

FREE

My Beautiful Belize

TRAVEL PUBLICATION

September/October 2019 | Vol. 07 #08

**From Maya Grandeur
...to our modern Belizean Story!**



From the Editor *Tamara Sniffin*



It seems like there's always something to look forward to in Belize! The month of September is jam-packed with festivities and patriotism as we celebrate St. George's Caye Day on September 10th and our day of independence on September 21st! Many of us still remember the years prior to our independence and recall the excitement we felt on that first historic day 38 years ago! With parades, parties and festivals, we invite you to join us in the revelry!

October brings one of my favorite new events; the Belize Birding Festival! Last year's inaugural festival was a huge success with hundreds of people enthusiastically attending. With great exhibit booths promoting birding opportunities and lodges, birding tours and guest speakers, one highlight was a presentation by Dr. Oliver Komar, co-author of Peterson Field Guide to Birds of Northern Central America. It was like meeting a rock star when he graciously signed my book! This year's festival is held at the San Ignacio Resort Hotel and promises to be even bigger and better by adding a day. So many birds, so little time! The itinerary looks fantastic and again I am excited for the guest speakers, one being the author of the one and only Birds of Belize book, Dr. Lee Jones. I hope he will autograph my well-loved-well worn copy and allow me to gush a little bit!

The end of the month brings Halloween fun and San Pedro certainly knows how to scare up some fun! There's even a dog costume party to benefit our local Saga Humane Society, another favorite event!

Wherever you may find yourself in Belize we hope the timing is right for sampling our celebrations and merriment. We welcome you to My Beautiful Belize!

Wolfe's Woofers What Did You Do Today?

I said, "I don't know, Vernon, Yolanda might not like the idea of me showing up at your house for dinner without telling her ahead of time."

"She won't mind—honest, she won't," Vernon said.

"She don't do nothing all day but lay around the house and take care of the two babies."

At Vernon's we parked in the drive and Vernon said, "Come on. We'll go through the kitchen."

When the kitchen door shut Vernon said, "Ooh, what the devil happened here?"

The kitchen table still had the remains of lunch scattered on it. The sink was full of dirty dishes and a bag of dogfood was spilled all over the floor. Three-year-old Vernon Junior was standing in the middle of the kitchen floor dumping a bag of flour over his baby sister's head.

"Yolanda!" Vernon called as we made our way into the living room.

Yolanda was stretched out on the couch watching a novella on the television. On the table beside her were three empty soft drink bottles and several empty potato chip bags. The floor was littered with children's toys.

"Hi, Mr. Dennis. Hi, Vernon, mi amor," she said. "How did it go at work today?"

"Yolanda!" Vernon said. "What in the world did you do today?"

Yolanda said, "Vernon, you know how every day you come home and ask me what I did today?"

"Yeah."

"I try to tell you what I did but you don't even listen to me. Do you?"

"Uh. I guess not."

"You know that stuff you don't listen to?"

"Yeah."

"Well, today I didn't do it."



By Dennis Wolfe

IN THIS ISSUE:

La Milpa Lodge: Not all travel hits the beach or waters. Those seeking to be at one with nature would enjoy La Milpa Lodge and Research Station - especially the wildlife that abounds! P. 3

Eco-Kids Rock: The annual Chaa Creek Summer Camp for kids shows us that our future - our children - are paying attention. P. 6

Holiday Goodies: Why not stew some pumpkin in sugar and spices? P. 11
September is all about BELIZE: We celebrate everything that makes us proud and thrilled to be Belizean! - P. 12

A flag has meaning: Learn a bit more about our Belizean flag, a unique one that features people on it! P. 13

Birds of a feather: Birding enthusiasts are encouraged to attend the second annual Birding Festival to be held in San Ignacio. P. 14

Scare up some fun: Halloween is a pretty big deal around here. Get those costumes ready because it's gonna be spoooooky! P. 15

My Beautiful Belize travels!



While exploring the picturesque Dutch countryside, Taiña Temsik enjoys her copy of *My Beautiful Belize* at Kinderdijk's 19 historic windmills, the largest group of windmills in The Netherlands and a UNESCO World Heritage Site.

Send us your pictures at hello@mybeautifulbelize.com!

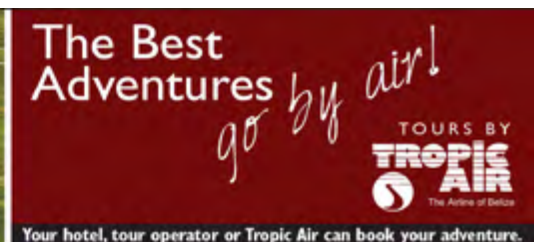
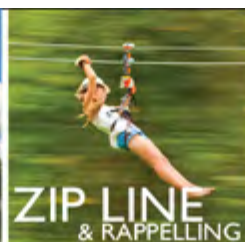
For ad rates and story opportunities, email us at :
hello@mybeautifulbelize.com

For detailed stories and many more beautiful photos, visit www.mybeautifulbelize.com

Published by *The San Pedro Sun LTD.*



We're Social! Follow Us:
[@mybeautifulbelize](https://www.instagram.com/mybeautifulbelize)



Discover the Rio Bravo Conservation and Management Area while staying at **La Milpa** Lodge and Research Center

By Tamara Sniffin



One of the many things that make visiting Belize an exceptional experience is the variety of accommodations you can choose from, and where they are located makes a big difference in how you explore the surrounding area. For those who want to be immersed within a unique, wild environment and don't mind roughing it a little bit, Belize offers opportunities where you stay within protected areas where the jungle and her creatures meet you at the front door.

One such place is La Milpa Lodge and Research Center within the Rio Bravo Conservation and Management Area (RBCMA) in north-western

Belize. Just a two and a half hour's drive from Belize City, the Rio Bravo Conservation and Management Area was established in 1989 as a private reserve when forested land and other natural ecosystems were threatened with deforestation and fragmentation. This 254,000-acre reserve represents approximately 4% of Belize's total land area. It is the largest private reserve in Belize and second largest single protected area in the country. Teeming with exotic wildlife of all forms and impressive flora, long-term research within the reserve ecosystems count for some 745 species of flora along with complete and healthy animal communities including large cats and birds of prey, both native and species that are under pressure elsewhere in the Central American range. Over 70 mammal species and 350 bird species have been recorded in Rio Bravo. As a guest at La Milpa Lodge and Research Center, your opportunities to see these magnificent creatures are many.

I have always wanted to explore this wild area, and I was more than excited to accompany Belizean Birder Extraordinaire Roni Martinez when he led a group of birding guides on a two-day tour in February. The best thing about hanging out with birders is not only their great sense of humor and friendliness but their shared passion for all things nature. I may not be fluent at speaking bird, but when it comes to nature, we understand each other perfectly!

La Milpa Lodge is a cozy jungle abode with a common dining area inside and out. We are welcomed by Vladimir Rodriguez, who along

Continued on Page 4





Discover La Milpa Continued from Page 3

with his family, have managed the lodge and research center for years. The rustic cottages are clean and comfy, complete with electricity and even running hot water! Meals of yummy home-made food are served buffet style, and the common area lends to visiting with the other guests over a cold Belikin beer about the

day's adventure, or what awaits. Beautiful hummingbirds frequent the nearby feeders and colorful Honeycreepers, Euphonias and Tanagers enjoy orange-slice offerings. While walking along the path to my cabin, I stop to enjoy a pair of Chachalacas with adorable fluffy babies foraging on the lawn and I spot a grey fox darting

into the bushes. Next, in the procession, a regal pair of Great Curassows stroll by and above me a bright red-headed Lineated Woodpecker lights on a tree. All these creatures and I haven't even left the compound!

There are countless hiking trails in the area, and the knowledgeable guides at La Milpa Lodge,

including Vladimir, are perfect to lead you on your quest for flora and fauna. Although our group is laser-focused on birds, we always stop and marvel at the creatures and the beauty of an area! Our hike takes us to La Milpa Archeological site which during the Pre-Classic era was

Continued on Page 5

BUCKETS OF BEER LOWERED TO YOU IN INNER TUBES

Palapa BAR & GRILL
AMBERGRIS CAYE, BELIZE

located on the beach at the "roundabout"

HAPPY HOUR DAILY 4-6PM

PALAPABARBELIZE

Seaside Dining on the Beach under the Stars

The Best in Fine Dining - Ambergris Caye
★★★★★ rated restaurant on the island

Breakfast: 8am-10:30am daily;
Lunch: Friday, Saturday, Sunday & enjoy our pool
Happy Hour: 2pm-5pm daily, except Tuesdays
Dinner: 5pm-10pm except Tuesdays

Asi
TAPA BAR RESTAURANT

Reservations +501-226-4047
2 miles North of Bridge next to Grand Caribe

Discover La Milpa Continued from Page 4



home to the Maya until it was exploited by colonization for logwood. Long abandoned, the site is unexcavated, with ruins shrouded by centuries of jungle cover and Mother Nature's reclamation of land. High in the treetops Spider Monkeys bustle and peer down at us where we exchange glances and curiosity. The loud growl of Howler Monkeys resonates nearby, and glorious birds make their shy appearances. Slaty-tailed and Black-headed Trogons, White-crowned Parrots and a juvenile Barred Forest-Falcon are just a few of the 23 species we spot in a short amount of time. The next morning, extra early risers (sadly I was not one of them) return to the area where they see over 60 species of birds and a pair of Tamandua (Collared Anteaters) in the trees. The following day we hike along the Bajo Trail, where a Pheasant Cuckoo relentlessly plays hide and seek with us and we all delight in a small Mouse Opossum who stares down at us with bright bulging eyes and huge ears. So cute!

Managed by Programme for Belize, which was founded in 1988, the Rio Bravo Conservation and Management Area was established in 1989 when Belize began to embrace the importance of environment conservation. Coca Cola Inc was the first to donate 90,000 acres of land in the Orange Walk District to Programme for Belize, and over the years the area expanded through private land purchases and gifts. Since then Programme for Belize has established La Milpa Lodge and Research Center, the Hill Bank Field Station, developed six generations of management plans and maintains permanent management and protection in all sectors of the Rio Bravo Conservation and Management Area. The management of the RBCMA is based on ecosystem protection and sustainable use of forest resources, corresponding to an IUCN (International Union for Conservation of Nature) category VI protected area regime.

To learn more about Programme for Belize, the Rio Bravo Conservation and Management Area and La Milpa Lodge and Research Center please visit <https://www.pfbelize.org/>



White Sands Dive Shop

San Pedro Ambergris Caye Belize

Slow Season Special

September 1st to October 31st

**Book now
and get two
dives at our
popular dive
sites on the
Belize Barrier
Reef for the
price of one!
Just \$65.USD**

Free pick up from your dock.

www.whitesandsdiveshop.com
elbertgreer@fastmail.fm 226-2405

Abner Adair Bacab - An Eco Kid!

Every year, Chaa Creek Lodge in the Cayo District hosts some 24 lucky children for an amazing once-in-a-lifetime week of summer camp. The all-inclusive scholarship program hosts the children at the Macal River Camp and provides them with all meals, snacks, and a variety of educational activities and guided tours that leave them with a sense of appreciation for their home.



Islander Abner Bacab was one of the lucky recipients of this scholarship over the 2019 summer, and his winning essay describes just why it is so important to give children the opportunity to embrace all that they are surrounded by, and immerse them in a different environment to further appreciate the world they have inherited.

As an island boy, Abner, of course, describes his island home, a top destination of our country Belize. *"As an Eco Kid I enjoy all that my country has to offer, it's nature, it's diverse ethnic group, it's unique people, it's culture's, it's food and so many things... especially the clean, clear blue waters that so many people come to visit from around the world."*

With two parents working in the tourism industry, Abner has witnessed first-hand the impact of the island's ecologic diversity. *"My mom works as a waitress, and she enjoys serving our traditional food to so many people who enjoy what we have to offer. My dad is a Dive Master, and he loves what he does, showing so many people how just beautiful our waters are and how protected our coral and marine life is."*

However, Abner is not oblivious to the issues that development has caused. His letter points out these issues, making it clear that our up and coming generations are aware. *"I have seen the need to protect our mangroves in my community. Each year the government gives permits for so many buildings to go up on a lot of areas that should be protected. [I believe] the government should make arrangements for these new owners to build with care and conservation. If you cut down any mangrove, plant it back for example. Some areas should not be used for disposal of garbage. As a community, we should campaign to protect our environment and keep our island clean and safe."* Abner fears that pollution has spread so much. *"When I go fishing with my dad, [we] would pull so many things out of the ocean*



that should not be there; one time we brought home so many plastic bottles that my mom did not believe we went fishing!" He describes feeling sad that if we do not protect our environment, we can face major problems in our near future.

At the age of 11, Abner has noticed how development is making an impact, and his winning essay allowed him to explore beyond his island home, and he has come back with a renewed vigor to continue championing the environment and keeping our island clean. *"As a community, as Belizeans, as an ECO kid, let's protect our environment so that all of us and our future kids can enjoy Belize at its best. I love and want to protect our lovely Belize in any way possible. Let's educate ourselves and as a community, let's protect what we love, our country, our home, Belize."*

We agree wholeheartedly, and commend Abner for his strong stance, and congratulate him on his essay and experience.

North Ambergris Caye

©2018, Map not to scale



EAT



PIRATE'S TREASURE - A unique dining experience with their Chef's Table. Watch as Chef Mar prepares a fresh 3-course Belizean meal over a coconut-husk fire while you enjoy refreshing cocktails and island vibes. Regular Menu always available without reservations. 4PM to 10PM. 668-2156.



CROCS SUNSET SPORTS BAR: The newest bar north of the bridge, with refreshing cocktails, bar food, killer sunset views and all the games on large-screen TVs. Book upstairs bar for private events. Open from 11am everyday.



THE TRUCK STOP: Belize's first shipping container food park. Come try the different exciting options from our food trucks, play backyard games, or cool off with a sundae from our ice cream shop. **CLOSED thru Oct. 16th.**



AJI TAPA BAR RESTAURANT: Beachfront dining in a romantic setting. One of a kind 5-Star Tapa Bar and Restaurant situated on the enchanting island of Ambergris Caye. Breakfast: 8AM-10:30AM, Dinner: 5PM-10PM, every day except Tuesdays. Open Friday, Saturday & Sunday for lunch. Call +501-226-4047 for reservations.



PORTOFINO RESTAURANT - Enjoy our Euro-Caribbean inspired menu and spectacular Caribbean views. Also offering a full VEGETARIAN Menu. For Reservations & Free Transportation, please call 226-5096 or 678-5096.



PIRATE'S NOT SO SECRET BEACH BAR & GRILL: The island's trending destination; adventure to SECRET BEACH! Soak up the sun or take a dip in crystal clear shallow waters accompanied with island music, refreshing cocktails, gourmet lunch menu by AWARD WINNING CHEF. Credit Cards Accepted. Open daily 10am to SUNSET! **MAMBO RESTAURANT** - Enjoy a unique dining experience at this award-winning restaurant at Matachica Resort. Romantic atmosphere with island ambience, offering locally inspired flavors and meals that will excite even the most seasoned palate. Complimentary transportation with reservations - call 226-5010/226-5011.

SHOP



MATA GRANDE GROCERY The biggest little grocery store on Ambergris Caye, located 4.5 miles North of San Pedro Town, it's a must see! **Open Everyday 8AM-6PM.** You can call us at 226-4290 or also order online at www.matagrandegrocery.comwe DELIVER!

PLAY



MARBUCKS COFFEE HOUSE - Specialty Coffee Drinks - both hot & cold; fresh fruit smoothies and baked goods. Join us for Thursday Wine Fun, 4PM-7PM and our delicious Sunday brunch (with mimosas!). Located just off the main road in Tres Cocos, before the Truck Stop. Like us on Facebook and keep up with the fun!



THE GREEN PARROT - Eats and treats. Relax on the patio, sip your favorite island drink gaze out at the azure Caribbean Sea, take a dip in the pool and enjoy our great beach bar. Friendly staff always on hand 6 miles north of town. Open daily from 9AM-9PM. For complimentary boat transportation please call 226-5096/678-5096.

WHITE SANDS DIVE SHOP: A PADI 5 star Dive shop in San Pedro Town on Ambergris Caye teaching scuba diving and certifying divers, as well as providing daily Diving and Snorkeling adventures to the beautiful Belize Barrier Reef. Scheduled (local) departures are at 9:00AM, and they pick you up at the hotel dock. 226-2405.

ADVERTISE ON OUR MAP!

Rates start at \$150 per month!!

For ad rates and story opportunities, email us at:
hello@mybeautifulbelize.com
www.mybeautifulbelize.com

My Beautiful Belize
TRAVEL PUBLICATION

SuDoku Time! Answers on Page 8

						8	1
			7	4		9	5
		6	2				4
8						1	
		7	8	9			
	7						2
5			1	2			
6	2		4	5			
1	8						



EATS & TREATS

EL FOGON: Authentic Belizean Cuisine prepared on a fire hearth. Featuring dishes that represent the diversity of our Belizean culture. Lunch menu and daily dinner specials. Open Mon. – Sat. 11AM – 9PM 206-2121/280-2626 See map for our location!



SANDBAR: BEST PIZZAS ON THE ISLAND! Sandbar hosts an amazing happy hour special: \$10BZD wood-fired pizzas and 2-for-1 rums on weekdays (3-6PM) and beer and wing specials on the weekend (11am-4pm). Enjoy your afternoon or evening at the bar, tables, or chaise lounges on the beach!



IGUANA JUAN'S: Thoughtful burgers, killer vegetarian, creative cocktails and more, served with an eclectic vibe overlooking Back Street! Specializing in American and Central American dishes. We're 'Conveniently' Located Upstairs, of an Old Building, on a Back Street, on an Island, in Central America... Come Find Us!



MELT - NEW LOCATION over the water in town at the Tackle Box Pier!! Live music & karaoke every night. 7AM – midnight; food served till 10PM. Specializing in MELT-y grilled cheese sandwiches - tons of delicious variety. Visit us!

TRANSPORTATION

CRYSTAL AUTO RENTALS - 2 BZ locations: Philip S.W. Goldson International Airport and 5 Miles Northern Highway. Free shuttle service to and from our Belize City office to anywhere in Belize City. Tel: 011-501-223-1600 Fax: 011-501-223-1900 (direct dialing from U.S.A.) Toll Free in Belize: 0-800-777-7777 Email: reservations@crystal-belize.com or visit our website at <http://crystal-belize.com>

COASTAL XPRESS WATER TAXI – Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3007.

GET TRANSFERS - Executive transfer and tour services anywhere in Belize: Chetumal, Cancun, Quintana Roo & even Merida and Guatemala. Phone: 422-2485 (Fx: 422-3511) or email: info@gettransfers.com.

RAINBOW TAXI – Caye Caulker golf cart; guided island tours; reliable service. 226-0123. Minerva: 661-6254 or Champ 602-8136.

PARTY PARTY



WAHOO'S LOUNGE: We are home to the WORLD FAMOUS CHICKEN DROP! Thursday nights starting at 6PM. Drink specials, games and an amazing view of the reef.

Located on the beach at the Spindrift Hotel. 226-2002.



WANT RUM? GOT IT! 100% Belizean Rums. Travellers Liquors FACTORY OUTLET and showroom! Home of world class and

award winning rums. Wholesale and retail. Daily complementary rum tastings of over 25 products! www.facebook.com/wantrum #15 Pescador Drive 226-4690.

PALAPA BAR AND GRILL:



On the Wet Willy's Dock. Daily 11am – 11pm. Relax on the inner-tubes and have your bucket of ice cold beers lowered to you. Outdoor seating, awesome smoked food, cheeseburgers, seafood and tropical drinks and an astonishing view!

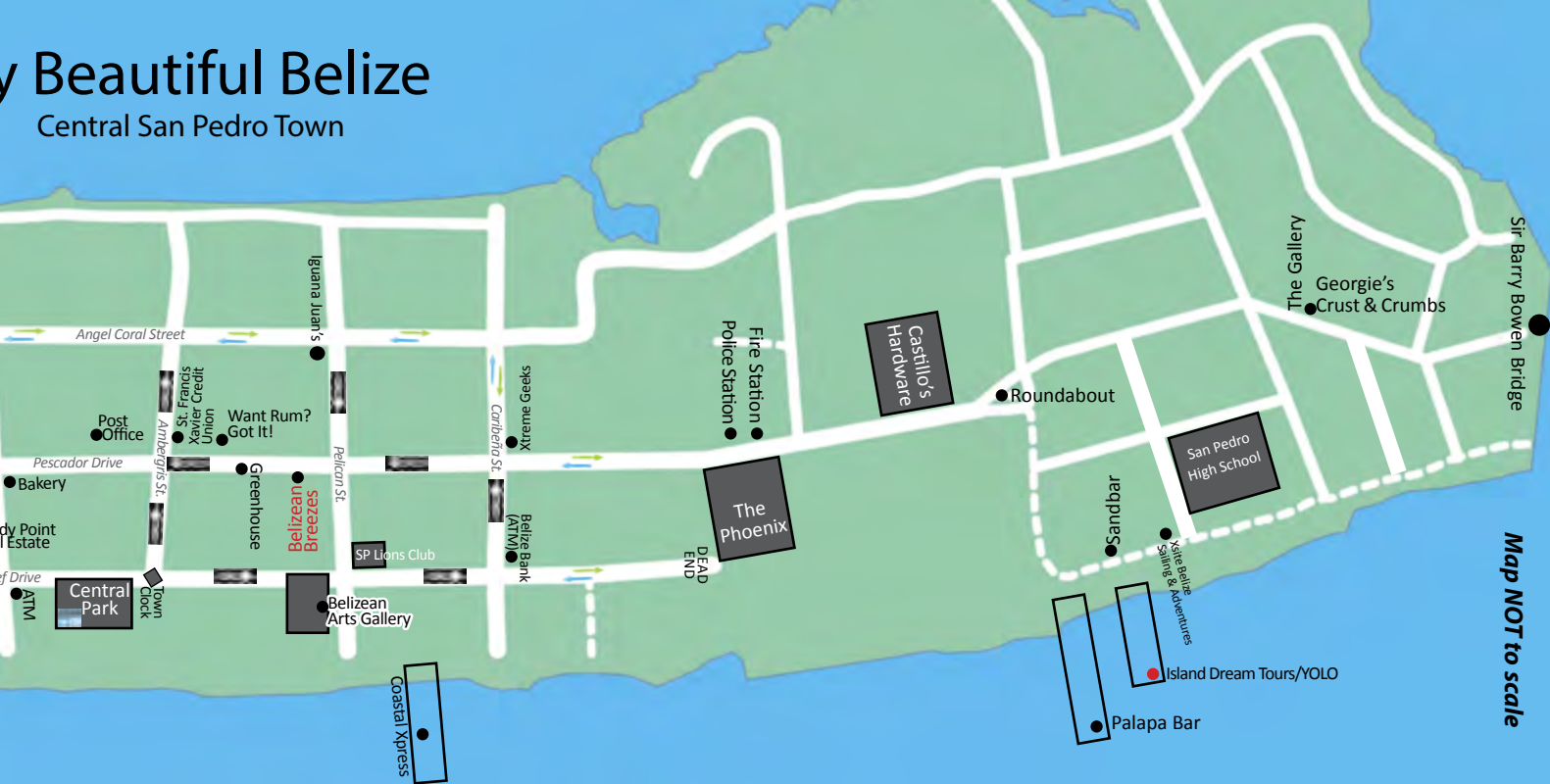
Sudoku Answers Puzzle on Page 7

7	4	2	5	9	3	6	8	1
3	6	1	8	7	4	2	9	5
9	5	8	6	2	1	7	3	4
8	3	6	2	4	5	9	1	7
2	1	5	7	8	9	3	4	6
4	7	9	1	3	6	8	5	2
5	9	7	3	1	2	4	6	8
6	2	3	4	5	8	1	7	9
1	8	4	9	6	7	5	2	3



My Beautiful Belize

Central San Pedro Town



UNIQUE OFFERINGS

BELIZEAN ARTS GALLERY

Largest collection of original paintings in Belize. Featuring contemporary, native and realistic works by leading and on the rise artists. Gold and silver artisan jewelry, ceramics, fabrics and more. Open daily 9am to 10pm. Deep inside Fido's Courtyard. 226-3019.



BELIZE CHOCOLATE COMPANY: The first ever chocolate boutique in Belize, makes bean to bar chocolate on Ambergis Caye, together with delicious truffles, tasty hot and cold chocolate drinks and unique chocolate gifts. Located on Front Street. Call 226 3015.

GRANIEL'S DREAMLAND: Exotic Hard Woods and Mahogany Products made locally. Gift Items, indoor and outdoor furniture, carvings, and custom-made orders. Worldwide Shipping. Free Delivery to Hotel, Airport or Boat within town limits. 226- 2938, Pescador Drive. granielsdreamland2@yahoo.com, www.granielsdreamlandbelize.com Facebook: Graniels Dreamland



"12" is the only shop in Belize that features only Belizean made luxury products & gifts suitable for both locals and tourists. Featuring exclusive items from around the country from soaps & scrubs to handbags & sauces, we ship same day throughout Belize. www.12belize.com 670-5272. **Closed through October 8th** for vacation!

HAVANA CIGARS BELIZE: Our walk-in humidor stocks an ever changing selection of some of the finest hand-made cigars from Cuba, Central America, and the Caribbean. We also offer an air-conditioned smoking lounge with a full bar and café. On Front Street, across from Holiday Hotel. 226-4576 Find us on TripAdvisor!



ISLAND DREAM TOURS: Specializing in Sunset Dinner Cruises (Gourmet, Buffet) Booze Cruise and Private Charters – you design your own dream on-the-water tour! Cruise includes wine, fresh fruits and hand-crafted cocktails! Join the Fun!! 615-9656! Like us on facebook.com/islanddreamtours

BELIZEAN BREEZES SOAP CO.: San Pedro's ONLY and ORIGINAL all-natural soap company! With 2 locations, there's something for everyone. Soaps, butters, scrubs, full facial line, Monkey Farts & more. GIFTS GALORE. 9a-9p, M-Sat. 226-4322, Pescador Dr. & Barrier Reef Dr.



KIDTOPIA: Located on the second floor of Sancas Realty Plaza (Unit #13) on Coconut Drive, downtown San Pedro, Kidtopia is a kids club/drop-off center for children between the ages of four to fourteen. Open Tuesdays-Saturdays from 10AM-7PM, and on Sundays from 12PM-5PM.

GEORGIE'S CRUST & CRUMBS: located inside "The Gallery" of San Pedro. The best Gourmet Pies from the "Pie Queen" with First Class Fresh Ingredients alongside The Largest Collection of Paintings in Belize. 2 1/2 blocks North of the Roundabout. Pies: 615-9327 Art: 226-4304.

XSITE BELIZE SAILING AND ADVENTURES: Come sail on our live aboard catamaran. For more information on Day Sailing Trips, One Night Sailing w/Camping & Fishing and Multiple Day Charters, contact 501-610-0226 or xsitebelize@yahoo.com.

LA SIRENE is located at the southern tip of the island. Currently in the development phase, La Sirene's model home located on Coconut Drive is open to the public. Open from Monday to Saturday from 9AM to 5PM. For more information visit www.lasirene.bz



South of San Pedro Town

- Island Buzz Cafe
- Saga Humane Society
- Casa Picasso
- Crazy Canuck's
- PepperOni's Pizza
- Jordana's Art of Touch Spa

GAS

lake

- El Divino @ Banana Beach

Victoria House

Further South of Town Core

Black Orchid Restaurant

EATS & TREATS



CASA PICASSO RESTAURANT: Featuring local ingredients, fresh seafood, global flavors, martinis, wines, cocktails, vegetarian and gluten-free options. Open Tuesday - Sunday 5pm - 9:30pm. Reservations recommended, call: 226-4443 or email: casapicassobelize@gmail.com www.casapicassobelize.com Facebook, Instagram, Twitter, Tumblr @casapicassobz.

PEPPERONI'S PIZZA: The island's most delectable combination of traditional Italian crafted pizzas with Belizean influences. Handmade, local, and fresh ingredients made daily along with good vibes, music, and service. Dine-in, carry-out, & delivery offered. Open 7 days a week at 4:30pm-10:00pm and Friday-Sunday from 10:30am-2:30pm. 501-226-4515



JORDANA'S ART OF TOUCH: Providing a variety of treatments designed to keep you feeling and looking your very best, including luxurious body wraps, body scrubs, massages, facials, manicures, pedicures and more. Located inside Diamond Lodge on Sea Grape Drive. Open daily 8am-5pm. 602-8424 spa@diamondlodgebelize.com



EL DIVINO CARIBBEAN STEAKHOUSE & MARTINI BAR: Banana Beach's signature restaurant, featuring indoor and outdoor dining and sports lounge.

Serving USDA meats, wood fired pizza, fresh seafood, pastas... locals LOVE our ceviche! Daily dinner and drink specials, Happy Hour from 3-7pm. 226-2444.

THE PALMILLA RESTAURANT AT VICTORIA HOUSE: A casual experience with a unique mix of island seafood and continental cuisine. Relaxed and informal yet romantic. Admiral Nelson Bar is the place to be casual and relax in your swimsuit, enjoying breakfast, lunch and dinner with magnificent views. Reservations recommended: 226-2067.

BLACK ORCHID RESTAURANT & LOUNGE: Come visit us; just a quick Golf Cart Ride 2 1/2 miles South of Town after the Croc Pond Lagoon and well before the Marco Gonzalez Maya Site. Reservations Recommended (501) 206-2441. www.blackorchidrestaurant.com.



PARTY PARTY!

CRAZY CANUCKS BEACH BAR: Beach bar located at Exotic Caye Beach Resort. Open daily 11am-midnight. Bar food and daily drink specials. Mondays: Live reggae @8pm Tuesdays: Live Music & Hermit Crab Racing @6:30pm Thursdays: Paint n Splash @2pm Fridays: Trivia @7pm Karaoke @8:30pm Sundays: Live music/horseshoes @3pm Follow us on Facebook. Phone: 670-8001

SALT LIFE BAR & GRILL: Good Food; Good Cheer; Good Times. Home of your fresh daily soups, traditional local cuisine & seafood in an island ambiance. Open Tuesday - Sunday 10:30am - 12am. Call: 226-4443 Facebook, Instagram, Twitter, Tumblr @saltlifebar

Dulce de Calabaza - a sweet holiday treat

Without fail, right around Halloween season, the craving for some tasty homemade candy hits extra hard. Belizean kitchens often churn out some of the most interesting sweet treats, from bread to cakes, to things like fudge, tableta, empanadas de coco, to syrupy, sugary boiled fruits and starchy root vegetables. One particular item that just screams Halloween vibes to me, or Dia de los Muertos, is dulce de calabaza.

Stewed pumpkin sweet – this succulent treat is a combination of brown sugar and warm spices, stewed for a few hours, the brown sugar caramelizing into a syrup that’s full of flavors from cinnamon, star anise, allspice seeds, and of course, bits of the deliciously thick pumpkin flesh that falls apart throughout the cooking process. YUM!

The best part about writing this story is that we had to cook some ‘for photos,’ and so I’m currently nibbling on some as I type with one hand! It’s really good, and you should totally make your own!

For this particular recipe, I picked the classic squash – it’s grown locally, and comes in a variety of shades. I only know it as the Halloween pumpkin, but it actually is a squash, Cucurbita Maxima. I have friends declare the butternut squash is perfect for this dish, but I stick to the classic, even if it takes a little longer to cook. It’s what my mom prepared for me growing up and so; it just makes sense that I try to recreate my childhood sometimes.

Cut up the squash into even cubes. For this size of a squash (about 4lbs), I use about 1½ pounds of brown sugar, a cinnamon stick, a couple of cloves and some water.

First, melt down the sugar, letting it caramelize slowly over low heat. I was given this instruction with the explanation that it would add the color needed for the squash. Not one to turn down cooking advice, I’ve done that ever since.



Once melted, but not bubbling, slowly drop in the chunks of squash and toss gently then add enough water to cover. Toss in the cinnamon stick and cloves.

Let simmer slowly, adding water every so often and stirring, so it doesn’t stick, the squash will turn melty and brown and thick and oozing with syrup when it’s ready.



By Mary Gonzalez

September/October 2019

Live the
La Sirene
experience



Where the road ends on the
southern tip of Ambergris Caye



Architecture:

Blurring the lines between
indoor and out, La Sirene
makes minimalism welcoming.



LaSIRENE



RARE OPPORTUNITY

Now you can get long-term
financing in the paradise of
Ambergris Caye, Belize
Discover your options:

www.lasirene.bz

Celebrate Belize during the September Celebrations!

By Janelle Cowo

It's September, and every Belizean (at home or abroad) is feeling extra patriotic. With two of our most honored national holidays, September is Belize's month – it's time to celebrate our little jewel by the Caribbean Sea.

This year's 2019 September Celebrations will see festivities commemorating the 221st anniversary of the Battle of St. George Caye and 38th year of independence. Preparations for the celebration have been underway for months, and we are gearing up for the big days! Our 2019 September Celebrations theme is **"From Maya Grandeur to Modern Glory, Together Let's Shape the Belizean Story."**



While the entire month is jam packed with fun events across the country, the highlights to look out for are the Carnival Road March held in Belize City on Saturday, September 7th, the Paan Yaad Steel Band Concert also held in Belize City on Saturday, September 14th. Of course, Independence Day Celebrations held across the country starting on Independence Eve, September 20th and lasting through Saturday, September 21st.

September in Belize is full of color, music and jam-packed revelry! Don't be afraid to jump into the party; we love when our visitors celebrate with us!



ISLAND
DREAM TOURS
Ambergris Caye, Belize

SNORKELING CRUISES
SUNSET CRUISES
PRIVATE BOAT CHARTERS
BOOK DIRECTLY ON OUR WEBSITE

EXPERIENCE THE DIFFERENCE ABOARD
YOLO



2018
CERTIFICATE of
EXCELLENCE



tripadvisor

f #yolobelize i

info@islanddreamtours.com | 615-9656 | www.islanddreamtours.com

Fly it high, fly it proudly: the Belize flag represents us all! By Janelle Cowo

It has flown proudly across the country since September 21, 1981, and the Belize National Flag is the strongest symbol of our patriotism. Whatever country we may have been born to or decided to make our home, we always view that destinations' flag with respect and honor it as the country's identity. From the colors to the symbols, each flag is different, conveying the uniqueness of the country's culture and heritage. Many go to the extent of saying that a National Flag is "sacred," holding the greatest significance out all other national symbols.

(Bias Alert) To this Belizean gyal, our flag is truly the best! Sporting the colors red, blue and white, the Belize National Flag is one of only two in the world to have people in them – isn't that special! The love for my little jewel surges when I see a flag proudly flown, and I feel a special kind of patriotism when we stand at attention when raised during the singing of our National Anthem – Oh Land of the Free.

There is so much history behind the Belize Flag; years of struggle to obtain independence from under British colonial rule, brave men and women who fought and are now National Heroes and countless hopes and dreams for a better society (still yet to be achieved.)

But do you know what each aspect of our flag signifies? If you went to school in Belize, then you probably do, but for those who don't here goes! Belize's flag consists of a white circle bearing the Coat of Arms of Belize in the center of a blue rectangle with red stripes on the top and bottom created by, at the time, Permanent Secretary, Everal Waight, and Chief Education Officer, Ines Sanchez.

In Belize's history, since the time British Honduras (Belize's former name) achieved self-governance, there have been two main political parties; the People's United Party

(PUP) and United Democratic Party (UDP). The colors red (UDP) and the blue (PUP) not only represent these parties but also remind Belizeans that at the end of the day, regardless of political affiliation we must come together as one country.

The meaning behind the Coat of Arms is a bit more complex. The focal point is a shield divided into three sections by a vertical line and an inverted V. Each section within the shield showcases tools of the logging industry, including a paddle and a squaring ax (left division), a saw and beating ax (right division) and a sailing ship (bottom vessel). Proudly standing beside the shield are two woodcutters. The one of the right holding a beating ax while the one on the left is holding a paddle, both of different races, showcasing Belize's cultural diversity. Under the shield lies the country's motto: "*Sub Umbra Floreo*," a Latin phrase meaning "Under the shade, I flourish." This motto encapsulates the importance of Belize's national tree, the Mahogany, which stands tall behind the shield in the Coat of Arms. Finally, the Coat of Arms is surrounded by a wreath of 50 leaves representing 1950, the year Belize's anti-colonial Peoples Committee was formed.

As a Belizean, I can proudly say, wherever I may find myself in the future, I will always look up to our flag and remember the beauty and resilience of our country.



utopian
Luxury Vacation Homes



**Luxury Vacation Rentals
Need Luxury Solutions**
Want to know your home's
full rental potential?

UtopianLVH.com • (501) 610-3566

Second Annual Belize Birding Festival takes flight in October

By Tamara Sniffin



What makes Belize such a great place for birding? With more than 584 resident and migratory birds throughout our compact county, along with the gorgeously diverse habitats they call home or frequent, birders are in for a spectacular treat when donning binoculars and camera in search of avian wildlife in Belize. There are dozens of jungle lodges who accommodate the avid to novice birder, and our guides are a wealth of information, not to mention some of the nicest people you'll ever meet!

Any time of year is a good one for birding in Belize, but fall migration assures some very impressive birds. Therefore, it's only apropos that the annual Belize Birding Festival is held in October. This year's two-day festival is scheduled for the weekend on October 19th at the beautiful San Ignacio Resort in San Ignacio, Cayo District. Each year international and local birders flock to this celebration to partake in birding tours, presentations from renowned guest speakers, panel discussions, workshops, exhibition booths hosted by hoteliers, tour operators, birding clubs, and non-profit organizations and enjoy camaraderie with fellow birders and nature lovers. It's a grand weekend for birds of a feather!




Hosted by the Belize Tourism Industry Association in partnership with the Belize Audubon Society and the Belize Hotel Association, this year is the second annual event in response to the overwhelming success of the first one held in Belmopan in 2018. With birdwatching tourism a fast-growing industry and an increasing number of birders traveling to destinations far from home, these organizations strive to promote birding tourism and opportunities in Belize.

Guest speakers this year include Dr. John Fitzpatrick, American ornithologist primarily known for his research work on the South

American avifauna and Director of the Cornell Lab of Ornithology, will discuss How Can Birds Save the World. Dr. Lee Jones, author of the well-known Birds of Belize book, will hold a workshop presentation on the identification of Shorebirds of Belize and Serge Aria, CEO and Founder of Bird Watching Central America, will present on the development and sustainability of bird-based tourist destinations regarding International markets and opportunities for Belize and Central America. These birding experts will also partake in select tours on the morning of the 20th.

Jungle lodges and resorts in the area are offering special rates for the weekend event, and online registration and more information can be found on the Belize Birding Festival website at www.belizebirdingfestival.bz



**For More Information
on Trips and Overnight Charters:**
011-501-610-0226
XsiteBelize@yahoo.com

Halloween 2019: Parties to look out for on Ambergris Caye

When the clock strikes midnight on Wednesday, October 30th, the witching hour is upon us for the freakiest day of the year, Halloween! However, when Halloween falls on a Thursday it doesn't sound like much fun. After all it is a weekday, and the hustle and bustle of the everyday routine might dampen the celebration. So why not celebrate the spooky holiday on any other day of the month? That's exactly what we like to do here in San Pedro Town – party when the time is just right!

Halloween celebrations take place across Belize, each unique to its location, but there isn't a party that can beat our island revelry. For years, San Pedro Town has been THE place to celebrate the night of trickery and everything freaky.

One of the first Halloween parties of the season will be held by one of the island's top beach bars, Crazy Canucks. Their 2019 Halloween Bash will take place on Friday, October 25th coinciding with party hype master (and owner) Rob's birthday! Dust off your best spooky attire, because this will be a rager, complete with a guest DJ, plenty of prizes and giveaways and FREE SHOTS. Rob is planning on starting the Halloween weekend with a bang!



The next date to save is Saturday, October 26th, for Holiday Hotel's annual Halloween extravaganza! Dubbed "Frightful Fete: Ghost of Halloween Past" this will be a celebration of all things Halloween, with a big emphasis on the scary-but-fun tone of the holiday. You will want to bring out your best costumes for this party, as the night will be filled with amazing prizes for those dressed to impress. It all goes down on Saturday, October 26th starting at around 9PM.

Another Halloween fest on the radar is Saga Humane Society's Annual Spooktacular. This fun family friendly event is for island animal lovers who can't wait to dress up their furry friends. Saga's largest fundraising event of the year includes games, raffles and lots to eat and drink. The official date and location are yet to be set, so keep tabs on their Facebook page (www.facebook.com/SagaHumaneSociety).

Halloween 2019 already sounds like loads of fun to me, so time to get started on my costumes! See you there!



By Janelle Cowo

SAN PEDRO'S PREMIUM FUN CLUB + KID DROP-IN CENTER Ages 5-14
Homework help! Afterschool fun! Indoor playground! Gaming! Arts and Crafts! Science experiments! Karaoke and more!
Kidtopia
 Tuesday - Saturday 10am-7pm
 Sunday 12pm-5pm
 unlimited day /weekly options available
 Located at San Cas Plaza - San Pedro Town Phone: 633-2992

September & October Happenings!



September 7th

– Carnival Road March through the principal streets of Belize City, starting at 1PM

September 8th – CONCACAF Nations League Tournament "Belize vs Grenada" at the Isidoro Beaton Stadium, Belmopan City starting at 2PM

September 9th – Tribute to the Baymen at Central Park, San Pedro Town starting at 7PM

September 13th – Masters of the Road at Orange Walk Central Park, Orange Walk Town starting at 3PM

– 18th Annual Sound Fest at Bird's Isle, Belize City starting at 8:30PM



September 14th – Noche Centroamericana at Honorable Louis Sylvester Sporting Complex, San Pedro Town starting at 7PM

– Expo Belize Market Place at the Marion Jones Sports Complex, Belize City starting at 8AM



– Pan Yaad Belmopan Edition at OLOG Primary School Grounds, Belmopan City starting at 7PM

– Art in the Park 10th Anniversary at Corozal Central Park, Corozal Town starting at 5PM

September 15th – Pan Yaad Steel Band Concert at ITVET Grounds, Belize City starting at 6PM

September 16th – Pandey's Music Video Award at Cayo Welcome Center, San Ignacio Town starting at 7PM

September 19th – Banquitas House of Culture Anniversary at Banquitas House of Culture starting at 9AM

September 20th – Independence Eve Block Party at Honorable Louis Sylvester Sporting Complex, San Pedro Town starting at 7PM

September 21st – National Beach Cruiser Cycling Classic starting at Central Park, Punta Gorda Town starting at 3PM

– Official Ceremony and Independence Day Parade starting at Boca del Rio Park, San Pedro Town at 10AM

– Official 21st Independence Ceremony at Independence Plaza, Belmopan City starting at 8AM

October 12th – Bingo Night at Crazy Canucks Beach Bar, San Pedro Town starting at 5PM

October 18th – Family Feud at The Truck Stop, north Ambergris Caye starting at 7PM

October 19th and 20th – Belize Birding Festival at the San Ignacio Hotel, San Ignacio Town (more info at www.belizebirdingfestival.bz)

October 25th – Crazy Canucks Halloween Bash at Crazy Canucks Beach Bar, San Pedro Town starting at 8PM



October 26th – Belize Land Rover Show at Hour Bar, Belize City starting at noon

October 26th – Frightful Fete at Holiday Hotel, San Pedro Town starting at 8PM



BELIZE TOURISM
INDUSTRY
ASSOCIATION



**October
19 – 20, 2019**

**San Ignacio
Resort Hotel**

**San Ignacio,
Cayo, Belize**



Dr. Lee Jones
Author, Birds of Belize



Dr. John Fitzpatrick
Director of Cornell Lab



Serge Arias
CEO, Birdwatching Central America

October 19

- > AM Urban Bird Walk
- > Presentation – How Can Birds Save the World by Dr. John Fitzpatrick
- > Panel Discussion – Birding & Tourism
- > BBF 2019 Cocktail Mixer

October 20

- > AM Urban Bird Walk & Exclusive Birding Tour w/ Guest Speakers
- > Identification of Birds; Shorebirds of Belize Workshop by Dr. Lee Jones
- > Presentation – Development & Sustainability of Bird Based Destinations by Serge Arias

Register Online – www.belizebirdingfestival.bz

Contact Us – info@belizebirdingfestival.bz; +501-227-1144

**MOTMOT
SPONSORS**



The Cornell Lab
of Ornithology

