



## THROWAWAY SOCIETY: BBC 4th SATURDAY on 27 JUNE 2024



The Stony Point Eco Venue was a great place to host the recent BBC event that highlighted ways to reduce what we throw away. Our overabundance of waste has such a detrimental impact on the ocean and marine life and being at the penguin colony was a very real reminder of this.

Barbara Jenman invited some residents to share their stories of how they implement some of the "5Rs" and many of the other "Rs" in a personal, business or organizational set-up.

## PART ONE: BOTTLE TOPS, BREAD TAGS, BOOKS, CRAFTS, COSMETICS, PLASTICS, FAST FASHION AND FRAMES



**Micaela Knight, a teacher at Pringle House Eco School,** coordinates "hands on" eco programs for the children. They collect bread tags and bottle tops for the Sweetheart Foundation. The school is now an official local collection point, so residents can drop these items at the school. The children help sort the tags and tops and the Foundation collects them. They are exchanged for money at the recycling facility. This goes towards buying wheelchairs for people who can't afford them.

<https://www.sweetheartsfoundation.org/>

The children also join community events such as the clean-ups in Pringle Bay and the BBC Betty's Bay beach clean-ups. In June they joined in the BBC Penguin-Pals event to help load hacked rookrans which was then transported to Stony Point to be used as nesting material for the penguins. See the Penguin-Pals report on this event, below

For convenience, Bettys Bay residents can also drop their tags and tops at The Butterfly Effect (BE) in Porter Drive who will pass them on to Pringle House. The BE will be featured in Part Two in the August BBC update. <https://www.facebook.com/butterflyeffectnpo/>



**Louise du Preez** is a Food and Cosmetic Scientist with 34 years of experience in both the Food and Cosmetic industries, such as research and development, quality control and manufacturing. She has been very aware of the problems of micro-plastic and the plastic packaging overkill.

She has worked from home since 2006 developing her own skincare range, Dupre, which is based on plant derived oils such as olive, avocado and sweet almond oil and is free of chemicals. She has reduced packaging by using containers that can be reused and refilled and is also exploring other materials such as bamboo in order to move away from plastic packaging.

Louise recently moved to Betty's Bay and besides working towards setting up her cosmetic business here, she has volunteered in community programs such as the BBC Penguin-Pals.



**Verona Rochart**, due to her prior work in a Shark institute, is very aware of the extreme amount of plastic and microplastic that ends up in the sea. Birds and fish ingest these small pieces, or get tangled up with fishing lines, which leads to their eventual death. We also ingest these micro-plastic pieces when we eat certain inshore fish. (Consult SASSI re sustainable fishing). She believes education is important to make a community aware of plastic pollution.

Part of this micro-plastic comes from the Fast Fashion industry. Fast Fashion is found in most clothing shops and departmental stores. It is mainly synthetic, easy to wash, relatively cheap and is soon discarded to buy the newest "fashion".

Recently more second-hand clothes shops have emerged, where one can find better quality or pre-loved clothing e.g YAGA. In Betty's Bay the well-known "pre-loved" clothing shops include

PenguinKIDS at the Betty's Village Centre, The Concept Repeat Boutique next to Bloubakkie and KAWS in Kleinmond. Friends can also arrange fun events to swap clothes and help reduce some of the impact of FF.



**Wendy Lucas** and her husband Mark own a picture and mirror framing business called MADE BY HAND which is based in Observatory. The family business started in 1994 and it has now developed to the stage that they make their own products for picture framing and framing of mirrors.

They initially used an imported putty product for moulding frames which became very expensive. Now they make use of the offcuts of the Medium Density Fibre (MDF) and the byproducts of their process, mill it into fine sawdust and use their "secret recipe" to make their own pliable putty. This putty is moulded into different framing designs and the dry finished product is sanded and painted to create a beautiful frame. All "Made by Hand" in their workshop. The Lucas family is also

exploring the safe disposal of sheetglass and mirrors. As sheetglass is not recycled in South Africa, they are investigating buying a glass crusher. Mirror has metal at the back so it also can't be recycled and this currently goes into landfill.



**Gwen Coetzee** is a buyer for the Bookshop of the Kogelberg Branch of the Botanical Society in Harold Porter Gardens.

The shop was started in 2019 mainly to help fund the costs of equipment for the Pringle Bay or Bettys Bay Hackers. Chainsaws are expensive and spare parts, repairs and petrol costs also need to be covered.

The ethos for the craft items in the shop is to “buy local” as opposed to imported items from e.g China or India and for the craft items to preferably be made from recyclable, scrap materials or resources .

Local quilters make Morsbags from leftover materials as an alternative to plastic shopping bags. These are available to purchase at the shop and the quilters also give them away at shopping centres. Dish covers for food protection are locally made from offcut fabrics to replace the ubiquitous plastic cling wrap and beeswax covers are also sold.

A wide range of second hand books are available that include nature books, collectors’ items especially South Africa, and children’s books.

*Text: Barbara Jenman and Carol Clark*

*Photos: Carol Clark*

**PART TWO will cover organic foods, tires, food scraps, clothes, household, sporting equipment, building materials, medical items and more!!**





## BBC PENGUIN-PALS ACTIVITIES

### “NESTING MATERIAL” EVENT ON 20 JUNE

The hard working Hackers cut rooikrans in Crassula Crescent on Wednesday 19 June and kindly left some large piles of branches near the road for easy access for us. They also cut it into smaller pieces to make our task easier. Thanks Dave and team – that was really appreciated!



Five enthusiastic young Pringle House Eco School learners joined us for the first time to help move branches from the piles for loading onto the bakkies and trailer. They added a definite “youth” aspect to the group, and livened up the morning with their chatter and song. Thanks to Adele the Principle, teacher Micaela, one of the dads and Nika-lee, Mbali, Morgan, Nadia and Scarlett for joining us. I hope you enjoyed the visit to the colony after your hard work!

The older contingent did their fair share of loading and offloading.

Thanks to Robbie, Joggie and Wessel who added extra three additional vehicles/trailers to the CapeNature bakkie. They worked together with Lenore and Duncan, Marie and Luka her young neighbour, Conrad, “dad”, Graham, Carol and Engela. Curtly and Winfrey from Stony Point also joined us. The four vehicles offloaded their stash at Stony Point and in total 16 loads were delivered to the colony that morning. The Stony Point staff can now use that in the colony for nesting materials for the penguins.

Thanks to all the first timers who joined in, as well as to Robbie who has helped at all four events!



## BUNDLES OF HELP AT STONY POINT ON 25 JUNE



Now that the Stony Point staff had a pile of hacked rooikrans on site, they needed some more helping hands to create “easy to carry” bundles of branches.

Thanks to all those “willing bundlers” of various ages who responded to the BBC call for help on Tuesday 25 June and joined Curtly Ambrose from Stony Point: Zelda, Ruargh with Xavier and Teague, Colin, Jill, Anneke, Philip, Theresa, Andrea, David, Bill, Lisa with Max, Born and Soren.

From Curtly: "Thank you again for the help. You did an amazing job"

The Stony Point staff will take the bundles into the colony to where they are needed as nesting material for the penguins.

This was a productive chain of team effort between the Hackers, BBC “loaders/transport” and “bundlers” and the Stony Point staff! The rooikrans has been removed from the fynbos in that area and has been repurposed for practical use in the colony to help the penguins.

If you would like to join in the fun on future BBC Penguin-Pals events, please contact [bettybayconservancy@gmail.com](mailto:bettybayconservancy@gmail.com)

*Bundling Photos: Curtly Ambrose and Zav Potgieter*

**Carol Clark**

**Chair of the Betty’s Bay Conservancy**