

El Residente

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EDITOR'S NOTE

With this issue we wrap-up our *Taste the Tropics* feature series, and it may be appropriate to raise a glass in salute to the wonderful diversity of fruits and vegetables available here. But with what to toast? In this issue we offer some choices of local libations one might take into consideration.

Admittedly, we have not thoroughly exhausted the diversity of fruits, vegetables, and the many foods prepared from them, which are unique to Costa Rica. So, in 2017 we will continue giving readers information about good things to eat by including recipes for some of our members' favorite Costa Rican dishes.

But, in order to do that, we need your help. We need **you** to send us your recipes for your favorite Costa Rican specialties – main courses, salads, desserts, etc. But no gallo pinto recipes please – everyone has their favorite and there are so many they could easily fill an entire issue! (And, if you would like to write some background details about your favorite Costa Rican food, that's OK too, just please keep it short.)

Send your recipes to: info@arcr.net. Include in the subject line: Recipe.

We cannot guarantee we will publish every recipe we get, but we'll attempt to choose the best to keep the selection informative and entertaining... and delicious. To get you started, somewhere in this issue is a recipe for making your own traditional Costa Rican drink.

Saludos! And Happy Holidays from *El Residente* and the ARCR staff!

This magazine has been published every two months since 1995 as the official communications media of the ARCR. Our organization provides service to thousands of foreigners who have chosen Costa Rica to reside for short periods or for permanent residence. Since 1984 the ARCR has been offering reliable **services, information and advocacy** to Costa Rica's foreign residents. We have the experience and ability to help you with your residency application, immigration, business and financial management, real estate purchases and rentals, property management, insurance, pet importation and much more.

If you wish to place an ad in *El Residente*, please contact the ARCR main office or the Marketing Director at the contact addresses located in the masthead. Goods & services offered are paid advertisements. Neither ARCR Administration nor *El Residente* research the companies and take no responsibility for the quality of such goods and services.

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ACROSS THE BOARD

Notes and News from the Board of Directors



As previously reported, as of August 16, 2016, ARCR has been reorganized under new Costa Rica articles of incorporation. The official name for the organization is now “Asociacion Retirados Costarricenses y Rentistas.” This was an administrative change only; **THERE IS NO CHANGE** to the physical organization.

Good News #1: As a result of the reorganization, ARCR applied to the CCSS (Caja) for reinstatement of their ability to enroll members in the national health care plan under the ARCR group discount plan. The affiliation has been granted and ARCR can now enroll those persons who have been approved for their legal residency. If your friends or family members are in process of residency, or you would like to affiliate to CAJA with ARCR, you can obtain more information by calling the office or writing info@arcr.net.

Good News #2: BLUE CROSS/BLUE SHIELD HEALTH INSURANCE IS NOW AVAILABLE IN THE INSURANCE OFFICE! The office has expanded their offerings to members via separate ARCR division, Strategic Investments, and can now enroll members in the Blue Cross/Blue Shield health insurance plan. Call Juan Carlos at 4052-4052 for more information.

Franklin Martinez Insurance (Pricose) continues to offer members discounted home, accident, travel, and vehicle insurance through INS.

Good News #3: ARCR has entered in to a trial agreement with a second mail and package delivery service – UniBox. This company will deliver letter mail from the USA to the ARCR office for free (yes, FREE!) and packages for a charge based on weight, not item count. UniBox also has multiple other unique services, like the ability to do package consolidation, which can save shipping charges. Members wishing to learn more about the company and their many other services should contact Eduardo in the mail room. Aerocasillas service to ARCR will continue and those who do not wish to change their forwarding service need do nothing.

Did you know that the US Social Security Administration periodically sends out a letter to various benefit recipients requiring them to verify that they are still living? Often these letters are sent to those whose payment address is outside the USA, but those residing in-country receive them also. It is important that the recipient respond to that letter promptly – because if they do not, the SSA will suspend their monthly benefit payments. See the Ask ACS column in this issue for more information about these letters and the Social Security website.

A reminder: Mail items originating in the United States and using a Costa Rica APDO (post office box) address and ZIP Code, are frequently misread by automated USPS ZIP Code readers and routed to a similar ZIP Code in the United States. There, the item is determined to be “undeliverable” and returned to the sender. Therefore, when items are to be mailed to a Costa Rican address, it is strongly suggested that members inform those who are doing the sending to NOT include a ZIP Code and try to include the words “Central America” after “Costa Rica”.

On an associated note: If a company sends something to Costa Rica via FedEx, FedEx will not deliver to a Costa Rican PO Box (APDO); they need a physical address and local phone number, or the item will be returned to the sender. Members can use the ARCR office address as the drop off point for FedEx deliveries.

For those who use GPS and routing apps on their phone, one of the most popular for Costa Rica, Google’s “Waze,” has just been updated. Waze is a free community-based traffic and navigation app which allows drivers to join other drivers and share real-time traffic and road information by reporting the location of speed traps, stranded vehicles, accidents, or other hazards causing traffic jams. The app can be downloaded at: <https://www.waze.com>

There is a new face in the office, her name is Ilse Marie Foster Dixon, but just call her Marie. Stop by and say hello and welcome aboard!

Happy Holidays from the members of the Board of Directors and all the staff and management of ARCR.

by Michael Miller

Costa Rica's Amazing New Jade Museum



In May of 2014, Costa Rica's Jade Museum moved from its old location in the insurance building in downtown San José, to a new building five blocks away. The day that the move took place, two things happened.

First, the museum expanded from five crowded rooms in the old building to five spacious floors (75,000 square feet) in a brand new building, all of which is dedicated to the museum.

Second, it went from being a parochial collection of artifacts to become a world-class museum.

As you approach the building you see an imposing structure with interesting angles and curves and a rough earth-toned exterior. The appearance comes from a special Spanish porcelain that covers most of the building exterior. There are no windows, except vertically in the center of the east and west sides.

Once inside you will understand why the building was given such a unique appearance; the architects shaped

Above: Now in a brand new building, Costa Rica's Jade Museum is located on Avenida Central and Calle 13. Its architects designed the building to resemble a big block of jade.



Top: Placed throughout the Museum are life-size dioramas, or models that will virtually take you back to life in indigenous villages over 2,000 ago.

Above: A brutal image of a tribal warrior in the act of sacrificing a vanquished enemy.

Right, middle: The Jade Museum displays, not only objects made from jade, but also magnificent examples of pottery and porcelain from the same period.

Right, bottom: A sandbox... really. Children are introduced to archaeology by "discovering" artifacts, and a skeleton.

it to represent a big block of jade. And, one of the first things you will see when you enter the building is... a big piece of jade. Like the building, it has interesting angles and curves, and a rough earth-toned exterior. Where the block has been cut away, you see the rich, lustrous jade inside which glistens in different shades of green. The building design is a perfect metaphor for the stone it commemorates.

You will learn that this big piece of jade is not from Costa Rica. In fact, Costa Rica has no sources of jade; all of the raw materials for the country's jade products came from the Montagua River valley in Guatemala and Honduras.

Beginning about 600 years before Christ, raw jade, such as the big block on display, was brought to Costa Rica over ancient trade routes. Once here, it was worked on by tribal craftsmen, mostly in the coastal areas of Guanacaste on the Pacific side, and near the present-day city of Limón on the Caribbean side.

For over 1,000 years this jade industry was one of the hallmarks of life among the indigenous tribes of Costa Rica. Now, today, the Jade Museum displays the largest collection of American jade anywhere in the world.

And it is spectacular!

When you enter the exhibit room on the ground floor you find a display of a tremendous variety of objects created from the stone. There are necklaces, bracelets, anklets, pendants, and religious objects and figurines carved with images of birds, butterflies, bats, and other animals with which would have been familiar to the indigenous people.

The real impact of the museum, however, is experienced on the second floor and the floors above. Entering the display rooms on each floor you see why the Jade Museum is being hailed as one of the best museums in all of Latin America; the displays are, in a word, stunning!

Moving through the upper floors you will discover there is much more than jade here; there are also thousands of pieces of priceless pottery, ceramics, and tools made from stone and shells, all created by the pre-Columbian peoples who lived in what is now called Costa Rica.

One of the things which is most impressive is that the creators of the museum have not just laid out a bunch of artifacts in glass cases. Rather, they have gone to great lengths to show how these pieces were made and how they were used in the everyday lives of these ancient people.

Entering the Jade Museum is akin to taking a virtual trip back 2,000 years. The curators have, by using dramatic

visual images on glass walls, and even on the floors, portrayed how the indigenous people lived and what they would have encountered. Each section has written descriptions of what you are viewing, in both Spanish and English.

The features that get the most attention, however, are the life-size dioramas that are found throughout the Museum. These dioramas, or models, give the visitor a taste of what life was like in Costa Rica's pre-Columbian villages. There are depictions of men hunting and fishing, a woman grinding corn into meal, people weaving cloth, women feeding children, and even a group preparing a corpse for burial. The effect is almost as if the viewer had stepped over an invisible threshold and traveled back in time.

The display room that had the greatest impact on me was called "The Night." In this room the lights are low and the sounds of the night birds can be heard; it feels almost as if you have entered the dark, mysterious, nighttime Costa Rican jungle. As you move through the display you learn about owls and the other nocturnal birds and animals that roam the forest after dark. Many of these animals are considered to be magic or sacred by the tribes, and were often regarded by tribal shamans as being messengers from the underworld. These nocturnal creatures were often the subjects of images carved on jade pendants or formed with pottery.

"The Night" display room also explores the burial practices of the indigenous peoples. One of the dioramas shows a body of a man laid into the ground as his living tribesmen and women prepare him for eternity. The corpse is adorned with jade pendants and jewelry, the amount depending on his status in the tribe. Across his body is placed a "metate," a stone table used for grinding corn and other grains, something that he will need for his journey through the afterlife.

Visitors should not think that life in these ancient Costa Rican villages was all peace and harmony. These tribal people faced what all mankind has had to endure in every period of history. For example, there is a section of the Museum that deals with warfare and the lives of the warriors, including some very graphic displays of the brutality that was a part of tribal life.

There are many other fascinating sections of this museum. One, on the top floor, is a massive collection of all the pieces that the museum curators did not use elsewhere. As you look at the row after row of beautiful

pottery and jade and realize that each of these pieces is between 1,500 and 2,500 years old, you can begin to understand what an extraordinarily important and valuable collection this is.

If you have children with you, there are all kinds of interactive displays throughout the Museum that will keep them interested. Some are hands-on “games.” Others are presentations on computer screens. Perhaps the most creative is what might be called a “sandbox.” Here, children are given archaeologist’s brushes which they use to uncover buried artifacts, and yes, even a human skeleton.

The “jade era” was roughly from 600 BC to 500 AD, just over 1,000 years. No one quite knows why, but at some point the use of jade for adornments and religious figurines came to an end. It possibly occurred because about that time the attention of tribal craftsmen turned to gold, a substance that could be collected from the rivers of the region.

By the time the Spanish arrived in the early 1500’s, jade was a forgotten part of the distant past and gold had taken its place. Of course, that is why the early explorers named this area the Rich Coast; Costa Rica. The Jade Museum focuses on life during a forgotten part of history of a region that would, centuries later, be called Costa Rica.

Today there is this very special place in downtown San José where modern residents and visitors can get a small glimpse of life during those ancient times; the Jade Museum. It is one of the extraordinary treasures of Costa Rica, and is a “must see” location for Ticos and expats alike. It is truly a world-class museum. You should plan to spend at least two hours at the museum, but quite honestly, you could easily spend all day. There are audio tapes available to self-guide you around the museum, if you desire.

The Jade Museum is located on the corner of Avenida Central and Calle 13. That puts it just across the plaza from the National Museum. The hours are Monday through Sunday, from 10 a.m. to 5 p.m., closed Christmas and New Year’s days.

Admission in U.S. currency is \$15 for adult non-residents, \$5 for non-resident students. The admission for adult Costa Rican citizens and residents is \$5, and Costa Rican students are free. There are special group rates available for groups of over 50 people. (To arrange for group rates call 2521-6610.)

If you are going to be in San José in December, the Jade Museum is planning many events for the holiday season, including concerts, plays, and guest speakers. To learn about those events, call 2521-6610.

I would like to give a warm thank you to Adriana Guzmán, a public relations specialist for the Jade Museum; and to Sergio Garcia, an archaeologist for the museum. Both spent over two hours of their very busy day with me, to show me around and to help me appreciate their museum.

And finally, a thank you goes to David Eminente for his help in introducing me to the management of the museum. David is the owner of the coffee shop on the ground floor which features wonderful coffee and pastries. He is also the owner of Sapore Trattoria, a fine Italian restaurant right around the corner.

Michael Miller is the author of the first and only guide book that focuses on Downtown San José, Costa Rica, titled: The Real San José. Paperback copies of The Real San José are available at the office of the Association of Residents of Costa Rica and at restaurant Sapore Trattoria. An electronic version is available at Amazon/Kindle. You can see additional stories that Michael has written about Downtown San José at his website: TheRealSanJose.



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by Allan Garro and Alejandro Garro

Alimony & Child Support Can Be Changed

Contrary to popular belief, alimony and/or child support payments are not “written in stone” once a judgment has been rendered. Costa Rican law foresees the possibility of the need for change when the financial possibilities of either the obligor or beneficiary necessitate a need for an increase or reduction of those benefits.

This can be accomplished when the interested party files for a proceeding called “incidente de aumento o rebajo de pensión alimentaria” seeking a different award amount. The amount to be paid for alimony or child support can be modified by a family court at any time when the interested party can prove that there is a change in circumstances, as defined by the law. This is the way to avoid creating negative situations by such events as people going to jail, children have unmet needs, or when there is a negative perception towards the legal system.

The action may be requested by one spouse for another, for a minor or disabled child for their parents, and by parents or grandparents for adult children or grandchildren, or vice versa. The most important point is to determine who the person in need is and who should pay.

According to Costa Rican laws and jurisprudence, alimony and child support cannot be quantified with any mathematical equation, method, or algorithm. That means no “magical formula” exists, thus the authorities must analyze each case with a recognition of the basic relationship in mind; necessity vs. possibility. Based on that concept, a delicate balance must prevail in every judgment or agreement between parties; the decision is supposed to take into account all the aspects, such as the beneficiary’s needs and life conditions, plus the possibilities of the obligor. Sometimes, however, it happens that a judge decides to set the amount of the award to maintain the current life style of the beneficiary without taking into consideration the situation of the person that has to pay.

To request an increase in the amount of a benefit, it is mandatory to either demonstrate a change of circumstances which imply a need for a larger amount of support because the needs of the beneficiary have changed, or that the income and life status of the obligor has markedly improved.

To request a reduction in the amount of the benefit, it is required to demonstrate a change of the circumstances that imply a diminished possibility to give. Some of the situations allowed by law on which the decision reduce or eliminate the obligation to pay can be based are:

- a) The termination or forced loss of a job.
- b) Economic losses.
- c) The minor child reaching 18 years of age (unless they are regular students, in which case they are covered until age 25).
- d) An illness or serious injuries.

In accordance with Section 58 of the Alimony and Child Support Act, the procedure to request a modification of the amount or terms of payment is called an “Incidente” and the following process occurs:

- a) The applicant presents a petition stating the facts underlying the requested change and offering evidence to justify the change.
- b) The defendant has a minimum of five business days to reply to the claim.
- c) After reviewing the arguments of the parties and the offered proofs, the judge will rule on the case.

The biggest mistake made in submitting such a petition occurs when the request is filed but not enough evidence is provided to support the need for adjustment, or the petitioner is not able to prove any change in the circumstances. The requesting party must provide sufficient and appropriate evidence to convince the judge that there is a real need for change, and that a change is very necessary. A mere assertion providing nothing but circumstantial evidence can only result in the judge

rejecting the petition and upholding the current decision.

Of course, if such a ruling goes against either party, they have the right to file an appeal which will be decided by the corresponding Court of Appeals.

Some additional things to take into consideration are:


- a) It is only after the final ruling that the Alimony / Child Support may be modified.
- b) The plaintiff and defendant may settle for reasonable amount via alternate dispute resolution agreement.
- c) Every case is different and it should be analyzed with caution and professionalism.

For any request to be filed, it is very important to hire a qualified professional who understands the process and can provide the best advice according to the clients' needs.

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by Maxima van Houten

Holiday Spirits

As the holiday season approaches and party planning ensues, we thought it might be useful for members to become more familiar with some of the common Costa Rican spirits which can be included on the bar. So, below is a brief listing of the alcoholic beverages which originate in this amazing country.

ROMPOPE: The traditional Costa Rican version of eggnog. Slightly thinner than North American eggnog, it has a delightful texture and flavor. The drink is lightly infused with alcohol at four percent and is available year-round in one liter “boxes” carried in most grocery stores. Or you can make your own from the recipe found elsewhere in this issue.

If the “kick” of the commercial Rompope product isn’t enough for you, you might like to fortify it by adding some rum or guaro made here in Costa Rica.

RUM: Ron Centenario is distilled from fermented sugar cane by Centenario Internacional SA. Of lower alcoholic content (70 proof) than some other similar products, it is offered in 5, 7, 9, 12, 20, 25, year aged varieties, plus a 30-year-old limited edition, Commemorative Reserve. The Ron Centenario distillery is located in San José de Oca, and their rum has won international awards; it has a reputation as being of quality and taste equal to many of the best from other major players in the industry.

GUARO: Guaró is a clear, colorless, 60-70 proof liquor also derived from sugar cane. Most locally made brands are manufactured by Fábrica Nacional de Licores (FANAL) which became nationalized in the 1850’s to combat “bootlegging” and to assure consumers of a safe and healthy beverage. The most popular brand is Cacique (ka-see-kay), a name derived from the title for an indigenous leader. FANAL also sells the liquor, some colored with caramel, under several other labels such as Ron Colorado, Ginebra Extraconcha, Anís Imperial, Perfecto Amor, Ron Magilares, Super Canita, and more. The distillery is located near Grecia.

Here’s where it becomes a bit confusing: Estrella Tropical ED S.A. in Curridabat, markets Guaró under the

Montano brand. They also sell a liquor they call “rum.” Since both rum and guaró are derived from sugar cane, and Estrella labels some of their products as Ron (rum), it may be that the “Ron” product might be guaró with coloring and flavoring to mimic rum.

If you want something other than eggnog or a highball, here are some alternates from which you can choose.

BEER: If your preference is for beer there are a lot of choices available. The “national” beer, Imperial, is brewed by Florida Ice and Farm (FIFCO) at their huge brewery located in Alajuela. The company also makes other popular brands such as Pilsen, Rock Ice, Bavaria, and has license to brew Heineken. For those who like the taste of beer but eschew the alcohol, there is a non-alcoholic variety called Kaiser.

On the subject of beer, the artisanal brewing craze has hit Costa Rica with a vengeance. The Costa Rica’s Craft Brewing Company is widely considered to be the grandfather of the industry here. Formerly located in Cartago, it produces a wide variety tasty brews in its new location in Ciudad Colon. There are more than 30 other craft brewers throughout Costa Rica, including FIFCO which distributes their own artisanal beer under the trade name of Domingo 7. Most craft breweries primarily make draft beers and have limited distribution, but several of the larger artisanal brewers also bottle their products, and those can be found in stores around the country. All make excellent brews.

There has been an accompanying explosion of beer bars in the country offering many of the different varieties of locally produced craft beers on tap; one in Santa Ana even has the ability to create sealed cans of your favorite draft beverage to take home for later enjoyment.

WINE: If your taste runs more to the nectar of the grape than to hops or sugar cane, unfortunately there are no great wines produced in Costa Rica at this time; cultivating vino quality grapes in tropical climates is extremely difficult. There are, however, some vineyards in Costa Rica which are trying. One is on the beautiful Zamora Estate Hotel acreage in Santa Ana where they have a small vineyard on the premises. They have been

experimenting with growing grapes for wine for over thirty years and are close to having a commercial product to rival imported vintages ready; they hope to bring some to market in the next twelve months or so.

Vicosa Vineyards, near La Garita, produces small batches of wines sold under their De La Casa and Teber labels, but their products are made from imported grapes.

Vinos Saprissa, a vineyard in Moravia, also produces a variety of wines. Another vineyard is a new start-up which has been under way for the past few years in Copey, near Terrazu.

In general, Costa Rican wines are very sweet and not likely to please North American or European palates, but if you would like to explore, some brands to look for are Teber Vino Blanco, Sidra Cordan Azule (a sparkling wine), and fortified wines, Goliat and Monasterio. Plus, there are some fruit based vintages such as San Pedrano Vino de Piña, Rey De Copas (made from Mora or Nance), Fiesta (Mora, Nance, Fresa, or Melocoton), and Espuman Tico (Nance/Apple).

To learn more about these and some other Costa Rican wines and vineyards, see the articles and links listed in the sidebar. If you'd like to explore wine in more depth and learn about the quality and grading of them, see the "Wine Club" entry in the *Club Corner* pages of this issue.

OTHERS: Look around and you will occasionally find a few other types of Costa Rican manufactured spirits, like the coffee derived beverages Café Rica, Salsa Rica, and Golden Cream, which are made by Salicsa del Orgullo de Costa Rica. According to their website the company also makes some other alcoholic drinks such as Vodka Gurú and Orange Bouquet. And, you might also occasionally find another brand of coffee liquor, Don Braulio.

Naturally we can't cover every brand or every type of Costa Rican made alcoholic beverage in this brief primer, and we apologize if we missed or slighted any. Our wish is that you enjoy your holidays with whatever your drink of choice may be. Cheers!

For more information about some of the products and manufacturers mentioned in this article, check out the links below.

RUM:

Ron Centenario:

<http://www.centenariointernacional.com/index.php>

GUARO:

Fábrica Nacional de Licores (FANAL):

<http://www.fanal.co.cr/historia.html>

BEER:

Costa Rica's Craft Brewing Company: <http://beer.cr/productos-crcbco/>

Craft Brewers Association: <http://acacr.net/>

Imperial/Pilsen/Bavaria: <http://www.florida.co.cr/marcas/cervezas/imperial>

WINE:

Zamora Estate Hotel:

<http://www.zamoraestatehotel.com/hotel/en/vineyard.html>

Salicsa del Orgullo de Costa Rica:

<http://www.salicsa.com/index.html>

Vicosa Vineyards: <http://www.vicosacr.com>

ADDITIONAL READING:

Tico Times: Treintaycinco Craft Brewery Opens Doors to Public

Jill Replogle, Sep. 14, 2016. <http://www.ticotimes.net/travel/2016/09/treintaycinco-craft-brewery-opens-doors-to-public/>

Tico Times: Giving guaro a second sip

Zach Dyer, August 12, 2016. <http://www.ticotimes.net/2016/08/12/giving-guaro-a-second-sip>

Tico Times: Costa Rica's Craft Beer Legal Issues

Michael Krumholtz, May 13, 2016. <http://www.ticotimes.net/2016/05/13/costa-ricas-craft-beer-legal-issues>

Tico Times: Costa Rican Craft Beer: Growth spurts and growing pains

Jill Replogle, May 12, 2016. <http://www.ticotimes.net/2016/05/12/costa-ricas-craft-beer-scene-tried>

The Academic Wino: Costa Rica's Burgeoning Wine Industry: The Challenges, Present State, and Possible Futures

Mike Long, May 16, 2014. <http://www.com/2014/05/costa-rica-wine-industry-challenges.html/>

Costa Rica.com: New Vineyard: Costa Rica Uncorked

April 23, 2012. <http://costarica.com/travel/new-vineyard-costa-rica-uncorked/>

El Financiero: Vinos costarricenses luchan por sobrevivir en el mercado dominado por la importación

Evelyn Fernández Mora, August 22, 2016. http://www.elfinancierocr.com/negocios/Vinos_Don_Julian-Vinos_Fiesta-Vinos_Saprissa-El_Espavey-vino-vinedos-Grupo_Pampa-Fifco-Walmart_0_1010898926.html

Rompope



A popular Latin American drink that is made with milk, sugar, vanilla, orange peel, egg yolks, condensed milk, cream, and a liquor of your choice, often rum.

INGREDIENTS:

- 3 cups of milk
- 1 cup of sugar
- 2 cinnamon sticks or lemon peel
- 5 whole cloves
- 3 large lightly beaten egg yolks
- 1 tbsp of corn starch (Maicena)
- 1 tbsp of water
- Rum to taste (half a cup suggestion)

INSTRUCTIONS:

Heat the first four ingredients in a pot on low, stirring occasionally, until it reaches a gentle boil.

Mix the egg yolks, cornstarch, and one tablespoon of water in a bowl until there are no lumps.

Add a small amount of the hot milk to the egg yolk mixture and stir.

Slowly add the egg yolks to the remaining milk preparation and cook at medium heat, stirring constantly, until the mixture thickens.

When the desired thickness is achieved, remove from heat and let cool.

Pick out cinnamon, cloves, and lemon peel.

Once completely cool, add the desired amount of rum.

Put in refrigerator and serve cool.

Yields approx. 750 ml

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by American Citizen Services

Social Security Questionnaire: Submit by December 30 to Ensure Your Benefits Are not Interrupted

In July the Social Security Administration (SSA) contacts beneficiaries with foreign addresses on their record to verify continued eligibility for payments. This year SSA mailed the questionnaire to:

- beneficiaries receiving their own benefits whose social security number ended in 00-49,
- every beneficiary over the age of 90, or
- beneficiaries who have representative payees (person receiving benefits on behalf of a minor or disabled person).

In October 2016, SSA mailed a follow-up notice to selected beneficiaries who did not respond to the original questionnaire sent. If you received the questionnaire in the mail, please complete, sign and return it to the address on the envelope SSA provided.

If you did not receive the questionnaire in the mail, please contact the Federal Benefits Unit at the U.S. Embassy via their fillable form at: <http://go.usa.gov/cJwh9>.

SSA will suspend the benefits if they do not receive a completed and signed Foreign Enforcement Questionnaire (form SSA-7162 or SSA-7161) by December 30, 2016. If your benefits are interrupted for failure to return the questionnaire, it may take SSA 45-days or longer to resume your payments.

U.S. Passports & Visas: Important Update to Photograph Requirements

Starting November 1, 2016, the U.S. Department of State will no longer accept photos with eyeglasses for U.S. passport or visa applications.

Beginning November 1, you must remove your eyeglasses for U.S. passport and visa photos. We are changing our policy to enhance the security of the application process and verify your identify faster, to ensure you have fewer delays in the application process.

Last year, more than 200,000 passport customers submitted poor quality photos which we couldn't accept. We put these passport applications on hold because we couldn't clearly identify the customer from their photo. The main reason we couldn't accept passport photos last year was issues with eyeglasses. For example, eyeglasses may cause glare on the lens. Glasses may also create shadows on your face or block a portion of your eyes.

You may wear glasses for U.S. passport and U.S. visa photos if you have a medical issue such as recent surgery requiring eyeglasses to protect your eyes.

If you must wear eyeglasses for medical reasons, you will need to obtain and submit a signed statement with your application from a medical professional or health practitioner (such as a surgeon or ophthalmologist) in these cases.



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Encuentranos en
las Paginas Amarillas de Costa Rica

Juguetes Para Niños En Navidad Toys for Tots Program 2016

Toys for Tots is a non-profit program maintained by Marine Corps League Costa Rica in support of Marine Security Guard Detachment U.S. Embassy San José, Costa Rica. The purpose is to collect new unwrapped toys and distribute these toys, donated by individuals and companies, as Christmas gifts to the needy children of Costa Rica. So we turn to you for support and ask for your help to make a child's dream a reality. **You can donate online visit www.marinecorpsleaguecr.com/donate.**

You can contribute toys to the Toys for Tots program by calling Mel Goldberg at 8870-6756, he will be happy to pick up the toys. Toy distribution takes place in late December to the needy children of Costa Rica.

MARINE CORPS LEAGUE COSTA RICA



Map of San Isidro de El General



Places of interest

1. Parque Central / Catedral San Isidro
2. Parque Infantil Barrio Las Américas
3. Municipalidad Pérez Zeledón
4. Mercado Municipal / Terminal de Buses Municipal
5. Feria del Agricultor
6. Estación de Bomberos
7. Ministerio de Trabajo
8. Escuela y Colegio del Valle
9. Escuela Pedro Pérez
10. Escuela La Aurora
11. Escuela La Asunción / Colegio La Asunción

12. Escuela 12 de marzo de 1948
13. Liceo Sinaí
14. UNA
15. Hospital Dr. Escalante Padilla
16. Hospital Clínica Labrador / BAC San José
17. Centro Médico Ángel del Sur
18. Estadio Municipal
19. Cementerio Jardín de Paz
20. ICE
21. Planta de energía del ICE
22. Terminal MUSOC
23. Terminal Transportes Blanco

24. Tracopa
25. Plaza Villa Herrera
26. Supermercado Coopeagri
27. Banco Popular
28. Banco Nacional
29. Banco de Costa Rica
30. Iglesia Loma Verde
31. Iglesia Los Pinos
32. Capilla Divino Niño
33. Gasolinera Beto Solís
34. Gasolinera de Servicentro Coopeagri

Map of downtown San José

Museums

1. M. de Arte Costarricense
2. M. de Arte y Diseño Contemporáneo (FANAL)
3. M. Nacional
4. M. del Ferrocarril
5. M. de Jade
6. M. de Criminología
7. M. de Oro y Numismática
8. M. Filatélico y Telegráfico
9. M. de los Niños

Hospitals

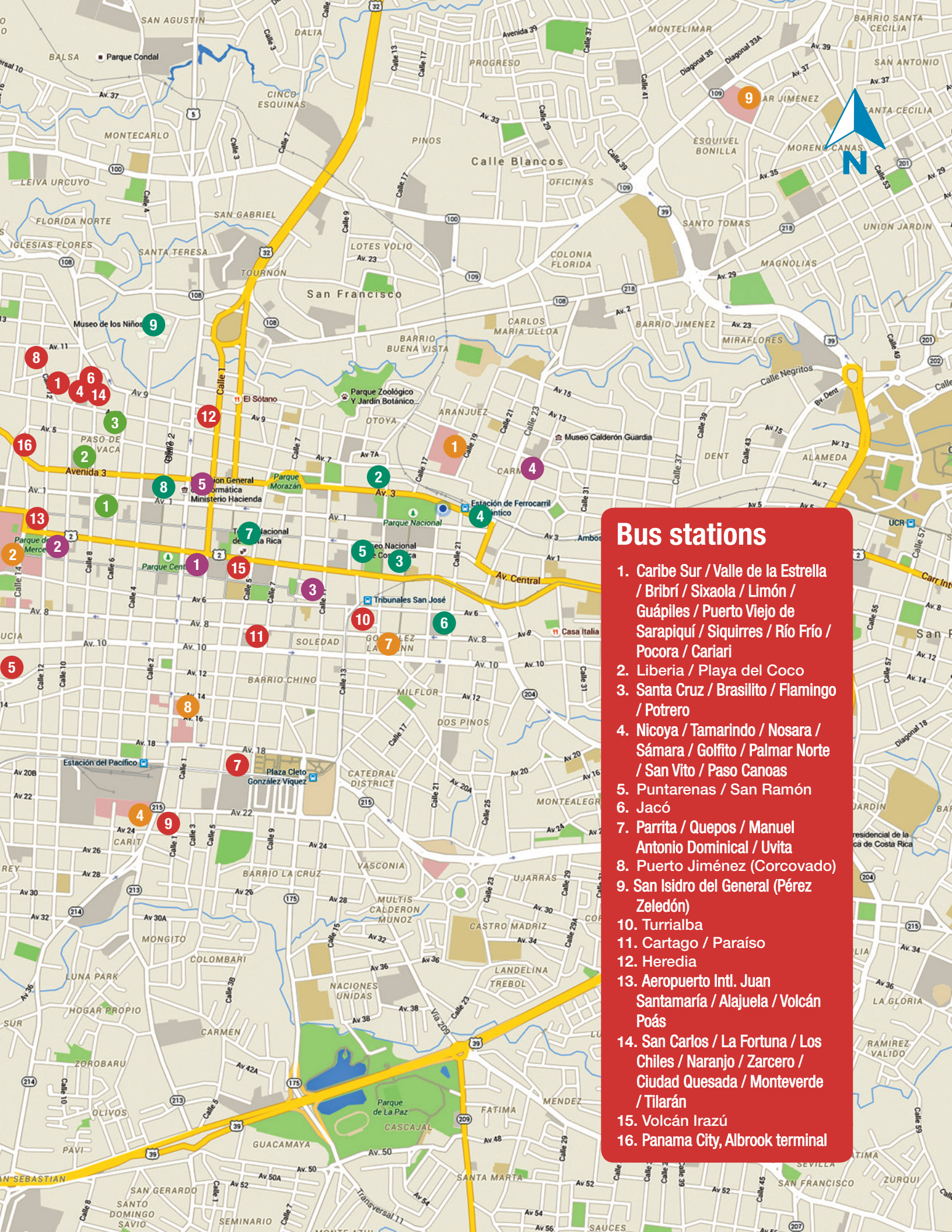
1. H. Calderón Guardia
2. H. San Juan de Dios
3. H. Nacional de Niños
4. H. de la Mujer
5. H. México
6. Cruz Roja Costarricense
7. H. Clínica Santa Rita
8. H. Clínica Bíblica
9. H. Clínica Católica

Markets

1. Mercado Central
2. Mercado Borbón
3. Mercado Paso de la Vaca
4. Mercado de Mayoreo
5. Mercado de la Coca Cola

Churches

1. Catedral Metropolitana
2. Iglesia La Merced
3. La Soledad
4. Santa Teresita
5. El Carmen



Bus stations

1. Caribe Sur / Valle de la Estrella / Bribí / Sixaola / Limón / Guápiles / Puerto Viejo de Sarapiquí / Siquirres / Río Frío / Pocora / Cariari
2. Liberia / Playa del Coco
3. Santa Cruz / Brasilito / Flamingo / Potrero
4. Nicoya / Tamarindo / Nosara / Sámara / Gofito / Palmar Norte / San Vito / Paso Canoas
5. Puntarenas / San Ramón
6. Jacó
7. Parrita / Quepos / Manuel Antonio Dominical / Uvita
8. Puerto Jiménez (Corcovado)
9. San Isidro del General (Pérez Zeledón)
10. Turrialba
11. Cartago / Paraíso
12. Heredia
13. Aeropuerto Intl. Juan Santamaría / Alajuela / Volcán Poás
14. San Carlos / La Fortuna / Los Chiles / Naranjo / Zarcero / Ciudad Quesada / Monteverde / Tilarán
15. Volcán Irazú
16. Panama City, Albrook terminal

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by Allen Dickinson

Some Things You Might Not Want to Think About

I have the sniffles. Well, it's a bit more – not quite a cold, but similar. Before coming to Costa Rica I NEVER had a cold, but now I get one every six months or so. What gives? So, I asked a doctor about why I seem to get Costa Rican colds, most accurately “el resfriado de cabeza,” and almost universally referred to as “la gripa” (although la gripa literally translates to “the flu”).

Here's what he told me:

“The reason these illnesses occur more frequently among expats is because the country is located in a tropical zone; the climate and humidity here are different than most of North America and Europe. In Costa Rica it's always summer and the lack of any freezing or near-freezing temperatures allows micro-organisms that might not survive in a colder climate to thrive here year-round. In addition, over time, bacteria and viruses evolve in unique ways in different geographic areas, and in Costa Rica they have mutated into their own singular biology.

“Normally we develop some level of immunity and resistance to the infections local to our origin, be they bacterial, fungal, or viral organisms. But when we go someplace different we can encounter totally different variations, or strains, of these pathogens and we don't have much, if any, innate immunity to them. Consequently, expats living in Costa Rica will frequently find themselves succumbing to an upper respiratory viral infection that has symptoms resembling a cold.”

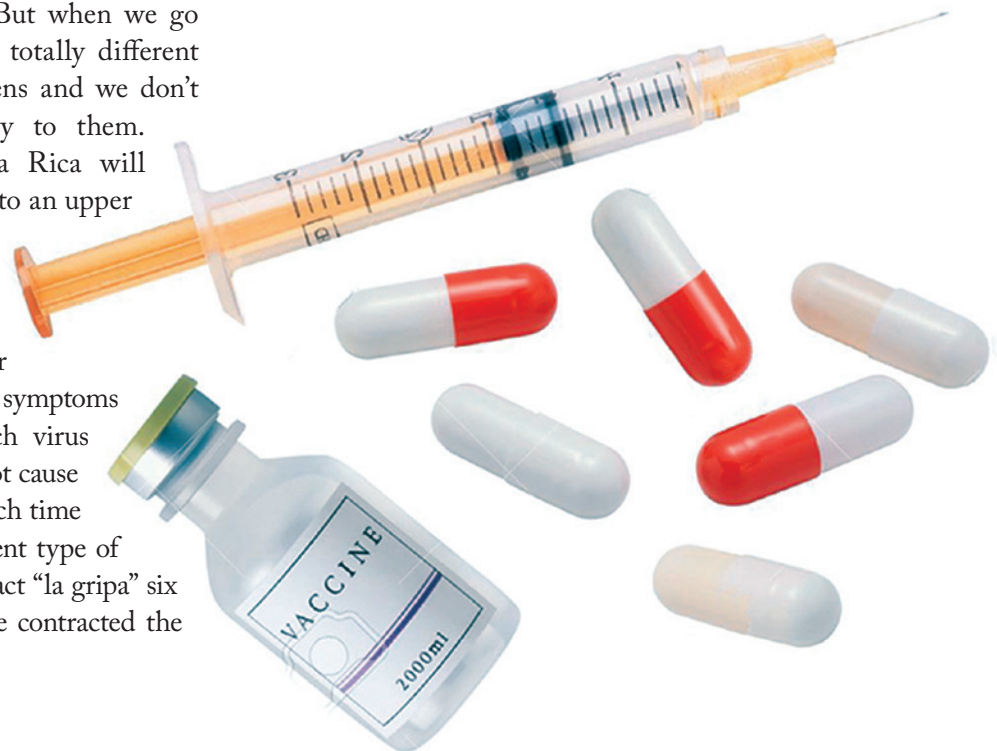
He continued, “Colds can have many different sources; there have been over 480 viruses which can cause cold-like symptoms identified worldwide. Even though each virus creates an immune reaction and it will not cause an illness a second time, it means that each time an illness is contracted it's from a different type of virus. Theoretically, a person could contract “la gripa” six times a year for 80 years and never have contracted the same kind of virus twice!”

“Gee doctor, thanks for that yucky news!” As long as I was on this disagreeable subject, I asked about any other illnesses which can result from being in a different climate, like infections from bacteria and fungi.

“Opportunistic bacteria and fungi can cause all kinds of problems. They may manifest themselves as something as innocuous as simple underarm odor, develop from a rash to more serious life-threatening infection, or be somewhere in between,” he replied.

“It's easy to think that the control of these noxious problems should be simple; modern chemistry and advertising have told us that a wipe or spray with some sanitizing product ends all problems before they start. But sometimes those little “bugs” are not so easily controlled: they can be very persistent and difficult to get rid of.

“The difficulty in treating infections comes partially from a worldwide increase in bacterial resistance to common cleaning and hygiene products. This trait has extended to some antibiotic medicines; recent studies have shown that many pathogens have evolved a resistance to routine medical drugs and treatments. That is possibly because of the increased reliance on commonly used drugs for the treatment of both major and minor infections over



past decades. Contributing to the problem is that some patients will stop taking a medication when they feel better, not completing the full course of treatment, which can allow the “strong” to survive. Then, when the next infection occurs, the whole bacterial population is “strong.” The problem is being seen more and more frequently in hospitals and other healthcare settings around the world,” he added.

“The increase in resistance may possibly have also arisen from the everyday use of common household disinfectants like surface cleaners and detergents that claim an antibacterial component. The fact is that nowadays common cleaning chemicals are not always as effective as they are advertised to be. Besides, viruses are transmitted by air, so surface cleaning is not always effective.”

What does all this mean to me and my expat compatriots here in Costa Rica? Because of the body’s decreased resistance, and encountering new strains of micro-organisms, we may more easily contract infections which we have never experienced before.

The doctor continued, “As I said before, some infections are caused by viruses and bacteria, others are fungal. These infections may present visually the same symptoms to the untrained eye, but there is a vast difference between the correct treatment of the two types; bacterial and viral infections can only be treated by antibiotics, whereas fungal infections can be cared for by applying a topical anti-fungal cream.

“Not being able to tell the difference can lead to an incorrect self-diagnosis and treatment, and self-diagnosis can be a big problem. When a sufferer goes to a pharmacy and buys a product they believe worked for something in the past, it can be a bad health strategy; mistakenly treating a fungal infection with antibiotics can not only be ineffective, but it can help build resistance to the antibiotic, a drug that may be needed to control a future serious infection. The best advice I can give is that each type of infection needs to be professionally diagnosed, and a specific, targeted treatment administered.”

He concluded, “The bottom line of this is that we should be vigilant about our proper use of antibiotic soaps, hand gels, and home disinfectants. Every time we misuse one of these products we can create a situation that allows the pathogens to develop more resistance. If we want to avoid future health problems we might want to think a little less about maintaining absolute environmental cleanliness and constant pleasant odors.”

NOTE: The FDA has recently banned the use of Triclosan in hand soaps and sanitizers, stating the lack of

proven effectivity. Starting in 1972, Triclosan has been a common antibacterial additive to many soaps, toothpaste, and other personal care items. This substance, however, degrades very slowly and as a result can be found intact in breast milk, umbilical cord plasma, and urine. It has been known to cause disruption of normal hormone and endocrine function and is a worrisome contributor to bacterial resistance. It is best to use ordinary soap, when it comes to hand-washing!

So what does a person have to do when one of the 480 versions of “la gripa” strikes? The doctor’s advice is to, “Let nature take its course. The old saw about taking aspirin, drinking plenty of fluids, and getting rest is still good advice. “La gripa” runs its normal course in about five days, but if the illness persists, or gets too severe, see a doctor; don’t self-medicate.”

So, here I am with virus number 26, a roll of tissue, aspirins, and a bottle of water at my side as I write this. Only 454 to go! I think it’s time for a nap.

My thanks to the doctors who provided me with the material for this article. And a special thank you goes to the biologist who reviewed this to help me keep my viruses separate from my fungi, and thus helped me avoid infecting this piece with inaccuracies.

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PARADISE, WE HAVE A PROBLEM (25)

by Tony Johnson

"You will marry the wrong person."

Alain de Botton

No one can or will live up to our expectations. And we will certainly fall short of theirs. Everyone will eventually disappoint us, and we them.

Because we have been taught by our culture that we can "have it all" (see fantasies about Brad and Angelina's marriage), many enter intimate relationships with unrealistic expectations about having their every need met. That puts enormous pressure on both parties to "measure up" to unrealistic, romantic ideals. That can create secret fears and shame that we "aren't good enough."

That doesn't mean we should totally give up on the idea of a satisfying relationship. Instead, we need to realize that the error often lies more in our expectations than in our choice of partner. Hence, we must give up expecting our relationship to be something it can and never will be: perfect.

There are plenty of incentives to make our imperfect relationship work. For instance, couples in good relationships enjoy better physical and emotional health and suffer less illness. Also, they often acquire greater wealth together and are more content and happy with their overall lives. Couples in conflicted, tense, dysfunctional relationships sometimes suffer the opposite results: poorer health, more illness, less wealth, and less happiness.

It makes sense that two loving people working cooperatively together will achieve more than they might have alone, while those in a conflicted relationship suffer continuous stress, always being on edge, awaiting attack by each other. Since those in dysfunctional relationships often focus much of their energy on self-protection, they are less likely to attain their marital goals. They may not even have any agreement about what those goals are, while those in a safe, stable satisfying connection are free to focus on their mutual dreams.

It's becoming clearer to researchers and therapists that solid, satisfying, safe relationships are important, not

only during infancy and childhood, but throughout adulthood; indeed, through all of life.

It's easy to see why infants need good connections; they are totally dependent on others for absolutely everything. The feeling of being firmly bonded (a feeling they can't express, but which they deeply sense) gives them safety, security, and the faith that they will be cared for no matter what occurs, no matter who they are. Securely bonded children feel much less anxiety in being themselves because they are loved. Being loved communicates to us that we matter; that we mean so much to someone that they will guarantee our well being because they need us as much as we need them.

Adults have the same needs

In childhood (even though we are unable to express it) we deeply need to feel "loved no matter what." Feeling loved regardless of the dumb stuff we do, regardless of our repeated mistakes, regardless of our obnoxious actions, is the ultimate security. To lack such love leaves us insecure and doubtful of our basic worth. Without unconditional love we are left feeling that "there must be something wrong with me. I must be defective; not good enough the way I am. Why else would my parents love me only if I act different, only if I am someone different?"

Being loved **ONLY** if we measure up to certain expectations, leaves us with constant anxiety and nagging inadequacy. Such children fear they will fail to measure up and thus will be unwanted and abandoned. This puts enormous pressure on them to perform well in school, be obedient, and make their parents proud. The perceived message is, "Or ELSE..." Some react to that unspoken message so strongly that they become overly pleasing, unable to risk being themselves. Some rebel.

How we were treated in childhood leaves a lasting impact on how we feel about ourselves as adults. The way we were treated not only affects our youthful experience, but is also impacts our adult sense of who we are. Our parent's treatment of us conveyed "messages" about who we are and what we're worth. If they neglected us, if they

abused us, it was hard to feel that we had importance or that we were lovable. Consequently, we may grow up feeling like permanent “outsiders,” unwanted by anyone. Never to be loved. Always a mistake.

Those whose childhood was graced with unconditional love, those who were loved no matter what, enjoy a lifetime membership in good standing in the Club of Valuable Humans. They feel confident that wherever they go, they will be accepted and seen as OK. But, even as adults, such blessed beings need their partner’s reassurance of their enduring value. No matter how idyllic our childhood was, the need for our partner’s lasting love continues; we need to feel loved no matter what, accepted as we truly are.

We almost always expect our life partner to heal our childhood wounds, to provide the perfect love we were denied as children. Or, continue to treat us in the favored way we came to expect from our childhood.

It’s a major relationship mistake to expect our partner to be everything our parents were not. In all likelihood, our partner is making the same error. We often need to learn to love our partner as they are, not as we wish them to be.

Especially important during the hard times

When our partner is being “difficult,” we often ask, “What’s going on here? What’s gotten into them? They have no right to treat me this way!” We usually think that the problem lies completely with our partner and we’re just innocent (“as innocent as the Babe in the manger”) bystanders. Having no role in the problem whatsoever.

Instead, we might try asking, “What happened to that lovable person I couldn’t live without? What’s changed? Has that wonderful person I married really concealed their “dark side” until now?” We might also ask ourselves, “Could it be that my partner is responding in a difficult way to a very difficult relationship climate that I have some role in? Is my behavior somehow contributing to their difficult behavior?”

Sadly, the tensions, disagreements, fights, and fears present in our relationship sometimes force us to “get ugly.” We go to extremes to protect our sense of self when we feel it’s under attack. But, in a strong relationship, once those disputes have been resolved and those threats removed, we return to being our caring selves.

Has that ever happened to you? Do you recall fights that at the time seemed catastrophic, that seemed irresolvable,

and that seemed like they were the signs of certain relationship death? When you regarded your partner as a “psycho” or character from “fatal attraction?” But then you both stepped back from the abyss, saved face and made unacknowledged concessions? And life moved on leaving the ugliness behind and gradually the joy and love returned?

How did that happen?

We must be careful about “diagnosing” our partner as a “psychopath” or “nut case.” Such people do exist, but so too do good people who sometimes feel so cornered by contempt, criticism, and impossible expectations, that they lash out in counterproductive self-defense.

We must remember that when our basic identity and/or the essential, critical connection of our life is at risk, we are rarely rational. We’ll often do things we later regret but seemed sensible at that time. We really believe, for example, that “giving them a taste of their own medicine” will have positive results. So we attack, thinking our partner will see the light and treat us the way we deserve, the way we desperately need. (And they may attack us, expecting similar miraculous results.) We’re too upset to see that such actions do not produce or restore a secure bond, but a bond weakened by our assault.

As impossible as it may seem at that moment, our partner’s fury MAY be a sign of their need for us. Yes, screaming, cursing, throwing out ugly names, hardly seem like signs that they fear losing us. Again, when we are under severe duress we are not very thoughtful or effective. But ask yourself, does my partner really mean, “I HATE you?” Or might they mean, “I HATE it when you don’t treat me lovingly...when I fear I’m not important to you. When my bond with you is at risk.”

Such needs are not childish nor signs of weakness. Even though we may revert to the “playground” way of conveying them, those needs and fears are fundamentally human and present throughout life. They can occur no matter how accomplished or confident we may be in the wider world.

Adults also have the same type of deep needs for a secure connection

The next time you and your partner are totally losing it, try flipping the situation completely over. Try hearing their HURT, not just the intense anger in, “I HATE

you” try hearing, “you hurt me, so I want you to see how that feels so you’ll STOP.”

Sound farfetched? Recall that infant SCREECHING in frustrated fury at being neglected? Do you think it’s really saying, “I hate you - Go away - Never darken my door again?” Or, are those sounds saying, “I’m terrified that you have gone away for good. I’m screaming my little head off to get your attention, damn it! Because, in my distress, I don’t know what else to do.”

In summary, from one perspective, every choice of a partner will be a mistake because no partner can possibly be perfect. And no partner will respond perfectly to our every need.

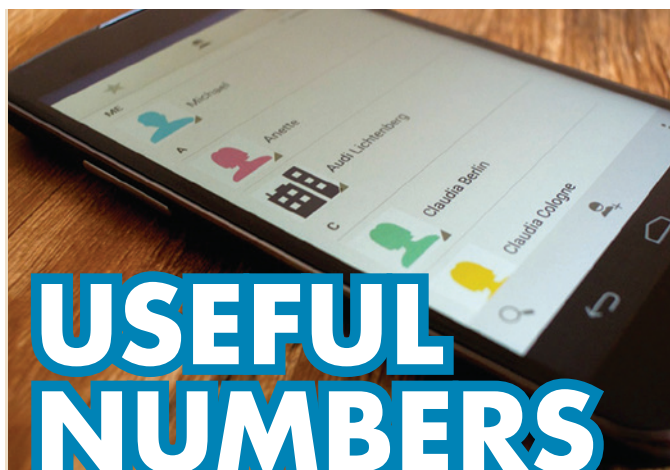
From another perspective, however, the mistake may be in how we understand and handle the most painful moments of our lives together, not in our partner choice. The correct “answer” is not in demanding that our partner achieve the perfection we initially expected, it lies instead in being good at handling the times when we are not.

If, as Botton suggests, all relationships are “mistaken” in that we unreasonably expect too much from each other, how we handle things after that reality emerges can be an even bigger error. We always have a choice in how we treat each other. Considering that our partner is actually hurt when they’re furious, addressing that injury and showing genuine concern can be the perfect answer to address a very imperfect human reality. And a way to make the “nowhere near perfect” relationship become “slightly closer” to perfection.

For more information on these ideas, see:

Alain de Botton, and Sue Johnson (no relation), *Hold Me Tight*

And once again, I really do like hearing how imperfect my ideas are. Write me at: paradise.we.have.a.problem@gmail.com



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Canadian Embassy

Phone: (506) 2242 4400

Address: Sabana Sur, Edificio Oficentro Ejecutivo, atrás de la Contraloría, San José, 1007, Provincia de San José, San José

Hours: 7:30AM–4PM

Web site: <https://travel.gc.ca/assistance/emergency-assistance>

Email: sos@international.gc.ca

Emergency phone: +1 613 996 8885 (call collect where available)

French Embassy

Phone: (506) 2234 4167

Address: A022, San José, Curridabat

Hours: 7:30AM–12:00PM

Email: ambafrcr@gmail.com

Spanish Embassy

Phone: (506) 2222 1933

Address: Calle 32, San José

Hours: 8AM–4AM

Email: emb.sanjose@maec.es

Emergency assistance: (506) 6050 9853

Venezuelan Embassy

Phone: (506) 2231 0974

Address: Boulevard de Rohrmoser, Calle 80A, San José

Email: embavenezuelacostarica@gmail.com

Hours: 9AM–12:30PM, 2–4PM

Bookshelf: LOCAL AUTHORS

Costa Rica is blessed with a large number of excellent writers, many of whom have published books. ARCR supports these authors and has compiled a library of some examples of their works for members to order or purchase. Preview copies of some can be found in the display cases in the office (many are in stock for sale). Check out the brief descriptions below (there are many new additions) and decide which ones you need to add to your library. Christmas is coming up and maybe someone you know would appreciate a good book!

FICTION

ALEX THE WHITE FACED MONKEY Kevin Fortier (Grecia) (2014) A children's story about a white faced monkey who comes out of the forest to eat fruit left for him by a young boy. With help from a friend and family, over time a bond develops between the two. There are disappointments but with love and respect a lifelong friendship is built. Available at ARCR and from Amazon.

AVALON THE RETREAT L. Michael Rusin (Atenas) (2012) Only a million people are left after World War III. A small group who prepared for the apocalypse retreat to a hidden place where they attempt to survive. Faced with repeated threats from outside, the book details everything they need to live a basic survival existence. Available at ARCR, Amazon, Barnes and Noble, and other online outlets.

BEYOND AVALON THE RETREAT L. Michael Rusin (Atenas) (2014) This sequel to Avalon the Retreat begins where the first book left off. The book introduces new characters and covers the beginning of the rebuilding of the United States. Available at ARCR, Amazon, Barnes and Noble, and other online outlets.

CALIFORNIA'S CHILD L. Michael Rusin (Atenas) (2014) A fictionalized account of true events, places, and people. It details the trauma that children, not members of a traditional family, endured in the early forties as the Child Welfare system and bureaucrats relegated them to a status of criminals. Available at ARCR, Amazon, Barnes and Noble, and other online outlets.

EVEN IN EDEN Albert A. Correia (San José) (2014) Young Tico doctor Gerardo envisions free medical

clinics throughout Costa Rica. His rival, Orlando, wants money and power – and the country's presidency. Thrown together by powerful fathers, driven by strong, beautiful women, they had to clash... and the eruption is felt throughout the Central American nation. Available at ARCR, Libreria Lehmann, Amazon, Barnes and Noble, and other online outlets.

FATAL REDEMPTION Lou Kilzer and Mark Boyden (2014) An inventive serial killer begins his career by killing people at random. After being hired by the local Mafia, the successful hit man is contracted by the Russian Mafia for the ultimate contract; to kill the President. The CIA, Secret Service, and local police forces are stymied until a beautiful and dynamic young reporter and her ex-FBI boyfriend start following the case. Available from Amazon and other online outlets.

FUN TALES: SAINT PATRICK'S DAY, IDES AND APRIL FOOLS' DAY TALES FOR KIDS 12 TO 112 Albert A. Correia (San José) (2015) On April Fool's Day, after a coin manages to escape a leprechaun's pot of gold, two youngsters learn the value of money. Unaware of the danger signs all around him, a man rides into a stormy night during the Ides of March, and two other humorous stories! Available from Amazon.

GREAT NEW AND FUN HOLIDAY STORIES. THANKSGIVING, CHRISTMAS, AND NEW YEAR'S STORIES Albert A. Correia (San José) (2015) A hunter saved by locals ends up as a main course for the annual feast. Santa fakes a malfunctioning sleigh to stop and taste a woman's tamales. A movie cowboy asks Santa for a horse, but landing on an icy roof with a

heavy load turns out to be easier said than done. Those stories and more! Available from Amazon.

GREEK GHOSTS Helen Dunn Frame (Santa Ana) (2003) Jennifer Vandergriff, a single mother of an unexpected child, leaves behind her son and travels to Greece with her dead husband's secret past fresh in mind. There, stalked by an international organization and encountering fanatics and criminals, she seeks help from a friend who works for Interpol and Scotland Yard. Full of suspicions, intrigue, and danger. Available at ARCR, Amazon and other online outlets.

MARIPOSA, A LOVE STORY OF COSTA RICA Bob Normand (Quepos) (2016) Based on the Legend of Zurqui. The story of two young indigenous who lived in a natural wonderland called Costa Rica circa 1000 AD. Each the favored child of a chief, but of different tribes hostile to each other, they fall in love. They face great difficulties overcoming events between their tribes. Their experiences reflect the mystery and spirituality that is Costa Rica. Available from Amazon.

RETURN TO SENDER Fred Holmes (Puriscal/Texas) (2014) Biochemistry discovers that links between modern and ancient DNA makes time travel possible. Misuse of the procedure changes the course of the American Civil War... and the modern world. Available from Amazon, Barnes and Noble, and other online outlets.

SECRETS BEHIND THE BIG PENCIL Helen Dunn Frame (Santa Ana) (2014) A fictionalized account of an actual, major scandal. Ralph Carter is haunted by events from his youth which affect his career and personal life. As a buyer for a military organization he finds a domineering boss and an alcoholic associate have sucked him into a corrupt system of kickbacks and defamation. Available at ARCR, Amazon and other online outlets.

SEEKING SAFE HARBOR Albert A. Correia (San José) (2015) The Arthur family's sailing vacation in the South Pacific was marvelous... until all communication systems went out. When almost run down by an aircraft carrier they find they have returned to a world – what's left of it – gone mad. Available at ARCR, Libreria Lehmann, Amazon, Barnes and Noble and other online outlets.

SEEKING A SANE SOCIETY Albert A. Correia (San José) (2015) Sequel to Seeking Safe Harbor. The Arthur family arrived on Catalina Island thinking they would be able to sleep well, but awoke to find that a self-proclaimed governor was demanding "taxes" from all the residents, and collecting locals as "slave labor"

in California's central valley. Although weakened by months of strife, the people fight to bring sanity back to the society of their devastated world. Available from Amazon.

THE YELLOWSTONE CONUNDRUM John Randall (Atenas) A four-book series which starts with the eruption of the Yellowstone caldera and the trouble it causes for the U.S. and the world. The series is available online from Amazon.

SCORCHED EARTH: Following Earthquake Day, gangs attack Seattle's City Hall area and people are plunged into action to save downtown. Nobody in the Northwest has power, earthen dams on the Missouri and Snake Rivers are topped and flood downstream cities, while soldiers evacuate people from Denver's ash-covered office buildings. Weather patterns intensified by ash, cause massive storms, and a mother and her children leave Wyoming on a journey which takes them across Montana and eventually to Valentine, Nebraska.

TORN ASUNDER: ISIS strikes the U.S. with Ebola and dirty nukes as they make a deal with the Mexican Sinaloa drug cartel. A troop of students and scientists make their way toward Albuquerque while the Special Assistant to the President is tasked with getting Federal agencies prepared to rescue American citizens. Texas makes a deal with Louisiana for annexation, soon followed by secession from the Union. New Orleans is flooded and the Pacific NW is isolated from the rest of the country.

JUSTIFIED: The President allows the Texas Military, along with forces from the U.S. Army, to strike back at Mexico for facilitating an attack on El Paso and Ft. Bliss, and the U.S./Mexico Drug War is started with the invasion of Juarez and Chihuahua. A mother and her children begin their journey to Portland while a female scientist leads a small survey team north to repair seismological equipment damaged in the Yellowstone earthquakes. ISIS strikes a second U.S. City.

FROZEN TUNDRA will be released soon.

WETUMPKA WIDOW Helen Dunn Frame (Santa Ana) (2016) An epic romance story fired by murder, sex, greed, and manipulation. Once again sleuths Jennifer Haslett Vandergriff and Lady Sarah Clarke team up after being recruited to resolve a monumental family conflict. Assisted by Alabama and California police forces, this multi-textured tale takes their crusade to Switzerland where Jennifer's former lover, an Interpol agent, provides International assistance. Available from Amazon.

NON-FICTION:

ENGLISH GIRL, GERMAN BOY. Tessa & Martin Borner (Grecia/Canada) (2005) A fascinating true account of two people growing up during WW II in England and Germany. They meet, fall in love, marry, and raise a family in Montreal. The book describes several return visits to East Germany during and after the communist era. Available from Amazon.

ENTREPRENEWEL, THE SIX STEP RECOVERYPROGRAMFORSMBUSINESS Robert A. Normand (Quepos) (2005) Details classic management principles that can be employed by small business owners to turn troublesome businesses around and structure them for future profitable growth. Includes concepts in Strategic Planning, Human Resources, Profit and Expense Controls, and Sales & Marketing. Available from Amazon and Smashwords.

THE GOLDEN GRINGO CHRONICLES, A PRACTICAL GUIDE TO RETIREMENT IN COSTA RICA Bob Normand (Quepos) (2014) Actual experiences of an expat who moved to Costa Rica, in three parts: 1) leaving the homeland, 2) surviving in Costa Rica, the early years, and 3) becoming Tico, maybe. Based on over 60 articles published in the Golden Gringo Chronicles monthly newsletter, it covers culture, agriculture, residency considerations, medical concerns, history and legends of Costa Rica. Available from Amazon.

THE GREEN SEASON Robert Isenberg (San José/ Arizona) (2015) A collection of essays, profiles, and travel stories by a former Tico Times staffer. Isenberg chronicles his first year in Costa Rica with funny and moving tales about everything from San José traffic to a centuries-old indigenous ceremony. His encounters with taxi drivers, poets, surfers, and survivors of the illegal sex trade offer a broad look at modern-day Costa Rica. Available at ARCR office, The Tico Times Store, and from Amazon.

SURVIVING DAUGHTER Barbara Adams (Escazú) (2015) Many dream of escape to a tropical paradise and when a family moves to Costa Rica it seemed paradise had been found. They soon discover that whenever we run to escape it, the pain may surface in another guise, sometimes with breath-stopping results. A survival story that will challenge the reader's expat expectations. Available from Amazon.

S.O.B.E.R. HOW THE IRRITATING ACRONYMS OF ALCOHOLICS ANONYMOUS GOT ONE DRUNK SOBER Bob Normand (Pen

Name – I. M. Asotte) (Quepos) (2006) Based on a real life experience, the book chronicles the first thirteen months of a successful fight with overcoming alcoholism. Exposes the typical inner workings in AA meetings and the discovery process a person goes through trying to recover. Available from Amazon.

THE HUT Rich Sulzer (Ciudad Colón) (2016) A true story of coming of age in the 1950's. Written from the viewpoint of an adult looking back at his youth, it is the story of the author's life growing up in New Jersey and how innocent bravado led to trouble, guilt, fear, and the ultimate growth from puberty to young adulthood. Available at ARCR and from Amazon.

TRAVEL/RELOCATION/COSTA RICA CULTURE:

CHOOSE COSTA RICA FOR RETIREMENT (10th EDITION) John Howells (Samara/ California) (2013) Investigating retirement locales, looking to explore a new culture, or researching new business opportunities? Practical and useful information with solid documentation on managing investments, real estate, the cost of living, medical care, and safety. Maps and tips on where to dine as well as guidance on exploring the beautiful coastal areas. Available from Amazon.

COSTARICA:FOLK CULTURE, TRADITIONS, AND CUISINE Jack Donnelly (San Pablo de Heredia) (2014) The book addresses Tico folk culture such as la Nigüenta, la Yegüita, agüizotes, legends, etc. A lengthy chapter deals with national traditions and there are four chapters on food—it's better than you think! An invaluable resource for English-speaking tourists, students, and residents. Available at ARCR and from Amazon.

FEASTING AND FORAGING IN COSTA RICA'S CENTRAL VALLEY Lenny Karpman, MD (La Guacima) (2014) The revised, comprehensive guide to food and restaurants in the Central Valley. An encyclopedia of ingredients, definitions, restaurants, and recipes; there is more about Costa Rican cuisine than most people could ever hope to learn in a lifetime of dining out. Available at ARCR.

GOLDEN DOOR TO RETIREMENT AND LIVING IN COSTA RICA Christopher Howard. (San Francisco de Heredia) (2016) The 18th edition of the FREE e-book version of the award winning, best-selling guidebook, covers everything you need to know to make the move, has just been released. Expanded to

include new information, the e-book can be downloaded from costaricabooks.com. Available from Amazon.

MOVE, LIVE, RETIRE IN COSTA RICA (DVD set)

POTHOLE TO PARADISE Tessa Borner (Grecia/Canada) (2001) Describes the writer's journey in creating a new life running a bed and breakfast in Costa Rica, including all the do's and don'ts of living in a new culture. Part diary, part travelogue, part advice column. Available at ARCR and from Amazon.

RETIRING IN COSTA RICA OR DOCTORS, DOGS AND PURAVIDA Helen Dunn Frame (Santa Ana) (2013) The adventures of the author in Costa Rica. Information about how to make decisions about retiring, investing, or living here part-time. Contains questions to ask, resources for answers, suggested books to read. Covers some of the things that can make the difference between a mediocre experience and a wonderful adventure. Available at ARCR or from Amazon and other online outlets.

THE NEW KEY TO COSTA RICA Beatrice Blake (2009) Reviews of sites for ecological touring through Costa Rica's coasts, cities, and jungles. Recommendations for lodging, dining, shopping, hiking, camping, or visiting historic sites, as well where to go to see exotic birds and animals or to visit sites with reputed magical qualities. Includes a section for LGBT travelers. Available at ARCR and from Amazon.

THE REAL SAN JOSE Michael Miller (San Jose) (2014) Often maligned, Costa Rica's fascinating capital city has much to offer. Written to introduce new arrivals (and old hands) to San Jose, the book will help people become familiar with the layout of downtown and find its hidden gems. Descriptions of museums, the Central Mercado, the cathedral, and a tremendous variety of other diversions and attractions are included. Available at ARCR and from Amazon.

WORTH SEARCHING FOR:

There are literally hundreds of books, fiction and nonfiction, about Costa Rica available on Amazon and other online sites in new and used condition. Space prevents including all of them in this list, but here are a few worth looking for.

CHRISTOPHER HOWARD'S GUIDE TO REAL ESTATE IN COSTA RICA (San Francisco de Heredia) (2009) The guide contains 550 carefully researched

pages including information for renters. Available from Amazon and e-book from costaricabooks.com.

HOW TO LIVE IN COSTA RICA ON \$1500 A MONTH Fred Holmes (Puriscal/Texas) (2012) Much more than an evaluation of the cost of living, it is a compilation of experiences from over nine and one half years of living in Costa Rica. The book is filled with good information on how to live in Costa Rica on a limited budget. Available from Amazon and other online outlets.

MARRIED TO A LEGEND, "DON PEPE" Henrietta Boggs (2011) A rare firsthand account of Costa Rican history. Henrietta Boggs' memoir of meeting, living with, and leaving Don Pepe takes place in the formative years of his brief but profound revolution, when the constitution was rewritten and the army was abolished. It also recounts the frustrations of a new gringa living in Costa Rica in the 1940's. Available from Amazon.

OFFICIAL GUIDE TO COSTA RICAN SPANISH, 3rd edition Christopher Howard (San Francisco de Heredia) This 248-page pocket-size book is the only source for Costa Rican idioms and slang translated into English, survival Spanish for daily situations, pronunciation exercises, and Spanish-English and English-Spanish dictionaries. It has time-tested tips and shortcuts for learning Spanish. Available from Amazon.

THE PAINTED OXCART - HEART OF COSTA RICAN CULTURE Michael Sims (2007) A historical reference rich with the color of Costa Rica's oxcart. Written in both English and Spanish, the reader will find stories and legends, folk customs of boyeros/boyeras, poems, and old photographs. It tells of the workshops/tallers, the artists and art, and explains the significance of the oxcart and its rich history. Available ONLY by sending an email to: rebewheel@yahoo.com or calling (506) 2262-7076.

THE TICOS: CULTURE AND SOCIAL CHANGE IN COSTA RICA Biesanz, Biesanz, and Biesanz (Escazú) (1998) Written with over 50 years first-hand observation, this social and cultural history describes how Costa Rica's economy, government, education, and health-care systems, family structures, religion, and other institutions have evolved, and how this evolution has affected Ticos lives, beliefs, and values. A comprehensive introduction to the country. Available at the Biesanz woodworking shop in Escazú. Telephone: 2228-5533. Also available from Amazon.

by Fatmah Radovich

20 Years of Ice Hockey in Costa Rica

Most people will agree that when they think of sports in the tropical Americas, chances are good that they think of futbol, futbol, and futbol (a.k.a. Soccer). But there are other sports going on in Costa Rica, and one of those is ice hockey!

Bruce Callow, a Calgary, Canada resident and Political Science student, first traveled to Costa Rica in 1988. He moved here full time in 1992, and worked on NGO (non-governmental organization) development projects in Central America. In 1996 he learned about a synthetic ice skating rink in the Real Cariari Mall. That, together with his passion for the sport (he started playing when he was seven) gave him the vision for the first recreational ice hockey youth program in Costa Rica and Central America. Meanwhile, Callow married a Costa Rican woman, started a family, and wanted his two sons to play ice hockey growing up. Since roller hockey was already popular in Costa Rica, and because Costa Ricans were already skilled soccer players, it wouldn't be hard for them to adapt to ice hockey. As soon as he could, Callow proposed an ice hockey program to the Cariari Mall's administration. They hired him. And thus, Callow's dream to introduce a little of the Canadian national pastime to Costa Rica was realized. Since then, in addition to his work at the Cariari Mall, he has started hockey programs on synthetic skating surfaces in Belen and in an empty warehouse in Santa Ana. After pitching a similar proposal to the El Castillo Country Club, located in San Rafael, Heredia, whose ice rink had real ice, he started teaching hockey classes there, and the El Castillo Knights Hockey Team was born. "It was a pleasure rink that didn't have hockey boards, but it was a place to ice skate, so we enjoyed it despite the limitations," Callow says.

Callow needed support to get started, and got it; in the Knights first year he received help from the National Hockey League Players Association (NHLPA) assistance program which was used to procure hockey gear. Additionally, Stephen Harper, the Canadian Prime Minister at the time, gave a gift of a hockey

net. A supply of hockey sticks was donated by Chris Maltese, a hockey coach in California.

More recently, in 2001, Callow received 34 sets of brand new equipment which included skates, jockstraps, and duffel bags, from the player's union. Through the years North American hockey communities and grants from the Goals and Dreams fund have given needed equipment for the young players.

Accomplishments and events have highlighted the team's history. Callow has been able to take a group of Costa Rican players to train with the Canadian women's Olympic team to improve their skills. The El Castillo Knights have practiced and played on regulation ice surfaces in other countries and arranged for visitors to come to the country club in Heredia. Some of the players have competed in Pond Hockey tournaments in Canada, where they were mixed with players from other teams. Particularly notable, the team won a tournament in Mexico, spent time practicing in Calgary, and had a special visit from a team based in Vancouver, British Columbia. In 2007, the Castillo Knights were visited by the president of the Costa Rican Olympic Committee who toured their hockey facilities.

There's excitement in Mexico, Argentina, Puerto Rico, and Chile about qualifying for International Ice Hockey Federation (IIHF) membership; presently Mexico is the only Latin American country to compete in international ice hockey tournaments. Callow stated, "Hockey is spreading quite a lot in non-traditional areas."

In 2011, Stephen Harper, Canadian Prime Minister, came to Costa Rica and paid the team a visit. Earlier, Callow had been officially honored with a certificate signed by the prime minister for his successful youth ice hockey program. "It was a great honor to receive recognition and I hope one day he can come down and skate with us," Callow said.

In 2014, the rink at the El Castillo Country Club was expanded and now has boards and a larger surface to accommodate three-on-three games. While this is a big



Photo by Chris Maltese

development, Callow would like to register or affiliate his team with the International Ice Hockey Federation. However, in order to qualify, a full-size rink must be open to the general public, and not just be a part of a private club. (El Castillo Country Club currently restricts access to its facilities such as the ice rink to its members, but coach Callow says that he could organize events with non-members.)

There are special events planned this year including games, clinics, and visits from hockey players from other countries. As part of the Knights community outreach efforts they recently hosted a youth group from an orphanage in Coronado. The kids enjoyed their hockey experience, which was followed by a pizza lunch.

A special exhibition game is planned between Callow's top Pee wee teams, the Werewolves and the Penguins. A team from Calgary is coming in March 2017 to play a series against the Costa Rican senior team, El Castillo Knights.

Callow and his ice hockey teams have come a long way. They have added new dimensions to the quality of life for Costa Rica's youth which is still expanding and getting stronger. When asked about having goals

to compete in the Winter Olympics Callow said, "We are far away from competing in the Olympics, but who knows, maybe in 20 or 30 years it might be possible to start thinking on those lines." Who knows, maybe it won't take that long.

Today Callow has around 30 registered players in the program. There are three hockey classes per week, Saturday, Sunday, and Wednesday for all ages, groups, and skill levels. Anyone interested in ice hockey, figure skating, or more information should email Bruce Callow at mundodehockey@yahoo.com or visit his team's webpage.

We would like to congratulate Bruce Callow, Founder, and his dedicated:

Coaches Sergio Salvador, (from Montreal), David Vargas, (from Costa Rica), Aurelio Cence, (from Kingston)

Assistant Coaches: Anthony Callow (Son, Canadian/Costa Rican citizen), Jorge Castiglione, (from Costa Rica)

Hockey Teams: El Castillo Knights, Werewolves, and Penguins, for their pioneering spirit and outstanding achievements. Happy 20th Anniversary!

Part 2: Our Indigenous Neighbors

In the last issue I recounted my involvement with the indigenous people in Costa Rica and reported some of the high points of a trip to Honduras I took with members of the Alliance for Global Justice in June and July of this year. We went there to study, first-hand, indigenous issues; most specifically issues regarding human rights and damage to the environment.

In that article I mentioned Berta Cáceres, an internationally known, prize winning indigenous leader and activist. Berta was known and loved by the indigenous people throughout the world and in 2015 she received the international Goldman Environmental Prize for her leadership. Tragically, on March 2, 2016, she was murdered at her home in La Esperanza, Honduras. In this article I will tell more of her story.

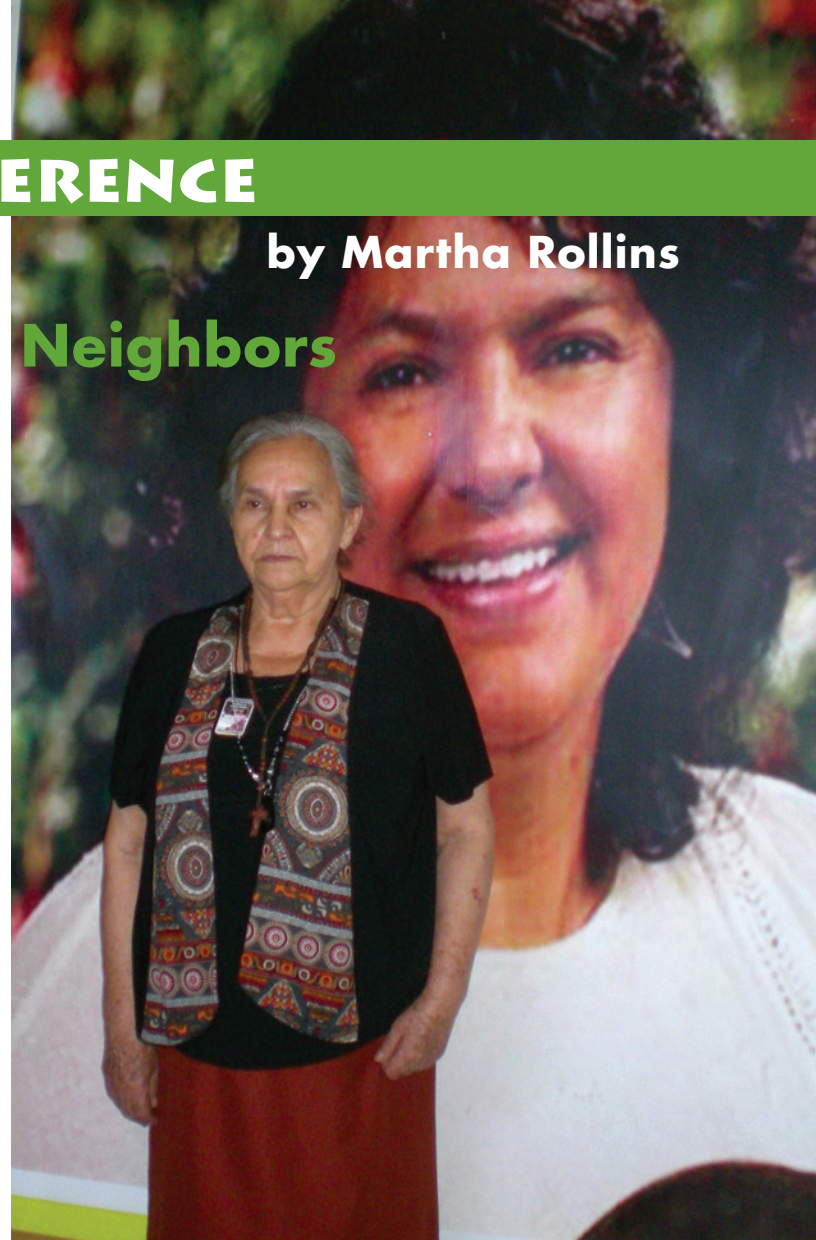
Death of a Leader, Birth of a Movement: The Murder of Berta Cáceres

There was a sizzling sound similar to radio static outside, followed by a loud booming noise. Berta shouted from her room, “Who’s there?” and there was another loud boom followed by gunshots.

One of two gunmen, without a mask and clearly visible from two or three feet away, entered the room of a guest and seemed surprised to find someone else in the house. The assassin then fired a bullet at the guest, grazing his hand and ear as he attempted to dodge it. Wounded, the man fell to the floor and played dead until the gunmen left.

The man was Gustavo Castro Soto, a Mexican environmental activist and friend of Berta’s. After the attackers had left the house, he rose, and when he went to check on Berta he found the gunmen had shot her. She was badly wounded and would die shortly thereafter. Gustavo was the only witness able to identify one of the gunmen.

To understand the background for this murder it is necessary to review some of the history of Honduran politics. Transnational companies, along with a number of



Berta's mother with her picture. Photo by Carol Marujo.

Honduran businessmen, were interested in the country’s resources and making profits from them. They coveted the resources located on indigenous lands: for damming of rivers for the production of electrical power, for land for logging of the trees, for the growing African Palm trees to produce palm oil, and for the mining of gold.

In May of 2009, democratically elected President Manuel “Mel” Zelaya completed a draft of a new mining law which would impose environmental regulations and increase taxes on mining companies, as well as requiring community consultation and approval of such projects. Zelaya was concerned about transnational companies making undue profits at the expense of the Honduran people. He also proposed land reform and scheduled a referendum to obtain consensus on how best to deal with these issues, to be held in late June.

On June 28, 2009, Zelaya was hustled out of bed in his pajamas by the Honduran military and sent out of

the country. His replacement had ties to, and support from, the United States. According to U.S. law these events should have been reason to cut off military and development aid. Secretary of State Hillary Clinton, however, stating that this was a coup but not a military coup, refused to stop the aid and declined to insist upon the return of the democratically elected president. (There currently is a bill before the U.S. Congress to cut off all aid to Honduras.)

The new Honduran president immediately opened up the country to multinational enterprises and over 300 concessions were given to companies for extraction and power generation projects, 60 of which exploited indigenous lands and natural resources. In 2010 work began on one of those, the Agua Zarca hydroelectric dam on Rio Blanco, which is in Lenca indigenous land.

Berta Cáceres, a Lenca indigenous woman, was the co-founder of the Civic Council of Popular and Indigenous Organizations of Honduras (COPINAH), and an internationally known environmental activist. She had been involved in many excellent projects and in 2010 began to focus on her work with the Rio Blanco community to stop the construction of the Agua Zarca hydroelectric dam and protect the sacred Gualcarque River.

On February 20, 2016, twelve days before she was killed, employees of the dam company, Desarrollos Energéticos S.A. (DESA) along with the police and TIGRES (an elite police unit that is funded, trained, and vetted by the U.S.) confronted Berta and 300 community members as they walked along the river. Berta had received many threats in the past and, on this occasion; the lead engineer for DESA threatened her verbally.

From June 27 to July 6, 2016, the Alliance for Global Justice delegation traveled on a fact-finding mission to Honduras. We spent two days retracing the steps of the last days of Berta Cáceres and visited with her family and friends at COPINAH. In La Esperanza we ate in the restaurant where Berta had her last meal with Mexican activist Gustavo Castro Soto before going to her mother's home.

Berta's mother, who had been a popular midwife traveling with her daughter throughout the countryside. The mother, the first female congresswoman in Honduras, had exerted a strong influence on Berta and they had become partners in politics. Berta had lived with her mother until two months before her death when she bought a small house with some of the proceeds from her environmental prize. When we met with the family her mother cried as she blamed herself for not insisting that Berta and Gustavo return to

her home instead of the new house that evening, but the two had gone to there because it had Internet connection; they still had work to do planning an upcoming COPINH alternative energy forum.

To return to the scene inside the house on that fateful night of March second; after waiting for the gunmen to leave, Gustavo ran into Berta's room where he found her lying on the floor covered with blood, but still alive and thinking, as always. She told him to grab her cell phone off the table, gave him her pass code, and instructed him to call her friend Tomás Gomez, a COPINH coordinator. Tomás could not immediately be located. Gustavo, fearful that the police might be implicated in the assassination, followed Berta's instructions exactly and finally was able to locate Tomás through contacts in Mexico who had contacts in Honduras. Tomás immediately drove to Berta's house. The police arrived at the same time.

In the initial investigation the police insisted upon blaming the murder on members of COPINH, and six of the seven coordinators were brought in for questioning. They were told that a "protected witness" had said that he had seen Tomás Gomez and Aureliano Molina (COPINH coordinator and member) enter the house before Berta was killed. In Honduras, a protected witness is frequently given either \$5,000 or a U.S. Visa for providing such testimony. Their identity is kept secret and they cannot be cross-examined. This protected witness turned out to be the gate guard for Berta's community. He later changed his testimony.

Gustavo, the only real witness, was questioned for days and for much of the time he was not allowed to even change his bloody clothes. A police artist was brought in to help with identification of the gunmen, but each time Gustavo gave a description the artist incorrectly drew the face of one of the COPINH leaders. There was a clear plan to blame the organization for the murder. Gustavo was the unexpected element in the case.

In early May 2016, five men were arrested: Sergio Rodríguez, the DESA engineer who had earlier threatened Berta over opposition to the dam; Douglas Bustillo, DESA's head of security and a former Honduran Armed Forces lieutenant and military intelligence specialist; Major Mariano Diaz, a Special Forces veteran who recruited the gunmen; and brothers Edlison and Emerson Duarte, the alleged gunmen.

Berta's family learned of the arrests from the media. As of this writing they still have not been given the case files to which they are entitled to under Honduran law,

and believe that the Honduran government was the intellectual author of the crime. They have called for an investigation by the International Commission on Human Rights. We brought these issues to our meeting with the U.S. Embassy on the last day of our trip.

Each month, on the day of Berta's death, there is a candlelight vigil held at the La Esperanza office of the Public Ministry, the Honduran organization responsible for the criminal investigation. We were invited to one such vigil, which was upbeat; a celebration of Berta's life and the continuation of her movement. Instead of silence, more than 100 people clapped wildly and sang, "Berta didn't die; she multiplied."

Berta's daughters accompanied us to the Rio Blanco site of the confrontation with DESA, the police and the TIGRES. Some of our group walked down to the river to swim in the sacred water close to the beginnings of the dam construction, which is no longer under construction.

Following a confrontation about the continued destruction of fertile farmland, and the 2013 killing of another community leader and opponent of the dam by DESA armed guards, the two organizations that were financing the project, Sinohydro from China and The World Bank, pulled out.

Before her death, Berta had begun to work on an international level to convince other sources of financing, FMO Bank (Holland) and Finnfund (Finland), not to become involved in the project. In the days after the news of the assassination became public, FMO Bank and Finnfund issued temporary suspensions on their funding for the Agua Zarca dam. About a month later construction ceased. DESA continues, however, to maintain an active presence in the area with armed private security. USAID continued to fund the project until it was exposed to the public.

The night of Berta's death she and Gustavo were preparing for a forum on alternative energy to be held at Utopia, the main training center of COPINH. We visited Utopia where 100 beds are provided for people who travel from great distances to compare experiences and learn non-violent ways to resist enterprises which damage the environment. Artists from many different countries and cultures have created colorful murals on every inch of wall space. COPINH also provides a shelter, Casa de Sanación, a safe place to stay for victims of violence.

We also visited Sede COPINH offices, including the location of COPINH's communication center, which is similar to Costa Rica's Radio Talamanca, and broadcasts daily news and programs, except when the government

damages the equipment or interrupts the signal. Our own press conference was re-broadcast on this station. Berta's office at Sede COPINH has been turned into a shrine.

Our last stop in La Esperanza was to visit the simple grave of Berta Cáceres. We left flowering plants and paused for a few moments of reflection.



During the last week of July 2016, I attended the U.S. Democratic National Convention. Berta, in the form of a large, over-sized figure, was there along with her daughters and friends. The figure was carried, along with 30,000 participants, on the four-mile Save the Environment March from the Philadelphia City Hall to the Wells Fargo Center. Throughout the chant was the same; "Berta didn't die; she multiplied."

Please contact your congressman in the United States to ask for support for the Berta Cáceres Human Rights in Honduras Act H.R. 5474. The Bill is currently before Congress and will end military and police funding to Honduras.



In every country, including the United States and Costa Rica, there are concerned citizens, usually led by indigenous leaders such as Berta Cáceres, working to protect the rivers and forests for future generations. One such project here in Costa Rica is the Asociación Amigos del Torres River Walk Costa Rica (Amigos del Torres) founded in 2014. The river runs through the Central Valley from the University of Costa Rica, past the zoo and the Museo de los Niños, to La Carpio and beyond. Before they were pushed back from the Central Valley into a small area in the mountains near Puriscal, the indigenous Huetar took care of the river, and over the years it has become very polluted. Now, the group named Amigos del Torres is actively involved in returning the river to its original pristine state. If you would like to be involved in their clean up, fund-raising, or educational activities, please contact Charlie Velásquez: charlie@amigosdeltorres.com

If you would like to Make a Difference and join in delegations to gather information and help prevent events similar to those which occurred in Honduras from occurring in Costa Rica, including work with the indigenous here, please contact: Martha Rollins: rollinsmartha@gmail.com

If you are interested in obtaining a copy of the full Alliance for Global Justice report, one will be gladly sent upon request.



► **Alcoholics Anonymous**

Groups meet daily throughout the country; times and places change frequently. Schedules for AA meetings and their locations can be found at: www.costaricaaaa.com.

► **Al-Anon Meetings**

English language Al-Anon meetings are open to anyone whose life has been/is affected by someone else's problem with alcohol. Alanon meeting information can be found at: <http://www.costaricaaaa.com/category/al-anon/>.

► **American Legion Post 10-Escazú**

The A.L. Post 10 has relocated the monthly meetings to Casa de España in Sabana norte. There is an elevator so those with a handicap will not have a problem entering the building or reaching the meeting area. If you wish to attend please e-mail or call for directions. Terry Wise, cell#: 8893-4021, Claudio Pacheco, cell#: 8876-1394, home#: 2225-4239.

► **American Legion Post 12-Golfito**

Meetings are held 4 p.m. 1st Tuesday every month at Banana Bay Marina. The Golfito GOVETS have been helping Southern Costa Rica for over 20 years. Contact Pat O'Connell at: walkergold@yahoo.com or 8919-8947, or Mel Goldberg at 8870-6756.

► **American Legion Auxiliary**

The Legion Auxiliary meets the second Saturday of each month, at 1300 hours in Moravia. Contact Doris Murillo 2240-2947.

► **Asociación Caritativa Canadiense**

The activities of this charity began in 2000 as part of the Canadian Club of Costa Rica. Our Vision is that every student has access to a clean, secure, well-maintained and healthy physical environment in which to learn and grow. We use our donations to complement what the locals can raise. Our volunteer membership is made up of both Canadians and Costa Ricans, male and female. If you would like to contribute or learn more please contact Fred Boden, fredrick.boden@gmail.com

► **Bird Watching Club**

The Birding Club of Costa Rica sponsors monthly trips to observe local and migrant birds in various areas of the country. For more information, please visit our website: www.birdingclubcr.org

► **Canadian Club**

The Canadian Club welcomes everyone to join us for our monthly luncheons, and at our special annual events, like

our Canada Day Celebration, no passport required. There is no fee or dues to pay, just sign up with your email address and we will keep you informed of Canadian Events. For information visit our website: www.canadianclubcr.com or email Pat at: canadianclubcr@yahoo.com to sign up.

► **Cooking Class Club**

Meets the first Wednesday each month from 10am to noon. Learn how to create memorable dishes from a culinary expert. Each class will be followed by a four-course lunch and beverage at a special price. For location, directions, and more information, contact Barry Blazer at 6008-9944. (Reservations recommended.)

► **Costa Ballena Women's Network**

Costa Ballena Women's Network (CBWN) started in Ojochal with a handful of expat ladies almost 10 years ago. Our focus is networking, community, business, and social activities as well as offering an opportunity to meet new people. Monthly lunch meetings are held the 3rd Saturday of each month at various restaurants with guest speakers talking on interesting topics. For more information please contact: cbwn00@gmail.com and see our FB page - www.facebook.com/CostaBallenaWomensNetwork

► **Costa Rica Writers Group**

Published authors and writers; newbies, and wanna-bes make up this group, dedicated to helping and improving all authors' work, with resources for publishing, printing, editing, cover design; every aspect of the writing process. Third Thursday, January through November, Henry's Beach Café, Escazu, 11:00 a.m. Contact: bbrashears@gmail.com, 8684-2526.

► **Democrats Abroad**

Democrats Abroad meets on the last Saturday of every month at Casa LTG (Little Theatre Group). Contact Nelleke Bruyn, 2279-3553, e-mail: cr.democratsabroad@yahoo.com. Join Democrats Abroad at: www.democratsabroad.org. Register to vote absentee at: VoteFromAbroad.org

► **First Friday Lunch**

Each month ARCR sponsors a "First Friday Lunch." All are invited to join ARCR Officers and others for an informal lunch and BS session. There is no RSVP or agenda, just food and meeting new and old friends. Attendees are responsible for their own food and drink expenses. The FFL takes place at 12:00 PM on the first Friday of the month. Gatherings are at the Chinese restaurant, Mariscos Vivo, located behind the Mas x Menos grocery store (located across from the Nissan Dealer) and not far from Hotel Autentico (the former Hotel Torremolinos, where the ARCR Seminars are held).

► Little Theatre Group

LTG is the oldest continuously running English-language theatre in Central or South America and currently puts on a minimum of four productions a year. The group's monthly social meetings are held in the theatre on the first Monday of the month from 7 p.m. to 9 p.m. and everyone is welcome. Membership: Student C2,500, Adult: C5,000, Family: C8,000. For more information Call the LTG Box Office 8858-1446 or www.littletheatregroup.org

► Marine Corps League

Meets at 11 a.m. the 2nd Saturday of every month, at Tres Hermanas Restaurant on the service road opposite Hospital Mexico. Look for the big bull statue in front. For information call Bill Enell at 8812-0126 or write to mcleaguecr@gmail.com

► Newcomers Club

Newcomer's Club of Costa Rica (for women) meets the first Tuesday of every month, September through May. Contact: 2588-0937, email us at: costaricaporo@yahoo.com or visit our website at: www.newcomersclubofcostarica.com

► PC Club of Costa Rica

The PC Club meets the third Saturday of each month; social, coffee, doughnuts at 8:30 a.m. The meeting starts at 9 and ends at 11 a.m. Guests are allowed one free month before joining. Meetings are held at the Pan American school in Belén. For information call Dick Sandlin at 2416-8493, email him at d_sandlin@email.com or visit our website at: www.pcclub.net

► Perez Zeledon International Women's Club

PZIWC was formed in November 2009 to promote friendship between English speaking women in Perez Zeledon and, through friendship, to make positive contributions to our local community. The PZWIC meets for luncheons on the SECOND Tuesday of the month, hosts Walkers Day on the THIRD Tuesday of the month, and has a Games Day (board and card games) on the FOURTH Tuesday of each month. Event sites change frequently, so call or check our website for locations. More information can be obtained from Jane Gregson at 8899-6859 or Cathy Carrolan at 8384-8281, or email to: pzwomansclub@gmail.com. Please visit our website at: www.pzwomansclub.org

► Professional Women's Network

PWN provides its members with opportunities to network with other professional women with the goal

of aiding personal and professional development of entrepreneurs, students, and professionals. PWN sponsors service and outreach programs to "give back" to the community. The meeting charge is 4,000 colones for visitors, members 3,000. Membership fee is 12,000 colones and includes listing in the business directory, if desired. Meetings schedules vary. For info on the speaker for the month and to register, call Helen at 2280-4362. Location: Tin Jo Restaurant in San José, Calle 11, Av. 6-8. Or email us at: pwn.costarica@gmail.com. PWN website is www.pwnrcr.com

► Radio Control Sailing Club

Meets at Sabana Park Lake. For information write Walter Bibb at: wwbbsurf40@yahoo.com

► Wine Club of Costa Rica

The wine club usually meets at 1 p.m. on the last Sunday of each month. Join us to tantalize your taste buds and expand your education. For more information on upcoming events please contact us at 2279-8927.

► Women's Club of Costa Rica

The Women's Club of Costa Rica is the oldest, continuously operating, philanthropic organization for English-speaking women in Costa Rica. The Club is focused on serving community needs in Costa Rica, particularly on children's needs. Along with its philanthropic fundraising activities, WCCR also hosts regular lunches, teas and many special interest groups. Guests are welcome and further information and a calendar of planned events can be found at: www.wccr.org

► Women's International League for Peace and Freedom

Open to men too. English language group in Cariari de Belén, English-Spanish group in Heredia, Spanish language group in San José. We work on peace and human rights issues. Call Mitzi, 2433-7078 or write us at: peacewomen@gmail.com

"Club members should review the contact information for their clubs and make sure it is up to date. Send any changes or corrections to: info@arcr.net, Subject line; El Residente."

BUSINESS DIRECTORY (39)

Holidays and Observances of Costa Rica

Wednesday November 2nd
All Souls' Day
Observance

Sunday December 25th
Christmas Day
National Holiday

Saturday December 31st
New Year's Eve
Observance

Sunday January 1st
New Year's Day
National Holiday

ARCR office will be
closed for the holidays
from noon, Dec. 21,
2016, until Jan. 2, 2017.

Election Year One Liners

The problem with political
jokes is they get elected.
- Henry Cate, VII

Politicians are people who,
when they see light at the
end of the tunnel, go out
and buy some more tunnel.
- John Quinton

I have come to the
conclusion that politics is
too serious a matter to be
left to the politicians. -
Charles de Gaulle

Instead of giving a politician
the keys to the city, it might
be better to change the
locks. ~Doug Larson

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