



roots&shoots

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South Africa

Message from the editor

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Greetings to all *Roots & Shoots* members! I can't believe how fast this year is passing by. With so many *Roots & Shoots* projects and events taking place, it is sometimes difficult to keep track. Personally as the newsletter editor and national coordinator I am constantly amazed at the dedication and hard work of our volunteers in the various environmental education programs and community upliftment projects.

In April *Roots & Shoots* members from Soweto visited Suikerbosrand Nature Reserve. The day was a great success and enjoyed by all. Thanks Denis for putting together a wonderful event. In this newsletter we get a report back from Protect Manaka on his experiences at the Global Youth Summit in Orlando Florida in April.

On a more serious note, the recent xenophobic attacks in our country has made many of us sit up and think about what makes you South African? These events only highlight the need for South Africans, whether you were born in this country or a foreign national, to give back of yourself and show kindness in order to help others. As a *Roots & Shoots* volunteer this can be achieved in so many different ways - donating second hand items, giving your time and expertise to uplift others, or even starting projects in your community which will help another.

Till next time
Candice Segal

NEWSFLASH



On the 11th June Protect Manaka & Candice Segal were invited by Janet Landey of Services SETA to set up a small presentation area in their stall at the Markex Expo at the Sandton Expo Centre, in Johannesburg. It was great exposure for *Roots & Shoots South Africa*. It was also a big learning experience for both Protect and me to learn how to market our "product" and spread the word on what *Roots & Shoots* is about, the projects we are involved in and how the general public can get involved. Thanks Janet for the opportunity.

Protect posing next to our display

Suikerbosrand Nature Experience *By Denis Creighton*



Group shot in front of an epic landscape



Roots & Shoots members begins to hike uphill

"We would love to have more such experiences and to see the Big Five and also to hang out with Chimpanzees!!!"



Denis gives members an inspiring bush talk



Luke & Candice providing info to interested members

The 15 April 2008 was a fine autumn day in Johannesburg, sunny but a bit cool. For 33 young people from Kliptown and Lehae it was a special day! The young men and women are members of two new *Roots & Shoots* clubs from the Soweto area and they were heading for a provincial game park run by the Gauteng province-Suikerbosrand, so named for the type of Protea bushes growing naturally here- "Sugar bush ridge" in English.

The party was joined by Candice the *Roots & Shoots* coordinator and an expert primatologist and Luke of Chimpanzoo, Denis a field guide and facilitator of the *Roots & Shoots* clubs and two French friends of the Kliptown youth, Renoud and Silvie.

After a briefing by Denis, the group leader for the day, the party headed off for a 4 km interpretive hike on the Cheetah trail. For many it was the first opportunity to engage at close quarters with nature and the cultural history of the area, given that the youth came from largely baron settlements in and around Johannesburg.

The trail was somewhat taxing but not too strenuous for the reasonably fit and offered the opportunity to study animal signs, the natural vegetation, relics of stone and iron-age people, early Voortrekker settlers and the effects of human encroachment on nature in aspects of pollution and soil erosion.

After the hike (fortunately no encounters with snakes) the party re-boarded the bus for a four hour game drive in the reserve. The reserve being highveld grassland is home to numerous species of animals mainly herbivores (no large predators) and baboons. In the latter we were fortunate to have Candice on board who had done her Masters dissertation in the reserve studying baboons and the party was lucky to meet up with four different troops on the trip. Other game encountered included springbok the national animal, zebra and the largest antelope in Africa the Eland.

Half way through the drive we stopped at a lovely and well equipped picnic spot for lunch cooked on an open fire. This was a time to learn more about each other and the environment.

At the end of the tour the group was unanimous in their commitment to improving the environment and to learning more about nature and animals. Back home the various groups completed feedback forms which are most instructive and confirm the value of exposing young people from urban environments to nature. Some of the feedback comments included:

"We learned about the importance of the environment"

"We learned to respect for the environment"

"We would like to teach others"

"Baboons behave like people"

"If people were taught about the environment we would have less land pollution"

"We would love to have more such experiences and to see the Big Five and also to hang out with Chimpanzees!!!"

For the group leaders too it was a memorable experience to see the enthusiasm of youth and their thirst for knowledge and new experiences. Follow up trips to reserves are planned with the next one in the spring to Pilanesburg a park featuring a wider diversity of game and eco systems. Thanks to the *Jane Goodall Institute South Africa* for the opportunity!

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Address to delegates at Global Youth Summit Roots and Shoots- Giving our Children a Better Chance, Believing in our Nation and Belief in Yourself



By Protect Manaka

Hi *Roots & Shoots* fellows, my name is Protect Maripa Manaka and I hail from South Africa in a suburb called Lehae in Soweto, Johannesburg. I gained my Matric certificate from Seana-Marena High School, which I attended from 1995 to 2000. In 2001 I continued my studies at the P.C. Training and Business College where I studied Tourism and Leisure management (otherwise known as travel and tourism) for a further two years. In addition I gained a certificate from the Galileo computerized reservation course in 2003.

Before moving to Lehae, I lived in an informal settlement in Soweto called Dlamini. Lehae is a community of people relocated from informal settlements into RDP (Reconstruction and Development Programme) housing located south of Johannesburg. The reason why I am explaining all this is to explain one of South African governments programmes to reduce the number of people living in shack dwelling suffering from poverty and starvation, by half by 2014. That is why people living in informal settlements or squatter camps are moved from areas around Soweto for example; Mshengaville, Dlamini, Eikenhof and also Thembalihle to Lehae.

Right now I am a *Roots & Shoots* member for the *Jane Goodall Institute of South Africa*. In Soweto, we comprise of more than 30 members from the Kliptown and Lehae areas. I was part of the World Summit on Sustainable Development (W.S.S.D), the earth or children summit in Soweto 2002. This is where I first met and heard Dr. Jane Goodall. She spoke at the Soweto Mountain of Hope. Our environmental project at the summit was called “**Mpumeleo**” - meaning “**success through working together**”. The project aimed at developing an eco-tourism route which consisted of an area which provides a safe, healthy, clean, secure and peaceful zone.

My experience with *Roots & Shoots South Africa* has been overwhelming because I was chosen to represent South Africa at the Jane Goodall Global Youth Summit in Orlando, Florida in the USA. As an attendee of the summit, I have been blown away by the diversity of people from around the world, learning about different peoples’ cultures and countries. I was chosen because of my commitment that I have shown in improving my community and I hope to implement what I have learnt from the summit into new projects and activities when I get back home.

The recognition of being chosen to attend the youth summit has given me an opportunity to rub shoulders and network with a hundred young leaders drawn from 100 countries across the globe. Many thanks must be given to the *Jane Goodall Institute* for providing over a hundred youth the opportunity to engage and learn from each other, while enhancing the health and wellbeing of this generation of young people and the community at large.

Furthermore *Roots & Shoots* is a good platform and terrain to further inspire young people to be busy, contribute to their community and the power to change their social situation. I have always had a dream of working with people and *Roots & Shoots* has given me that chance. If you have love, passion, determination and interest in people, anything is possible no matter who you are or where you come from.



Protect (left) with new friends made at the Global Youth Summit.



Protect with Dr. Jane Goodall

“Roots & Shoots is a good platform and terrain to further inspire young people to be busy, contribute to their community and the power to change their social situation.”



Team building exercise around the bonfire

Suggestions - Stay warm while reducing your energy consumption this winter

By Grace Green

Electric heaters are energy guzzlers so before you plug in the heater, here are some ideas to help you keep your electricity consumption to a minimum and still keep warm.



- Add layers. Put on another jersey and socks to keep warm.
- Keep a blanket on the couch and snuggle up.
- Put extra blankets on your bed.
- Use an electric blanket to warm up your bed instead of using a heater in your bedroom.
- Use a hot water bottle.
- Drink warm drinks - keep hot water in a flask so you don't have to keep boiling the kettle.
- Open the curtains during the day to let the sun in to warm the room. Close the curtains before it gets dark to keep the warmth in. Put a rug in a room that has tiled floors.
- If you're purchasing a new heater, go for gas. Or at least select the most energy efficient heater. Once the heater has warmed up the room, reduce the temperature from full heat to a lower level. Keep the doors and windows closed to keep the heat in the room.
- Turn off the heater when you leave the room or house, but keep the door closed so that the warm air stays in the room.
- Insulate your ceiling and walls. Seal air gaps under doors and between the door and frame - either install rubber seals, or put a towel or newspaper against the gap under the door, to ensure that the warm air doesn't escape from the room or that cold air can't sneak in.
- Avoid using under-floor heating as it uses loads of electricity.

Websites with a Mission

There are so many amazing projects taking place without our knowledge. Please take a moment to browse some of the sites I have found and see if you can contribute to any.

- <http://www.trees.co.za/>
- <http://www.itstartswithyou.co.za/>
- <http://www.ecocity.org.za/default.htm>
- <http://www.ecosolutions.co.za/>

P.S. Roots & Shoots is all about awareness and helping communities, so if you know of a community project or initiative in need of support or public awareness please send more info to candice@rootsandshoots.org.za



Mpumalanga Update - Food for the Future By Lolo Madonsela

White River- Embonisweni Primary School had the privilege to be visited by *AutoTec Foundation* and in conjunction with *Jane Goodall Institute* in South Africa (*JGI*), hosted a food garden workshop to teachers and the community.

This was to help establish organic food gardens to supplement the government feeding schemes. *Roots & Shoots* is a programme of the *JGI* which is specifically designed to assist rural schools to establish these gardens. Each school will receive a starter kit which will include a manual, seedlings sponsored by Brian Law Plants, seedlings and fertilizer sponsored by AFGRI in Nelspruit and garden tools donated by *JGI South Africa*.

AutoTec Foundation is in collaboration with Mpumalanga business, aiming ultimately at the development of a better skilled workforce. It is a registered non-profit organisation.

The marketing and media liaison manager of environmental education was also there to assess the area as they were keen to join forces with *AutoTec* in this development.



Community members attending the workshop



Newly planted food gardens



Donated seedlings

Success Story – Mission Possible

The Grade 7 class of Luanda International School assisted Eugene Cussons in raising enough funds for the rescue of 18 month old Lilly. The total amount raised was US\$2700-00 which was done through selling tickets for a special school concert. The relocation of Lilly would not have been possible without the generous efforts of this class



Oladipo Toriola, Thomas Dearlove, Ben Jenkins, Lucinda Dodunski, Mary Westre, Arthur Alencar and Eugene Cussons

How to Make Your Own Compost Heap

Compost is a food for the dirt and the plant roots, which is made from waste...

How can you make it?

1. You start a pile: In this pile go limbs, or greens (these come from the cleaning out of other plant/leaf debris), animal feces, kitchen scraps (like fruit or veggie peels or egg shells or coffee grounds or tea leafs). NO meat scraps or cat litter, the chemicals during breakdown would kill plants.
2. The pile is kept in a bin. I flip my pile once a week. In the winter months I flip it once every 2 weeks. After a few months the pile breaks down and becomes this nutrient rich soil amendment. I keep 3-4 piles going all the time.

It is local, non chemical, and recycles, how cool is that. About 3 weeks after you start using this you will note plants become more disease resistant and start growing much bigger. It helps to keep weeds down; using compost also helps dry soil retain water while giving the plant good drainage.



Compost Tea is food for the plant as a whole

How do I make it?

1. I used 2 gallon of water from my pond, this can be done from any fishy source (pond/river/stream) that holds a lot of fish and that does not use any type of chemical.
2. To this I add 1 teaspoon of olive oil (can be any type of veggie oil), ¼ cup dish soap, 1 tablespoon of garlic (this can be the powdered kind from the grocery store), coffee/tea grounds, 5 cups of compost.
3. I add all of this to a 50 gal trash can and fill with water, do this about 7am. Let this stand in the sun, stirring every hour, you can add an air pump from a fish tank to make it stronger.
4. Around 5pm it will be useable. This can be strained to spray on the leaf surface. This will help keep the plant safer from insects and clean the leaves. Just like us plants have to breathe, Additionally it can be put in buckets and use it to water the plants
5. I only do a compost feed once a month. This type of compost is like giving vitamins to the plant to help it grow.

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Above and right: Different types of compost heap containers

Soweto Update *By Candice Segal*



New Zozo hut in Diepkloof crèche



Denis, Sue & Candice with children from crèche



Thulani, Denis and R&S member from Kliptown with Xo laptop and solar charger



Food garden in Kliptown Youth Centre



Protect, Candice & school children from Lehae



Alex Haw, Protect, Susan Slotar, Denis, Gogo and her family from Lehae receiving donated gifts

Diepkloof

- *Crèche* - Things are going well at the Diepkloof Crèche. Thanks to *Roots & Shoots South Africa* and *JGI South Africa* a new Zozo hut has been added to the premises. Additionally Pauline Stuart has managed to have rubber tiles donated to make the flooring safe for children. Additional thanks to all those *Roots & Shoots* volunteers who donated children's clothes and toys, all gifts were excitedly received.
- *Fons Luminus High School and Boepakitso Primary School* - In April a small group of *Roots & Shoots* members (Sue Slotar, Denis Creighton, Candice Segal & Protect Manaka) and Alex Haw from *Ecosolutions* visited and held a meeting with the staff of these 2 schools in the hope of forming a relationship. We still hope to have workshops on Owl education by *Ecosolutions*. Additionally the schools are in need of stationary and would like to start their own food gardens; hopefully *Roots & Shoots* will be able to assist them in these matters.

Kliptown

- In April and June we visited the *Kliptown Youth Project*. I am happy to relay that both their food gardens and their after-school programs are doing well.
- We were even given a presentation and demonstration on another project simultaneously taking place - called *Xo Laptops*. These laptops have been designed by students at Cambridge University in the USA, to provide computer access to communities in rural or informal settlements. These laptops are highly impressive and have programs similar to office, can take photos and videos, chat to other laptops on a network and even connect to the internet where additional services such as emails and online textbooks can be accessed.
- The members of the Kliptown Youth Group are also preparing for Jane Goodall's visit in July. They will be performing a combination of dramatic and musical numbers at our Johannesburg meet and greet.

Lehae

- Thanks to the efforts of our volunteer Protect Manaka, various activities are taking place in Lehae
- Ongoing Netball and Soccer tournaments have been organized under the auspices of *Sports Against Crime* and *Sports for Social Change*.
- Additionally Protect is hoping to find sponsors to provide School Uniforms and Church Choir Uniforms for the new primary school and church choir group
- The *crèche* is doing well, new land has just been acquired in order to relocate it to a new larger premises.
- We continue to help support Gogo's family by providing her with the means to earn money for her children and grandchildren (many of whom have lost their parents to AIDS) and especially Celiwe who has cerebral palsy.
- Hopefully in the future we can have more tree and vegetable planting workshops in order to provide more households with their own healthy source of food.

Future Events

- Due to the great success of our trip to Suikerbosrand Nature Reserve in April, we hope to plan a spring trip to the Pilanesburg, where we will camp overnight and hopefully see some of the Big Five!

Wishlist

Item	Who you are helping
Vegetable seeds or seedlings, garden tools and accessories (e.g. shovel, spade, fork, compost, hose)	Families and schools in Soweto (Kliptown, Diepkloof & Lehae) provide healthy food
Primary school uniforms & Church Choir Uniforms	School & Church Choir in Lehae
Stationary and books	Primary and high schools in Diepkloof, Soweto
Winter clothes, shoes and blankets	Children from disadvantaged communities
Toys, nappies and baby accessories	Crèches in Soweto
Zozo hut	Crèches in Soweto
Astro Turf	Crèches in Soweto

**"Every individual matters.
Every individual has a role to play.
Every individual makes a difference."
Dr. Jane Goodall**

Here's a sneak peak at what to expect in our next newsletter

- *Report back on Jane's trip to South Africa*
- *Roots & Shoots kicks off in Cape Town*
- *Tree planting and vegetable garden campaign*
- *Peace Day and much more...*