



The Turning Tides

NEWSLETTER: 1 YEAR BIRTHDAY ISSUE

October 2024

Issue 1, Volume 1

Teaching the Children ~ Loving the Ocean

Inhaca Ocean Alliance



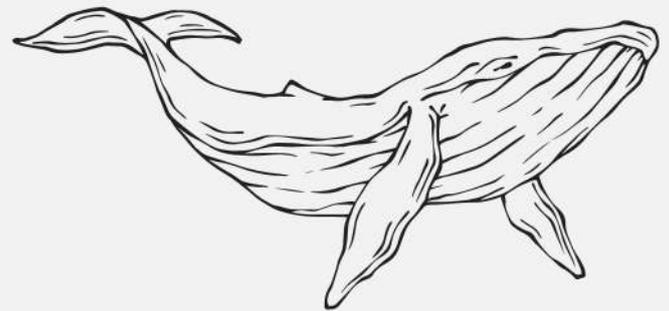
We've turned **one!** and We are honouring this **milestone** by **launching** our **first** official **IOA Newsletter!**

Join us on our **epic journey** as we **revisit** our early **adventures**, with the **Ocean** guiding us deeper into **new** and **exciting depths**.

- Welcome to our First Issue

www.inhacaoceanalliance.org

Welcome!



We are so **proud** of our little fledgling **organization** that **started** out as a chance **conversation**, a **hope** and a **dream** - and has become a **recognized** and **valued** role-player for **ocean**-based community **upliftment** on **Inhaca Island**.

Empowering **Mozambique's Coastal** Communities Through **Ocean Conservation** and **Education**

Our Vision

'To **uplift** the **community** of **Inhaca Island, Mozambique** - as well as to **restore** and **protect** the surrounding **coastal environment** of **Maputo Bay** - through **teaching** the **children** of **Inhaca** to **love** and **understand** the **ocean**, thereby **nurturing** a sense of **custodianship** towards the **ocean**.'

Teaching the Children ~ Loving the Ocean



Journey with Us

Chapters

In this Issue

- 01** Meet Our Team
- 02** Turn-the-Tide Ocean Education
- 03** Our Impact 2023 - 2024
- 04** Instructor Training Week
- 05** Programme Launch Week
 - First IOA Graduation Ceremony &
- 06** World Ocean Day Presentation
- 07** Raffle Fundraising Event
- 08** Inhaca Day Community Event
- 09** French School Visit
 - Nelson Mandela
- 10** International Day

WHAT TO EXPECT



- 11** A Visit to the King
- 12** DANSA First Aid Training
- 13** Ocean Conversations
- 14** SwimSA Instructor Training Trip
 - Our Next Hope -
- 15** Increasing our Lesson Days
- 16** Funding and Support
- 17** Support Us
- 18** Our IOA Dream Board

Page through

NEXT ➔

Our IOA Team

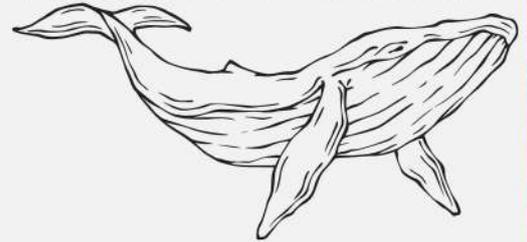
Meet the Team

Our **Big Blue Hearts** are swelling with **pride** as we look at our **incredible team** - that has **grown** from our **5 core instructors** (Head Coach **Inno** and Coaches **Helder**, **Yara**, **Angela** and **Evaristo**).

Our **Founder**, **Liz Louw** - to the arrival of our beloved **Marketing Manager**, Miss **Lukho Buhlungu**, our dedicated **Cook**, **Dona Johanna**, our much-appreciated **Admin Committee** (Admin Director Miss **Joanne Jeffery** and Admin Assistant Sra **Ninita Timba**).

As well as a **coach change** to inviting **Coach Cintya** to **boldly** step up from **reserve coach** to part of our core team in **replacement** of Coach Angela, who received an **opportunity** to go **study** in the city.

THE MAGIC MAKERS



Each **team member** at **IOA** has an **inspiring story**, reflecting our **strong teamwork** and mutual **support**.

Our collective **character** defines us, and we can **proudly** say, "**We Are Inhaca Ocean Alliance!**"



Our IOA Coaches
The Dream Team

Turn-the-Tide Ocean Education Programme

The **Turn-the-Tide Ocean Education Programme** is an **8-week ocean education** initiative by the **Sentinel Ocean Alliance** in **Cape Town, South Africa**.

Our programme teaches children **ocean fundamentals** through **energizing activities; mindfulness exercises;** and theory **lessons** on **Tides, Waves, Wind** and **Ocean safety**, followed by hands-on **ocean activities**.

OUR CURRICULUM

*Salvadores do Oceanos
= Ocean Warriors*



Coach Cintya teaching with care.



Coach Helder & our Ocean Warriors in action.

The **Turn-the-Tide programme** is, for us, the **'Primary School for the Sea'** as it touches on the absolute **basics** for the **children**, in a well-rounded and **easy-to-grasp** way.

This is the **foundation** that we are laying **for the youth of Inhaca** - with the dream of **advancing** and **expanding** into other **impactful ocean** programmes and activities.

Let's Talk Impact

With **one year** in the **running** - and with minimal, sometimes patchy, **funding** - we are **proud** to report that we, as **IOA**, have run our **Turn-the-Tide programmes Every Single Week**, since we **started**. Except for the week of Christmas, understandably.

THE REASON WE DO WHAT WE DO



Our Epic Year Recap!

As we celebrate our first anniversary, we take pride in the positive impact we have made.



250

Children completed our 8 week Turn-the-Tide Ocean Education Programme.



2000

Nutritious lunches have been provided for our children.



21

Young adults on Inhaca Island have been trained & skilled to become coaches.



10

Employment opportunities have been generated.

Even if we don't sing our **team** and **project's** praises - our **numbers** speak loudly to proclaim our 'still-just-starting project's **success** thus far,

For an **organization** that **started** out with very little in terms of **support, infrastructure** and **funding**, we can be very proud of the fruits of our steady **perseverance** that speak **volumes** to the **power** of our collective **Big Blue Heart**.

Instructor Training Week with SOA

PICKING THE BEST

Where would **IOA** be if it weren't for the **support** and **enthusiasm** from the **Sentinel Ocean Alliance** who committed to flying up from **Cape Town** to train up a group of excited young adults from **Inhaca** to be **instructors** of their **reputed Turn-the-Tide Ocean Immersion Programme**.

We have **trained 21 young adults** as **Turn-the-Tide Ocean Immersion Instructors**.

Currently, we can **accommodate 5 coaches**, with additional **reserve coaches** for **support** during absences and larger events.

Our **goal** is to **create** more **opportunities** for our **original IOA team**, as we **expand** and introduce **new projects**.

The **Sentinel Ocean Alliance's Instructor Training** course was led by the **charismatic Ocean Educator**, Miss **Kholofelo Sethebe**, who **inspired** our instructor candidates with her vibrant **passion** for the **Ocean**.

Our own **Innocente Sibe** took on the role of **translator**, effortlessly switching between **English**, **Portuguese**, and **Shangana** throughout the course.



SENTINEL



OCEAN ALLIANCE

IOA Launch Week

OUR EPIC KICKOFF!

After waiting out the cooler winter months in our **tropical community**, **summer** finally arrived, allowing us to **launch** our **Turn-the-Tide Ocean Immersion Programme**.

Experienced **Swimming Coaches** **Mrs. Niki Louw** and **Miss Chandre Delpeche** joined us to **teach children** basic **swimming skills** and to **train** our **coaches** in **effective** teaching methods.

Our **launch** week coincided with **Peace and National Reconciliation Day** in **Mozambique** on **October 4th**, allowing us to combine two lesson groups for a **memorable** group **lesson** and dedicated **swimming session**, creating one of **IOA's** most **treasured memories**.

We **appreciate** our visiting **Swim Coaches** for their **enthusiasm** and **commitment** in **enhancing** our program with **valuable skills training**.



First Groups' Graduation Ceremony & Ocean Day

On the **7th of June** we **celebrated** this year's **World Ocean Day** with a **presentation** ceremony for our first **8 groups** of children who have **completed** their **Turn-the-Tide Ocean Immersion programme**.

The presentation focused on **strategies** for **conserving** and **protecting** our oceans and **natural environment**. It was held at **Inhaca's High School** and **Coach Inno** and **Founder Liz Louw** handed out a total of **120 certificates** of **completion** to our bumper crop of **Ocean Warriors**.

The **impact** of this **recognition**, for our kids who are growing up in a place where **opportunities** are limited, speaks volumes and we are **excited** for every single one of them and their personal **journeys** - in closer tune with the **ocean**.

BEAMING MOMENTS!

We celebrated **World Ocean Day** by **partnering** with the **World Ocean Day For Schools Project**, which **empowers** children globally through **ocean education** and **conservation**.



"I pledge to **Respect, Protect** and **Connect** with the beauty of my ocean." – **Leoferio Nhaca**, IOA Ocean Warrior affirming his commitment.



Our First Raffle Fundraising Event

OUR TREASURE CHEST

We hosted a **raffle** competition as part of one of our **greatest patron's**- **Mr Nick Tucci** - **50th** birthday celebrations.

We had a vast **number** of **prizes** generously **donated** from various **businesses** from **Inhaca, Maputo** and **Ponta Do'Ouro**- ranging from **restaurant dining experiences** to **diving courses** and **luxury lodge accommodation**.

We sold **50 tickets** and raised a total of **50 000MT (\$750)**, with pledges for further **donations**.

The **raffle** also opened a **platform** for **conversation** with many **businesses** persons from **Maputo** about our **project** and **ocean conservation** matters and proved itself to be a very **successful** and **networking event**.

Thank you to our amazing Sponsors:

- | | | |
|----------------------------|-----------------------------------|---------------|
| Mamas Lodge | Dolphin Encounters | |
| Restuarant Tropical | Gozo Azul Diving | |
| Kanimambo Lodge | Gamboozini Lodge | |
| Restuarant Lucas | Love Heals Mozambique | |
| Angelo Producoes | Tarragons Coffee Shop | |
| Inhaca Tours | Irene Yoga | |
| Alex Pizza Place | Free the Dive.Co | |
| Underwater Explorer | Gozo Azul Fishing Charters | Maputo |

NIC'S 50'S RAFFLE
 TRAINING UP MORE SEAWORTHY YOUNG MOZAMBIQUANS
 FRIDAY, 14 JUNE 2024 | TICKET **1000 MT**
 IN SUPPORT OF INHACA OCEAN ALLIANCE

Nic x IOA Raffle ticket

- LwandiSurf**
- Bica Maputo**
- Bel Piatto Maputo**
- Nomad Yogi**
- Love Cafe**
- Biokind Biokinetics**
- Carne Restaurant,**

Treasure

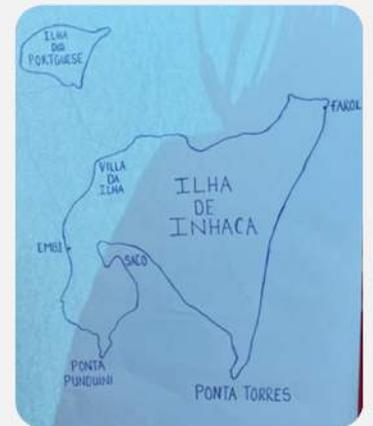
Inhaca Day Community Event

CELEBRATING INHACA & MOZAMBIQUE

The **Kanyaka Municipality** organized **Beach Events** for local **children** in **Inhaca** to celebrate **Inhaca Day** (15th June) and **Mozambique's Day of Independence** (25th June).



Activities **beach** **volleyball**, **football**, **gymnastics**, and **board games**, along with **choir competitions** and **traditional dancing**.



Over **100** local **children** attended, with notable figures like the **governor** present. **IOA** instructors **engaged 35** children in **Turn-the-Tide** activities.



Turn-the-Tide programme in progress



French School Visit

EXPANDING BEYOND



A **dream realized**, IOA was invited to present a **Turn-the-Tide** Lesson for the **Grade 7** class of the **French International School** from **Maputo** on their **Inhaca** visit.

This was an **exciting** chance for our **instructors** to step up and **lead** a group of international kids from the city.

Although daunted at first, our **coaches** know their stuff and they launched expertly into their planned **lesson** and shed their concerns about presenting to this international group very quickly to make friends and **laugh** and have **fun** teaching vital **ocean safety skills**.

Huge smiles all round and we **hope**, in the new year, to **welcome** more school groups to Inhaca to join us in **Turning the Tide!**



☺☺ Yesterday was a day of new **experience**, I admit it wasn't easy, but it was a remarkable and fun day, I can say that it's easier to work with acquaintances than with strangers. It was a number of many children and they are very **intelligent children**. There were many questions asked and we took it as a challenge to be able to get in touch with those close to us ❤️

It was **fun** and I personally wish there were more **opportunities** for children from abroad, and that we could spend the whole day working with them, this could help us **open our minds**.

***Thank you** for the **opportunity**.☺☺

- IOA Coach Evaristo

Nelson Mandela International Day

BEACH CLEANUP

We commemorated **Nelson Mandela Day** by dedicating part of our day to **community service**, specifically by organizing a **beach cleanup** within our **lesson** area.

Our **children actively participated**, and even the smallest gestures **contributed** to a **significant** sense of **pride** as they made a **tangible difference**.

This initiative also lays the groundwork for our **upcoming recycling project**, (**watch the space!**) as the **enthusiasm** and **commitment** of our children to effect **change** is clearly evident.

Our **Ocean Warriors** are truly **serving** their community by **preserving** the beauty of their cherished **beaches**.



Future Leader
Setting an Example

We **advocate** for a **cleaner** world and prioritize **recycling**, driven by our **commitment** to **Ocean & Environmental Sustainability**.



IOA visits the King
26 August 2024

Our Visit to the King of Inhaca Island

A Day with the King!

We had the **privilege** of spending a beautiful sunny day with the **esteemed King** of **Inhaca Island**, **engaging** in **discussions** about various aspects and challenges of Inhaca island and its **community**.

His dedication to the **welfare** of his people was truly **inspiring**.

The warm **welcome** we received and the **wisdom** he imparted reinforced our **commitment** to our **initiatives** on the island.

We are immensely **grateful** for the **King's support** and the **valuable** time we shared with him!

THE ROYAL OCEAN



King Nhaca alongside **IOA Founder Liz Louw** discussing the **future hopes and dreams** we share for **Inhaca**.

DANSA First Aid Instructor Training

Diver's Alert Network

Head Coach **Inno** and Founder **Liz Louw** attended the **DANSA First Aid Instructor Training Course** in **Ponta do Ouro**, sponsored by **DANSA**.

The **two-day** course, led by Instructor **Megan Warner**, provided essential **life-saving skills** and **knowledge**.

We plan to **utilize** this **training** to **qualify** our **coaches** as First Aid Responders and to **educate** the community on **Inhaca Island**.

TRAINING TO SAVE LIVES



IOA Head Coach **Inno** with **DANSA** instructor **Megan**

Thank you to Nicolene Olckers
for this incredibly valuable
opportunity!



Talk Series: 18 August &
8 September 2024

Ocean Conversations

WE TALK AND WE ACT!

During the cold **winter months**, we decided to spice things up a bit by **hosting** an **investigational** series of **Ocean Conversations** in **Maputo**.

The intention of this was to **spark conversations** and **connections** with **interested** and **active** role players in the **Maputo business** community to find avenues to **promote** further **growth** and projects for **Inhaca Ocean Alliance** and the **Greater Maputo Bay**.

This initial series proved a **great success**, with **engaging** conversations with **experts** and **business owners** in various fields of **industry** - as well as some exciting **contacts** for **collaboration** on future endeavours.



IOA Founder Liz Louw engages in **conversation** with **esteemed guests** who provided **valuable** insights. We are deeply **grateful** to them for their **contributions**.

A huge thank you to the **amazing team** at **Mundos Maputo** for **accommodating** our talks, also their **top-notch service** and **mouthwatering dishes!**



SwimSA Swimming Instructor Training Visit

SWIMMING SOUTH AFRICA IS COMING TO INHACA!

Swimming instructors from **SwimSA** reached out to us to **volunteer** to come do a **SwimSA Swimming Instructors training course** with our **coaches** during the **December** holidays.

This is a truly **exciting opportunity** for our **children, coaches** and **organization** as a whole and we are so **grateful** to **Janine** and **Pam Reynecke** for offering their **expertise** and time so willingly to come and give the **biggest gift** one can give - **teaching a child to swim.**



Our Ocean Warriors ~ Ready to Learn!

"Swimming Saves Lives , and it's Fun!"



Reaching the Primary School

HELP US EXPAND OUR
PROGRAMMES

The **goal** this year has been to **double lesson** days to **reach more children**, including **primary school** groups, and **provide** our **coaches** with **increased income**.

However, responses to grant applications have been lacking, and current **funding** only covers basic project costs.

Efforts are ongoing to find new **funding opportunities**, with a special campaign aimed at **achieving** this by **2025**.



Help us make this a reality!

Click me

[GivenGain: The Rise of Our Ocean Warriors](#)



Funding

SUPPORT AND INVESTMENT

McPike-Zima Foundation

Our organization owes its establishment to the **McPike-Zima Foundation, USA**, which supports grassroots projects with funding, guidance, and resources.

They were **key sponsors** for the **Sentinel Ocean Alliance's** Instructor Training Trip and **helped** cover our registration costs. We are **deeply grateful** for their **assistance** in **launching** our **organization**.

Mr. Nick Tucci - Seasoned IOA Patron

We sincerely **thank** Mr. **Nick Tucci** from **Mundo's Restaurant** for **sponsoring** our coaches' lunch during their first **Maputo** networking trip; for covering their **salaries** in our program's early days, and **hosting** our first **fundraiser** at his **50th Pirate birthday** party to **support** project costs.

*Showing True
Coração Azul*

Family, Friends, Colleagues, Supporters

We are immensely **grateful** to our **private donors** for their unwavering **support**; their **contributions** are truly an **investment** in our **mission**.



Private donations



Funding

We urgently **seek additional funding** to **sustain** our **weekly lessons** and **improve salaries** for our **dedicated** coaches.

This **support** will **help** feed our kids, pay our staff, and allow us to pursue future **dreams** for our **project**.

If you **value** our **work** on **Inhaca Island** and its **beautiful ocean**, please consider assisting us.

You can also help by;

Donating: **Towels** & **Wetsuits**

Connecting us with: **Sponsors** & **Businesses**

Run a **fundraising** campaign for us on **GivenGain**



Let's Chat

WhatsApp: +258 848 633 616



Join IOA family on our social pages

@inhaca_ocean_alliance_



GivenGain
Since 2001

WE NEED YOUR HELP

**Support/
Sponsor/Donate**

M-Pesa: +258 848 633 616

Elizabeth Adrienne Louw

Click on the below **GivenGain** text to access link

[GivenGain:](#)

[Sponsor a
Child's Lesson
and Meal](#)

[GivenGain:](#)

[The Rise of
Our Ocean
Warriors](#)

SA FNB ACCOUNT

Inhaca Ocean Alliance NPC

Business Acc: **63060023660**

Branch Code: 250665

Scan & Donate



SnapScan

Dream Board

Our IOA Vision

Doubling Our Weekly Lessons



Extending our programme to include **four-day lessons** to reach more **children** & provide increased **income** for our **coaches**.

Ocean School



Our **Ocean School** will **nurture** young **advocates** with a **strong understanding** and **respect** for the **ocean**.

Our Eco Club House



We envision a **clubhouse** made from **recycled, sustainable** materials to **inspire** our children's **creativity**.

Recycling Projects

Promote **conservation** through **recycling initiatives** that transform **waste** into **profitable resources**.

REALIZING THE DREAM

IOA Holiday Club



Create a fun space for visiting **children** to **learn**, socialize, **participate** in **ocean** activities and **eco-friendly arts** and crafts.

Volunteer Trips



- **Conservation** Training
- **Swim Coaching**
- **English** Teaching

Coffee Shop



Serve **delightful** coffee made with **love**, with proceeds **supporting** children's **ocean** and **environmental education**.

Swimming Club



Lifesaving Club



Snorkeling/Diving Lessons



Ocean Eco-Guides