



Belize - A land of Plenty

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Special points of interest:

- Spotlight on Tomatoes!
- Calendar of events
- Micro-grant program update
- Small Business Resource Center update
- Photo page

Inside this issue:

Uniendo America Project Fair held in Belize City	2
T.C.C.'s Career Day Expo	2
Plenty Belize Hosts 3-day workshop on Organic Gardening	3
Home Gardening Contest 2009 coming to an end!	4
Solar Training in Colombia Village	4
New Castle Disease	5
4th Annual Toledo food fair all set to go!	6
Rotary Club held Eye Clinic at Fr. Ring Parish Hall	7

Where does Plenty get its money? Every Contribution Helps!

My name is Greg Gruener and helping me write this is my friend Alex. We are Juniors in high school (same as 3rd form) in Newton MA, USA. Since 3rd grade (Standard 1) we have been working together recycling bottles and cans and sending the money to the Plenty project. We've been sending the money for eight years now, but didn't really know where the money was going or who it was benefiting.

Our trip to the schools here in Belize was really an eye-opener. The Garden in Midway was fantastic. We've seen gardens before, but nothing like the one in Midway. Not only was the garden huge, but what amazed us was the commitment of the students. Each grade had a different job. The younger kids would do the watering, the middle age students would do the planting, and the older students were asked to do a little more physical work. This is at least how we interpreted it. There was a great sense of pride around the whole school. Everyone seemed extremely pleased with how the garden was doing and they were excited to give us a tour.

Alex and I are really glad that we took time to see the garden. It's now great to know how our hard work is affecting people in such a positive way. We will continue to contribute in the ways that we can, and we hope that the gardens continue to flourish.

Peace and love,
Greg Gruener and Alex McDargh-Dunn



Greg and Alex at Midway Government School



In Midway Village



Uniendo America Project Fair a huge success!

“Not only did I learn a great deal and find a good project, I had a good time as well.”

Uniendo America Project Fair held in Belize City

Plenty Belize’s Executive Director Mark Miller, along with SHI’s Nana Mensah, attended the 16th Uniendo America Project Fair in Belize City 29 – 31 January 2009. These active members of the Rotary Club of Punta Gorda met with hundreds of Rotarians from North and Central America. Mark and Nana focused their talents and energies on making partnerships to help with projects in Toledo. And they were successful!

One such contact was with Bill Maule of the Rotary Club of Kingston-North Kitsap (in the state of Washington, USA).

Bill became excited when talking with Mark and Nana about the possibility of providing piped

water for the village of San Lucas. Plenty Belize already has a commitment from VegFam (a UK based charity) to provide solar water pumping for the school in San Lucas. This Rotary project would expand upon the school water project by providing a larger elevated tank so that water could be piped to all 15 homes in the village.

After the project fair ended, Bill changed his travel plans to visit Punta Gorda and San Lucas. Now he has carried back all that he saw and heard, and got unanimous approval from his club to partner with us on this project. We will be working together to have the Rotary Foundation application completed and

ready to turn in 1 July as the new Rotary year begins.

Rotary seeks to increase international goodwill and understanding through service. By working together, we learn about people from across the world, and learn how we can all get along to make the world a better place.

And some of this was evident in Bill’s email after his return to the US:

“I cannot let another day go by without sending my thanks for your hospitality and assistance in Punta Gorda. Not only did I learn a great deal and find a good project, I had a good time as well.”



Mr. Palma with Students at Plenty Belize’s booth at T.C.C.’s Career Day Expo

T.C.C.’s Career Day Expo

On Thursday January 29th 2009 Toledo Community College held its Career Day Exposition where various Organizations were invited to attend to make presentations to the TCC students. Organizations that attended included Plenty Belize, Belize Bank, Scotia Bank, Immigrations Department, Belize Defence Force, Toledo Institute for Development and

Environment (TIDE) and Sustainable Harvest International (SHI).

The different organizations set up in the form of a booth and made presentations to students as they came by. Abib Palma and Martha Chavarria attended on behalf of Plenty Belize. It was a very fulfilling experience to share with the students what Plenty Belize is all about, the projects

they have done in the past, current projects, and what we hope to achieve in the future.

However, it was also sad to see that many of the students we talked with didn’t have the basic knowledge when it comes to gardening; this basic food security skill is something we believe should be common to all high school students.

Plenty Belize Hosts 3-day workshop on Organic Gardening

Plenty Belize hosted a three day workshop on organic gardening which was held on January 10th, 24th and February 7th. The workshop was attended by 29 teachers from various schools in the Toledo District.

The first day was based on hands-on experience; teachers learned how to make compost and its importance to organic gardening. Also featured were topics such as planting, and

fertilizing and pest control. There was also well gained knowledge on fertilizing and pest control practices using jack beans (canavilla) jicama beans and madre de cocoa, which are all local plants.

The second day was all about encouraging teachers to try and incorporate organic gardening into their daily curriculum.

I believe the third day was the most interesting,

exciting and educating to the group because they had the opportunity to view 10 different gardens of schools that Plenty Belize has been working with recently. Visiting the gardens and viewing what the various schools had accomplished helped them to relate to the different topics and lessons they had learned in the previous workshops.



Teachers at the 1st day of the Workshop.

Calendar of Events

March

Sunday 8th: International Women's Day
 Monday 9th: Baron Bliss Day
 Friday 13th: Second Term Concludes (Primary Schools)
 Saturday 14th: Teacher Training on Garden Based Learning at St Benedicts School in PG for all interested Toledo teachers; led by Cornell
 Monday 16th; Third Term Commences (Primary Schools)
 Friday 20th: 4th Annual Toledo Food Fair at Union Field
 Sunday 22nd: World Water Day
 Tuesday 24th; World Tuberculosis Day
 Monday 30th: Primary School Exam (PSE) - 1st Sitting

April

Friday 3rd: School Closes for Easter Vacation
 Monday 6th: Plenty office closed until after Easter
 Tuesday 7th: World Health Day
 Friday 10th: Good Friday
 Saturday 11th: Holy Saturday
 Sunday 12th: Easter Sunday
 Monday 13th: Easter Monday
 Monday 20th: School re-opens, third term continues
 Wednesday 22nd: Earth Day

“ The contest winners will be announced on Friday March 20th at the Toledo School Feeding Program Food Fair”

Home Gardening Contest 2009 coming to an end!

The 2nd annual Primary Student Home Garden Contest is drawing to an exciting conclusion.

The contest, which began back in November, will finish during the first week of March. This year over 380 students signed up for the contest. In all 20 different communi-

ties are represented in the contest. Trio village in northern Toledo District had 38 entries and Punta Gorda Town had 55 entries!

We are proud of all our home gardeners and their hard work. The contest winners will be announced on Friday, March 20th at the Toledo School

Feeding Program Food Fair.

The competition will be stiff this year. Please keep an eye out at the Food Fair for pictures of some of the home gardens.

If you missed out on this year's contest make sure to sign up for next year!

“ The focus of the 4 day class was the theory behind designing and installing solar electric systems.”

Solar Training in Colombia Village

Plenty Belize and Maya Mountain Research Farm conducted a 4 day training class on Photovoltaic (Solar Power) Installation and Maintenance. The class was hosted by MMRF. Christopher Nesbitt of MMRF and Mark Miller of Plenty taught the course to 11 participants. The students

came from a variety of organizations and places including; MMRF, Tumul Kin, Cotton Tree Lodge, San Benito Poite, Canada, and Plenty Belize.

Participants learned all about solar electric systems. The focus of the 4 day class was a comprehensive look at installing and maintaining solar electric sys-

tems. The class will later assist with the installation of a solar system in San Benito Poite, the system will power the villages computer lab!

Plenty would like to thank Christopher Nesbitt and MMRF for their hospitality and wonderful cooking during the class.



Participants at the Solar Training in Colombia, all very eager to learn!



Solar Training in Colombia Village, Toledo District

What you should know about NCD — keep your chickens safe!

What is New Castle Disease (NCD)?

New Castle Disease is a highly contagious viral disease that affect poultry, fowls and birds.

What are the symptoms? The symptoms are rapid fatality which means that your chickens die quickly and in large numbers. This disease is 95% fatal and yes we do have this disease in Belize, and without effective vaccination your chicken will get this disease and die.

How is NCD transmitted?

- Inhalation or breathing in or ingesting (eating)
- Feaces and respiratory secretion or liquids coming out of the mouth and nose.

- Meat and carcass

- Water fowls

What are the signs?

- All the birds can die in about 3 days
- Sudden drop in egg production
- Loss of appetite, weakness
- Swelling of the comb (sores on the comb and head)
- Red and watering eyes
- Coughing and gasping for air, sneezing
- Ruffled feathers, animals is no longer lively
- Watery greenish diarrhea
- Sudden death

- High mortality

- Paralysis of wings and legs

- Torticollis (stiff neck)

Please remember that there is an effective vaccine imported from Guatemala that you can use.

Only 1 drop in the eye of the animal will generate immunity for up to 90 days. This vaccine is available through the district agricultural station at 5 1/2 miles San Antonio Road.

If any doubt please get in contact with the district agricultural officer at 722-2689.

Dr. Ludwig Palacio is a doctor of veterinary medicine with 20 years experience. He can be contacted at 702-2550 or 667-6275.

Small Business Resource Center Update!

SBRC continues to provide service to small business owners in Toledo. Training is currently underway for villagers from San Benito Poite in book keeping. The group is a part of a committee that will be managing a Solar Powered IT Center. All trainings are held at SBRC

office on Wednesdays and Saturdays. The group receives training that will help them understand the basic rules and putting them into practice with confidence; to run the business successfully.

Workshops are also being done for micro grantees from

Plenty Belize. Anyone interested in starting their own business is encouraged to stop in at the office to pick up application forms. Applicants must reside in a Toledo village and have a clear vision of what they want to do.

Micro Grants Program Update!

Currently Plenty Belize continues with the Micro grants Program. There are several projects that are being approved by the District Committee, some of the projects that are being implemented are, local chicken rearing, pig rearing, sewing, and snack shops.

Recently the Micro grants program have been faced with some concerns due to the New Castle disease which has been spreading like wildfire in the country over the last few weeks.

Some of our Micro grant recipients lost their animals, due to the NCD. We strongly encourage

the general public to have their animals vaccinated against this very contagious viral disease.

The Ministry of Agriculture have been working with the people to help them get their animals vaccinated, to keep the disease from spreading.

4th Annual Toledo Food Fair to be held on March 20th 2009

The Toledo Food Fair is coming soon! It is scheduled for Friday March 20th at the Toledo Union Field in Punta Gorda Town.

It promises to be a fun-filled and not to mention educational experience for all involved.

This is an event that brings together thousands of people, students and teachers, and members of the general public, is a time when they come to celebrate just about anything that has to do with food.

This annual event is organ-

ized by an all volunteer Toledo School Feeding Program Committee.

Remember to be there on March 20th, this is an event you don't want to miss!



GATE program Manager, Abib Palma leads a field trip for Teachers and Principals to show various gardening methods



T.C.C's students at the Plenty Booth at T.C.C's Career Day Expo



Students from St. Peter Claver R.C school in Punta Gorda Town showing their excitement and enthusiasm for the school garden



Some of the Teachers on the 3rd day of the workshop (field trip)

Rotary Club Held Eye Clinic at Fr. Ring Parish Hall

From January 23-29th (2009) 15 eye doctors from Canada, graciously volunteered their time and expertise to over 1000 citizens of the Toledo District in need of glasses and eye care.

On behalf of the people of Toledo, the Rotary Club of Punta Gorda takes this opportunity to thank the Lions Club of Belize City and the Gift of Sight Program of Ottawa (whose members also include Lions and Rotarians) for running a successful Clinic.

The Rotary Club of Punta Gorda also expresses heartfelt thanks to the many persons that formed a task force to organize, coordinate and volunteered their time to make this event the huge success that it was.

This venture was made possible thanks to the financial support by the area representative Hon. Eden Martinez and the government of Belize.

*“doctors from
Canada,
graciously
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Toledo District”*

Tomatoes — your favorite food?

Tomatoes are a fruit and part of the nightshade family (like potatoes and eggplants), but they are served and prepared as a vegetable, which is why most people consider them a vegetable and not a fruit. Tomatoes come in a variety of colors, shapes and sizes: large red beefsteaks are slightly irregular; globes are red, medium-size and round; plum tomatoes are egg-shaped and red or yellow (grape tomatoes are baby plums); cherry tomatoes are small and round, etc.

Health Benefits of a Tomato includes:

- A large consumption of tomato can help improve skin texture and color.
- Tomato is a good blood purifier
- Tomato helps in cases of congestion of the liver (protects the liver from cirrhosis) as well as for dissolving gallstones.
- Tomato contain lycopene (the red pigment in tomato), this pigment is a powerful antioxidant that can also fight cancer cells.

- Vitamin K in tomatoes help prevent haemorrhages.
- Can help reduce blood cholesterol.

Nutritive Values of Tomato : Per 100 gm.

- Vitamin A : 1,000 I.U.
- Vitamin B : Thiamine .06 mg.;
- Vitamin C : 23 mg.
- Vitamin K : amount uncertain
- Calcium : 11 mg.
- Iron : .6 mg.
- Phosphorus : 27 mg.
- Potassium : 360 mg.
- Protein : 1.0 gm.
- Calories : 20

*“Tomato helps
in cases of
congestion of
the liver
(protects the
liver from
Cirrhosis) as
well as for
dissolving
gallstones.”*



Full and ripe tomatoes

PLENTY BELIZE

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Your business tag line here.

Plenty Belize

Mission: To promote the well-being of the people, the communities, and the environment we share in the Toledo District of Belize

Plenty Belize is a registered Belizean NGO with its office in Punta Gorda Town. Founded in 1997 Plenty Belize has a history of working hand in hand with other local groups to address local needs in a sustainable manner. Plenty Belize has acted both as a service provider within projects spearheaded by other organizations and as a project manager.

Tasty Tomato Salad Recipe:

Here is a recipe for a tasty and easily prepared Tomato salad.

Necessary ingredients include:

- 2 tomatoes, chopped
- 1 onion, chopped
- 1 tablespoon lime juice
- salt to taste
- Black pepper to taste



Tomato and onion salad

DIRECTIONS

Combine tomatoes, and onions in a salad bowl. Season to taste with salt and black pepper. Sprinkle with lime juice. Chill. If preferred you can also include a cucumber, sliced and peeled.