

LIVE LIGHTLY TIMES

Tread lightly, leave a legacy for life

Volume 1 Issue 3

Newsletter Date OCTOBER 2011

CELEBRATING UPLANDS



Environmental News from Uplands

- Regular updates on our Enviro plans, projects and progress
- Hints, tips, humour and stories with a "green" flavour
- Involving students, teachers and parents

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As 2011 races into the home straight, our final edition for the year is filled with stories of incredible achievements by Uplands students, both past and present.

Rewarding the hard work and relentless efforts of the small band of eco warrior teachers and parents, the growing awareness and involvement of the pupils is a reason for the Uplands community to celebrate and to be proud of their sons and daughters.

Turn to page 2 to read about Craig Mackintosh, local lad and Uplands Old Boy. This entrepreneur invented and is

marketing eco-friendly sunglasses. Support Hout Culture—local, "ours" and Eco, all in one!

Freshly Ground rocked the Lowveld recently, in aid of the Wessa Rhino Initiative. Uplands students made their feelings on Rhino poaching known to all with the Rhino family cut outs, raising R10 000 for the initiative. Story and photo's on page 3.

And if you are not already bursting with pride at the above, read the article below on Keegan Cordeiro's entry into the ETA awards— future energy solutions WILL come from our youth.

Plenty more to browse through in this issue, including our very first advertisement. We welcome Solar Focus on page 5— another partner on our eco journey.

We have lots to celebrate and to look forward to as we come to the end of our first volume of Live Lightly Times. Vasbyt through the upcoming exams & enjoy the summer holidays. Don't forget to recycle old stationery and gift wrap, buy gifts with a conscience and make some eco friendly resolutions for next year.

Until next time

ETA Awards for Young Designers – Keegan Cordeiro

Keegan Cordeiro recently submitted a project for the ETA Awards, which reward exceptional effort in the more efficient use of energy by individuals, students, companies or other institutions.

Keegan entered the Young Designers Category which is aimed at school-going children with a creative idea, programme, design or prototype that looks at the efficient use of energy. The question which Keegan investigated in his project is:

"Can I build an inverter for a Solar system that will be capable of charging cell phones and run various small appliances that require 220V of AC and use a 2 prong plug as well as to make a circuit to include a USB port".

Keegan's project made it through the first round of National judging. His was one of the four projects selected to represent WESSA at the National Semi-finals.

He will be presenting his project at the Semi Finals of the ETA Young Designers Award in Johannesburg on the 23rd of September.

Thanks must go to Louise Williamson and the WESSA Energy & Sustainability Programme for all the support and guidance they gave Keegan during the development of his project.

Congratulations Keegan and good luck for the semi finals!



STOP PRESS— UPLANDS CAR POOL DAY 20TH OCTOBER!

Craig Cameron-Mackintosh—Uplands Eco Entrepreneur

LLT jumped at the chance recently to interview Craig Mackintosh. Born in Nelspruit, schooled at Uplands from Gr 1 & matriculating in 2005, Craig is the mastermind behind Hout Couture.

Inspirational and innovative with green credentials, Craig symbolises the College Motto—today's thinking child is tomorrow's achiever.

Living in Tamboerskloof & finishing a Post Grad course in Business Entrepreneurship at UCT, Craig enjoys hiking & the beach. He credits growing up in the Lowveld for his love of nature & support for enviro friendly projects.

LLT: Tell us about your sustainable sunglasses, where did the idea come from, what are they and how difficult was it to get them into production?

CM: In Naples, Italy last year I met a boutique owner who excitedly showed me the range of wooden spectacles that he had designed. I loved the idea and thought that the wooden frames on sunglasses would go down really well in sunny South Africa.

Hout Couture's first range is a light-weight & eco-friendly bamboo framed pair of sunglasses with polarized lenses.

They are just like traditional plastic sunglasses, but the plastic is replaced with more enviro friendly wood, which also has a really great, unique look.

It was quite a process getting the sunglasses into production. This kind of thing hasn't been done here before. After months of development & many prototypes later, we finally had a finished pair that we were happy with but we are continuously experimenting with new types of woods and perfecting the design.



We replaced many of the plastic parts with sustainable wood. For the lenses and hinges which can't be switched to wood, an indigenous or fruit seed is planted through Eco-Schools projects in South Africa to offset their carbon footprint. These seeds grow into trees that are then planted in school grounds, some even provide a sustainable source of food to the students.

(No surprise then to discover that Craig's mum Liz Mackintosh founded the Uplands Outreach programme — the apple hasn't fallen far from the tree in this family!)

LLT: Any words of encouragement for the Uplands students?

CM: Sustainability issues are going to shape the way the world is run in the future, so if you're not passionate about it now, you should probably get inspired.

Being green makes you realise what we have to lose & that it's worth doing whatever you can to help. Also, it doesn't have to cost a thing, it's just a matter of making the right choices.

Words of wisdom indeed from one of Uplands' own.

More details on www.houtcouture.com

For enquiries in Mpumalanga contact Bianca Black on 079 503 0151



DATES TO REMEMBER

2011 INTERNATIONAL YEAR OF FORESTS

OCTOBER—International Walk to School Month

1st Nov—World Vegan day

21st Nov—International Fisheries day

28th Nov—South Africa hosts the 17th Climate Change Conference

Winning Posters



Michael Booyesen



Lisha Mitchell



Dominique Le Roux



Danielle Kirkbridge

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SAVE THE RHINO INITIATIVE

The necessity and emotion that goes with conservation and rhino protection is the gel that binds a community together.

This was evident in the recent rhino conservation fundraising drive by Uplands Schools. Thanks to generous sponsorship from PG Bison & Pupillo Joinery, 3 almost life-size rhinos were cut from hard-board & divided into jigsaw puzzle pieces to be sold off for advertising.

Prices for the pieces varied from R20 for a small edge to R800 for the larger horn. Demand for a place on the rhinos was intense & as a result R10 000 was raised by the Uplands Schools.

The rhinos were proudly displayed at the Concert for Conservation at Casterbridge Lifestyle Centre on 24 September, an event with performing bands Freshly Ground & Uncut playing to over 1200 enthu-

siastic people. Uplands pupils presented WESSA with a cheque during



the interval.

A Rhino Conservation poster competition was also held amongst local primary schools including Penryn & Uplands Prep Schools, Summerhill School, St Peter's School & White River Primary School. The winning entries are displayed on pg 2.

The artistic talent and depth of emotion about the plight of the rhino was evident in the entries & it was very

by Dr Llew Taylor

difficult for the judges, Jennifer Schaum, Celeste Schoeman & Fiona Macleod, to come to a decision.

Michael Booyesen from Penryn Prep won the junior competition & Lisha Mitchell from Uplands Prep the senior competition. Danielle Kirkbridge came third in the junior section & Dominique le Roux third in the senior competition. Lisha won a visit to Elephant Whispers in Hazyview and a book My First Book of Mammals, illustrated by Jennifer Schaum. Well done kids!



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THE SECTION RANGER & LIVING LIGHTLY TIMES

by Dr Llew Taylor

Living Lightly Times indeed. Spare a thought for the Section Rangers in the KNP for whom the times are no longer a case of living lightly.

For these hard-working and modestly paid conservationists, gone are the days where the greatest danger was in walking into a lioness with cubs, or a raging elephant bull in musth, or a lone buffalo or hippo in riverine thickets.

Today the actions of the ranger are consumed by a dangerous military approach to the defence of rhinos against poaching and the protection of this magnificent mammal, now some 50 million years in the making, and still counting.

Rhinos were the largest terrestrial mammals on the northern continents for 15 million years, up to 20 million years ago.

The earliest ancestor may have been *Hyrachyus eximus*, a small animal that looked more like a horse, from North America. It did not have a horn.

The cursed horn became a fixed part of rhino anatomy about 40 million years ago. Three families of rhinos existed by

then, namely the running rhinos, the aquatic rhinos and the forefathers of today's rhinos, the Rhinocerotidae.

The latter included up to 26 different genera at the height of rhino existence, but there was a massive wave of extinction amongst these rhinos about 30 million years ago.

Having first appeared in Asia, the rhino family only arrived in Africa about 20 million years ago. Rhinos have been in further decline for the last 5 million years and have disappeared from Europe and the Americas.

Today's five species have different origins, with the Sumatran rhino the oldest, originating about 15 million years ago.

The Black rhino originated about 4 to 10 million years ago, followed by the White, Greater One-horned and Javan rhinos, about 2 to 5 million years ago.

Next issue: Dr Taylor discusses the current status of the modern Rhino, and summarises the state of Rhino poaching, and the successes against it.

A rare sight, an elderly Black Rhino living to a ripe old age in Namibia.



UEC PROFILE—Tony Andrews —College Estate Manager

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Having had my upbringing in Rhodesia (Zimbabwe), my interests were and still are very much outdoors oriented.

In the early days a great deal of my commuting to and from family and friends farms was by bicycle – then I started working and acquired a motor car – along with it my first real Carbon Footprint!

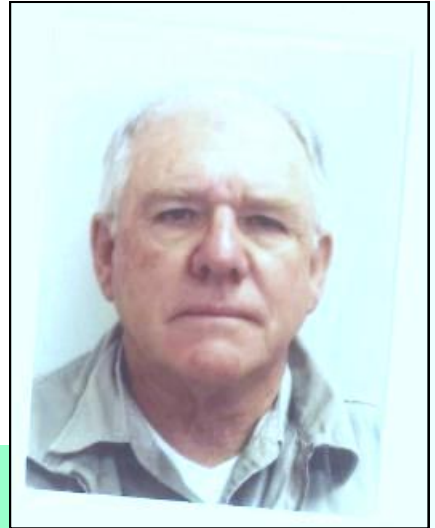
The realisation that the environment was taking a “beating” from human habitation only came to the fore after my arrival in South Africa, in 1983.

I settled in the Eastern Cape

at East London and travelled extensively in the Transkei and Ciskei, areas seriously affected by littering, and indiscriminate dumping of “rubbish” of every possible description, a great deal of which was recyclable.

Business associates started a number of recycling projects and these efforts impressed me, not only from saving the environment perspective, but also from the immense financial benefits which were being realised, ‘vis a vis’ an increase in employment which had the effect of bringing more poor folk into the struggling economy of the region.

In a small way I feel that I may be able to assist in the improvement of the environment through the very nature of my vocation



We'll introduce the Uplands Environmental Committee to you over the next few issues.

Reuse & Recycle—Hockey equipment—can you help?

Bianca Black is appealing to all hockey players for any cast off or unwanted takkies, shin pads and sticks for Bushbuckridge Mens Hockey Club.

The players have had kit sponsored by the Dept of Sports and Culture this year, but as you can see in the photo, players play without shin guards and in one case, in good old stokie slippers!

Can you imagine how it feels to get smacked on the foot on a cold July morning?

The players pay R400 per week towards the cost of taxi's to get to the matches. That says it all about their level of commitment and enthusiasm.

This is also an worthy opportunity for corporate sponsorship. So clear out your cupboards and contact Bianca at biancablack@vodamail.com if you can help.



Stokies and no shin pads—einal!

INTERESTING FACTS

The average new born uses over 1 ton of disposable nappies in a year

A Blue Whales heart alone weighs about 908kg—the same as a small car!

Peanuts are not nuts—they are part of the pea family

GREEN GIGGLES

Q: Where do Polar Bears keep their money?

A: In a snow bank

Q:How do Porcupines play leapfrog?

A: Very carefully

Q: Why don't Bats live alone?

A: They like to hang out with their friends



Consider Trimming Your Electricity Bill and Your Carbon Footprint With One Simple Step

In the average household environment, heating water for domestic use is without doubt the single biggest consumer of electricity and accounts for anywhere between 30% and 50% of your total electricity consumption. So it makes good sense that energy efficient water heating should be the logical starting point of any serious energy saving drive.

At Solar Focus we offer a comprehensive consultation service where we assess the hot water consumption patterns within a home and then recommend the most appropriate energy efficient water heating technology for the specific application.

Solar Focus represents a selection of solar geysers to suit most needs and is the authorized distributor of SIRAC heat pumps in the Mpumalanga Province. In addition, we offer a selection of water saving showerheads which will further reduce your electricity bill and your impact on our fragile planet.



Heating water is costly ... to your back pocket and to our fragile environment.

Solar Focus specializes in energy efficiency solutions — solar geysers, heat pumps, loflo showerheads, etc. helping you to save money and to reduce your carbon footprint. Future generations will thank you ... and it just makes sense, whether you're an environmentalist or just tired of increasing electricity costs.

Call for a FREE quotation. (013) 750-2470 or 083 367 8766 or e-mail info@solar-focus.co.za



SOLAR FOCUS

Greening your lifestyle

TAKE ACTION.

South Africa is currently in the grip of an energy crisis and scientists are in broad agreement that our planet Earth is showing signs of distress as a direct result of human activity – two good reasons to be proactive now! Demonstrate your responsible attitude by making a positive contribution towards preservation of the only planet we have. Save water, save electricity, reduce your carbon footprint. Giving your children the best opportunities in life is important to you. They in turn will want the best for their children – your grandchildren. Lets make sure they have a viable and vibrant planet to thrive on.

YOU CAN MAKE A DIFFERENCE.

PARTING SMILE

Migration takes many forms. Gnu's and Zebra trot around the Serengeti, Swallows flee miserable European weather for an African sojourn, & my family made the groot trek from the hustle, bustle and hijack capital to the Slowveld.

To our delight, our garden, bordering a wetland reserve, is home to an exciting variety of wild birds. Books and binoculars at hand, we gleefully identify new species. From Jimmy the resident Kingfisher, to the twitchy flock of Bronze Manikins, greedy Laughing Doves, noisy Mousebirds, colourful European Bee Eater and the argumentative Crested Barbet family, we are entertained with their antics & daily activities.

We aren't impressed with the Hamerkop's fishing skills. His final approach over the wetland & his touch down next to our swimming pool repeatedly ends in disgust as he realises the tempting waters are fishless. Perhaps the charcoal hued pool confuses him, but he always returns home empty beaked. He never learns.

The Eagle owl stands guard on the telephone pole & when the moon is full, his eery silhouette brings a Hogwarts feel to the garden.

Alan holds me responsible for the disappearance of Jimmy, the Blue Kingfisher. Named for my father in law, who spent

MIGRANT FLOCKS

hours photographing his every move, Jimmy flew into a window one morning. Actually, he hit the glass with such force, his beak probably bounced off his brain. Not that he was a very bright Kingfisher. Far from catching fish, Jim sat on our fence every morning, removing crickets from the lawn and gulping them down with a blissful smile.

Nonetheless, when he cannoned off the window & fell motionless onto the ground, I rushed to his rescue. He lay in the palm of my hand, far smaller than you'd expect, dazed eyes staring in confusion. Thinking he'd be safest on the bird table, out of cat reach, amongst friends, I carefully laid him amidst seed, bread & orange segments. By the next hospital round, he'd gone, never to be seen again. Jimmy's' daily presence on our fence is missed.

Last Spring the Crested Barbets became parents. Such a bustle of feeding kept Mum & Dad busy all day, for weeks. And what a noisy pair of babies they had – a constant, cicada like buzz emitted from the nesting log, & once old enough, 2 little heads fought for viewing space as they watched the world outside their home. Just as suddenly as they arrived, they left.

By Tracy Brooks

The only fly in the ointment is the arrival of the Hadeda Ibis. They are a plague in Joburg, their raucous screech disrupting conversation and rudely waking babies. I can't believe we used to rescue the Hadeda chicks fallen from the nest, hand feeding the barely fledged little things. I'd rethink that strategy next time. My favorite anecdote is that of a visiting American friend, startled awake one morning, exclaiming at the sight of a "Pterodactyl" outside her window.

After three years of peaceful bushveld bliss, an entire squadron of eight Hadeda's landed in the reserve this week, and proceeded to forage next to our fence. Gloomily, I stare at them, knowing for sure that with Jimmy's demise, the Hadeda's have arrived in food paradise, and are here to stay.



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UEC Areas of Interest include -

Water Reptile / Insect / Mammal / Aquatic Life
Power Recycling Education
Vegetation and Plant Life

PLEASE RECYCLE IF YOU PRINT THIS!

Uplands Environmental Committee remains one of the best kept secrets at the school!

We aim to change that with this quarterly publication, mailed to the entire Uplands Schools Community every term.

We welcome articles, letters, jokes and suggestions from our readers, and we especially look forward to receiving contributions from the students.

Help needed: If you have an interest in environmental issues of any sort, and can spare some time, please contact Kate Barnett, UEC Chairman, on 082 900 1453, or mail her kbarnett@froome.co.za. We urgently need extra hands to help in tackling fun projects! No special skills needed, just a sense of humour and an enthusiastic will to live lightly, passing this onto the next generation.

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SAPPI proudly supports Uplands Schools with our recycling projects