



OCEANA Protecting the
World's Oceans

E - NEWSLETTER - SEPTEMBER 2019

#TOLOVEANDPROTECTBELIZE

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* Printable Activity Sheet

ON THE COVER

Environmentalists come in all sizes. This young boy is helping to make Belize a little greener one plant at a time.



Message from our VP

Janelle Chanona shares our latest campaign update.



Hands Across The Sand

Belizeans gather across the country to join hands in solidarity to say no to fossil fuels and yes to clean energy



Summer Activities

From summer camps to cleanups - this summer has been a fun one. Check out what our field reps have been up to across the country.



Born to Fish

The journey of a family of fishers who were raised using traditional fishing gear before switching to a life of more sustainable fishing practices.

Credit: Jim Klug

Campaign Update

My fellow Belizeans,

As I write this, the list of issues compromising Belizean resources, and the people who depend on them, is long and growing longer by the day. Pollution in the Macal and New Rivers; the almost nightly chronicling of the latest manatee to be shredded by a boat propeller; decapitated and dismembered jaguars, crocodiles and even a tapir; the way single-use plastic continues to be the constant in every community, highway and byway; and of course, the perennial destruction of mangroves, seagrass beds and mud flats in the name of development.

If I'm being honest, it's a list that depresses me. Not just because they're complicated issues but because so very many people seem apathetic, content even, with the status quo. But the reason I'm not taking a long walk off a short pier is because of **you**. You are my answer when I get asked, "What keeps you going?" Each of you have a singular story, a unique experience that makes you love our beautiful Belize and that drives you to want to help to protect her. **You** recognize that we have a shared destiny. That it will matter not in the future that you get to say, "I told you if you destroyed mangroves this would happen!" You know that we will rise or fall as one.

“The resiliency of nature is as determined as hope itself”

Thank you for showing up and standing up. Now, more than ever before, your voice matters. As you'll read about in this newsletter, we continue to highlight the multiple opportunities for you to continue to embrace your role as shareholders, owners of the ecosystems that make our lives possible.

We urge you to keep supporting the businesses making the switch to green alternatives in the battle against single use plastic. It's just as encouraging to see the conscious decision so many of you are making to use reusable shopping bags; that you're taking your own containers to your favorite restaurants and that you are walking with your metal straws! The legislation to ban single use plastic and Styrofoam in the food sector was not completed by April 22 (the deadline promised by the government). But that's just as well. The draft bill falls short in several key areas. While it does prohibit plastic items, it includes allowances for import permits for prohibited products and says that different forms of plastic, like "bio-plastic", is an alternative. We promise to continue to work towards a ban that's actually a ban. It's entirely possible to have a single use plastic free future; we were doing so not long ago. You and your loved ones deserve nothing less—for health, economic and environmental reasons.



Our work also continues towards stopping the use of gillnets in Belizean waters; there are a million reasons to do so. Gillnets are the gear of choice for illegal fishers. Gillnets target and indiscriminately kill sharks, a keystone species to healthy marine environments. They're destroying coral reef habitats. Gillnets are compromising Belize's highly lucrative sports fishing species. Nets are undermining the protected status of endangered species like sea turtles and manatees, not to mention the management efforts of the commercial fisheries that more than 15,000 Belizeans directly depend on daily.

Gillnet users represent 3% of all our commercial fishers. The latest development is that NGO community has pooled resources to ensure that those fishers (there were 83 in 2018) licensed to use gillnets receive financial and technical assistance to transition away from this destructive gear. Cabinet will decide what happens next. Use your voice to let your elected representatives know you care about safeguarding the fisheries-based livelihoods, of making sure Belizeans will always be able to depend on the sea as a source of jobs and food. By supporting the commitment of fishers to adapt, by championing the leadership of Government officials to implement change and by increasing the transparency and accountability of decision-makers, we can collectively ensure that natural resource-based livelihoods will thrive for generations to come.

In the coming months, we promise to update you on our efforts to address unsustainable development projects that are on the table. When we put the environment first, development lasts. We will also continue to highlight the work of community leaders and fellow NGOs to protect freshwater and wildlife. Demanding that deliberate pollution of our rivers stop is non-negotiable. The reality that poachers are targeting species like our majestic jaguar is unacceptable. That the dismembering of a tapir is not being considered disrespectful is disturbing; contributing factors need to be addressed urgently.

“
If we only give it a chance, nature won't just survive, we'll all thrive.
”

So yes, the list is long. But our resolve is strong. The resiliency of nature is as determined as hope itself. And if we only give it a chance, nature won't just survive, we'll all thrive.



Janelle Chanona
Vice President
Oceana Belize



HANDS ACROSS THE SAND

On Saturday May 18th, 2019 at noon, Belizeans from across the country joined hands on beaches, across bridges, in conference rooms and along seawalls and other public areas to celebrate in OCEANA's 2019 Hands Across the Sand in solidarity against offshore oil development in Belize's economically important marine environment.

Over two hundred ocean-lovers from Orange Walk Town, Dangriga, Belize City, Placencia, Corozal Town, San Ignacio, Hopkins, Sarteneja, Punta Gorda, Caye Caulker, San Pedro and Belmopan were a part of this year's event hosted by Oceana Belize.

In its ninth year, the celebration was extra special because just over a year ago, Belize made the historic decision to say "NO" to an offshore oil industry by passing an indefinite offshore oil moratorium to safeguard our marine wealth.

"People need clean air to breathe, clean water to drink, food to eat, medicines, a climate we can live in, beauty, inspiration and recreation all of which the ocean provides. Our lives literally depend on this resource", says Janelle Chanona, Vice-President of Oceana in Belize. "As Belizeans, we are proud custodians of some of the most diverse and productive marine ecosystems in the world and as such, we must continuously act to safeguard those resources for today and future generations. Belize joins eight countries globally who partake in Hands Across the Sand, and stands in solidarity with thousands who say "YES" to greener policies and renewable energy sources."

Held annually across the world, Hands Across the Sand is a unique platform to promote clean energy alternatives to fossil fuels, saying "NO" to fossil fuels and "YES" to clean energy like solar and wind power. The forming of symbolic barriers against offshore oil began after the BP Oil Spill in 2010, a deadly event of which the effects are still felt today.



WORLD OCEANS DAY



June 8th was World Ocean's Day and Oceana Belize celebrated this special day with activities across the country. In Belmopan, we partnered with [The U.S. Embassy](#) , [Belize Audubon Society](#) and [Department of the Environment](#) to host a free movie night where the documentary, A Plastic Ocean, was screened at the Governor General field. We also partnered with [The Ice Cream Shoppe](#) to create a new flavor called the 'Turtle Swirl' - it was so popular that it sold out instantaneously! These events helped to bring about awareness for the protection of our oceans.

Also, as a part of the celebrations, educational presentations were done in Belize City on June 7th and 8th to St. Johns Anglican School and on June 9th, to the kids of the Belize Scout Group. Down south, Oceana partnered with [JICA](#) and [BTIA PG](#) to hold an art session and presentations for students of St. Peter Claver RC. School. All presentation highlighted the importance of our marine environment, why our oceans need our help, and what we can do to help protect it. In addition, beach clean ups were organized and carried out along the Southern coast of Punta Gorda, West Snake Caye and Punta Negra Beach, and in the north, a cleanup of 'Miami beach' in Corozal.

The health of our oceans is crucial, both regionally and globally, and we continue to battle with the consequences of pollution, specifically plastic. Our educational presentations and clean up campaigns bring both awareness and better practices into place, proving that we can make a difference together.

Oceana thanks all volunteers, partners and donors who have made these collaborations possible.

Making A Switch Really Isn't That Difficult

Written By: Tanya McNab



I'm an extreme creature of habit. In every part of my life from my work to my wardrobe, my diet to my travel habits, I follow an unvarying routine.

Recently, I've taken a keen interest in learning more about conservation efforts globally but specifically regarding single-use plastics since Belize is on the path to achieving this goal later in 2019. (High-five Belize!) I think we can all agree each of us could do better in our personal and professional lives to be more environmentally responsible, by switching some of our day-in/day-out routines and habits. To make a long story short, what I have realized is, we, as humans... just simply don't want to break our habits.

Old habits are hard to break and new habits are hard to form because the behavioral patterns which humans repeat become imprinted in our minds. Most of our bad habits have just become nearly or completely involuntary, a settled tendency. It is however, possible to form new habits through repetition AND the right attitude - it's all in our mind!

Caribbean countries depend more on coastal and marine environments than any other region on Earth. Its coral reefs, beaches, and fisheries serve as an economic engine. The livelihood of so many of us depend on it, yet we seldom make a conscious effort to take care of it. The scale of plastic pollution in our oceans is truly staggering. An estimated 10+ million tons of plastic enters the oceans every year – the equivalent of emptying a garbage truck filled with plastic into the oceans every minute.

A straw might seem like a trivial place to start. When I'm in Belize City, stopping at the corner store to grab a drink before going to the office is part of my unvarying routine; it's a must even if I am running late. Four months ago, I despised using a paper straw - it felt weird in my mouth, the thickness was a little different, it wasn't what I am used to, but fast forward to today and I don't even notice a difference anymore. As a culture, we have all become accustomed to using a straw. I personally always choose a straw if I have the option. I use (at least one) everyday - I think its the most hygienic way to drink anything out a bottle or can, now I am just sure to use a paper straw and not a plastic one!



The bad news about the plastic straw is that you take 10 minutes to enjoy your drink, but it takes 300+ years to disappear. Most straws end up in the world's oceans, where they land on shorelines and endanger wildlife. They can easily end up being mistaken for food by marine animals which, when swallowed, can cause serious injury or death.

The GOOD news is, there's no need to give it up! You just have to use an appropriate alternative and with all things considered, it's a small price to pay and an easy habit to crack!



Below are 5 alternatives to using a plastic straw:

1.) **Bamboo Straw** – Comes in one standard size and is reusable for years, also naturally biodegradable.

2.) **Metal Straw** – Great for personal use, it's very durable – most even come with a carrying case so you can always have it on the go.

3.) **Paper Straw** - For a disposable straw, paper is your best bet. An excellent alternative for businesses who need to serve disposable straws. An even better way is to offer straws in your establishment upon request! Paper straws are also available in multiple colors, patterns and even customizable.

4.) **Reusable cup w/ a pop-up straw or built-in lock top** – A trendy and fashionable alternative for both hot and cold beverages and is especially useful at home and between travel and work.

5.) **PLA and Bio Plastics Straws** - Produced in a way that provides less pollution to the environment and is definitely an option if you have a commercial composting facility within your area.

There has been much discussion around Polylactic Acid (PLA) and Bio Plastics - a type of biodegradable plastic derived from biological substances rather than from petroleum but using renewable resources such as corn starch or sugarcane, as an alternative source. Though they are produced in a way that provides less pollution to the environment, they are not a viable option in countries such as Belize or other Caribbean islands where composting facilities do not exist. Be sure to find the nearest composting facility in your area before considering this as an option because if these plastics are not composted in a commercial facility, they act exactly like regular plastics in our waters.





Michael Fields & Tanya McNab
Green Light Ltd.

If you're wondering how I became so familiar with this... 6 months ago my husband Michael met David Rhodes, Global Business Director for Aardvark Paper Straws (aardvarkstraws.com), a leading US manufacturer of marine degradable paper straws. Among many other reasons, I was immediately attracted to the colorful designs, and the ability to brand these straws made it an immediate marketing and promotional tool for my clients. From there spiraled the on-going discussion of how we can work towards being plastic free - one sip at a time! And just to be clear... these aren't your average paper straws, (yes, we know a lot of them suck - pun intended!) but these straws are made 6x stronger than any other paper straw on the market. They last up to 4 hours in a drink, they are naturally marine degradable, which means they need no special conditions to breakdown in oceans, lakes and rivers; and they are produced using paper from FSC certified forests in the United States so they don't change the taste of your drink and the colors don't run off the straw – ever!

Today, Green Light Ltd., a Belizean based company, is the distributor for Aardvark Paper Straws in Belize, Quintana Roo & The Yucatan and The Cayman Islands. Green Light is on track to begin manufacturing paper straws in Belize by January 2020. Together with the support of The Getch Foundation (www.getch.org) we'll be launching a Caribbean-wide campaign called [#plasticfreereefs](https://www.instagram.com/plasticfreereefs) on August 28th, 2019. You can learn more about this initiative at www.plasticfreereefs.com or follow us [@plasticfreereefs](https://www.facebook.com/plasticfreereefs) on Facebook and Instagram.



Green Light Ltd. has made conservation and the protection of Belize's resources its business and now it's time for you to do the same. Make it your business to get informed and learn how you can use greener alternatives - your environment will thank you!

MANATEE REALITY CHECK

WRITTEN BY: KYLE MONTERO



Our efforts to protect marine life have included assisting on reports of injured or dead manatees in Belize. Unfortunately, over the past months, the number of reports have only increased, which translates into the morbid reality of our manatee population decreasing. On June 20th 2019, our Belize District Field Representative, Kleon Coleman, responded to a report of a dead manatee located in the Foreshore area of Belize City. With the help of other volunteers, an inspection of the dead and the level of decomposition showed it to be a recent death. The manatee was found in an area that is frequently and heavily trafficked with boats. And as we know, one of the main culprits in most manatee deaths in Belize are boat engines and propellers.

As little as a month later, on July 18th, another report of an injured manatee came in. Oceana, along with volunteers, were asked to help locate a manatee that was assumed to be injured in an area in Belize City between the Belize Fisheries Department and Marine Parade. Unfortunately, efforts were futile and the manatee could not be found. On the following day we were made aware that there was a dead manatee seen being surrounded by two other live manatees in the same area near Marine Parade. Mr. Jamal Galves, Programme Director at Sea to Shore Alliance, was present and from his observations, it seemed that the other two manatees were trying to mate with the dead one. With assistance from Ms. Angeline Valentine, efforts were made to coordinate with the Fisheries Department to remove the manatee from the area so that an autopsy could be done. The autopsy revealed that the manatee had numerous broken ribs which led to its death. These injuries are a common result of being hit by a boat. Tour operators, boat captains, fishermen - please be extra vigilant out on the waters!

Unfortunately, these stories don't get easier, or fewer! In the Corozal district, there were reports of manatee deaths and baby calves being stranded. Our Corozal Field Representative, Ryan Rivera, was key in assisting with two reports of manatee deaths in the span of only a week. On one occasion, two female calves appeared to have been separated from their mothers. With the guidance of Jamal Galves, the cause of death for the calves were found to be from starvation as they appeared very emaciated with no visible bruises or injuries. Manatee calves cannot survive without their mothers, and must stay with them for up to two years before they can survive on their own. Therefore, being separated from their mothers before time can lead to them being lost, stranded, starving and ultimately, dying. Residents in the Corozal bay area are now encouraged to stay vigilant in assisting us to report any injured, stranded or dead manatees.



Belize currently has one of the healthiest populations of West Indian manatees in the region, yet we continue to see an alarming decline in numbers due to poor boating practices and unsustainable fishing practices.

To help, please be sure to lookout for **"Go Slow"** and **"No Wake Zone"** in areas where manatees frequent and be sure to report any cases to any of our Field Representatives!

Booths & Presentations



Oceana in Belize travels across the country to support and participate in community events. At these events, we inform and engage the people of Belize about our fisheries campaigns and our fragile marine ecosystem, emphasizing that protecting our marine resources can continue to provide jobs and food for all Belizeans now and for future generations. We also share the negative impacts of offshore oil and thank them for their unwavering support which resulted in the moratorium on offshore oil exploration in December 2017.



During summer 2019, we had information booths at Town Councils, the San Pedro Reef Week Fair, Caye Caulker Lobster Fest, the Department of Youth Services, Cacao Festival, World HIV/AIDS Day Fair, Food Fair, ITVET Open Day, Placencia Lobster Fest, and various health fairs. We also had school presentations at La Inmaculada RC School, St. Paul's Anglican School, Ocean Academy, St. Mary's, St. Ignatius, St. Johns, Independence Primary School, Peninsula International Academy, St. Alphonsus, and Shiloh Seventh Day Adventist.

SUMMER ACTIVITIES

Cleanups

This summer the Oceana Belize team saw an increased number of cleanups. In Corozal and Orange Walk we partnered up with wavemakers, Scouts, Rotaract, St. Paul's Primary school and a variety of environmental clubs for many cleanups that took place along the Northern coast. We also worked to keep the southern part of Caye Caulker and San Pedro town clean during these busy summer days, partnering with Ocean Academy and Clean and Green San Pedro to make it happen. In Belize City, we collaborated with Quality School International of Belize to clean the shore front in the Yarborough area, a zone that requires constant cleaning that we hope to assist with over time.



Heading down south, we had cleanups in Punta Gorda and different locations in Stann Creek District. Our Toledo field representative partnered with St. Joseph Preschool, Forestry Department, BTIA, SEADAFT and Wavemakers to clean areas including: One Mile Park, Stewart Caye, and San Marcos Junction – to name a few! In Stann Creek, we collaborated with BTIA, Youth Arm, SEA, Fragments of Hope, CRC and Independence Active Movements to clean up areas in Dangriga, Seine Bight and Independence.

Oceana is grateful to all parties involved - none of this would be possible without the community's support and participation. Plastic pollution and marine litter is a huge problem globally, but we believe that every effort helps to make a difference.

Change begins with us!

Summer Camps

When we think about summer activities, camps are never too far down the list - and this year was no different! Oceana Belize was happy to be a part of many camps across the country over the last few months. Some of the camps we attended were: JICA Summer Camp, COLA Summer Camp, the Marine Conservation Summer Camp, the Forest Department and Department of Youth Services Summer Camp, San Pedro's Reef Education Adventures Summer Camp, Punta Gorda's Summer Camp and Ya'axche Summer Camp.

These camps were filled with educational activities that gave children the opportunity to learn more about Belize's environment and the importance of protecting it. They were also educated about sustainable fishing, fishing seasons and different sustainable gears that can be used.



SUMMER ACTIVITIES

a lee BRATA

This summer the Punta Gorda Club, a new eco club, was formed and is supported by the Punta Gorda Library, JICA and Oceana. In June, Oceana traveled to Mexico to see what locals are doing in efforts to turn sargassum from problem to profit. This trip aimed to share how Mexican companies are tackling the issue and how that work could be replicated in Belize. In Corozal, we partnered with Rotaract to beautify some parks using recyclable material such as tires. In August, we were also a part of CC+L's Eco-Marketplace Expo that featured like-minded businesses and organizations throughout Belize who are coming together to share greener alternatives.

Oceana is open to collaborating with different organizations, schools, and groups to help make a change in Belize.

Contact us at belize@oceana.org if you are interested in partnering on an event!



Born to Fish

It's a Way of Life

WRITTEN BY MARTINIQUE FABRO



Growing up in Southern Belize with the Caribbean Sea as their own personal playground, it's no surprise that the Garbutt brothers have become heavyweights in all things fish, flats and fun in Belize.

Born and bred Belizean fishermen, Dennis, Eworth, Scully and Oliver come from a long line of fisherfolk, with the Garbutt name being no stranger to the world of fishing. The brothers were raised in the quaint village of Punta Negra in Belize's most southern district, Toledo.

"It's the most beautiful life, I wouldn't change it for anything."

- Eworth



For this family, fishing wasn't just a hobby, it was their livelihood, a differentiation unbeknownst to the brothers growing up, for whom it was a way of life. At a young age, the Garbutt brothers were introduced to handline fishing and gillnets, eventually finding their way to a life of fly fishing in the early 90s.

After years of working for other local lodges, the brothers decided to branch out and create a legacy of their own. Their journey from commercial fishing to sports fishing didn't always go as planned, but they can all agree that it's been worthwhile. Now owners of Garbutt's Marine Investment Company Limited, the umbrella company for Garbutt's Fishing Lodge and their family lodge at Lime Caye, the brothers' success is a testament to the value of sustainable fishing methods. With business operations in both Placencia and Punta Gorda, they are helping propel Belize to the top of the flats fishing industry as both beneficiaries and custodians of some of the world's finest flats fishing.

As fly fishers with plenty of experience on our waters, the Garbutt men found a way to first diversify their streams of income, and then completely transitioned from commercial to sports fishing – all while earning more and doing their part to protect our ecologically and economically important marine resources. When discussing defining moments in their journey to sustainable fishing, their most prominent memory was seeing the damage to the coral and fish stock in the areas of Punta Negra and Monkey River caused by fishermen who were setting "lobster nets" that caught and destroyed everything in their path.



PHOTOS: JIM KLUG

Click here to read the full
CC+L Magazine!



CARIBBEANLIFESTYLE.COM

The promotion of more environmentally-friendly activities, coupled with the desire to offer that homelike feeling, has allowed the Garbutts to build their business from the ground up. Their choice to move away from commercial fishing has also inspired other fisherfolk around them to do the same. Realizing the value of it, fishermen are now catching and releasing the same fish they would once have put on the market scale. Exploring the sports fishing sector has not only motivated others to do the same, but it's also given them the opportunity to provide for their families and communities in a more meaningful way.

The Garbutt brothers are not only businessmen, but also active members of various fishing associations, advocating for more sustainable fishing practices. As men who focus on long-term sustainability, an issue they are very passionate about is the banning of gillnets, having witnessed the destruction caused by this gear themselves. In an effort to take care of our Belizean waters, something that has always taken care of and provided for them, they support a 100% ban on gillnets with room for meaningful alternatives.

“Whatever we did, whether commercial or sports fishing – it was always together.”
- Eworth



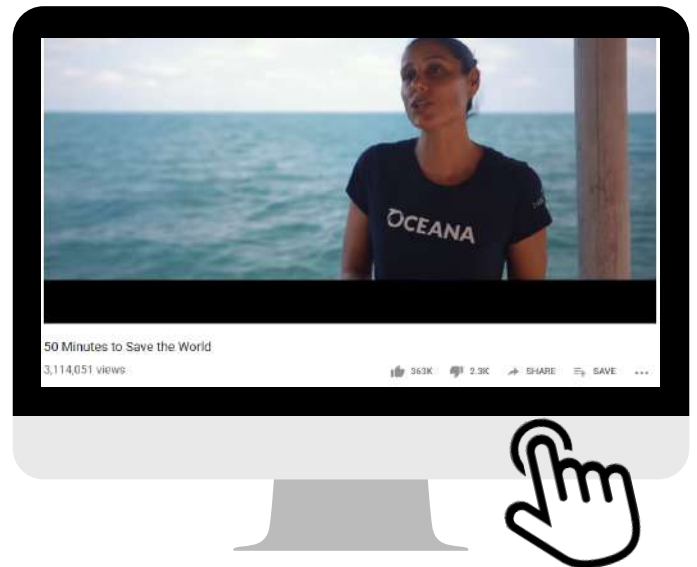
WHAT'S THE BIGGEST LESSON TO GAIN FROM THE GARBUTT BROTHERS?

It's knowing that you don't exist in isolation and that we live in a shared environment, then having this knowledge leads us to discover methods that benefit our marine life in the long run. To look at the resources we've been blessed with and see how we can not only maintain, but also improve them over time. As Eworth once said, "People nuh come da Belize fu eat beef, they come here to eat fish - to look at fish, eat fish, swim with fish, catch fish - it's all about fish. We're talking about preservation."

Interested in all things fishing, flats and fun?
Contact: www.garbuttsfishinglodge.com

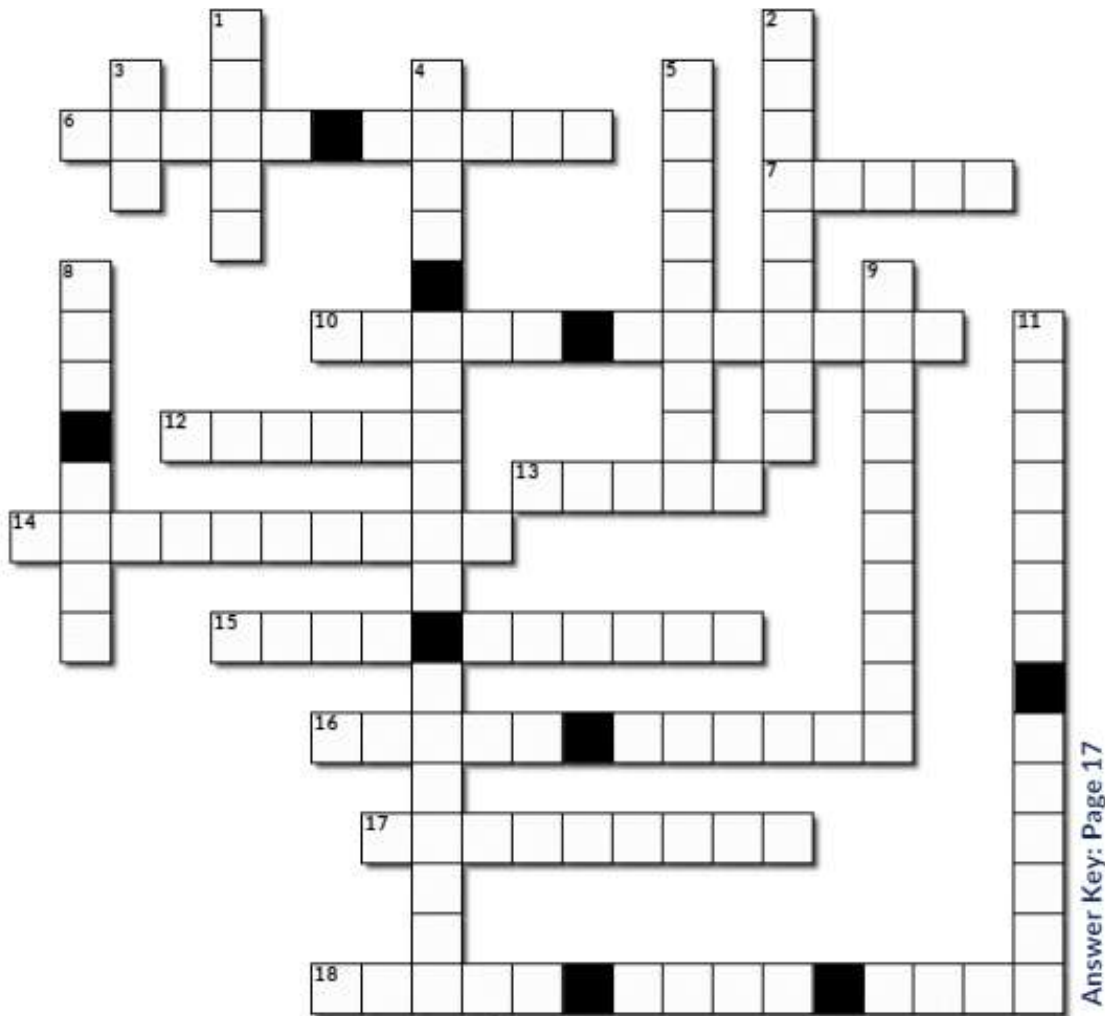
In Case You Missed It

Earlier this year, Save The Reef traveled around the world documenting coral reefs in 7 different countries. Lucky for us, Belize was on their itinerary and our Vice President, Janelle Chanona, got to share a bit about Oceana Belize's dedication to protecting our country's marine resources and the inescapable reality if we don't.



Click here to see the full "50 Minutes to Save the World" documentary!

Marine Life Crossword



Answer Key: Page 17

Across

6. Often called the rainforests of the sea (2 words)
7. The only sea turtle that is a strict herbivore
10. One of our most valuable seafood exports; June 15th is the first day of its season (2 words)
12. Belize is home to the ___ largest barrier reef in the world
13. If you're snorkeling in Belize, there's a high chance you'll see a ___ shark
14. ___ sea turtles can be seen searching coral reefs for crustaceans and mollusks
15. Related to sea urchins and sea stars but you can't cash this at your local bank (2 words)
16. During April and May, Southern Belize is a good place to dive with these gentle giants (2 words)
17. This sea turtle gets its name from the shape of its curved, pointed beak
18. Largest sea hole in the world (3 words)

Down

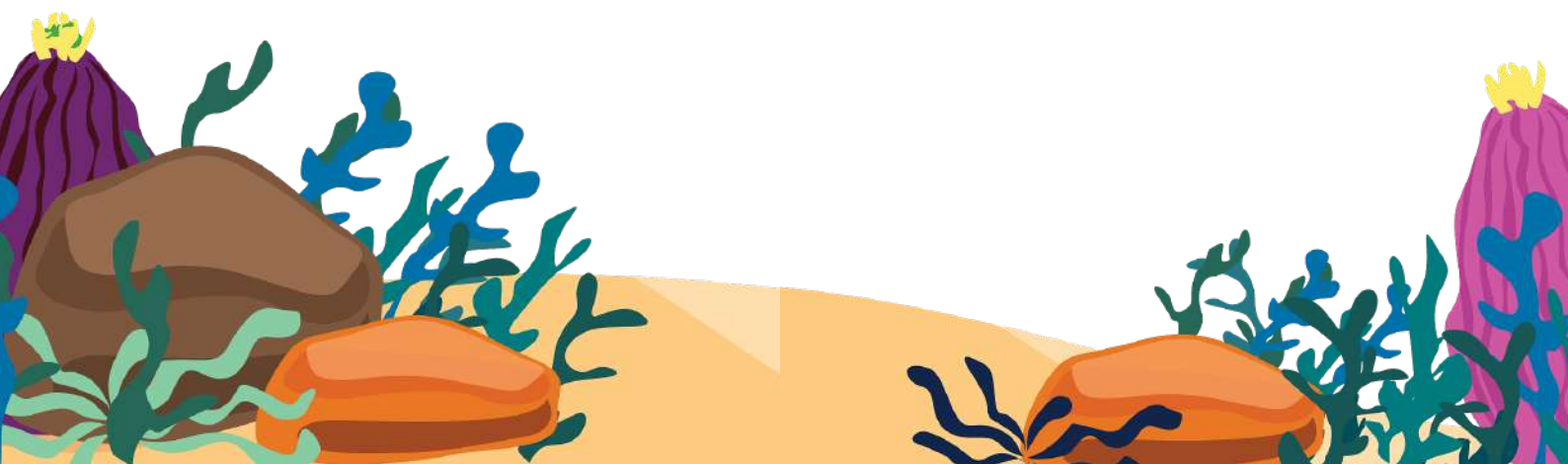
1. This type of coral resembles an important part of the human body
2. Algae affecting coastal areas in Belize and across the region
3. A group of dolphins
4. Herbivorous marine mammal; Belize has one of the healthiest populations (3 words)
5. Trees that live along tropical coastlines, rooted in salty sediments, often underwater
8. Manatees are also referred to as _____. (2 words)
9. Not true grasses; Flowering plants that carry out their entire life cycles underwater
11. A change in global or regional climate patterns (2 words)

Children's Corner

Word Search

R I W V X B O N B B F R V O A
S F U N I H P L O D E C U B I
J S K W S S O Q S P C H O N H
T S N B H M J S U M R O N S S
M V D O T U P C N P B A R Q F
G H I T R K T U R T L E T A T
S H A R K K L J P L U D E T L
E F S C D G E E K O E U Z O G
M A N A T E E L R E H S I F Y
M V I V W U J L Z P O U L A R
S T I N G R A Y J Y L S E Y A
Y H R N N M J F A Z E E B F C
M T A O B V I I X A U E M N E
P S Z A G L A S N O J Q W J W
N M I Q E X V H O U G W L N G

TARPON
JELLYFISH
SHARK
STINGRAY
MANATEE
SEA
CORAL
BELIZE
SNORKEL
BLUEHOLE
TURTLE
FISHER
SUN
DOLPHIN
BOAT





Lionfish Sere

BELIZEAN SERE

by Jennie Staines

Ingredients

- 1 pound lionfish*
- 4 thinly sliced green plantains
- 2 whole coconuts (or 2 packets coconut powder)
- 1 diced small onion
- 1 minced garlic clove
- 4 cups fish stock
- 2 tablespoons chopped cilantro
- 1 1/2 tablespoon coconut oil
- Salt and ground black pepper to taste

SERVES: 2 TO 4

[Click here to read more!](#)

Directions

To prepare the coconut milk:

1. Cut both whole coconuts in half and extract the coconut meat.
2. In a blender, add the coconut meat and half of the fish stock. Blend well and pass through a sieve. If whole coconuts are unavailable, substitute coconut meat with coconut powder.

To prepare the sere:

1. Preheat a medium saucepan over medium heat.
2. Add coconut oil and thinly sliced plantains to the saucepan. Cook until plantains brighten in color.
3. Add diced onion and stir until translucent. Immediately add garlic and cook for half a minute.
4. Add the other half of fish stock and the lionfish. Cook for about 3 minutes and add the coconut milk.
5. Lower heat and cook for about 3 minutes. Adjust seasoning accordingly (salt and ground black pepper).
6. Sprinkle sere with chopped cilantro and serve with (coconut) white rice.

**If you can't get lionfish, then you can substitute with any white fish like sea bass or yellowtail snapper*



GREEN VENDOR REGISTRY

We are excited to see all the green alternatives businesses and restaurants have started integrating into their everyday operations.

Haven't signed up as yet? [Click here to register!](#)



Registered
Vendors

Chelsea Borland

Wavemaker HIGHLIGHT

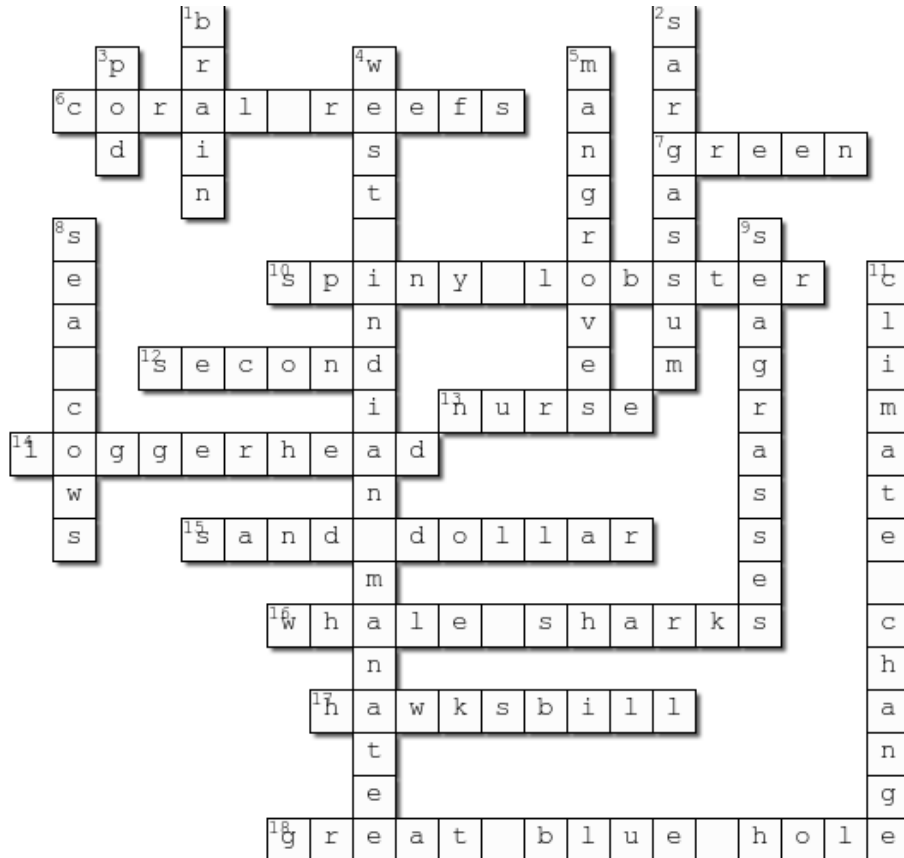
Chelsea Borland is a young and passionate individual who has been volunteering with Oceana Belize for the past year. This summer she went above and beyond to participate at every cleanup campaign, wavemaker meeting and Oceana informational booth. She played an instrumental role in assisting the Toledo Field Representative during these busy summer months.

Chelsea recently graduated from Julian Cho Technical High School earning her Diploma in Science. She has a huge love for the environment and that led her to become a Wavemaker. She started a new chapter in her life as she continues her education at St Johns Jr College.

Oceana wishes her all the best in her future endeavors and thanks her for an extraordinary job and for all the cheerful smiles!



Answer Key





WHAT'S NEXT?

Caye Caulker Beach Cleanup

September 6th

San Pedro Beach Cleanup

Last Friday every month

Annual River and Coastal Cleanup

September 28th

Ocean Hero Award Ceremony

October 5th

Wavemaker Annual General Meeting

October 19th

Oceana Belize's 10th Anniversary


November



BECOME A WAVEMAKER TODAY!



SCAN ME!

The background is a solid blue color. In the center, there is a faint, light blue watermark of the Belize coat of arms. The coat of arms depicts two figures, a man and a woman, standing on either side of a shield. The man is holding a machete and the woman is holding a hoe. The shield contains various symbols including a ship, a cross, and a banner. Above the shield is a crest with a bird. The entire scene is framed by a laurel wreath. The text is centered and reads:

**THE OCEANA
STAFF WISHES ALL
SENSATIONAL
BELIZEANS A SAFE
AND HAPPY
SEPTEMBER
CELEBRATIONS!**

Our Staff

Darius Avila	<i>Office Administrator</i>
Angel Briceno	<i>San Pedro Field Representative</i>
Alyssa Carnegie	<i>Communications Director</i>
Janelle Chanona	<i>Vice President, Belize</i>
Analee Chuc	<i>Toledo Field Representative</i>
Kleon Coleman	<i>Belize City Field Representative</i>
Kelsie Cuevas	<i>Administrative/Executive Assistant</i>
Martinique Fabro	<i>Communications Officer</i>
Jacinta Gomez	<i>Outreach Program Director</i>
Kyle Montero	<i>Outreach Program Assistant</i>
Ryan Rivera	<i>Corozal Field Representative</i>
Shanda Sainsbury	<i>Stann Creek Field Representative</i>
Camille Wade	<i>Administrative Assistant</i>

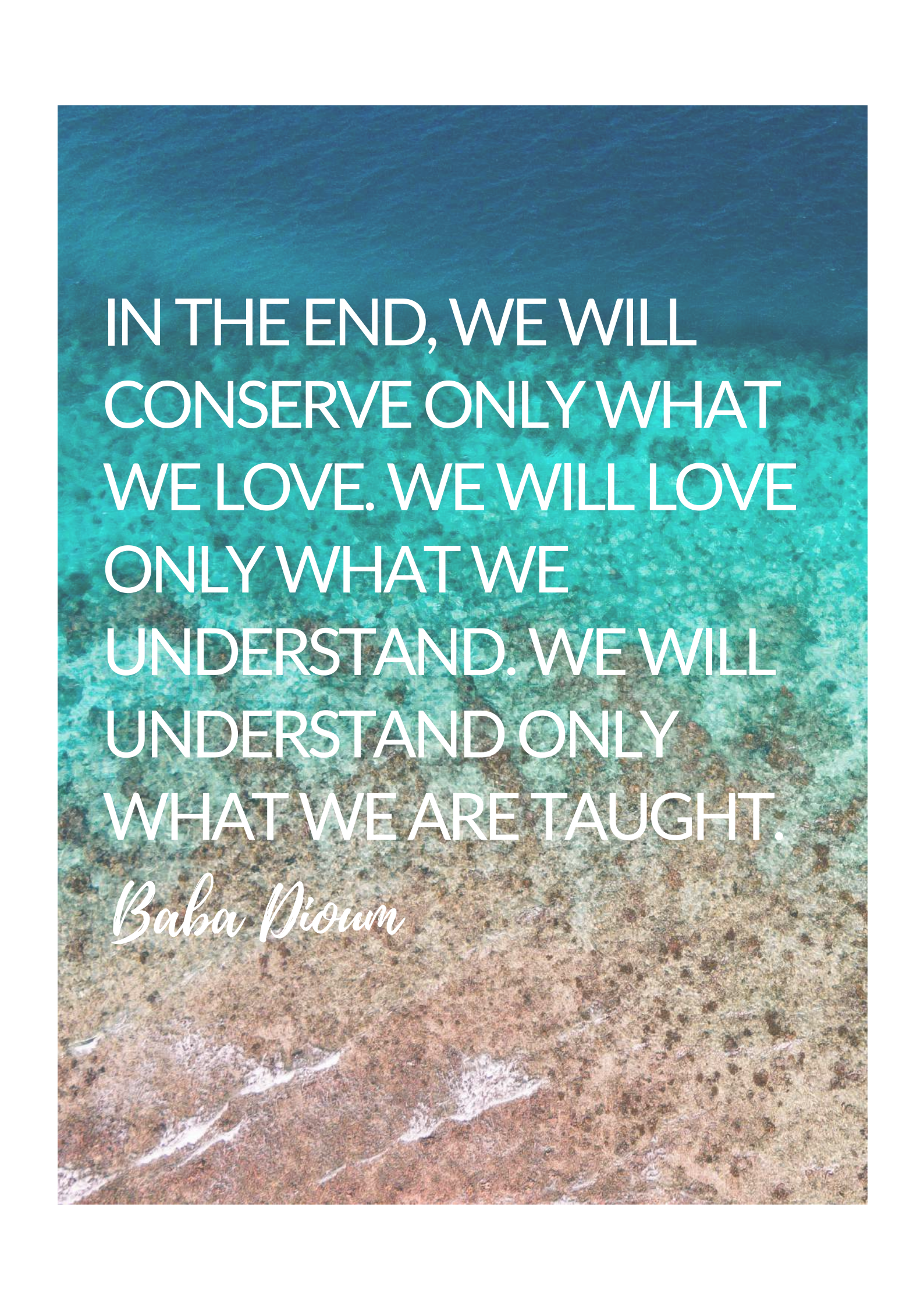
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Oceana Belize





IN THE END, WE WILL
CONSERVE ONLY WHAT
WE LOVE. WE WILL LOVE
ONLY WHAT WE
UNDERSTAND. WE WILL
UNDERSTAND ONLY
WHAT WE ARE TAUGHT.

Baba Dioum