



Welcome to the *October Monthly Newsletter!*

We welcome you to the October edition of the newsletter, bringing more good news about our Jewel as well as how the Belizean Diaspora is making a positive impact on the lives of others.

We are saddened by the passing of a couple outstanding Belizeans this month, one of which was a close and treasured friend of the Honorary Consul and staff of the Consulate, Mr. Jerome Conrad Kos who resided in Miami, Florida. We will miss seeing him at all our events and receiving his usual lively telephone calls. Our thoughts and prayers are with the family and friends of Mr. Kos and Mrs. Olive Esmay Reneau, the latter who resided in Hollywood, Florida. Their lives made an impact on those who knew them. May they rest in peace. You may read more about each of these Belizean Patriots' lives in our new section titled "*Honoring the Life of...*".

We are happy to share with you several interesting stories in this edition, such as how the Ministry of Education adopted the ProFuturo program to equip rural schools with technology and about the U-13 Team Belize's progress in the CODICADER Games in Costa Rica. Also read about what made Belizean-born Ramon Palma become the "*Star of the Month*". See how two outstanding Belizeans were chosen by Oceana as the *2019 Ocean Heroes*. In this section, we report on the annual Florida International Trade and Cultural Expo that took place in Broward County, in which Mayors from Belize attended. See the promotional video from the Ministry of Health on World Mental Health Day and check out, "What's Trending," regarding the celebrations and events that took place on Pan American Day, World Mental Health Day, and during the Belize Birding Festival.

Similarly, we are happy to share with you H.E. Daniel Gutierrez's message under "Ambassador's Desk." In this section you will see an up close and personal interview with the Ambassador on relevant topics that include climate change, immigration, the importance of regional cooperation, the future of democracy in Latin America and more.

It's that time of the year again! Yes, Conch Season is officially open in Belize and now Belizeans can enjoy eating everything conch! From ceviche and conch fritters to conch soup, there will be the best of Belize's conch dishes to tantalize everyone's taste buds! We therefore have the pleasure of featuring the recipe for "Hot Mama's Famous Conch Soup". For those of you who live in some parts of the US, Fall is here so enjoy the season's pumpkin spice lattes, pies and much more! And may all the children enjoy a safe and happy Halloween.

See the events that led up to World Mental Health Day, where leaders around the world address this very serious topic. In honor of those who are suffering in silence, let us join hands in helping those who don't have a voice. We may all know of someone who is suffering from depression, anxiety or self-worthlessness. If you see the signs or know of someone who is affected, please say something

and call your local hotline. In the US, call the *National Suicide Prevention Lifeline* at 1-800-273-8255. In Belize, contact *Mind Health Connect* at +501-615-5957.

You may be saving someone's life. Remember to be kind to people you come in contact with. They need to know that you care and that there is hope and a solution to every problem. One kind word or gesture could make a huge and positive difference to someone's life! And let us put an end to cyber bullying or any kind of cruelty shown to our children and to others. Shine your light!

And lastly, check out the section *Upcoming Events* to find out more about "Belize International Film Festival", "Battle of the Drums", "Art Fest" and much more.

For those of you who have not had the opportunity to visit the Consulate's office nor are familiar with the services that we offer, you may visit our website at www.belizeconsulatefla.com or follow us on Facebook, Twitter, and Instagram to receive updates about Belize, the Consulate and upcoming events.

As we update our database, and in order to serve you better, the Consulate of Belize in Florida continues to conduct phone calls to its constituents to confirm each's contact information. We appreciate your cooperation and support in sharing your contact information, so that you and your family can continue to be informed about services offered by the Consulate as well as get updates on Belize.

If you are aware of a Belizean residing in the United States who is making a positive impact on the lives of others while contributing to their native country, please submit their story to us so that we may feature them in our newsletter. Perhaps the Star of the Month for November could even be you!

Enjoy and share with your friends!