



**Special points of interest:**

- Calendar of events
- Photo page
- New Recipe section
- Information on how you can help Plenty Belize

**Inside this issue:**

The Funding of Plenty Belize	2
Calaloo — a healthy local vegetable	2
Plenty installs Solar for SATIM	3
Calendar of Events	3
Midway Village constructs School Kitchen	4
Solar Panels available at Plenty	4
Plenty awarded European Union grants	5
Toledo Food Fair	5
Plenty's Earth Day Bottle Drive	5
Pueblo Viejo School Garden	6
Punta Gorda Rotary Club	6
Photos Page	7
How You Can Help	8

# Belize - A land of Plenty

## Profile of a Belizean Woman

Everyday our Belizean parents struggle to make ends meet to keep food on the table for their kids, clothes on their back and a warm bed to sleep in. While some have jobs, others live from day to day.

One such parent is Ms. Elidiana Coye from Cattle Landing Village, of the Toledo District. Ms. Coye is the mother of 5 children, all of which she is solely in charge of their upbringing. She approached Plenty Belize with a vision and initiative in her heart to start a business. Her plan was to acquire a freezer and sell pig meat in Cattle Landing Village and Punta Gorda Town.

Through the Belize Rural Development Programme (BRDP) micro-grant program

funded by the European Union, Plenty Belize was able to assist her with the purchase of a freezer to start her business. It has been 7 months since this venture started; Ms. Coye stated that while she encountered some challenges in the beginning her business has been steadily increasing.

Ms. Coye sells ice, chicken and also ideal on occasion when the freezer is not loaded with pork. Plenty Belize has applauded her effort and through the BRDP has provided Ms. Coye with paint to make a sign for her business outside her house. Ms. Coye claims that before the grant she was not able to provide enough for her children, now she is saving up her money to expand the



**Ms. Elidiana Coye, recipient of European Union funded BRDP micro-grant**

business to continue helping her family in the future.

## Plenty Belize's 2nd Annual Mother's Day Banquet

Plenty Belize is excited to announce our 2nd Annual Mother's Day Banquet. The event will be held on Saturday, May 10th at the St. Peter Claver Parish Hall. Festivities will begin at 6:00pm.

Guests will have a choice of two entrée options, four different sides and some wonderful desserts. Appetizers and a wine

will be served as well. Everyone in attendance will receive a gift, be eligible for one of the many door prizes, and one of the many contests that will take place throughout the evening.

Special recognition will be given to Plenty Belize's Mother of the year to honor the dedication and hard work that goes into raising a family.

This wonderful evening will only cost \$30 per person or \$50 for mother and escort. We strongly encourage Grandfathers, Fathers, Brothers, and Sons to escort their Daughters, Wives, Sisters, Mothers and Girlfriends to the event.

Reservations are required, contact Plenty Belize at 722-2198 for more details.



## The Funding of Plenty Belize

The name Plenty comes not from having large amounts of money, but from the belief that if we as people work hard and share willingly with our friends and neighbors, there is Plenty for everyone. But our work at Plenty Belize does require some money. We need to pay rent and utilities, pay our staff, and provide the services for our projects. Our funding comes from donations and grants, mostly small amounts donated by people who care.

One group of such people is SHARE (Sandy Hollow Arts & Recreation for the Environment). Sandy Hollow Arts and Recreation for the Environment, Inc. (SHARE) is a central Pennsylvania (USA) based non-profit organization that sponsors invitation-only music festivals to raise money for worthy environmental causes, and to enhance environmental awareness. The spring and fall festivals are entirely volunteer efforts

and are intended to remind us to appreciate our precious and fragile planet, and to have fun doing it. They have been supporting Plenty Belize regularly since 2002, and we recently received a BZ\$4,000 donation from SHARE for 2008 to assist with our school gardens work. This funding helps us greatly to continue this important work here in the Toledo district.

**“One serving of calaloo contains 90% of your daily need for Vitamin C”**

## Calaloo and Eggs

### Ingredients

- 1/4 lb Calaloo leaves, washed and cut into small pieces
- 1/2 onion, chopped
- 1 medium tomato, chopped
- 3-4 eggs
- 1 TBS coconut or vegetable oil
- 2 TBS milk or water
- 1 tsp salt
- 1/4 tsp black pepper

### Directions

1. In medium bowl, break eggs, add milk or water, salt and black pepper and beat well
2. In medium pan, heat oil over medium heat. Add calaloo leaves, tomato, and onion and sauté for 3 minutes, stirring continuously
3. Add eggs and cook until mixture is firm and fluffy, being sure that eggs are

cooked completely, about 3 minutes

Serve hot with tortilla and fruit for an excellent breakfast. Makes 2-4 servings.

### Nutrition Facts

- Eggs have protein, vitamin B12, folic acid, riboflavin & vitamin A
- Onions have folic acid and vitamin C
- Tomatoes have vitamins, potassium and fight cancer



Calaloo is not just healthy but it tastes great too! Check out the easy recipe above.

## Calaloo – perhaps the healthiest of vegetables!

Calaloo is the leaf of any of the 70 species of amaranth that grow throughout the world.

Historically calaloo is important to the culture and diet of the people in Belize, the tropics and throughout all the warmer regions of the world.

Calaloo is an excellent source of vitamins including: vitamin A, vitamin B6, vitamin C, riboflavin, folate, and dietary minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese.

One serving of calaloo contains 90% of your

daily need for Vitamin C, 20% of your daily Iron, 28% of your required daily Calcium, and 17% of your Vitamin A requirements.

Calaloo is easy to grow, tastes great, and is very healthy! Let's grow and eat more calaloo!

## Solar Power Installed for SATIM Rangers

Sarstoon-Temash Institute for Indigenous Management (SATIIM) raised funds to install solar power in the remote villages of Graham Creek and Crique Sarco.

The solar systems allow the park rangers to communicate with the rangers in the neighboring villages surrounding the Sarstoon-Temash National Park as well as with SATIIM headquarters in Punta Gorda Town.

Plenty Belize was more than happy to assist with the procurement and installation of this renewable energy equipment, and provide a significant cost savings to our fellow organization that works to improve the well-being of the people and communities in Toledo.

Each ranger station was provided with a 85 watt Kyocera solar panel, a 30 amp Prostar charge controller, a Renco deep cycle bat-

**Chairman of Graham Creek village and Abib Palma of Plenty Belize**



tery, an inverter, dc lights, dc fans, all the fusing, wires, and accessories needed to make the systems safe, reliable, and operational.

If you are interested in solar energy in Toledo, please feel free to inquire how Plenty Belize can help you too!

# Calendar of Events

## April

- Friday 4th: Maya Day Opening Ceremonies (Lubaantun)
- Friday 4th: Plenty Belize Board Meeting
- Saturday 5th: Marimba and Harp Playing Competition (PG Town Park)
- Friday 11th: 3rd Annual Toledo Food Fair at PG Sports Complex
- Saturday 12th: Traditional Maya Ball Game at PG Sports Complex
- Saturday 12th: Dolores Village, opening of new School and Health Clinic
- Sunday 13th: Grand Maya Day at Tumul Kin Center
- Wednesday 16th: Women's Issues Network Meeting about HIV/AIDS and Domestic Violence at Parish Hall
- Tuesday 22nd: Earth Day

## May

- Thursday 1st: Labour Day
- Friday 9th to Sunday 11th: National Agricultural & Trade Show, Belmopan
- Saturday 10th: Mother's Day Banquet at Parish Hall
- Friday 16th: Teacher's Day Observed
- Friday 23rd: Chocolate and Wine Evening with music by the Caribbean Trio
- Saturday 24th: Cacao Festival at Punta Gorda Town Park with music by Leela Vernon
- Sunday 25th: Deer Dance at Lubaantun Ruin in San Pedro Columbia Village, and a firework finale in Punta Gorda Town with music by the Garifuna Collective and Paul Nabor
- Sunday 25th: Commonwealth Day



**Student from Midway Village School enjoying a healthy meal in the new school kitchen**

## Midway Village Opens New School Kitchen

On the 20<sup>th</sup> of February, 2008, the newly built and equipped Midway school kitchen opened its doors for the first time to feed 33 students. It has been a long awaited project which the Principal and Staff have worked hard to accomplish.

Through funding from Marian Weber and her Flow Fund Plenty Belize was able to purchase the following equipment: a stove, refrigerator, microwave, blender, freezer, pots and pans, along with cooking and eating utensils.

The menu for the joyous occasion included rice and beans, stew chicken, corn tortilla and a cabbage salad. Most of the ingredients for the meal were taken from the school garden. Parents did the cooking. The coordinator for the program, Ms. Michelle, stated that she was surprised at the turn out to the meal. Ms. Michelle also said that parents had expressed just how helpful the program has been to them because on the days which the kitchen is open, Mondays and Wednesdays, most parents are

in Punta Gorda Town for market day.

Plenty Belize would like to commend the hard work of the Principal, Staff, PTA, and Parents. We wish them the best for the future with the program and continued success. As a famous philosopher once said children are our most valuable natural resources, and Plenty Belize continues to have the children of Belize at heart as we continue to help the communities.

**“We are expecting some excellent gardens”**

## Plenty's Home Garden Contest is in Full Swing

The second annual Plenty Belize home garden contest is currently underway. The contest began in January, we have over 150 students signed up for the contest.

Plenty is always looking for ways to help continue the promotion of organic gardening, nutrition and food security and this contest does all three.

Judging began over the Easter Break. We are incredibly excited to see the hard work of all the students involved.

All participants receive a certificate and seeds to continue their gardens. Prizes will be awarded to the gardeners who produce the most produce, have the best looking garden, apply

proper organic principles, and make good use of composting and mulching practices. The prizes will be awarded at the Toledo Food Fair on 11 April.

Thanks to Toledo Farm Supply, Supaul's Grocery, and Toledo Teachers Credit Union for their donations of prizes.



**Solar panel, water pump, battery, and charge controller**

## Solar Panels and Accessories Available at Plenty's Office

Plenty recently procured numerous solar panels and accessories which are available for purchase at the Plenty office on Jose Maria Nunez Street.

Systems are designed personally by Plenty's Executive Director Mark Miller, who has his Masters Degree in Engineering and over 27 years of electrical technician experience.

Plenty works with interested parties to specialize each solar electrical system to your specific needs.

Currently the following items are available:

- 85 watt Kyocera Solar panels - \$1,200
- Morningstar ProStar Charge Controllers - \$485

- 12v water pumps - \$535
- 12v light fixtures - \$35
- 12v light bulbs - \$30

Prices for complete systems are done on an individual basis.

Our stock is always changing so please call or stop in to the office for the most current information.



**Plenty Belize and European Union join to help small businesses in rural Toledo**

Plenty Belize is part of two consortiums that will be working to help small and micro enterprises in rural Toledo.

The first group is led by the Toledo Teachers Credit Union (TTCU) with partners Sustainable Harvest International Belize and Plenty Belize. The second group is led by Belize Enterprise for Sustainable Technology (BEST) with Plenty Belize as the lone partner. The European Union is providing the funding for these programs.

While the paperwork was

signed on 4 March 2008, we expect funds to arrive in late April or early May, and then the work will begin in earnest. We expect to be able to assist 10 groups and 50+ individuals with their small businesses.

We recognize that this is only a start at alleviating poverty in Toledo, but we believe it is a good first step. As we look around at the history of the district, we have seen all too many outside groups come in and supposedly spend millions to alleviate poverty, but in the



**Plenty Staff with European Union Ambassador to Belize, Ambassador Alemanni**

end, the poverty has stayed.

We believe that by using local organizations to implement the work, we will have better success. Once we show our success, we will be able to apply for more funding to assist the people of Toledo.

**3rd Annual Toledo Food Fair set for April 11th**

The Toledo School Feeding Program (SFP) Committee is gearing up for the 3rd annual Food Fair. The Fair will be held on Friday April 11th; it will be held at the Punta Gorda Town Sports Complex. The Fair will begin at 9:00 and concludes at 3:00. The official opening ceremony will start at 10:00am.

The SFP expects thousands of children from across the

Toledo District to attend the event. Food and beverages will be sold by the over 25 schools involved in the Fair.

Many businesses, development organizations, health advocacy groups, and government agencies are expected to be in attendance to sell products, share information, and make informational presentations through-

out the day.

Games, tournaments, skits, poems, songs, drumming and other forms of entertainment are scheduled throughout the day.

Reservations for vendors and presenters are still be taken so contact Plenty Belize if you are interested in participating.

***“the SFP expects thousands of children from across the Toledo District to attend the event”***

**Earth Day is April 22nd**

With Earth Day fast approaching, Plenty Belize is proud to announce our new campaign to help clean up the streets of Punta Gorda.

Plenty will be accepting empty plastic bottles that are collected on earth day and give a free flower or vegetable seedling to anyone who brings us five empty plastic bottles.

We will be setting up an informational display in park during the day. Bottles will be accepted all day in the park. Pamphlets about planting, plant care, and how plastics are harmful to the environment will be given out too.

This campaign provides the residents of Punta Gorda with a excellent opportunity to show the pride that they

have for their community. Although it is important to always be environmentally conscious Earth Day helps to put the environment in the spot light.

The bottles will be reused by planting more seedlings into them, which we will have available for sale at our office.



**Students collecting bottles for Earth Day**



Resident of Pueblo Viejo Village helping to cook during the village fair

## Graduation Celebration at Pueblo Viejo

Pueblo Viejo Village, located approximately 10 miles from the Belize - Guatemala border was host to a large party on Friday March 7th. The school was celebrating their successful participation in Plenty Belize's GATE Program. The school has been receiving weekly technical visits, tools, seeds and other necessary supplies from Plenty for the past three and a half years. The ultimate goal of the GATE Program is for participating schools to keep the garden running smoothly after they stop receiving support

from Plenty. Out of the 32 schools with gardens across the Toledo District 11 have graduated since the inception of the program in February 12th, 2002.

The celebration drew a huge crowd of villagers. Various organizations such as NHI, MMRF and Agucaliente had displays. A small ceremony was held which included Plenty awarding the school a certificate of achievement and the principal expressing his gratitude to Plenty and a continued

commitment to the school garden. The school worked hard to prepare for the event organizing committees to plan the days events. The villagers participated by creating the menu, purchasing locally grown food, setting up, cooking, cleanup, and of course eating the delicious food. The menu for the day included: Pork Caldo, Calaloo, Veggie Boil Up, Tamales, Ducunu, Shut, Clear Soup, Turkey, Cho Cho, Tortilla, and Cacao Drink. Food was prepared by villagers and 2 cooks from PG Town.

**“Some of the prizes to be won include: a 1 night stay at Cotton Tree Lodge, Roundtrip airfare to Belize City from Tropic Air”**

## Support the SFP - Buy a Raffle Ticket!

The largest fundraiser for the Toledo Food Fair is the Raffle. The SFP works hard each year to secure prizes for the raffle. This year we have some wonderful prizes to be won, and would like to thank the donors for their support.

Tickets are available for purchase at the Plenty office for \$1 each or \$10 a booklet or 11 tickets.

Some of the prizes to be won

include: a 1 night stay at Cotton Tree Lodge, Roundtrip airfare to Belize City from Tropic Air, 1 SMART Phone, 2GB Flash Drive from Dreamlight Internet Café, Roundtrip for 2 to Barrios from Requena's Charters, 20-piece Kitchenware set from Carlos Jackson, 20-piece silverware set from Flo Johnson, Dinner for two at Grace's Restaurant. Chocolate Cookbook from Green &

Blacks, Electric Iron from Raju's Shop, Wall Clock from Cindy's Store, Breakfast for two at Seafrost Inn, and 1 Knife Set from Thomas Salam Jr.

Tickets will be available for purchase up until the Food Fair on Friday, April 11th.

Good Luck!



Rotary International's Symbol

## Rotary Club formed in Punta Gorda Town

Rotary International is the world's first service club organization. The more than 1.2 million members volunteer to further the motto, Service above Self.

25 community leaders in Toledo have joined together and formed the Punta Gorda Rotary Club.

This service organization meets every Thursday at Grace's Restaurant at 6pm

sharp.

The current President of PG Rotary is Jose Chan, manager of Scotia Bank. The President Elect is Kenrick Theus, manager of Machaca Hill Lodge. Shaunna Sanchez, assistance Principal of Toledo Community College is Treasurer. Rick Mallory of Coral House Inn is Secretary. Plenty Belize's Executive Director Mark Miller was elected to

the position of Chairman of the Service Projects Committee for Rotary. Teacher Olive Woodeye Principal of St. Benedict School and Board member of Plenty Belize was elected as the Fundraising Chair.

We look forward to great things to come out of this new local club!



Students viewing the Plenty Belize display table in Pueblo Viejo Village



Plenty Board Member Gordon Longville at the Pueblo Viejo Graduation



Solar installation in Crique Sarco Village



Midway School Teachers & Cooks preparing lunch



Student gardeners from PG Methodist School hard at work

## PLENTY BELIZE

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# Plenty Belize

**Mission: Promoting 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.**

## How You Can Help Plenty Belize

1. Work directly with the school in your village or town to assist with their garden, their feeding program, their PTA projects, or fundraising.
2. Plenty Belize accepts a limited number of volunteers who are willing to commit to at least 3 months of service. Stop by the office or email Plenty at [plentybz@btl.net](mailto:plentybz@btl.net) with your resume / cv and your interests.



### The Plenty Logo

3. Promote our work and tell others about Plenty Belize!

### How to Donate to Plenty Belize

- Drop by the office
- Mail a check to PO Box 72, Punta Gorda Town
- Deposit to Belize Bank PG Branch account 5135

For people in the US you can donate through our US affiliate Plenty International. You can see how online at:

[www.plentybelize.org/donate.html](http://www.plentybelize.org/donate.html)