

## Bringing people, wildlife and wellbeing together

Dear all, we hope this issue finds you well and keeping warm! This week we hear from two TEaM Up readers about their experience of Lockdown and the things they found helped them...

Vicky is a friend and Warwickshire Wildlife Trust colleague who will take every given opportunity to be outside...



Vicky makes time to get outdoors to run and walk to give herself space to think.

Do you find getting outdoors gives you some 'head space' too?

"I love to run, I love to walk, I love to be outside. This has for the last few years, just been a keep fit thing but wow has this pandemic changed that.

Being outside is now so much more. It gave me space to think and sort my mind out. In the early days it gave me the strength to get through a day locked down with a young family and a key worker leaving for the usual 9 to 5. Knowing that each morning at 6am I would have time to myself was so very important. Gradually as lockdown lifted different worries and challenges presented themselves and again walking and running miles was my go to, keeping me calm and grounded

Unfortunately, like many, I was track and traced. Suddenly, my medicine was taken away from me. What to do? How could I possibly survive two weeks without my runs or walks.

Well it turns out I didn't have to. There are so many ways to keep active and fit and also, if you're lucky like me, use your garden.

Over the last 2 weeks, I have run 12 miles and walked many more. Some of these have been on a treadmill and some on the spot and many round and round the garden. I have done the plank, line dancing videos and some Zumba. Everyday I have taken in some fresh air and got my heart pumping. You know what? It's been ok. But I'll tell you what, that first run out with my best friend was an absolute dream."

TEaM member Becky has a very special relationship with her four legged best friend. Today she not only tells us about 'Ebola' the dog, but also how dogs came to be humans best friend in the first place...

### "How did dogs become 'Man's best friend'?"

Dogs are not only Man's best friend, but they are the oldest too. Based on DNA evidence, dogs descended from a group of grey wolves that are now extinct. They figured out that if they hung around with early hunter gatherers rather than alone, they could scavenge from the humans.



Becky and Ebola share a book about Britain's best beaches on a day when going out was just not an option.

When it's impossible to get out, nature books can be a great way to learn a little more about the world around us, or simply get lost in the photographs!



Scientists believe that as humans started to take in wolf pups, the friendship between canine and man bloomed as they socialised with man from infancy. As wolves act instinctively as a pack, with a clear hierarchy, it was not hard for humans to establish themselves as the alpha, 'the one who must be obeyed.' As wolves became tame, man and wolf became a dynamic hunting duo with the humans skill and the wolves sense of smell and speed offering mutual benefit for both.

The animals that accepted this relationship evolved into more and more obedient companions until many generations later, we had domesticated dogs and their feral grey wolf ancestors became extinct.

My little grey wolf descendant, Toffee (other wise known as: Ebola), is my best friend. And I am hers. We always just know how each other is feeling. Sometimes during lockdown, when I have got really sad and I don't know how to feel better, Ebola will never let me sit for long on my own. She will jump on my lap and work her way right into my face until I can do nothing but hug and kiss her. She knows when I am really sad and she never leaves me alone, I would be lost without her and I cant even imagine my world without Ebola. She was a gift sent from heaven and everyday she makes me smile, I love her so much and she loves me too."

# WILD-WORDSEARCH

## Rainforest

- Capybara
- Tapir
- Coati
- Okapi
- Jaguar
- Canopy
- Tarantula
- Macaw
- Toucan
- Anaconda
- Rubber tree
- Coffee plant
- Pitcher plant
- Howler monkey



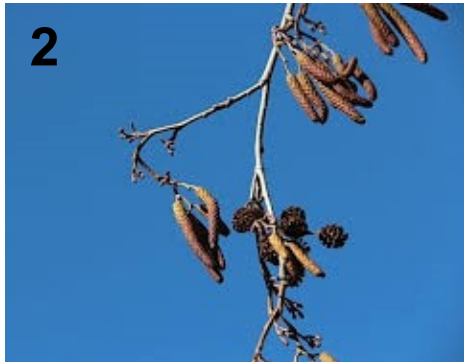
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C	L	C	O	F	F	E	E	P	L	A	N	T	A	M
B	P	A	R	N	U	B	O	R	B	R	O	A	T	O
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R	H	F	B	C	R	N	P	J	K	R	N	E	F	E
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E	T	E	R	F	G	N	B	N	E	G	E	P	E	L
W	I	U	T	F	O	B	T	Y	R	E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

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

**"A single sunbeam is enough to drive away many shadows."**  
Francis of Assisi

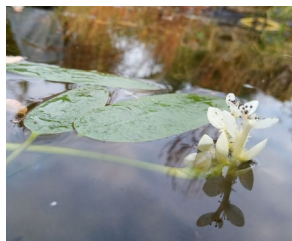
### Name It!

Can you identify the winter trees from these photos?



Issue 26 answers...

- 1. water hawthorn
- 2. male crossbill
- 3. redwing



### Name It

### Missing Links...

- hedge - roast (hog)
- bird - kite
- wag - spin (tail)
- kind - kite (red)
- bull - march (frog)

### TEaM does



Unscramble the letters to discover some UK winter migrant birds

**delaffair**

**nokt**

**grinwed**

**thosr - raede low**

**gawnwix**

Issue 26 answers...

- tailsory ebes—solitary bees
- lpesdr—spider
- deeptenci—centipede
- pilimelde—millipede
- souldoewo—woodlose
- drongu telebe—ground beetle

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



The Environment and Me



theenvironmentandme



TheEnviroandMe

## ANIMAL CAMOUFLAGE: 5

Over the past few weeks we have looked at a wide variety of animal camouflage types. As this is our final week on this subject I have selected a few of the more amazingly efficient camouflage examples and a final one that is my all-time favourite. I hope you have fun trying to spot the animals but if you find it even more difficult due to the small pictures then I would encourage those of you with an internet connection to explore them on the net.



Baron Caterpillar on a leaf  
(image from technocrazed.com)



Cuttlefish hiding amongst coral debris  
(image from technocrazed.com)



Gecko masquerading as lichen on a branch (image from technocrazed.com)



Gecko on tree (image from technocrazed.com)



UK Pepper Moth on lichen (image from ZME Science)

My final and favourite animal is the Great Potoo from South America. This bird mimics a broken branch using colour, texture and shape to achieve this amazing camouflage. This works unless the Potoo opens its eyes!



Great Potoo and young on the nest (image from Photo Buffer)

I hope everyone has learned something about camouflage in both the world of wildlife and humans but most of all been amazed and had some fun. A web search will bring up many more astounding examples from Nature!

Enjoy, Martin



Great Potoo blowing its cover! (image from interest)

This text was sent to me by a friend. She found it on Facebook, so some of you may already have seen it! It is not nature based but it is definitely wellbeing sense! It certainly struck a chord with me amid the chaos of this year where everyone's doing their very best to keep their heads up and moving forward. Hope you find something useful in it too, Rosie

"When I was at my lowest points in life, I couldn't get out of bed some days. I had no energy or motivation and was barely getting by. I had therapy just once per week, and on this particular week, I didn't have much to 'bring' to the session. He asked how my week was and I really didn't have anything to say.

"What are you struggling with?" he asked. I gestured around me and said "I dunno man. Life."

Not satisfied with my answer, he said "No, what exactly are you worried about right now? What feels overwhelming? When you go home after this session, what issue will be staring at you?"

I knew the answer, but it was so ridiculous I didn't want to say it. I wanted to have something more substantial. Something profound. But I didn't. So I told him, "Honestly? The dishes. It's stupid, I know, but the more I look at them, the more I CAN'T do them because I'll have to scrub them before I put them in the dishwasher, because the dishwasher sucks, and I just cant stand and scrub the dishes." I felt like an idiot saying it. What kind of grown-up woman is undone by a stack of dishes? There are people out there with actual problems, and I'm whining to my therapist about dishes?

But my therapist nodded in understanding and then said: "RUN THE DISHWASHER TWICE."

I began to tell him that you're not supposed to, but he stopped me. "Why aren't you supposed to? If you don't want to scrub the dishes and your dishwasher sucks, run it twice. Run it three times, who cares?! Rules do not exist, so stop giving yourself rules."

It blew my mind in a way that I don't think I can properly express. That day I went home and tossed my dishes haphazardly into the dishwasher and ran it three times. I felt like I had conquered a dragon. The next day I took a shower lying down. A few days later I folded my laundry and put it wherever it fit. There were no longer arbitrary rules I had to follow, and it gave me the freedom to make accomplishments again.

Now that I am in a healthier place, I rinse off my dishes and put them in the dishwasher properly. I shower standing up. I sort my laundry. But at a time when living was a struggle instead of a blessing, I learned an incredibly important lesson:

**THERE ARE NO RULES. RUN THE DISHWASHER TWICE!!!** Author unknown



**Stay  
safe**

