

# Up!

OCTOBER 2022

WORKING  
TOGETHER



Making the world  
a better place -  
one page at a time

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# Up Front!

Happy birthday to us, happy birthday to us! ...

Well, who'd a-thunk it?! Two whole years since we sat down together for a coffee at the height of lockdown and wondered what we could do to make a little difference. We agreed that top of our list was to inject some badly needed positivity into a world which, at the time, looked and felt bleak.

And here we are, two years later! Covid is still with us, but thankfully is a shadow of its formerly menacing self. It will eventually fade away into a common cold, which is exactly what happened to the infamous post-WW1 Spanish Flu pandemic. Of course, life still has plenty of challenges, but guess what we've discovered? In life, you find what you look for. Once you begin looking for positive news, you find that it's everywhere! This month's edition is testament to that. It's all about our central reason for being - working together for the common good.

Enjoy!

Bridget & Harry x



*This month's front cover features Buy The Kilo artwork (see page 5)*

# Fix Up!

## COLWYN BAY REPAIR CAFE

A cafe with a difference ...

**We love the idea of your 'Don't bin it, fix it' repair cafe. Tell us how it came about and how it works ...**

Well, as an organisation we work to themes decided by local residents. One of those themes is the Environment, so early this year we were looking for projects to make a positive difference in that area and came across the idea of Repair Cafes.

No money changes hands at a repair cafe (unless folk want to give donations to our upkeep). We have fabulous volunteer fixers with loads of different skills, from bike maintenance to sewing to electronic goods repair, and they all get together once a month in a local community centre.



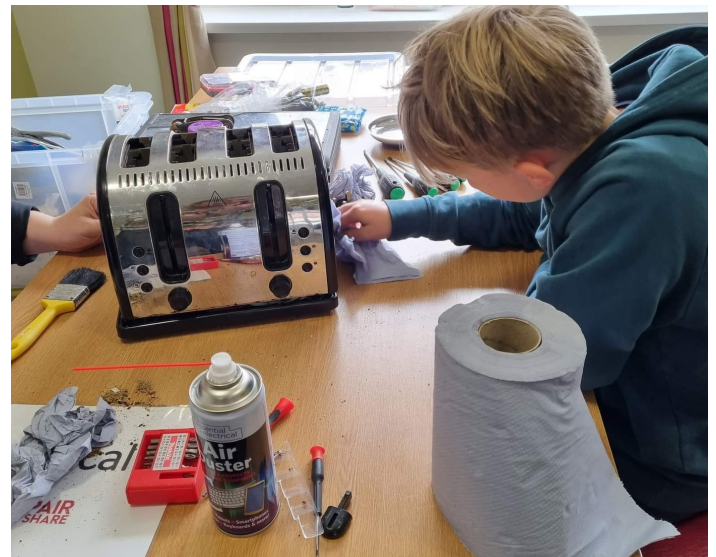
If the volunteer is happy to have a go, they'll sit with the person who brought in the item and show them how they're going about the fix. This learning aspect is really important -

the repair cafe isn't a service, it's a communal activity and a chance for learning and mutual support.



Everything is PAT tested on arrival and exit to ensure it's safe, and if a fix is taking a little longer than usual, there's copious tea and homemade cake to munch while waiting! Some people just come along to see what's going on and take in the atmosphere.

We had a lot of inspiration and help from Conwy Repair Cafe and Repair Cafe Wales to get set up, for which we are forever grateful!



**What's the response been like from the local community?**

The response has been great! What's really touching about the Repair Cafe is how much it means to people to have someone care for their item and, by extension, them.

Seeing what goes on in Colwyn Bay Repair Cafe and Conwy Repair Cafe, you can see that it's deeper than simply saving things from landfill (though that's important too), it's about community and connection.

# Fix Up!

## COLWYN BAY REPAIR CAFE

**It must be wonderful to be able to fix something of sentimental value ...**

Yes, the sentimental items are my favourite to see. We've had graveside ornaments put back together, and family heirlooms given some TLC (we're still looking for a fixer for a beloved Teddy Bear). For those things our repairers often go the extra mile, sometimes taking projects home to work on after hours. They've even been gifted homemade crumbles as a thank you - an exchange of labour rather than cash. It's lovely.



**You must get quite a wide variety of items to look at. Tell us about some of the more unusual or satisfying ones you've repaired ...**

You never know what will come through the door - we've fixed toasters and lawn mowers, assembled bikes; we've repaired jackets - we've even fixed a wobbly wheel on an antique tea caddy! The volunteer repairers love it and get such a kick out of the challenge of the fix.



**There must be a lot of highly skilled people out there who don't get to use their skills anymore. Would you advise them to look out for projects like yours?**

Yes, absolutely. What we often find is that people are quite shy about their skills. If you are, don't worry - just come along and pitch in where you can. We guarantee you'll be able to give more than you think. Sometimes fixers work together on a project, so there is real camaraderie on the day.

If you're thinking about setting up your own repair cafe, go for it! There's loads of help out there. You don't have to start out all-singing-all-dancing either. Cafes usually start with one or two fixers who give a few hours once a month, and because the idea resonates so well with people, soon enough you'll be a bustling hub of activity.

Go to <https://repaircafewales.org> for information on the scheme in Wales, or <https://www.repaircafe.org/en> for more general information

**Best thing though is to just send them an email - they're really friendly and helpful.**

# Word Up!

## YOUR POEMS ON THE THEME OF WORKING TOGETHER

### **Mundane Happenings**

Little do you make  
of my shortcomings.

Everything about you  
gives me confidence.

The days go by with  
mundane happenings  
and I do not get bored.

You give me sugar.

My body does not embarrass you.

Anything we do together is fine by me.

Little do you make  
of my shortcomings.  
I love that.

Everything about you  
gives me confidence.

You do not disregard me.

You do not take me for granted.

When I see you coming my face lights up.

Anything we do together  
is freedom for you and me.

**Luis Cuauhtemoc Berriozabal**

### **Quilt of Life**

“Please, stay. Let’s make this life together!”

My father said to my mom in the morning.

This is what life is, a colorful quilt -

In size that we can make it by choice.

Every piece has its story; every color is a season of love,  
Happiness or some sorrows, and disappointments

When something doesn’t fit perfectly on the corners,

But it can be fixed with another colorful patch.

It takes work, patience and dedication,

a few sparkles in the eyes and keep going with a smile

When the weather is not very pleasant,

But the quilt will warm us up. It is our taste of life.

### **Petrouchka Alexieva**

### **October**

The rain falls like downy feathers, tickling my skin,

and my feet leave their stamp on rugged sand,

while salt water trickles through shallow channels.

The fisherman strides in yellow gum-boots, his boat  
stranded on the shore-line awaiting his swift return.

A couple sit in deck-chairs, defying the drops.

Their children chase, helter-skelter, red and blue

cagoules on the fringes of waves rolling lazily inland.

A dog follows the trajectory of a ball, fleet of foot.

Drops turning heavier now, I seek shelter

under the over-hanging rock of the cave edge.

Silence is broken only by the roar of the jet-skis,

and as I sit, forming balls of cool sand in my fist,

and allowing the grains to slip through my fingers,

with the passing of the summer, I feel myself

belonging once again. I know I have come home.

**Jenny Thompson**

# Weigh Up!

## BUY THE KILO

**Up!** revisits an early friend, Jackie Sewell, to discover more about the link between plastic-free shopping and the world of art

We were delighted to feature **Buy The Kilo** in the very first edition of Up! back in October 2020.

**How was the rest of Lockdown for you?**

We were delighted to be part of your first edition and who would have thought everything would change so drastically? We changed our business overnight, from a vibrant shop with loads of chat to a shop counter where the most important thing on people's minds was getting food.

Our environmental ethos disappeared overnight as people were concentrating on surviving. It was such a hard time for everyone. As we got to know our customers personally, we became custodians of their personal situations and information. Rachael and I were very privileged and cried a few tears.



Our little shop took on a new identity and 3½ years later we are just starting to talk about environmental issues again.

Now we have to tackle the new pandemic of poverty. We are trying to show people that the whole idea of the shop, apart from saving plastic, is you can buy what you need and not what you're forced to buy at the supermarkets. You are saving both money and food waste - the latter being a huge problem in this country.

**It's great to see that, alongside your original sustainable products, you've diversified into community arts projects. How did this come about?**

From opening the shop, we have always had a Gallery space; in the beginning we had two walls but the customer demand for new products meant we had to lose a wall to expand our range. Every year since then, we have put a call out on Curatorspace, a platform for artists to apply to exhibit. Each year we have had a different subject, and artists submit their work for consideration to exhibit in our Gallery. We have had over 30 exhibitions involving artists from all

# Weigh Up!

## BUY THE KILO

over the country and Europe. Each year we have 11 artists exhibiting for one month, the 12th month is always kept for our community exhibition. For this we put a title and a task out to our community. During the pandemic, it was 'Stay Creative' and we had eighty 5-inch square submissions. Last year we had forty 6-inch beautifully embellished fabric circles about Climate Change. I created a banner and it's still hanging in the Linskill Centre in North Shields. A group of us, including staff, customers and friends took this banner to COP26 and marched with it in Glasgow. It had a fantastic response from other marchers and pictures of the banner went viral.



### Tell us about your favourite projects so far.

It's impossible! This month's community exhibition is a hexagon #beethechange. We have had over 120 submissions; one group was a year 7 school group's art homework. It has been incredible.

Art always creates conversation, as an artist, it is amazing to work with so many creative people and those are our customers we talk to daily, not to mention all the incredible artists that submit to exhibit their work in our Gallery.

Apart from our art, we also have other projects which go on through the year. People love to engage with whatever we set up. They fuel customers' imaginations, and ideas flow. We had a gardening project last year and we had some gardening items that were donated by B&Q, so we asked people to send us their interpretations of Van Gogh Sunflowers and we had some incredible entries - the winners took the gardening items home as their prizes. We have had so many fantastic moments even though we have gone through a pandemic ... it has kept us going and motivated to try and keep our shop open.





# Weigh Up!

## BUY THE KILO

Every month we receive poetry submissions from all over the world, and it's a privilege to read them. You must feel the same when people send in their project contributions ...

Yes, we always feel very privileged to be exhibiting artists' work, they trust us with their work and allow us to show it how we like. This is a really hard thing to do, as you want to do the work justice and keep the meaning of the work in the forefront. We feel very lucky.

### What does the next year hold in store for you?

At Christmas we had to decide to sign a new lease, this was very hard as all our plans had been stopped by the pandemic. The business was not sustainable at that point, but we knew we had to try and continue with the plans we had from our first year. We are trying our best to keep the shop going but as people are not spending, we really don't know what the next year holds. All we can do is put our plans in place and hope it pans out in a positive way. We absolutely love our fantastic shop and so do lots of people. It would be a crying shame if we had to close.



So there we are, Uppers – a call to action!  
Support your lovely, local, environmentally-aware small businesses. Use them or lose them!

You can connect with Jackie here:

<https://buy-the-kilo.com/>  
<https://www.facebook.com/buythekilo>



*If I have seen further, it is by  
standing upon the shoulders of giants*

**Sir Isaac Newton**

*Our destiny is not written for us, it's written by us*

**Barack Obama**

*I don't like that man. I must get to know him better*

**Abraham Lincoln**

# Buddy Up!

STEVE LOWE

**Up!'s outdoor man is buzzing at the prospect of partnership working**

It has always been one of my many pleasures to watch stripey bees flit from one flower to another, gathering pollen and nectar until, leg pouches full, they zoom off on a mission. This lone bee, perhaps a morning type, returns to the hive, where she (and it is only the she's, guys!) unloads the booty before returning to work once again.



Alone, she would make little difference, but as part of the hive of up to 50,000 honeybees, she is part of a team where every member has a specific role to play. Duties are segregated and can change, yet every individual has a part to play and if that fails, the entire hive is at threat.

Males, aka drones, are only responsible for mating with the queen, whilst females are responsible for various genetically assigned jobs, including foraging and security. Scout bees will look for food or shelter and all make a 'democratic' choice when consulting with the hive. Individual bees can



read the hormones produced by potential predators. If the bees sense danger, then they send signals to alert other bees to prepare for an attack.

In fact, bees act as a "super-organism", a term first attributed to James Hutton (a geologist!). It usually describes a social unit of animals, where division of labour is highly specialised and where individuals are not able to survive by themselves for an extended period.

I am currently part-way through learning how to be a beekeeper. The life cycle of bees is amazing and although I have yet to be exposed to an active hive, I wish that I had started many moons ago. It may have been the costume that put me off, but as I look like the Michelin man nowadays anyway, there is no excuse left.

I have often jokingly been called a "bee whisperer" by friends, gently picking them up from flowers or the floor, lifting heavily laden workers close to water or food. In my working life, the essential connection between bees (and other pollinators) has been a core principle in how habitats work. So it's been really worrying to read about the recent decline in their populations.

Large bees, such as bumblebees, have a lower heat tolerance. Thus, they are more susceptible to climate change and a warming climate, and a decline can cause "cascading" effects on plant

# Buddy Up!

STEVE LOWE

pollination, affecting many ecosystems, including humans.

So, surely we can appreciate that we can all do more to address these ecological issues? As individuals we can ALL make a difference, as we know. But working together is essential to ensure that the entire super-organism (society) will survive – surely? Yet, it's sometimes hard to see where this actually happens in a news environment full of conflict and party politics.



So, what an absolute privilege to spend this week up to my neck in water, with young graduates from Coca-Cola, all working together to make a difference.

I know that big corporates always get accused of “green washing” but in my experience it's easier to be cynical than to look at the practical evidence. So, yes, as a global company it operates in 207 countries, with consumers enjoying beverages at a rate of 1.9 billion servings a day, using about 305 billion litres of water a year, as its main ingredient. But they recognise a need to embrace the responsibility to balance the water they use, and the result is “Replenish”.

Replenish works in two ways, through wastewater treatment and replenishment projects.

So, water used in the manufacturing processes is properly treated through a thorough wastewater treatment system before being released back to nature at a level that meets high internal standards as well as local laws and regulation. Vitally it must support aquatic life.



Water used by consumers is where my own immersion comes in, as locally Northumberland Rivers Trust is delivering a community water project in the county, enhancing the catchment of the river Wansbeck, where the company has a bottling plant.

Of course, many environmental projects receive corporate support. But this feels different in many ways.

One is that staff from the local plant (all of whom are also consumers) have all been out planting trees, building paths and improving wetlands, alongside landowners and farmers. The latter have hosted new habitats on their land, mainly ponds, which serve to capture and slow groundwater and surface run-off, thereby acting to enhance water quality at the same time as increasing biodiversity. It's all about joined-up thinking or “all things are connected”, as sagely shared by Chief Seattle of the Suquamish peoples.

# Buddy Up!

STEVE LOWE

So, the “Wilds of Wannie” have become a focus, even drawing senior executives to take an active part, enhancing the understanding of the vital connection that the source of all that H2O has to the environment through which it flows AND to the ecosystems and communities that it supports. The latest expansion of this teamwork sees an additional link up with the National Trust at Wallington, twenty square miles of upland, moor and river which has the potential to be managed less intensively, to the benefit of the entire catchment.

And it’s in the upstream section that I have been dousing myself, leading a team of graduates from Coca-Cola, alongside Pete & Elaine Kerr of Northumberland Rivers Trust.

Now, it must be accepted that the wet and windy north is a challenge to many. It is certainly true of our 9 graduates, as they greet us within sight of The Winters Gibbet. From all parts of the UK, with different personalities, backgrounds and cultures, not one had been this far north! Or this close to Scotland.

One week later, they have fallen into rivers and ditches, cut and sawn timber and constructed a public viewing platform and two otter holts, blocked a huge drainage ditch and planted 2000 willow trees. They did this together, with enthusiasm and laughter and with inquisitive minds, eager to understand the mechanics of wetlands and rivers, to learn the art of power tools and to fall totally in love with Northumberland, even to go home with a “whey aye” and a “howay man”!

Importantly, the team has acted to slow down



water from the uplands by re-blocking drainage ditches and allowing water to rehydrate surrounding soils, including peatlands, a vital carbon store. This allows nature to reverse man-made drainage and a consequent reduction in flood risk. Slower water means silt is deposited rather than carried downstream, and water quality is better as a result, allowing river life to thrive. In the habitat re-created curlews can feed their young on the abundant insect life, whilst fish can spawn on the silt-free gravels. Equally importantly, this working together as a team achieves more than the individual contributions and has contributed socially and mentally. Will everyone remember the week spent together? Whey aye!



*An experienced wildlife professional, Steve currently works freelance with Northumberland Rivers Trust as well as undertaking work with volunteers on local heritage and archaeology projects.*

*His hope is to leave the world a better place.*

# Word Up!

## YOUR POEMS ON THE THEME OF WORKING TOGETHER

### **The Class Of '68**

Morning assembly and Sister Josephine  
praises the Head Girl's Speech,  
calls it a testament to everything  
the school upholds.

We grin at each other, at Barbara.  
She made a shaky start last night  
but we willed her on, knew she'd be safe  
once she reached the part that read

What I'll remember after I've left school  
is the friendship and encouragement.

We already knew the words,  
shared them yesterday as she brandished  
a blank sheet of paper and we calmed her  
with Hail Marys and strong black coffee.

We're a golden Sixth Form,  
our teachers say, the best they've seen -  
random particles of dust that keep merging,  
clinging, becoming an indivisible star.

*Sheila Jacob*

### **O'Farrell's Pharmacy, Artane 1974**

A pyramid of weights sat beside the scales,  
the smaller one's snug in a grainy wooden box.

I loved the fact that they were grains and scruples,  
spent hours measuring pebble-size scruples of acid,

or urea to mix into creams for eczema and psoriasis -  
long before calculators or computers.

We ground oil and water, breaking molecules  
until they gave up their cures.

My mentor, boss a skilled maker of specialist creams.  
A diagnostician and friend to many who needed help.

My calling was elsewhere. I needed words and causes  
more a wordsmith than a herbalist.

But, I'm still a dab hand with pestle and mortar,  
grinding cloves or rugged rosemary.

Meditation in measuring, mixing and making.

*Rona Fitzgerald*



# Joining Up!

## SOUTH MACHARS COMMUNITY CENTRE

What happens when a community comes together

**How did an old school end up becoming such an active community centre?**

The school was originally over 3 sites and was for primary and secondary pupils. The school was then developed and secondary pupils moved to Newton Stewart while the primary pupils were amalgamated into one building, leaving the community centre unused. The council intended to close the building, but a group of local people came together to form what is now South Machars Community Centre.

**Having visited the centre, we came away impressed by the dual focus on both community and sustainability. Are we correct in thinking these are central to the project?**

Absolutely right. The centre has a very strong ethos on sustainability, which is demonstrated with our Reuse Shop and Community Fridge projects. We wholeheartedly embrace any initiatives which bring the community together, particularly in a way which supports the local economy. You can read our Vision on our website; [www.smccwhithorn.org](http://www.smccwhithorn.org).

## South Machars Community Centre Castlehill, Whithorn

01988 500364

WHAT'S ON THIS WEEK?  
10TH - 15TH OCTOBER



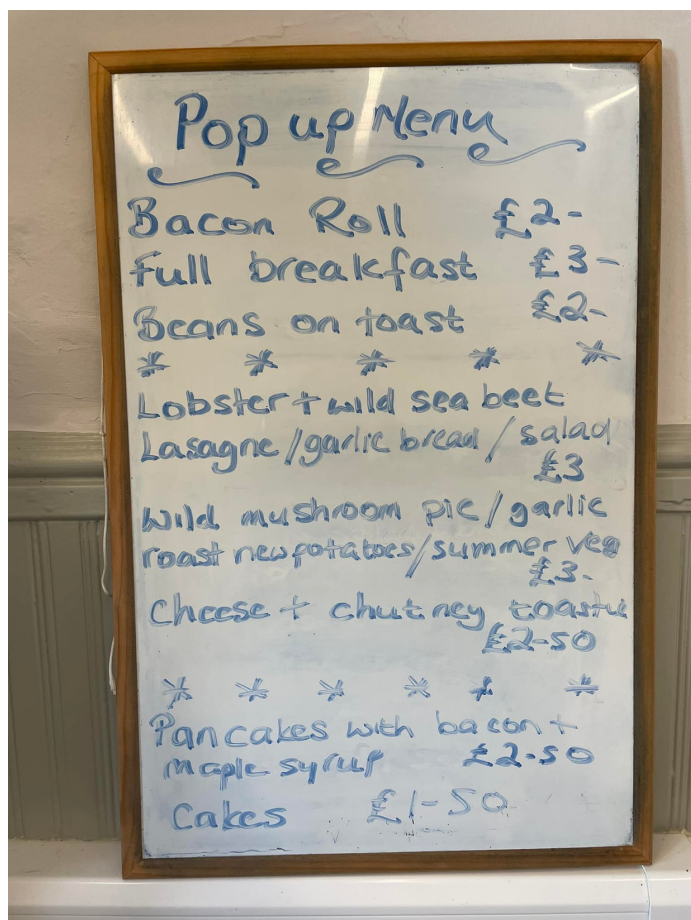
**We've never before been in a café where the fish on the menu (scallops in this case) was caught, prepared and served by the fisherman himself!**

We are incredibly lucky and honoured to have the volunteers we have. It takes a huge amount of dedication and belief in their own community for people to give so much time and effort in supporting the centre and, in turn, the people who use it. Gaining and keeping volunteers is a well-known problem for voluntary organisations and we count ourselves incredibly lucky to have the people we have, with the skills they bring to us. It is important for us as an organisation to ensure our volunteers are appreciated and cherished. If it wasn't for them, we simply would not exist. Our pop-up café was the idea of our trustee Sheralyn Stuckey who is a chef in a local restaurant and gives many hours of what spare time she has to the centre. The local fisherman, John McGuire, just happens to be a fantastic cook and again gives up his time week in week out to provide this amazing offering to the locals.



# Joining Up!

SOUTH MACHARS COMMUNITY CENTRE



**We understand you also work in partnership with local supermarkets in a bid to save produce from landfill.**

Our Community Fridge project was started by Sheralyn and a former trustee Billy Dodds. The main aim is to keep food out of landfill and minimise waste, but it does more than that. It feeds local people and helps to support them when they may need it, particularly during difficult times such as now. We have a partnership with the local Aldi, Co-op and Sainsbury's and are able to provide a huge amount of food to our community for free! Again, this simply would not be possible without our volunteers who, week in week out, travel to all these supermarkets, which can be a 40-mile round trip, to collect the food.



**You've really made good use of the space with the café and Re-use shop. We understand you have a Living Room too ...**

The Living Room is where the pop up café is held. The refurbishment was led by one of our former trustees Kate Macdonald and was designed particularly with people with specific needs in mind, such as people with dementia or cancer - and their carers, in order for them to spend time in a safe place with facilities which might help them to maintain independence. Since then the space has grown into many other things, such as the café and a cosy place for local groups to meet and socialise.



# Joining Up!

SOUTH MACHARS COMMUNITY CENTRE

Finally, what advice would you give to anyone wanting to set up a similar project in their local community?

Determination! And people with the same focus and goals in mind. A clear idea of what is needed by the locals and a plan of how to get there ... and a lot of hard work!



A SEASON OF FILMS FROM DRIFTWOOD CINEMA

driftwood cinema

## A WINDOW TO THE WORLD

STUNNING FILMS FROM AROUND THE GLOBE, SHARED AT YOUR COMMUNITY CINEMA

<b>FIRST COW</b> KELLY REICHHARDT	<b>THE LEGEND OF MOLLY JOHNSON</b> LEAH PURCELL	<b>MINARI</b> LEE ISAAC CHUNG
<b>IT SNOWS IN BENIDORM</b> ISOBEL COIXET	<b>CHARLATAN</b> AGNIESZKA HOLLAND	<b>TALKING ABOUT TREES</b> SUHAIB GASMELBARI
<b>EVERYTHING EVERYWHERE ALL AT ONCE</b> DAN KWAN & DANIEL SCHEINERT		

September 2022 to March 2023 | South-West Scotland  
Find out more about your local screening programme at [www.driftwoodcinema.org](http://www.driftwoodcinema.org)



South Machars  
Community  
Centre

## TEA DANCE

SATURDAY 16TH JULY  
2PM - 4PM  
HOSTED BY STEPHON & ANGIE OF GALLOWAY DANCE

£4 PER PERSON INCLUDING REFRESHMENTS  
NO BOOKING REQUIRED

CASTLEHILL, WHITHORN, DG8 8PN  
01988 500364 INFO@SMCCWHITHORN.ORG

## HAPPY 1ST BIRTHDAY

SAT 23RD JULY

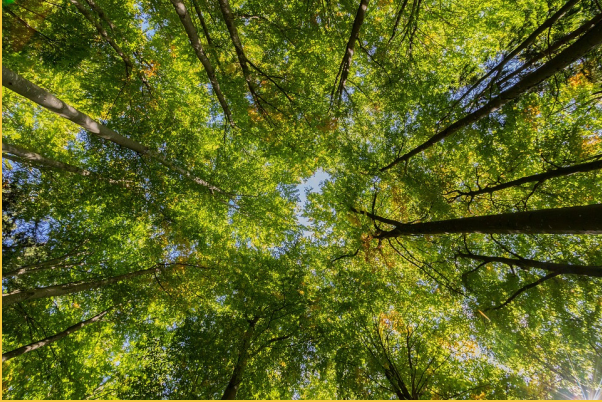
Whithorn  
Reuse Shop

THANK YOU TO EACH OF OUR AMAZING VOLUNTEERS FOR ALL THEIR HARD WORK. AND TO OUR LOVELY CUSTOMERS, FOR SUPPORTING WHAT WE DO.



# Word Up!

## YOUR POEMS ON THE THEME OF WORKING TOGETHER



### **CIRCLE OF LOVE**

Bare branches criss-crossing reaching  
Through the air distance that separates them  
Touching, caressing each other  
As the wind dances around them  
And treetops sway to the rhythm  
Celebrating their communion  
Roots weaving through the earth medium  
Giving shelter and sustenance to rhizomian life  
Who gratefully mine precious minerals  
From pressed down, compacted, solidified earth  
And return the favor  
Hands reaching for the sweetest plumpest fruit  
To taste the bounty of symbiotic cooperation  
Fueling a lifespan of synergistic energy and love  
Bare arms criss-crossing reaching  
Through the air distance that separates them  
Caressing, penetrating, implanting new life  
To continue the eternal cycle  
As one day they give their body back to earth  
And return the favor

*Gail Rivera*

### **Hope**

As our no-spotlight-on-me class math whiz  
Wheezed and shuffled around the sports court  
Good naturedly if half-heartedly  
I got it into my head to ask  
Would you be the girl we need on the team  
So four boys who really want to race can run  
She lay her thoughtful brown eyes on me  
With pleasure, she replied  
Thank you for thinking of me  
On race day I stood on the boardwalk  
Where the runners turn for home  
Brown-Eyed Girl and company had long-since bolted  
Yet here was our alternate  
Half eggbeater-errant half falling-from-an-airplane  
He shouted, I'm running for someone from another school  
Suddenly "There's No I in Team"  
Wasn't just something we admonish kids  
But something they show us  
Every time they lace up their shoes  
If only we know how to look

*Marianne Tefft*

Next month's theme is:

### **THE COSMOS**

Feel free to interpret the theme  
as you see fit and send up to 3 poems  
(no more than 20 lines each please) to:  
[admin@positivelyup.co.uk](mailto:admin@positivelyup.co.uk)

Full submission details can be found  
on our website:

[https://positivelyup.co.uk/poetry-  
submissions](https://positivelyup.co.uk/poetry-submissions)

# Up! From the Deep

JENNIFER C. WILSON

**Up!'s Marine Biologist on underwater team building**

When I first thought about collaboration in the marine environment, my first thought was immediately of coral. Most of you, I'm sure, can picture your classic coral reef, an array of shapes, sizes and colours, but did you know it's a wonderful example of symbiosis? Coral itself is a colony organism, a congregation of genetically identical polyps, a few millimetres in diameter, building a hard reef around them from the calcium carbonate they excrete to form a hard outer skeleton. So, many tiny critters, working together to build the hardy, beautiful coral we know and love. Collaboration No. 1. But that's not all coral has to offer an article about working together.



Although some corals do feed by catching plankton or small fish with their stinging tentacles, the majority of species get their energy and nutrients from even smaller organisms, dinoflagellates, which inhabit their tissues. These are called zooxanthellae, and are the source of the stunning range of colours you see on a healthy



reef. Giving us... Collaboration No. 2! And it's when this collaboration breaks down, due to external factors, that we get the horrible effect of coral bleaching. If a coral community is exposed to excessive stress, such as changes in temperature, acidification, or a sudden change in light or nutrient levels, the polyps can expel the zooxanthellae, losing their colour, and turning the coral white. The coral community may well survive such bleaching, but it does leave the reef vulnerable to any diseases which strike, and for those species which rely on the zooxanthellae for food, it may lead to starvation in the long-term.

You can see why I chose to start with coral, rather than ending with it - this is Up! after all, and we need some positivity. And a film reference. I'm still working on that. If coral is an example of where humans are harming a collaboration then (through pollution, global warming etc.), then we'll go to an example where humans and sea creatures are working together.

Over to Brazil then.

In Laguna, fishermen and dolphins are both rather keen on mullets. The fish, not the hairstyle. I mean, they might like the hairstyle, but that's not relevant to the story. For this story, we're talking fish. With both species after the same food-source, you can see where this

# Up! From the Deep

JENNIFER C. WILSON

could result in problems. In some cultures, you might expect to hear terrible tales of dolphin slaughter, to stop them taking the fishermen's catch. Nope, not in Laguna.

In Laguna, we have collaboration (really though, you should have seen that coming, given the nature of this article). In the muddy waters of Laguna, it's difficult for dolphins to see their prey. What they do then, is slap the water with their heads and tails in the shallows, forcing the fish further towards the shore. When they see this happening, the fishermen deploy their nets, with the dolphins practically herding the shoals towards capture. What's in it for the dolphins? As the fish try to escape, they split off into individual fish, rather than staying in formation. This makes it easier for the dolphins to catch them. Both dolphins and fishermen get what they need from the day.

It doesn't end there though. Research has shown that a particular group of dolphins then stay in the vicinity of the fishermen they've helped, even when fishing isn't actively taking place. More than



that, the dolphins showed a true sense of belonging to each other, staying together, rather than mixing with other dolphins. A true case of learning and collaboration.

On a side-note, further evidence that when the animal community does eventually rise up against us, it'll be the dolphins leading the charge. Remember those orca I wrote about, who can coordinate periods of silence to hunt, and tip seals into the water to get an easy meal? More collaboration. And staying with orca, there's another example from Blue Planet, where a group of orca separate a mother whale from its calf. You can guess the rest. It does not end well for the calf.

I've gone dark again. Let's bring it back and end on a happier note. Pilot fish. This is how I get my film reference in as well...



Remember Dory and Marlin getting their directions? Not pilot fish.

But they do tend to hang around with sharks, with which they have what's called a 'mutualistic' relationship. What's in it for them? The pilot fish gets protection from predators in the open ocean, as well as a free meal from the parasites on the shark's skin (or even from between its teeth, for the braver amongst the shoal!), and the shark gets rid of said parasites, and those annoying bits of its last meal, which you can never get rid of, however

# Up! From the Deep

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hard you try... (No such thing as a toothpick in the middle of the ocean!)

And that's us round in a full circle, with mutualism being one of four types of symbiosis. And a classic example which can be demonstrated by Finding Nemo: the clown fish and the sea anemone.

Clearly, with their immunity to the anemone's stinging tentacles, the clown fish does very well from this relationship, but what does the anemone get? That's where it gets a smidge darker; the clown fish is bait. Being so brightly-coloured, they attract other fish in, hoping for an easy meal. Of course, without the ability to fish off the toxins released from the anemone's tentacles, other fish end up being victims themselves, paralysed, and ingested. Charming.

On reflection, not a happy note to end on. I'll keep going. I said mutualism was one of four types of symbiosis. Two of the others are parasitism and competition, both self-explanatory, and fairly negative, to at least one of the parties. But we'll really end this time, on one I admit I hadn't come across as a term before writing this article: commensalism.

This is more up Up!'s street. Commensalism is "an association between two organisms in which one benefits and the other derives neither benefit nor harm." Not quite as perfect as our shark and pilot fish, but a nice one nonetheless. We'll look at the humpback whale and the barnacle. In these cases, barnacles adhere to the skin of the whale, and in doing so, are carried thousands of miles as they migrate, being brought to the plankton-rich



waters where the whales feast, and filter-feeding their merry way through it all. Despite years of study, the barnacles'

presence doesn't seem to affect the whale at all, and some even think they could help keep the skin clear of harmful parasites.

Plenty of examples of collaboration in the marine world then. And as long as we stay on the commensalism and mutualism end of the scale, working with our sea-dwelling neighbours, there's no reason why we can't all live happily, side-by-side. After all, if sharks and fish can be friends, surely anyone can?

*EDIT: A last minute footnote. As I'm putting the finishing touches to this, the news has just broken that Angela Lansbury has sadly passed away. If you read my article about '[What lies beneath](#)', you'll know how I talked about a certain film being a wonderful mental wellbeing break. It seemed only fitting then to revisit "bobbing along" and see what examples of collaboration were present there. Vital research, you understand? I'm not sure the octopus, flounder and cod playing cards fully counts, but happily, there's definitely some coral in the background (brightly coloured, and healthy, of course). You should, of course, go and see for yourself.*

*As well as being a full-time marine biologist, Jen also writes historical fiction.*

**Facebook:** <https://www.facebook.com/jenniferwilsonwriter/>

**Twitter:** <https://twitter.com/inkjunkie1984/>

**Blog:** <https://jenniferwilsonwriter.wordpress.com/>

# Serving Up!

## BARRY'S EGGS AND VEG

The Delivery Man with a difference ...

**Barry, like us, you started during the depths of the pandemic - in your case, delivering food to people's front doors. What are your memories of being a key worker in a time of national emergency?**

My main memory is how much pride I had in delivering to people who were scared to leave the house, seeing the happiness on their faces as I delivered, the relief and the pure emotion that they wouldn't have to go without basic things like food.

**You then began to offer casserole and soup packs, plus recipes and the like. This must have taken a lot of time to organ!**

Yes this did take some hours! Berni is a qualified chef - she's ex-Army - so she understood the need to eat healthily but also on a budget. We spent quite a few hours going through the best options for each deal, costing things and trying to just get the best deal really.



**One thing that stuck with us was you working in partnership with bakers, butchers and the like, to provide more for your customers. What do you think you learned about the value of working with others?**

That it's all about Teamwork and Communication. People didn't just want fruits and veg, they needed a balanced diet so I approached the butchers and talked about our ideas, and thankfully he agreed this was a good idea.

That's where it started with doing meats - and it rather escalated from there!



**Tell us about the work you do with North East Homeless Hub ...**

Oh, I feel really passionate about the work they do; I will always go out of my way to help when

# Serving Up!

## BARRY'S EGGS AND VEG

and wherever possible, the food I supply them is priced as low as I can possibly make it.

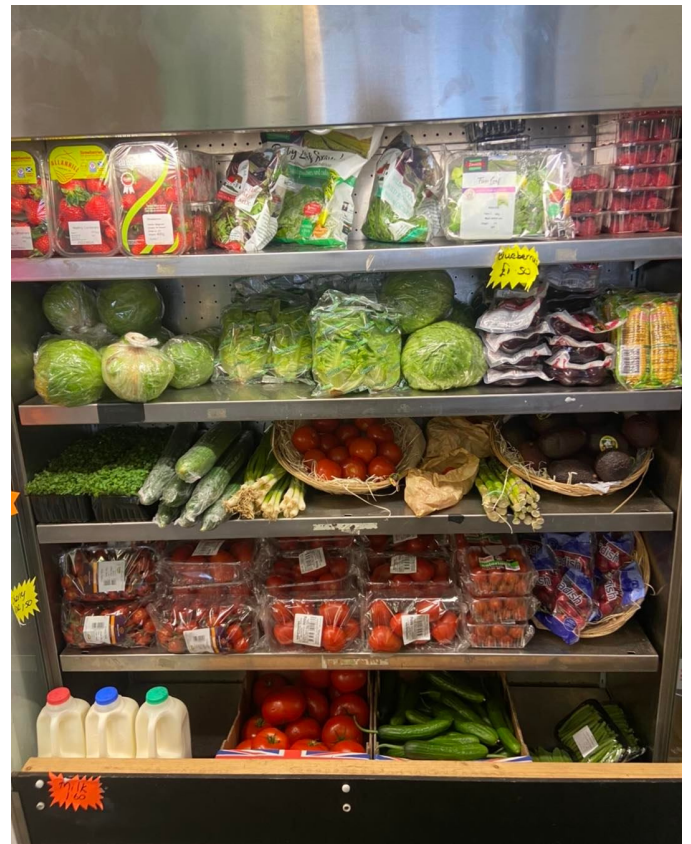
I attached a donation button to my order form so others could donate too, and this has been very popular. When the hub places an order it's great when I can say to them "This one's free, due to donations".



In fact all the money I am raising now is to go towards their Christmas food drive. The plan is to feed as many people as possible on Christmas day - there will be 200 - 300. I'm hoping we can raise enough money to pay for all the fruit and veg that is needed, so the funds can go to other areas where it's needed - blankets, sleeping bags and the like.

**We know that, as well as continuing to deliver produce, you've just opened a new shop. What are your plans for the future?**

My plans are to keep the townsfolk of North Shields as healthy as possible without breaking the bank! Also, with the cost of living soaring, it's nice to know you can buy just the amount of what you need instead of buying big bags of things - it's especially great for the single and elderly. It saves food waste and also saves customers money - and that can't be a bad thing.



I have seen families coming in, buying 2 or 3 bananas or apples because they couldn't afford the big bags that supermarkets supply, it's also keeping it as local as possible so everyone gets help.

It's a good feeling!



**You can find Barry and his lovely wife, Berni, here:**

<https://www.facebook.com/eggsandveg>  
[barryseggandveg@gmail.com](mailto:barryseggandveg@gmail.com)

# Word Up!

## YOUR POEMS ON THE THEME OF WORKING TOGETHER

### Lessons in Lego

*...and this yellow one is his equipment belt. It goes here between these two blue pieces. He's a good guy. The bad guys wear red and shoot red laser beams from their saber sword. They don't really kill people though, it's not real life. They're just toys, Papa.*

*No, I'll be doing this part. Your job will be to put the pieces in piles of the same color so I can find them better. Sometimes it takes me longer to look by myself.  
You're a good helper, Papa.*

*We already did that page, we're right here. It's the robot hover capsule. I already know how it goes together by myself, see. While I finish this one you can put the wheels on the Transport tanker and then we are done. They go on like this, Papa.*

*Yes! High Five! We did it, good job. It looks just like the picture on the box.  
Thanks, Papa. I love you. Let's go show Dad.*

One six year old  
Plus one sixty year old  
Equals two six year olds

**Carl Papa Palmer**



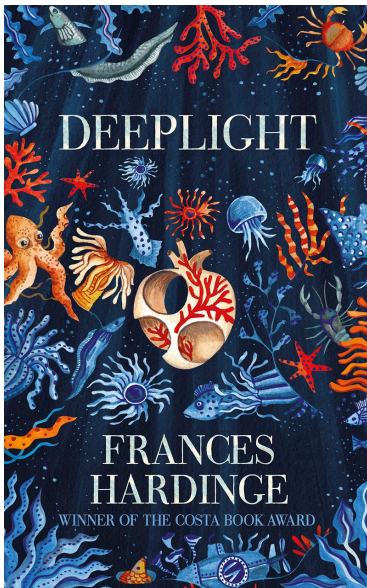
# Read Up!

JENNA WARREN

More 'Back to School' reads from our resident book reviewer



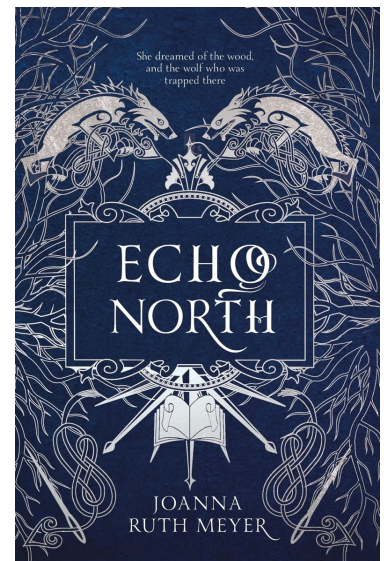
Welcome to 'back to school' books part two! Last month, I wrote about some of my favourite middle grade titles, so for October, I'm going to focus on books for teenagers and young adults.



First up, we have the wonderful *Deeplight* by Frances Hardinge. This fantasy novel is set around the Myriad, an archipelago once dominated by the presence of great sea gods. But the sea gods – monsters reminiscent of sea serpents and the kraken - all fought to the death in a great catastrophe years before the book begins. Occasionally, the people of the Myriad will find a relic from one of these creatures. These fetch a high price. The novel follows fourteen-year-old friends Hark and Jelt, two boys who live on the streets and make a living diving for relics. One day, they find an object of great power.

This is a book about power and the different ways it can corrupt. It's also an exploration of toxic friendship. Hark would do anything for Jelt, but it soon becomes clear that he's sacrificing his own morals and sense of self along the way. This is one of the finest fantasy novels I've ever read, with some fabulous worldbuilding. I'd highly recommend it to older teenage readers.

Also in the fantasy genre, I would recommend the excellent *Echo North* by Joanna Ruth Meyer. Taking fairy tales as its inspiration, it begins with Echo, a teenage girl, who, in true fairy tale fashion, finds her world turned upside down when her father remarries. One night, her father goes missing, and Echo ventures into the winter forest in search of him. She discovers that he's being guarded by a wolf, who offers Echo a bargain: he'll save her father's life if Echo agrees to live in his enchanted house for a year. These are familiar fairy tale tropes, but then the author deviates from the Beauty and the Beast plot in very interesting ways. The enchanted house is an extraordinary, almost surrealist creation. Rooms appear and disappear, and it's Echo's job to physically bind the house together. The library contains books in the form of mirrors, which the reader can step inside to live out the story. And for reasons that are gradually revealed, the house is under threat.

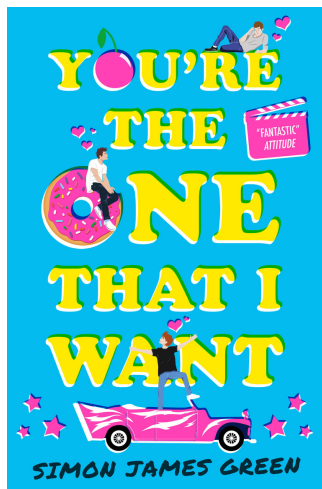


The novel draws inspiration from the tales of East of the Sun and West of the Moon and Tam Lin. I loved it and would recommend it as a truly magical tale for winter nights.



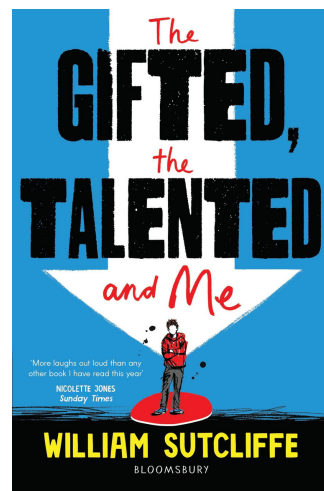
# Read Up!

JENNA WARREN



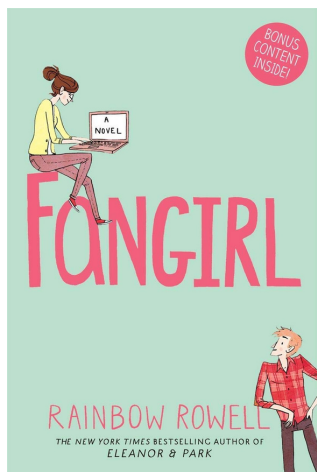
In a different genre, there's *You're the One That I Want* by Simon James Green, an hilarious LGBTQ+ romantic comedy and coming-of-age story. Freddie has just started at sixth form college, and he's tired of being unremarkable to the point that people forget who he is. After embarrassing himself in front of teen TV star Jasper, Freddie decides to reinvent himself. With the help of his friends, he decides to say 'yes' to every new opportunity. One of these opportunities is the chance to audition for *Grease*, the college musical. Freddie loves musicals, but hasn't dared go anywhere near a stage since his traumatic experience playing Javert in a school production of *Les Misérables*. This is a warm, funny novel about first love and teenage friendship, and about figuring out who you are.

Another brilliant comic novel is *The Gifted, the Talented and Me* by William Sutcliffe. Our hero is fifteen-year-old Sam, who prides himself on being ordinary. He just wants to hang around with his mates and kick a football about. But then Sam's family get rich, move to London, and pack him off to a new school: the North London Academy for the Gifted and Talented.



Sam is in despair. He considers himself neither gifted nor talented. But suddenly, he's surrounded by kids who think they are. Everyone around him, including his siblings, are suddenly becoming artists and forming experimental bands. To make matters worse, his mum has decided to become a blogger, recounting her experiences of raising teenage children, and also a poet, sharing her rather intense poetry at the dinner table.

In order to spend more time with a girl he likes, Sam auditions for the school production of *The Tempest*. Perhaps being at the academy has an upside, after all. I love this book. It has become my go-to recommendation for funny teenage fiction.



*Fangirl* by Rainbow Rowell is a great story about the experience of going away to university, and I love that it highlights the fact that settling into uni can be difficult. Cath and Wren are identical twins, but while Wren is extroverted (or at least behaves that way), Cath is a shy introvert. As a teenager, she became something of a star of the fanfiction world, and she wants to be an author. Unfortunately, her Creative Writing professor doesn't rate fanfiction very highly. Cath is also worried about her dad, who is living alone now his daughters have gone to college. She feels overwhelmed and homesick. Like many coming-of-age novels, *Fangirl* is about the main character discovering who she is and finding friendship and romance. It's funny and sensitively written. A wonderful book set on campus.

# Read Up!

JENNA WARREN

For something completely escapist, cosy, and Christmas-themed, I loved *Dash and Lily's Book of Dares* by Rachel Cohn and David Levithan. The novel is set in New York over Christmas and New Year, and follows teenagers Lily and Dash. Lily decides to leave a notebook on a shelf in her favourite bookshop, containing a set of challenges, in the hope of finding her perfect boyfriend. Dash, the teenage embodiment of a lovable curmudgeon, finds the book and accepts the challenge. Both characters use the book to communicate, daring each other to visit new places and try new things until they eventually meet in person. A big theme of the book is stepping outside your comfort zone, and this is explored in a funny, sensitive way. It's written as a dual narrative, with distinctive voices for both characters, which I loved. Highly recommended as a Christmas read.



*Jenna Warren is a bookseller and writer from Teesside. She studied Theatre and later Creative Writing at university. She runs Book Corner, an independent bookshop in Saltburn-by-the-Sea. Her debut novel, *The Moon and Stars*, will be published by Fairlight Books in October 2022.*



## Where Is HoneyB?



Where on earth has the intrepid little explorer been this month?

If you think you recognise the mystery location, simply post your suggestion on the Up! facebook group page and tag it #HoneyB.

Good luck!

# Coming Up!

Looking back through this month's issue, one thought occurs - aren't people great! Wherever we look there are wonderful people doing wonderful things to help each other, and to make life better and nicer for us all. We can't of course deny reality - we are after all writing this from the UK which at present faces a plethora of challenges. However, the Up! Community Group will continue to do everything we can to make a difference.

Which brings us to a special thank you. None of the past two years would have been possible without the support of the National Lottery Community Fund. Their help has not only enabled us to continue producing the magazine, but allowed us to reach out to people through a planned programme of community events. These have already begun, with much more to follow, and we'll keep you updated.

Coming up next month we look upwards and outwards as our theme will be 'The Cosmos'.

Until then, look after yourselves, look after each other and keep looking Up!

Much love  
Bridget & Harry xx



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