



SAINT LUCIA NATIONAL TRUST

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April 18, 2020

The Saint Lucia National Trust invites the Public to Capture the Impact of COVID-19 on our Biodiversity

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Throughout history, human actions have brought about devastation and even extinction to species around us. World Biodiversity Day, celebrated annually on May 22nd, is a call for us to take note of our negative effects on the world and change our behaviour to avoid further tragic outcomes.

The species which humans coexist with are vast and diverse. Biologists suggest that we have only discovered 1.7 million species of plants, animals and microorganisms, and there are millions left to be found. In Saint Lucia alone there are thousands of plants and animals, some of which we haven't discovered yet or even know their benefits. Dr. Gilbertha St. Rose of Eden Herbs, shows that in Saint Lucia, we have many medicinal plants and herbs which provide us with solutions to some of our health problems. Lemongrass (*Cymbopogon citratus*), for example, helps to reduce fevers and dandruff. Noni (*Morinda citrifolia*) fruits and leaves can be used to boost the immune system and regulate blood sugar levels. Bwaden/Bayleaf (*Pimenta racemose*) provides pain relief and strengthens the immune system.

The COVID-19 pandemic has given us an opportunity to revisit our relationship with nature. People have been planting more, littering less and many natural habitats got a much needed break from human interaction and exploitation. This has allowed plants to flourish and more animals have been observed returning to habitats where they were once threatened by human activity. When we return to a new sense of 'normal', let us not go back to the way things were. We know more and we know better, so let us make our lives more sustainable in the long-term and support our biodiversity instead of destroying it.

We at the SLNT wish to encourage fellow Saint Lucians to plant more vegetables, herbs and fruit trees and undertake measures such as composting, reducing household waste and cleaning up the environment, to ensure that we not only sustain ourselves but also ensure that nature's ecological balance is maintained.

Today, the Saint Lucia National Trust launches its Citizen Scientist Project dubbed: *Saint Lucians Capturing the Impact of COVID-19 on our Biodiversity*, in observance of World Biodiversity Day. In keeping with the day's theme "Our Solutions are in Nature", this initiative aims to engage the general public, while promoting natural resource awareness and

conservation through data capture and sharing. We are pleased to announce that Massy Stores Saint Lucia is sponsoring this initiative and shall be offering some exciting prizes to participants who share their photographs and videos on our social media platforms or via email. We hope that other corporate partners will also come onboard. Please visit <https://slunatrust.org/news/citizen-scientists-saint-lucians-capturing-the-impact-of-covid-19-on-our-bi> for more information about this exciting project.

Follow us on social media - Facebook: Saint Lucia National Trust, Instagram: saint_lucia_national_trust, Twitter: NationalTrustLC and share our posts about World Biodiversity Day.