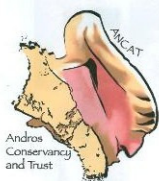


# ANCAT



The Nassau Grouper has been listed as commercially **EXTINCT** in Jamaica, Dominican Republic, Puerto Rico and the US Virgin Islands

**EXTINCT MEANS GONE FOREVER**

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**“A REEF WITHOUT SHARKS IS A REEF WITHOUT FISH”**

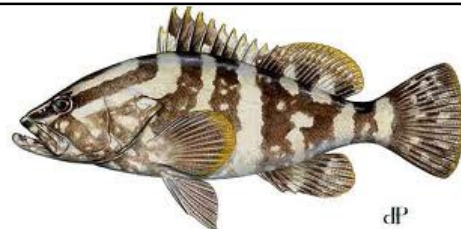
# Andros Conservancy and Trust

## Report on the Grouper Spawning Aggregation

The Bahamas Government wisely declared that fishing on the grouper spawning aggregation between December and Feb 28th is a crime, punishable by a \$3,000 fine or one year in jail. This closed season was implemented to protect the Nassau Grouper while it gathered together in large schools to reproduce. When there is unlimited fishing allowed on the spawning aggregations it has been proven that the species may decline to the point of extinction, in fact the Nassau Grouper is commercially extinct throughout much of its range because the fish were not allowed to reproduce and had often been caught before they had a chance to release their eggs and sperm. The Bahamas and Belize have the last significant stocks of this fish, it is up to us to ensure that we continue



to have these fish for the future. Groupers are very slow growing fish, however they can live up to 120 years. Grouper is the most valuable of our finfish species with yearly expected commercial landings valued at over \$1.8 million. However, the Bahamian grouper catches have shown marked signs of decline over the past few years. The problem is that the groupers meet in predictable places during full moons in the winter months. And this makes them vulnerable to overfishing because the fishermen know the locations of the spawning aggregations and using modern technology can easily locate the spots. Then, using hookah rigs and compressors, which allow them to breath underwater, they descend and, at their leisure, slaughter the fish. Poachers were seen in Janu-



ary 2011 by Ancat's Mr. Peter Douglas and BNT's Krista Sherman & Lindy Knowles, while they were assessing the grouper spawning at High Cay off Andros. During their three days of diving they reported seeing plenty of fishing debris in the water and only FIVE Nassau Groupers were seen. This could have been because the groupers may have visited this area earlier in the season, considering the alternative is unthinkable, but a reality we have to face that this aggregation has been fished out by poachers.

**CLOSED SEASONS PROTECT OUR MARINE RESOURCES**

## Pierre Cousteau visits Andros

In January 2011 Pierre Cousteau, son of the world famous oceanographic technician, Jacques Cousteau, visited Andros to speak to local residents about the importance of sharks to the ecology and economy of The Bahamas. Pierre was invited to speak by the BNT and Pew Environment group and an interested group listened raptly to his words in the lounge at Small Hope Bay Lodge. When asked what Pierre would like to see The Bahamas government do, he replied, "I would ask the Prime Minister to

move on new legislation to establish a shark sanctuary. It's good for tourism, it's good for the economy and of course for the commercial fisheries and the environment." Pierre Cousteau emphasized that "A place without sharks is a place without fish." This is NOT a place we want to become in The Bahamas. Come by the Ancat office to sign the 'SAVE OUR SHARKS' petition, let's make the Government listen to what we, the people want and know is the best for our ocean.



**SAVE OUR SHARKS**

In the 1970's the famous Jacques Cousteau visited Andros and made some exploratory dives into the blue holes, in fact, deep in the Blue Hole National Park is the Cousteau's Hole, here Jacques put dye into the water to see if the hole emptied out to sea. After a few hours wait the Cousteau blue hole expedition were rewarded as they saw the dye spilling out from the wall in the Tongue of the Ocean, thus establishing a link between the inland blue holes and the ocean.

# MSG = Monosodium Glutamate POISON in our food

A silent killer that is worse than alcohol, nicotine, and drugs is likely lurking in your kitchen cabinets. Its MONOSODIUM GLUTAMATE (MSG) a flavor enhancer which is used by many who don't know the dangers of using this product.

MSG is a flavor enhancer and is added to many processed foods and snacks, also in the kitchen we see it called ACCENT.

To avoid eating MSG you have to read the food labels and avoid the product called accent. Manufacturers are required to state if MSG is included in products on the food content label, but it could be listed as monopotassium glutamate or vegetable protein extract. See the box below for a full list of the names manufacturers may use for MSG.

Look at the list on the right and see if any of the illnesses listed there are ones that you are suffering from, if you have any of these conditions it would be a good idea to cut out MSG or accent from your food. Give it a couple of weeks and see how

much better you feel, then understand that your food choices were causing sickness and maybe killing you.

For thousands of years the Japanese used seaweed to flavor their food then in 1909 a company began producing a chemical compound named MSG. Soon MSG usage became widespread, we are still using it today not knowing that these artificially produced substances are dangerous.

Part of the danger of MSG is that it crosses the blood brain barrier and effects the brain, most notably a person's behaviour becomes unruly, and it overloads our nervous system. The hypothalamus in the brain regulates mood and emotion, and over stimulation of the hypothalamus can produce marked changes in a person's behaviour, sudden rages are a symptom of MSG in the body, I wonder how many fights in school could be traced back to MSG in the children's food? Definitely worth a thought!!

## Do YOU suffer from any of these illnesses ?

- Severe headache      Asthma
- Shortness of breath, chest pains,
- Swelling, pain, or numbness of fingers, hands, feet, jaw
- Chronic bronchitis-like symptoms, allergy reactions,
- Irregular heart beat or high blood pressure, racing heart
- Pain in joints or bones
- Nausea, diarrhea, vomiting
- slowed speech
- Irritable bowel or colitis
- Sleep disorders
- Chronic fatigue or sleepiness
- Heavy, weak feeling in arms and legs
- Depression or mood change, bipolar, SAD
- Difficulty concentrating and poor memory
- Flushing , tingling in face, chest, pressure behind eyes
- Abdominal pain, cramps, bloating,
- Gagging reflex or difficulty swallowing
- Attention deficit disorder, anxiety attacks, rage, panic attacks
- Balance problems, dizziness, or seizures, mini-strokes
- Hyperactivity, behavioral problems
- Neurological disorders such as Alzheimer's, fibromyalgia, MS, Parkinson's
- Tenderness in localized areas, neck, back
- Chronic post nasal drip
- Pressure behind eyes or on head, neck, shoulders
- dry cough, hoarseness or sore throat
- Skin rash, itching, hives
- ADD, ADHD, Rage Disorder
- Blurred vision or difficulty breathing
- Bloated face, dark circles under strained eyes
- Chronic fatigue or sleepiness
- Extreme thirst or dry mouth
- Weight problems, obesity, hypoglycemia

**MSG in food could be causing these illnesses**

<p><u>Natural seasonings easy to get or grow on Andros:</u></p> <p>Salt 'n pepper</p> <p>Lime / lemon / sour</p> <p>Thyme, basil, parsley</p> <p>Hot sauce, peppers</p> <p>Vinegar Garlic</p> <p><b>DO YOURSELF A FAVOUR AND CUT OUT MSG</b></p>	<p><u>Testimonials:</u></p> <p>I realized that my son was getting into too much trouble at school, so I cut out the msg from my cooking, within a week or so there had been a marked change in his attitude and grades.</p> <p>I suffered from painful hands for many years, and decided that msg could be causing this pain, so I stopped adding msg to my cooking and a few days later my hands were pain free... Honestly it was as simple as that for me!</p> <p>Extreme thirst and a dry mouth have bothered me for years when I stopped using msg I found that this unpleasant symptom ceased.</p>	<p><u>Other names for MSG</u></p> <p>Check the ingredients labels for any of these names:</p> <p>Glutamate</p> <p>Glutamic acid</p> <p>Gelatin</p> <p>Monosodium glutamate</p> <p>Calcium caseinate</p> <p>Textured protein</p> <p>Monopotassium glutamate</p> <p>Sodium caseinate</p> <p>Yeast nutrient</p> <p>Yeast extract</p> <p>Yeast food</p> <p>Autolyzed yeast</p> <p>Hydrolyzed protein</p> <p>Hydrolyzed corn gluten</p> <p>Natrium glutamate</p> <p>IF YOUR FOOD CONTAINS ANY ONE OF THESE INGREDIENTS YOU ARE EATING MSG</p>
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## The osprey

The osprey is sometimes called the sea hawk or fish eagle, it is a fish eating bird of prey and a raptor. The osprey is unusual in that it is a single living species that occurs nearly worldwide and can be seen all over the world, except Antarctica. It nests in any location near a body of water which provides an adequate food supply. The Caribbean osprey is non migratory, it has a very pale head and breast.



The osprey's outer toe is reversible allowing it to grasp their prey with two toes in front and two behind, this is particularly helpful when they grab slippery fish.

The upperparts of the osprey are a deep, glossy brown, the breast is white and sometimes streaked with brown. The head is white with a dark mask across the eyes, The irises of the eyes are golden to brown, and it has a third eyelid of a pale blue. The bill is black, and the feet are white with black talons. A short tail and long, narrow, bent wings with four long, finger-like feathers, and a shorter fifth, give it a very distinctive appearance during flight. The adult male can be distinguished from the female by its slimmer body and narrower wings. The osprey's call is a series of high

piercing whistles, described as: *kweep, kweep, kweep*

The osprey's eyes are well adapted to seeing underwater objects from the air. The birds spot their prey when they are high in the sky, then it hovers for a moment before it plunges feet first into the water.

Osprey's usually breed for life, In spring the pair begins the five month period of partnership to raise their young, usually between two to four eggs are laid and the parents take turns to incubate the eggs for 32 to 42 days, then an additional 50 to 60 days during which time both Birds feed them. The eggs do not



Hatch all at once, but are staggered so some of the siblings are older than the others and when food is scarce the stronger birds may take it all. A mated pair will only raise one brood per year. The osprey can live up to 30 years in the wild.

Fresh Creek is a haven for these wild birds of prey, everyday they are visible as they soar above us hunting for food.

## GROW YOUR OWN FOOD

As the world struggles with increasing gas prices we should prepare for the effects here on the island. As the price to process and transport food to our shores increases com-



bined with the effects of climate change on the world leading to increasing storms, drought, fire and floods destroying crops worldwide, then the food prices on our shelves will go up, there is no avoiding this. BUT we can prepare for it by becoming more active in producing our own food.

Every yard should have a vegetable patch were we grow vegetables to

eat and supplement our diets. Fruit trees may take a few years to bear fruits but it is worth the wait. Our ancestors had it right, their yards always had a food bearing area, we need to return to this. The benefits are enormous :

- Save money at the shops
- Eat healthily grown, fresher and tastier fruits and vegetables.
- Get OUTSIDE, ,breath fresh air, get up off the couch and turn off the tv.
- Seeds and seedlings are for sale in North Andros.

**An addiction to gardening is not all bad when you consider all the other choices in life.**

quote by Cora Lea Bell

## Dolphin DEATHS in the Gulf

Marine scientists are debating whether 80-plus bottlenose dolphins found dead along the U.S. Gulf Coast since January were more likely to have died from last year's oil spill or a winter cold snap. The National Oceanic and Atmospheric Administration declared "an unusual mortality event" when the number of dead dolphins washing up in Louisiana, Mississippi, Alabama and Florida had reached 80, about half of them newly born or stillborn calves. Although none, so

far, showed outward signs of oil contamination, suspicions immediately turned to petrochemicals that fouled Gulf waters after a BP drilling platform exploded in April 2010, rupturing a wellhead on the sea floor and spilling an estimated 140 million gallons of oil. The latest spike in deaths and a high concentration of premature infants among them, has led some experts to speculate that oil ingested or inhaled by dolphins at the time of the spill has

taken a belated toll on the



marine mammals, possibly leading to dolphin miscarriages. The die-off has come at the start of the first dolphin calving season in the northern Gulf since the BP blowout. But scientists suggested that unusually chilly water temperatures in the Gulf may be a key factor.

"The oil spill ... very well could have been the cause of the dolphin deaths. But the cold weather could have

*NOAA experts are bracing for the number of deaths to jump. Some 2,000 to 5,000 dolphins in the region typically bear their young this time of year.*

**Andros Conservancy and Trust**

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**Ancat is working to protect, preserve, restore and enhance the natural and marine resources of Andros through education, conservation and management for future generations.**

WWW.ANCAT.NET  
WE'RE ON THE WEB !

Ancat is continuing to grow, become a member, Now we have 461 members

**Fresh Creek Restoration Update**

Thanks to a grant from the **Lyford Cay Foundation**

Ancat has been able to continue with the work in Fresh

Creek, in an effort to restore our waterway to its former glory and educate our children about the impor-

tance of this vast ecosystem, Miss Shanta Brown, our

education officer has been taking the environmental

message into Fresh Creek Primary and Bowen Sound

Primary. Ancat is determined to pass the message onto

the youngsters, 'train a child in the way that he should go and when he gets old he will not depart from it.' Prov-

erbs. The children are learning about the importance of the mangroves to our way of life, how garbage and pollu-

tion endanger our island's biodiversity and how they can become better in tune with their natural surroundings.

Also, the grant has been used to complete a garbage pick up in the Fresh Creek inlet, many thanks go out to our

friends: Al Lefor, Tyrone Bain and Patrick Newton, who have removed the accumulated waste from 4.5 miles of

water front as well as cleaned the mangroves on the east side of Fresh Creek bridge. We have to remember that

garbage is pollution and pollution is deadly, our environment is all that we have and all that we need, and if we

pollute it we will no longer have the plentiful fish and crabs to eat, or the crystal clear waters to swim in.

Thanks to all who have made the Fresh Creek Restoration project such a huge success.



Shanta Brown teaching in Fresh Creek Primary

Thanks to all who have made the Fresh Creek Restoration project such a huge success.

**Sustainable livelihoods Project** In December Ancat made a small business loan to Miss Makel Neely which enabled her to purchase bulk grocery items, a large gas tank and baking supplies. Makel is now running her own bakery business and is making weekly payments to repay Ancat for the loan. We love to see her industry being rewarded and appreciated and really enjoy the delicious baked goods that are now for sale daily.

**ANCAT PLANS**

**Cargill Creek Restoration**

Ancat plans to move its restoration activities to Cargill Creek during 2011. We are happy to be working with Corporal Roxbury and his young male cadets, who will assist with the pick up of accumulated trash from the creek shoreline. Cargill Creek is regarded as the 'Bone fishing capital of the world', if you would like to assist in the Cargill Creek Restoration, Ancat would be very happy to share our plans with you, we really need everyone's help to make this dream a reality.

**HELP KEEP ANDROS CLEAN: FIND A BIN TO PUT TRASH IN**



**Summer School 2011**

This summer Ancat once again plans to help a group of youngsters from Fresh Creek to truly have a life changing experience in Summer school. We plan to increase the number of children invited to participate from 10 to 15. Each day will be packed with Eco activities, designed to enrich the lives of our children and teach them about how to live in harmony with nature. Five youngsters will be taught to scuba dive by caring instructors. They will be able to put on the scuba tank and descend to 20 feet to see the coral reef up close and personal. These new divers

will learn about the fragility of our coral reef and memorize the names of the fishes, these are our tour guides in training. Five youngsters will become great snorkelers and five newcomers will be taught to swim. Ancat hopes this year to include a camping expedition, as nothing teaches us more about our island than a night under the stars.



**ANCAT PLANS**

Ancat's month long free summer school provides these youngsters with **food** (two meals a day), **education** (we focus on environmental issues while we help the youngsters with reading, writing and art work), **adventure** ( everyday we have a new outing), and **support** (we give the children the time to be kids with positive adult supervision and instruction). We believe that through this project we can help groom our conservationists and guides for the future.

Please help us to continue offering the summer school, make a donation to Ancat, Fresh Creek Post Office Box 23338, Andros, The Bahamas.