

CONSEJO SHORES BUZZ

Number 17

November 2023

To remember in November:

Crazy Coconut Farm will deliver to the Shores: November 16th and 30th
Pick up at the Consejo Shores community center

<https://crazycoconutfarm.com/>

Cheese truck will be at the Corozal Market October: 10th and 24th . 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.

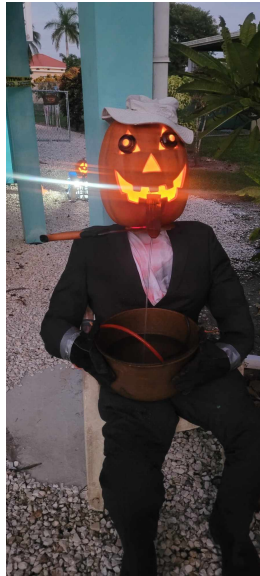
Volley Ball in the bay at the Pelican Park, every Sunday, at 1:00 pm when weather permits.

Event to come: Many events to discover inside the Buzz.

Special report

by Astaysia Busam

Just earlier this month, there was a wonderful and fun halloween party. This event is the second one that has ever happened. Once again it was a fun and successful event that multiple people enjoyed, all thanks to our friendly neighbor Cat.



On another note, lately a lot of people are getting sick or getting over being sick, so please everyone stay safe and healthy while you are having fun. If you're sick, I respectfully ask you to stay in the safety of your home and get well instead of attending any kind of social event. All people who are currently sick, I wish for you to rest and get well soon.

That is mainly all of what is happening, for me lately. I hope everyone had a good weekend and that everyone stays safe and healthy.



Halloween events

By: Catherine Gagnaire

Consejo Shores had one of the busiest Halloween ever. It started with the Treat or Trunk event in Consejo Village On Saturday evening.

What a treat to see all those kids with their amazing costumes. Some were very creative like the little one with the Transformer Car. wow!!

About a dozen cars were there, all decorated, some more than others, but for the first time, it was amazing.

Kids got so many candies, their bags, and the basket nothing was big enough to hold everything in.

A big thank you to everyone that put their heart and energy to do it, can't wait for next year.



Then we had the 1st Witch and Warlock Paddle organized by Janice Dun and Catherine Gagnaire to raise funds for CSPRTL and FOG on Tuesday morning.

Everyone gathers at Janice's place to paddle up to Perry and Linda's place and back. A few stay on site, to encourage all those witches and warlocks.

The event raised up \$1200.00 that was split between CSPRTL and FOG.



Twisted Triple Crown

CNW team

The Twisted Triple Crown is a trifecta event, attended by residents and spectators of multiple Consejo neighborhoods. The event was originally created by Tom and Rose Gardner, in 2012. Then, Denise Filmore took over until Covid Lockdown.

The Twisted Triple Crown takes place on 4 different weekends, at the start of the year, with 32 contestants competing, forming 16 teams, while their friends and neighbors cheer them on. It culminates with an award ceremony at a potluck luncheon.

32 Players:

\$25/per person is the total fee which covers all 4 events. No fee to hang out and watch as a non-participant: Those Consejo residents, who email twistedtriplecrown@gmail.com first, on Saturday November 4th, after 12 noon, Consejo time, are on the list first. A reminder message will be sent out that morning. Payment due by Nov 30 to secure your spot.

Substitute standby players: no fee. Names will be taken in December to fill in for a player as needed.

Players are randomly teamed up with others for each event by drawing numbers. Each event will have their own winner that will be receiving an award on the March 16th during the Award Ceremony Luncheon.

Non-player Award Ceremony luncheon fee for March 18th: \$15

If you are interested to host one of these events please let us know:

January 13, 2024 @1pm: Ladder Golf --- (bring your own refreshments and snacks)

February 10, 2024 @1pm: Bocce @ Alfred Condos in Consejo Shores --- (bring your own refreshments and snacks)

March 09, 2024 @1pm: Kubb --- (bring your own refreshments and snacks)

March 16, 2024 @1pm: Award Ceremony Luncheon @ Brad and Sharon Stewart on Contrabando, Consejo Shores. Potluck where every household brings a dish. Soda, water, liquor, & beer will be provided, along with awards by the CNW team.

Help needed:

Trophy/awards creators are needed for our players. It would be great to see multiple interested people form an awards committee.

Volunteers to keep score for each of the 3 events.

Substitute: Yolanda Lane, Rich, Astaysia, & Linda Busam

Assistance with set up and scorekeeping: Lisa Dumont and Yolanda

Trophies: Deana ...contact her to help

Event coordination: CNW leadership team.

Fever

By Dr. Susan Barnes

Fever is a sign that your immune system is working at its best. Virtually all animals — and even fish— naturally develop a fever when they're fighting a bacterial or viral illness. This response occurs because it improves your body's ability to eliminate infection.

When an organism invades your body, it triggers a substance that signals your brain to raise your body's temperature. This is done through a number of different mechanisms, including: Shivering, Release of a hormone, Increasing your metabolic rate, Restricting blood flow to the skin to minimize heat loss, Raising the small hairs which decreases sweating, a cooling mechanism

The fever brings about a number of beneficial body processes, including immune-protective mechanisms, that either directly or indirectly help ward off the invading bacteria or virus.

Increase in antibodies — cells trained to attack the exact type of invader that your body is suffering from.	More white blood cells are produced to help fight off the invading bugs.
More interferon, a natural antiviral and anticancer substance, is produced, which helps block the spread of viruses to healthy cells.	Walling off of iron, which bacteria feed on.

"The fever response is a hallmark of infection and inflammatory disease,"yet many health care providers still consider it dangerous and worthy of treating because it causes discomfort.

Increasing research supports the "let it ride" philosophy, which contends that fever is protective. Researchers with the University of Miami Miller School of Medicine described a classic 1975 study on fever and survival in iguanas infected with bacteria:

"Iguanas were given the opportunity to seek heat via sunlamps and all but one sought the warmth to raise their temperature. The one who did not was the only one who died. Next, he injected the iguanas with bacteria and gave them fever-reducing drugs. The iguanas that were able to mount a fever despite the drug were the only ones that survived."

Similarly striking findings have been found in people, specifically critically ill patients in the intensive care unit. One group of patients was treated aggressively for fever, receiving acetaminophen every six hours if their temperature rose above 101.3 degrees F (38.5 degrees C).

The other group only received treatment if their fever reached 104 degrees F (40 degrees C), which consisted of acetaminophen and cooling blankets until their temperature went below 104 degrees F.

The study had to be stopped early because so many people in the aggressive treatment group died compared to the other group — seven deaths versus one, respectively. "Aggressively treating fever in critically ill patients may lead to a higher mortality rate," the team concluded.

In most cases, fever-reducing medications should be avoided, as they typically only suppress the natural healing mechanisms of the fever and prolong the illness. For example, in people with influenza, using fever-reducing drugs is linked to a 5% increase in mortality. Even the American Academy of Pediatrics (AAP) warned against "fever phobia" and overuse of fever-reducing drugs:

Fever (cont.)

By Dr. Susan Barnes

Remember, the point of the fever is to stimulate the immune system and create an inhospitable environment for invading organisms, essentially turning up the heat high enough that the invading microbes cannot live. So, anytime you lower a fever artificially you're making your body more hospitable to the invading pathogens. You can further bolster your immune system's ability to ward off pathogens, and reduce the likelihood of developing a fever in the first place, by eating right, getting plenty of daily movement, using methods for stress relief and sleeping well.

Alternative practitioners take a different approach to managing a fever. Their goal is to bolster and support the immune system so that it can learn to recognize and respond quickly to invading organisms.

There are many alternatives to aspirin or acetaminophen that are safe, inexpensive, and have no side effects and others that enhance the immune system and contain antimicrobial, antibacterial, and antiviral properties (herbal medicine).

Here are some natural, holistic approaches to a fever:

Homeopathy - The remedies recommended do not eliminate fever, but rather help the immune system finish its job of healing. Such homeopathic remedies may include Aconite, Belladonna, Ferrum phos., Gelsemium, Pulsatilla, and Bryonia.

Ayurvedic medicine - recommends a light, nutritious diet, cold sponging,.

Herbal Medicine - Herbal teas such as peppermint, oregano, cilantro, ix canan, will help the body cope with a fever but not suppress it.

Aromatherapy - To cool the system, use peppermint, bergamot, or eucalyptus. To induce sweating, use basil, tea tree, lavender, rosemary, chamomile, or peppermint.

Hydrotherapy - To lower a high fever, use a wet sheet pack or immersion bath. A neutral application can also be used to reduce fever to a manageable level.

Topical treatment - A cold compress to the forehead and cold pack to the trunk of the body may also be used, or rub the body with apple cider vinegar.

One may also consider probiotics, fermented cod liver oil, or therapeutic soups that use vegetables and spices that stimulate the immune system. A great soup recipe is in the first source below.

Susan Barnes, ND
163 San Andres Rd,
San Andres, Corozal, Belize

623-0241

Tips on doing a will in Belize

By Chris Ward

A couple of lessons learned after going to a Justice of the Peace here to set up a Will and such:

1. I have seen it written that you should have a Transfer on Death Deed. The person who helped me had never heard of such a thing. For us, we have both my wife and I on the title plus one of our children. The process happens this way. If I passed away, my wife would file a “deletion” form on the title to have my name removed. It is a simple form with only one page. A death certificate is required for this. This would continue to our child.

2. From my interactions, a true Living Will like back in the states does not exist. You can put additional info into your will (ie. I want to be cremated). However, I tried to include medical living will stuff into the will (ie. “pull the plug”.... Do not resuscitate), but was told those types of things don’t really exist here. The “culture” here doesn’t really do those types of things was the answer I was given.

3. As talked about above, funeral decisions (cremation, flying the body home, etc.) can be added to the Will.

4. Yes, you can make a Will here without a JP or lawyer. For our comfort being in a foreign country, we decided to get some help to perhaps avoid problems for our children later.

5. Requirements for a Will here:

a. Copy of passport for testator (person the Will is for). A Will can be joint here. My wife and I are now on one Will. This is possible at home in some states but not recommended often. Here, with only a house, car, and furniture it seemed like a fine idea. My wife and I BOTH still have Wills, Living Wills, etc back home to deal with everything else (IRAs, bank accounts, etc).

b. Copy of land deed

c. Copy of passport of executor. We made a person living full-time in Belize, that we trust, to be the executor. We then appointed our child on the deed as the alternate executor. The thought behind this was so that the person living here, who knows how things work, can start some processes without our child coming down multiple times.

d. Copy of passport of beneficiary

e. Bank accounts in Belize if you have them

f. Any other wishes included in Will. This is where we discussed cremation, etc.

g. Copy of passports of two witnesses.

h. Additionally, (it was not asked for) we provided contact information for all the people in the Will from executor to witnesses.

I hope this information helps. I’m sure there are other ways to get things done and even perhaps some different opinions. Outside of the formal Will, I did a few other other things hoping they will help later on.

1. I made up a contact sheet that is shared with many people here and our children backhome.

Tips on doing a will in Belize (Cont.)

By Chris Ward

c. Copy of passport of executor. We made a person living full-time in Belize, that we trust, to be the executor. We then appointed our child on the deed as the alternate executor. The thought behind this was so that the person living here, who knows how things work, can start some processes without our child coming down multiple times.

d. Copy of passport of beneficiary

e. Bank accounts in Belize if you have them

f. Any other wishes included in Will. This is where we discussed cremation, etc.

g. Copy of passports of two witnesses.

h. Additionally, (it was not asked for) we provided contact information for all the people in the Will from executor to witnesses.

I hope this information helps. I'm sure there are other ways to get things done and even perhaps some different opinions. Outside of the formal Will, I did a few other other things hoping they will help later on.

1. I made up a contact sheet that is shared with many people here and our children back home.

2. I made a list of everything here to include stuff like BEL accounts, Smart, lawn maintenance, HOA fees, etc and shared it with our kids so they know as much as possible

3. I updated all IRA, 401K info at home to include the children after my wife. It may be one less thing she has to worry about.

4. I shared a document with our children with pertinent account information and passwords. Obviously not everyone would want to do this, but it works for us.

JP : Anthony Bradley. His number is 607-4784. He replied to my Whatsapp text.

Winter Golf Tournament FOG

Friends Of Golf Winter Golf Tournament
Consejo Shores Golf Course

Saturday December 16th

Members \$25.00

Non Members \$30.00

Registration 6:30AM

Tee Off 7:00 AM

Side games extra charge
Drinks available extra charge
50/50 pot

Pre registration available
Contact: rosylani@yahoo.com

RSVP: Rosy 607-6635

COROZAL ANIMAL PROGRAM



LA
Piccola
PIZZERIA
EST. 2020



PIZZA FUNDRAISING FOR



DANCE PARTY



Sat Nov 18th 1-4pm
Consejo Shores, Alfred's Condos



Any 15" Pizza Pre-Order-\$5 will be donated to CAP

Any 10" Pizza Pre-Order-\$3 will be donated to CAP

Pre-orders will be delivered to the event by 1pm

Pre-order Deadline Friday Nov 17th 6pm

www.lapiccolapizzeriza.bz - 501-614-1143

CHRISTMAS TIME

About 16 years ago a local young man named Ronnie Arana started doing a Christmas party for all the children in the village. Six years ago When Ronnie got older and his business life was growing to much for him to continue his annual help to the village kid's Christmas party, his older sister Alexandra stepped in to keep this annual event going. Alexandra's first three years she co worked with a chair lady. This past three years with help from the residents, Alexandra has been able to help more and make the kids party better then it was the prior years. This year the kids will be able to enjoy a bouncy house, face painting, decorate their own cookies, a piñata, presents for every child and enjoy lunch.

Thank you to everyone who helps the Village kid's Christmas party each year. Your support is what enables this event to be able to be continued and grow.

December 20th, @ 1:30 pm Alexandra's house

If you would like to help out please contact

Rosy 607-6635





Who to Contact in Consejo Shores:

Consejo Shores Ltd

consejoshores@gmail.com

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

423-1005

Consejo Shores Parks & Roads Trust Ltd.

consejopnr@gmail.com

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

Consejo Neighborhood Watch

Main contact - Chris Perreault

consejonw@gmail.com

Consejo Shores Buzz

Catherine Gagnaire

quercy47@hotmail.com