

SIVEST Environmental Division

SIVEST

BASIC ASSESSMENT (BA) AND ENVIRONMENTAL MANAGEMENT PROGRAMME (EMPr) FOR THE PROPOSED EXPANSION OF A 500M³ BULK STORAGE FUEL OIL TANK AT THE GROOTVLEI POWER STATION, MPUMALANGA PROVINCE

DEA EIA Ref. No: 12/12/20/2358

NEAS Ref. No: DEA/EIA/0000418/2011

As per the Basic Assessment process advertisements dated 2 September (Daily Sun) and 13 September 2011 (Nigel/Heidelberg Rekord) placed in terms of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended, and the Environmental Impact Assessment Regulations, under Government Notices NoR543 and R544 promulgated on 18 June 2010, Section 24 (5) read with section 44 of the National Environmental Management Act (Act No. 107 of 1998), the public is hereby notified that the Draft Basic Assessment Report (Draft BAR) will be made available in hard copy for review and comment at the venues listed below. The Draft BAR is also available on the SIVEST website (<http://www.sivest.co.za/Download.aspx>) then browse to the folder "10037 - Grootvlei Bulk Storage Fuel Oil Tank BA", Eskom website (<http://www.eskom.co.za/eia>) and CD (available on written request).

REVIEW PERIOD OF THE DRAFT BASIC ASSESSMENT REPORT

In terms of the EIA Regulations, the Draft BAR will be made available made available for a 40-day review and comment period from Friday 06 January 2012 to Tuesday 14 February 2012 (end of business) at:

VENUE	STREET ADDRESS	HOURS	CONTACT NO
Ballour Public Library	Cnr Johnny Mokoena Drive & Themba Shazi Street, Ballour	Mondays to Thursdays: 09h00 – 13h00 and 14h00 to 15h30 Fridays: 09h00 to 13h00	017 773 0056
Eskom Grootvlei Power Station Main Gate (Reception)		Mondays to Fridays 08h00 – 16h00	017 779 8801

NOTIFICATION OF AND INVITATION TO PUBLIC OPEN DAY AND PUBLIC MEETING:

Interested and/or Affected Parties (ISAPs) are also invited to attend a Public Meeting to be held on:

DATE	PUBLIC OPEN DAY	PUBLIC MEETING	VENUE
Tuesday 31 January 2012	15h00 to 17h00	17h00 to 18h00	Damand Club (Spoonymates), 2 nd Street Grootvlei

The purpose of the Public Meeting is to present the findings of the Basic Assessment Process and Draft Report undertaken for the proposed project to the public, provide interested and/or Affected Parties (ISAPs) with the opportunity to raise comments and/or concerns and to interact with the project team.

Please direct enquires to the Public Participation Consultants below:

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Advertisement

Tips for boosting your immunity

Your immune system is key to your health. So, it's in your best interest to strengthen it... especially when you are living with a chronic disease or HIV. Here is some advice...

You cannot see it... and you cannot feel it. Yet, your immune system is working day and night to protect you against nasty invaders like viruses and bacteria that are all around you waiting for a chance to invade your body and make you sick.

Why is immunity so important?
If the immune system is weakened for any reason, your resistance will be lowered and you will more likely to become ill. It is particularly relevant for people living with HIV. Research has shown that the most effective way for people living with the virus to remain as healthy as possible and avoid secondary infections, is to strengthen the immune system through proper nutrition, combined with anti-retroviral treatment.

Proper nutrition not only means following a low-fat, well-balanced diet with lots of fresh fruit and veggies, which are high in antioxidants, but also taking immune-boosting supplements. An antioxidant supplement that can help to strengthen the immune

system is Procyon, a natural and safe nutrient made from grape-seed extract. Antioxidants are nutrients found in certain foods and they play an important role in supporting the immune system and protecting cells and tissues from free radical damage.

What are free radicals?
They are by-products of our metabolism, for instance when we breathe or digest food for energy. Burning fuel like wood or coal produces smoke, which is toxic. The same happens when the body 'burns' food for energy. The toxic molecules produced as a result are called free radicals. They can be described as the body's own 'exhaust fumes'. Free radicals are also present in our environment from sources such as air pollution, insecticides, cigarette smoke and certain foods we eat.

The dangers
Excessively high free radical levels over a long period of time can cause damage to cells. The body is equipped with its own antioxidant system to keep free radical levels under control. But this system can only operate effectively when you follow a healthy lifestyle and eat large quantities of fresh fruit and vegetables, which are high in antioxidants. This helps to keep free radical levels down.

More advice

- More tips for strengthening the immune system are:**
- ❑ Avoid alcohol – it increases free radicals and puts more stress on the liver.
 - ❑ Eat more fruit, vegetables and whole and switch to low-fat meat and dairy products. Also take an antioxidant supplement like Procyon to top up the antioxidants.
 - ❑ Cut out junk foods like pies, hamburgers, hotdogs, sausages, chips, white bread, cake and pastries. They require more energy to digest than what they provide, while their nutritional value is limited.
 - ❑ Eat unrefined foods like whole wheat bread, brown rice, lentils and dried beans. These are also good for heart health.

ANTIOXIDANTS
"There is a higher free radical production in stage two of the infection and the key may be to reduce oxidative stress at the earliest stage of HIV infection. Antioxidants and ATZ or other drugs could be used at this stage to prevent progression to Aids," says Dr. Montagnier. "I'm convinced that oxidative stress is indeed involved in the progression from HIV infection to the Aids stage. I believe, therefore, that antioxidants are necessary in the treatment," he says.

FREE RADICAL DAMAGE
Unfortunately, few people live healthily. The result is that we produce too many free radicals for our bodies to cope with. This is when the immune system comes under immense pressure.

All forms of chronic disease, such as arthritis, emphysema, cancer, diabetes and HIV/Aids, decrease during HIV infection, leading to defects in T cells and B cells, which are other important types of immune cells. Proanthocyanidins also increase the activity of another type of immune cell, the natural killer cells. All these immune cells are important in the body's resistance to cancer. Dr. Watson concluded that antioxidants, particularly those occurring in grape seed, not only directly boosted the performance of the immune system, but also alleviated the severity of symptoms associated with various infections and reduced the duration of the infections.

The ultimate immune booster

A major benefit of grape-seed extract, the main ingredient of Procyon, is that it assists in stimulating the formation of T-cells, which is extremely important for people living with HIV/Aids. Dr. Ronald Watson of the University of Arizona who specialises in studying the immune system, has conducted several studies with the antioxidants present in grape seed, called proanthocyanidins, to find out how they affected the immune system. In one study, he found that they boosted the levels of immune components called cytokines. Cytokines are secreted by the T cells and they are potent chemical messengers that, among other benefits, encourage healthy cell growth. The levels of these cytokines

are decreased during HIV infection, leading to defects in T cells and B cells, which are other important types of immune cells. Proanthocyanidins also increase the activity of another type of immune cell, the natural killer cells. All these immune cells are important in the body's resistance to cancer. Dr. Watson concluded that antioxidants, particularly those occurring in grape seed, not only directly boosted the performance of the immune system, but also alleviated the severity of symptoms associated with various infections and reduced the duration of the infections.

Procyon is available at pharmacies. For more information call (042) 293-1278. E-mail: valuediff@procyon.co.za Website: www.procyon.co.za



also increase the production of free radicals, which spreads the damage caused by the disease and worsens and prolongs the process. That is why antioxidants are so important for people suffering from a chronic disease, especially people with HIV, because HIV infection also leads to higher levels of free radicals.

Dr. Luc Montagnier of the Pasteur Institute in Paris, one of the researchers who identified the cause of HIV/Aids in 1983, says the effect of free radicals on the immune system, also called oxidative stress, is a key factor in the rate at which the virus reproduces in the first few weeks after HIV exposure.

So, much higher than normal levels of antioxidants are needed throughout the course of the disease to stop these free radicals from damaging the system.

Researchers in Norway found that Aids patients supplementing their diet with antioxidants may enhance the efficacy of antiretroviral treatment. They also found that highly active antiretroviral therapy (HAART) can deplete antioxidant reserves, but that antioxidant supplements may enhance the efficacy

of the treatment. Other health benefits of the antioxidants in grape-seed extract are:

- They help to improve blood circulation, also to the capillaries, the very small vessels that connect with larger vessels. Tissues require sufficient blood supply for their nutrition and for removing waste. Good circulation is vital for diabetes.
- They help to fight inflammation, which benefits people suffering from arthritis.
- They can help to prevent coronary heart disease by strengthening the vascular walls. This

is done by stimulating collagen repairs. Collagen is a natural protein that provides our bodies with structural support and is also the building block of veins and arteries.

- They have anti-inflammatory properties and can be useful in treating or preventing a wide range of inflammatory diseases, including inflammation in the joints.
- Procyon also contains the antioxidant vitamins C and E.
- They help to repair collagen in cartilage, improving flexibility of the joints.

Support your liver

People living with HIV and Aids often experience additional stress on the liver due to the toxicity of some antiretrovirals or from hepatitis and/or substance use. The liver is one of the most important organs in the body because it acts as a processing plant and performs hundreds of vital tasks to make sure the body functions well. It also plays a key role in metabolism. Another vital function is to detoxify the body, for which it needs antioxidants.

So, to keep the liver in good working order, it is essential to supply it with extra antioxidants. Antioxidants not only help it carry out its cleansing processes, but they also protect it from excessive free radical damage. Our bodies create antioxidants naturally from the foods we eat to prevent most of the free radical damage, provided we eat sufficient quantities of antioxidant-rich foods such as fresh fruits and vegetables. Unfortunately, most people

don't eat enough fruit and veggies to supply the antioxidants the body needs to prevent free radicals from damaging cells. The answer is to take antioxidant supplements. This is where Procyon can play a vital role. It's a very special antioxidant supplement containing pure grape-seed extract. Grape seed is a rich source of a group of antioxidants with powerful immune-boosting properties, called proanthocyanidins. They have been extensively researched and tested by reputable institutions and universities and have been found to benefit HIV positive people. A major benefit is that they help to improve blood circulation, also to the capillaries, the very small blood vessels that connect with larger vessels. Tissues and cells require sufficient blood supply for their nutrition and for removing waste. Improved blood flow helps cells to function more efficiently.

PLEASE NOTE!!! TNC Enrolments start 9 January 2012



Be prepared for the world of work and enrol for any of the following courses/programmes:

National Certificate (Vocational) Programmes:
Admission requirements: Grade 9 or higher

Engineering Studies:

- Civil Engineering (Mamelodi & Soshanguve)
- Electrical Infrastructure Construction (Mamelodi & Soshanguve)
- Information Technology & Computer Science (Mamelodi)
- Engineering and Related Design (Temba) (Hammanskraal)

Business Studies:

- Marketing (Pretoria)
- Finance Economics and Accounting (Pretoria & Soshanguve)
- Management (Pretoria)
- Office Administration (Mamelodi & Soshanguve)

Utility Studies

- Tourism (Pretoria)
- Safety in Society (Temba) (Hammanskraal)
- Hospitality (Pretoria)



Please note that the College will be closed from 13 December 2011 and will re-open on 9 January 2012 for any enquiries.

For enquiries: Tel: Central Office and Pretoria Campus: (012) 401-1600

- Mamelodi Campus: (012) 801-1010/(012) 401-1860
- Rosslyn Campus: (012) 541-1590/(012) 401-1920
- Soshanguve South Campus: (012) 793-2675/(012) 401-1818
- Soshanguve North Campus: (012) 401-1839/(012) 797-2041
- Temba Campus: (012) 717- 2151/(012) 401-1701/2

Limited space available
BURSARIES AVAILABLE
(Terms & Conditions apply)

N4-N6
Admission requirements: Grade 12

Business Studies

- Financial Management
- Public Relations
- Management Assistant
- Human Resources Management
- Marketing Management
- Clothing Production (Pretoria)

Skills Programmes:

- Panel Beating
- Automotive; Fabrication; Welding

Engineering Studies (Grade 12 with Maths and Science)

- Mechanical Engineering
- Electrical High Current & Low Current
- Civil Engineering

Occupational Skills Programmes

Hairdressing; Cosmetology; Clothing; Confectionery Baking; Certified Bookkeeper & Short Skills Courses (Pretoria)

- International Computer Driving Licence (ICDL) (Mamelodi)