

From the Editor: Tamara Sniffin

In tourism lingo, this time of year is referred to as the "slow season," when the country sees a drop in visitors after the busy spring and summer months. This trend has somewhat changed since the 2020 pandemic. Although there are fewer travelers from August until mid-November, our numbers now exceed pre-pandemic figures, as more people are free to travel while working virtually. Besides enjoying lower rates at hotels and some amenities during this season, travelers can experience our country's "natural" state, when we working folks just go about our daily lives while loving where we live. Now is when you can get a good feel for Belizean lifestyle and our culture.

September is ram jamming with celebrations, with Saint George's Caye Day on the 10th and the 21st our national independence day. As a young county, "A Nation Proud and Free: Belize at 43," we enthusiastically celebrate this historical day (more like all weekend) with parades, concerts, parties, and street dances boiling with color and excitement. We know how to throw a party, and the more the merrier. Joining in the fun makes you more than a tourist; it makes you a traveler!

October is a tad more sedated until the end of the month when we observe Los Finados/Dia de Los Muertos and Halloween parties bring out the best in creative costumes and fanfare. It is all great fun, but I must admit there's one festival in early October that I love most of all, the annual Belize Birding Festival!

Birding with the rock stars!

(I – r) Dr. Lee Jones, author of Birds of Belize, editor Tamara Sniffin, Dr. John Fitzpatrick, Executive Director of Cornell Lab of Ornithology (1995–2021).



I am shamelessly passionate about Belize's stunning birds, and I adore our exceptional bird guides, brilliant experts, destination lodges, and all my birding brethren, whom I am blessed to know and happy to see at the festival. The guest speakers are world class, and the exhibition booths are engaging and educational. Of course, birding with these rock stars is a real treat! We all speak the same language of loving nature's wild beauty, and I marvel at their passion and knowledge.

Whatever month you visit My Beautiful Belize, rest assured that we are abundant with life-changing experiences and wild adventure. We welcome you!



My name is Wally Nuñez, Mayor of San Pedro Town, and I extend the most heartfelt welcome to the beautiful island of Ambergris Caye.

Our island is your home, and we invite you explore our reefs and natural landscape. We are working every day to enhance the visitor experience and to improve the wellbeing of our communities. We are a proud and resilient people, and we share the beauty of our island with all visitors.

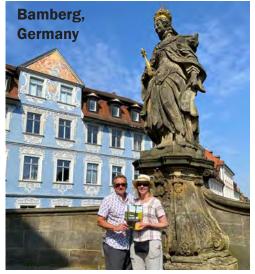
Our greatest priority as a growing community is the safety of all residents. The increase of traffic and service trucks is a conspicuous aspect of our town during peak visitation. We assure all visitors that we are working to improve road safety in a responsible and systematic manner. New and innovative measures are being implemented to alleviate parking spaces and improve the freedom of movement around our island.

We ask all visitors to roam the landscape and be part of our island's prosperity. Our neighborhoods are interconnected better than ever through the gradual expansion of smoother streets. It has created greater opportunities for residents and improved access for all.

Our San Pedro Town Council keeps working to make our island accessible and embracing on each visit. We thank you for the opportunity to be part of your visitor experience and wish you the most memorable and exceptional visit.

About the Cover: Panerrifix Steel Band, based in Belmopan, Belize, was established in 2005. This vibrant and youthful band's primary goal is to please its audiences. You can catch Panerrifix performing at festivals nationwide, including the annual San Pedro Lobster Festival, as shown in the picture.

Where do you Read





Don and Kathy Sniffin, from Longmont, Colorado, USA, read a copy of My Beautiful Belize in front of the Saint Empress Kunigunde statue, a historic landmark, on the Untere Brücke (lower bridge) over the Regnitz River in Bamberg, Germany.

Bamberg was designated a UNESCO World Heritage Site in 1993 for its cultural influence and well-preserved medieval and baroque architecture. Lee and Kathleen Bowen, from Poplar Bluff, Missouri, USA, read the February-April 2024 issue of My Beautiful Belize while enjoying their "Area 51" backyard.

The couple spent "ten wonderful days at Bella Vista Resort on Ambergris Caye" and plan to return next year. "We really enjoyed your magazine to navigate and explore the island and recommended reading to all who visit," they shared.



Have a great picture reading this publication? Send it to us at hello@mybeautifulbelize.com to be featured!



and enjoy the vibrant Caribbean culture!

by Janelle Gonzalez

Some sounds can fill our minds with vivid details of a place as they replay in full color: the gentle waves lapping at the beaches in Hopkins Village, the chirping birds and the whistling breeze in the Mountain Pine Ridge, and, of course, the unique musical tunes that make Belize special.

Many people, including myself, can't live without sound and music. Music speaks a different language to every individual, and music lovers find themselves drawn to the sounds they grew up with. One of my favorite sounds is the rhythmic play of Steel Pans to classic calypso tunes.

The steel pan (also known as steel drums or 'pan') was not just created in Trinidad and Tobago in the 1930s; it was born out of the resilience and creativity of the enslaved Africans brought to the Caribbean in the 1700s. This unique instrument has woven itself into the cultural fabric of the Caribbean, and today, its rhythmic melodies can be heard in most Caribbean destinations.

Empowering youth through music



The music of the steel pan didn't just happen to find its way to Belize; it was brought here with a purpose. A program aimed at helping 'at-risk' youth be productive with their time became the vessel for this musical journey. Spearheaded by the Institute of Creative Arts Music Department, with the support of UNICEF and the guidance of RESTORE BELIZE, this initiative has grown into the dynamic music sensation it is today, inspiring and empowering the youth of Belize.

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Steel Pan Music

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Steel pan music involves talented musicians using straight sticks with rubber tips to play 55-gallon industrial containers once used for chemicals. The music produced is unique and delightful to listen to. Steel pans can play various music genres, from reggae and pop to soca, bachata, and even classical. While it takes skill to play steel pans, it doesn't take years to learn! Some of Belize's best steel pan musicians are primary and secondary school students!

Belize's most popular steel pan bands, the Pantempters Steel Orchestra and Panerrifix Steel Band perform nationwide at local festivals, community events, weddings, and private parties. Many groups also

host Steelband Summer Camps, where young campers can immerse themselves in the steel pan world and learn basic theory and techniques to foster their musical talent.

The reverberations of the steel pan instrument is not just a sound. It's a symphony that echoes its rich history, the skill of its makers, and the talent of its players. Its intricate design and the craftsmanship that goes into making it are a tribute to human ingenuity. Whether you're a music lover or not, you can't help but be captivated by the beauty and complexity of the steel pan instrument. So, the next time you hear the sweet sound of a steel pan, take a moment to appreciate its roots and the people who made it possible.

Steel pan music has significantly influenced Belize, and the former Governor General, His Excellency Sir Colville Young, organized an annual steel pan concert called the 'Pan Yaad Concert.' This concert is part of our September Celebrations and has delighted Belizeans since 2009. Held at the House of Culture in Belize City, the concert is full of color, movement, and patriotic spirit. The Pan Yaad Concert adds a lively touch to Belize's September Celebrations, gathering thousands of steel pan enthusiasts and creating an exciting atmosphere. The event showcases the impressive talents of energetic steel pan bands from Belize City and beyond, delivering captivating performances covering various genres, from Soca to Punta and Afrobeat. Pan Yaad is an event that perfectly captures the essence of the mesmerizing steel pan sound cherished by many. This year's Pan Yaad Concert is tentatively scheduled for Saturday, September 14th. So mark your calendars because this is an event you don't want to miss!









Synonymous with Victoria Houses' renowned reputation and accolades for excellence, it is no surprise that La Luna Spa has perfected massage magic.

By Tamara Sniffin

We all have guilty pleasures when we indulge in something that brings us joy and happiness that might not be all that good or healthy for us or even our wallet. We treat ourselves to these personal gifts in moderation, making the "you deserve this" justification even more delicious. I used to think that spoiling myself with a massage was one of these things until I realized that the benefits, physically and mentally, are not a guilty pleasure but part of taking good care of my health.

What are the health benefits of massage therapy?

Ahhhh, you're in a shadowy, quiet space surrounded by tranquil music, candlelight, and soothing scents. The cool sheets feel silky on your bare skin. Once your massage starts, all that tension and stress evaporate through the power of touch.

Once relaxed on the massage table, you can focus on the rhythm of your breath, quieting your mind and letting your thoughts wander. As you immerse yourself in the moment, a sense of mindfulness surrounds you. Your emotions become less active, causing you to become less reactive, allowing you to engage in the current experience.

The touch of your therapist causes an immediate reaction in your brain. When your skin's nerve cells feel pressure, they signal the brain to release feel-good chemicals called endorphins, which boost your mood and give you a natural high. As a result, the stress hormones

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Massage magic at Victoria House continued from Page 5



cortisol and adrenaline decrease, and the overall effect is euphoria and bliss.

If you have real aches or pains, the morphine-like effect from the endorphins will help diminish them by blocking pain signals from the brain. And if your muscles are sore, a good rubdown will help them heal faster. Researchers found that massage decreases the inflammation caused by exercise and increases the occurrence of cell repair.

Many massage professionals use aromatherapy during their treatments by applying fragrant essential oils to your bare skin or waving the scent below your nose. These oils complement the therapist's soothing touch. Not only do they smell good, but they also stimulate specific brain activity. Lavender is one of the most familiar oils that promote relaxation and sleepiness.

During the massage, you can feel the tension leaving your muscles. The pressure from the therapist's hand movements improves your circulation by moving blood more efficiently and releasing cell waste faster than your body does naturally. Your mind gets benefits as well. Researchers have found that a 15-minute rubdown can help you think more clearly and improve your alertness. Imagine what an hour or more would do?! La Luna Spa at Victoria House Resort on Ambergris Caye ticks all the above and more!

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La Luna Spa at Victoria House Resort ~ Signature Treatment; 1:45 hours of luxurious rejuvenation

You know you're somewhere special the moment you enter the gorgeous property at Victoria House Resort. The manicured landscape unfolds with a lush green lawn canopied with vibrant Royal Poinciana trees and dotted with majestic palm trees adorned with blooming orchids. Flowering bougainvillea decorate the garden, hibiscus, and ixora hedges accent the pathways, and tropical birds warm your welcome.

The sense of serenity elevates within the embrace of La Luna Spa, where my glowing therapist, Ms. Alma, welcomes me with a warm smile at the inviting reception area. I'm invited to the changing room, where fresh flowers accent the pleasant ambiance. Lockers for your personal items are available, and a soft robe awaits. Already feeling like a queen wrapped in my satiny wrap, Alama takes me to the massage room, where the subtle lighting and dreamy music laced with classical guitar set the stage.

My treatment begins with a granulated sugar and coconut oil body scrub. Alama works the exfoliating texture over my tired skin, bringing back tingly life and radiance. I breathe in the faint aroma of sweet coconut and slowly sink into the well of relaxation. Half an hour later, wrapped in a towel, Alma escorts through French doors to the outdoor shower directly off the room.



The fenced, private area hosts a handful of showers, each with a wraparound privacy curtain. Bathing amenities, including shampoo, conditioner, custom-made oatmeal soap, a fluffy towel, and my robe, are thoughtfully placed at my ready. Under the soothing stream of the rain shower, my view above sparkles with glowing flamboyant trees, popping with radiant flame-colored flowers within feathered boughs of verdant green. The sky, almost as blue as

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the Caribbean Sea, is graced with Magnificent Frigatebirds soaring thermals, and I can hear the Great Kiskadee bird owning its name, vocalizing a loud, slow "kiss-ka-dee!" What's not to love about an outdoor shower?

After rinsing away the sugar scrub, my skin flutters with renewed energy and anticipation; there's more to come! Once I towel dry and get back into my creamy robe, Alma returns me to the therapy room for a massage. Smooth, hot rocks radiating heat glide on velvety massage cream as Alma skillfully works her magic. From your little toe to the top of your ears, face, and scalp, just the right amount of pressure gently persuades your resistant muscles into blissful surrender. Occasionally, waves of herbal aromas float below my nose, fusing my senses into the full-body experience. Time seems suspended during this melding of the body and soul; no matter how satiated I am, I always want more of this heaven on Earth! At the end of my treatment, I feel like I'm floating on air and ever so grateful to Ms. Alma for her magical touch.

If you want the ultimate tropical experience, you can also enjoy your massage on their picture-perfect beach, where the open air, Caribbean breeze, and swaying palms accentuate the moment. Have a different venue in mind? They also provide outcall spa services to your Victoria House guestroom, home, office, or special location on the island.

La Luna Spa offers more than 36 treatments, ranging from various therapeutic massages, facials, body treatments, wraps, grooming, facials, waxing, and more. They even offer treatments for youngsters or romantic couples pampering. Are you celebrating a special occasion? Bride, bridal parties, and even expectant mothers get the royal touch, providing packages designed to suit your specific needs.

For a complete menu of treatments offered, please visit https://www.victoria-house.com/la-luna-spa-belize/spa-menu/





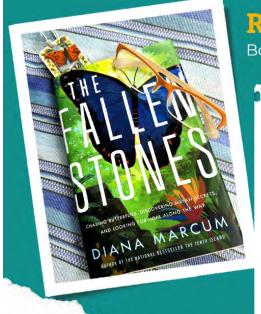












READING READY

Books about Belize for all ages

By Tamara Sniffin

Before traveling to Belize or while you are here, reading is a great way to engage in the wonders of all things Belize. There's something to read for all ages, and for young travelers, reading is a great way to introduce them to a new culture and excite them for their next adventure. There are countless books to recommend, but here are a couple we have enjoyed. Be you on a plane headed to Belize or enjoying beachside relaxation with a good book, through the pages, you are sure to be entertained while discovering an appreciation for our unique country and culture.

Young Readers: 5-minute Baby Animal Stories

National Geographic Kids, Ages 6 – 8 years

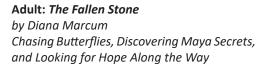
This big book is illustrated with colorful photographs and features 12 heartwarming true tales about some of the most adorable little critters on the planet.

Two of Belize's most charismatic creatures, the jaguar and the manatee are featured, including the tale of how National Geographic Explorer Jamal Galves AKA Manatee Man in Belize saved a baby manatee. Did you know a newborn manatee weighs 60 pounds?! His inspiring story tells of how this young man now dedicates his life to saving this endangered species.

The jaguar is the national animal of Belize and has been revered by Maya heritage for centuries. In this enchanting book youngsters learn about the first two

years in the life of a baby jaguar. Unlike manatees, baby jaguars weigh less than two pounds when they are born!

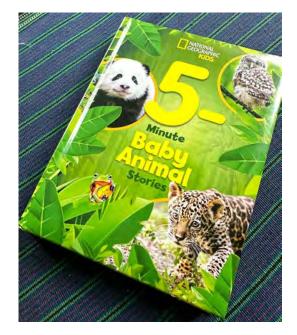
Engaging young readers in the wonder of Belizean creatures is a great way to prepare them for an exciting trip. Each story is the ideal length to be read aloud in five minutes, perfect for bedtime, story time, or anytime.



While vacationing at Hickatee Cottages near Punta Gorda Town in the southern district of Belize, journalist/reporter Diana Marcum and her newish boyfriend "Moody," seem to be on a rocky road. Fate takes a turn when they visit a nearby wildlife sanctuary supported by the international live butterfly trade at the unique

Fallen Stones Butterfly Farm. Marcum is fascinated and discovers a new-found passion for butterflies and the unique process of the trade. After meeting co-founder and owner Clive Farrell, a British millionaire whose childhood passion created the industry, she takes a year off from work (just before the 2020 pandemic) to write about the butterfly farm while living on the property.

Perched on a hill overlooking the Columbia Forest Reserve, Fallen Stones Butterfly Farm is beyond the Maya site of Lubaantun, which



EXPLORING THE ADVANTAGES OF INTERNATIONAL LENDING AND HOW YOU GAN BENEFIT



LUIGI WEWEGE PRESIDENT - CAYE INTERNATIONAL BANK

Part of your strategy for maximizing the use of your offshore accounts is to make the most of all the available financial services. That includes looking into options for offshore lending. Incorporating offshore lending into your financial strategy can serve various purposes, such as financing the acquisition of real estate, including condominiums, properties with existing buildings, and funding for construction projects.

Unlike domestic banks, which often show reluctance in financing properties located outside their home countries, Offshore banks can do so more easily, not to mention that there are benefits that can come your way by using financing opportunities through your offshore bank or institution.

Here are some of the advantages to consider before you make any decisions about where to finance your project.

Favorable Banking Laws and Policies

International banking regulations and laws do vary from one nation to another. You can use that to your advantage by learning more about banking laws in any nation where you want to set up international bank accounts. As you look over those laws and regulations, make sure you understand how they apply to non-citizens or even to expats who may choose to retire in those nations.

Dig a little deeper and look at the policies that specific international banks have in place. While all policies must comply with banking laws and regulations in that nation, there may still be some flexibility in how they are applied. Your goal is to understand how the laws and policies in each nation might be more favorable than what domestic lending would provide.

Tax Breaks Not Available in Home Country

The issue of taxes is always something you want to consider, even with international loans or mortgages. You already know what to expect from the tax structure at home. What remains to be determined is the type of tax obligation you would assume by using international financing.

As with banking laws and policies, tax laws vary between nations. You may find that you owe little to no tax on that international loan. There may or may not be an annual fee due by specific dates of the year. Identify all taxes and fees that would apply in a particular nation and compare the resulting figure to any annual tax obligation at home. You're likely to find that international lending would result in less of an obligation.



Finance in a More Conducive Political and Economic Climate

In today's world, it's impossible to ignore the political and economic activity taking place in different nations. What happens in some nations exerts significant influence in other parts of the world. Keeping that in mind, you may find that what's currently happening at home has a minimal impact on the economy or the political status in the nations where you have based your offshore accounts.

In other words, you may find that opting for international lending would allow you to enjoy a more stable setting regarding political issues and even the state of the economy. Notice what's happening now and the projections for the next decade or so. Back that up by looking at how the nation fared in years past. Basing your lending activity within that country may be more than a practical financing decision; it might give you more peace of mind.

The team at Caye International Bank can help you explore these options and come up with a plan that's to your advantage. Contact the Caye team today and learn more about what international lending can do for you. Contact the team by email at services@cayebank.bz.

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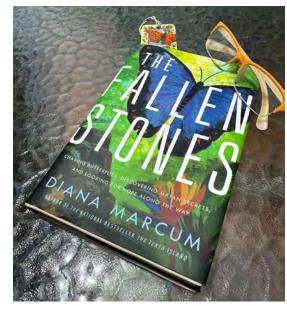
Books about Belize continued from Page 8

inspired the farm's name, "Place of Fallen Stones." The couple hesitates about moving into an abandoned house on the compound where bats and other unsavory jungle critters have taken up residence. They are pleasantly relieved when they arrive at a tidy home where the farm staff have worked their magic.

Over the following months, Marcum learns the painstaking process of rearing the butterflies, from matching them with their host plant to cultivating the pupae

to packing them for global export. She is enchanted by the softspoken and insightful Maya staff from the nearby San Pedro Columbia village, who befriends the couple and even share a part of village life with them. They enthusiastically explore the surrounding areas and the jungle, teaming with breathtaking, colorful flora, toucans, and stunning waterfalls, each day providing a new, humbling adventure.

This sincere and enlightening story of discovering a new world far from the reality



of one in turmoil celebrates nature's resilience and beauty, the commonality of humanity, and the metamorphosis of life. You'll never look at a butterfly the same way!

- * Diana Marcum is a national best-selling author of several books. A feature writer for the Los Angeles Times, she won the Pulitzer Prize in 2015 for her narrative portraits of farmers, field workers, and others in the drought-stricken towns of California's Central Valley.
- * Only guests of the award-winning Hickatee Cottages, located 1.5 miles from Punta Gorda Town in the southern district of Toledo, can experience the Fallen Stones Butterfly Ranch, which is not open to the public. Visits are subject to the butterfly shipping schedules, availability, and good weather conditions. https://www.hickatee.com/belize-butterflies
- * The Fallen Stones Butterfly Ranch Limited launched its pupae breeding facility in 1991. The operation maintains a weekly breeding count of approximately 4,500 pupae for 14-18 local species. Fallen Stones exports 125,500 pupae yearly from Belize to supply butterfly displays worldwide.







North Ambergris Caye



Maruba Beach Klub - Shhhh... Tell everyone not to tell anyone about Secret Beach. Open daily, 9AM - 5PM; Tel: +501-610-3779. E-mail: marubasecretbeach@gmail.com



Happy Island Beach Bar & Grill - Secret Beach's only two-time winner for Lobster Fest 2023! Locally owned and operated, offering a casual upbeat atmosphere, the finest cocktails, and a tasty menu...try our ceviche! Open 9AM to 6PM daily with live music on Sundays. Facebook

@ Happy Island Beach Bar and Grill

Moon Bar at Mangata Villas - Your ultimate beach bar destination! Adults-only (18+), strong drinks, gourmet pizza, and excellent service! Relax on the beach in complimentary lounge chairs and hammocks. Free use of kayaks, SUPs, and swimming pool. Golf cart drive-in movie every

Important Information

Friday. Open daily 12PM to 9PM at Mangata Villas. 501-610-8953.

AA Meetings: Monday – Saturday, 6PM, #5 Boca Del Rio. 226-2020. Every Tuesday & Friday, 12 noon at the Catholic parish hall. Front street, 630-0752.

ACES Wildlife Rescue: Don't take matters into your own hands. Call 623-7920 for wildlife conflicts and rescue.

Al-Anon Meetings: Wednesdays, 5:30PM, SP Catholic Church Hall islabonitaalanon@yahoo.com

Ambergris Caye Masonic Lodge: ambergriscayemasoniclodge@gmail. com 672-2265

Belize Hotel Association: 223-0669, bha@btl.net

Belize Tourism Board: 227-2419

Belize Tourism Industry Association (BTIA): 227-5717 **Dr. Otto Rodriguez San Pedro Poly-Clinic II:** 226-2536

Emergency Veterinarian care: 610-3647

Hope Haven: 226-2333

Island Emergency Services: Certified medical emergency service. Call

615-2998

Narcotics Anonymous: By request at 623-0316.

National Aids Commission Island Committee (NACIC): HIV Testing/Treatment/Stigma and Discrimination and Pre and Post Test Counseling. 650-7021.

Rotary Club of Ambergris Caye: Join Rotary at our weekly meetings Wednesdays at noon at THE FACTORY. Find us on Facebook!

RRR Response: Emergency response team Call 627-1117

Saga Society: A non-profit "humane society" to address the stray cat and

dog population in San Pedro. Phone 226-3266. San Pedro Police Department: 206-2022 San Pedro Fire Department: 206-2372

San Pedro Tourist Guide Association: 226-2391

SP Post Office: 206-2260. **SP Town Library:** 206-2028





Elvi's Kitchen – The most famous kitchen in San Pedro! This award-winning restaurant serves Belizean, International, Mexican, Caribbean and seafood cuisine with vegetarian, vegan, and gluten-free options. Open Monday – Saturday, 11am – 9:30pm. Phone:+501 226-2404 +501 226-2176.

E-mails: reservations@elviskitchen.com | info@elviskitchen.com



Gaby's Place - Discover the best in fashion and accessories at our clothing store on Pescador Drive! explore an array of selection of clothing, perfumes, purses, jewelry, and more. Call 6106562 or visit us today! Follow us on insta/fb for more info.

Paradice Cream - Paradice Cream Parlor offers its customers a variety of over 30 flavors of homemade ice cream. Open Daily, 11am - 9:30pm; TEL: 501-226-5959





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Tiburon Rum - Tiburon rum is a hand-crafted, aged, premium rum. Our family-owned distillery is near the shores of the Caribbean Sea in Belize. Visit our tasting room in San Pedro! Web: http://WWW.TIBURONRUM.COM/. E-mail:

basil@sharkbaitco.com



Nestled in the heart of San Pedro Town, **Havana Cigars Bar** offers a selection of fine handmade cigars. Walk-in humidor stocks some of the finest premium cigars from Cuba, Central America, and the Caribbean. Open Tuesday thru Saturday noon to midnight; Tel: 501-632-2538



Toucan Iggy's - Dive into flavor at Toucan Iggy! Shaved ice, mouthwatering waffles with chicken, refreshing smoothies, and The Famous Nick McMuffin Sandwich available 7am-10am. New specials weekly! Spindrift Hotel on Front Street. Toucan Iggy's Belize @Facebook

and Instagram. 7am – 5pm.



El Fogon Restaurant - "The Firehearth," specializing in authentic Belizean cuisine. Our menu consists of a diverse selection of dishes that represent our Belizean culture. Follow us on Instagram and Facebook at @ elfogonbelize. Tel +501-673-2121.



Jambel Jerk Pit - Experience Caribbean and Belizean dining in an open-door atmosphere overlooking the Belize Barrier Reef. This restaurant offers a fusion of Belize's signature flavors with the perfect blend of Jamaican Cuisine. For reservations, contact +501-610-7844.

Traveller's Liquors - Travellers offer a diverse range of quality products for all tastes, locally and internationally. Open Monday to Friday from 9am - midday, 1pm - 6 pm, and Saturday from 10am to 3pm; TEL: 501-670-4690





REEL Belize - Discover unparalleled fly-fishing experiences at REEL BELIZE Fly Shop in San Pedro. Open Monday to Saturday. Expert guides, top-notch gear, and breathtaking Belizean water awaits. www. reelbelize.com Call/WhatsApp: +501-610-5182







SP BTIA Tourism Information Center – Hosted by the Belize Tourism Industry Association San Pedro Chapter, providing information on all things tourism on Ambergris Caye and beyond. On Almond Street, next to the Artisan Market. https://www.facebook.com/spbtiatic/for hours.

Nauti Crab - Located at Seven Seas Resort, Boca Del Rio. Open Monday to Saturday, 11:30am-11pm, Sunday 9am (for brunch) - 11pm . WhatsApp/phone: 501-670-8001. nauticrabbelize@gmail.com. Check our Facebook or Instagram for daily activities.





The Cork & Cooperage - The only Wine and Bourbon Bar in San Pedro focusing on premium, current vintage, New World Wines and Spirits. Two locations - Reef Lofts on Coconut Drive and Pescador Drive across from Caramba in center of town, facebook,

Avis Cart Rentals - Offering a top-notch rental experience from online booking to the newest golf carts on the island. Customize features and some of the lowest pricing together to provide you with



great rentals for that special vacation in Belize. Contact +501-226-4422 or +501-627-5257

com/corkandcooperage

Palapa Bar and Grill - Belize's original over-the-water beach bar. Float in our innertubes, enjoy the sundeck, and savor delicious food and cocktails. Live music daily. Open daily from 10 am - 11 pm; TEL: 501-615-8811





D'family Cafe - D'family Cafe is a family-owned restaurant in the Boca Del Rio Area. We are open for breakfast, lunch, and dinner serving local favorites. Call or Whatsapp us at 626-9636 or 605-9490 or visit our FB page

Cool Beans - Let us be part of your itinerary list when visiting Ambergris Caye, Belize. We are located over the water at the Dream catcher pier, serving breakfast and lunch all day from Monday to Saturday. Don't forget to join us every Wednesday for our famous sushi night. Ph: 620-3810





The High Seas - Be at ease in Belize at The High Seas! An over-the-water bar and grill serving breakfast, lunch, and dinner. Put your feet up, take a refreshing swim, and enjoy the view while we put a cold drink in your hand.

RRR (Rickilee Response and Rescue) - A charitable organization created to assist Ambergris Caye in emergency response and rescue. A volunteer-based emergency re-SPONSE sponse system provides emergency response for water, land, and medical emergencies. Have an Emergency? Call



Wayo's Beach Bar - "All Roads Lead to Wayo's-Open 8 Days a Week" 11am to midnight at our over the water location. Nightly events-live music, DJs & games. Cool cocktails, amazing eats & the friendliest crew in Boca,

walk in a stranger leave as family-Wayo Not? Tel +501-614-8271

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Best Western Grand Baymen Gardens Resort, Ambergris Caye, - Offering a serene, tropical escape. This rare find boasts lush gardens, scenic views, and is an ideal location for vacation or a rental property.

https://www.grandbaymen.com

The Galleon Building - at the Best Western Grand Baymen Gardens is the 6th building in queue featuring 5-stories, and stunning garden views of the compound. The Galleon building will feature a rooftop bar with stunning 360-degree views of the beautiful island of Ambergris Caye.



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Black and White Garifuna Restaurant - Experience the essence of Garifuna Belizean cuisine at our authentic eatery. Discover cultural treasures at our gift shop. Join Julia's Garifuna cooking class and indulge in homemade sweets and medicinal herbs. Reserve your spot at 6052895.



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Hidden Treasure – Tucked away on a back street in the Escalante residential neighborhood south of San Pedro Town, discover fine dining in a rustic yet elegant and romantic setting. Specializing in Latin American and #dden Treasure Caribbean Cuisine. Opening Wednesday through Monday from 5pm - 9pm; TEL: 501-226-4111



The Palmilla Restaurant at Victoria House - Romantic VICTORIA HOUSE and comfortable ambiance, serving a unique mix of island seafood and continental cuisine. Admiral Nelson Bar is

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Calendar of Events

August



9th Annual Yellow Ginger Festival::

August 17th at the Punta Gorda Town Welcome Center on George Price Street. The vibrant southern community is thrilled to invite you to a celebration that brings together Belize's rich cultural heritage, traditions, and natural beauty.

September

Noche Centroamericana:

September 14th at Honorable Louis Sylvestre Sporting Complex (tentative). The independence celebrations of the Central American communities of Nicaragua, El Salvador, Honduras, Guatemala, and Mexico to showcase each country's

Carnival Road March: September 7th at

culture, food, and music.

Memorial Park - It's that time of the year when revellers bring creativity to life during one of Belize's most festive parades.

Belize Soca and Culture Festival:



September 20th at Belize Civic Center - Providing an epic experience of Soca and Belizean Music.

Independence Day Eve Celebrations:

On September 20th, at Honorable Louis Sylvestre Sporting Complex (as well as major parks in each municipality across the country) - Belizeans gather nationwide to participate in the Flag-Raising Ceremony and fireworks display to celebrate Independence Day.

Independence Day:



September 21st - Across the country, the main streets of each town are flooded with onlookers as they celebrate Belize's Independence Day with a colorful and lively parade and festive entertainment.

October

Belize Birding Festival:

October 5th - Countryside Park, Spanish Lookout, Cayo District - Did you know Belize has 585 bird species? This annual festival includes birdwatching tours, workshops, presentations, exhibitions,



bird-friendly destinations, products, and services.

www.facebook.com/belizebirdingfestival

TIDE Conservation Festival: October 11th to 13th - A weekend dedicated to raising awareness about environmental issues, celebrating our environment and natural resources, and showcasing marine preservation efforts in the Toledo District! More information at www.tidebelize.org/fish-fest

Saga Halloween Spooktacular:

(tentative) October 27th, venue TBA - There will be a Silent Auction, Pet Costume Contest, Raffles for great prizes, face painting, a Saga Store, and delicious treats and eats!

Holiday Halloween Bash:

(tentative) October 26th at La San Pedrana Restaurant and Bar - the best Halloween Party in the country! Costume contest with great cash and gift prizes! Music, dancing, and entertainment all night until morning!

For more details on these events, visit our My Beautiful Belize Calendar of Events at https://mybeautifulbelize.com/events/



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From storybooks to reality in Belize!

There's nothing more exciting than experiencing wildlife in Belize, especially if you've just read or are reading about it! Here are a few ways to safely and respectfully get up close and personal with our wild royalty.

By Tamara Sniffin

Manatees

If you are staying on the cayes or the mainland near or on the coast, chances are there are local tour operators who offer manatee watching. Most tours provide watching from a boat (the best option when with children), but some include snorkeling or diving in the same area.

Swallow Caye Wildlife Sanctuary

Three protected manatee areas exist - the Northern Lagoon, the Swallow Caye Wildlife Sanctuary, and the Gales Point Manatee Wildlife Sanctuary. The manatees in Belize can be spotted all year long,

but there are some essential safety protocols always to remember:



Touch the manatees Feed or give water to manatees Speed up once nearing the river Chase after manatees with a boat Corner a manatee

Separate a manatee from its calf

Do:

Obey the signs Slow down when nearing the river Anchor the boat Shut off the engine Be patient and quiet

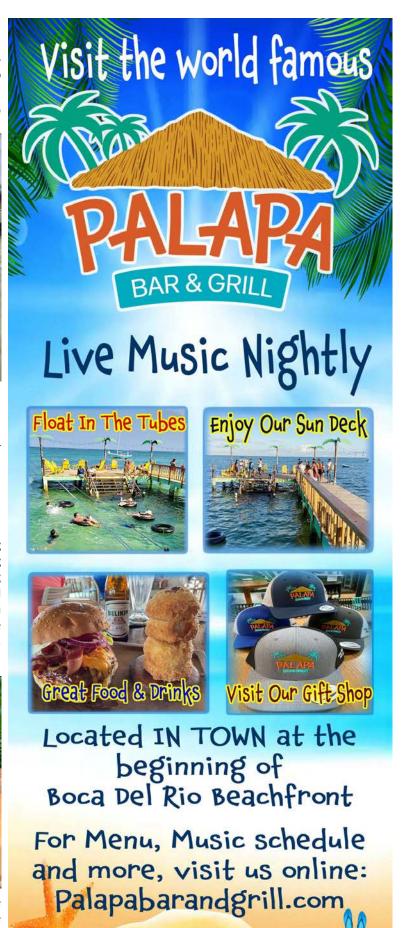


The chances of seeing a jaguar in Belize are low because these big cats are shy, stealthy, and solitary animals that rarely appear during the day. Some say the odds of seeing a jaguar are 17,000 to 1. Spotting one is a rarity, even in protected areas where the jaguar is alive and well. You can increase your chances by visiting during the dry season (February–May), using a knowledgeable guide, and staying at a jungle resort like Chan Chich Lodge, which is well known for its jaguar habitat. As you know, there are never guarantees when seeing wildlife!



Known as the "Best Little Zoo in the World," here you can easily see many of the country's magnificent mammals in a natural setting; there are almost 20 species represented, including the elusive jaguar. Rarely seen in the wild, you can admire these majestic cats right here. The Belize Zoo offers a variety of unique tours and life-changing encounters with their wonderful wildlife, including a night tour and feeding the jaguar! https://shorturl.at/qeaqy

Continued on Page 17



www.facebook.com/PalapaBarBelize

@PalapaBarBelize

From storybooks to reality continued from Page 16

Butterflies

Belize is home to an estimated 700 butterfly species, many of which are found in the inland rainforests. Although exploring the gorgeous jungles of Belize with one of our talented guides is an unforgettable experience, you may not be up to the challenge. Fortunately, Belize is home to several butterfly farms. These farms are family-friendly and a great way to enjoy a wide range of colorful butterflies in all stages of growth, including one of Belize's most famous butterfly species, the Blue Morpho.

Green Hills Butterfly Ranch

Located in Mountain Pine Ridge in the Cayo District of Belize, it is the largest live butterfly display in Belize. Visitors can also enjoy the gift shop and outside picnic area. Open daily, 9AM-4PM. https://www.greenhillsbelize.com/







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The Blue Morpho Butterfly Farm at Chaa Creek

Located at Chaa Creek Resort, just a short drive from San Ignacio Town in the Cayo District. Open daily, 8AM to 5PM. Guided tours are offered in conjunction with the Natural History Centre tours and begin on the hour every hour, with the last tour starting at 4PM. https://www.chaacreek.com/ belize-tours/butterfly-farm-tour



The Trek Stop / Tropical Wings Nature Center

Located at 71.5 Western Highway, San Jose Succotz, in the Cayo District. Open daily from 7AM -8PM. Budget lodging facilities, Tropical Wings Nature Center, a butterfly enclosure, a disc golf course, and a restaurant. https://www.facebook.com/TrekStop-**TropicalWings**

Fallen Stones Butterfly Farm

Located near Punta Gorda in the Toledo District of southern Belize. Visits to the Fallen Stones Butterfly Farm are only available for guests at the onsite Hickatee Cottages. https://www.hickatee.com/ belize-butterflies





It's that time of the year when all Belizeans are ready to jump up and wave our flag with pride. We are eagerly counting down to the start of our September Celebrations 2024!

September is a month filled with holidays and celebrations in Belize. The festivities hold a deep historical significance, commemorating the Battle of St. George Caye on September 10th and the momentous Independence Day on September 21st. We celebrate carnival style with parades, vibrant costumes, dancing, music, and lively revelry, all in honor of our rich history.

In Belize, it is a tradition to start celebrations as early as the end of August, leading up to the first national holiday on St. George's Caye Day and continuing into Independence Day. This year's celebration theme is 'A Nation Proud and Free: Belize@43', marking our 43rd Anniversary of Independence, a significant milestone in our nation's history.

Continued on Page 19





The weekend before St. George's Caye Day marks the official start of main celebratory events, featuring J'ouvert and the Carnival Road March scheduled for Saturday, September 7. As Carnival Day dawns, the streets of the old capital, Belize City, come alive with music, laughter, and the unity of locals gathering to celebrate. J'ouvert captures the spirit of Caribbean celebration with soca, calypso, reggae, and even punta rhythms. The Carnival Road March starts after noon and showcases vibrant costumes and lively music, highlighting months of work and dedication by talented Belizean artists and artisans.

On September 10th, we officially celebrate St. George's Caye Day, which marks the heroic victory of British settlers, buccaneers, and enslaved people over the Spaniards who tried to occupy Belize. This day is celebrated as a public and bank holiday in Belize, with many

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activities planned across the country to commemorate this historical event, including sporting competitions, uniform parades, concerts, and food festivals.



On September 21, 1981, Belize became an independent nation, and each year, Belizeans gather throughout the country (and worldwide) to celebrate their independence, history, culture, people, and beautiful nation. The eve of Independence Day is marked by a 21-gun salute, midnight fireworks shows, and live concerts across the country, bringing families together for a vibrant celebration. On Independence Day, September 21, parades fill cities and towns with a colorful mosaic of people, lively floats, exquisitely costumed revelers, and pulsating music. It's a time when everyone, from businesses to schools to law enforcement officers, joins the festivities with their colorful floats, uniting with the community in joyful celebration.

September is a great time to visit Belize and experience the vibrant local culture. Each municipality across the country hosts various events during the celebrations, and San Pedro Town is no exception.





COME AND VISIT OUR TASTING ROOMS IN SAN PEDRO & PLACENCIA VILLAGE

The Tiburon Tasting Rooms

Tiburon Rum's Tasting Room is a must-see. Come visit us at Placencia Village or San Pedro for an exclusive rum tasting with our friendly and knowledgeable staff. Or simply pop in for a t-shirt and some rum to go.

Placencia Village Open everyday from 10am – 7pm

San Pedro Open everyday from 10am-7pm



Whether you're a seasoned birder or just curious about the wonders of birdwatching, this event promises something for everyone.

Did you know Belize has 585 bird species? The Belize Birding Festival celebrates our unique avian treasures with an annual event honoring our diverse and rich birdlife, attracting bird watchers, nature enthusiasts, and ornithologists worldwide. The festival typically takes place in October, and this year, the highly anticipated event will be held on October 5th at the Countryside Park in Spanish Lookout, Cayo District.



Engaging Presentations and Exhibitions:

Attendees will be treated to a series of fascinating presentations by renowned birding experts. Learn about the diverse avian species of Belize, their habitats, and the importance of conservation efforts. An onsite exhibition will feature properties offering bird-friendly destinations and vendors with products and services.



Interactive Workshops:

Participate in various workshops designed to enhance your birdwatching experience. These sessions will offer valuable insights and tips for birders of all levels.

Special Attractions for Families:

This year's festival will include activities aimed at delighting young bird enthusiasts and helping them learn more about our feathered friends.

Food and Refreshments:

Visitors will enjoy a variety of delicious local foods and drinks available throughout the event.



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Belize: (+501) 226-3569 Cell: 625-9043 (Whatsapp) Email: georgetown@btl.net Additionally, plans to add a second day of guided birding tours throughout the beautiful Cayo District are underway. Participants will be able to observe various birds in their natural environments, guided by knowledgeable tour leaders who will share insights and tips for birdwatching.

About the Belize Birding Festival:

The first Belize Birding Festival was held in October 2018 in the capital city of Belmopan, where guest speakers included Oliver Komar, an ornithologist, author, and professor at Zamora University in Honduras, and international bird photographer Jason Tiesman. The two-day event included an urban bird watch, a guided bird walk at St. Herman's Blue Hole National Park, a vendors exhibition, wrapping up with a cocktail party.

The 2019 Birding Festival took place in San Ignacio, featuring presentations by Dr. Lee Jones, author of Birds of Belize, Dr. John Fitzpatrick, executive director of Cornell Lab of Ornithology (1995–2021), and Serge Arias, CEO of Birdwatching Central America stationed in Costa Rica. Over two days, participants enjoyed an urban bird walk, cocktail mixer, vendor exhibit, and an exclusive birding tour with the esteemed guest speakers.

Unfortunately, the 2020 pandemic put a two-year pause on the annual Belize Birding Festival, with the third event returning in October 2023. The long-anticipated festival was held at the Old Belize Jungle Pavilion outside Belize City. The one-day offered an urban bird walk, workshops, panel discussions, networking, and guest speaker Katinka Domen, American Birding Association's travel and events coordinator, bird guide, and travel writer. Bird guide Jesus Antonia Moo Yam led a workshop on wildlife photography, and Abidas Ash, an avian biologist, shared her work with the MOSI: Monitoring Neotropical Migrants bird banding program. The day concluded with a cocktail reception.

The Belize Birding Festival is organized by the Belize Audubon Society, Belize Hotel Association, Belize Tourism Industry Association (BTIA), Belize Tourism Board, and local bird experts.

For more information and updates, please visit www.facebook.com/belizebirdingfestival



LOS FINADOS

cultural belief in life after death

For many of our North American friends, October is synonymous with the arrival of fall, the excitement of costumes for the big Halloween party, and a fun night of trick-or-treating. However, for the Mestizo community in northern and western Belize, October is when we come together for the traditional celebration of 'Los Finados.' This celebration honors loved ones who have departed to the other world and is a time of unity and shared remembrance.

Los Finados (also called Dia de los Muertos or Hanal Pixan) is the religious commemoration of the visit of the faithfully departed souls to their homes. The tradition extends to November 1st, which embraces departed infants and young children, called Dia de los Angelitos. November 2nd is Dia de los Muertos, which honors adults who have died. Each night, altars or tables are arranged with the deceased's favorite foods, treats, and beverages as the rising steam from the foods is believed to invoke their spirits.

This tradition of remembering and honoring the dead, which stems from the Maya belief in life after death, is a testament to the continuity of our culture. This culture is still practiced in Belize and has become a popular event. This tradition is mainly celebrated in the Corozal and Orange Walk District and certain areas of the Cayo District, like Benque Viejo Del Carmen. However, practitioners of the Roman Catholic faith in San Pedro also observe this tradition.

In Maya-Mestizo culture, it is believed that the deceased can visit the living in October. This belief in the afterlife is deeply rooted in the Maya culture, which is why the living holds a farewell party called 'Los Finados' (roughly translates to 'the final') to mark the end of the visit. Homes feature decorated altars with candles to guide the spirits back to the underworld and photos of departed loved ones. Traditional offerings such as atole (a corn porridge), tamales, relleno negro, and the deceased's favorite foods are placed on the altar. Items like rum or cigarettes, if enjoyed by the departed, are also presented as a symbolic gesture. A procession from the church or home to the cemetery takes place. Wreaths and candles are laid, and the prepared food is presented to guide the souls back to the cemetery.

Celebrating death is an integral part of the Belizean culture, rooted in tradition and love for family. The 'Los Finados' celebration is a personal remembrance and a communal event that brings people together to honor their departed loved ones.









In San Pedro Town, Halloween is a time for lighthearted fun with trick-or-treating and themed parties. One of the most enjoyable events is Saga's Halloween Spooktacular, a fundraising event for San Pedro's local Humane Society. The event features a Halloween pet costume contest and party that the whole family can enjoy while supporting the island's most vulnerable animals. Saga's Halloween Spooktacular Party takes place on the last Sunday of October. For more details, visit www.facebook.com/SagaHumaneSociety/.

Island bars also hold Halloween parties, where people showcase their creativity and have great fun wearing elaborate costumes. The biggest party, undoubtedly, is the iconic Holiday Hotel Halloween Bash. It takes place on the Saturday closest to October 31st and is held at its restaurant, La San Pedrana. The anticipated event is considered the largest in the country, featuring islanders and visitors dressed in various creative costumes that will surely inspire your next Halloween look.







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