

## July 2011 Belize Newsletter

***Dear Friends of Grand Baymen,***

We're very pleased to have many of our new website visitors ask to be added to the Grand Baymen monthly Newsletter. Thank you for your interest. Now that we're re-starting our monthly newsletter, in the newsletter we'll send you links to the new blog posts once a month... My goal is to write blog posts that are interesting, helpful and diverse.

This is the first revised newsletter, so I've explained the new format, below. [You'll find the titles, and links, to recent blog entries later in the second half of this e-mail. Just scroll down a page to find them.](#)

And thanks to all of our long-term newsletter subscribers, for your patience. We took a newsletter hiatus while we made significant changes in our website and newsletter format. I started the new blog format in April. But first...

### ***There is Still Space at the August Chill Weekend***

Before explaining our new blog and website updates, I wanted to let you know that we still have spaces left in our August Chill Weekend event, on Ambergris Caye. Are you interested in finding out what it would be like to live or retire on this stunning Caribbean island? If so, come join us. You'll have a great time, while learning all about the Ambergris Caye lifestyle....

This next Chill Weekend will be held on August 12-14, at our resort, the Exotic Caye Beach Resort, right on the beach. The prices are discounted for our Chill weekends, so they are a very good deal. You still have time to sign up. You can do it on line at the [Chill Weekend landing page](#). You can also get more info there, if you have not yet seen the agenda.

### ***Revamped Website and New Blog***

If you've been with us for more than a year, you probably noticed that we significantly revamped our website at the end of last year. We were tweaking it during the first quarter of this year. After finishing blog training, I started the Grand Baymen blog. Our newsletter format will be a bit different than in the past.

Each week I'm posting two blogs on the website, on diverse Belize topics. For the Belize monthly newsletter, I'll list the titles and provide the link to our recent blog posts. That way, you can go directly to the ones that interest you, and ignore those that don't. I'm writing about

a mix of topics, from local festivals and activities; to Belize lifestyle; medical and travel tips; and updates on tourism and business statistics for Belize.

Once on the blog landing page, you can also scroll down the blog page and link directly to each month. Then you can see all the topics for that month, and open those of interest. Or you can search for specific topics of interest. Although the pictures won't show up in the monthly newsletter, once you open the blog post, you'll find a selection of pictures illustrating the blog topic.

Below are the topics and links for the last two months. Since this is the first time we're sending out this revised Belize Newsletter, there are more topics than usual. In the future there will only be about 8 each month.

Feel free to comment on any blog topic within that post. You can send me a question through the post. Or send your questions directly to me at [annb@grandbaymen.com](mailto:annb@grandbaymen.com).

Regards,

Ann Kuffner Brunette  
Grand Baymen Belize  
[annb@grandbaymen.com](mailto:annb@grandbaymen.com)

### ***Recent Fun Summer Events on Ambergris Caye***

Here's an update on some of the recent social events and festivals that we attended on Ambergris Caye. Each blog entry includes several pictures, to give you a sense of what the event was like.

- [June 2011 Lobster Fest Chill Weekend](#)
- [June Wine de Vine Dinner Event –](#)
- [Brandi Mermaid and Sushi on Ambergris Caye – Broadway Comes to Ambergris Caye!](#)

### ***Ambergris Caye/ Grand Baymen Tourism Ratings and Travel Tips***

Some of the below provide info on recent awards given to Ambergris Caye and our Grand Baymen Belize resort, Exotic Caye Beach Resort. Others are updates on tourism trends. A few

of the below blogs offer travel tips related to coming and going from Belize on international trips.

- [Exotic Caye Beach Resort Awarded Trip Advisor Certificate of Excellence!](#)
- [San Pedro on the Trip Advisor 2011 Top 25 Latin American List](#)
- [Tourists Flock to Ambergris Caye](#)
- [Getting from Ambergris Caye to Cancun International Airport](#)
- [It Just Got Easier to Fly from Belize to Guatemala](#)

### ***Ways to Stay Healthy and Fit on Ambergris Caye***

Many expats find that they become healthier and fit once they move here. Mike and I care about health issues. That is why we built the San Pedro Fitness Club - which opened in April of 2003. But there are many ways to stay fit and healthy on this island. I'll write regular blogs that suggest how expats and visitors can improve their health while living or visiting on the island.

- [Fit Living on Ambergris Caye](#)
- [Walking the Beach on Ambergris Caye](#)
- [Affordable Medical Tests in Belize](#)
- [Stay Fit While You Keep Cool – on Ambergris Caye](#)
- [Catamaran Snorkeling at Ambergris Caye](#)