

THE BLUE HOLE

The BAMSI Bulletin

April 20, 2015

BAMSI Graduates to Get Government Funding

Like all of her classmates, Sabrina Adderley-Fowler, a first year Marine Science student at BAMSI who hails from Andros, will have access to funding from the Government upon graduation. The financial assistance will support her efforts as she looks to join those on the front line who are working tirelessly to feed this nation...one harvest at a time.

Photos by Nigel Sands

RENEWED focus was placed on the field of agriculture as the Government of The Bahamas pledged financial support to students of The Bahamas Agriculture and Marine Science Institute



(BAMSI) who looked to pursue their passion in the agricultural arena upon graduation. Promising strategic sponsorship, Minister of Agriculture and Marine Science V. Alfred Gray announced during the recent 2015 North Andros Agricultural & Marine Resources Agri-Business Expo that the Government would underwrite their entrepreneurial efforts as well as offer support to the wider public interested in pursuing agricultural initiatives at the commercial level.

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Opening Ceremony at the Expo



The BAMSI Crew



BAMSI Students enjoying the Expo

BAMSI Featured At Printing Press Expo



Prime Minister Perry Christie was on hand recently as the Government Printing Department celebrated the 42nd Anniversary of the department's printing press with a special expo. The work of the department, which produces many of the publications used by Government agencies such as The Bahamas Agriculture and Marine Science Institute (BAMSI), was on display. Pictured from left are Executive Director of BAMSI Dr. Raveenia Roberts-Hanna, Prime Minister Perry Christie and BAMSI's Assistant Farm Manager (Aquaponics) Cameron Lightbourne.

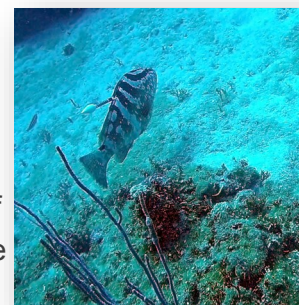
Photo courtesy of Peter L. Ramsay

BAMSI Nassau Grouper Spawning Research Activities

Nassau Grouper is an iconic species of the tropical Caribbean reef ecosystem. The species has been severely exploited over all their geographic range. The Bahamas has acted to try and preserve the several still remaining Nassau Grouper aggregations in the archipelago. The High Cay aggregation off east Andros Island has been of special interest for years and has been the subject of management. It was used as the first example of active protection from exploitation during the time when the spawning aggregation forms.

The objective of the project was to satellite tag spawning Nassau groupers at High Cay in order to observe their spatial dispersion after the 2014/2015 spawning event. It was expected that mature Nassau groupers will be available for tagging during the first Full Moon in January 2015. During the four days of expected spawning activity at High Cay traps were set and the groupers of adequate size were subjected to tagging with the satellite tags. The tagged fish were released from the traps at the bottom at about 100 foot depth after they appeared to suffer no ill effects from the tagging exercises. The exercise was repeated during the Full Moon early in February 2015.

The Nassau grouper tagged with these innovative satellite tags represent the first ever attempt to use this technology in groupers. The University of Miami will assist in the recuperation of the satellite transmitted data once the tags detach from the fish. They will also assist in the analyses and interpretation of the data. It is hoped that there will be an indication that some insights will be generated on the origin of the fish that were encountered at the spawning site at High Cay during 2014-2015.



A Nassau grouper (*Epinephelus striatus*) with attached satellite tag swims away after release.

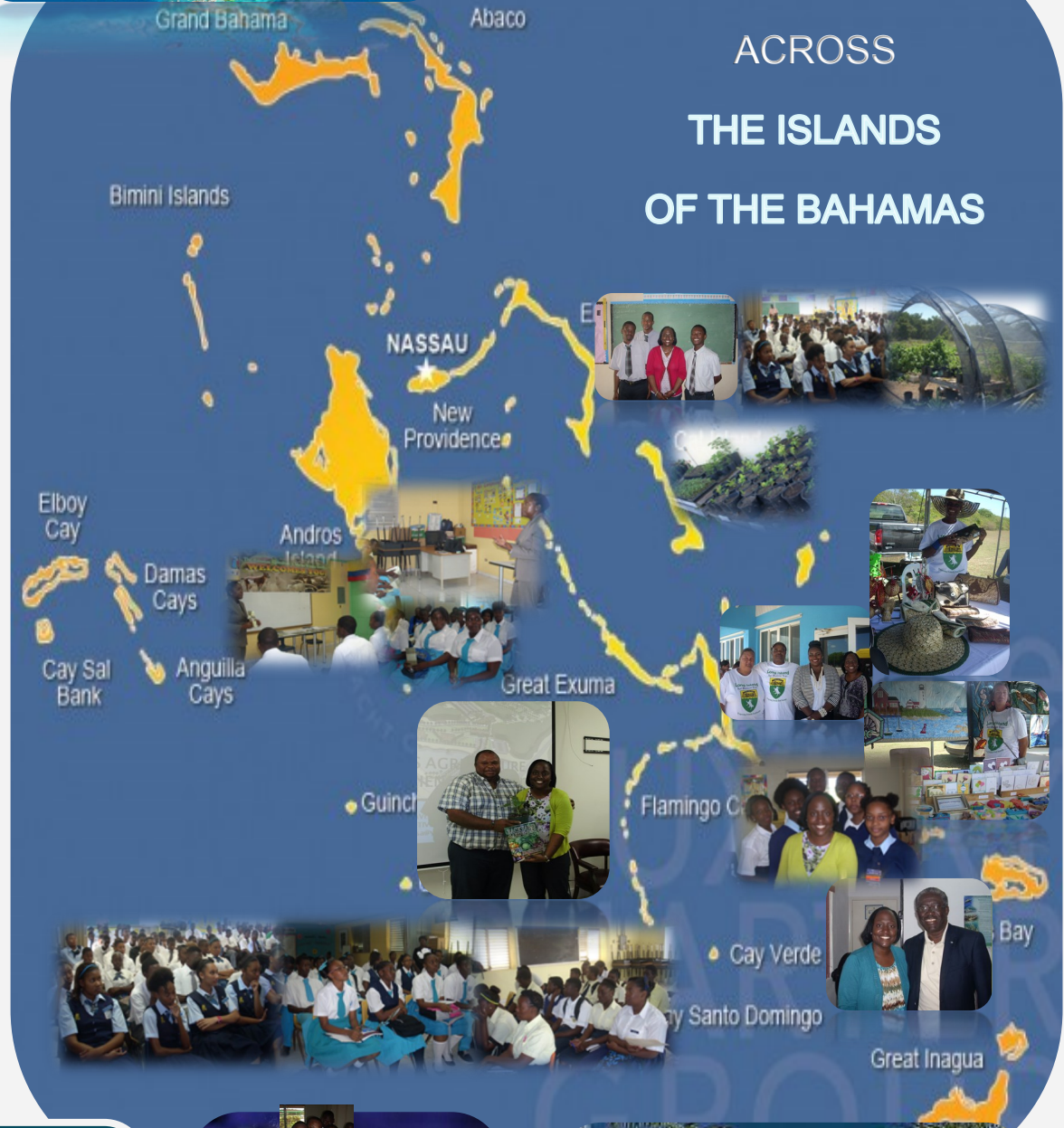
Which Island Will We Come To Next... Will It Be Yours?



BAMSI RECRUITMENT &

INFORMATION DRIVE

ACROSS
THE ISLANDS
OF THE BAHAMAS



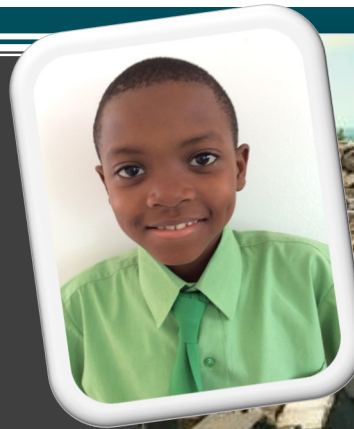
Special Thanks to the
Family Island
Administrators and
their Staff, School
Principals, Staff and
Students and Family
Island Communities for
welcoming us!



Emerging Leaders Series

How Can BAMSI benefit the future development of Andros?

By Mr. Dinaj Major



ANDROS
V4DK02

Oh my, she wake, she wake, she wake, she wake, she wake, she wake, she wake, she wake Androsians she WAKE!

Elon Moxey must have had a glimpse into the future when he sang that song because the alarm is set for 6:00, and the time is 5:59. *With* the arrival of the Bahamas Agriculture and Ma-

rine Science Institute or BAMSI, the sleeping giant is about to awake from its slumber. BAMSI presents the government with an opportunity to uplift agriculture in Andros and The Bahamas at large.

Honorable judges, my worthy opponents, special guest, ladies and gentlemen, good evening. My name is Dinaj Major, a proud student of the GREAT Nicholl's Town School. It is indeed my pleasure to say to you that the benefits of BAMSI will surely be seen in the economy of Andros, the entrepreneurship of Androsians, and the food sustainability of the country.

How can BAMSI benefit the development of Andros? Ask Mr. Parks, manager and consultant of farm operations, who is extremely passionate about the life stock breeding program, which will provide quality meat that will contribute to the reduction in the importation of meat into the country. This translates into millions of dollars for the island's revenue.

Not Convinced Yet? Try asking the hundreds of people recently employed as construction workers, who can now spend money in local grocery stores, gas stations, barbershops and salons.

Ask the landlords ---- They'll tell you that there are no more available apartments on the island and hotel rooms are filled. Adversely, land is being cleared down, there has been an increase in building permits, business licenses, and motor vehicle licenses. According to an interview with Mr. Brian Cleare, on Bahamas Information Services, some persons who were on the *Social Services welfare program* have discontinued because people are working and now have money to spend in Andros. Hence, the economy of Andros can only grow as a result of BAMSI. I have seen this island move from pause to fast-forward in a few months.

Edith Widder states and I quote, "Exploration is the engine that drives innovation." End quote. This innovation that BAMSI provides can spark the minds of Androsians to become the entrepreneurs that our forefathers dreamed about.

I stand by the belief of the Executive Chairman of BAIC Mr. Arnold Forbes, that BAMSI will create many entrepreneurs who will help grow the economy of Andros. Androsians can develop business models to start generating wealth for the future generations.

Dinaj Major is a sixth grade student of Nicholl's Town Primary School. His speech, "BAMSI's Effects on North Andros", captured first place in the 2014 District's National Youth Speech Competition. He also presented the speech at the North Andros 2015 AgriBusiness Expo.

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THE AGRICULTURE & MARINE SOCIETY OF THE BAHAMAS



By Travone Pinder
Public Relations Officer, AMS

THE Bahamas Agriculture and Marine Science Institute (BAMSI) has been steadily growing since late September 2014. Increasing its outreach by expanding the amount of farms under its name, BAMSI has also experienced dramatic development in its crop production, seen a steady increase in the number of students enrolled at the institute and has also connected with experts in the field of agriculture and marine science to broaden the depth of knowledge available to students. The government's vision is to see The Bahamas as a self-sustaining nation. This clearly arose from a need to decrease the national debt of the country



and more specifically put a dent in the country's food import bill. It is with this good cause that BAMSI was prepared. The Bahamas is neither powerless nor lying in

defeat but still resting quite untapped and ready to provide for its people.

In an attempt to increase the level of awareness of the institute and its mission members of the student body have stepped forward to create a prestigious organization called The Agriculture & Marine Society of The Bahamas (AMS.). Operating under the umbrella of BAMSI, AMS stands to make a change in the way people perceive the age old tradition of farming. One of the goals of AMS is to educate Bahamians of all ages about the jobs and academic opportunities in the Agriculture and Marine Science industries, and to help them see these sectors as top priorities when selecting a career. Led by our distinguished president Mr. Paul Major II, our team aims to encourage students and young people across the Bahamas to experience a bright future in the field of agriculture.



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Newly elected officers of the Agriculture & Marine Society of the Bahamas (l to r): O'Kendo Armbrister, Secretary; Montez Hopkins, 2nd Vice President; Sheri Fountain, Assistant Treasurer; Garneth Campbell, Executive Board Member (Marine); Travone Pinder, Public Relations Officer; Paul Major II, President; Romeo Josey, 1st Vice President and Treasurer Gimel Morley. Not pictured are Marilyn Lafleur, Assistant Secretary; Shadrick Farrington, Executive Board Member (Agriculture) and Dameko Sawyer, Chaplain.

GOVERNMENT FUNDING

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As the keynote speaker for the Expo, held under the theme “Progressing Towards Food Security, Our Business Our Future Our Bahamas”,



Minister Gray noted that the Government viewed this buy in as an integral part of their commitment to spur economic growth - particularly in the Family Islands, and also as a foundational element in the country's push to build a sustainable food supply while reducing the amount of food imports entering the nation's borders.

Also on hand for the official opening ceremony of the Expo was President of BAMSI H.E. Dr. Godfrey Eneas, who highlighted BAMSI's role in the



march toward a food secure future. Other noteworthy guests included Cleola Pinder, Administrator of Central Andros and Mr. Brian Cleare, Chief Councilor of North Andros and Bishop Caleb Evans, President of the Big Yard Farmers Co Ltd in Andros. Ivan Ferguson, Administrator for North Andros & the Berry Islands, served at the day's moderator.

Spearheaded by the Bahamas Agriculture and Industrial Corporation (BAIC), the aim of the expo, according to Alphonso Smith, Domestic Investment Manager for BAIC and also Expo Chairman, was to



showcase the current agricultural efforts of North Androsians by providing them with a platform to showcase their goods, make connections and also to learn about the latest advancements in the areas of agriculture, back-yard farming and other areas. Coming together for the Agri-Business Expo held at the North Andros Auditorium in Nicholl's Town, Andros was BAMSI's ag-

riculture team, faculty, students and marine science department, along with more than



two dozen vendors from across the North Andros community and the wider Bahamas. Also present were students from local primary and high schools and back yard farmers interested in sharing their harvest and cultivating a deeper connection with the agricultural community. There they witnessed an explosion of colour, sounds, sights and glorious smells as a rich display of locally grown produce and farm animals were on hand for the experience, as well as being offered for sale to the public; ripe tomatoes, green peas, papayas galore and onions for days just to name a few; there chunky chickens and fluffy chicks held the promise of fresh eggs every day, and loudly braying

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in my Community

- Final exams begin April 20. Students are encouraged to spend adequate time in review in order to achieve best results.
 - BAMSI Game Night is held every Monday night from 6:30 p.m. to 7:30 p.m. An assortment of games are there to choose and winners receive a prize. In the future, a tournament where the best of the best will be held; all past winners will battle for the championship.
- **No Gambling is permitted.**
- Students are encouraged to attend Sunday morning worship services at a church of their choice.
 - Please submit any photos that you wish to share of student activities at various events.
 - There are still books for rent and sale in stock. Interested persons can see the office.
 - Special thanks to all those that attended the North Andros Agriculture & Marine Resources AGRI-BUSINESS EXPO.
 - April 18th: AMS will be hosting an end-of-year social at The Big Shop, Nicholl's Town from 8:30pm until. The public is invited.

GOVERNMENT FUNDING

Continued from pg. 6.

spotted goats drew the crowd near and along the way two robust and hungry pigs battled for supremacy at the food trough and many soon-to-be succulent piglets slept peacefully unaware that they were being eyed as potential breakfast items.

Among the ceremony's highlights was a speech by sixth grade student of Nicholl's Town Primary School Dinaj Major. Mr. Major's speech – "BAMSI's Effects on North Andros" - captured first place in the District's National Youth Speech Competition held in October. Also on hand to share their talents was a choir from North Andros High School, a flag team from Red Bays Primary School and a Junkanoo band from Nicholl's Town Primary School – the latter delivering a rousing performance that closed out the ceremony on a "natural Bahamian high".

A number of workshops were also held as part of the two-day expo, which was open to the general public. Presentations on a variety of topics including

the Employment Act 2001, Plant Propagation, Backyard Farming, Protective Agriculture and BAMSI's Strategy to Impact Food Security in The Bahamas, were given during the afternoon session.

Day two of the Expo saw a more relaxed approach as a larger throng of food and beverage vendors were on hand to share their Bahamian-made goods. And closing out the Expo with a bang, were popular Bahamian entertainers Dmac and Gino D who were on hand to celebrate all things Bahamian and the Andros connection.



Chef's Corner

by the **BAMSI Kitchen**



CEVICHE OF SNAPPER

Yield: 10 servings

Ingredients

1 1/4lbs Red Snapper fillet
10oz Tomato Concassee
6oz Lemon or lime juice, freshly squeezed

3oz Red onions, sliced in thin rings
2oz Scallions, bias cut

2oz Olive oil

1tsp Garlic, mashed to paste

4tbsp Cilantro, fresh chopped

Method

1. Trim the snapper, removing all bones.
2. Cut into strips or dice.
3. Combine all of the ingredients. Marinate the fish for a minimum of 4 hours to maximum of 12 hours before a service.

He gives strength to the weary and increases the power of the weak . Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. Isaiah 40:29-30

Major's Speech
Continued from pg. 4.

BAMSI can provide contracts for an all Androsian security firm to ensure order and safety for all students and staff; Contracts for landscaping to maintain the beautification of the Institute's property or even contracts for cleaning which will make sure the classrooms, conference rooms and offices are kept clean. On the other hand, think about the countless farmers and fishermen that will be taught the latest methods to improve the way they market the product to the community or other parts of the world.

Conversely, BAMSI has an important role to play in achieving food security for the country. The institute gives the people of Andros an avenue to return to the basic ways, of sustaining life ----- farming the land and fishing the waters. The United Nations Food and Agriculture (FAO) states, and I quote "That food security exists when all people, ALL the time, have access to sufficient, safe and nutritious food to meet their dietary needs as well as food preferences for an active healthy life" end quote.

I ask you again? How can BAMSI benefit the development of Andros? That is the one hundred million dollar question. Ask Dr. Omar Thomas, senior consultant at BAMSI who is certain that the cultivation of the 15 acres of avocados, 15 acres of lime and 10 acres of coconut will provide raw materials for the production of jams and jellies. These treats will be produced that the processing facility that will be built on the property.

Additionally, BAMSI will empower our fishermen and farmers with new resources that will develop food production to benefit all Bahamians. By doing this, it will help to reduce our food import that is almost one billion dollars. This will quickly change our lifestyle by helping us nutritionally and financially.

On September 29, 2014 the alarm went "BUZZZ" and at that moment the sleeping giant was awakened and ready to take on the world. In order for Andros to stay awake we must all do our part. In order for BAMSI to become a success, every boy and girl, every mother and father, every preacher and teacher, and Every Androsian must take advantage of the opportunity
Oh my Andros.... She wake.... She wake... she wake
Never to sleep again!

Because of BAMSI, I can benefit and you can too!

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THE STUDENT HONOUR CODE

As a lifelong
member of the
Bahamas
Agriculture and
Marine Science
Institute,
I adhere to the
principles of

TRUTH
INTEGRITY
&
RESPECT.

I will not
lie, cheat, steal or
tolerate those
who do.

GAME NIGHT



CRAVINGS

A Student Blog

EVER wonder what makes you tic? Is it the caffeinated beverage you drink in the morning or is it the sweet treat that you have to have after a meal? Whether it is your morning java or a fudge sundae, does it feel as though life ceases to exist if you have not had your 'fix'?

Besides the obvious feelings of pure bliss and fulfillment, what are you really getting out of satisfying a craving? The word craving can simply be defined as a powerful desire for something. And since we all sit in the front of the class, we all guessed by now that I am talking about food cravings and some reasons as to why we get them. I was formerly a size 44 waist in pants and now I am a 34 waist. Learning how to control my cravings and staying active are two factors that contributed to the shift in pants size.

Whenever dealing with a craving you have to first ask yourself; "Is the source nutritional or is it emotional?" Regardless of the outcome, cravings are a sign of some sort of imbalance either physically or emotionally. When dealing with cravings

another important question you should ask is; "Why is it a part of my diet? Is it important?" Is this item satisfying your body's nutritional needs or is it a snack that is helping you through an emotional issue?

More than likely your body may be telling you that it is lacking something. Should more fruits be added into your daily diet? Maybe the way you combine your food is causing a mineral imbalance somehow. When analyzing the reasons for your cravings you may not know right away what triggers it. But overtime, after a few examinations of your eating and emotional habits, you might begin to pinpoint the reasons why you crave certain foods.

Proper hydration can help eliminate the urge for sweet and savory treats. Have you had enough water to drink for the day? I have noticed that when I start off my mornings with a large glass of water, and continue to stay hydrated throughout the day I tend not to eat snacks as a result of my constant satiated state.



Montez Hopkins

Exercising can also combat cravings. With exercise, endorphins - the happy chemicals - are released into the brain by the pituitary gland. The gratifying feeling you get after exercising may take away the desire for a 'fast buzz' and besides, you may not want to eat or drink something that can undo an entire workout.

All in all a craving should not be considered something that is bad. It is one of the many ways by which your body communicates its needs. When a craving hits, remember to take a minute and assess the cause and remember to drink more water throughout the day and stay moving, you are less likely to have a snack attack if you are consistently hydrated and active.

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**** Montez Hopkins is a first year Agriculture student at BAMSI. His passion is whole body health living that incorporates a oneness of the mind, body and soul.**

The Blue Hole Bulletin:

Brought to you by BAMSI's Office of Communications

For more information or to submit community events/stories

email us at bamsipr.2014@gmail.com



BAMSI's Marine Science Department recently put on a series of fish trap making classes. Caswell Mounts, a retired administrator with the Department of Fisheries, was invited to share his knowledge of trap making with the almost 20 participants during the first session.

TEACH
A STUDENT
TO FISH...



BAMSI 2015 Summer Session

THE BAHAMAS AGRICULTURE AND MARINE SCIENCE INSTITUTE

Your Path to Success

A Seven Week Summer Session beginning **May 11, 2015**

If you are an ambitious, high achieving and motivated high school senior or older apply now to take up to three introductory-level college courses at BAMSI this summer!

The summer session will help students:

- ◆ Prepare for the academic rigors of college
- ◆ Experience what it's like to attend college away from home
- ◆ Take a prerequisite for an advanced course before entering college

English

Math

Biology

**Student Success
& Development**

Geography

2015 BAMSI Summer Symposiums

The Bahamas Agriculture and Marine Science Institute is pleased to announce the launch of its 2015 Summer Symposium Series in Andros. The Institute will host a series of one, three and seven day workshops conducted by experts in their field and designed to encourage hands-on learning opportunities. Individuals attending the Institute will receive certificates of course completion in recognition of their participation. Among the courses being offered are:

- ◆ Fish Trap Making Classes, dates to be announced. Participants will keep their traps and observers are also welcome
- ◆ Agribusiness and Entrepreneurship (May 2015)
- ◆ Farm Management (May 2015)
- ◆ 'Let's Go Crabbin' Weekend Getaway (includes study of land crab biology and behaviour, crab catching and cooking crab inspired recipes with the BAMSI Chef!) (June 2015)
- ◆ Three (3) day Harvesting & Feasting Gourmet Cooking class (Participants will experience harvesting produce on the farm and then transforming the ingredients into amazing fare (June 2015)
- ◆ Agrotourism (June 2015)
- ◆ Aquaponics (3-Day and 1 Week courses — May/June 2015)
- ◆ Farm Skills (June 2015)
- ◆ SEEDS (Summer Education Enrichment Discovery Programme (June 2015)

Registration is now open. For more information email: bamsiadmissions@gmail.com, bamsipr.2014@gmail.com or call (242) 397.6580 / Nassau or (242) 329.1104 / Andros.

Apply Today!