



MANZI'S NEWS



A Newsletter for Manzi's Buddies

June 2019

#BeatAirPollution

Hi Friends,

It's that time of the year, that the Earth needs us to take care of our environment. We need to make changes in our lives for a better world. On 5 June every year is World Environment Day and the whole month is celebrated as Environment Month. This year the theme is "#BeatAirPollution". Air pollution occurs when gases, dust and smoke get into the air and make the air unclean and unsafe for us, animals and plants to live in. Air pollution can also get into the ground and harm the soil and water. It can also cause acid rain. You are probably wondering how can I change the air in the sky, it sounds so far away from you? Well you will be surprised to find out that most of the things that we do everyday has an effect on the air and causes air pollution.

Let's look at the causes of air pollution:

- Natural causes: such as volcanic eruptions, dust storms and wild fires.
- Agriculture: the animals on farms such as cattle release a lot of gases such as methane and ammonia.
- Household: houses need energy for electricity to cook, light up homes and heat up homes. This energy is from fossil fuels such as coal, wood, oil and gas.
- Industry: many factories need energy from fossil fuels to make their products and they produce a lot of chemicals, smoke and smog.
- Transport: there is a lot of cars on the road and they are giving off dangerous gases such as carbon monoxide. People are using aeroplanes a lot nowadays.
- Waste: we produce a lot of waste which ends up at landfills (dumping sites). As the food rots it gives off gases such as methane, and some waste gets burned and gives off bad gases.
- Spray cans: every time we spray a can we release compressed gases which still affect the ozone layer and the environment.



Credit: Getty

What are the Effects of Air Pollution?

- Headaches
- Dizziness
- Nasal (nose) irritations
- Lung diseases such as asthma, bronchial diseases and lung cancer
- Eye irritations
- Coughing and throat infections
- Heart attacks
- Damage to trees, vegetables, fruits and flowers
- Animals face breathing problems and skin infections
- Acid rain which causes trees to dry out and die



Credit: Liam Burnett-Blue on Unsplash

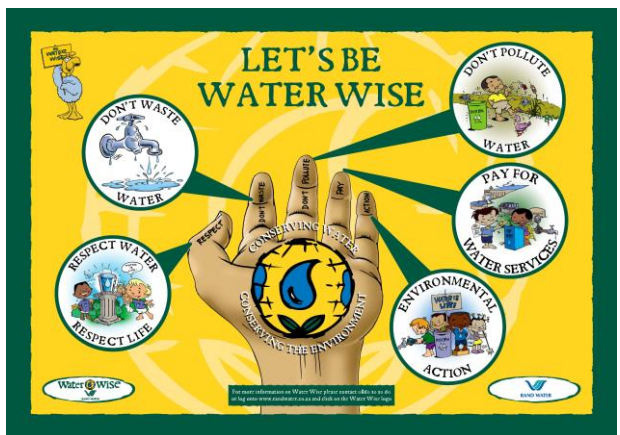
Did you know?

- That air pollution causes damage to the ozone layer and causes global warming and changes in the climate.
- That about 7 million people die from the effects of air pollution.
- That nine out of ten people breathe polluted air.
- That a lot of cities around the world are signing up to beat air pollution.

What can you do to Beat Air Pollution?

You can start by reducing your ecological footprint. What is an ecological footprint? Well my friends it is the demands or needs that people (or humans) have on nature (such as fossil fuels for energy, water, animals and plants, etc.) and how huge is the need. Please take part in the activity below and see how you score. In order to reduce your ecological footprint you need to be as honest as possible so that you can make a promise to bring a change in your life and encourage others to do the same.






Don't forget that being Water Wise also reduces your ecological footprint. Practice the six meanings of being Water Wise (namely Respect Water, Respect Life; Don't Waste Water; Don't Pollute Water; Pay for Water Services; Take Environmental Action; and lastly, Conserve Water, Conserve the Environment) and most important of all spread the word.



How large is your footprint?

Find out by answering the quiz below. Your parents may need to help with some of the questions. Circle the number (either 1, 2 or 3) next to the answer that best fits your lifestyle.

Ecological Footprint Quiz

Food: How much meat do you eat? 	vegetarian (no meat)	1	meat 1 to 4 days a week	2	meat almost every day	3
How much food is wasted in your household?	most is eaten	1	occasional wastage as rotten or uneaten food	2	uneaten food thrown away most days	3
Where does your food come from? 	grown at home or bought from local markets - no plastic packaging	1	South African produce from supermarkets packaged in plastic	2	mostly imported food from supermarket packaged in plastic	3
Travel: How far does your family travel each week?	less than 100 km per week	1	100 to 300 km per week	2	over 300 km per week	3
Where do you go for holidays each year? 	not far from home	1	within southern Africa	2	fly overseas	3
How do you travel to school each day?	on foot or by bike	1	public transport	2	by car	3
Does your family have a car? 	no	1	one small car (1600 cc or less)	2	large car or more than one car	3
Housing: How big is your house?	small - 1 to 3 rooms	1	medium - 4 to 7 rooms	2	large - over 7 rooms	3
What power source does your house have?	some or all solar/wind power	1	only electricity	2	wood/coal/paraffin	3
How much electricity does your household use? Check your electricity bill.	R0 to R100 per month	1	R100 to R300 per month	2	over R300 per month	3
How much water does your household use? Check your water meter/water bill.	700 litres or less per day	1	700 to 1200 litres per day	2	over 1200 litres per day	3
How many of these water-wise activities does your family do? Share baths; recycle used water on garden; garden with indigenous plants; have a dual-flush toilet; have no swimming pool.	all 5 of these	1	some of these	2	none of these	3
Do you recycle paper, tin cans, plastic, glass, and make compost?	all 5 of these	1	some of these	2	none of these	3
Population: How many brothers and sisters do you have? 	None	1	one	2	two or more	3

Now add up all your circled points to find the **Grand Total** =

12 EnviroKids

HOW DID YOU SCORE?

Check your quiz grand total below to find out how much your particular lifestyle affects our planet.

Less than 16

You tread softly on our Earth and have a small footprint compared to others. Wish there were more of you around!



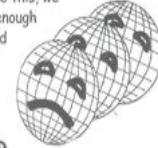
17 to 30

You have a medium footprint and your passage on Earth is damaging - the natural environment won't be able to support very many like you.



Over 30

Lighten up! If everyone had footprints like this, we would need several more Earths to have enough resources to meet all these demands! Find out how to shrink your footprint below.



What about wildlife?

You have only measured the size of Earth needed to support our human needs if everyone had your lifestyle. You have not allowed space for natural areas and the animals and plants they support!

IDEA

Stand on paper and draw around your foot. Cut out your footprint and write on it what you will do to shrink your footprint. Display it as a reminder. Get others to do it too.

12 WAYS TO SHRINK YOUR FOOTPRINT

Almost all of us can lessen our impact on the Earth. If we all shrank our footprints just a little, the overall effect on the environment would be enormous. Here are some ideas for steps that you and your family could take.



- buy locally grown foods
- eat vegetarian meals
- don't waste food
- avoid packaging



- reduce, re-use & recycle



- don't waste water
- remove thirsty alien plants
- check out the water-wise ways in the quiz table



- share lifts to school
- walk or cycle when you can



- plan to have a small family when you grow up



- limit your use of electrical equipment
- switch off lights, TV and appliances when no one is using them

Table adapted from www.lead.org/leadnet/footprintintro.htm See also www.fas.harvard.edu/~townsen/zpp-boston/footprint.html

EnviroKids 13

Credit: EnviroKids Magazine

Remember to
#Beat Air Pollution

Lots of Love
Manzi



Water Wise
RAND WATER

References:

www.youtube.com/watch?v=t7Q7y-xjR5E;
www.myclimate.org;
www.worldenvironmentday.org; EnviroKids magazine



For more information on being Water Wise, please contact 0860 10 10 60 or log onto www.randwater.co.za and click on the Water Wise logo