



\*\*\*Needed to keep this picture BIG! The smile's on everybody's face is a reflection of a moment of true happiness\*\*\*



The smell of the fresh sea air...  
The wind blowing through your hair...  
Sunshine on your skin...

What a way to spend a day at the office!  
The HCHW's enjoyed a fun filled day out in Hout Bay on Tuesday, 17 September 2019. The day started off with a 40-45 minute boat cruise to Seal Island.

En route to Seal Island, the boat was filled with laughing, dancing and many photographing the beauty surrounding us. Many decided to sit down and take in the views of the sunshine, mountains, the small swells and the feelings of utter freedom and bliss, while others enjoyed socializing and creating precious memories captured in a photo.

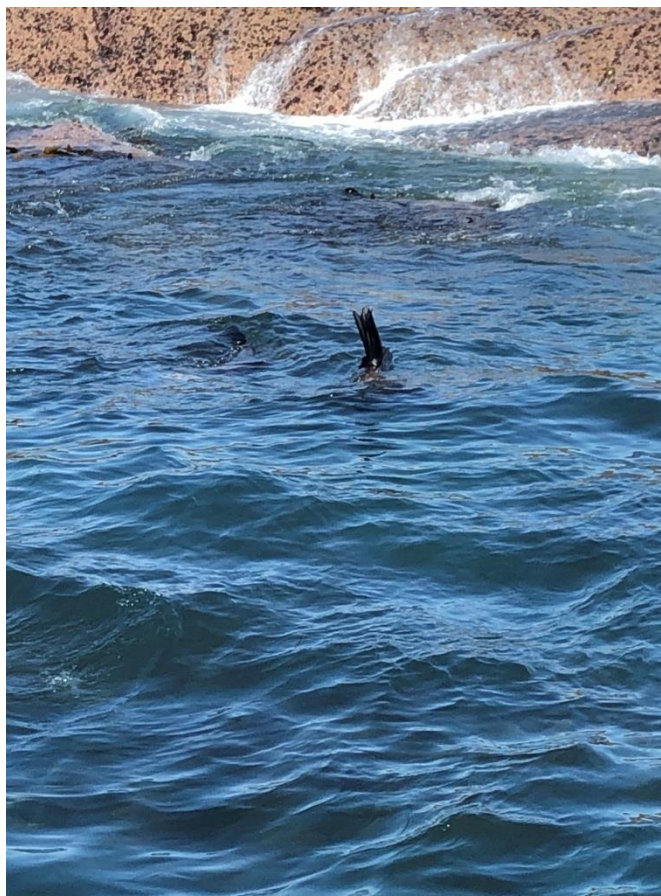
There were views of every kind – still waters...yet some small swells, clouds...yet intensely bright, hot sunshine, a welcoming breeze and gorgeous mountain views!

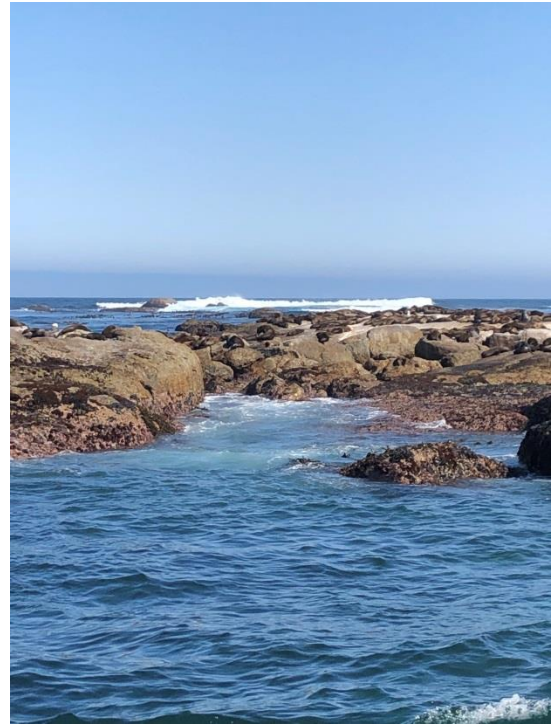
Once the boat had reached Seal Island, the Tour Guide provided us with many interesting facts.

Seal Island received its name because of the large number of Cape Fur Seals that occupy it. It is home to approximately 64 000 Cape Fur Seals. It is also home to various bird species as a breeding ground. Due to the dense population of seals at certain times of the year, the seals main predator is prevalent – the Great White Shark. Seal Island provides rare opportunities to those wanting to witness attacks and experience the social interactions amongst these creatures. Seal Island has become famous for the size of its sharks.

The island is an outcrop of Cape Granite, is long and narrow – approximately 800m x 50m and rises approximately 4 – 6 metres above the high tide mark. There is no vegetation, soil or beach.

A radar mast was built on the island during WWII by crew who lived in prefabricated huts during the construction of this mast but this tower gradually succumbed to corrosion and was blown over during a winter storm in 1970. All that remains of it is rusty, twisted metal.





Our first Guest Speaker was Hayley Mclellan who is the Environmental Campaigner at the 2 Oceans Aquarium. In 2011, Hayley launched the 'Rethink the Bag' campaign with the goal of banning single-use plastic shopping bags in SA. Hayley is also an Ambassador for 5 Gyres which is a NPO that has a global goal of empowering action against the health and environmental crisis of plastic pollution.

Did you know: half of the oxygen available to us has been produced by phytoplankton. This means that every other breath comes from microscopic organisms in the ocean.

Although certain types of plastics are useful, Hayley also highlighted an alarming fact that one generally doesn't think about and that is... although we might recycle or dispose of our plastic waste in an appropriate, reasonable and mindful manner, that plastic item will NEVER leave the earth.



Ultimately, plastic waste finds its way into a storm drain, into a river, and eventually into the ocean where it either lodges itself in a turtles stomach or gets trapped around a penguins neck. In addition to entanglement and ingestion, microplastics are tiny pieces of plastic which come from larger plastics that have degraded over time. Plastic contains chemicals which can increase the chance of disease and affect reproduction. After ingesting microplastics, seals and other animals may suffer for months or years before they die.

The above items are great examples of how we can all make small changes to our lifestyle. Cutlery and crockery can be changed from plastic to bamboo, likewise with the above straws, also found in a metal option. These bags can be used for storing an array of items from food to clothing. These bags can be frozen as well as heated up and the composition of these bags do not change.

Food for Thought: .60c per plastic shopping bag x an average of 6 per week x 1 year = 312 bags per year = R187.20 that you have spent on single use plastic bags that are contributing to land, air and ocean pollution. This monetary figure seems small, but think of the combined greater good that you can contribute to: charity donation, becoming more eco-friendly and saving financially.



Our second Guest Speaker was Mhinti Pato from Sakhisizwe Youth Development Program based in Imizamo Yethu, Hout Bay. The main focus of Sakhisizwe YDP is to provide mentorship and leadership support to young people aged 13-25 years old through an aftercare program that offers academic support, healthy living through sport, life skills, spiritual journey and creativity.

Since our Educational Outing was focused on recycling and environmental health, Mhinti was able to share her views on the importance of recycling. Sakhisizwe has extended their program to offer a drop off point for all recycling – this one gesture is able to provide not only a drop off point for those wanting to dispose of waste, but in turn, provides job creation for those helping Mhinti in the actual recycling process as well as any funding received from these items goes straight back into the community to assist in these programs.

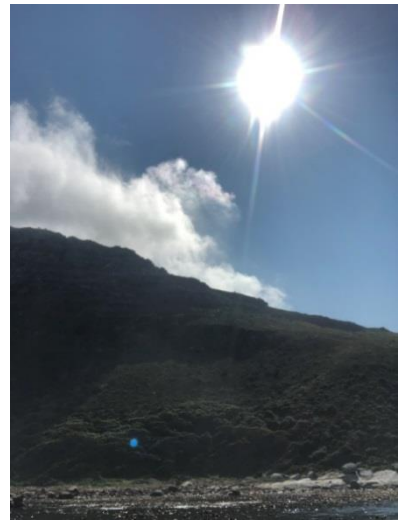


After a very busy morning of travelling, a fun filled boat trip to Seal Island and 2 very informative presentations by 2 incredibly inspiring women, it was time to feast!

At this famous corner spot called Bistro Mariners Wharf, locals and tourists alike flock to try these mouth-watering meals.

There was a choice of hake, snoek (grilled or fried), calamari – all on a bed of hot chips, smothered in salt and vinegar!

Lunch was a time for everybody to recharge their batteries and fill their tummies. It was a moment to connect with each other, to discuss the day and to share the feelings of mutual adoration for the ocean and beautiful beach vibes.



After lunch, we could not leave Hout Bay without taking the opportunity to walk on the beach, feel the sand between our toes and wet our feet in the shallow waves.

It was really such a perfect day – fun, informative, memorable.

Walking on the beach after a day like this invokes feelings of gratitude, appreciation and meaning.

This is truly how we felt yesterday!