

What YOU can do

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- Alongside the Environmental Era, we are well and truly entrenched in the Information Age, with more information being available about a wider array of subjects than ever before. Educate yourself about important environmental issues such as pollution and waste management.
- Join environmental groups that will give voice to your particular concerns.
- Consider the environmental impact of each one of your lifestyle choices as small changes, made consistently, all add up.
- Do everything possible to reduce your carbon footprint. For more information on how to do this, log onto <http://caroleknight.com/white-rock-communications/> – look at the pdfs on Energy Security.
- Try to limit your car journeys and/or join a car pool.
- Switch to cleaner technologies, such as hybrid vehicles and solar energy.
- Products don't litter, people do. Litter contributes to infestations of pests such as rodents. It clogs stormwater drains and it leads to urban decline. Beach litter spoils beaches and finds its way into the sea to kill sea creatures. Use the new green litterbins provided by the City of Cape Town in public areas across Cape Town or take litter home with you.
- Don't carelessly discard cigarette butts. Besides potentially starting fires, they are not biodegradable as the filters are made of a type of acetate that never fully breaks down.
- Keep your property, the street outside your house and the area surrounding your home clean.
- Illegal dumping can carry a fine of up to R20 000. Help to stop illegal dumping by taking vehicle registration numbers and reporting offenders to the City of Cape Town on 0860 10 30 89 and ask for the Solid Waste Management Department. It's the right thing to do.
- The largest component of waste is organic matter. Start a compost heap.
- If you live in one of the listed "Think Twice" areas, start separating your dry recyclable waste, if you are not already doing so. Separate clean and dry paper, cardboard, plastic containers and bags, glass and tin cans and place it in the clear bag in the upper portion of your bins on the normal collection day. The dry waste should be clean and dry (tins and bottles rinsed), paper folded and compressed, plastic and metal containers flattened as far as possible and no broken glass should be included. All other waste, such as wet paper, food waste, pet faeces, disposable nappies and any other non-recyclable waste, should be placed as usual in the lower portion of the bin.
- Remember that garden refuse (leaves, branches and grass cuttings), as well as hazardous waste, should not be included with your weekly refuse collection. All gar-

den waste must be taken to your free and nearest community drop-off site provided by the City. For small hazardous waste, contact your nearest retailer or hardware store or contact Visserhok hazardous waste landfill site for disposal.

- For further information on the "Think Twice" programme, contact the City of Cape Town's call centre on 0860 10 30 89 and ask for the Solid Waste Management Department.
- Only put your residential waste bin out for collection after 6am on the day of collection.
- If you are a teacher of Grade 4 or upward, you can help to create awareness among your learners about waste management, waste avoidance and responsible waste disposal through visits facilitated by the City of Cape Town to one of its refuse transfer stations. For more information about this interactive educational experience or to book a visit for your class or school, download a booking form from www.capetown.gov.za or call 021 400 4073 for a booking form to be faxed to you.
- Take advantage of the Builders Rubble Crushing Facility. Very important to note is that builder's rubble can be disposed of free of charge, but only if it's free from contaminants such as glass, bricks, sand, stone, concrete and garden greens. Other than these sites, the City's 20 drop-off points also accept clean builder's rubble up to 1.3 tons.
- Join hack groups and help to clean up pollution and invasive alien vegetation along riverbanks.
- Plant trees to improve air quality.
- Help in the restoration of wetlands as they act as natural traps for nutrients such as nitrogen, which they sponge up before it can damage aquatic systems.
- Support your local organic farmers and look for organically grown fruit and vegetables in your supermarket.
- Start up your own collection business by taking advantage of the advice, training, equipment and ongoing assistance offered by recycling programmes such as Collect-a-Can.
- Use environmentally sensitive cleaning products, buy in bulk, use concentrates and opt for refill packs that use up to 70% less packaging material.
- Between 500 billion and a trillion plastic bags are consumed worldwide each year, with less than 1% of the bags being recycled. Plastic bags are made from both high-density (HDPE) and low-density (LDPE) polyethylene, a thermoplastic made from oil that photodegrades over time breaking down into smaller, petro-polymers. One cloth bag saves six plastic bags a week, 24 a month, 288 bags a year and 22 176 bags in an average lifetime. By using cloth or reusable polypropylene woven shopping bags you will help to reduce litter and the amount of plastic bags in our landfills.

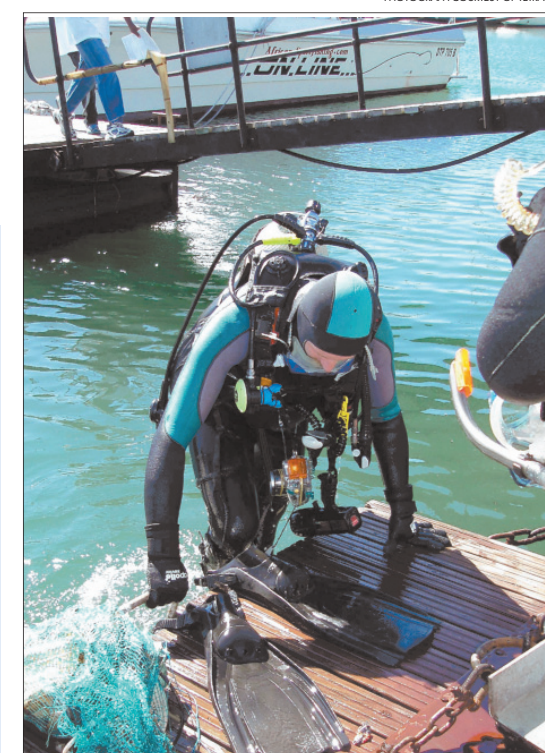
- Buy what you need and use what you buy. Have a garage sale.
- Throw less away by re-using household items. For example, plastic bags can be used as bin liners, plastic food containers as seed trays, plastic ice-cream containers as freezer and/or storage containers and soft drink bottles as portable water bottles for the car or at the beach. For information on plastics recycling, contact The Plastics Federation of South Africa (PFSA) on 021 591 5513, email enquiries@plased.co.za or log on to www.plasticsinfo.co.za
- For information about polystyrene recycling, call 011 793 2658 or log onto the website www.polystyrenepackaging.co.za
- Recycling just one plastic bottle can save enough energy to power a 60W light bulb for six hours. By recycling one soft drink can, enough energy can be saved to run a television set for three hours and by producing glass from recycled glass, air pollution can be reduced by 20% and related water pollution by 50%. Drop off recyclable items such as soft drink cans, plastic bottles, glass bottles and waste paper at supermarket collection points, municipal drop-off sites and charities' paper banks. Also make use of kerbside collection services.
- When buying personal or corporate gifts support waste-art initiatives and waste-craft outlets.
- Become creative when wrapping gifts. Make use of out-dated calendars, discarded magazines and even read newspapers.
- Substitute reusable items for single-use products. By using washable cotton swabs in the kitchen for example, instead of paper towels, some 27 million trees can be saved each year.
- Start an office recycling initiative by providing staff members with separate containers for office paper, cardboard, glass, cans and plastics bottles, as well as cartridges and electronic waste. Make use of office paper pick-up programmes.
- In the office, make double-sided copies, use email for memos and other inter-office communications and use shredded paper for packing material.
- In terms of e-waste, buy electronics that are rechargeable.
- Buy energy-saving electronic devices, for example, LCD television sets, which use less energy than plasmas.
- When electronic devices are not in use, pull plugs out or put electronics and chargers on a power strip, simply flipping the power strip off when the electronics are not in use.
- Make use of collection points for items such as compact fluorescent light bulbs (CFLs) as they contain an average of 4mg of mercury sealed within the glass tubing that would be released into the environment in a landfill.



- Make use of supplier take-back programmes for unwanted equipment.
- Donate old electronics to organisations and charities that will recycle and reuse them. For more information on electronic waste minimisation, log on to www.e-waste.org.za, the website for the e-Waste Association of South Africa (eWASA).

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- Waste Minimisation and Recycling Interest Group (WMRIG): Think Twice Seminar hosted by the City of Cape Town and WMRIG
- *The Enviropaedia* – available online at www.enviropaedia.com
- *Waste Solutions for a Sustainable Future*, EnviroServ Supplement to *Résource* magazine – August 2008



COASTAL CLEAN-UP: A diver cleans up litter in the Simon's Town harbour as part of an International Coastal Clean-up Day initiative.



PHOTOGRAPHS COURTESY OF THE POLYSTYRENE PACKAGING COUNCIL



PHOTOGRAPHS COURTESY OF THE PLASTICS FEDERATION OF SOUTH AFRICA

LOOK IN THE MOST UNLIKELY PLACES

THERE IS NO EASY OIL. MUCH OF IT IS SCATTERED IN HUNDREDS OF ISOLATED POCKETS. AND BUILDING LOTS OF OIL RIGS IS JUST NOT AN OPTION, ENVIRONMENTALLY OR ECONOMICALLY. THEN SHELL ENGINEER JAAP VAN BALLEGOOIJEN WATCHED HIS SON DRINK A MILKSHAKE. SUCKING THE BITS OF FROTH FROM THE CORNERS OF THE GLASS WITH HIS BENDY STRAW. HEY PRESTO. THE SNAKE WELL DRILL WAS BORN. A DRILL THAT CAN BEND ROUND CORNERS AND SNAKE FROM SIDE TO SIDE TO REACH THOSE SCATTERED POCKETS OF OIL. ALL FROM ONE RIG. REAL ENERGY SOLUTIONS FOR THE REAL WORLD. WWW.SHELL.COM/REALENERGY



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