



TURTLE TIMES

Turtle Foundation – AUGUST 2016
Protecting sea turtles and their habitats

TURTLE TIMES

August 2016



On this edition....

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- *Turtle Rescue*
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Ramificações:

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www.turtle-foundation.org



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Turtle Foundation Party



On August 8th Turtle Foundation in Boa Vista celebrated its 4th birthday. It was in 2006 that Turtle Foundation, an NGO based in Germany decided to open a programme in Boa Vista, in order to stop the massive killing of *Caretta Caretta* that was happening on the island. However, it was in 2012 that Fundação Tartaruga, a Cape Verdean NGO, was founded. The day chosen for the big celebration was August 12th, as Friday was a more suitable day for a party. Staff, volunteers

and friends gathered at the Boa Esperança camp for a big lunch, activities and a fun time! During the morning our volunteers and rangers had the chance to meet their colleagues from other camps and share experiences. There was also time for the Turtle Foundation Football Tournament, where the big winner was the camp of Boa Esperança, with skilful players allied to the advantage of playing at “home”, but in the end everyone got a prize. After such a tremendous physical effort, there’s nothing better than a great lunch, courtesy of the office team, with salads, chicken, pork “pinchos” and cachupa (both meat and vegetarian). In the end, the cherry on top of the cake was exactly that: cake! Much appreciated by everyone. We also celebrated the birthdays of Skylene, Ukie’s daughter, and Selina, our volunteer from Lacacão camp. It was a very successful day where everyone had a fun and enjoyable time, and we would like to leave a word of appreciation to the rangers that stayed in the Norte and Lacacão watching over the camps during the day. Photos by Cintia Lima.



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First Hatchlings!

Around 1 am on the 26th of August, we had a very important event happening at Ponta Pesqueira beach, in Lacacão camp: the hatching of the first nest at our hatchery! The team in Lacacão needs to relocate the nests from Lacacão beach as the effects of the hotel RIU Touareg cause a big impact both on adult females and hatchlings. The people using the beach can damage the nests and the big, bright lights from the hotel disorientate the turtles, causing them to move to the hotel instead of the sea. For that reason the team relocates those nests into a specially built hatchery in Ponta Pesqueira beach, where they are protected from crabs and monitored nightly.



The first nest was relocated on the 28th of June and took a bit more than the average 55 days to hatch. Out of 91 eggs, 88 baby turtles were released back into the sea on the first day, and another one on the following day, making it a very successful relocation. Out of every nest 30 hatchlings are randomly chosen and the team takes notes of their weight and size, for research purposes. A total of 94 nests were moved into the hatchery so the team is expecting a lot of work over the next month. Photos by: Derek Aoki



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A Different Way to Help

The volunteers at Boa Esperança camp have been very busy, first using trash and old wood to decorate and improve their camp, as well as making necklaces and bracelets. Turtle Foundation got a donation of turtle shaped pendants and the volunteers have been using their imagination to make earrings, bracelets and necklaces that we will then try to sell, with the proceeds going directly towards conservation initiatives. They're finding it a good way to pass time and keep themselves entertained, and help TF even more in our effort to save turtles. Here you can see some of their work and you can always come by the office on your days off to check them out along with other items such as t-shirts, postcards, keyrings and more that we have for sale in our little gift shop. All the profits are used directly by TF and some items are made locally and support Boa Vista's handcraft.



Turtle Foundation Friends – Natura 2000



Turtle Foundation in Cape Verde does not stand alone in the fight to save the hundreds of loggerhead turtles that every year uses the beaches of Boa Vista as nesting grounds. Amongst our many friends stands Natura 2000, an NGO that was born from a partnership between the Universidad de Las Palmas (Canary Islands, Spain), Consejo Superior de Investigaciones Cientificas (Seville, Spain) and Universidade do Algarve (Portugal). Working since 2002, Natura 2000 operates in 2 camps on the beaches of Ervatão and Porto Ferreira and receives volunteers from Spain,

*Portugal and Cape Verde to help their cause. Their main objectives are the protection of sexually mature females of loggerhead turtles (*Caretta caretta*) during the egg laying season, data capture for record and creation of a Cape Verde Sea Turtle Atlas. With their help the number of protected beaches in Boa Vista increases and so do the chances for sea turtles.*

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Turtle Rescue

A few days ago, around 9 am, the hatchery team in Lacacão found a turtle disorientated in heath of the sun, about 300 meters from the sea. Exhausted and overheated, the turtle's life was in serious risk and the team had to work fast to try to save it. With some more help from camp they took turns carrying the turtle back to sea. That's over 100kg through soft sand with the sun blazing at more than 30C! On arrival to the beach the volunteers got sea water to spray the turtle and reduce its body temperature, preventing a thermal shock as it gets into the water. It was a successful rescue and the turtle now swims freely in the seas of Boa Vista, hopefully visiting the beach again to nest. This was not the first case and it's not very clear why turtles get disorientated and walk so far away from the sea, but artificial lights could be an answer. Well done for the team that saved another life with hard work and determination! Photos by: Emma Thomas.



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Volunteer Arrivals:

This month, in addition to the volunteers already in camp we've had a lot of arrivals, making the TF family even bigger with plenty countries being present: Cape Verde, Portugal, UK, Germany, Spain, Brazil, Switzerland, Italy, Bulgaria and Mexico!

Edible Plastic!

Plastic is one of the main threats to wildlife on earth, both on land and sea. Marine wildlife can be harmed by plastic in several ways: they can be trapped by it, suffocate or even die by ingesting it. It's not uncommon for turtles to die or get hurt by plastic, including six pack rings that can get stuck on the turtle's head or fins. International laws say these plastic rings needs to disintegrate in 90 days after disposal, which unfortunately is more than enough time to cause severe damage.



A brewery in Florida US designed a 100% biodegradable and edible "plastic", made from wheat and barley instead of petroleum that disintegrates within days if tossed in the ocean and can also be eaten by marine wildlife. Saltwater Brewery wanted to work on a project related to ocean conservation and partnered with the ad agency We Believers to create this solution to reduce the amount of plastic in the oceans. They 3D-printed a first test batch of 500 in April and have plans to increase production to over 6000 a month. This alternative to plastic is more expensive to produce but the company is trying to bring more breweries to their cause as it will reduce production costs as a bonus to saving our planet. Dozens of breweries already made contact and We Believers plans to begin a large manufacturing run this summer. Six pack rings are only the tip of the iceberg but may set a starting point to free our oceans from plastic



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Heat Exhaustion – Symptoms, Prevention and Treatment

In a place such as Boa Vista, where the sun is plenty and strong and there's little shade, the risks of heat exhaustion are great and it is important to know what causes this ailment, and how to prevent and treat it. Heat exhaustion is a very severe form of heat illness. It is caused by the loss of water and electrolytes through sweating. Common causes of heat exhaustion include:

- *Hot, sunny, humid weather*
- *Physical exertion, especially in hot, humid weather*
- *Wearing dark, padded or insulated clothing*
- *Having a high percentage of body fat*
- *Dehydration*
- *Fever*
- *Some medication such as beta-blockers and antipsychotics make you more vulnerable to heat exhaustion*



It is important to detect if someone is suffering from heat exhaustion as soon as possible in order to facilitate the treatment and prevent severe damage. The following symptoms should be taken into consideration:

- *Nausea*
- *Dizziness*
- *Irritability*
- *Headache*
- *Thirst*
- *Weakness*
- *High body temperature*
- *Excessive sweating*



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When someone is suffering from heat exhaustion some first aid treatment can be applied on site, but the person should be seen by a doctor as soon as possible.

- *Move the person to a cool place*
- *Remove any unnecessary clothes*
- *Cool the person down by using fans and wet towels on his/her body*
- *If the person is feeling dizzy, have them lie down and put their feet up*
- *If the person is awake, not confused and not vomiting have him/her drink water or sugary drinks*
- *Turn the person on his/her side if vomiting*

If untreated heat exhaustion can progress into heat stroke, a much more serious condition. This is when your body temperature is greater than 40.6°C because of heat exposure with a lack of thermoregulation. Symptoms may evolve to seizures, unconsciousness, organ failure and death.

There are some ways to prevent getting heat exhaustion and prevention is the first step on treatment.

- *Drink plenty of fluids, especially if working in the sun, even if not thirsty. Our body is not very good telling us we need water, and by the time we start feeling dizzy and weak it's already too late to prevent, and we need to be treated for heat exhaustion.*
- *Take periodic breaks in the shade when possible*
- *Wear loose-fitting, lightweight, white or light coloured clothes (no black, dark blue, etc.), as it will repel heat (dark colours absorb heat)*
- *Use sunhat/cap when in the sun*
- *Avoid sunburn*
- *Let your body acclimate to the heat*

