

# CONSEJO SHORES BUZZ

Number 16

October 2023

## To remember in October:

**Crazy Coconut Farm** will deliver to the Shores: October 5th and 19th  
Pick up at the Consejo Shores community center

<https://crazycoconutfarm.com/>

**Cheese truck** will be at the Corozal Market October: 13<sup>th</sup> and 27<sup>th</sup> . You can find: Butter, Mozzarella, Cheddar, Requeson, bag of cream, Pepper Jack, heavy cream etc.

**Patty and Antonio** come with fresh fruits and vegetables for sale. Every Thursday around 4:00pm next to Millenium restaurant - You can also find them at the Corozal Market across the cemetery on Friday.

**2020 Cafe** hosts a bake and craft sale, every first Thursday of the month, from 2 to 4 pm. If you have something to sell, just come and sell your goodies. If you need any sweet or something nice to gift out or for yourself, this is the place.

**Volley Ball** in the bay at the Pelican Park, every Sunday, at 1:00 pm when weather permits.

**Event to come:** Snowbird Season is around the corner, look up for the calendar of activities coming soon.

# Benefits of Birdwatching...

by Michelle Handrus

Getting out into the fresh air is great for mind, body, and soul. Not only is it beneficial in improving our concentration and memory, but research has shown that as little as 10 minutes outside can significantly improve the health of those living with dementia. Additionally, getting outside is a great way of sourcing Vitamin D which is vital for building strong bones and muscles.

Recent studies suggest that spending time around nature can be a great way to combat stress and relax. Birdwatching can be a very meditative activity, and often provides those taking part with the opportunity to spend a time in a quiet place without any distractions.

Getting out and experiencing the nature around them has been shown to reduce stress, anxiety, and depression.

There are over 600 different species of birds that can be seen in Belize. There are 2 very good phone apps that you can download to help to get starting birding: **eBird** and **Merlin Bird ID**. There is also another interesting app that can be used to identify plants and animals...**Seek by iNaturalist**.

eBird



There is an event coming up here in Corozal October 21st. See the information below.

**URBAN Birdwatch 2023**

BELIZE AUDUBON SOCIETY

EXPLORE  
DISCOVER  
EXPERIENCE  
ENJOY

- BELIZE CITY - OCT 07TH  
BAS HEADQUARTERS
- BELMOPAN - OCT 08TH  
MARKET SQUARE
- DANGRIGA - OCT 15TH  
BTL PARK
- COROZAL - OCT 21st  
HIGHWAY (END OF MAIMI BEACH)
- ORANGE WALK - OCT 22ND  
QUEEN ELIZABETH PARK
- INDEPENDENCE - OCT 29TH  
TRIANGULAR PARK
- PUNTA GORDA - TBA  
UNO GAS STATION
- SAN IGNACIO - NOV 05TH  
COLUMBUS PARK

**TIME: 6:00 AM TO 9:00 AM**  
**NO REGISTRATION REQUIRED**  
**FOR MORE INFORMATION:**  
CONTACT US AT  
PHONE: 223-4987/4988  
EMAIL: [eeofficer@belizeaudubon.org](mailto:eeofficer@belizeaudubon.org)

You really do not need anything besides a good pair of walking shoes and a bottle of water to walk around the neighborhood or town to start “seeing” birds. Once you start seeing and hearing them- you can grab a pair of binoculars and your phone with the above apps and see where that takes you!!

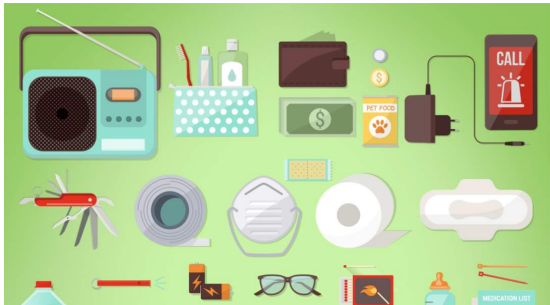
Now that you have fallen in love with birding- you can investigate the Birds of Belize by Princeton Field Guide or Birds of Belize by H Lee Jones to expand your horizons and see what it out there for you to find!

***By: Catherine Gagnaire***

After severe weather, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for an extended period.

To assemble your kit, store items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency kit could include the following recommended items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
  - Food (at least a three-day supply of non-perishable food)
  - Battery-powered or hand crank radio
  - Flashlight plus extra batteries
  - First aid kit
  - Whistle (to signal for help)
  - Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
  - Plastic sheeting and duct tape (to shelter in place)
  - Moist towelettes, garbage bags and plastic ties (for personal sanitation)
  - Wrench or pliers (to turn off utilities)
  - Manual can opener (for food)
  - Cell phone with chargers and a backup battery
  - Prescription medications
  - Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
  - Prescription eyeglasses and contact lens solution
  - Infant formula, bottles, diapers, wipes and diaper rash cream
  - Pet food and extra water for your pet
  - Cash
  - Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
  - Sleeping bag or warm blanket for each person
  - Complete change of clothing and sturdy shoes
  - Matches in a waterproof container
  - Feminine supplies and personal hygiene items
  - Paper cups, plates, paper towels and plastic utensils
  - Paper and pencil
  - Books, games, puzzles or activities
- 



# Oktoberfest: History and Traditions

## The First Oktoberfest

Oktoberfest's roots can be traced back to 1810 in Munich, which is in the Bavarian region of Germany. On October 12th of that year, the future King Ludwig got married and invited the entire city to attend the celebration, which included a large feast and horse races.

It was such a hit that they decided to repeat the horse races the following year, and the tradition of an annual October gathering – now known as Oktoberfest – was born.

## The Growth of Oktoberfest

In the early years, an agricultural fair was added to the horse races to help boost the economy. By the end of the 1800's a carnival aspect was added to the gathering, which made the event more attractive to families. Over time the horse races stopped, but the event continued to grow. As for Oktoberfest's association with beer, the early gatherings were peppered with beer stands but in 1896 they were replaced with large brewery-sponsored beer tents.

## Oktoberfest Today

While Oktoberfest celebrations are popular around the world, the original Oktoberfest continues on in Munich. And despite its name, it actually starts on a mid-September Saturday, runs for 16 days, and ends on the first Sunday in October.

The current iteration of Oktoberfest is a celebration of German culture, food, and (of course) beer. The only beer served at the event comes from the original 6 breweries in Munich, and the celebration gets kicked off with the mayor tapping the keg in as few swings of the hammer as possible.

Besides the food and beer, the festival is full of traditional Bavarian music, open-air performances, a grand entry and parades, vendor tents, carnival rides, a shooting competition, and traditional German outfits. The two-week fair wraps up in dramatic fashion with a boisterous brass band and a gun salute.

<https://hemplers.com/oktoberfest-history-and-traditions/#:~:text=Oktoberfest's%20roots%20can%20be%20traced,large%20feast%20and%20horse%20races.>





# Naturopathic Notes – Curiosity as a SuperPower

## *By Dr. Susan Barnes*

Curiosity is a desire to learn, inquisitiveness. Super power would be a power which is greater than others of its kind. Now how does this relate to the field of naturopathy?

Naturopathy is not so well known. So when we seek for information, when we are curious as to what other modalities we can use for our wellness, we are being curious. What you may find is that there are several branches of Naturopathy.

The one I have followed since 1980 is Traditional Chinese Medicine, called Tui-na. It is a form of healing which seeks to bring balance to one's life and well being. It is comprised of 5 elements: 1) what you may know as chiropractic, which actually came from tui-na; 2) acupressure which is similar to acupuncture except we use our fingers instead of needles; 3) diet, using food as medicine; 4) herbology using the herbs that grow in your area; and lastly, but maybe even more importantly 5) the mind-body connection.

To those of us using tui-na, we have great satisfaction in being able to assist those who want to avoid pharmaceuticals and surgery. This is what we consider the super power of alternative medicine.

Some examples of what can be done with this modality are the following situations.

A man had a dislocated fibula. With manipulation we were able to place it in the correct position and relive his pain of one year.

A man had metal put next to his spine and it was protruding out. With proper manipulation, the rod was put into back in and again he was pain free.

A woman had difficulty walking because of her ankle. When worked the injury was found to be older than she thought and once more was manipulated into its proper place.

A woman was told by three doctors that she needed surgery for carpal tunnel. We worked the psoas muscle which is located on the lower spine. When she sat, she found her wrist now longer and even after three months there was no more pain and total freedom of movement.

A woman with psoriasis for 40 years was advised to shift her diet. When she did so, her skin began to heal.

For those of us in the natural healing field, being able to do these things constitutes a super power.

As for curiosity, we are constantly learning new things. Over the years we have found that although we call it Traditional Chinese Medicine, it actually comes from the Maya. That the Chinese have an organ called San Jiao which it appeared that did not exist in western medicine. Just recently they found that there is indeed such an organ and it is called the interstitium. There are three organs which contain brain cells. Do you know what they are? Are you curious? To treat depression, one needs to address the immune system which lives in the small intestine. These all are new facts that have come recently to light.

Susan Barnes, ND lives in San Andres Village, Corazal

# Consejo Shores Halloween festivities

## Consejo Village 1st Ever Trunk or Treat!

Saturday October 28th, 2023 .  
in front of 2020 Cafe.

5:30pm - 9:00pm  
Decorate Your Ride.

Prizes for the Best decorated Golf Cart or  
Trunk.

Have some Candy ready for the kiddos  
as well.

Please Contact Alexandra @ 632-8616 or  
Linda

@ 625-2290 to Participate.



# Consejo Shores Halloween's Festivities --- more



## 1st. CONSEJO GOOD WITCHES AND WARLOCK PADDLE!

Good Witches and Warlocks are famous for flying around in a fast and expedient fashion, easily moving from one place to another in the blink of an eye, the touch of a nose, or the twitch of a cat's tail.

But sometimes?

The ensorcelled beings among us prefer a slower pace, one that involves big views, chummy camaraderie, and a few ocean breezes.

Join us to do the FIRST GOOD WITCHES and WARLOCK PADDLE in Consejo Shores! The sweet and celebrated Witch and Warlock Paddle, those haunting happenings that merrily materialize every year as Halloween grows near.

Finding a perfect paddle board, Kayak, any motorless boat works, You can don your luckiest hat. This outing that boast true witch-tastic whimsy. Also raising money for our Consejo Shores, CSPRTL, and FOG..

When: October 31<sup>st</sup>, 2023

Time: 8:00 am

Where: Mermaid Manor (Janice and Larry's place)

Contact: Janice or Catherine (quercy47@hotmail.com)

\$25 Entry Fee







**Who to Contact in Consejo Shores:**

**Consejo Shores Ltd**

[consejoshores@gmail.com](mailto:consejoshores@gmail.com)

<http://www.consejoshores.com/>

423-1005

**Consejo Shores Parks & Roads Trust Ltd.**

[consejopnr@gmail.com](mailto:consejopnr@gmail.com)

<http://consejopnr.wixsite.com/consejopnr/parks-roads>

**Consejo Neighborhood Watch**

**Main contact - Chris Perreault**

[consejonw@gmail.com](mailto:consejonw@gmail.com)

**Consejo Shores Buzz**

**Catherine Gagnaire**

[quercy47@hotmail.com](mailto:quercy47@hotmail.com)