

# BioBeo Buzz Nollaig

## 2024

GIVING A VOICE TO ALL IN THE BIOECONOMY



Welcome to the December edition of BioBeo Buzz. We have an extra special, bumper issue for you this month. But before we get started, don't forget you can catch up on past newsletters and discover some of the other amazing outcomes from the BioBeo project including videos, games and comics on the BioBeo website [here!](#) This month we have an amazing new BioBeo song and video that you will love! We have a great AI activity for you to try, a fascinating article on volunteering in Finland and our first career profile for you to check out. Plus we have the return of our BioBeo photographer and another activity courtesy of the students of Maynooth University. What are you waiting for? Let's go!



## Return of the Bioeconomy Bard – Jamie Murray!

Dia dhaoibh, a chairde! ☀

I've been working on some really exciting projects recently, and I can't wait to share them with you! First, I worked with over 15 amazing musicians and 10 talented dancers to create a song and music video called An Talamh Bhláfar (which means The Fertile Land). The song is all about how we can look after the planet and celebrate Irish culture. One of the musicians, Liam, who played on the song, even featured on the Late Late Toy Show. Did any of you spot him? The ACDC-inspired piece is on YouTube now! You can listen to and watch our song below. Get ready to sing and dance along! 🎵☀



I've also been sharing lots of fun and easy sustainable Christmas hacks on [social media](#). From making homemade Christmas decorations and wrapping paper to creating eco-friendly gift ideas, I'm helping people have a greener, more planet-friendly Christmas. 🌱♻

It's been such a fun and busy time, and I hope these ideas inspire you to try something new this Christmas. Thanks for reading. Nollaig shona!

Slán go fóill,  
Jamie



## Joke Spot 🤔😄

Q. I have a joke about recycling..  
A. But unfortunately it's already been used!

Q. Did you know that you can take those blue boxes of batteries without paying for them?  
A. They are "Free of Charge"!!

## Bioeconomy



## Matters Podcast

[Bioeconomy Matters](#) – your daily dose of sustainability! Tune in this month to hear all about waste reduction in the bioeconomy! Are you conscious of the amount of waste produced every year during the festive season? Then this is for you!

In [this episode](#), Gittemarie Johansen, a public speaker, author, and zero waste expert, shares her zero waste quest. She provides practical tips for reducing waste and connects this to the bioeconomy.



# Make a Bird Feeder!



*This article is available 'As Gaeilge' or in English below.*

Scríobh Saoirse, Emma, Bláthnaid, Aimee agus Eoghan an t-alt seo. Is scoláirí oideachais iad i Roinn Froebel, Ollscoil Mhá Nuad.

This piece was written by Saoirse, Emma, Bláthnaid, Aimee and Eoghan, students of the Froebel Department in Maynooth University.

## Acmhainní:

Cartán bainne, Siosúr, Sreangán, Péint déanta as sméara, Scuab phéinteála, Uisce, Cupán in-athúsáidte, Síolta, Im piseanna talún, Cipín

## Céimeanna:

- Bailigh cartán bainne atá folamh, glan amach le huisce é agus lig dó triomú.
- Go cúramach, gearr oscailt dhronuilleogach le siosúr ar thaobh amháin den chartán, agus fág spás do na héin chun na síolta a aimsiú.
- Maisigh an cartán bainne le péint déanta as sméara.
- Ansin, cuir poll ag bun an chartáin faoin oscailt agus cuir cipín anseo mar shuíochán do na héin.
- Déan poll eile ag barr an chartáin agus cuir an sreangán tríd an bpoll chun é a chrocaidh agus ceangail go daingean é.
- Cuir na síolta ar an gcuid oscailte den chartán bainne – is féidir im piseanna talún a úsáid chun na síolta a choinneáil in áit.
- Croch do bheathadán éan go hard lasmuigh agus féach ar an draíocht a tharlóidh.

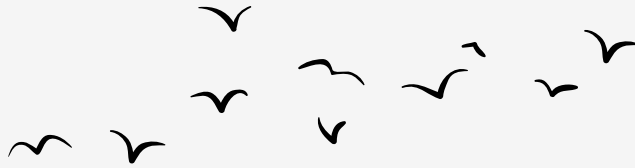


## Tascanna breise!

Is féidir leis na páistí dialann a choinneáil agus breathnóireacht a dhéanamh ar na héin agus aon ainmhí eile a fheiceann siad. D'fhéadfadh siad píosa scríbhneoireachta a dhéanamh faoi na héin nó pictiúir a tharraingt. Chomh maith leis sin, is féidir leo nóta a scríobh faoi cé chomh minic is a thugann na héin cuairt ar an mbeathadán éan.

Éin a fheicfidh na páistí timpeall na hÉireann:

•Spideog, Gealbhan binne, Druid, Lon dubh



## You will need:

Milk carton, Scissors, String, Paint made from Berries, Paint brushes, Water, Reusable cup, Seeds, Peanut butter and a Twig.

## Steps:

- Gather an empty milk carton from home, clean it out using water and then let it dry.
- Using a scissors, carefully cut a rectangular opening on one side of the milk carton, leaving enough space for the birds to access the seeds.
- Decorate the carton with colourful designs using paint made from berries.
- Next, poke a hole through the bottom of the milk carton, under the opening and insert a twig here for the birds to rest on.
- Poke another hole, but at the top of the milk carton, and thread a piece of string through this hole for hanging and tie it securely.
- Add the seeds to the open part of the milk carton – peanut butter may be used to keep the seeds in place.
- Finally, hang your bird feeder in an elevated area outdoors and watch the magic happen.



## Bonus tasks!

Children could keep a journal and make observations of the birds they see. The children could write about these birds or draw pictures of them. They could make a note about how often the birds visit and how soon the bird feeders need to be refilled. Check out this simple [spotter sheet](#) to help you identify some common garden birds.

List of birds to look out for:

- Robin
- House-sparrow
- Starling
- Blackbird





# Career Profiles:

**Name:** Dr. Meabh Boylan

**Role:** Biodiversity Officer, Kildare County Council (Local Authority in Ireland)



## AN OVERVIEW OF YOUR JOB:

My job is to create a plan for Kildare that helps protect nature and all the amazing plants and animals around us. I work with others in the council to make sure we look after biodiversity, like doing surveys to see what wildlife we already have. I also support local groups who are protecting nature in their communities. This helps Kildare be part of the bioeconomy, where nature and people work together for a better future!



### WHERE ARE YOU USUALLY BASED?

I am usually based in the Kildare County Council Offices but also spend some time out and about meeting with community groups, researchers etc.

### WHAT'S THE FAVOURITE PART OF YOUR WORK?

I love the variety of work I get to do. I get to meet and work with lots of different and interesting people. There are lots of chances to continue to learn and get involved with projects that interest me. I enjoy working outside in nature and there are lots of opportunities for that!

### A TYPICAL DAY...

It depends!! I could be out running an event, meeting a group, developing a proposal or in a meeting. One of my favourite things about my role is the variety. It is really enjoyable to get to do lots of different things and work with lots of different people.



## HOW DID YOU GET INTO THIS CAREER?



I loved nature, animals and being outdoors and started studying Science. One thing led to another!



## HELPFUL TIPS

### WHAT ADVICE WOULD YOU GIVE TO A YOUNG PERSON INTERESTED IN THIS CAREER PATH?

Park your shyness! People are kind and helpful—give them a call! Go to as many events, talks, conferences etc as you can. Take all the opportunities on offer!

Follow your interests that bring you joy! But also, don't be afraid to have multiple interests. The pursuit of one, can facilitate a deeper dive into another at a later time. For example, a love of maths, art or business may be handy later on!

### WHAT WORK EXPERIENCE, QUALIFICATIONS OR TRAINING HELPED YOU?

I started off with a degree in Science, specialising in Zoology. I had lots of early (and unpaid) jobs! I worked in a bird observatory, in FOTA wildlife park and Dublin Zoo. All of these small jobs led to another and eventually to a PhD in Chough Research. This was amazing experience looking at this rare crow and learning about its behaviours.



Putting a "ring" on a chough to identify and monitor it

### BESIDES FORMAL QUALIFICATIONS, WHAT SKILLS OR TRAITS ARE MOST USEFUL FOR YOUR TYPE OF WORK?

There are lots of skills which are really important in my current job. Some of these skills are things which I learned in some of my earliest roles so make sure you bring your past knowledge and experience with you as you grow into new roles!

- Being a good communicator and the ability to explain complicated issues and concepts.
- Working as part of a team and being able to collaborate with others in different disciplines.
- Thinking long term and planning for the future. You need to be able to map out a project, potentially years in advance!

?







# Nature Photography with BioBeo



These beautiful winter photos by Anna, our BioBeo photographer, taken near her home in the west of Ireland showcase how nature inspires and supports the bioeconomy, connecting people and the environment in sustainable ways.

Mallards and Mute Swan on Garavogue river as it flows through Sligo (Sligeach) town from Lough Gill. This area inspired the poet W.B. Yeats.

Bluebell Woods, Knockvicar (Cnoc an Bhiocáire), Co. Roscommon. It is a popular area for walks and taking photos when the bluebell flowers can be seen.



Robin in a hedge near Bluebell Woods.

Lough Meelagh (Loch Míolach) near Kilonan Castle and the burial place of the bard Turlough O'Carolan, Keadue, Co. Roscommon

Flora and Fauna of Lough Meelagh showing local wildlife. This is also near where the first President of Ireland, Douglas Hyde, lived in his early childhood.



# My experience of the Kekri Harvest Festival in Finland



Hi, my name is Kate. Back in October of this year, I went to Finland. I was volunteering in a town called Nurmes in North Karelia. The main goal of the programme was to interact with and educate the locals about a traditional festival called Kekri. Kekri was a traditional harvest festival which died out in the 1900s and became somewhat forgotten. During my time there, I also learned how to make a traditional fence completely out of wood.

Finnish people are very resourceful, as I learned they love nature and go foraging for seasonal fruit and mushrooms. During the war, they made flour out of tree bark when wheat was scarce. We also learned how to survive in the wilderness using the natural resources of the forest. It made me think a lot about a bioeconomy.

There were other volunteers too from different countries such as Portugal, France, Spain, Italy, Germany, Hungary, Bulgaria, Ukraine, Colombia and Lebanon. I was able to go on this trip thanks to the European Union and ERASMUS. Anyone who is a citizen of the EU and between the ages of 18 and 30 can volunteer abroad. They fund your travel expenses and give you an allowance for essential things like food. At the end, you receive a Youth Pass certificate which you can put on your CV.

To apply for this programme, go to the European Youth Portal.

[https://youth.europa.eu/home\\_en](https://youth.europa.eu/home_en)



## Dictionary Corner

Last month we asked you what "Greenhouse Gases" are. We bet lots of you knew that one! Here is our definition:

**Greenhouses gases are gases like carbon dioxide and methane that trap heat on the planet. They let sunlight through but don't allow heat to escape. Its the same way a glasshouse works that you might grow fruit and vegetables in! Because humans are producing more and more greenhouse gases, the earth is getting hotter.**

This month, instead of asking you just to find out what somethings means, we are going to get creative and create images with AI to understand a term instead! Read on below!





# BioBee Christmas Glossary using AI

This Christmas, we are getting creative and using AI to produce fun images and text to help us better understand and share terms and ideas related to the Bioeconomy. Check out the image on the right which illustrates the term "Environmental Footprint" with the example of sustainable packaging. This is a simple and fun activity you can try at home!

## Here is how it works!

**Step 1:** Pick a term from the BioBee Glossary. For the next example we picked "Sustainable Farming and Forestry"

**Step 2:** Use Chat GPT or another AI platform to enter a prompt to describe the image you want. It can be any kind of text, a question or information about the term. We said "Root system network of trees and fungi which phone each other using the internet inside the tree, and mobile phones"

**Step 3:** Admire your creation! Does the image really show what you were hoping for? Our challenge to you is to use any AI platform to create an image for the term "Eco Friendly". Use any prompt you like to describe this idea. Find instructions on YouTube on creating images using AI. You can give an example of an eco-friendly practice, an animal or place you wish to include. You could say- a fox using a reusable water bottle in the forest- use your imagination! Send us the images you get back and the prompts you used to [office@biobee.eu](mailto:office@biobee.eu) and we might feature your image on the website or in the next newsletter!

Thanks for reading! You can subscribe or unsubscribe from the newsletter [here](#) and make sure you check out the BioBee website by scanning the QR code! Buzz you again soon!

