

THE SAN PEDRO SUN VISITOR GUIDE



November 3, 2005

FREE

The Island Newspaper
Ambergris Caye, Belize
Central America

***Relive History - November 19th is
Garifuna Settlement Day!**



The re-enactment of the arrival of the Garifuna to Belize during the celebration of Garifuna Settlement Day on November 19th.

***Visit Old Belize**



Visit the Old Sugar and Saw Mills; Rain Forest and Caves Re-creation; a Mayan Temple Re-creation; as well as the Homes of Early Dwellers at the Old Belize Museum.

***Pink Birds - The Roseate Spoonbill**



The Roseate Spoonbill is most commonly found along the Gulf of Mexico and Central and South America. It thrives in marshes, tidal ponds, rivers, lagoons, sloughs and mangrove swamps. During the rainy season they can be spotted on Ambergris Caye, wading in flooded lots. The greatest threat to the Roseate Spoonbill is mankind. Lots of wetland is being drained for mosquito control and real estate development, which leads to habitat loss. Early in the century their numbers were severely depleted by plume hunters, but with protective laws they have increased once again.

***Azul Resort - One
of the Season's Best
Holiday Getaways!**

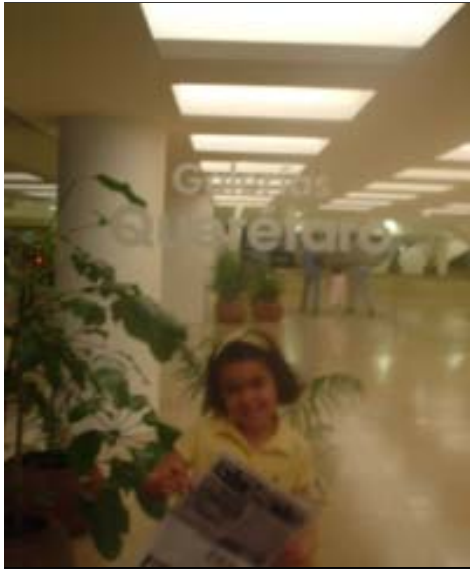
According to Travel + Leisure, Azul Resort is one of the best five beach getaways for the winter season/holidays.



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Where did you read your San Pedro Sun?



Where did you take your *San Pedro Sun* & *Visitor Guide*? Take a photo of you and the paper and send it to us at: spsun@sanpedrosun.net.

This picture was taken on October 16th, 2005. Naomi Kirey Halliday celebrated her birthday on that day. The picture was taken at Querétaro, Mexico, Liver Pool Mall.

Photos taken in unique and unusual places are preferred. Be sure to identify who is in the photo and where the photo was taken. Don't forget to include your names and what you were doing.

The San Pedro Sun is mailed everywhere.

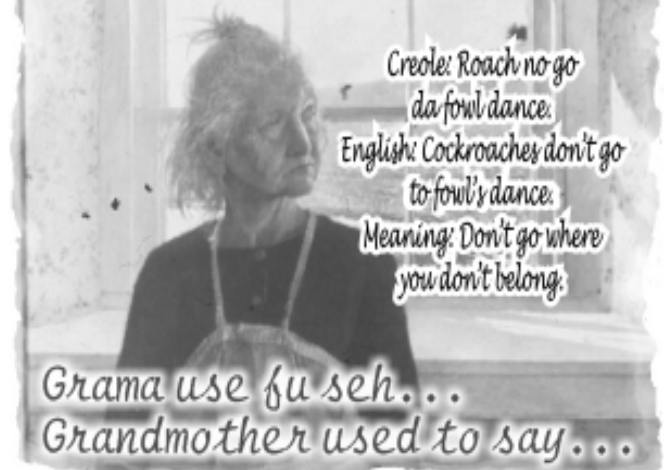
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More foreign subscribers than any newspaper in Belize!

Belizean Proverbs



Language can link us with other cultures, no matter how foreign the tongue may be. In an effort to share this form of communication with our

audience, *The San Pedro Sun* proudly presents its newest



addition to the weekly paper – Words of the Week. This week, we will present a few phrases in English and give you their Creole & Spanish translations. Special thanks to Sylvana Woods for her help with the Creole translations. Enjoy!!!

English	All aboard!
Creole	Da taim fi unu geh pahn di ship!
Spanish	¡Todos aborde!
English	Where is the ship captain?
Creole	Wehpaa di kyapm a di ship deh?
Spanish	¿Adonde esta el capitán?
English	How is the weather today?
Creole	Da how di weda luk todeh?
Spanish	¿Como esta el ambiente hoy?

Greetings to my visiting friends

On behalf of the people of San Pedro Town, I extend a warm welcome to all visitors arriving to our shores. I assure you that your trip to "La Isla Bonita" will be no ordinary vacation. Our island is famous for its rich cultural diversity, where Mestizos, Creole and Garinagu blend to form a unique encounter. While here, I encourage you to explore the Caribbean Sea and find Belize's abundant treasures. Hol Chan Marine Reserve and Shark-Ray Alley are just two of the many spots where you can enjoy our coral reef formation and abundant and breathtaking sea life. San Pedro is also home to world-class fishing and scuba diving.

For the more adventurous, "La Isla Bonita" offers a wide array of water sports and for those looking to get a glimpse of the mystical world of the Maya, these historical ruins are just a short expedition away. You will also be able to discover Belize's vast cave systems and many natural sanctuar-



ies that are home to our country's unique flora and fauna.

Whether you are spending your honeymoon at an exclusive resort or looking for an adventurous, yet romantic escape, San Pedro is surely the place to be. I invite you to explore our home and see the many wonders it has to offer.

We welcome you with open arms. Bienvenidos a San Pedro!

Elsa Paz, Mayor,
San Pedro Town

Azul named one of 20 getaway spots in Travel + Leisure.



Travel + Leisure, the world's leading travel magazine, has for the past 35 years supplied city guides and expert advice for travelers who demand luxury hotels, resorts, spas, restaurants and a fantastic, escape from daily life. In the November 2005 issue Ambergris Caye was once again highlighted with the inclusion of Azul Resort as one of the **20 Holiday Getaways**.

Listed among fabulous places such as the Ritz-Carlton Grand Cayman, spas in the Italian Dolomites and indoor ski slopes in Dubai, Azul is one of the five beach destinations chosen. Other categories listed include food, culture and mountain. Belize is highlighted as well, with it being the first country listed as one of the places to go for the holidays on the magazine's cover! Below please find an excerpt of the article in Travel + Leisure.

20 Holiday Getaways

Winter is approaching faster than you can say *brrrr* — and the holidays are just around the corner. From Aspen to New Zealand, T+L has uncovered the perfect trips for travelers of every type: beachcombers scouting the next hot destination, culture buffs in search of enlightenment, foodies looking for that out-of-the-ordinary Christmas feast, or sybarites in need of some serious high-altitude pampering. Here, the season's best.

WHERE: Ambergris Caye, Belize

WHY: Get away from it all at Azul, a secluded, two-villa beach resort opened this year by a pair of ex-pats from San Francisco. Located six miles north of San Pedro on one of the island's most idyllic stretches of sand, the property's meticulously crafted open-plan villas combine modern perks (plasma TV's, Viking kitchens) with rustic design elements (bamboo railings, cabinets carved from zericote wood). Take a dip in the rooftop hot tub overlooking the jungle and use the old-school walkie-talkies to summon frozen mojitos from Rojo Lounge, Azul's beach bar.

HOW: North Beach, San Pedro, Ambergris Caye; 011-501/226-4012; www.azulbelize.com; doubles from \$695.

The San Pedro Sun congratulates Azul Resort/Rojo Lounge for this great achievement.

Old Belize - Truly taking a step back in time

The roar of the waterfall is the first thing you hear when walking through the door. Once inside, the sight of the different shades of green makes you yearn to get closer. Taking a peek through the gates, you spot blue, then another — many Blue Morpho Butterflies floating through the air. As you walk closer and closer you see that among every tree there is a butterfly — this place is truly a haven for the beautiful, dazzling insects. Suddenly, you come upon the waterfall, in its white seemingly mystical glory. Simply standing in front of the cascading waters, the sound calms your spirit and offers the wish of a refreshing dip.

Out of the blue, the sky turns black with the stars glittering into the night. The glow of the fire hearth peeks through the small, thatched hut. Looking into the shed, a hammock can be seen hanging from two beams. This was the Maya lifestyle, no floorboard or linoleum, just a dirt floor swept clean. Outside the hut, cornhusks and vegetables cook on the "comal," a metal sheet used to grill food, while meat hangs above the fire. Two steps next to the simple abode, is a Mayan burial ground. Candles glow above the hole con-

taining the skeletal remains. Articles belonging to the deceased are laid next to them while a Mayan God sculpture looks below. The sight of the cornfield ahead invites you to move on.

Then, you notice you are in another world — the world of the chicle (gum) industry. Belize was known for extracting the gum sap out of the chicle tree and later exporting it out of the country. A man hangs on a tree with only a one-strap harness preventing his fall. His axe is in the air as he swings it into the tree to continue with his daily job. Hanging on the next tree is another man, this one cutting the logwood down; another of Belize's great industry. Mother Nature's Best Kept Secret was well known for producing and exporting the best logwood, an industry that grew stronger as the years went by.

Other industries, realistically depicted as you progress down the road are the sugar and rum industry, two trades that are still leaving their marks on our country. Well preserved machinery of the past takes you back to a time when technology was not as advanced but engines still

Continued on Page 7

JUST IN!

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SOLO ACOUSTIC

TUESDAY- THE RIDDIM SECTION

R&B/REGGAE/ROCK/BLUES AND "SPECIAL EVENTS"

WEDNESDAY- 20/20

CLASSIC ROCK/ROCK/BLUES

THURSDAY- THE CREW

REGGAE

FRIDAY- THE RIDDIM SECTION

R&B/REGGAE/ROCK/BLUES

SATURDAY- 20/20

CLASSIC ROCK/ROCK/BLUES

SUNDAY- "SPECIAL EVENTS" or RECORD SPIN

At Fido's our motto is
5 star food at 2 star prices.

You are sitting under the largest palapa in Belize, on the beach eating island style, while enjoying the warm, tropical surroundings. We offer a large selection of local and international cuisines with a full lunch and dinner menu.

Voted Best Bar Caribbean Travel & Life 2004 Best of the Caribbean

Where singles mingle: Fido's Courtyard and Pier, Ambergris Caye. Located at the piers in San Pedro, this hoppin' joint features live music, from rock to reggae. Sooner or later, every guy in town stops by for a Belikin, the local brew.

December 2003 Cosmopolitan

Open 10:00 am to 12:00 Midnight • Telephone: 501-226 2056 or 226-3176 • Email: info@fidospelize.com • Website: <http://fidospelize.com>



Casa Picasso

With the high season kicking into gear, many hotels prepare to welcome guests from around the world. Restaurants are also very excited to present the new items on their menu to delighted patrons.

Casa Picasso is back from off season break with several new items, including:

Papaya Salsita: a zesty blend of fresh papaya, red onion, Belizean honey and habanero pepper on cream cheese bruschetta and **Seafood Bisque:** a creamy blend of shrimp or lobster in a rice and tomato base soup - topped with a crispy cheese toast are great new starters.

The best **Caesar Salad** on the island now has company, the **Insalata Picasso:** is mixed field greens tossed with a balsamic reduction vinaigrette topped with feta cheese.

The Tapas menu has new creations

as well:

Stuffed Lobster Tail (seasonal): Lobster tail meat sautéed in a piquant cilantro sauce and served in the shell.

Lime Drizzled Garlic Shrimp: Peeled shrimp sautéed in butter and garlic, garnished with minced parsley and fresh lime juice.

Mini Crab Cakes: Lightly fried crab cakes with a chili lime cream sauce and deep fried bok choy

Braised Stuffed Pork Loin and Polenta: Pork loin marinated in a piquant pesto stuffed with chorizo slices and pimento then braised and served with a griddle fried polenta wedge...this one is awesome!

Of course we added some great new pasta entrees, try one of nine different pastas:

Creamy Pesto Pasta: Fresh basil, garlic, walnut and extra virgin olive oil tossed with heavy cream and Parmesan cheese

Seafood Alfredo: Fresh combination of seasonal seafood lightly sautéed and served over our creamy pasta Alfredo

Oh, and for dessert: **Tiramisu Parfait:** Our version of the classic Italian dessert ~ slices of pound cake drenched in an espresso syrup, layered with a coffee cream cheese blend and topped with toasted slivered almonds.

Coconut Flan: Rich and creamy Spanish custard infused with coconut milk and a traditional caramel topping and an old favorite back by popular demand

Chocolate Paradise Cake: Rich flourless chocolate cake drizzled with a raspberry coulis. There are nearly a dozen new martinis and margaritas to tempt as well, far too many to mention.

So, stop by and try the new items on the menu at Casa Picasso. Open Monday to Saturday at 5:30 p.m.

If your restaurant has new menu items that you would like to share with our readers, kindly call the office of *The San Pedro Sun* at 226-2070.

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Membership With Even More Benefits!

San Pedro Fitness Club is expanding and opening a San Pedro Fitness and Oasis Spa center at the Belize Yacht Club. We invite everyone to come and see our new center on the second floor of the Belize Yacht Club admission office. Membership still includes use of the amenities at the San Pedro Fitness Club and members are invited to use the amenities at the Belize Yacht Club as well.

Open 6:00 am to 7:00 pm seven days a week.

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Thursday. Burrito grande- oversized burrito with choice of chicken or beef.

Friday. Fish and chips, English style. A Friday treat.

Nightly specials

Monday is Martini night, 2 for 1 on all martinis.
Tuesday is margarita night, 2 for 1 margaritas.
Wednesday is Wine night, free glass with every entrée.
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COMMERCIAL

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Charlotte de Berry- Pretty Deadly!

Ahoy Mateys! Here is your weekly dose of Pirates of the Caribbean. This week, *The Sun* features another defiant woman pirate – Charlotte de Berry; who developed a reputation for plaguing and terrorizing rich civilizations that engaged in shipping and trade.

For as long as ships have sailed the seas there have been pirates. And, for as long as there have been pirates, some of those pirates have been women. Piracy offered everything to a woman that was denied to her on land. At sea, she had freedom and autonomy. She kept her own hours and spent them playing cards, drinking, gambling, sailing, eating, killing, and plundering. No household to run, no family to support, no chamber pots to empty. No arranged marriages, church-going, or financial dependency. Some of the women profiled here followed their lovers into piracy, others turned mercenary after a cross-dressing stint in the military, still others were born into piracy and carried out the family tradition.

Their role in traditionally male pirate lore is that of freakish curiosities, ship-board diversions, or sexy dominatrix. But, these women were real pirates who led lives just as adventurous and colorful as their male counterparts. They planned attacks, captured ships, and led fleets just as men did, in some cases even better. Here is a look into the marauding life of Charlotte de Berry, one of the few known female pirates in history.

Born in England in 1636, Charlotte de Berry fell in love with a sailor. When the Royal Navy ordered him to sea, she donned male clothes and joined him on board his ship as his brother. One version of how she became a pirate said the two fought side by side in six major battles.



Charlotte de Berry disguised herself as a man and joined her husband on board.

An officer discovered Charlotte's ruse, but said nothing because he wanted her for himself. When his first attempt to get rid of her lover failed, the officer accused her lover of trying to start a mutiny. He was found guilty and flogged around the fleet, a punishment that killed him. Charlotte continued to refuse the officer's advances eventually, stabbing him, and fleeing ashore.

On land again, Charlotte became an entertainer in waterfront saloons that sailors frequented. One sea captain kidnapped her, forced her to wed him, and then set sail for Africa. Charlotte convinced the

Continued on Page 10

WHAT'S IN A NAME? ORANGE



Have you ever wondered why a business establishment has the name it has? We sure do! So, here is the reason this business owner chose the names that he did.

"We chose the name Orange for several reasons. Firstly, it's a wonderful warm sunny color that connotes sunshine, health and life. Secondly, it's the name of a tropical fruit and thirdly it helps with advertising since the building is the same color as the name and fourthly, it's easy to remember. When asked what we were going to name our shop, the reaction from people was either, 'Are you serious?', or 'Wow, what a cool name!'"

Daniel Cruz, Manager, Orange Gift Shop and Gallery
Coconut Drive, 226-4066

ORANGE Gallery - Gift Shop

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Old Belize Continued from Page 3

gave workers a great deal of aid.

The Garifuna culture is also represented, with much care given to detail. The small home showcases their easy lifestyle where fishing was their way of life. A tortilla can be seen cooking on the comal, while coconut husks are piled to the side.

The following door leads you to a busy street in Belize. A horse drawn carriage passes a grocery store. Houses line the street and sweet melodies escape the bright yellow church where a man and a woman display their faith in God. Across church lies a barbershop in the first floor of the home where a woman stands on the second

floor, watching through her lace curtains at the people walking below. Another business sells records and other knick-knacks but perhaps the most astounding is the wedding dress hanging on the standing trunk. It certainly is a walk through our history.

The Old Belize cultural and historical center offers a unique glimpse into the intri-

guing history and culture of Belize. The life-size exhibits, recreations combined with restored antiques are both highly educational and entertaining. As you explore the exhibits you have a sense of being there, experiencing what Belize once was.

Old Belize also offers a truly Belizean gift shop with a variety of Belizean souvenirs that includes hand carved ornaments, books, music CDs, local wines and numerous other locally made items.

There is no need to bring a packed lunch to enjoy the Center, as Old Belize also features one of the country's largest restaurants, the Sibun Bite Bar and Grill. Nestled against the shoreline of the Cucumber Beach Marina, and adjoining the Old Belize museum, the Sibun Bite Bar and Grill offers unparalleled cuisine in a relaxing and scenic atmosphere. Visitors can unwind and enjoy a quiet seaside dinner or just relax at the fully stocked bar.



(Above) Walk a Street in Belize in Days of Old Belize, or tour creepy sanctuaries such as this one containing "skeletal remains" in an open tomb (left).

Old Belize is located at Mile 5 on the Western Highway in Belize City. The Center is open from Tuesday to Saturday from 8:00 a.m. to 4:00 p.m. and on Sunday and Monday from 10:00 a.m. to 4:00 p.m. For further information visit www.oldbelize.com or call 222-4286.

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5 miles North of San Pedro. Open for lunch and dinner, Tuesday through Sunday.
Please call 226-4012 for dinner reservations.

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For more information, please contact us at 226 4012 or e-mail info@azulbelize.com

THE SAN PEDRO SUN VISITOR'S GUIDE

Tourist Information

Belize Tourism Board - 223-1910.

Belize Tourism Industry Association (BTIA) - 227-5717.

San Pedro Tourist Guide Association 226-2391.

Church Services

San Pedro Roman Catholic Church
Sun. Mass: 9 a.m. English; 11 a.m. Children's; 7:30 p.m. Spanish; Sat.: Confessions 5-7 p.m.; Mass or Communion Service every night at 7:30 p.m.

Living Word Church Service Sun. 10:45 a.m. Bible study Mon. 7:30 p.m. We do Christian charity work. 226-2950.

Assembly of God Church on Angel Coral St. T-W-Sat.-Sun. at 7:30 p.m. Christian Radio FM 101.3.

IMPORTANT #s

Emergency 911
Crimestoppers 800 922-TIPS
Police 226-2022
Fire 226-2372
Wings of Hope - Medical emergency air ambulance. Phone: 223-3292.
Lions Health Clinic - 226-4052; emergencies 600-9071 or Hours: Mon.-Fri., 8am to 8pm; Sat., 8am - noon.
Los Pinos Clinic 602-6383 and 226-2686.

San Pedro Chiropractic Clinic 226-4695

Hyperbaric Chamber - 226-2851, Dr. Otto Rodriguez - 600-0287 or 226-2854. Antonia Guerrero - 600-5475 or 206-2152. Eleazar Portillo - 610-4560 or 226-3195.

San Pedro Polyclinic II - 226-2536. 8-12 and 2-5, Mon. to Fri. Emergencies 226-2555/2918 or 606-3864.

Ambergris Hopes Clinic - 226-2660, Emergencies: 606-2316

US Embassy - 227-7161

Canadian Consulate - 223-1060

Mexican Embassy - 223-0193

Guatemalan Embassy - 223-3150

Honduran Embassy - 224-5889

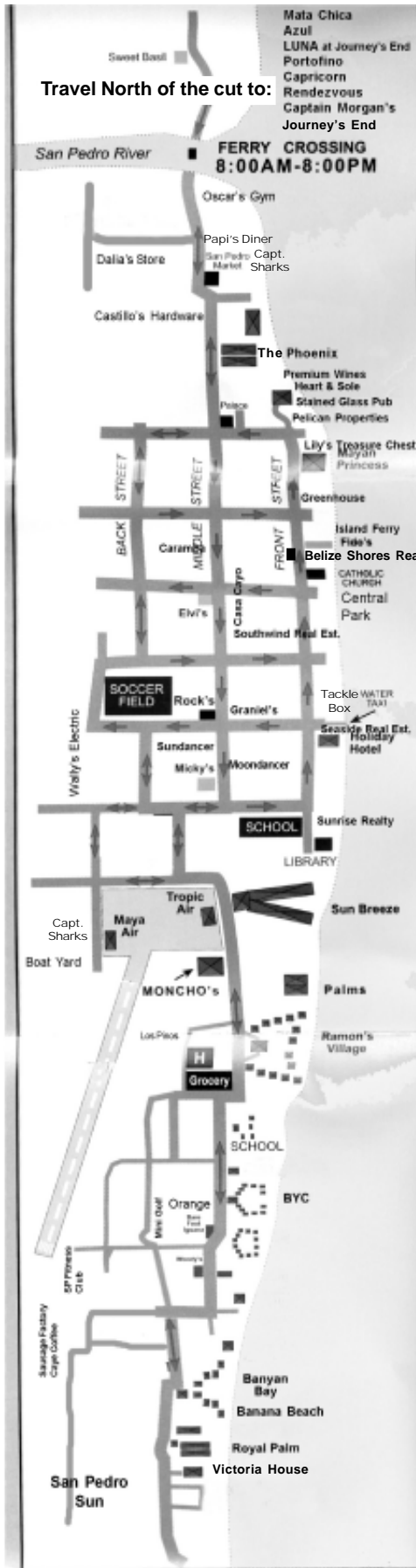
Miscellaneous

The Lions Club of San Pedro relies on income from its Friday and Saturday Night BBQ to support the needy community. Help a great cause - have dinner with us!

Green Reef A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. greenreef@btl.net

San Pedro AA - 226 4464, 600 9061

Saga Society A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.



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SAILSPORTS BELIZE - Windsurfing, kite sailing and sailing. The latest equipment and expert instruction makes it easy to learn. 226-4488 info@sailsportsbelize.com.

SEADUCED - River cave tubing, manatee watch, Robles Beach BBQ, Mayan ruins and more adventures. 226-2254.

SEADUCTION SAILING - First class Day Cruises to Caye Caulker or Mexico Rocks. Beach BBQ or Sunset Cruise. Charters also available. Phone Seaduced at 226-2254.

ALUX ECO TOURS - Personalized jungle tours to Mayan ruins throughout Belize. 623-3148, 223-2130, markmcf@btl.net

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SUNRISE REALTY - Land, homes, businesses, condos and investment properties. Call 226-3737, fax 226-3379 or E-mail: info@SunriseBelize.com

CASA CAYO REAL ESTATE - Serving Belize from the mountains to the reef. Phone 226-2791. www.casacayo real estate.net
SOUTHWIND PROPERTIES - For all your Real Estate needs. Call 226-2005 or 226-2060 for information or E-mail: southwind@btl.net for current listings.

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CASTILLO'S HARDWARE - Storm supplies, electronics, household appliances, tools, home repair items and a wide variety of paints, stains and varnishes. Pescador Drive. Phone 226-2302.

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PIER LOUNGE - Home of the "World Famous Chicken Drop" every Wednesday night. Daily drink specials and two-for-one happy hour. Located beachfront in the Spindrift Hotel. Phone 226-2002.

THE TACKLE BOX - come rock da box out over the water! Every Tuesday, Wednesday, Saturday and Sunday (starting @ 9:00PM) we have amazing live bands ranging from Reggae to Punta to old school Rock-n-Roll. We'll have prizes, specials and always that breath-taking Tackle Box ocean view! Located off the San Pedro Water Taxi Pier at the end of Black Coral St. 226-4313.

SPORTS BAR AT PEDRO'S INN - Saturday nights watch English premier league games on satellite TV. Cricket, pool competitions, ½ price cocktails on Tues. and Thurs. INDIAN food by reservation on Tues. and Wed. Drinkers play FREE pool; get FREE Internet and FREE US phone calls!

THE SAN PEDRO SUN VISITOR'S GUIDE



Dining Out...



MATA CHICA - Mambo Cuisine - for food lovers. Homemade pasta, shrimp paté, bruschetta, charbroiled seafood and much more! Call 220-5010/5011.

ROJO LOUNGE - Enjoy tropical lounge cuisine in one of the most beautiful beachfront settings in all of Belize - Azul Resort. 226-4012.

ELVI'S KITCHEN - serving the finest food since 1977. Located in the heart of San Pedro Town on Pescador Drive. Daily Lunch and Dinner Specials. Terrific Key Lime Pie. Caribbean Night on Thursday with Wil & Dale. Mayan Fiesta every Friday-come try our Maya Buffet while listening to Mayan music. Open Monday - Saturday. Lunch: 11:00 a.m. - 2:00 p.m. Dinner: 5:30 p.m. - 10:00 p.m. Call us for group reservations. Ph 226-2404/2176 "Where something good is always cooking!"

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RAMON'S VILLAGE - Enjoy breakfast, lunch and dinner in a Mayan atmosphere or on the veranda overlooking the Caribbean Sea. Coconut Drive. Phone 226-2071.

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PAPI'S DINER - The place for fine food at diner prices. Taste the Caribbean. Call 226-2047.

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BLUE WATER GRILL - Island cuisine with a twist! Wood-fired Oven Pizzas, Sushi & more! Open daily. Happy Hour 4 to 6 p.m. 226-3347.

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PORTOFINO'S own "LE BISTRO" - One of the newest & most talked about restaurants on the island. Meet our boat at 6:30 p.m. at Fido's Dock for a complimentary ride to one of the best culinary experiences you will have while in paradise. For reservations, call 220-5096.

RENDEZVOUS RESTAURANT AND BAR - The most romantic spot in town featuring award winning chefs. Thai and French cuisine blended to make paradise taste like heaven, or so our customers say. Free Rendezvous Wine tasting from 11:30 a.m. to 4:00 p.m. Fermented, blended and bottled here on the property. Open for lunch and dinner. Call 226 3426 for reservations and transport options.

VICTORIA HOUSE - International and Island-Style cuisine by Executive Chef Amy Knox. Open for breakfast, lunch & dinner. Reservations recommended, call 226-2067.

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THE TACKLE BOX BAR & GRILL - whether it's a little break from the beach or a whole night out the Tackle Box is just the place. The kitchen serves a wide array of affordable fresh comfort foods ranging from our big Tackle Box Burgers, special fried chicken, to some of our more local fare and seafoods. And what a better place to enjoy our dishes, than our back porch out over the water.

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CAYE COFFEE - Take a taste of our locally roasted fresh coffee back home. A wonderful cup of coffee makes such a great difference in your day. Try it and ask for more. 226-3568.

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OSCAR'S GYM - Free-weights, Pilates, basic Yoga, Balance Ball, Tae Bo and more. Affordable daily, weekly and monthly fees. Located in Boca del Rio 6 a.m. to 8 p.m. daily 226-2239.

BIG TREE PRODUCE - Fresh Local & Imported Fruits & Vegetables. Seafood, meats, juices & milk shakes. Pescador Dr. 226-2322.

JUBILAND GIFTS & PARTY SHOP - Party Favors, Invitations, Piñatas, Holiday Decorations &

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THE SAUSAGE FACTORY - Largest selection of smoked meats and sausage on the island. One mile south of town. 226-2655.

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PROVIDENT BANK & TRUST - Offering a full range of International Banking Services. phone 223-5698 services@prov identbank.bz

GRANIEL'S DREAMLAND - Locally made furniture & accessories from all Belizean exotic hardwoods & Mahogany. On Pescador Drive, opposite Rock's, Call 226-2632, ext. 18 or 226-2938. Open Mon-Sat 8:30-12:00 noon & 1:00 to 9:00 p.m. & Sun 10-12 noon.

BAREFOOT BOOKS - Features a huge selection of new and used books. Gorgeous greeting cards and gift items. Located at the southern end of Middle Street (Pescador Drive) across the courtyard from Mickey's. 206-2577.



The San Pedro Sun Visitor Guide

EVERY WEEK we print a new edition covering the "good news" about San Pedro and Belize!

Contact the San Pedro Sun for more information.
spsun@sanpedrosun.net
(501) 226-2070
www.sanpedrosun.net

Charlotte de Berry

Continued from Page 6



After she beheaded her ship's own captain, Charlotte de Berry was named the new captain.

crew to mutiny and turn to piracy.

Another version says that sometime after the navy ship departed England, pirates attacked it. The pirate captain discovered Charlotte's true identity, but she engaged him in a duel and lopped off his head. The pirates rejoiced on hearing of his death, and made Charlotte their new captain. Rumors soon spread about her ferocity and cruelty. One claimed she had sewn shut one captain's mouth. Throughout her life as a pirate she pretended to be a man. How and when she died is uncertain, but one story claims she married a wealthy Spaniard who joined her crew. A storm sank their ship and they survived without food and water for eight days aboard a raft. The survivors decided the only way they would continue to live was if they drew lots. The loser would forfeit his life to feed the others. Charlotte's husband was the first slain just before a merchantman rescued them. Pirates attacked that ship. Charlotte fought them off, saved her rescuers, then leapt overboard to join her dead husband.

Charlotte's pirate career demonstrates not only her own abilities, but also the thin line (or morally, no line) between the then-legal imperialism and piracy. After all, the gold she stole had originally been stolen from Africans, who were themselves being violently kidnapped by the slave trade—rapine of the worse possible kind. Similarly, the pirates of the Spanish Main were taking what the conquistadores had stolen from the Aztecs, Incas, and other Mesoamerican peoples. Charlotte's crew had been law-abiding sailors when serving under a sadistic rapist, but outlaws when she led them. This, of course, in no way excuses the crimes she and these other pirates committed, it just speaks of the violence of their time, and that at least these criminals were straightforward about what they were doing.

BIRDS of BELIZE

www.ambergris.caye.com/birdsbelize by Elbert Greer

Roseate Spoonbill



Roseate Spoonbills spend much of their time feeding in shallow waters on shrimp, small fish, snails, and aquatic insects, which they detect by their sense of touch as they rhythmically sweep their "spoon-shaped" bills from side to side. This long-legged wading bird is pink with red highlights, white legs and red eyes. The neck is long and white and is stretched out when the bird flies. Tail feathers are yellow to orange. The head is bare of feathers and grey-green. The Roseate Spoonbill is named after the shape of the bill, which is 6 to 7 inches long and flattened like a spatula. This makes it easy to distinguish the Spoonbill from other pink birds such as the flamingo or the ibis. The average adult is 26 to 31 inches long and weighs around 3 pounds.

The tales of these female buccaneers are as much clouded by legend as their male counterparts, or perhaps even

more so. However, regardless of all the swashbuckling myths and silliness, these women were real criminals, who com-

(*Ajaia ajaia*)

Espatula Rosada

From the family of the *Threskio-rnithidae* (ibises and spoonbills), a family of 33 species.

I asked Bubba about the spoonbills genera and he explained, "There are three genera of spoonbill: the *Platibus* in Australia; the *Platalea* of the Old World; and the *Ajaia* of the New World. Ambergris Caye and its collections of Bird Islands are in the New World." Bubba is great for info like that, but I wanted to sneak up quiet and unnoticed to Bird Island, so Bubba stayed at home. There are so many islands in the back bay that it becomes confusing as to which one you're visiting. To add to the confusion some are known by as many as three different names. Most bird watching tours given by the local guides are visiting Rosario Caye, aka Guano Caye.

Bird Island is home for a few ibis, spoonbills and frigate birds, but has the most frequent visitation. Bird Island is almost six miles more to the north and falls within the boundaries of the proposed

Continued on Page 11

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The Roseate Spoonbill

Continued from Page 10

Bacalar Chico National Park and Marine Reserve. I took the boat through the river and cruised up the back to the northern point of the island. I had heard rumors from the rangers that the spoonbills were nesting there, and it's early spring in Central America.

Spoonbills are found worldwide in warm tropical regions and when swamps and marshes in which they breed dry up, they may go thousands of miles in search of suitable habitat. The rains have filled the flats in the back of the island with some regularity and over a period of years it's become a big food source. I can only believe this must be the attraction for these birds to chose Bird Island as a nesting spot.

Spoonbills find their food by touch more than sight; they walk in the shallows with

their heads down and their long peculiar looking duck bill sifting the bottom in search of clams or shrimp. Bubba said, "Morphologically, they are closely related to flamingoes who are also pink and have specialized bills used to eat crustaceans from the bottom of shallow waters. When mating, the male Roseate Spoonbill will offer presents of nesting material to the female in courtship; she builds the nest."

Looking into a nest should be done carefully and is almost never done without scaring the hell out of mama. Eggs are a wonderful diet for so many predators; she can only believe you're looking for lunch. Nothing should be touched and bending a branch for a view is done with care not to break the branch. One or the other of the parents is always watching the nest.

They fly using slow powerful downbeats to lift the large body with a rhythm

of flap, flap, flap, glide . . . flap, flap, flap, glide . . . A flock of five or six is a thrill to watch. I hope they like this place and stay.



The Roseate spoonbill lays 1 to 4 dull white, speckled eggs. Both parents take turns sitting on the eggs. The eggs hatch after 22 to 24 days. Both parents feed the chicks by regurgitation. When the young are 4 to 5 weeks old, they can fly and leave the nest. However, they will remain close to their parents and get fed by them until they are at least 8 weeks old.

NOTICE

Oscar's Gym will be closed from November 7th until November 14th for renovations and maintenance. Oscar's apologizes for the inconvenience. All active memberships will be extended for 1 week.

www.oscarsgym.com

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Condos/Homes & Commercial Property

Caribe Island Resort - located approximately 4 miles south of San Pedro Town Center (L16) Unit C13, Beach level one bedroom/one bath Junior Suite: \$170,000US. (M56) Unit C16, First floor one bedroom/one bath Junior Suite: \$185,000US. (R46) Unit D25, First and second floor 3 bedrooms/3 baths Master Suite: \$350,000US. (H29) Unit D26, Second floor one bedroom/one bath Junior Suite: \$180,000US. Beachfront Home (A10) 1st level- 6 apts. 1 bdrm/1bath each; 2nd level-3 bdrm/1-1/2 bath; 3rd level-2 bdrm/1 bath penthouse apt. Enjoy your view of the reef & the ocean breezes from your own Palapa or snorkel & sun off your 100' dock. \$825,000US. Residential Near Town (O9) Cozy one bdrm/one bath, well maintained home west of airstrip with rental income. Excellent price at only \$105,000US. San Pablo Rentals (G10) Prime rental property offering six fully equipped units. Beautiful, spacious first class owner's quarters. *A deal at \$165,000US.* Escalante Rental (P23) 3- 1 bdrm/1bath rental units with plenty of room for expansion \$150,000US. Reduced \$120,000US.

Raw Land

Spanish Reef (B35) Beautiful corner lot two rows off the beach! One of the largest lots in the subdivision with a size of 93' x 100' x 50' x 109'. Good price at only 40,000US. Eileys Subdivision (F14) 4 adjacent lots each 60' x 80'. ~~\$70,000US~~ for all four! JUST REDUCED TO \$55,000US FOR ALL FOUR!

Paradise Coves (L18) 3.5 miles north of San Pedro - two rows off the beach - great location. 90' x 70'. \$25,000US.

Palmero Point (W19) Lot #50 95' x 120' - \$20,000US Terms Available.

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Boca Del Rio (P42) 3 connecting lots located on the waterway just before you cross the river cut. \$210,000US.

San Pablo - Canal lots starting at \$23,000US.

Escalante Subdivision - Lots are 50' x 75' starting at \$40,000US.

Caye Caulker (J25) 4 acres with 240' of beach front, beautiful cleared and filled land. \$425,000US.

Robles - 3 side by side off the beach lots each 92' x 190' for \$60,000US each.

November 19th – Garifuna Settlement Day in Belize!



The Garifuna community in San Pedro celebrate their national day with good food, singing and lots and lots of dancing! The most popular of the dances is the Punta.

Throughout the country of Belize there are several celebrations marking Garifuna Settlement Day on November 19th. These celebrations mark the first arrival of the Garifuna in 1832 in Dangriga. This year, under the theme “Keeping Culture alive at home, in our community and worldwide,” the celebrations bring the much anticipated Miss Garifuna pageant. On the 10th of November, the four lovely young girls, Elisha Gonzalez, Miriam Palacio, Rahgeedah Williams, and Sheila Velasquez will be vying for the prestigious title of Miss Garifuna 2005-2006.

Garifuna Settlement Day is one of the richest cultures on the country. This week, kindly allow *The San Pedro Sun* to take you back in time to the history of a tradition that lives on.

The whole Orinoco basin area, from North Eastern Brazil to South Eastern Venezuela is a part of the larger area of the Amazon basin. It was home to the Arawaks, Warlow and other Indians. As early as 300 b.c., the Arawaks started

to move to the Caribbean Islands and around 200 a.c., the Caribs also started to move to the Islands. The Caribs waged war with the Arawaks, killed the men and took the women as wives. That started the blend of the two cultures – the Caribs and the Arawaks.

They lived together until in 1310 when an excursion from Mali, Africa being led by Prince Abubakari II arrived with 200 ships plus supply boats. They inhabited and also interacted with the people who they found on the islands. That started the Garifuna population.

When the European countries came into the area to claim and colonize, they found black people on the island who were a part of the Garifuna ancestry.

Both, the English and the French claimed St. Vincent. When they went to stake their claim, they met heavy resistance from the Garifuna who were there. The resistance lasted approximately 300 years from 1500-1797. The Garinagu lost the war and were exiled from their homeland to Roatan, Honduras. The British loaded them up in eight ships and brought them to Honduras (1797). Eventually, the Garifuna moved from Roatan to mainland Honduras and then moved to Belize. Their final move was to Guatemala and later on to the United States of America.

Next week learn about the Garifuna’s language, food and culture.



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Fried Spiced Calamari, Grilled Fish Burger,
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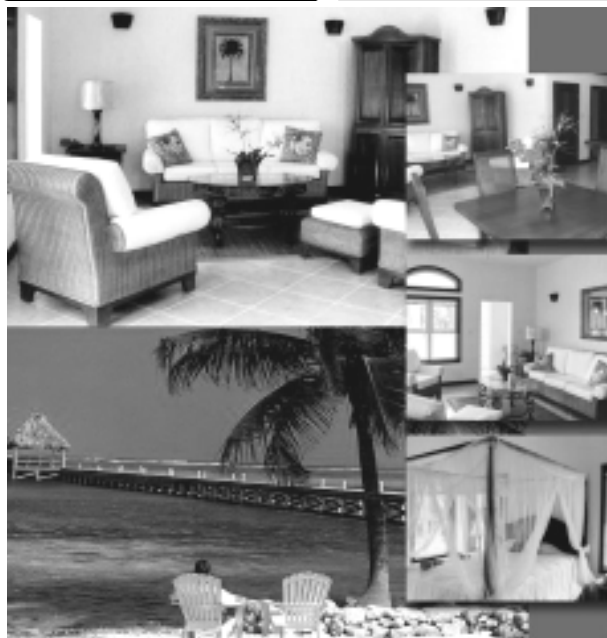
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BTIA and UB work towards Tourism Job Creation

Press Release - Belize Tourism Industry Association - November 1st, 2005 - Belizeans planning to work in the tourism industry will take heart in a new initiative being developed by the Belize Tourism Industry Association and the University of Belize.

The BTIA is hoping to link with UB to initiate PASS (Placement And Skills Strengthening) - an internship, skills enhancement and job placement program designed to assist all Belizeans in getting the most out of the tourism industry.

According to the BTIA, PASS has been developed to keep improving on Belize's greatest tourism asset - her people.

"One of the keys to any successful enterprise is matching the right people to the right job while strengthening the competence of those in training."

"As an industry, we must focus on skills enhancement and job creation to ensure that the delivery of Belize's tourism product is provided by confident professionals working with knowledgeable skills," BTIA president Lucy Fleming said.

UB Student Services spokeswoman Sharon Palacio said that she is excited to work "side by side" with the BTIA to link training and jobs and make PASS a reality.

PASS will focus on developing a database and linking relevant training to the placement of skilled workers and managers, as well as promoting internship as a way to ensure that those entering the workforce are skilled and 'job ready'.

"PASS represents an opportunity to better coordinate Belize's tourism industry while offering real benefits to employees, future employees and employers. Such benefits will, of course, also be passed onto our customers in the form of better service and an enhanced and more attractive tourism product."

"This scenario represents a win-win situation for employers, employees, the tourism industry and our customers. In this highly competitive industry, such assistance is essential. We are really excited about this project and look forward to working with the UB and other stakeholders to make it a success," Ms Fleming said.

The San Pedro Sun Virtual Taste Trip

The holidays are a time for enjoying family, friends, and tradition, as well as a time for breaking out your most impressive and beloved recipes. Yet just as you can count on the holidays being a time of joy and celebration, you can also be sure they are going to be hectic! Is it your greatest fantasy to sit down and relax with your family instead of rushing madly about the kitchen from the crack of dawn until the dead of night? You really can live this fantasy; all it takes is some planning ahead. If you can steal a few hours for preparation during the coming weeks, the big day will be a joy!

To assist you in your planning and to share a few ideas as well, in the coming weeks, *The San Pedro Sun* will share Thanksgiving tips and recipes. Cut them out and save them ... it might prove to be a life-saver come November 24th.

A Month before Thanksgiving

Plan your menu and make a note of which items would be good for guests to bring.

Extend invitations—written or verbal, depending on how formal you like to be. When your guests ask if they can bring anything, say yes!

Order your turkey, roast, and/or ham. Don't miss out on the best selection available by waiting until too close to the big day!

Turkey Roasting 101

The secret ingredient is your time and lots of it. Buying, preparing, and roasting a turkey are time-consuming. With careful preparation and attention to timing, you will be rewarded with a beautiful and tasty main course.

A frozen turkey needs to be defrosted. The preferred method is to defrost it in the refrigerator. (Yes, the one filled with the rest of the holiday fare.) Allow one day per five pounds. A 15-pound turkey will require three days to defrost thor-



Continued on Page 14

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The San Pedro Sun Virtual Taste Trip

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oughly. An alternate method is to defrost the bird in a cold water bath. Allow 30 minutes per pound. That 15-pound turkey will require only 7 1/2 hours to defrost using this approach. It is also possible to use a combination of these methods.

Now you are ready to prepare the turkey for roasting:

*First remove the giblets. This is a fundamental step not only because you might want to use them to make the gravy, but also because it is disconcerting to find these paper-wrapped lumps when carving.

*Next, rinse the bird inside and out. Pat dry with paper towels. If you are stuffing the bird, do so now with a freshly prepared dressing. Stuff loosely, allowing about 1/2 to 3/4 cup per pound of bird.

*Brush the skin with melted butter or oil. Tuck the drumsticks under the folds of skin or tie together with string.

*Lastly, insert a meat thermometer into the thickest part of the thigh. The thermometer should point towards the body, and should not touch the bone.

*Place the bird on a rack in a roasting pan, and into a preheated 350 degree F (175 degrees C) oven. Use the chart provided to estimate the time required for baking.

*Bake until the skin is a light golden color, and then cover loosely with a foil tent. During the last 45 minutes of baking, remove the foil tent to brown the skin. Basting is not necessary, but will promote even browning.

*The best test for doneness is the temperature of the meat, not the color of the skin. The turkey is done when the thigh meat reaches an internal temperature of 180 degrees F, and when the breast meat reaches an internal temperature of 170 degrees F. If your turkey has been stuffed, it is important to check the temperature of the dressing. The stuffing should be 165 degrees F.

*When the turkey is done, remove from the oven and allow to stand for 30 minutes.

Weight of Bird	Roasting Time (Unstuffed)	Roasting Time (Stuffed)
10 to 18 lbs	3 to 3-1/2 hrs	3-3/4 to 4-1/2 hrs
15 to 22 lbs	3-1/2 to 4 hrs	4-1/2 to 5 hrs
22 to 24 lbs	4 to 4-1/2 hrs	5 to 5-1/2 hrs
24 to 29 lbs	4-1/2 to 5 hrs	5-1/2 to 6-1/4 hrs



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Reef Brief

By Green Reef Peace Corps Volunteer Nicki Vassak

Hurricanes and the reef



If it were not for Belize's Barrier Reef the beaches of Ambergris Caye would surely feel more effects from tropical storms and torrential waters. Not only does the reef protect us, it sustains our economy and tourism. Although the reef has endured damaging storms, it has not been to the extent that tourists, as well as the locals, can not still enjoy its majestic beauty.

Birkeland (1997) claims people view coral reefs as diverse, abundant, and valuable resource producers. However, they are also fragile, sensitive, and risk harm from natural as well as anthropogenic disturbances. According to the Coastal Zone Management Authority and Institute (2003), the major threat to Belize's reefs has been from hurricane activity. The wave of anxiety recently evoked by Hurricane Wilma in October reminded us of the damage inflicted on Belize's Barrier Reef Complex by previous hurricanes over the last four years. These include Mitch (1998), Keith (2000), and Iris (2001).

Hurricane Mitch was the first of the three hurricanes to impact the reefs of Belize. Wind speeds reached over 180 mph and created large storm waves, crushing the coastlines throughout the country. The 2001/2002 State of the Coast Report states that this storm degraded many shallow reefs along the barrier reef, Glover's Reef, and fore-reefs throughout Belize.

Two years later, Hurricane Iris landed near Monkey River town on Belize's coastline, October 8th, 2001. This was a category 4 storm with winds of 140 mph that extended 15

miles from its center. Laughing Bird Caye and South West Caye underwent the greatest destruction, although Gladden Spit was also affected. The coral species affected most were *Acropora cervicornis* (Staghorn coral), *Porites astreoides* (Mustard Hill coral), *Monastrea annularis* (Boulder Star coral), and *Siderastrea siderea* (Massive Starlet coral).

Hurricane Keith severely impacted Caye Chapel Island in 2000. Damages included 8,500 feet of seawall destruction and major erosion of the landmass. The Coastal Zone Management Authority and Institute Monitoring Programme's (2000) found significant bleaching among various species of hard corals and considerable deposits of fine sediment along the reef bed.

Belize's coral reefs are essential to the life support system for some of the greatest biological diversity in Belize. According to Brown (1997) anthropogenic disturbances will have synergistic influences that will result in a lowered ability of these structures to recover from natural disturbances such as the ones described. For this reason, it is of great importance that the effects of these stressors be assessed and consistently monitored.

Donate to these worthy San Pedro organizations!

San Pedro Roman Catholic School – Brightening the minds of San Pedro's youth. Contact Principal Roxanni Kay – 226-2550, roxanicruz@yahoo.com

Green Reef – A non-profit organization dedicated to the promotion of sustainable use and conservation of Belize's marine and coastal resources. Contact greenreef@btl.net

Lions Club of San Pedro – Relies on income from its Friday and Saturday Night BBQ to support the needy

community. Help a great cause. Contact President Isela Graniel – 226-2064.

Saga Society – A non-profit "humane society" to address the stray cat and dog population in San Pedro. Contact 226-3266.

Alcanzando a los inalcanzables – Helping the youth of San Pedro against the battle with drug addiction. Contact Virginia Wallace at 226-3018.

San Pedro High School – Helping students "Anchor in Success." Contact Principal Angel Nuñez or Chairperson

Mrs. Martha Guerrero at 226-2045/2010/2043.

SP AIDS Commission – A non-profit organization that helps educate and inform the society in ways to help AIDS victims and their families.

San Pedro Public Library – A public service that helps promote the importance of literacy and education for the betterment of lives and the community. 206-2028.

The Governor General's Music in

Schools Program, San Pedro Chapter – c/o San Pedro Town Council, P.O. Box 54, 226-2198, g_gmusicinschoolsspc@yahoo.com
An organization created to develop and promote the love of music and the practice of the arts throughout Belize.

The San Pedro Foundation – An organization created to help students with furthering or completing their education. Donations or queries can be directed to Herman Penland 226-2005.



Wolfe's Woofers by Dennis Wolfe

Attitude Adjustment

"Well, Tom, how is married life?"

"How would I know?" Tom answered. "I've only been married three days. We just got back from the honeymoon today."

"A honeymoon gives a man plenty of time to decide how he feels about marriage," I said. "Take it from me. Dulce and I celebrated our seventeenth anniversary Sunday."

"You know, Jennifer and Dulce are a lot alike in some ways," Tom said. "Jennifer has some strong opinions like Dulce does. How did you and Dulce work that out?"

"When we first got married I gave her my attitude adjustment speech."

"Attitude adjustment? How does that work?"

"The day after we got back from the honeymoon we had a difference of opinion so I..."

"Is a difference of opinion like an argument?" Tom asked.

"Yeah, but it's when you don't yell so loud," I told him. "Anyway, I took off the pants I was wearing. I handed them to her and said, 'Here, try these on.' She said, 'There's no way those will fit me.' I told her, 'That's right. I wear the pants in this family. Remember that and adjust your attitude accordingly.'"

"Hey, that's great," Tom said. "I think I'll try that with Jennifer."

I ran into Tom yesterday at BC's.

"How did the attitude adjustment speech go?" I asked him.

"I handed her my pants and said, 'Try these on.'" Tom said. "Jennifer looked at me like I was crazy and said, 'You know those won't fit me.' I said, 'That's right. I wear the pants in the family. Remember that and adjust your attitude accordingly.'"

"What did she do?"

"She reached in her drawer and pulled out a pair of her panties. She said, 'Try these on.' I told her, 'Are you out your mind. I can't get into your panties.' She said, 'Yeah. Remember that and adjust your attitude accordingly.'"

"Yeah. That's what happened to me, too," I said.

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Trivia Tidbits

- *About 60 percent of all American babies are named after close relatives.
- *The official term for the pincer-like claw of a crab, lobster, or scorpion is a "chela."
- *Ten percent of men are left-handed while only eight percent of women are left-handed. Studies have shown that all left-handed people use more of the right side of their brain.
- *Each square inch of human skin consists of 19 million cells, 60 hairs, 90 oil glands, 19 feet of blood vessels, 625 sweat glands, and 19,000 sensory cells.
- *Minus 40 degrees Celsius is exactly minus 40 degrees Fahrenheit. This is the only temperature for which the readings on both scales are equal.
- *Dairy products account for 29 percent of all food consumed in the United States.
- *Just like people, mother chimpanzees often develop lifelong relationships with their offspring.
- *The last line ever spoken by Marilyn Monroe on the silver screen was "How do you find your way back in the dark?" The line is from the 1961 film *The Misfits* with Clark Gable. She died in 1962.
- *Feline means cat-like, bovine means cow-like and aquiline means eagle-like.

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 - 2 bed 3 bath fully furnished \$395,000.
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- ❖ **Boca Ciega 4.5 acres** 170ft beach front. \$350,000.
- ❖ **Near Mexico Rocks** 178ft beach front 2.4 acres \$534,000 - Sold
- ❖ **Rocky Point 2 x 1250ft 80 acre beach front parcels** - \$2.75 M-under contract
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- ❖ **Laguna Estates** commercial tracts & islands Inquire!
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Luna, Ambergris Caye's latest trendy restaurant, is now open. Serving Palm Tree Cuisine, a fusion of Central American and Caribbean delicacies, Luna offers a selection of fresh local seafood, tender meats and exotic vegetables prepared by our renowned chef.

Menu selections include: Jerk Seared Sea Scallop Crouton, Smoked Oyster Bruschetta, Spinach Pesto Goat Cheese Salad, Rib-Eye Steak Argentino, Almond Nut Crusted Grouper, White Chocolate Pudding laced with a cardamom anglaise sauce, Strawberry & Mango Ice Parfait.

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