



## AUGUST UPDATE

### THROWAWAY SOCIETY: BBC4thSATURDAY

### PART TWO: ORGANIC FOODS, TYRES, FOOD SCRAPS, CLOTHES, MEDICAL ITEMS, HOUSEHOLD ITEMS, SPORTING EQUIPMENT, BUILDING MATERIALS, AND MUCH MORE!!



This is the second part of the feedback on the recent BBC event that highlighted ways to reduce what we throw away. In a society driven by consumerism and instant shopping, resulting in overabundance of waste going to landfill, we need to practice the “5Rs”

- **REFUSE** to buy things we don't need/harmful items
- **REDUCE** what we do need
- **REUSE** what we do buy
- **REPURPOSE** what you can
- **RECYCLE** what is left



**Liezl Smith: composting using Bokashi :** One of the ways to reuse organic kitchen scraps and to keep them out of your refuse bag and the landfill is by using the Bokashi method. Bokashi is a Japanese term that means “fermented organic matter”. In essence this method entails collecting your kitchen waste in a suitable container, emptying it daily into a Bokashi bucket and sprinkling a layer of Bokashi bran over it. This bran contains beneficial microbes that break down the kitchen waste. After a two week period the process is completed and it is ready for use.

**Anne Mourant: Vermiculture- composting with worms:** Another way of reusing your kitchen scraps to keep them out of landfill is by composting using “red wiggler” worms. Anne shared her method of using these worms to breakdown organic matter. There are many types of containers that can be used to house the worms. Anne has a super “animal safe” wooden compost bin in her garden. It has a draw at the bottom to facilitate easy harvesting of the compost.





### **Colin Lewis: Car tyres**

Until his recent retirement, Colin worked for many years in the tyre industry. There is a long history of tyre legislation and poor outcomes. Old tyres are banned from landfill as they "bounce up" and destabilise the landfill.

Recently a company was set up to ensure that old tyres are collected and re-purposed. It is an expensive operation and so currently most old tyres are stored, as unfortunately there are not enough facilities for re-purposing. There is a tax on new tyres that goes towards the re-purposing of the old rubber/ synthetic mix of tyres. When the old tyres are collected from tyre businesses, and if any are left at the Hermanus drop off, they are taken to collection facilities at Atlantis and Mossel Bay where they are stored.

Some are taken to the few factories for re-purposing. Some ways of re-using them are burning old tyres for energy or making shoe soles and crumb rubber. Colin says that pyrolysis is probably the best manner of re-use. Tyre pyrolysis is the process of converting used tyres into products like steel wire, carbon black, and fuel oil

### **Natalie van Wulven: The Butterfly Effect (BE)**



The Butterfly Effect (BE) does an amazing work of looking after people, domestic animals and the natural environment. It is an NPO that is based in Betty's Bay and is managed by Natalie van Wulven. Her team do the day to day running of the enterprise, working tirelessly on addressing the concept of the Throwaway Society. They "Rethink" waste in the first place, minimise waste to landfill by donating, repairing and repurposing the hundreds of donations received from the Kogelberg communities, especially Betty's Bay.

Due to their NPO activities, many communities and people downstream benefit in receiving resources that they can't afford and even creating craft or products for extra cash for themselves. Twelve jobs are created through their work..

Donations of many types of food and kitchen scraps are made into suitable dog and cat food for animals in lower income areas. They also help sterilise dogs from the under privileged areas. Kitchen scraps are made into enriched compost. Vegetables and fruits are planted and are used in the animal feed and are also donated.

Second hand donations of electric appliances, furniture, books, sports equipment, bottle tops and bread tags for the Sweethearts Wheelchair foundation, many medical items for distribution to the needy, shoes, stationery, denims, towels, blankets and bed linen, haberdashery items, glass jars and bottles, clothing and settee bedcovers and washing machine drums . Even cheap little unrecyclable toys are made into children "mystery" packs. Nothing gets wasted. Little goes to landfill, if at all. And communities benefit. The Butterfly Effect has two shops: the Proteadorp shop is open on Wednesday and Fridays and the one in Grabouw is open on a Friday

Contact Natalie via WhatsApp for any more info 082 883 0580. Donations can be dropped off at 2227 Porter Drive.

See the posters below for the some of the many kinds of items that you can donate to the Butterfly Effect.

*Text: Barbara Jenman and Carol Clark*

*Photos: Carol Clark*



# The Butterfly Effect

REUSE

RECYCLE

REDUCE

... and feel good about yourself!

Recycling gives back to the community at large

is a Betty's Bay initiative and registered NPO

Please contact Natalie 082 883 0580 for the latest updates

We package dog and cat food for distribution to animals in need

Your donated **BREAD BAGS** are used to re-package dry dog food for distribution

**Bread bag tags**

We give this to a lady in Elsies River who collects for the church project:

**"Breadtags for Wheelchairs"**

We make dog stew and cat pâté from leftovers which helps to feed animals in need

**FEEDING DOGS** cooked or raw, meat or veg scraps

**Glass jars with lids**

We distribute these to folk who bottle, pickle, preserve and in turn, they often give us products for hampers etc to use for our fundraising

**Plastic Bottle tops**

These are forwarded the NG Church & Kleinmond Primary for their initiatives



**No onions or garlic (bad for dogs)**  
Raw and cooked separate please

The scraps can include unused veggies or peels, meat about to expire, been in the freezer too long (or possibly spoiled) or simply bones and leftovers from the braai or cooking and can include left over food such as stews, pasta, etc

**Small sauce CONTAINERS** for CAT pâtés

**YOGURT CONTAINERS & MARGARINE BLIKS** are used for dog stew

By excluding leftover food in our rubbish, we will eliminate attractants from rubbish depositories and help wildlife as well as mitigate animal/human conflict

The Butterfly Effect is a small, dedicated group of folk engaged in community and animal well-being. They are very enterprising and can repurpose a whole host of things from your household that you might otherwise throw in the rubbish. Their needs continuously change.

### Wood and Sheeting

We use wood and off-cuts of roof sheeting to build kennels for distribution

### Hardware/Building Materials

- windows and frames, stripped built-in cupboards, security gates, doors, half tins of paint, tiles, sinks, etc  
- we help folk repair homes and upgrade

### Any scrap metal / appliances

- working or not - we can often repair to sell and if not, will recycle

### Outside gates, poles, fencing

help unchain dogs in townships and improve their living conditions

### Furniture

- collection by arrangement

### Stationery

### Toiletries - even half used

**Electronics** - working or not - we can sell or pass onto entrepreneurs who use the parts or try and repair to sell to earn a living

There is quite a demand for second-hand Afrikaans bibles, reading glasses & dictionaries

### Bric-a-brac helps towards vet bills and spaying

Unwanted household goods such as linen, curtains, materials, knitting stuff, bric-a-brac, pots and pans, clothing, books, tools, garden stuff, etc

We support bedridden elderly with adult nappies and linen protectors

**Medical equipment** such as crutches, commodes, wheelchairs, nebulisers, walkers etc are distributed in Kleinmond, Grabouw and Bossiesveld, Villiersdorp

### HUMAN FEEDING SCHEMES

If expired, depending on what it is, food can still be used for dogs. Very little is actually thrown away

### Sealed jars, packets, canned foods, sauces, etc

We support a few feeding schemes and can therefore distribute to assist

### We also take dog and cat medicine,

leashes, collars, bowls, blankets, harnesses, food, carriers, beds, scratching posts, etc. Most are distributed to good dog owners and the meds we take to our vet or animal sanctuaries for welfare treatments

OVERSTRAND MUNICIPALITY RECYCLING : Glass, metal, tin, hard plastics, cardboard - all rinsed or cleaned  
REDUCE SPACE: squash plastic bottles, milk and juice cartons, put containers inside one another, and compact tins if possible

ALL CLEAR RECYCLE BAGS MUST BE PUT INSIDE YOUR BIN TO PREVENT ANIMALS ACCESSING THE BAGS

The Butterfly Effect is an excellent example of putting the many “RE” into practice!



## INTERNATIONAL COASTAL CLEAN-UP 2024

SAVE THE DATE: 21 September

More information to follow on the sites and times for the Betty's Bay area

Join in the fun and do your “Every day do one small act for biodiversity”.



## BBC PENGUIN-PALS PROJECTS

In June the Penguin-Pals put out a “Wishlist” of items to support the Stony Point staff with suitable winter gear and some equipment: The list included:

- Rain suits
- Gumboots
- Crates that are used to help carry in birds or eggs that have been recused from the colony
- Battery packs for the camera traps in the colony
- Sandbags
- Some stationery
- Some “nice to haves” after working in Bettys Bay winter weather, like hot chocolate

We are pleased to report back that thanks to the donations received by some BBC members (the Dall, Waterman, Hoffman, Bush and Clark families) and from Councilors Theresa Els, so far the following items have been handed over to Stony Point:

- 50 sandbags – thanks to Liz and Jorika
- 7 rubberised rain suits
- 5 crates for transporting birds and eggs from the colony
- 4 battery pack and rechargers
- Some hot chocolate and sugar

We initially purchased a different rain suit and then upgraded it to a more waterproof type at an extra cost of R130 per rain suit. We have put in an order for 7 pairs of gumboots from Bouhandel at a cost of R170 each.

If you would like to be part of helping to kit out the Stony Point staff, any donations towards the “upgrade” of the rain suits and the gumboots would be most welcome.

Account Name	Betty's Bay Conservancy
Bank	Nedbank
Account number	1211 375 870
Branch code	183509 (Caledon) or 198765 (Universal)
Account type	Current Account
Reference	your name and “penguins”

Please send your proof of payment to: [bettysbayconservancy@gmail.com](mailto:bettysbayconservancy@gmail.com) so that we can thank you for your support.



In June there was also a SANCCOB “wishlist” sent out of some basic items and a link to their longer “needs” list on their website. Our thanks also goes to Adele Scheepers, one of the bioblitz superstars, who donated one of her cameras to go to SANCCOB.



Two of the items on the basic list were hotwater bottles and thermos flasks. The flasks are used to keep hot water in for the hotwater bottles to help keep chicks warm when they are transported. Please let us know if you have any of these that you might like to donate.

*Photo: Louise du Preez, one of our BBC penguin Drivers*

Carol Clark

Chair of the Betty's Bay Conservancy