

# Acorn

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- When you said memory of nature, it was so interesting to me where my head went because the first thing that... and I guess it was that obviously strongest thing... was being a child and my grandfather taking me on walks... and he would be just talking and showing me various things and I can, I can literally smell exactly what I could smell, you know, on those walks. And he used to be picking things up and telling me the names of them [...] And yeah, I guess that's when I think of nature that's that popped into my head and it hasn't popped into my head for such a long time.
- When you're out there, you just feel part of it, and you think, I'm so lucky to be part of this, and you don't want to lose it.
- I could be going through the worst time of my life, but when I'm able to be in that kind of environment, I just feel like a whole different person.
- I think I feel like recharged. And energised.
- Connected. Just calms me down, happy.
- Peace and quiet.
- Like free with nature. The way that humans are supposed to be.
- Solitude.
- You can just be somewhere where no one else is, and hear nothing. you can still find those places.
- The mountains and the greenery - we had a garden and stuff back in Afghanistan. I don't call it home because this is also my home now – these things are similarities that I see. I came from an area that was very mountainous and very natural so that's a very important part of my life and I'm very connected to that.
- Nostalgia is another word.
- The Welsh word hiraeth, for me. That feeling of home, or that feeling of when you're away from something missing it.
- Childhood and just family life, kind of all goes into it. That hiraeth, that home kind of feeling.
- ...the Conwy estuary at evening, an hour before high tide, and you just hear the call of the waders, the curlew particularly...
- ....and then we walked off the ridge.... The drops were just awesome and you almost wish you could be a bird...
- ...I just happened to come across this pristine smooth snow, and this, this pregnant pony standing up, sleeping, eyes closed, stock still, the gorgeous cloudless blue sky behind her....
- In the future, if we continue the way we're going, there won't be much nature left – or what we define as nature.

- Even though we are advanced in terms of intelligence (although that is debatable), we should still remember that we are part of the natural world, and the things that we do have direct consequences.
- I feel like the things you see every day, you don't interact with them as much as you would when you were little, and spent more time looking into things.
- I think it's really sad that humans are like getting used to everything being online – you can go online and go in a simulation of outside, when, it's all already there!
- Well I just feel like being cities and stuff isn't like natural like it should be.
- It's almost as if life in the city pulls us away from the nature, you know?
- Especially in Zimbabwe – where, er, I come from? – there - in the rural areas. It's beautiful. You know where my grandmother lived there were no like, chemists. But she could always find something, from a plant, she'd know which plants to use for medication for different kinds of things. Nature had a really big role in their lives.
- I used to live in the countryside, for like four years, and then I moved to the city. And it's weird cos ever since I moved to the city I can't stand being with nature and the countryside. I find it weird now. I think it's like, disconnected me in a way.
- So basically, er, because I work a lot, in Cardiff, I haven't had time to connect with the nature, or go to places where I can actually, feel that I, you know I am connected to the nature?
- I'm mad about sunsets. and I can count the number of times I've ever seen a sunset here. And yeah, I mean, sometimes you don't even see the sun? Because, you know, all the tall buildings and stuff? So yeah. Those are the small things you realise like you really really miss?
- It's making me think of the moments in my life where I've been watching a beautiful sunset or like looking at the sky, and I always think like, I want to like, bottle this feeling and keep it with me in my life and I want to keep a part of me connected to this so that when I'm going through my very busy life, I can remember who I am when I'm here. You know?
- We are, suppos-, you know we are at the end of the day animals – I think we are supposed to be near plants and near the weather systems and kind of experiencing all that.
- One of the reasons that, I think, as humans, a lot of us moved into cities and towns - when you do that, the language changes, you don't need the same language any more, you've got new words, because you've got new things to deal with. and you don't need so much of the words that describe the rural or natural places.

- Have you guys heard of this collection called Lost Words? So it's a poetry collection that was put together a few years ago, um, the – I dunno the Oxford people? Whoever writes the dictionary – culled a bunch of words from kids versions of the dictionary – and they're all words that're like, names of birds, names of plants, um names of trees. It just feels like doing that is almost like saying, "Nobody kno-, nobody cares about that any more." And so this, poet and an artist – who's actually a Welsh artist called Jackie Morris? – they made this book – and it's poems um, that are acrostic, based on these words. And it's like, "Look guys, you can't get rid of the word 'lark'. People need to know, like what a lark, what a bramble is – that's important for the kids. More so than the adults even." And so they made it kind of like, to remind people of the beauty of nature.
  
- If you have a name for something, it's harder to harm or kill it.
- I think part of this is about focus and attention. I guide and do training up in the mountains. So when I take people out, their focus is to get to the top. And my job is to change that focus. I need to broaden it out so they can see the landscape, and then bring it down so that they can see this tiny flower. And to do that, I need descriptive terms for these things, and I describe them, and that'll help them to remember, and if I can wrap them in some sort of extra story, then they'll actually remember some of that for the future.
- My mum, she works for a university and she's very into trees and stuff. So she's always like, 'That's a maple tree, that's an ash tree.' And I'm like, 'Ah OK.' And she was saying that from when I was very young.
- We need to be able to describe the wonder and beauty of nature to future generations and to those who are remote from a natural environment. Ancient words carry great power and fire up the imagination.
- If you can tell the difference between this and this, now you can spot the difference. And now you can spot it in different places. And you see more and more. And you can imagine that building and building, because you have some language to describe it.
- Every part of a society is reflected in language. Language is very connected with any part of a society.
- My whole understanding of nature in my vernacular language would be totally different, you know. So I really wish there was one word, that's an umbrella, to make everyone understand... To make everyone understand nature – I wish there's just one, language for nature, you know?
- I think for the Welsh language it's interesting because words have a meaning behind them.

- So yeah I'd say the Welsh language is unique in that sort of way. Saying things for what they are makes it easier to say, because you can just kind of look at it and say, what is it? and then the two words spring into your head. So it makes it easier to remember the thing.
- I did a mountain leader course, just the training, and the course itself was all in English. and what I found was, when I was on the course, doing the course in English, and being up in the mountain, I was kind of disassociated from being on my mountain. There wasn't the connection. And then we did a top up weekend with a Welsh instruction. And, woooooof it just fell into place. Amazingly so. Just because it was in my own language.
- So I think -, I speak two languages, and English is my second language. When I think about nature, I don't think about it in English in my head; I think about it in Welsh.
- There's some beautiful, really beautiful, Welsh plants names, so very descriptive, and really sing-song, and then bringing in the history with the plants' names.
- Welsh is such an old language, passed down through the people, that the words we use now tell us what they knew all those years ago. It is our connection to the world they saw.
- We pass things on orally. It's just, being told the tales as we went for walks. We used to go for walks with Dad on a Sunday. He'd tell us tales, and we'd act them out or, or we'd see a plant and he'd give us a little story to do with that from when he was on the farm or whatever.
- I found myself wanting to be able to do the same for my grandchildren. You know it is - you are weaving a connectedness and you're making them - you're helping them become aware of all that stuff around them. And although it might you might start off with things that are magical, it's part of getting them to to to to exercise their imagination and their curiosity.
- You can go through the landscape, via folklore. You can walk around it, in folklore.
- There was a king who had a dog called Gelert and he had a child and one day when he was out hunting .....
- They went out hunting, and the baby was left at home in the care of the dog...
- When he returned, his dog came to greet him covered in blood, absolutely dripping of blood, and he thought he killed the baby so he killed the dog...
- And when he killed Gelert he found the wolf's body and the baby alive...
- So he made a grave for the dog and you can go and visit. Beddgelert, that's the name of the place and it translates to Gelert's grave. And whenever I go there now, it's like being in a fairytale.

- There's a lot of connections with mythology. Yr Wyddfa is linked to the story of the grave of the giant, Rhita Gawr - and so that name has more meaning to it. If you call it Snowdon, it hasn't got the story behind it.
- So the Cadair Idris in Dolgellau literally translates to Idris' chair, and that's a mythical legend I guess, it's shaped as his seat.
- If you know the story behind a name, or the myth, at least you've started to investigate the words, the language, what does that mean, where's that, you're getting a bit deeper under the skin of the area, but actually, you've got an emotional attachment to that place - because that story made me laugh, that story made me cry.
- My familiarity is more with place names, because to me they connect with .... They're evocative... They connect with something about the place that has that name. So when I look out of my window, I can usually see a little lump on top of the knoll there, which is, uh, the hill of the wild mountain hares. Now that doesn't just roll off your tongue in English, and I'm useless at pronouncing it in Welsh. It's something like Moel Ysgyfarnogod. But to me that that magic of the place and you and you sit there you can imagine, 'Gosh somebody's come up with this name because they must have sat here and there have been lots of mountain hares scuttling about on that bit that I'm sitting here looking at.'
- The Ordnance Survey maps for instance. They've been doing a better job recently of including Welsh names that people didn't know about. Farm names, field names, that possibly haven't appeared on maps before. And that's nice to know, that they are being preserved. Hopefully they'll be recorded now, rather than just being kept in people's minds.
- You know, having Snowdonia becoming Eryri, you know, it was an incredible moment I think. And you know, Bannau Brycheiniog rather than the Brecon Beacons.
- It helps you bring context to things, it joins things up a little bit more, so that things aren't in isolation any more. We are in this small space collectively, whatever it is. Human, bird, animal, geology. We are part of the whole thing. So actually having those names - whether they're English names, Welsh names - it just feels part of that whole tapestry of understanding what you're part of.
- Being a young ranger has made it more kind of real, made it more imaginable, you've seen more things. It's added to my memory bank: 'Oh yes, this is a birch, not a beech tree.' I didn't even know what an elder plant is. Because you've got *elder* and *alder* and they're different things. But I didn't know that.
- I just want to help it more. To do something to make sure it can thrive and all of that. Because the last thing you want is for it to disappear. The last thing we want is for the next generations to come and not to have any of this.

- I think it's important to develop your own relationship with nature, but I think it's also important to remember that your relationship with nature is always gonna be different for every single person around. I'm in South Wales in a city; I have a very different relationship to nature to other people.
- It's okay to stop and listen and look and think for a while, I think sometimes we've forgotten that because of busy lives and things.
- Oh my gosh, when you go on bike rides, or when you go out for a walk and look into the sky – or you see trees above you, and your eyes are just like, 'This is incredible. I don't wanna watch any series or any Netflix right now, I'm just so glad I'm outside.'
- When you step outside, you're surrounded by trees, there's a sense of wonder? And that's probably very linked to - the language I would use to describe nature is very similar to the language I would use to describe my faith. Um. And so, you know there's all these cliches about God's creation and how you see God more clearly in the trees or the robins or whatever, but it is true that there's a similar feeling between, being in a cathedral. There's a similar feeling of that space of, of spirit and holiness which is present in all the things that are living but don't speak. That's what I think.
- But my the important thing to me is that my kids, and eventually my grandkids, recognise my feeling of belongingness. Now there will come a time when I'm dead and gone. I have my name on a burial plot in the Boduan sanctuary, which is at the foot of Garn Boduan. And I will be dug into the ground and I will turn into bluebells. I will become part of the place that I have grown to love. And I will want my kids when they come to, you know, if they, if they ever do decide they want to go and see Granddad when he's dead and gone, they will go and sit in that woodland at the foot of that hill underneath that bronze age fortress that's up at the top there. And because that place embodies what I have loved about this place and I will finally become a part of it.
  
- Knowing the name of something is important for recollection of memories or passing these memories on to others who may want to seek them out (as with my grandchildren). The mention of the name of a flower can evoke wonderful memories and feelings in me.
- Tulip
- Rose
- Dahlia
- Forget-me-not
- Sunflowers
- Poppy
- Bluebell
- Buttercup

- Rhododendron
- Nettle
- Chrysanthemum
- Lemon balm
- Dahlia
- Yarrow
- Peony
- Rosemary willow herb
- Snowdrop
- Yellow trumpet
- Elm
- Hawthorne
- Ash
- Pine
- Oak
- Rowan
- Kingfishers
- I was going to say that!
- Pied wagtail
- A what?
- A what?
- Do you not know what a pied wagtail is? It's a really cute little black and white bird
- And it's tail goes like that..
- Siâni flewog, which is an actual caterpillar - Welsh word for caterpillar
- Peregrine
- Oystercatcher
- Osprey
- Seagull
- Long-tailed tit
- Thrush
- Robin
- Squawk!
- Buzzard
- Hedgehog
- A red dragon
- Dragonfly
- Otter
- Kestrel

- Woodpecker
- Sheep
- Sparrow
- Red kite
- Sparrow
- Acorn, acorn, acorn...