

THE OCEAN OF COLOUR

CREATING DIVERSE OCEANS



ISSUE 1
MARCH 2021

CONTENTS

05

Our Take

What Katie & Zandi have been up to in 2020 and our individual goals for 2021.

06

08

Gear

Reviews on gear we use and love most.

09

11

Local Travel

Check out the local travel scene. The Exuma Cays, Bahamas & Cape Town, South Africa.

12

16

Tea Time

Recap - Tea Time with Zandi & Katie Live on IG

18

Diversity & Inclusion

Diversity and Inclusion, what does it mean?

20

Guest Contributor

Divers Getting Coffee - Ed Olu

25

Health & Wellness

Self Care, Self Care, Self Care

27

The Founders

Get to know the Founders of The Ocean of Colour

29

Support TOOC

How you can support and Contribute to TOOC

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The Ocean of Colour

THE OCEAN OF COLOUR

CREATING DIVERSE OCEANS - MONTHLY NEWSLETTER

Welcome to our Ocean Tribe

MESSAGE FROM THE EDITORS

Dear Ocean Tribe,

Welcome to the first Newsletter from The Ocean of Colour, but also the first issue of 2021.

2020 was the year that reminded us to slow down, pause and reflect, it brought us to the place of a new appreciation for friends and family and the realization of the volatility of life.

As the year went by, many of us couldn't believe how March had all of a sudden become December and a year had gone by without all the must haves that we would ordinarily have in place or goals to achieve.

So here we are, with gratitude for the life in our bodies and the love that surrounds us, and prayers for the lives lost.

As The Ocean of Colour our focus for the year ahead, is embracing what we have right before us, this means diving locally, supporting local businesses and staying safe, and of course our founding mission, the creation of diverse oceans that are representative and inclusive, the normalization of Black & Brown people being water people too, and always the exploration of what ownership and authority mean especially when looking at it from the perspective of communities that live in and around these oceans.

With all that said, we are excited to share this newsletter with you and hope you share it far and wide in the building of this tribe house.

Love,

Zandi & Katie



Zandi Ndhlovu aka

The Black Mermaid



Katie Storr aka

Mermaid Katie

MEET OUR CO-FOUNDERS



We are The Ocean of Colour an organization seeking to diversify representation in the ocean. In our collective experience, we have found that in the various forms through which we collect information as individuals such as media, the news, and through travel there is a low representation of Black, Indigenous and People of Colour.

This realization brought us to the creation of this entity, where we can invite more Black, Indigenous and People of Colour to participate in ocean activities, address any pre-existing fears that are ocean-facing, and above all celebrate the ocean in how diverse it could be by seeking out content creators and travel experiences and putting them in one place to disseminate into the world.

GET TO KNOW KATIE & ZANDI

Mermaid Katies

Hi

I'm Katie Storr

"Let's protect what we love,
The Ocean!"



PADI Master Scuba Diver Trainer and AYI Chief Yacht Stewardess Katie Storr was introduced to the ocean at a very young age by her parents. She fell in love with the ocean, marine life, and scuba diving from the first time her eyes ventured below the surface. Katie is one of the few women Pro Underwater Photographer Instructors and loves capturing memories and sharing them with others to spread her love and devotion for Ocean Education. She is the Manager of the 'This Is Bahamas' travel page which is seen on Instagram, providing visitors with valuable info on Marine Protected Areas, Marinas, Navigation, Fishing Regulations, and Scuba Diving Treks. She is also a Reef Rescue Network Instructor, having assisted with maintaining coral nurseries built around 11 islands in The Bahamas and trains students on the importance of coral reefs and marine ecosystems. She is a loving Shark Advocate and Shark Awareness Instructor, with an ambassadorship to the Shark4Kids Education and Outreach Program. This dedicated Mermaid prides herself on being The Voice For the Ocean.



The Black Mermaid

Hi

I'm Zandile Ndhlovu

"We are land based Ocean
creatures, let's go diving!"



Zandile Ndhlovu is the first Black Freediving Instructor in South Africa and Sub-Saharan Africa. She is also an avid Scuba Diver certified to a depth of 40m and is currently in the process of acquiring her Dive Masters certification through PADI. With her passion for the ocean, she later founded The Black Mermaid Foundation which focuses on diversifying representation in the Ocean from both a Career perspective and in Sports.

She fell in love with the ocean on a trip to Bali as she discovered her mission in life was to create access, equality and equity in the Ocean arena, by extension, diversifying representation at sea. Her aim is to grow and learn endlessly about the ocean, educate, spread love for Sharks and get more Black and Brown People in these magical waters, there's a beauty in the ocean that will cast away all previous fears and build an army of Ocean Advocates.





Social Feather Dusters (*Bispira brunnea*) worms. A cluster of waving lavender feather worms emerged from stalks feeding.

Location: The Bahamas.

Photo by : Katie Storr Photography

ZANDI'S TAKE

THE BLACK MERMAID



Hello Friends!!

I'm excited to share about everything that has been happening in the FreedivingZA world! First, is a gratitude for the gift of life, second is a gratitude to be able to live and be in my passion daily, third is a gratitude for all of you, and as always, I hope you're well.

If you didn't know, FreedivingZA houses 2 parts, teaching Freediving and The Black Mermaid Foundation.

It has been an incredible journey witnessing what this platform has achieved in the past year and I am excited to see through the vision for the year ahead. There are 3 main focuses, namely, Conservation, Representation, and Ocean healing, you can listen to the Instagram live [here](#).

So what's to be said for the above?

I am working to get into Schools in order to teach Freediving at school level to sow seeds towards the future of how we, as Black & Brown people engage the Ocean. Through exploring water comfort I hope to see more diverse representation in the Ocean space that hopefully sees us choose more Ocean facing careers and sports thus creating much needed representation especially in careers like Marine Biology and Conservation.

On the note of Conservation, I am looking to travel into this niche space to better understand how conservation organizations work, how rules are put in place, and how the local Ocean Communities are engaged by these conservation efforts.

I have a curiosity leaning into African Ocean Conservation efforts and what that means in its current form, from my observation,

Ocean Conservation looks western and if my veganism/plant based life is anything to go by, BIPOC people have always been in conservation before the word gained currency, so I'm excited to venture into this while creating an economically viable ocean conservation project that will see ocean-facing communities benefit through collaboration.

And Representation? Well, we have the Instagram lives that we are doing, and I'm looking to pull the audio from these and make these magical moments with magical beings accessible to the entire world so you can listen whenever you have a moment if you happen to miss a live, but also, the creation of BIPOC films that celebrate Black joy that also exists in the water... I think this will definitely be one of the highlights of the year, as I've written the stories I'd like to create, I often giggle myself silly at the ballsy things I decide to do, and still, am here for it all in the bubble of working to create what I'd like to see in the world.

And Healing? Globally there are stories of oppression and lack of access to the ocean, this part will look into delving into some of this hurt and finding its release, I haven't quite figured how this healing begins to look nor how the hurt finds its expression, but it's something in my heart and I'm excited to be led to the light of how this healing happens.

So at the end of this mouthful, let's pause here and update you of our exploration into the unknown, in the next publication!

In closing, take care of yourself,
Pursue your dreams,
You're perfect just as you are,
Keep dreaming,
Believing,
and Showing up,

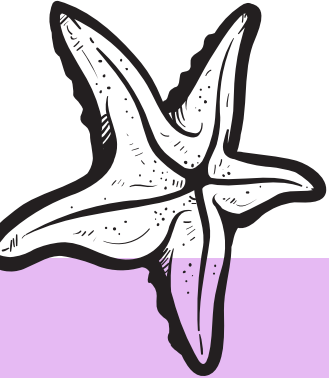
and thank you for being with us!

Cheers lovers!

[Zandi's > Instagram](#)

[Zandi's > Website](#)





KATIE'S TAKE

MERMAID KATIE



Hey Ocean Tribe,

Welcome to our pride and joy, The Ocean of Colour Publication! 🌟 A space where our freedoms and our truth is actively practiced and you show up ready to read about what is going on in Zandi and Katie's lives and heads. Also, you know the other bit of vital info that makes you warm and fuzzy inside after curling up with some hot tea and our monthly publication.

OK Here's my Take:

I, Katie Storr want to dismiss beliefs broadcasted into the world that people of colour are not interested in careers or experiences within the ocean or around water. **This is not true!** I believe there needs to be changes that include people of colour allowing access, opportunity, involvement and inclusivity in the ocean spaces.

Working within the ocean has provided me with educational wealth, stability, meaningful connections and valuable relationships. It has fostered my growth as a human being and has made me humble and a diligent environmental steward. I strive to spread knowledge to others creating a network of individuals who seek to be diversify the blue economy and to show the world we are "Out Here" and we are ready to make a difference.

With that being said "What is diversity and inclusion in the ocean space to you?"

During the Pandemic, numerous of BIPOC individuals reached out to me about careers within the ocean. Fact is none them knew these industries existed until stumbling upon my social pages. And being a "Bahamian Yacht Stewardess, Underwater Photographer, Shark Awareness Instructor and Master Scuba Diver Trainer" well that was just unheard of. A rare discovery!

So here is what I did, write this recipe down, ok it works:

In a huge Ocean Blue Hole I sprinkled:

3 parts Knowledge

2 parts Love

1 part passion

a whole lot of Black Girl Magic (like the whole box of it, no measurement required!)

and poof, new yachting industry professionals and certified scuba divers ready to diversify the ocean arena.

I couldn't do this alone it took a village, huge thanks to Chef Emily Darville and Inaé Albury Chief Stewardess and Owner of Breaking Into Yachting. <3

Lets seek cultural change, by taking action in creating innovative strategies towards Diversity and Inclusion, we belong in the ocean. The key to our success here is building our community and above all working together as One Ocean Tribe to create results. It's not going to be easy and it will take time but I am up for the challenge. Are you?

The Ocean of Colour and my new found birth Melanin Yachties, was created so we, the ocean people can tell our stories and show authenticity within our working spaces and experiences. Ask yourself this **"What will your legacy be, will you pave the way for future generations seeking representation in The Ocean?"**

Diversity Matters: Don't you ever let anyone tell you, you don't belong in any space, or you are not qualified for the job just because you are BIPOC. And, that what you have done and experienced to arrive to this very moment in your life and careers means nothing. Because it does, especially to us here at The Ocean of Colour. It is your story, your individuality, your worth, let no one take that away from you. We have also been through a great deal as a minority within the ocean space (leading us to create TOOC) and our gratitude for you, our tribe of amazing individuals means the Ocean to us. So cheers to bringing TOOC into existence and supporting each other no matter the colour of our skin.

XOXO - Katie

Katie's > Website

Katie's > Instagram





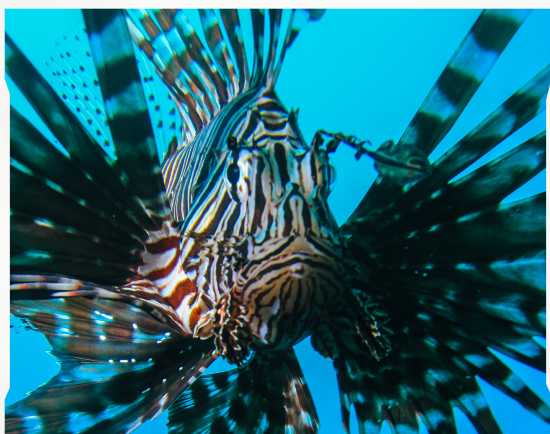
Did you know lionfish are a delicacy? Lionfish meat contains no poisonous toxins and is no different than a grouper, or snapper.

Did you know the lionfish is an invasive species on most Caribbean islands? In Bermuda, champions like Weldon Wade are championing the culling of this beautiful yet invasive species.

Location: The Bahamas

Photo by: Katie Storr Photography

Illustration: Christina Olivia Art



However, lionfish should be handled correctly to prevent injury from the lion fish's venomous spines, which need to be removed.

Gear That We Love

THIS MONTHS ESSENTIAL DIVE GEAR UPDATE



THE LOTUS

by *AQUALUNG*
with i3 Side inflate

I am super impressed with the i3 inflate/deflate system which allows me to deflate my BCD in any position with the Flat e-valves feature.

The i3 system sits comfortably in hand reach and makes buoyancy control extremely easy to adjust and quickly if needed. Lifting the lever inflates the BCD and pushing down on the lever dumps air. This was the selling point for me being an underwater photographer and having a camera in my hand at all times.

The features I Love Include:

- Style Bladder: Weight Integrated Back Inflation
- Weight Pocket System: Sure Lock II (clicks when locked in safely and correctly.)
- Universal Slotted Tank band (very easy to adjust with various tank sizes, I sometimes adjust for use of 30 cu ft)
- Pull down oral inflator (easily fold down to stow in the pocket and quick release use.)
- Knife Attachment Pocket (I use the Eezycut Trilobite)
- Huge BCD pockets with durable zippers (I love the huge pockets especially when in the coral nursery I can carry all of my tools!)

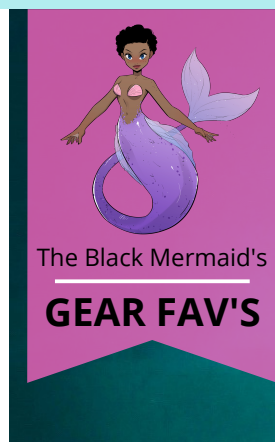
Katie's Gear Setup



Lotus i3 - Aqua Lung Global - Personal Aquatic Equipment for Recreational and...
aqualung.com

Gear That We Love

THIS MONTHS ESSENTIAL DIVE GEAR UPDATE



THE SPHERA

by AQUALUNG

Zandi's Gear



The Aqualung Sphera is an incredible Freediving mask, for a few reasons:

- It is super low profile
- The nose portion of the mask is the perfect fit for my face and nose profile, making it easier to access my nose to equalize my ears
- Also, it's the perfect mask if you have freaks about the small release of air to equalize the mask the deeper you go, which is pretty darn cool!

In the beginning, I bought masks that were not made for my nose profile which made equalizing tricky and hard - if you can, go in-store and try the mask on and ensure there is an ease in reaching your nose, comfort over everything :)

The hard of this mask has to be the plastic lens, I'm currently on my 3rd mask, they break easily so must be handled with care!



Sphera

Need versatility so you can use the same gear for freediving? No...
us.aqualung.com



Did you know the Tiger shark migrates to tropical water during winter and then back to temperate water during summer? South Africa encounters these majestic from about January to June.

Photographed: Tiger Shark, The Bahamas
Photo by: Katie Storr Photography

LOCAL TRAVEL

EXPLORE THE OUTDOORS OF THE MOTHER LAND

CAPE TOWN VIBES

CAPE TOWN, SOUTH AFRICA

by Zandile Ndhlovu

VIEW MORE ► <https://bit.ly/2YBjsmQ>



Traveling to Cape Town

Cape Town is fortunate to have some of the most picturesque mountainous landscapes that are also met with the beautiful Atlantic Ocean! Visiting Cape Town is a must just because you can visit the gorgeous Table Mountain and hike it, trail run it, or even mountain bike it amongst the many incredible mountain options and of course endless ocean adventures for the water humans that include seal snorkelling, Kayaking, Scuba Diving, Whale Watching in season, Spearfishing and of course Freediving!



The Ocean

Cape Town's cold Atlantic means most dives will have to be done in a wetsuit unless you're a cold water lover like me, then we do 9 degrees. The awesome thing about Cape Town is that you can choose your vibe, if you prefer warmer water +- 16 degrees Celsius, False Bayside would make for amazing diving, they have endless dive spots filled with Stingrays, Octopus, Fish, Kelp, and Sharks, all to say, its a party!

And what's to be said for the 8-11 degrees Celsius Hout Bayside? Well on the best days you can have the most incredible visibility, with Kelp Forests looking like 3D versions of magical worlds unimagined! Here you can find Seals, Fish, and Sharks. Though the crisp water might be a force to reckon with, once enveloped in the big feels you can begin to enjoy your dive!

Aaaannnnd Surfing?

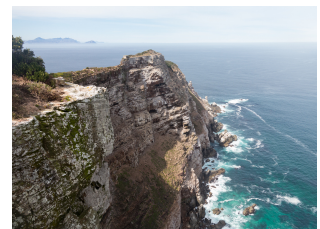
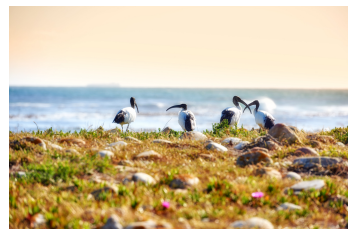
If you're a surfer I would recommend 2 areas, if you're a beginner or enjoy calm vibes - a not too big waves human, go to Muizenberg. Muizies has warm waters and chilled waves along with being right next to some of the most awesome restaurants-Yoffi's Falafel has amazing meals (great Vegan options too) and Gary's Surf School has an amazing restaurant inside that serves delicious coffee and food with gorgeous views, and the staff are super friendly too! If you're looking to learn, I'd suggest Surf Xpressions, this is where I found Sinda, and each time I want to go surfing, I polish up the skills with him and then go play!

And for bigger waves? Go to Kommetjie!! All the big boys and girls hang here, ask the locals before you head in but I assume surf etiquette is international sooo :) and after your surf, swim, or dive, catch pizza at my favourite pizza place in Cape Town - Kommetjie Pizzeria - they have 2 amazing Vegan options too, just yes yes yes!

All to say, if you're a land human or a water human, Cape Town has it all for you, and even the best beaches for beach body hangouts!

Cape Point National Park

A must do! Picture endless fauna and flora, mountains, small pools, and even the ocean being accessible in this park. You should really make a day of it! If you have a spearfishing permit, you can go spearing here with room to get out the water, rest, and go back in again. The Reserve is a thing of beauty and I definitely recommend visiting it when you're in these hoods!



LOCAL TRAVEL

ADVENTURE AWAITS YOU, LETS WANDER WHERE THE WIFI IS WEAK!

EXUMA CAYS VIBES



THE EXUMAS CAYS, BAHAMAS

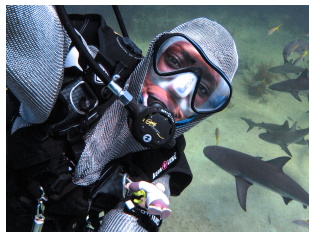
by Katie Storr

VIEW MORE ► <https://bit.ly/39dgUGh>

PHOTO: NASA - UPLASH

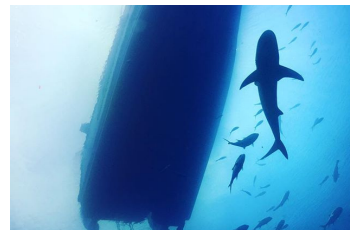
The Out Islands of The Bahamas

The Exuma Cays are a chain of 365 unspoiled cays apart of the 700 island archipelago of The Bahamas. A natural eco wonder of scenic beauty that has been named the “most beautiful place from space” by NASA. These treasured island gems are exclusive and boast distinct characteristics that will capture your hearts. Once you have visited you won't ever forget this incredible wonder, because the outer islands of The Bahamas will leave you wanting more. In total there are 16 inhabited islands for travelers to visit and The Exuma Cays is definitely top on my list for most remarkable, thrilling, and picturesque.



Exuma is such a magical place if traveling to the city of Nassau, the Bahamas it takes about 30 mins by airplane to land on the island of Staniel Cay. If traveling by speedboat it will be about 45 mins weather permitting arriving into North Exuma (Normans or Allans Cay) and as you cruise through the islands you will feed hungry baby dinosaurs :D (rock iguanas), take a glimpse of private islands owned by many celebrities ex: (Johnny Depp). You'll also witness a magical array of endless blue ocean hues transforming right before your eyes.

Bucket List Time!! Get your pens out, let's visit the famous swimming pigs at Big Majors Cay, swim with sharks at Compass Cay Marina, my favorite pass time sinking my toes in the sand at Sandy Cay (the most beautiful secluded sand bar in the world), snorkeling the Thunderball Grotto (as seen in the 1960's James Bond Films) and of course last but not least Scuba Diving at Danger Reef home to The Great Caribbean Reef Sharks. We both know I can't go anywhere without visiting my Shark Friends. (photo of Danger Reef below left)



The Exuma Land & Sea National Park

I can't get enough of ECLSP!! The Exuma Land & Sea National Park, it's where I have captured amazing images and made some of my fondest memories. In 1958 the ECLSP was made the first land and sea park in the world and is one of the most successful Marine Protected Areas to date. There is so much to see here and I especially love visiting the snorkeling site called the Aquarium photographed above left. The underwater world here is magical with schools of sargent majors, occasional sea turtles, nurse sharks, and vibrant coral reefs, a lively habitat for many small and large marine animals.



This could be you, but you are joking! There is so much more to talk about as we explore the Exuma Cays, however, it looks like I am running out of paper :D. So here are some parting tips for a fun-filled day trip to Exuma Cays. I suggest reaching out to Pieces of 8 Charters or Staniel Cay Adventures for an island-hopping speedboat adventure. And if you are feeling like a millionaire baby rent a yacht for a few days with The Mersquad Yachting and cruise through the cays. Have Lunch at Lorraine's in Black Point they make the best Bahama Mamas, you have to taste Ms. Rolle's homemade bread, which comes in an assortment of flavors!! People travel far and wide for it, visit the crescent beach and look for sea glass at Compass Cay Marina (compass cay photo top right). And last but not least rent a private island to live it up in paradise for a day at Twin Cays, a wishful daydream brought to life. Trust me if you ever remember anything I've told you, remember this **Visit The Exuma Cays!!**



Model: Weldon Wade

Ocean Explorer, Guardian Communicator,
and PADI AMBASSADIVER™

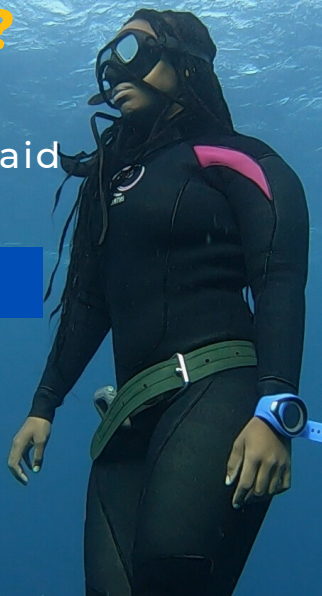
Location: Bermuda

Traveling Africa?

LEARN TO FREEDIVE

with The Black Mermaid
at FreedivingZA

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Traveling to The Bahamas?

LEARN TO SCUBA DIVE

with Mermaid Katie

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LIVE ON INSTAGRAM THE OCEAN OF COLOUR PRESENTS:

TEA TIME

With Zandi & Katie



Recap - Hot Tea Topics

Gear Reviews: Purchasing your brand new mask and how to maintain it. We discussed fitting a mask and gave away a tip-top secret. using a lighter to burn the silicone film that has in the past been taken off with toothpaste has just got easier with fire. Disclaimer not to be used if you are under the age of 18 and also never do this with a plastic mask lens.

Soho Karen: Oh we are sure everyone has caught up with Miya Ponsetto currently in jail for falsely accusing a Black teen of stealing her iPhone. Girl ain't nobody wants your phone!

Whale Sharks and Mantas Protected in Mozambique: Another win ocean tribe! Manta rays and whale sharks are now protected by law in Mozambique as of January 8. A new commercial fishing law enacts sweeping protections for several threatened species, including whale sharks, manta rays, and all mobula species,' MFF announced in a statement.

Here Chicky Chicky: Cape cormorant chick rescue operation - Tuesday, 12 January 2021, over 600 abandoned Cape cormorant chicks were rescued from Robben Island for admission to the Southern African Foundation for the Conservation of Coastal Birds (SANCCOB) in Table View, Cape Town. They were abandoned by their parent birds and it's sad to say these chickies are too young to fend for themselves. With the lack of food for such a huge operation, the foundation needs your help. Here's how you can help hit this link for more info MORE ► <http://bit.ly/36yqsQH>

Oh, there was more hot tea!!! So be sure to follow us to catch up on the latest in news, reviews, and the latest sip sip.

Why you should support?

Hello Ocean Tribe,

For those of you who haven't joined in on the party every **Wednesday at 4PM EST and 11PM CAT** you are missing out on all the fun, hot tea sip sip and inspiration.

Zandi and I have the most amazing convos with endless laughs and heartwarming conversations, this is usually done over a nice hot cup of tea. **VIBES!** Over the last year, we have become more than friends and business partners but we are now sisters birthing an ocean of diverse followers who love the ocean just as we do. The conversation is quite natural with our sister sister episodes and time runs away from us quite often while speaking our truth.

This is why we wanted to share our heart-felt moments with you, it is too often we speak of realness, positivity and inspire each other in ways we can not imagine from such a far distance (there are oceans between us). And, in creating Tea Time Wednesdays we wanted to share and bring you into our most sacred space and encourage you to spread love and the work that is much needed to create diverse oceans. For it doesn't matter who you are, where you are from or the colour of your skin we are an ocean tribe of water people seeking love and light in our darkest time.

The world is changing and we need each other more than ever now not only as an ocean tribe but as Black and Brown people showing the world that we belong here and there is strength in numbers. And, with this understanding, we can invite more BIPOC people to participate in ocean activities, and conversations addressing any pre-existing fears that are ocean-facing, and above all celebrating the ocean and how diverse it could be by seeking out content creators, travel experiences, and putting them in one place to disseminate into the world.

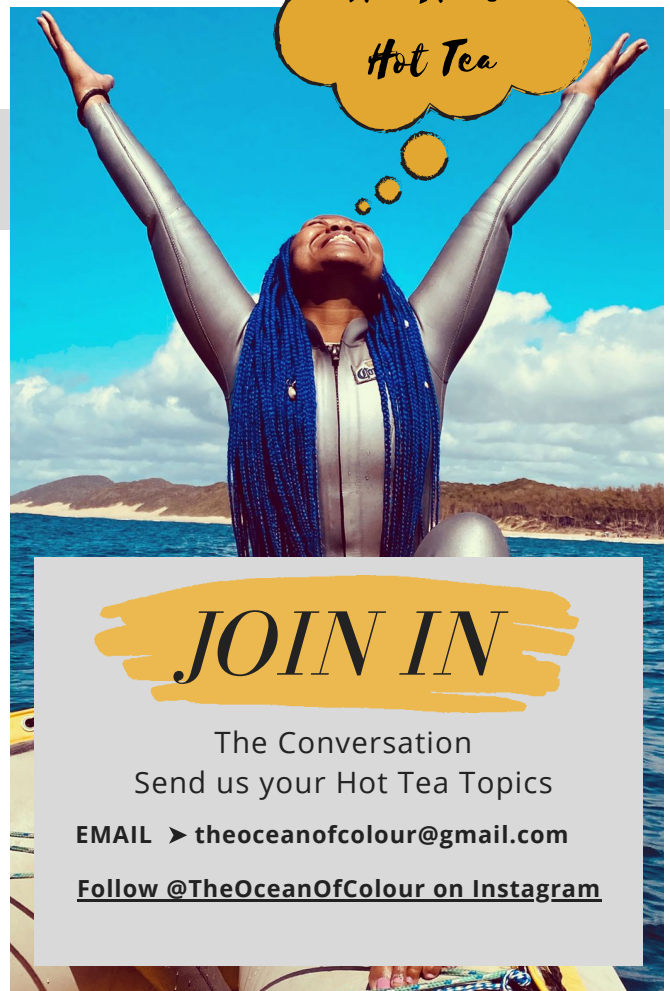
We are extremely passionate and blessed to be in this space and sharing it with you is one of our most beautiful gifts brought into existence. Our paths have collided and we are ever so grateful to have found each other and more so to have found our ocean tribe and family.

And you, supporting this milestone in our journey as Water Womxn you've truly given us a newfound reason to create more content and diversify representation in the ocean arena.

I will see you there on Wednesday sipping on tea, present and ready to receive healing, knowledge, and wisdom from your ocean sisters Zandi and Katie.

Love you all,
Katie

*The Real
Hot Tea*



JOIN IN

The Conversation
Send us your Hot Tea Topics

EMAIL ► theoceanofcolour@gmail.com

Follow @TheOceanOfColour on Instagram

A close-up portrait of a smiling woman with long, thick blue braids. She is wearing an orange backpack and a light blue and orange patterned tank top. Behind her, a pair of black diving fins is visible, suggesting she is a diver. The background shows a rocky, uneven path leading up a hillside covered in dense green vegetation. The ocean is visible in the upper right corner.

South Africa's great outdoors knows no bounds, with over 20 National parks to explore, you won't be short for excursions!

Location : Robberg Nature Reserve, Plettenberg Bay
Photo by: Zandile Ndhlovu



D & I

THE DIVERSITY AND INCLUSION CORNER



What does Diversity & Inclusion Mean?

In the broader sense, it talks to the acknowledgment of all humans as part of one collective body, a space where in the acknowledging of our hard pasts, the realization that we are not defined by the old ugly but who we want to be in society and the rallying towards team humanity where we seek to meet the ethos of team humanity - Ubuntu, I am because you are.

Inclusion further talks to the accessible plug points where we are - if our fit is recognized enough to power and charge the space where we are without needing to reassemble ourselves in order to effect change.

Diversity and Inclusion has been important because, in the larger part, there has been neither nor equity in the places where we exist, and in this particular instance, the ocean arena. What does this mean? It means the collective information being projected back to this community is that in the question of the ocean, conservation, and exploration, there is only white people thus it only looks white, leading to the continued erasure of a people.

This is a challenge because it further solidifies narratives that are untrue but also looks to place currency on one more than the other, an act of crime against team humanity when our collective representation is crucial to creating the world we want to live in. The collective stories shared from different lenses and life experiences are important and essentially, at any point when we intentionally choose to show just one, we isolate the others as anomalies thus met with the look of 'what are you doing here', almost as though there was an exclusivity club and we must be mistaken...

So, what is to be said for D&I? That as a society, our growing and collective efforts needs to invalidate the need for D&I, because it continues to ask of tables to extend themselves to welcome other people in, and the challenge of this, is the resistance of those who have sat at this table for many years in comfort, dictating the ideals of the table and how behavior at this particular table looks. It becomes a challenge because inclusion is then affected, the dictate of normatives and existence makes it near impossible for those invited to fill the fullness of the seats they occupy. They sit with a constant reminder of whom the table belongs to and if they behave in any way unrecognized by the builders of the table, they may be thrown off that seat and replaced by a better 'behaved' ideal of diversity.

What am I saying? I'm saying the table needs to be broken down and rebuilt to fit the people in the room, where the idea of norms is not one but multiple, where the currency of voice speaks of all builders of the table, where the founding principle is not one but all thus ownership and authority become tangible tools for change, the guiding force upon which we exist and participate in our work and the things that matter to us.

We are excited to share this platform with you, where we as a community can collectively have discussion around who we want to be in society, continuous storytelling that reminds us that we don't need to wear the shoes to effect the change.

Much love,

Zandi



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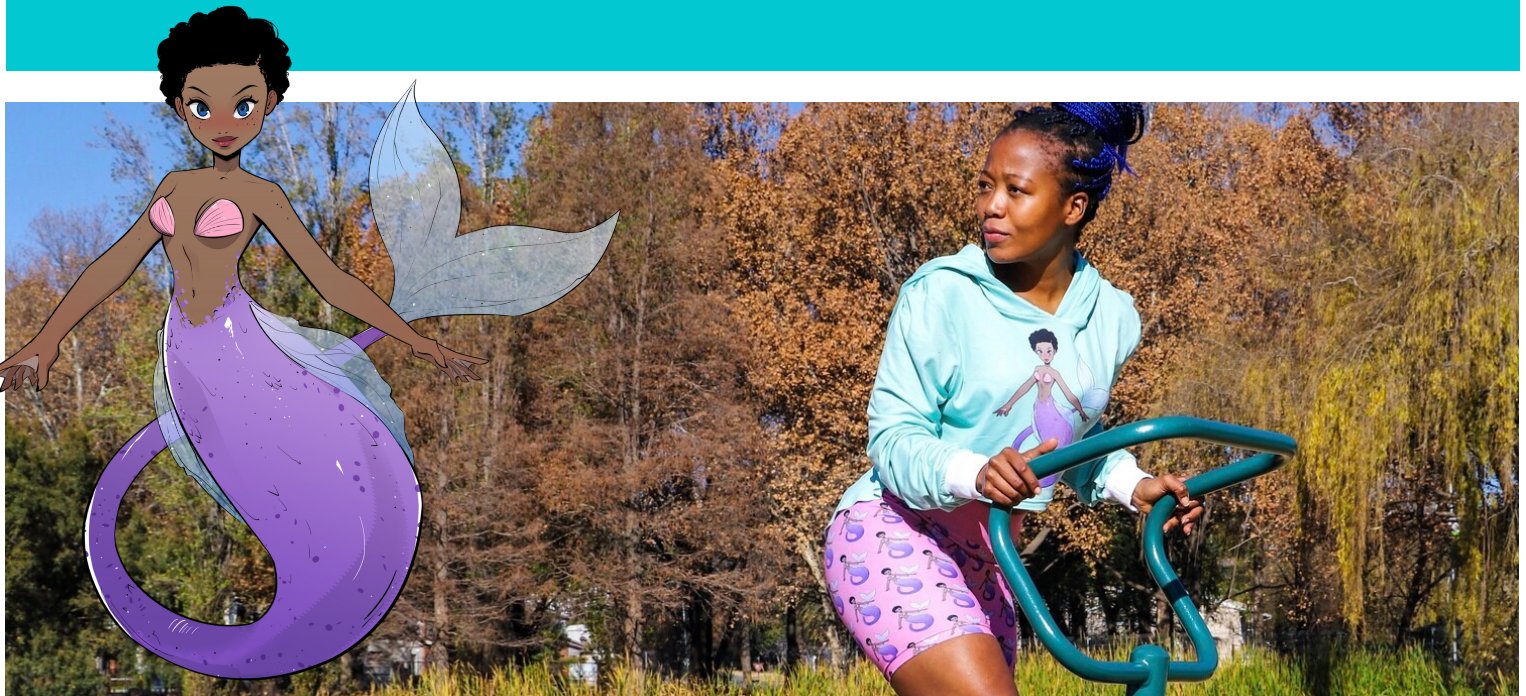
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Underwater Magic!

Model: Candisha Rolle

Location: The Bahamas

Katie Storr Photography

DIVERS GETTING COFFEE

DIVERS SHARING THEIR EXPERIENCES



Meet Ed Olu
Divers Getting Coffee

Let's face it. Human physiology is not designed to breathe underwater. But every diver understands, that no matter what else is happening beneath the waves, as long as you're breathing ... everything can be all right. Politics, and bills, and other day-to-day matters just don't matter anymore. Every diver knows, underwater, it's just about the next breath.

A few other things that don't count underwater are the color of your skin, where you were born, whom you hang out with, and what you spend your time doing - none of that hold weight here. Sometimes, it feels like a whole different planet. Where emotions are pure and intentions are decisive. Everything that counts is one's competency as a diver and as a dive buddy.



Whether you dreamed of being the next Jacques Cousteau as a kid or stumbled upon the world of diving much later in life after a bitter break up, that one breath underwater triggers a manifestation that very few human beings get to experience. Over time, one realizes how much underwater life continues to influence our minds long after re-surfacing. A certain kind of enlightenment.

Well, you see, we don't talk about these things enough. How we feel, what motivates our diving, and what we try to accomplish by doing one of the most abnormal things a human can do; Breathe underwater.

2020 was an extraordinary year, in very obvious ways - bad, ugly, and rather obscurely good ways. But, amidst all of this one thing that solidified for me is the human need for meaningful connection through conversations. Conversations both about our shared experiences as divers, and the truly unique stories each of us hold.

There's magic underwater that blesses our lives in so many ways that we just don't talk about enough. Divers getting coffee is a platform where divers share diverse experiences across the ocean tribe. I am Ed. I am your minister of adventures. It is an honor to share these stories and vicariously experience your encounters with you.

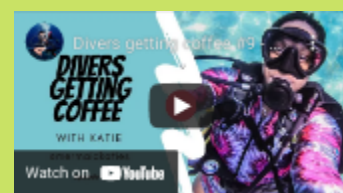
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FEATURED INTERVIEWS

[Divers Getting Coffee with Katie @mermaidkatie](#)



[Divers Getting Coffee with Zandi @freedivingza](#)



Coral Restoration & The Reef Rescue Network

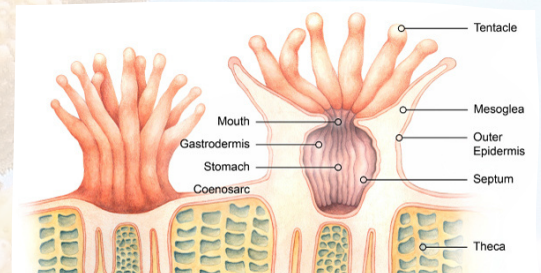
WHAT ARE CORALS?

Corals are very similar to plants and are living animals that make up thousands of polyps. They attach themselves to rock substrates similar to the way a tree uses roots to hold itself onto the ground. Corals, however, use a hard skeleton base to hold themselves onto the rock. Once the coral polyp attaches itself it can live as an individual or in a larger colony creating a reef structure formed from its calcium carbonate deposits which we call coral reefs. Corals contain symbiotic algae called zooxanthellae, they provide these algae with an environment that is protected and allows the algae to photosynthesize. Corals are reliant on these plant-like algae, they help each other to survive.

WHAT ARE CORAL NURSERIES

Coral nurseries are an important component to marine conservation, as they provide a collection of species that can be added to the reef to help regenerate areas that are stressed or damaged. Coral restoration using Coral Nurseries is a very promising new science. Slow growth rates of coral were once thought to limit our ability to restore corals reefs however it has since been shown that different corals grow at different rates and in favorable conditions can grow much faster than in natural conditions on reefs. The initial ideas behind coral nurseries were to help create and grow new reefs, and to help coral reefs recover from physical damage such as boat anchors, and climate change induced coral bleaching. Over the last few years many areas of coral reef have been rejuvenated with corals grown from a nursery and have created new habitats for marine life. Outplanted corals have even spawned which is a huge indicator to the positive effects this type of coral rehabilitation can have and how it can help to restore huge tracts of reef.

Via The Reef Rescue Network



Over the year's corals reefs have been depleting and many coral species are becoming critically endangered specifically the reef-building corals like Staghorn and Elkhorn. About 50 percent of the world's coral reefs have already been lost or severely damaged The Bahamas and Tropical Caribbean Islands are dependent upon healthy coral reefs, for jobs, food, medicine, and the tourism industry. Coral reefs protect our islands and are a barrier to wave impact, hurricanes, and strong winds. Coral restoration will help to protect and restore their natural value while producing vital research and scientific information for the future.



The Perry Institute for Marine Science (PIMS) has created the Reef Rescue Network, a partnership between Coral Reef Scientists and local partners consisting of Community Organizations, NGOs, and Dive Operators - Reef Rescue Network coordinates coral nursery establishment, maintenance, management, outplanting, and monitoring with its partners. Specifically, we assist with developing and implementing criteria for restoration, nursery site selection, harvesting coral from source populations, growing corals in nurseries, outplanting corals to reefs and monitoring the success of restoration at multiple scales from individual corals to ecosystem health. Our network of nurseries provides an important scientific research platform in addition to restoration benefits. We are providing opportunities to build partnerships between scientists, marine resource managers, conservation practitioners, businesses and coastal communities that depend on healthy reefs.



Katie Storr teaches the Reef Rescue Diver course. The course is great opportunity for recreational divers to learn about coral reefs, how to restore them through coral nurseries and the proper methods to out planting them onto the near by reefs. Becoming a Reef Rescue Network Diver can be very rewarding.

If we would love to feature your Coral restoration project, write to us at oceanofcolour@gmail.com

Photos by: Hayley Jo Carr & Katie Storr
Coral Diagram: Coral.Org

Follow the Reef Rescue Network
"Restoring Life, Growing Opportunity."

View More ➤ <https://bit.ly/2YW9iLL>





Model: BAHAYOGI

Alex K. Power, Baptiste, Hot,
Restorative, Rocket, and Vinyasa
Flow Yoga Instructor

Location: The Bahamas

HEALTH & WELLNESS

SELF CARE, SELF CARE, SELF CARE

This part of the mag is the reminder for us to take care of ourselves in the midst of everything going on in the world, Katie and I believe in these 5 things:

- Find time to do the things you love, keep your cup full
- Work hard but also, rest, this is just as important.
- Get outside, get some sun on your body, this is good for your mind and body.
- Journal, it's such an incredible practice that frees you from the hard of sometimes saying things you're not ready to say. You can place those words safely in your journal and keep revisiting them until you find the next.
- Eat your fruits and veggies, foods that are alive are important considering you're an alive being!



Send us your top 5 tips for Health and Wellness and you could be featured in the next issue!

NATURE'S CORNER:

Nature's corner is about all the remedies that have been passed down to us or our sure fire ways to heal the body. In the midst of the pandemic, we wanted to share these 2 herbs that are beneficial if you have had a cold and your chest hasn't fully recovered yet especially as divers!

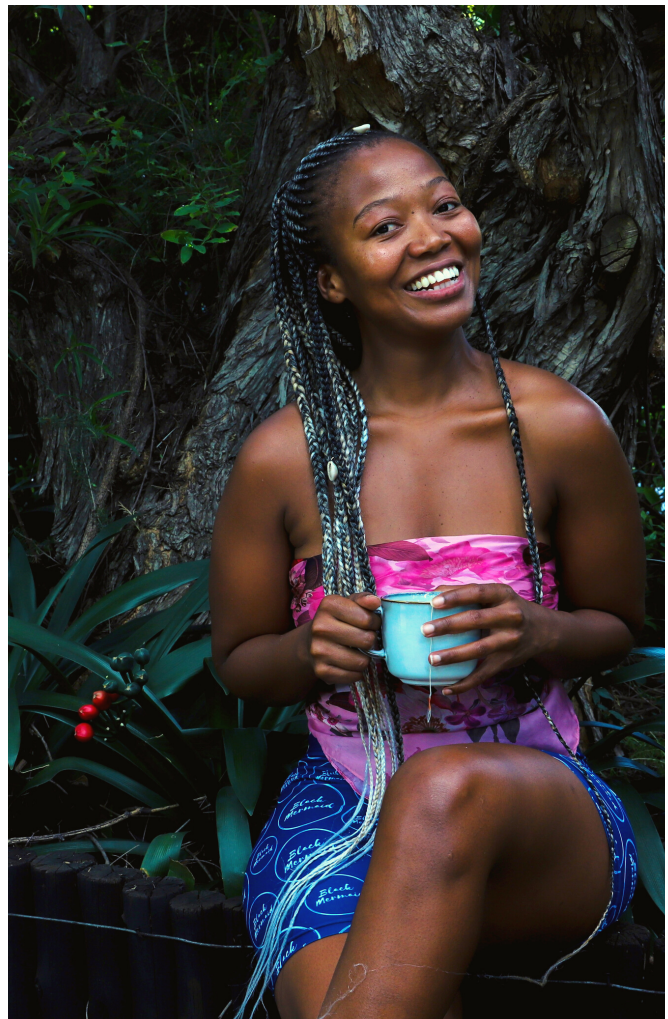
Elderberry Tea, the berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system.

Some experts recommend elderberry to help prevent and ease cold and flu symptoms.

Mullein Leaf is used for cough, whooping cough, tuberculosis, bronchitis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, and sore throat. Other uses include asthma, diarrhea, colic, gastrointestinal bleeding, migraines, joint pain, and gout.

I take elderberry & Mullein leaf every day, since the beginning of January after the bad Flu I had in December. I can attest that it changed something in my body so hells yes!

Write to us and let us know your herbs and remedies so we can share them with the Ocean tribe!



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We want to hear from you! Share your stories for a chance to be featured. Let's chat travel, diversity, health, and wellness and your epic underwater stories.

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THE
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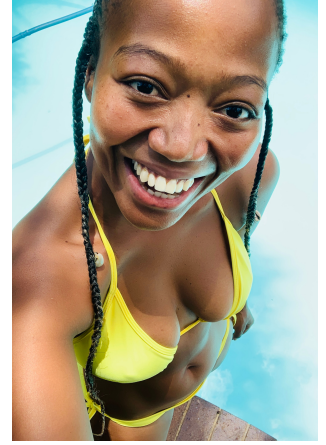
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an ocean tribe.

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Travel with Zandi & Katie



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Travel and Covid -19
Restrictions apply.

Model: Zandi Ndhlovu

The Black Mermaid

Location: Cape Town, South Africa

