



SEALOEarth
Serene Environment And Life On Earth

A world in which all people participate in the stewardship of planet Earth.

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NEWSLETTER

Fall 2017

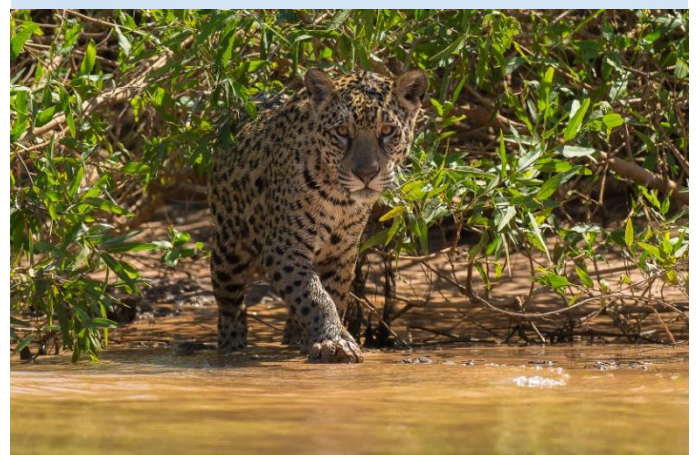
Poem

Where The Mind Is Without Fear

Where the mind is without fear and the head is held high
Where knowledge is free
Where the world has not been broken up into fragments
By narrow domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection
Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake.

~ Rabindranath Tagore

Nobel Laureate for Literature (1913)



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We hope that you will enjoy reading this newsletter!

Source: P Siddannavar

Celebration of Earth

It was amazing to spend three weeks in India and meeting people from different states, speaking different languages and from all walks of life. The enthusiasm, appreciation, and encouragement received everywhere and from everyone was humbling and made the journey a worthwhile effort.

The “World is a family” verse in Sanskrit is engraved in the entrance hall of the Parliament of India.

Vasudhaiva Kutumbakam The Whole World is One Family

Vasudhaiva Kutumbakam is a philosophy that inculcates an understanding that the whole world is one family. It is a philosophy that tries to foster an understanding that the whole of humanity is one family. It is a social philosophy emanating from a spiritual understanding that the whole of humanity is made of one life energy. If the whole ocean is one how then a drop of the ocean be different from the ocean? If the drop is different from the ocean how then can it ultimately be dissolved in the ocean? It is a Sanskrit phrase meaning that the whole earth is one family. It is made up of three Sanskrit words - *Vasudha*, *Eva* and *Kutumbakam*. *Vasudha* means the earth, *Eva* means emphasizing and *Kutumbakam* means a family. It means that the whole earth is just one family.

Are we all different and dependent? No, we are not. Are we all then independent? No, we are not. We all are in fact interdependent. It is now after a scientific progress of 400 years that the scientists of the world are of this view that the whole cosmos is an inter-connected oneness. The whole existence is inter-woven and inter-twined. This is the result of quantum physics.

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Zakir Hussain College New Delhi, India



It was an honor to be invited and recognized on Zee TV by Dr. Subhash Chandra on his DSC show in New Delhi.

Dr. Subhash Chandra is a member of the Parliament and the Chairman of the Essel Group of Companies. He revolutionized the television industry in India by launching the country's first satellite television channel, Zee TV, in 1992, achieving a global recognition and reaching over 1 billion viewers in 171 countries around the globe. With his pioneering vision, Dr. Chandra is now a guiding force for the youth of the nation, enriching and empowering their lives.

National Institute of Immunology New Delhi, India



It was a wonderful opportunity to interact with Dr. Bichitra Biswas and Dr. Debasis Mohanty and their research teams.

Vidya Bharathi Pre-University College Shivamogga, Karnataka, India

Shimoga is a city surrounded by lush green paddy fields, gorgeous waterfalls, Sharavathi Nature trails, Sakrebyle Elephant Camp, and Tyavarekoppa Lion and Tiger sanctuary.

Principal Ms. Sitalakshmi, faculty, and students were active audiences who hoisted the World Flag with zeal.



R L Science Institute
Belagavi, Karnataka, India

Belgaum is surrounded by natural beauty in the form of rivers, hills and dense evergreen forests.

Felicitation of alumni was very touching. Principal Dr. Yalamali, faculty, staff, and students proudly hoisted the World Flag ceremoniously in the courtyard.



Rashtriya Military School Belagavi, Karnataka, India

Five Rashtriya Military schools in India were established as King George's Royal Indian Military schools to take care of the education of the sons of defense personnel.

Principal Lieutenant colonel Soumyabrata Dhar and Administrative Officer Major Shyamali Arya very warmly welcomed the alumni in special school assembly.



**Government Primary School
Jawaharlal Nehru Planetarium
Bengaluru, Karnataka, India**

Two of the many Government Primary Schools strive to provide the best education with bare minimum resources. Thanks to the tireless efforts of Rotarian Ananth Bhat and Teach for India volunteers.

Director Pramod Galgali and Senior Scientific Officer H R Madhusudan of Jawaharlal Nehru Planetarium are devoted to science popularization and non-formal science education.



Maharani Lakshmi Ammanni Women's College Bengaluru, Karnataka, India

This college is on a Margosa Road with tens of the appropriate white and fragrant flower trees.

Director Dr. T L Shantha, Ms. Aruna, and Dr. Sushil Kumar cordially invited and enthusiastically arranged the lecture as well as the World Flag hoisting ceremony.



How to Manage a Weekly Gardening and Fitness Routine



Maria Cannon
Dallas, Texas, USA

In the craziness of life's demanding schedules, most of us are conditioned to handle our entire checklist all within the same day, if not the next few minutes. It's often hard to slow down and focus on one task at a time. That's probably one reason that gardening is a unique challenge for us.

Gardening is not something that can be accomplished and checked off the to-do list. It is a lengthy process that takes months and years to cultivate. Seasons change, altering the gardener's tasks, and each individual plant requires a special kind of attention. It's arguable that once a garden is created, the work is never fully done, and that same idea applies to our physical wellness. We are responsible for tending to our physical bodies with the same kind of care that a garden requires. We have to maintain a healthy food and water intake, prune our schedules to avoid unnecessary stress, and "bloom where we are planted."

So whether you are a beginner or experienced gardener, plant a seed for your future by tightening up both your garden and physical wellness. For the garden newbie, there will be a little extra work to do before you can solidify a routine. For example, you will need to gather some supplies,

and focus on digging up the garden plot. Also, don't forget to use mulch in your garden. Whether you use in-organic or organic material, this will help manage weeds and provide better water retention for your plants. Once your garden is in place, use this weekly gardening and fitness schedule to help both you and your garden thrive.

Monday

Each Monday, survey the plants for flowers that have died and remove them from the plant. This allows the plant to keep producing healthy buds and is a good exercise for your arms. Also be sure to gather all of the fully grown produce so that the plant can continue to produce more. This task will give both you and your garden a healthy start to your week.

Tuesday

Check plants for signs of diseases or damage from insects. If you begin to see symptoms, such as a change in color or spots on a plant, your plant may need to be treated or removed. Give yourself plenty of time to complete this task, and consider wearing a pedometer to count your steps as you walk through the garden. Even just a 30 minute, intentional walk can help your body stay active while you get a glimpse into the health of your plants.

Wednesday

Make Wednesday your weed-pulling day. During this extensive task, you will be kneeling, bending and leaning, so most of the muscle groups in your body will feel the workout the next day. You might want to invest in a kneeling pad for your knees and some good thick gloves to protect your hands from mulch scrapes or cuts from thorns.

Thursday

Once a week, do an overall review of your garden to make sure that the general needs of the garden have been met. Double check the thickness of the mulch, that you are providing enough water throughout the week, and that the plants appear to be receiving the proper amount of sunlight. Also check for

damage from animals like deer and rabbits and consider treating the garden with appropriate repellents. All of these little activities can add up so perhaps focus on managing just one element each Thursday to lessen the strain on your muscles.

The Weekend

Use the weekend time to manage the rest of the landscape. Mow the lawn using a push mower, and use a weed eater around the edges of the yard. As you manage the grassy areas, you are inadvertently preventing additional pests from invading your yard and garden and giving your body some much needed time in the sun.

Ideally, we should be doing something every day to fulfill our bodies' needs for physical activity. However, in the case that you are unable to spend some time in the garden each day, try doubling up the tasks on a few of the days. By keeping your garden healthy, you are tending to your own physical well being.

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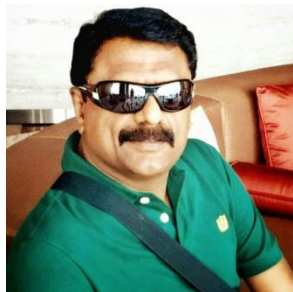


Nature in your Neighborhood



Pantanal, Brazil

Brazil's Pantanal – The World's Largest Wetlands



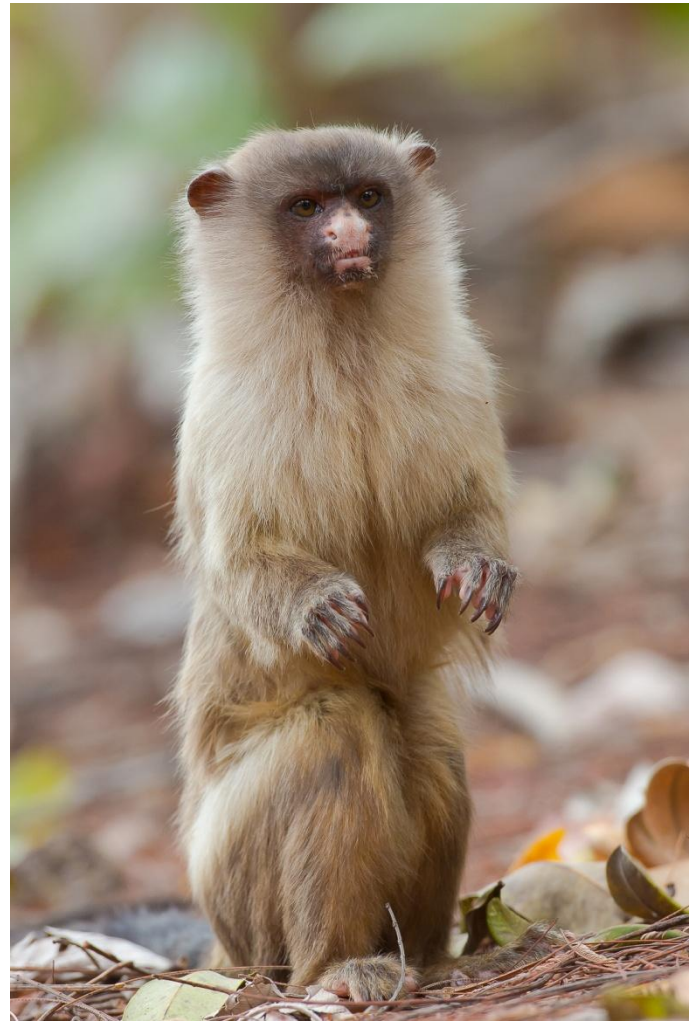
Praveen Siddannavar, India

Award winning

Natural history photographer

Wildlife conservationist

Pantanal is one of the most immense, pristine and biologically rich environments on the planet. Often referred to as the world's largest wetland system, it extends through millions of hectares of central-western Brazil, eastern Bolivia and eastern Paraguay. With its extraordinarily concentrated and diverse flora and fauna, and a landscape spanning a variety of ecological sub-regions, the Pantanal stands as one of the world's great natural wonders hence it was established as world heritage site in 2000. Pantanal's wetlands cover a vast region spanning 70000 square miles, an area much bigger than



England. For several years now South America's Amazon rainforest gets all the attention however when it comes to wildlife viewing in its natural environment, Pantanal easily tops the list amongst world's top 5 wildlife destinations.

However it is sad to know that there are some serious threats and concerns to Pantanal and its amazing biodiversity, and a lot of conservation efforts are needed to safeguard these pristine wetlands.

This is my second visit to Pantanal after about 5 years; let me now share with you a brief photo story of my trip that clearly shows the amazing biodiversity of the pantanal region. Typically June until late October or even early November is considered as dry season with reduced water levels, and that is the best time for wildlife viewing especially the Jaguars. I along with local tour company had created such an itinerary that gives ample opportunity to cover a wide range

of wildlife that included various bird species, mammals, reptiles, endemic nocturnal animals and of course the Jaguars.

My first encounter was with a tiny primate known as the **Blacked Tailed Marmoset** that belongs to the species of New World Monkey. I was dumbstruck after spotting this tiny primate, she stood tall on the ground like a statue posing for few seconds, and she was so innocent and cute. Having spotted her on ground I immediately fell flat on the ground and shot this marmoset handheld. These Marmosets are actual Rainforest inhabitants, however due loss of habitat and in search of food they had arrived closer to human habitations. The Marmoset is diurnal and arboreal using their claws to climb trees. They mainly feed on tree sap and occasionally insects and egg of birds.

This **national park** was established in 1989 and is located in the State of Mato Grosso, Brazil. It is a region of rugged terrain with dramatic sandstone cliffs, caves, waterfalls and contains the geographic center of the continent. Chapada is a Brazilian word that means a region of steep cliffs, usually at the edge of a plateau. This national park is in the basin of upper Paraguay River, protecting the headwaters of the Cuiaba River, and one of the main feeders of Pantanal, Mato Grosso. This national park consists of unique archaeological sites and is critical habitat for wildlife that include the Red & Green Macaws, Jaguars, Howler Monkeys, Tapir, Giant Anteater, Maned Wolf and many other bird species.

The **Red & Green Macaws** are colorful macaws and watching them fly through red sandstones cliffs was a real treat to our eyes. Although this species is not globally threatened, they are targeted by the pet trade are in decline.

Transpantaneira road is the entry point into the pantanal region unpaved road that has approximately 122 wooden bridges. This road has amazing wildlife viewing so it was important for visitors to spend time during this road journey.



I captured this **White vented violet ear hummingbird**. They hover in mid-air at rapid wing-flapping rates, which vary from 12 beats per second to 80 or more. As the name suggests these hummingbirds have vibrant colored violet ear as seen in the image & of course the white vent. It is amazing to watch these hummingbirds display their violet ear on several occasions and even if there is any threat from other birds.

I was lucky to spot lots of caimans, capybaras, a variety of birds that included **Ringed Kingfisher**, the Amazon Kingfisher, Herons, Raptors like the Savannah hawk, Roadside hawk, South American coats kite to name a few. The Ringed Kingfisher is the largest kingfisher in the Americas. It nests in burrows excavated in banks, generally along watercourses.

It will be unfair if I don't mention the iconic & symbol of Pantanal the "**Jabiru Stork**" and it was nesting time for these huge birds. The Jabiru is the tallest flying bird found in South America and Central America. It feeds on all manner of aquatic animals, including fish, frogs, snakes, insects, young caimans and crocodiles, crabs, and turtles.

During the journey on transpantaneira route one can see few lodges mostly built on the riverbanks. The lodges offer a wide range of spotting of birds including the most beautiful and popular toucan of Brazil known as the Toco toucan.

Toco toucans are the largest and probably the best-known species in the toucan family. These toucans eat fruit using its bill to pluck them from trees, but also insects, frogs, small reptiles, small birds and their eggs. As a weapon, the bill is a bit more show than substance. It is a honeycomb of bone that actually contains a lot of air. While its size may deter predators, it is of little use in combating them.



Apart from birds there are other rare and hard to spot cats like the **Ocelots**. Ocelots are mostly nocturnal and like other cats, they are adapted for eating meat; they have pointed fangs used to deliver a killing bite, and sharp back teeth that can tear food like scissors. These cats prey on small animals like monkeys, snakes, fish, rodents, amphibians and birds too. The Ocelots fur resembles that of a Jaguar, it was once regarded as particularly valuable for fur coats and several hundred of thousands ocelots were killed for their fur.

Pantanal is also by far the best place to spot the **Hyacinth Macaws**. These macaws are beautiful and are the largest flying parrots in the world. However sadly due to habitat loss and the trapping of wild birds for the pet trade have taken a heavy toll on their population in the wild, so the species is classified as “Vulnerable” on the International Union for Conservation of Nature's Red List. The majority of the hyacinth macaw diet is nuts from native palms, such as acuri and bocaiuva palms. They have a very strong beak for eating the kernels of hard nuts and seeds. Their strong beaks are even able to crack coconuts; Pine nuts are also one of the most popular foods.

Lastly Pantanal is the best place in the continent to spot the Jaguars & Giant River Otters. These cats are classified as “Near Threatened” on the International Union for Conservation of Nature's Red List. Pound for pound Jaguars are the strongest amongst all cats when compared to their powerful bites. **Jaguars** are apex predators and are the largest cats in the Americas, 3rd largest of all cats after Tiger and Lion. The strength of the jaguar's bite is due to the arrangement of its jaw muscles; its jaws are slightly shorter, which increases the leverage for biting. These two modifications, though minor, combine to give the strongest relative bite force. Indeed, a jaguar can bite straight through the skull of its prey, and pierce the thick skin of a caiman with ease. These cats love hunting mainly on capybara, however caimans are on top of their menu too. Jaguars are well adapted to water and are excellent swimmers unlike leopards.



Giant River Otters are world's largest otters and mainly hunt on fish. They range across north-central South America and live mostly along the Amazon River and in the Pantanal. Habitat degradation and loss is the greatest current threat. These otters are classified as "Endangered" on the International Union for Conservation of Nature's Red List.



Caimans are similar to crocodiles but much smaller and belong to the sub family of Caimaninae. These reptiles inhabit Central and South American from marshes and swamps to Mangrove Rivers and lakes. The caimans mainly feed on fish and also hunt on small birds, mammals and reptiles. Caimans are on the top of the menu for the Jaguars.



Capybaras are largest living rodent in the world. They are native to South America and inhabit savannahs, dense forests and lives near water bodies. The capybaras are in the prey base list of jaguars.

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Acknowledgements

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Contact Us

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SEALOEarth's mission is to heighten awareness of the responsibility of all people to manage global resources in a sustainable way, regardless of an individual's country of origin, cultural background, spoken language or religion.

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