

# NEWSLETTER

SABAH WETLANDS CONSERVATION SOCIETY



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What's up?

## TEMPORARY CLOSURE OF KOTA KINABALU WETLAND RAMSAR SITE

We all have a part to play in the fight against COVID-19 and Sabah Wetlands Conservation Society is putting people first while still maintaining its operation. For the health, safety and well-being of the visitors, employees and communities, Kota Kinabalu Wetland Ramsar Site is temporarily closed until further notice.

We encourage everyone to remain indoors and keep safe! Thank you and we look forward to welcoming you once again.



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

Established on 22 August 2005

## 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 Wetland (KKW) as a model wetlands centre for the purpose of conservation, education, recreation, tourism and research.

## **STRICTLY ADHERE TO THE STANDARD OPERATING PROCEDURE**

For the health and safety of all, visitors, staffs and interns are required to wear face coverings, body temperature checks and observe social distancing when visiting Kota Kinabalu Wetland Ramsar Site.



SOP and Mysejahtera barcode

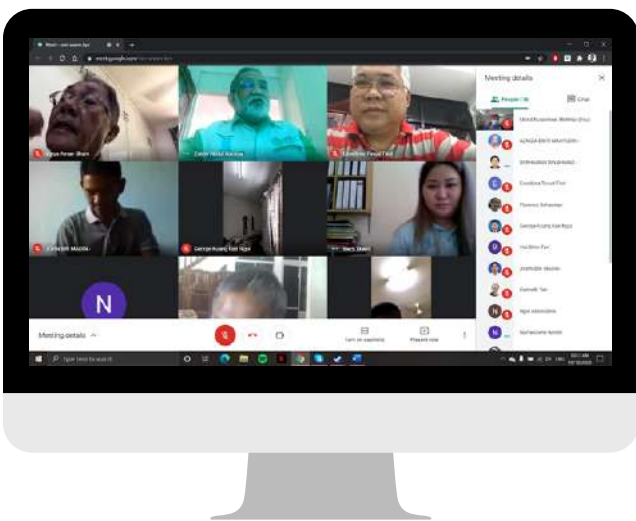


Body Temperature Checks at the Registration Counter

## **SUPPORTING OUR EMPLOYEES AND MEMBERS**

In compliance with the guidelines set by the government on the management of COVID-19, Sabah Wetlands Conservation Society has taken decisive steps to protect the employees by following the sound guidance from the Ministry of Health Malaysia and request the employees to work from home since 07 October 2020. For operation that cannot be done remotely, we're strategically staggering / rotating shifts to create space between worker to reduce potential exposure.

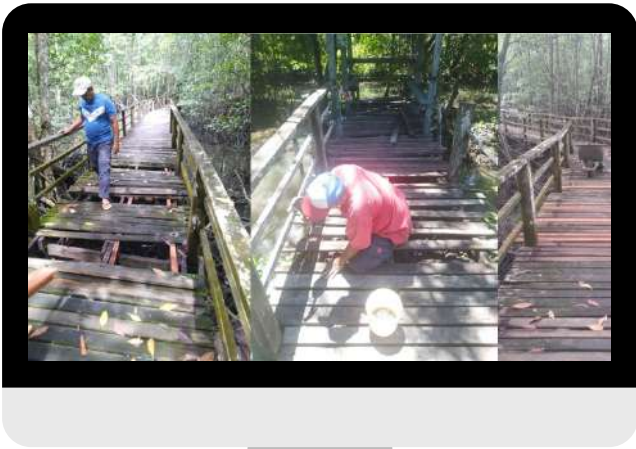
While we will continue to monitor the COVID-19 situation and will respond based on the advice of the government and public health authorities, we are also taking these critical steps to avoid the spread of COVID-19 virus;



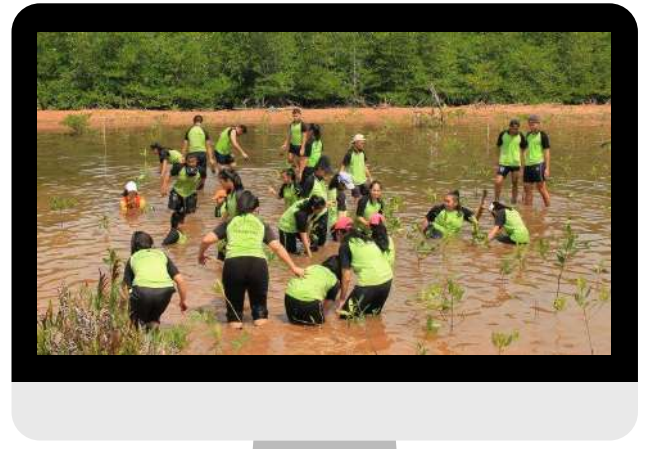
Organised the 1st Virtual AGM on 10 October 2020



Postponing all Environmental Education Programme until further notice



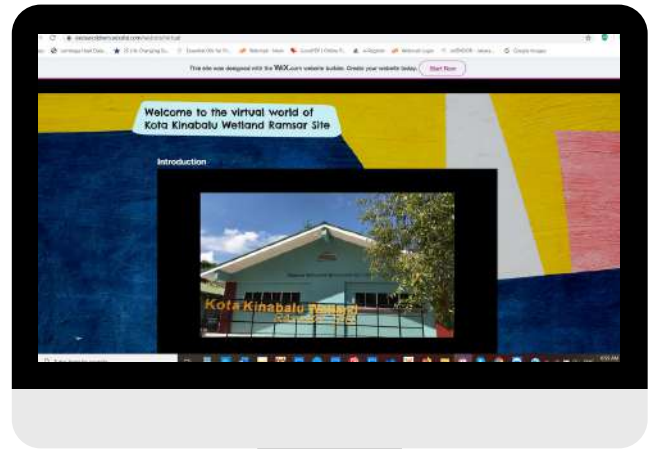
Repair and Maintenance Works-in progress



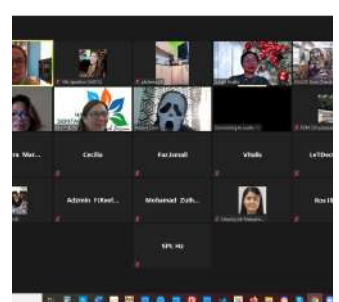
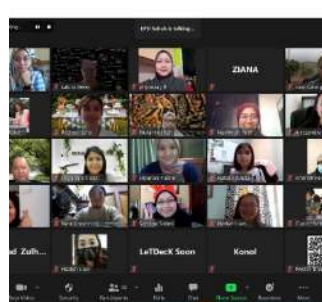
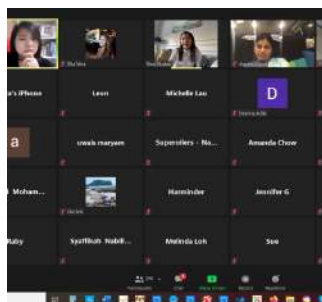
All project activities put on hold



Postponement of the 4th ISCMW



The public got the opportunity to explore KKWRS Virtually . Visit [www.sabawetlands.org](http://www.sabawetlands.org)



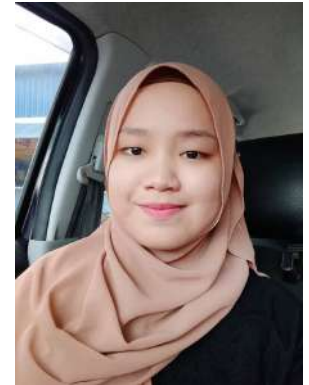
Virtual Meeting / Discussion / Training / Webinar / Programme

## WELCOMING NEW INTERNSHIP STUDENT



Greetings, I am Nadira binti Mudin, taking Bsc (Hons) Tourism Management in UiTM and currently in my final semester. The reason why I pursue my study in tourism is I am a nature-loving person besides that I really enjoy travelling. I have been to many places and I find myself connected more with the natural environment, I get an instant calm! Hence it is obviously why I wanted to do my internship at KK Wetland. Despite of it's strategically located at the city centre I thought KK Wetland is a great place to improve our mental health and well-being, imagine just a exposure to nature could deliver human benefits. I hope in this internship allows me to expand and showcase my skills and gain experiences.

In 2019, my friends and I came to KK Wetland to conduct an interview for my University assignment. I still remember the feeling watching all the green scenery and I learned a lot about the place, the history and how much they grow since the year 1980s, I was not even born yet! To have my internship at KK Wetland is the best decision I've made. I simply love it, because I feel so close with the nature and their conservation effort towards our environment, it is something that I am passionate about which I believe it is beneficial for all of us. In addition, I am also interested in gardening because it promotes healthy life and I enjoy the calmness as it helps to recuperate my stress as a student. Hence, I am very grateful to be given a chance to join the KK Wetland family. I'm Maizzatul Salwa binti Jamaluddin, a Bsc (Hons) Tourism Management of UiTM, Sabah student shall do my utmost to help and support KK Wetland.



My name is Nursyahidah Binti Abdul Lazimdin and I studied Diploma in English Communication in Kolej Profesional MARA, Seri Iskandar Perak. I can say that I am very enthusiastic in learning English especially it can increase my career prospects in the future. The ability to communicate with the language itself boosts my confidence. Aside my love for the language, I love to be surrounded by natural environment. KK Wetland was unknown to me until one day my dear friend had to introduce this place and I went head over heels because I never thought this place existed in my city! I know I made the right decision to do my internship at KK Wetland, it teaches me not just about the environment but myself too (p/s: I'm scared of those tiny creatures, insect!). Lastly, I said to myself If I can take care of my grade for all this while, I believe I can grow my skills and develop more capability in this internship.

Hi, I am Khaslida binti Abdul Kadir. I'm studying BSc (Hons) Tourism Management in UiTM, Sabah and currently on my final semester. You might see me as the shy and timid person but believe me I love outdoors activities because of the adventure and the adrenaline rush! While at home, I like to cook and trying new recipes. As my university requires all final students to undergo an industrial training, I've been looking high and low on the internet to find the right place for me. Then I stumble upon KK Wetland's website, I look through and found that they have many great activities such as Environmental Education Programme and Voluntary Guardian. I instantly thought that I wanted to have my internship at KK Wetland and as I browse all the pages on their website I became more fascinated! Therefore, I would like to give it a shot because I am sure it will be a great place to gain experience and knowledge. I couldn't be thankful enough to be part of KK Wetland, I'm going to do my very best here.



*Disclaimer: The redactor is not responsible for any errors or omissions from the above write-up. All the write-ups are provided 'as is' by the owner, without any alteration or correction.*

## IMPACT OF COVID-19 TOWARDS ENVIRONMENT

During this pandemic time, wearing a face mask in public areas has been mandatory from 1 August 2020. The use of the face mask helps to slow down the spread of the Coronavirus. However, the single-use face mask becomes a new threat to the environment because it takes about 450 years to decompose and it will remain in the environment for a long time. Roughly 10 million disposable face masks are used in Malaysia daily and the number increases when the government mandates its use. Plastic pollution was already one of the greatest threats to our planet before the Coronavirus and the sudden boom in the daily use of face masks making things much worse.



photo credit:<https://www.hulldailymail.co.uk/>



photo credit:<https://twitter.com/howellsrj/status>

The face mask tangled on the bird's feet



photo credit:<https://www.vicnews.com/>



photo credit:<https://www.vicnews.com/>

The face mask found in the sea

### HOW TO STOP YOUR FACE MASK WASTAGE FROM ENDING UP IN OUR ENVIRONMENT FOR DECADES

#### 1. Dispose of your Face Mask Properly

The face masks have been spotted in our oceans, entangled in our animals and across beaches, parks and the streets. It is important to dispose of your face masks properly or find an alternative mask covering option to avoid more waste, landfill and littering.

#### 2. Cut the Strings

You can also take this one step further by cutting the strings from your disposable face masks. This will decrease the risk of animals getting entangled in surgical face masks if they do end up in our environment.

#### 3. Reusable Face Masks

Make your own face mask or invest in a reusable fabric face mask, it will help you to save money in the long run.

references:<https://news.llu.edu/>  
<https://www.weforum.org/>  
<https://crowdink.com/editorpick/>



23rd September 2020: Environmental Education Programme With Jesselton International School

## Visitor's Moment



Malaysia



Malaysia



Malaysia

*Thank you for visiting us at Kota Kinabalu Wetland Ramsar Site during this global pandemic issue. Your support is highly appreciated!*

## S.O.S Save Our Shelter

S.O.S: 'Save Our Shelter' is a campaign to raise funds to build a new 'shelter' (nursery) for the mangrove seedlings at Kota Kinabalu Wetland Ramsar Site

The pandemic brought everything to a halt. But there's one area that needs to be perpetually maintained -- 'the nursery'. A proper nursery is important because nursery-raised seedlings develop well-established root systems prior to planting in degraded areas. The estimated total cost to build a proper nursery with a rainwater harvesting method and solar-powered irrigation system is MYR20,000 (±USD5,000) and only YOU can help the Sabah Wetlands Conservation Society to fulfill its mission. All you need to do is to support us by doing a good deed and share this noble cause with family and friends. It is not the size of the contribution that matters; it is the result of your gifts that matter. Donation link on [SimplyGiving](https://www.simplygiving.com) web site:

[https://www.simplygiving.com/event/5819861c-4356-4b0c-ala2-75d8de923f88?fbclid=IwAR2eO20rsqMxMfjtE-5Y9Z2zibnMg\\_vvBlrysZMJV8xzYvF40RFy4bNU3tY](https://www.simplygiving.com/event/5819861c-4356-4b0c-ala2-75d8de923f88?fbclid=IwAR2eO20rsqMxMfjtE-5Y9Z2zibnMg_vvBlrysZMJV8xzYvF40RFy4bNU3tY)



## VOLUNTEER NEEDED!

### 01 Volunteering is good for your heart

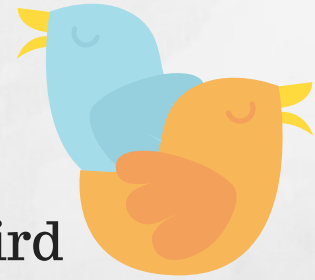
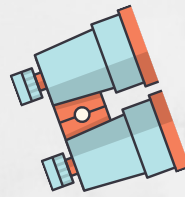
Volunteering for KK Wetland Ramsar Site can be a great fun! If you have passion for the environment or just want to gain more outdoor experiences, this is the appropriate channel. Do not miss the chance! Sign up to be a volunteer now or contact us for more information.

### 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.

### 02



### Monthly Bird Monitoring



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

FOR  
MORE  
INFO

How to  
**REGISTER**

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 to;  
**SWCS Account No:392-050-779-101 (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

## CONTRIBUTORS

Mohamad Nazri Ali  
Rita Ignatius

## COMPILER

Mohamad Nazri Ali

## REDACTOR

Rita Ignatius