G	M	G	O
R	N	D	N	C	A	I	D	P	A	R	N	R	O	U
A	M	B	E	A	S	Z	P	E	R	S	O	G	F	L
G	P	I	Z	S	G	A	E	T	R	E	B	M	A	F

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

"I felt my lungs inflate with the onrush of scenery— air, mountains, trees, people. I thought, 'this is what it is to be happy.'" Sylvia Plath

## Name It!

Can you identify the wildlife in the photos?



Issue 22 answers...

1. Canada goose 2. meadowsweet 3. hawthorn berries



## Name It!

## Missing Links...

- ham-up (**mock**)
- full-shine (**moon**)
- runny-badger (**honey**)
- prim-hip (**rose**)
- dead-tea (**nettle**)

## 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.

- wood-scape**
- crab-crumble**
- tad-cat**
- king-man**
- field-syrup**

Answers next week!

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

## THE WOOD WIDE WEB

### 'HOW TREES TALK TO EACH OTHER AND WHAT THEY SAY'



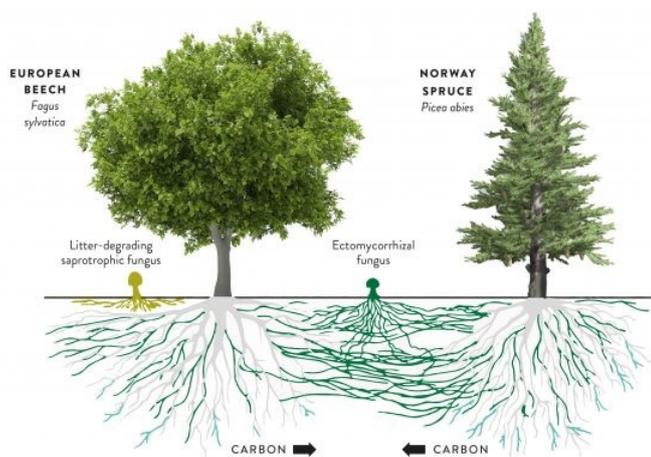
It has long been said that trees can talk to each other but until now there has been no scientific evidence for this. This has now changed as scientists all over the world have not only proved that they do but also what kinds of things they say.

The secret to this lies underground and therefore for the most part invisible to us. We know that beneath each tree a large and complex root system gathers water and nutrients to feed to the tree above but more recently we have come to understand that these root systems are connected to other trees by a network of fungal filaments. Fungi occupy

a unique place within the realm of living organisms in that they are neither plant nor animal but in fact a mixture of both, earning them their own living kingdom. When we see a mushroom or toadstool we are not looking at the complete organism but rather the fruiting bodies of a larger more complex and mostly invisible organism which, much like an apple, does not represent the entire tree.

Reaching far and wide beneath the surface these fungi send out filaments that link not only the tree's roots to the surrounding soil but also one tree to another (a honey fungus in the USA is the world's largest organism, covering 3½ square miles (that's about 9 square km.) and is thousands of years old). The trees can use these fungal webs to communicate and mutually support each other by sending chemical signals. This phenomenon is dubbed 'The Wood Wide Web'.

So, what do trees actually say? The key to this lies in the trees supporting each other. For example, a young sapling may receive nutrients from its mother tree whilst a dying tree may pass on its last reserve of nutrients to



another.

In addition, a tree that is being attacked (e.g. by a browsing animal, insects and/or disease) may warn nearby trees who respond by protecting themselves, producing excess toxins in their leaves (e.g. tannin).

The amazing fact that trees communicate with each other, nurture and protect each other allows us to begin viewing them as community and not as isolated entities. The next time you are looking at a tree in a park, look around for other nearby trees and imagine the network of fungi below the surface that connects them. When in a woodland or forest try to see the whole as opposed to the individual. As we move into Autumn this is a great way to meditate on the wonders of nature by taking time out, sitting quietly and beginning to perceive the trees above ground and the fungi below as part of a single inter-connected entity: The Wood-wide Web.

### TEaM does



Unscramble the letters to discover some UK fungi that you might spot this Autumn.



Issue 22 answers...

coltune—noctule

siltreppil—pipistrelle

standubone—daubentons

serels ohehroses—lesser horseshoe

riestone—serotine

rowbn gold-erane—brown long-eared



## ANIMAL CAMOUFLAGE

Camouflage is the use of colour, materials, texture and/or illumination for the purposes of concealment. The techniques and characteristics an animal might use are an evolutionary response to their environment, including predator-prey relationships. This means that a prey animal might use camouflage in order to hide from a predator whilst a predator might use it to avoid being spotted by its prey. In addition, an animal might use 'dazzle-flage' to confuse the observer or signal that it is dangerous to eat (e.g.; poisonous). Techniques include colouring, mimicry, false appearance and/or deceptive markings. Over the next few weeks TEaM-Up will explore the incredible world of animal camouflage and have fun trying to spot creatures whose camouflage almost defies belief.

This week we will look at various animals from around the world that use camouflage in order to blend into their background.

Below is a familiar animal whose camouflage is used to avoid being seen by predators (can you see the animal?). It's using patterns on its hide to break up its outline in a Savannah environment characterised by scrubby trees and grasses.



The deeper we look into camouflage the weirder and more extraordinary it becomes. The Leaf Lizard below looks identical to the plant it is on and as long as it does not move it blends perfectly into its background.



Over the next few weeks we will discover stranger and stranger examples of different camouflage techniques and the 'spot-the-animal' pictures will get harder and more 'out of this world'.

**TEaM-Up invites you to send pictures of any camouflaged animals (including pets) you might see or even pictures of yourself hiding out. Have fun!**



On the coast, mammals that are quick and agile in the sea become vulnerable once they haul out onto land to rest or breed (can you find the seal lounging amongst the rocks?)

In the marine environment creatures that live on coral-reefs need to blend in with a host of different backgrounds. In the picture below a Pygmy Seahorse has evolved to match the type of coral it lives on and has mimicked not only colour but also the texture of the coral replicated on its skin!



**Stay  
safe**

