

# NEWSLETTER

SABAH WETLANDS CONSERVATION SOCIETY



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## BIENNIAL SYMPOSIUM ON CEES 2019

SWCS has the opportunity to participate the first Biennial Symposium on Community Environmental Education (CEES) in Southeast Asian Regions 2019 organised by ecobus 生態巴士 & Ecobus (Hong Kong) Environmental Foundation 生態巴士(香港)環境基金. The event was held successfully in Brunei Darussalam from 26th June 2019 to 30th June 2019. Two representatives from SWCS; Recheal Jane Ronnie (Environmental Education Officer) & Mohamad Nazri Ali (Conservation and Education Assistant) have participated the 5-days event.

For more details at <https://www.ecobus.org.hk/site/cees2019/> and <https://www.facebook.com/ecobushk/>

## OBJECTIVES

To promote the conservation of wetlands in Sabah and the variety of plants, birds and other kinds of organisms found in them.

To raise public awareness and appreciation of wetlands and public involvement in protecting wetlands.

To manage Kota Kinabalu Wetlands (KKW) as a model wetlands centre for the purpose of conservation, education, recreation, tourism and research.



**Sabah  
Wetlands  
Conservation  
Society**

A Non-Governmental  
Organization working on  
Conservation of Wetlands in Sabah

Established on  
22 August 2005



A group photo with the organisers and the participants  
Credit: <https://www.facebook.com/ecobushk/>

## Biennial Symposium on Community Environment Education in Southeast Asian Regions 2019

A success and indeed a very fruitful event which gathered many regional-based non-governmental organizations (NGOs) from Southeast Asian countries. This 5 days and 4 nights symposium were packed with sharing sessions and field trips which as the highlights of the event. On this occasion, we had the opportunity to experience the living (including the night walk!) in the Meriuk Farm Stay led by passionate communities. We also have a chance to experience the river cruise along the Kampong Ayer Village. The mangrove biodiversity is still well-preserved and we can find animals like Salt Water Crocodile, Proboscis Monkey, Long-tailed Macaque and White-Bellied Sea Eagle along the river.



Left : Green Lantern Bug Right : Tarantula Nest  
Credit: Recheal Jane Ronnie



Left : Proboscis Monkey: Salt Water Crocodile  
Credit: Recheal Jane Ronnie



Meriuk Farm Stay  
Credit: Recheal Jane Ronnie

## Biennial Symposium on Community Environment Education in Southeast Asian Regions 2019



## Stakeholder's Workshop on National CEPA Action Plan



On 25 - 27 June 2019, the workshop was held in Hotel The Everly, Putrajaya. This workshop was organized by Forest Research Institute Malaysia (FRIM), with the support from Minister of Water, Land and Natural Resources (KATS). The main objective of this workshop was to draft the National Action Plan for the development of Communication, Education and Public Awareness (CEPA) Biodiversity Action Plan. A total of thirty-three (33) participants comprises from Government sectors, private sectors, NGOs and local communities have attended the workshop and SWCS was represented by the Conservation & Science Officer, Mohd. Nurazmeel Mokhtar.

## Introductions and usage of plastics



*Eco-Friendly Product that can replaced plastic product  
Credit: <https://kpwb.org>, <https://eyreimports.com>*

Plastics are generally used in a wide range of synthetic or semi-synthetic materials, plastics are organic materials just like a block of wood, paper or wool. The raw materials used to produce plastics are natural products such as cellulose, coal, natural gas and crude oil.

Plastics have become a modern material choice nowadays. The term “plastic” is derived from the Greek word “plastikos” which the meaning fit for moulding, this is because it is referring to the material’s malleability or plasticity during the manufacture which allows it to be cast pressed or in the variety of shapes (such as films, fibres, plates, tubes, bottles or boxes), this usage is in a huge and growing range of daily applications. Moreover, it is easy to find and just surrounded by us, so plastics is a product to help make our daily lives cleaner, easier, safer and more convenient. Plastics can be developed with virtually of any combination of properties to accommodate almost in any application as what we expect. These are increasingly being used in the following variation of industries’ application such as packaging, building & construction, transportation, electronics, agriculture, healthcare, sport and leisure and energy resource

In addition, with plastic as an essential materials component that is widely used in many items, therefore we must make a more wise decision on how to recycle plastics product and to understand the different types of plastics. The SPI codes are a classification system that is established by the Society of the Plastic Industry (SPI) to help people to properly recycle and dispose of their plastics. The recycling number is divided from 1 to 6 with each number represent a different type of plastics or polymer. the type of plastics are as follows:

- No. 1 is PETE or PET which is for the polymer of Polyethylene Terephthalate which often uses for soda/water bottles as well as medicine jars and more.
- No. 2 is HDPE which stand for High-Density Polyethylene which often uses grocery/trash bags and motor oil/shampoo/conditioner bottles and more.
- No 3 is PVC for plastic from Polyvinyl Chloride this plastic is used for plumbing pipes, tile, ducts and many more.
- Number 4 is LDPE for plastic from Low-Density Polyethylene which is often used for cling wrap, sandwich bags, squeezable bottles and more.
- Number 5 is PP which stand for Polypropylene for plastic used as plastic diapers, Tupperware, kitchenware and many more.
- Number 6 is PS for Polystyrene or Styrofoam which often used as disposable cups, plastic cutlery, plastic food boxes and many more.

As an environmentally responsible person, we do not only need to practice recycling, but we can reduce the usage of plastics by using an alternative product from other material than plastics. Some of these products are easier to be found nowadays. What we can (at least) do;

- i) we can carry our own reusable water bottle or coffee cup/tumbler instead of using Styrofoam or plastic cup.
- ii) Avoiding using plastics straws and replace it with the alternatives straw such as the stainless steel, bamboo, edible straw and some people did not use a straw at all.
- iii) We can bring our own shopping bags whenever we went shopping or grocery.

*Article references: <https://www.diffordsguide.com>  
<https://www.qualitylogoproducts.com>  
<https://www.greenpeace.org.uk>*

## Associate Mangrove

Mangrove plants are generally divided into two groups which are the true mangrove species and mangrove associate species. True mangrove species grow only in mangrove environment and do not extend into terrestrial plant community and are morphologically, physiology and reproductively adapted to the saline, waterlogged and anaerobic condition. Meanwhile, the mangrove associate species are mainly distributed in a terrestrial or aquatic habitat but also occur in the mangrove ecosystem.

True mangrove is halophytes which are adapted to grow in saline conditions, as in salt marsh whereas mangrove associate is glycophytes which mean that it can only tolerate relatively low concentration of salt. The mangrove associate which is present in Kota Kinabalu Wetland Ramsar site is *Glochidion littorale* which is also known as Jambu Kera. The fruit of this species is edible and the concoction of leaves can be used to treat stomachache. *Peltophorum pterocarpum* is also one of the mangrove associates which is present in Kota Kinabalu Wetland Ramsar Site. This species is usually planted as an ornamental or shade tree especially along roadsides and in gardens and the leaves can be used to feed goats and cattle.

Another mangrove associate species which is present in Kota Kinabalu Wetland Ramsar site is the *Asplenium nidus* which is also called Bird's nest fern. This species is the common ornamental plant and the leaves can be used in combination with rasped coconut as shampoo. Apart from that, the *Cerbera odollam* also present in Kota Kinabalu Wetland Ramsar Site which is also called Yellow-eyed Cerbera. It has a white flower with a yellow centre and the fruit has a mango-like appearance and will turn to dark purple when it is ripe. This species can be used to treat intestinal worms.

Besides that, the *Hibiscus tiliceus* which is known as Sea Hibiscus is also one of the mangrove associates that can be found in here. It is an ornamental plant that is planted as a shade tree in the garden. The root of the tree is used as medicine to treat fever. There are many other mangrove associate species such as *Allophyllus cobbe* which also called Sepoh, *Callophyllum inophyllum*, *Canavalia maritima*, *Cassytha filiformis*, *Casuarina equisetifolia*, *Croton heterocarpus*, *Finlaysonia obovate*, *Gardenia tubifera*, *Ipomea pes-caprae*, *Oxyceros longiflorus*, *Pandanus tectorius*, *Passiflora foetida* and *Planchonella obovate* but these mangrove associate species is not present in Kota Kinabalu Wetland Ramsar Site.



Left: *Glochidion littorale*  
Credit: <http://www.tropicalplantbook.com>  
Right: *Peltophorum pterocarpum*  
Credit: <http://keys.trin.org.au>



Left: *Glochidion littorale*  
Credit: <http://www.tropicalplantbook.com>  
Right: *Peltophorum pterocarpum*  
Credit: <http://keys.trin.org.au>

### Article references:

Peter, K. L. Ng & N. Sivashothi.1999. *A Guide to the Mangrove of Singapore I: The Ecosystem and Plant Diversity*. Singapore Science Centre  
Shin, L. S., Muhammad, A. and Tong, J. (2015). *Mangrove Guidebook for Malaysia*. Wetlands International Malaysia.



11th-21st June 2019. Environmental Voluntary Work with AIESEC International.



14th June 2019. Environmental Voluntary Work with EXO Travel Malaysia.



19th June 2019. Environmental Education Programme with Jesselton International School Kota Kinabalu.

## Guests' comments



This is my first time to visit Kota Kinabalu Wetland Ramsar Site. It was a good experience!  
 - **Kun from South Korea**



Thank you for the good experience.  
 - **Lee Hwa and friends from South Korea**



It was fun walking inside the mangrove area.  
 - **Seungwan from South Korea**

# Upcoming Events

### Environmental Education Programme

- ATI College Kota Kinabalu
- Youth PREP Alam Mesra

### Environmental Voluntary Work

- UCSF Kota Kinabalu
- Kolej Vokasional Likas
- Asia Metropolitan College

### Mangrove Tree Planting

- JTB

**Open for Registration,  
 Sign Up Now!**

## Junior Wetland Discovery

Topic:  
**Botany for Kids**



Date : 27th July 2019  
 Venue : Kota Kinabalu Wetland Ramsar Site  
 Time : 9:00 am - 1:30 pm  
 Age : 7 - 12 years old



- Activities
- Interpretative Walk
  - Plant Identification
  - Specimen Making
  - Environment Games

Contact us for more details

+6088-246955

swcs@sabahwetlands.org

**Register Now!**





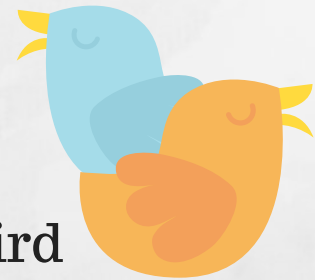
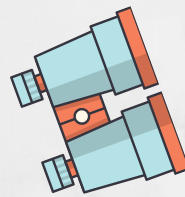
**VOLUNTEER  
NEEDED!**

**01**

**Volunteering is good for your heart**

Volunteering for KK Wetlands Ramsar Site can be a great fun! If you have passion for the environment or just want to gain more outdoor experiences, this is the appropriate channel. Do not miss the chance! Sign up to be a volunteer now or contact us for more information.

**02**



**Monthly Bird Monitoring**



Join our monthly birding activity on every 15th-17th day of the month

**03 membership**

**Benefits of being our member**

- As a member, you will be able to participate in members' events and enjoy free entry to Kota Kinabalu Wetlands Ramsar Site
- Eligible for 50% discount for binoculars rental\*.
- Most importantly, you know you are helping this ecosystem to survive and provide essential services to it.



FOR MORE INFO



Call us at 088-246955 or drop us an email at [swcs@sabahwetlands.org](mailto:swcs@sabahwetlands.org)

**04**

**DONATION**



Join the forces with us and help save our Wetlands by giving donation to Sabah Wetlands Conservation Society.



Bank Transfer/Cash  
SWCS Account No:392050779101 (HSBC)

support us by joining our programmes

**1. Environmental Education Programme**

- KK Wetlands Mangrove Experience Programme
- Mangrove Conservation Experience Programme
- Handcrafting from Mangrove

**2 Environmental Voluntary Work**

- Nursery Work
- Mangrove Clean-Up



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