



Costa Rica's English language newsletter

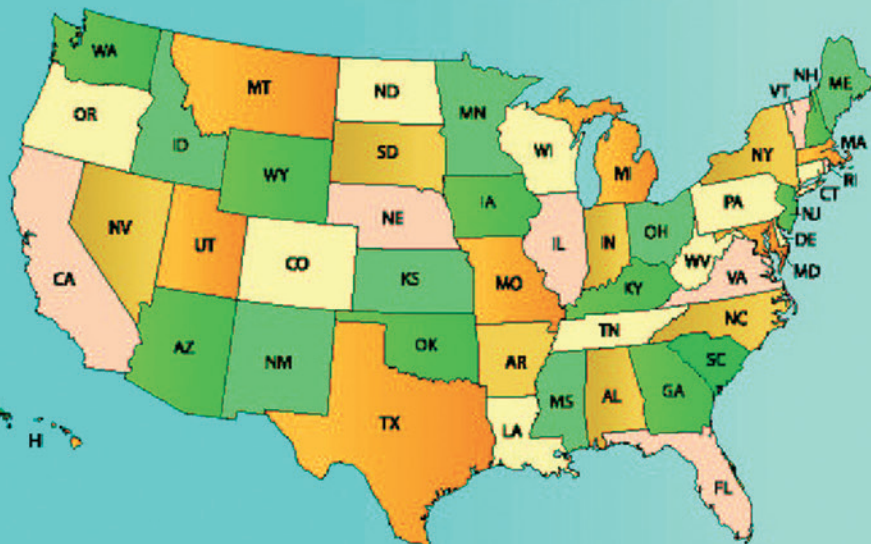
May / June 2016

El Residente

Published by ARCR Administración S.A. Apdo. 1191-1007 Centro Colón San José, Costa Rica (www.arcr.net)

Taste the tropics:
Chiverre

TO SHIP FROM HERE



TO HERE



CALL SHIP TO COSTA RICA

shiptocostarica@racsa.co.cr

Door to Door shipping of FULL CONTAINER LOADS or
CONSOLIDATED SHIPPING

Commercial Shipments- Household Goods
Cars- Boats- Anything
Customs Brokers

Toll Free: 1- 866- 245- 6923 • Phone: (506) 2431-1234 • Fax: (506) 2258- 7123

CONTENTS



Across the Board ARCR Board	4
The View from Downtown Michael Miller	6
Legal Update Allan Garro	9
Taste the Tropics Maxima van Houten	12
Dear ACS... American Citizen Services	15
A Day in the Life Allen Dickinson	17
Paradise, We Have a Problem Tony Johnson	19
Making a Difference Angie Vachio	22
Club Corner	24
Business Directory	26

EDITOR'S NOTE

3

We are proud to announce that this issue contains a new column, "Making a Difference." This series will contain stories of the experiences members have volunteering with local institutions and groups. In this issue the story is about how one group is promoting Costa Rica's peace culture. I am sure you will find it interesting. This new column is a great opportunity for members to share their experiences and give people looking for ways to contribute to their new home culture some options. "Making a Difference" would like to include your experiences volunteering here in Costa Rica. Please write them up and send them in for consideration.

Where one door opens, another closes; Carol Vaughn, who has written the "Life in the Southern Zone" column for the past few issues has moved on – other pressing demands have taken precedence over her time. Her informative articles about things in the Perez Zeledon area will be missed. If someone in the PZ area would like to take over the column, please contact me.

As always, the "Across the Board" column from the ARCR Board of Directors has some good tips and information everyone may find helpful. Check it out.

Not to be overlooked, Tony Johnson has given us another of his great series about relationships in his "Paradise, We Have a Problem" column, and Allan Garro has contributed an excellent article in the "Legal Update" section, which might answer some questions about starting a Costa Rica corporation. Check them out.

All-in-all, this is another issue of El Residente that has something for everyone. Enjoy!

CONTACT INFORMATION

Published by:	ARCR Administration
Email:	info@arcr.net / www.arcr.net
Managing Director:	Rómulo Pacheco
Editor-in-Chief:	Allen Dickinson
Associate Editor:	Bob Brashears
Graphic Design:	Rubén Chavarría
Advertising and Publicity:	Kenji Anduray service@arcr.net
Office hours:	Monday - Friday, 9 a.m. to 5 p.m.
Main office, San José:	Av 14, Calle 42, San Jose, Costa Rica (506) 4052-4052
Mailing address:	P.O. Box 1191-1007 Centro Colón, San José, Costa Rica
Uvita office:	Uvita Law Firm, The Dome Commercial Center, 2nd floor, Offices 14 & 15 (506) 2743-8416 / (506) 2743-8619
Barú-Dominical office:	Next to Charter Restaurant (506) 2787-8017
Facebook page:	facebook.com/AssociationResidentsCR
ARCR Forums:	www.forums.arcr.net
General information:	info@arcr.net
Caja account info:	service@arcr.net
Residency info:	legal@arcr.net

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.

Cover photo credit: Stack of chiverres at the National Chiverre Fair, by Radio Santa Clara: radiosantaclara.org

Across the Board



A member of the ARCR Board of Directors advises that if you have a Costa Rican mailing address (PO Box) to which you have things sent from the USA, it is wise to NOT use the CR 5-digit "Zip Code." The reason is that USPS optical readers zero in on the zip code numbers and automatically assume that it is a USA code, thus sending your precious letter/package off to somewhere in the United States that thinks Costa Rica is a Caribbean island!

Hany Fahmy, who was responsible for doing many things at the ARCR office, has moved on. His duties have been transferred to Kenji, who can provide answers to questions, assist members obtaining appointments, distribute Ordenes Patronales for the Caja, and meet other member needs. Emails with questions can still be sent to info@arcr.net. Good luck in your new position, Hany.

The opportunity for a limited number of artists to display, and possibly sell, their works in the ARCR office is still open. Sales will be on a consignment basis and displayed items will be rotated regularly. Anyone who has art work they would like to display is welcome to do so. Contact Angelica at the front desk to make arrangements.

The Costa Rica Minor Traffic Accident report has been posted to Facebook and ARCR Forums. Download them, print them off, and keep them in your vehicle for emergencies.

The free books offer in the library has ended - the inventory excess has been resolved. In fact, the response was so enthusiastic the library could now use some additions! If you are hoarding some books you have already read, please consider donating them so others can enjoy them also. Until the inventory has built back up, the one-for-one trade rule has been reinstated. Or, books can be purchased - \$1.00 US each.

Don't forget the Local Authors Library. Books displayed in the wall mounted cases in the office, all written by expats, are available for purchase. There is fiction, travel, and other subjects for every taste. Support your fellow expats and buy one or more during your next visit.

March 31, 2015, the ARCR Board of Directors and guests gathered for lunch at the Il Padrino Italian Restaurant in Pavas to honor Barbara Szczepaniak, the American Citizen Services Chief at the United States Embassy. Barbara, who has been instrumental in improving communications between the U.S. Embassy and American citizens living in Costa Rica, is leaving for new assignment in Washington D.C. She was presented with two letters of Appreciation, one from ARCR and a second from the Marine Corps League, for her outstanding work. She will be missed. God speed and Buena Fortuna, Barbara.

(Photo, left to right: Ravi Candadai, Consul General, Lauren Huot, Vice Counsel, and Barbara Szczepaniak, ACS Chief.)

Franklin Martínez A.

Insurance Agent SUGESE COD: 08-1387



Insurance Office

Who are we? What do we do?

- Our Insurance Office assists clients to obtain the best insurance options.

We feature a team with extensive experience, and are highly dedicated to our work.

- We are the **OFFICIAL INSURANCE SUPPLIERS** of A.R.C.R.

- We will always find the best option for each client taking into account each particular case.

You can get new insurance plans and benefits that INS is offering:

1. Enroll in our ARCR/INS Group Health Insurance Plan and receive a discount of 32% on your premiums as a member of ARCR.
2. If your home is in a condominium building, reduce the insurance premium with the new rates of HOGAR COMPRENSIVO
3. New and improved support services included in your automobile and home insurance, such as taxi service to and from the airport plumbing service and more!
4. Ask us for the new option of Agreement in the case of an accident, if the damage is less than a \$600.00 or car insurance with no deductible.
5. Change your Health policy from colones to dollars, get more coverage, with better rates the best of all CONTINUITY OF COVERAGE FOR YOUR PRE-EXISTING CONDITIONS!



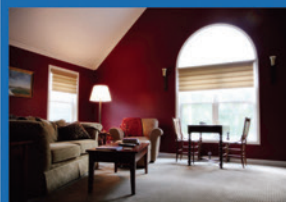
Insurance Options

INS offers all kinds of insurance to meet our clients needs, and uses a co-payment system with an average around 20%

Health Insurance



Home Insurance



Car Insurance



☎ (506) 4052-4052 📠 (506) 2220-0031

📠 (506) 8338-1297 @ arcr@pricose.com

Address: Av 4, Calle 42

6 THE VIEW FROM DOWNTOWN

by Michael Milller

Galería Namu, One of the Great Treasures of Downtown San José

Aisling French, the gregarious founder and owner of a downtown San José landmark, the Galería Namu, is a long-time resident of Costa Rica. Originally from Ireland by way of Canada and the US, she says, “I opened this gallery in 1998 because I love folk art, even though I knew next to nothing about Costa Rica’s indigenous tribes or indigenous art.” Listening to Aisling talk to visitors now, it is obvious that she has learned volumes in the last 18 years. And it is also obvious that she loves what she does.

The name “Namu” comes from the Bribri word for the jaguar, a sacred animal to many of the tribes; and the Galería is, quite simply, one of the great treasures of Downtown San José. Located behind the Holiday Inn in historic Barrio Amon, this small and bursting-at-the-seams shop is the premier destination for anyone looking for Costa Rican tribal or folk art.

Aisling tells us that many people come into the gallery “just to look,” and that is fine with her. “I love to talk about the art here, and quite honestly, I love to teach.” And, if asked, within a few minutes, she will give visitors an overview of the eight indigenous tribes of Costa Rica plus a couple of tribes from neighboring Central American countries, all of which have unique artistic traditions, and all of which are represented at Galería Namu.

Aisling’s son, Conall, Galería Namu’s second-in-command, is also extremely knowledgeable about the shop and its contents. He has studied anthropology and has lived with the Wounaan Tribe of Panama and other indigenous groups. His background is in fine arts and museum studies, and he has been instrumental in directing the Galería’s focus to include art from the region’s native tribes.

Entering Galería Namu you will be overwhelmed by the tremendous variety of art objects available. As Aisling points out, this is the only shop in all of Costa Rica where art work from all the indigenous tribes, as well as folk art, is available under one roof.



Owner of Galería Namu, Aisling French, and her son, Conall.

Standing in the middle of Galería Namu, visitors are surrounded by hundreds of amazing pieces. One of the first things that will capture your attention is the brilliantly colored balsa-wood masks, which are the signature art pieces of the Brunca tribe from the highlands of southern Costa Rica. Some of these masks are gentle-looking decorative pieces featuring birds, frogs, and flowers that the Brunca tribesmen find in the tropical forests. Others are more ferocious ceremonial masks that might include images of snakes and demons, all of which are designed to scare the daylights out of you! Some of these ceremonial masks have actually been used in the tribe’s annual Dance of the Little Devils and are prized by collectors.

Another popular display represents the woven plates and baskets from the Wounaan Tribe. These fine pieces are the results of an ancient weaving tradition passed down through generations of this remote rainforest people. The gifted weavers are artists who use split palm fronds which they incorporate in geometric designs and images of local flora and fauna. Some are dyed with the colors derived from native fruits.



Above: Brilliantly colored balsa-wood masks grab your attention as soon as you enter Galería Namu. These masks are the signature work of the Brunca Tribe from the highlands of southern Costa Rica.

Left: A selection of rainforest images carved from the tagua nut, also known as "vegetable ivory."



Below, left: These shelves exhibit traditional women's pottery from the Lenca tribe from Honduras. The paintings on the wall are folk art from the campesinas (the farming women) from the Arenal Volcano region, in Costa Rica.



Below, right: These decorative globes are made from the Jicaras, a fruit similar to a gourd. They are painted or etched and used for carrying water.





Left: This exceptional looking pottery is from the Chorotega native group from the Guanacaste region of Costa Rica. The pieces are kiln-fired and polished to give them a glossy finish.



Right: Woven plates, bowls and baskets, some of them collector's items, are from the Wounaan Tribe of Panama. They are representative of a highly skilled weaving tradition that has been passed down for generations.

Perhaps the most exquisite collection in the Galería are the carved “tagua nuts.” These nuts, sometimes as big as softballs, come from a type of palm tree that grows from Central America to the Amazon basin. The nut is dried and polished and becomes as hard and white as elephant ivory. (Sometimes these nuts are referred to as “vegetable ivory.”)

Once hardened, the nuts can be sculpted and painted with natural dyes. In the hands of the talented Wounaan, the artists create an astonishing variety of finished pieces depicting birds, flowers, butterflies, monkeys, frogs, and other plants and animals of the jungle.

Visitors to Costa Rica, and expats who live here, often look for gifts or souvenirs that represent a bit of the beauty of the country. You can wander into most souvenir shops and find everything from beach towels to coffee mugs to shot glasses; many of these items are mass-produced in the Far East. But, if you want something that is actually from Costa Rica and is truly representative of the history, the culture, and the beauty of the country, you should visit Galería Namu.

Aisling is quick to point out two facts that she considers very important: First, when you buy something from Galería Namu you can be assured that it is authentic; each of the pieces is purchased directly from the artists of the indigenous tribes. In turn, Aisling provides buyers with written (and often photographic) documentation of the authenticity of each piece.

Second, the Galería practices “Fair Trade” with the artists. That means that the Galería pays the native artists directly for each work of art, and they pay for it up front. “We don’t take things on consignment,” says

Aisling. “We buy them. We pay the artist when we pick the pieces.”

Fair Trade is obviously a good deal for the artists and many will point out that it is “the right thing to do.” It also provides an advantage for the business; the best artists know that they will be treated fairly, will not be cheated, and reserve their best work for Galería Namu.

Another reason to visit Galería Namu is that you will learn a great deal about this beautiful country. Both Aisling and Conall are always pleased to show off their shop and share their knowledge; they are an encyclopedia of information about the tribes, their art, and the traditions behind each of the pieces.

There is nothing that can match the experience of a personal visit, but you can get an idea of the Galería’s contents by visiting their website: <http://galerianamu.com> (More photos of tribal art from Michael’s visit to the Galería Namu can be viewed at: <http://goo.gl/AxpRmW>)

The best way to experience the wonderful art there is to visit Galería Namu in person. You will find it on Avenida 7 and Calle 5, directly behind the Holiday Inn in Downtown San José. The Galería is open Monday through Saturday, from 9 a.m. to 6:30 p.m., and on Sundays during the high season.

Michael Miller is the author of the first and only guide book that focuses on Downtown San Jose, The Real San José. Paperback copies are available at the ARCR Office and at Galería Namu. An electronic version is available on Amazon and Kindle.

by Allan Garro

What Type of Corporation To Get In Costa Rica?

At some point most expats living / investing in Costa Rica decide to register a corporation. There are numerous reasons why, but establishing a business, opening a bank account, or obtaining asset protection, seems to be some of the most common ones.

The number of existing corporations in the country is awesome; at the present time the Registry of Corporations is issuing new corporation accounts with numbers over 700,000.

Creating a new company, or acquiring a “shelf” corporation, is an easy process. But that doesn’t mean people understand how the corporation legally operates, or even what type is the right type for their purpose. In this article we will discuss the most common types of corporations.

The most popular corporation is the Sociedad Anonima, or S.A. It is equivalent to a standard corporation in USA and similar structures in other parts of the world, and can legally be used by any permitted commercial, agricultural, livestock, or industrial activity to manage bank accounts, be a part of other corporations, to acquire properties and vehicles, to give and take credit, to apply for making loans, to enter lawsuits, or to provide all kinds of professional services. The most important thing to know is that this type of corporation has rights and responsibilities separate from their owners and/or directors.

To register a new S.A. requires having an attorney and notary create a public document. That document must contain the Articles of Incorporation which lists a minimum of two shareholders and four directors (President, Secretary, Treasurer and Fiscal). Also included are stock certificates and a set of three legal books. After the new corporation is registered, the transfer the stock may be accomplished by endorsing the stock certificates. It is legal that the entire capital stock becomes property of one only person. Once the incorporation has been established any amendments or changes to the articles of incorporation require the approval of at least 51% of the voting shareholders to become valid.

In some case S.A. corporations may have appointed directors that current stockholders don’t even know about. The explanation for this is that when a corporation is created for sole ownership and the owner is appointed as President with an unlimited and universal power of attorney, to comply with the law, the rest of directors are appointed in name only. In this case it is very important to ensure the other directors do not have any kind of power of attorney over the corporation. Stockholders can remove any appointed directors and name new ones, but any changes must be registered at the Registry of Corporations.

A different type of corporate structure is a Limitada, equivalent to a Limited Liability Corporation or LLC. This type of corporation is often recommended because, apart from giving the same liability separation provided by an S.A., it does not need to have a set of directors, only a manager. (There can be more individuals included at the owner’s discretion, but the minimum required is only one.) The word Limitada means stock cannot be transferred by simple endorsement, since the rest of stockholders have the first right of refusal in any stock transfer. This is in contrast to an S.A. whose stock can be transferred by simple endorsement.

Limitada companies are easier to manage and can be considered a bit safer regarding their stock. Also, any amendments require support of at least 75% of the voting shareholders to be valid.

Both S.A.s and LIMITADAS can have capital stock either in colons or dollars. They may also grant powers of attorney to anyone, not just directors or managers, if necessary. In both cases liability is limited to stockholders’ investments only. Basically the S.A. has a structure that permits operation of large or medium businesses, while the LIMITADA is designed for medium and small business operations.

Corporations used to be required to have six legal books. Nevertheless, a recent amendment made to the Code of Commerce eliminated the obligation to have three of those accounting books (named Mayor, Diario, and Inventarios y Balances.) The presently required legal books are as

follows: 1. General Assembly, to keep the minutes of stockholders' meetings, 2. Board of Directors, which is seldom used except for those that businesses which operate commercially and, 3. Shareholders Records, which is used to register all share ownership and stock transfers. LIMITADA's are not required to have a Board of Directors minute book.

There are also some other types of corporation that exist in Costa Rica. These are: 1. Empresa Individual de Responsabilidad Limitada, which is a limited liability company formed by only one person, 2. Sociedad en Nombre Colectivo or Collective Company, designed for those companies being managed by family groups working together for generations, and 3. Sociedades en Comandita, which are silent partnerships where some stockholder(s) take care of both control and legal representation while others contribute with capital investment only.

These three types of companies are seldom used because they don't differentiate between liabilities held by the company and those held by the stockholders, meaning liability is not limited at all. In other words, personal assets of the business owners and officers are not protected in the same way as they are in S.A.s and Limitada's.

There is one more type of company structure which can also be used here: Expats owning a foreign company outside Costa Rica, for example in Panama, Canada, or the U.S.A., can legally open a branch in Costa Rica. According to Article 5 of the Code of Commerce, they must keep the same name, have a local corporate ID number, and have a local, appointed legal representative.

When following the normal procedures set by law, the usual elapsed time to get a corporation registered is about two weeks. However, it is now possible to register a new corporation online through a system found at www.crearempresa.go.cr. To use this system the Notary chosen by the client needs to have a digital signature which has been previously registered with that system. Using this system to register a new corporation can be accomplished in only about 24 hours, which is a major improvement. It is important to note, however, that it is still necessary to hire a Notary to create the corporation and complete the registration process.

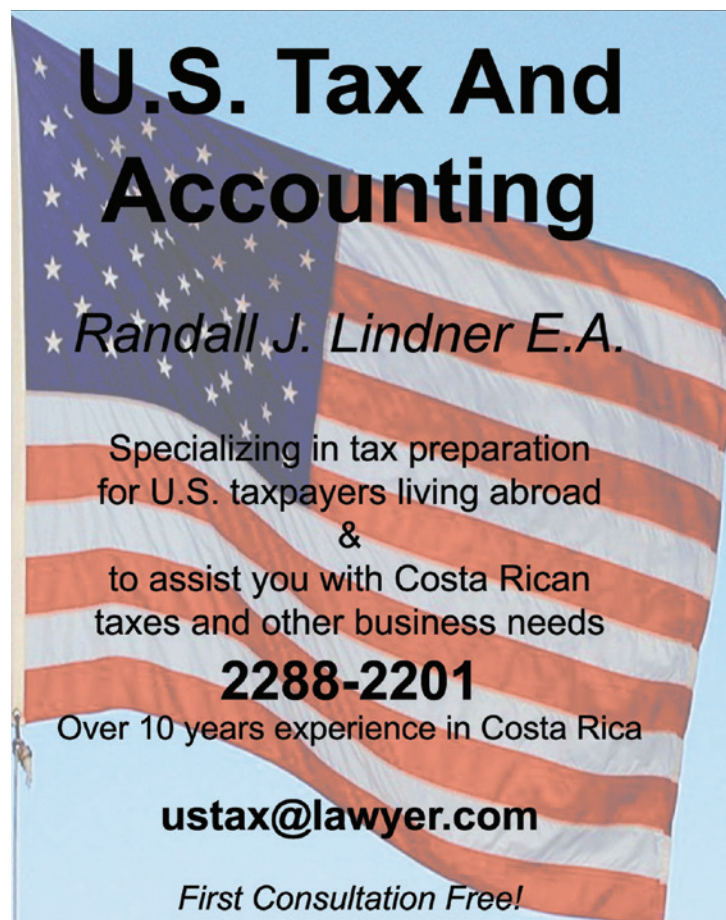
Many residents may remember that during 2012 a law named Tax on Corporations took effect, imposing an annual tax to every corporation registered in Costa Rica. The amount of the tax was around US\$400 for corporations operating commercially and US\$200 for those qualified as "inactive", which were usually used as holding companies and for asset protection. This law was nullified by the Constitutional Court during 2015, and exempted payment starting 2016 year.

Currently, the government is trying to bring the Tax on Corporations back to life, arguing they need the money to fund the Police Departments. If this tax sees the light of day again it will be a good time to consider transforming an existing corporation to another special type of structure named SOCIEDAD CIVIL or civil company. This type corporation does not pay that tax while also working well to protect assets. But that is a something we will keep for a future article, in case the tax comes back to life.

Allan Garro N.

Attorney at Law

www.garrolaw.com



U.S. Tax And Accounting

Randall J. Lindner E.A.

Specializing in tax preparation
for U.S. taxpayers living abroad
&
to assist you with Costa Rican
taxes and other business needs

2288-2201

Over 10 years experience in Costa Rica

ustax@lawyer.com

First Consultation Free!



The place where health means fun



We offer you an attractive
and entertaining package
to work out your
body and brain

9:00 am. Spanish classes

10:00 am. Dancing classes

11:00 am. Memory workshop

Fruit salad

Transport services

Tel/Fax: 2288-0213 | 2208-0211 | 2288-0209

www.casasolcr.com | casasolcr.blogspot.com

All CR Insurance Companies under one roof



Prisma Insurance Broker gives you advice on: **life, health, car, property, workers comp**, and all other registered/authorized insurance in the Costa Rican market. Take advantage of our expertise, with over 12 companies registered in CR. Both collective and individual plans.

You may call us at the following locations in Costa Rica:

Province	Location	Phone number
San José	San Pedro Montes de Oca	2281 3364
	Santa Ana	4010 0228
	Guadalupe	2234 4058
	San Sebastián	4081 7041
	Moravia	2241 3350
Guanacaste	Liberia	2665 6711
	Cañas	2668 6302
	Upala	2470 4044
Limón	Puerto Viejo	8870 8029
	Guápiles	2764 2087
Alajuela	Alajuela Centro	2440 0514
	San Carlos	2460 8787
	Grecia	8989 3588
Cartago	Downtown Cartago	8368 3853
	Turrialba	7204 2238
Puntarenas	Downtown Puntarenas	7010 4156

(12) TASTE THE TROPICS

by Maxima van Houten

Chiverre

What are those large gourd looking things I see at the feria? The ones with the mottled green and white skin?

They are chiverre!

The chiverre is a large squash, known in the scientific world as *cucurbita ficifolia*. It has many common names in English, which include black-seed squash, cidra, fig-leaf gourd, Malabar gourd, pie melon, sidra, and Thai marrow. (Incidentally, the word “chiverre” is also used in Costa Rican colloquial Spanish to refer to a person’s large, rounded belly.)

Like many varieties of squash, the plant grows as a vine and its tender sprouts help it expand through and within other vegetation. The chiverre does not require much dedication from farmers; generally, the seeds are dispersed through maize fields and the plants are allowed to grow freely amongst vegetation. As they grow large the fruits become visible in the pasture.

The mature fruit is large and rounded with a characteristic smooth and thick shell and, at its full growth, can weigh up to 5 kilograms (11 lbs.) During the ripening process the color of the fruit’s hard external shell ranges from

light or dark green to a cream. Its shape and appearance are somewhat like a watermelon. Inside the pulp is white and fleshy and will become stringy when crushed. The large seeds are black and there can be as many as 500.

The plant is original to the Americas; the oldest archaeological findings of the squash are found in Peru. Although the place of domestication and the expansion of its edible uses are unclear, linguistic evidence suggests that it started in Mexico because of the wide use of names based on its náhuatl name, *tzilicayotli* (white pumpkin).

In Costa Rica the major producing communities are Zarcero, Sarchí, San Ramón de Alajuela and the south of Cartago. La Feria Nacional del Chiverre (The *National Chiverre Fair*) has been celebrated since 2003. The celebration takes place in the town of Laguna de Alfaro Ruiz (Zarcero) and occurs with the participation of neighbors, different committees and institutions. The event, held just before Semana Santa, is held on Laguna’s sports field where visitors can enjoy a wide variety of chiverre products and preparations such as empanadas, breads, wine and biscuits, all made with the squash’s flesh as a main ingredient. This year’s edition extended over 9 days and expected over 30 thousand visitors.





Although production is not exclusive to Zarcero, over the years the local farmers in that area, whose plantations can spread for over 20 hectares, have specialized in chiverre production. Many communities of this canton have been dedicated to the production of the fruit for several decades, making it the country's major chiverre supplier to the breads industry.

Peak production happens between February and April and for this reason chiverre is readily available for Semana Santa. It is a Costa Rican tradition to prepare the famous "dulce de chiverre" for the confection of breads and other baked goods such as empanadas during the Easter holidays.

The nutritional value of chiverre varies, depending on which part of the plant being used. The seeds are rich in minerals such as calcium, phosphorus, magnesium, and lipids; the flowers are rich in calcium, phosphorus, and fiber. The fruit, both green and ripe, and the sprouts, are excellent sources of dietary fiber.

As most squashes, the fruit has a relatively neutral taste. For this reason the dulce is a good option to make the most out of the fibery pulp. This culinary technique was inherited from the colonial Spaniards who came up with different types of preserves made with sugar cane and various spices. Traditional aromatic "secret" ingredients to heighten the flavor of the dulce include tamarindo preserve, fig leaves, cinnamon, cloves, and vanilla extract.

The tender sprouts, flowers, seeds, and fruits are all edible, and it is a food that has been present in the Costa Rican diet since pre-Columbian times. Nevertheless, current popular knowledge is mostly limited to the use of

the ripe fruit to make the traditional "miel de chiverre," which is a marmalade made from the fruit's flesh.

Many recipes are available which describe culinary delicacies using the seeds, sprouts, and fruit in stews, soups, meatballs, picadillos, tortillas, cajetas and turrone. A lot of these recipes go back for generations and some of them are still prepared. Others can only be found in childhood memories of the older living souls.

The most tedious part of the preparation is the removal of the shell and the crushing of the pulp. The traditional way of removing the shell is to place the squash over burning coals. The objective is to remove as much water as possible to produce high quality dulce. It also dries the gourd before removing the shell with a sharp knife. Another method of drying the fruit is to leave it out in the sun for several days before removing the shell. After this, the seeds are removed and the crushed pulp is placed in a cloth sack which is hung for over 12 hours to drain any remaining liquid.

To make the dulce de chiverre, unrefined whole cane sugar (known in Costa Rica as *tapa de dulce*) is melted in a large container with water, adding cinnamon, cloves, or other spices to the dried pulp. The mixture is cooked until it becomes the caramel color of the sugarcane.

El chiverre plays a big role in the Tico psyche. It represents the time of joy and holidays that comes with Semana Santa and the big belly that comes from over eating. It's also a link to the past, to the grandmothers who prepared delicious empanadas to share with their loved ones, and as a link to the times of Costa Rica's pre-Columbian, permanent residents.



Hotel Posada el Quijote

Bello Horizonte, Escazu

Situated in calm surroundings in a great part of the city, in close proximity to:

- Shopping (Walmart, EPA, MultiPlaza, etc)
- The best dental clinics
- A large number of high quality restaurants
- ARCR and the international community of San Jose.



We have a long history of accommodating tourists and ex-pats at our hotel, with customers being particularly appreciative about:

- Our high level of service
- Wonderful views of San Jose
- Beautiful large common areas, terrace and gardens
- Our delicious made to order breakfast.

www.quijote.cr / +506 2289 8401 / quijote@quijote.cr

THE GREEN SEASON

A Writer's First Year in Costa Rica

"*The Green Season* offers a personal glimpse into the joys and frustrations of expat life in Costa Rica. Isenberg delights in capturing the country's daily rhythms, from the magical to the mundane."

— James Kaiser, author of *Costa Rica: The Complete Guide*

"...a warm yet clear-eyed account of a nation 'whose disdain for violence is among its most wondrous virtues'."

— *The Telegraph* (London)

A publication from



THE TICO TIMES

www.ticotimes.net



Available from booksellers in Costa Rica, The Tico Times, ARCR and Amazon.com.

by American Citizen Services

Last time you answered some questions about registering and voting absentee. Just to avoid confusion, could you give us step-by-step instructions for voting absentee?

Carl, the Absentee Voter.

Dear Carl: Every state has arrangements for absentees to cast their ballot. There is some differentiations between states, so it is best to check with your state for the proper procedure. To get started, here are the steps you should follow:

1. **Request Your Ballot:** Complete a Federal Post Card Application (FPCA). Even if you have completed one before, you must complete a new FPCA after January 1, 2016, to ensure you receive your ballot for the 2016 elections. The FPCA allows you to request absentee ballots for all elections for federal offices (President, U.S. Senate, and U.S. House of Representatives) including primaries and special elections during the calendar year in which it is submitted. The FPCA is accepted by all local election officials in all U.S. states and territories.

An FPCA can be completed online at FVAP.gov. The online voting assistant will ask you questions specific to your state. Be sure to include your email address on your FPCA. Return the FPCA per the instructions on the website. We encourage you to ask your local election officials to deliver your blank ballots to you electronically (by email, internet download, or fax, depending on your state). FVAP.gov will tell you if your state allows the FPCA to be returned electronically or if you must submit a paper copy with original signature. If you must return a paper version, please see below for mailing options.

2. **Receive and Complete Your Ballot:** States are required to send out ballots 45 days before a regular election for federal office and states generally send

out ballots at least 30 days before primary elections. For most states, you can confirm your registration and ballot delivery online.

3. **Return Your Completed Ballot:** Some states allow you to return your completed ballot electronically and others do not. If your state requires you to return paper voting forms or ballots to local election officials, you can do so at the nearest U.S. embassy or consulate. Place your ballots in postage paid return envelopes or in envelopes bearing sufficient domestic U.S. postage, and address them to the relevant local election officials.

You can drop off your completed voting forms and ballots, addressed to your local election officials, at the San Jose U.S. Embassy during the following hours: 8:00 a.m. to 4:00 p.m., Monday through Friday, excluding Costa Rican and U.S. holidays. A drop box is located in the guard booth at the main pedestrian entrance. Normal transit time from Costa Rica to the United States is 10 to 15 days.

If it's more convenient for you, you can also return your FPCA or ballot to your local election officials via international mail or professional courier service at your own expense.

Your vote counts! Did you know that many U.S. elections for house and senate have been decided by a margin smaller than the number of ballots cast by absentee voters? All states are required to count every absentee ballot as long as it is valid and reaches local election officials by the absentee ballot receipt deadline.

Learn more at the Federal Voting Assistance Program's (FVAP) website, FVAP.gov. If you have any questions about registering to vote overseas, please contact Embassy San Jose's Voting Assistance Officer at 2519-2590, or email at: ACSSanJose@state.gov.

Remember, your vote counts!



Costa Rica Seminar

One Seminar, One Source to learn everything you need to know about traveling, living, retiring, or working in Costa Rica.

Join us on the **last Thursday and Friday of any month** (except December) in San José to find out more about what it is like to live in Costa Rica and how to go about getting things done here. We invite professionals from each field to share their knowledge and expertise with you. Hear what they have to say and ask them the questions for which you have not found an answer.

NB: Watch for our next seminar for the Southern Zone. Call the Uvita ARCR office at 2743-8416 or 2743-8619 for information. Space is limited.

Subjects covered in the seminars:

- Costa Rican Laws and Regulations
- Health System in Costa Rica
- Buying, Selling or Renting Real Estate
- Title Guarantee
- Costa Rican Culture
- Technology, Communications and the Internet in Costa Rica
- Banking in Costa Rica
- Moving and Customs
- Insurance in Costa Rica
- Living in Costa Rica

See what past attendees have said about the seminar:

"The ARCR is doing a terrific job. I feel as though I already have a support system."

"Great seminar, excellent topics, excellent speakers."

"This was a very informative seminar, and over an excellent lunch we were given the opportunity to meet some new friends."

Occasionally seminars are now offered in the Pacific coast region as well, mid-month. Contact us for the schedule.

All seminars are available to ARCR members for only \$50, which will cover the cost of lunches and coffee breaks both days.

The cost for non-members is \$70 (including the lunches and coffee), but if you join by the end of the Friday seminar, \$20 will be deducted from the membership fee!

Please make your **reservation** by calling:

(506) 4052-4052

or by email at: **info@arcr.net**

by Allen Dickinson



Life in the Tica Zone

"You're traveling through another dimension, a dimension not only of sight and sound but of mind. A journey into a wondrous land whose boundaries are that of imagination. That's the signpost up ahead – your next stop, the Twilight Zone!"

Rod Serling

I didn't enter Rod Serling's world, but I somehow have made a transition into a life sometimes as strange as any he ever imagined. My "next stop" was, the Tica Zone!

As I have chronicled in this column numerous times, I have a wife and family which is comprised of mostly Ticas: there are six females, including two babies (my eldest daughter's, not mine!) We all live in a typical Tico house with one bathroom. I call our home the Tica Zone. Consider . . .

Some things you forget when you get older, after the kids have grown and have left the nest. For me one of those was how much time a lone, teenage female can spend doing gawd-knows-what in a bathroom!

Does your vehicle have a warning light that goes on when the gas tank is nearly empty? The kind that tells you that

you need to get the tank filled . . . soon? I am equipped with the exact same system, but it works in reverse; when my bladder reaches a critical, eminent overflow condition, my "light" goes on. Can you see where I am going with this?

Tico males have a solution to that problem when it arises; most, outside of downtown/commercial areas, will simply step up to the nearest bush and resolve the problem. I, however, am a Gringo and I still retain some of the inhibitions I learned when I was young. You'd think that after nearly ten years living here I could shake that (the prohibition I mean) but it's been difficult. This has created a conflict in the Tica Zone: the offending female person resents it when I demand they depart the bathroom on short notice . . . and I am incensed if they aren't quick enough.

The lesson here is to either not marry a woman with multiple female children, or if you do, not to buy/rent or otherwise occupy a house with only one bathroom!

There are other aspects of the Tica Zone which could have been revealed ahead of time, if I had asked myself the right questions early on. For instance:

At what age is one too old to live in a small house with walls so hard they reflect, and seemingly magnify, EVERY sound made by babies and young children? The answer is simple: If I was asking myself that question, I was too old!

Here's another one: To have a successful life with a Tica, how well should I like rice and beans? Anyone who has relationship with a Tico/Tica has a very good chance that they will be eating them at every meal. (There are, I suggest, only three ways you can have them: rice and beans, beans and rice and, rice WITH beans.) I have actually had my wife turn down an offer of steak/Italian/Chinese/ hamburgers/hot dogs/sub sandwich, etc, to have her tell me all she wanted was to go somewhere they serve rice and beans. In the Tica Zone these are very important menu items.

Another question: How good a detective should I have to be to live in the Tica Zone? I don't know what it is, but there seems to be some cultural characteristic among Ticas about putting things back in the same place where they are regularly stored. I don't think it is just me or my family, people who have Tica maids report the same thing – commonly used items are never returned to the same place when they are put away. (I definitely don't have a maid, I have a wife, and she has made it VERY clear she is not a maid!)

It goes like this: We have a television in the “master” bedroom and in the evenings I often repair there, away from the hub-bub of the (normal) internal chaos of our Tica Zone home, seeking relative peace where I can watch some English language TV. For years, every night I had to search for the remote control before I could operate the TV (the set has no external controls and the remote is necessary to even to turn it on.) Since it is generally only my wife and I who watch that TV, I know it is she who decided where to store the control that day. (You would think this would bring out the Dick Tracy in me – I do have a kind of “wrist radio” on which I can talk to people, ICE willing) but sometimes my wife does such a good job of storing the remote that even she has trouble remembering where it is! So, for ages I have simply ranted, raved, and pleaded about having to search for the little electronic box that holds the key to my peaceful evening.

The good news is that I may have discovered a chink in the Tica Zone. For the past few months she has almost always been placing the remote control in the same place. There is the occasional slip, but for about 98% of the time it's been in the same place every night. So, I know there is a manifestation of the Tica Zone which can be overcome.

One of the things I had hoped to encounter when I moved to Costa Rica was to experience some things that would challenge me, expand me, and make me a better person. I've found one – it's patience!

I always liked that old television show, I just never expected that one day I'd be living one of its stories!

If you enter the Tica Zone, just remember Rod Serling's words: “. . . it is another dimension - a dimension of sound, a dimension of sight, a dimension of mind. You're moving into a land of both shadow and substance, of things and ideas. A journey into a wondrous land . . .”



**Advertise your business to
10,000 readers
for as little as \$99.00 per issue!**

**Contact Kenji at
service@arcr.net or by phone at
4052-4052 for information.**



by Tony Johnson

A Sliver of Silver in Conflict's Dark Clouds

Jack and Diane had a great marriage.

They enjoyed being with each other, most of the time. They agreed and worked well together on most of life's big issues and challenges. And, they often felt deep love for each other, especially after some shared kindness.

Then they moved to Costa Rica.

It was as beautiful and exciting as it was during their many vacations. Using much of their life savings, they purchased some property with a great view and built a small house and a tourist cabina, with the expectation that tourists would be eager to share their small piece of paradise and provide them with income.

But paradise produced its own set of problems. The heat, humidity, and living with the rain for months on end were more difficult than they had expected. Also, since some bills aren't automatically or routinely sent, they were sometimes overlooked and went unpaid, which resulted in the occasional cancellation of services. And getting things fixed was a problem in itself. Why did repairmen almost never show up when promised? But, compared to successfully negotiating the Costa Rican bureaucracy, having repairs made was a piece of one's favorite cake. Added to that was the fact that their idyllic vacation spot received less tourist traffic than they had anticipated.

All these stress caused arguments about, "What are we doing here?" "Who dropped the ball?" and "Who failed to do their job?" preparing for the move and their financial future.

But Jack and Diane added their own set of problems to the ones brought to them by life in Costa Rica.

Arguments about current events began to occur, which resulted in feelings of hurt, disrespect, neglect, and the absence of acknowledgment and appreciation. In the background of these arguments, a pattern developed; a repeated theme of some unresolved issue, some unhealed injury, some sense of disillusionment, and disappointment with the relationship and themselves.

Paradise or the Partnership?

Our shared dreams attract us to each other and bind us together. Someone who wants to be a rock star is unlikely to be attracted to a person who wants an accounting tax practice, and vice versa. (The accountant may be too cool for rock school!) But two people who want to start their own business and be their own boss, in order to leave something for the family, are likely to be attracted and connected by those aspirations. But, sometimes the partial achievement of the dream leads to conflict about the "more" both were expecting.

It's hard to imagine any good coming from an ugly conflict with our partner. How could screaming, put downs, verbal and even physical abuse have a good side? It is even harder to imagine that our shared dream is behind some of our worst fights. But, if we look carefully, we may see the failed dream playing a role in our relationship nightmares; a failure in the IDEAL RELATIONSHIP aspect of the dream.

For many, the ultimate reward for a life of hard work and sacrifice is a "second life" of adventure, beauty, close companionship, deep dialogue, and fulfilling experiences. Notice the RELATIONSHIP aspects of a dream life in paradise; it is not just where we live, more importantly it's how we live and how we treat each other.

As many have discovered, the realities of living the fantasy can put an enormous strain on a couple's connection. When things aren't going as they had been planned, when unexpected problems and disappointments occur, we often look for someone to blame. Often our rationale is, "It couldn't be me, after all how could I know what I didn't know?" So we assume that the failure to prepare for _____ must be "their" fault; someone else must have dropped their end of this deal. I am doing everything I can to make this work!

Money Problems = Relationship Problems

Disagreements over money are typical in relationships, but they often reflect deeper relationship issues.

“Can’t you even stay within our budget? What’s wrong with you? How many times do I have to tell you that we are on thin ice here? We don’t have an extra Colon to spare.”

“What’s wrong with YOU? Can’t you even see why this business is failing? We have to spend money to make money. No one will want to rent our cabina if it is not fixed up nice.”

On the surface this may seem to be solely a serious and crucial discussion about money and making the rental business a success. But underneath, even absent overt name calling and shouting, both are likely to feel attacked, put down, and scorned by the other.

How can that be? After all, both are asking questions, not making overt negative attacks.

Did you notice a few keywords, a few daggers to the heart: “even”, “wrong”, and “you”?

“Can’t you even...?” Remove the “even” from that question and notice the huge change in tone. “Can’t you stay within our budget?” (A legitimate question to a couple facing a money squeeze.) Then replace the “even” and it becomes obvious that that question accuses our partner of incompetence; the inability to do something as simple as keeping a budget; it becomes an attack on our partner’s abilities and intelligence. And any attack, even covert, will provoke defensiveness and counterattacks.

The words “wrong with you” goes even deeper and is more painful. They say there is something wrong with us, they indicate we are broken, damaged, screwed up; that at our core we are defective. Are you beginning to see how a money conversation, as necessary as it may be, could be indicative of deeper relationship issues?

Now add the final provocative word “you.” It is a word which reinforces the attacks made by “even” and “wrong.” In effect it is saying that “you are the problem.” We’re not just having disagreements about money. The underlying message has become about who we think our partner really is – and it is negative.

All Arguments Involve Risk AND Opportunity

Risks:

Our style of fighting can damage the relationship in ways that are more than just short term hurt feelings. If financial fights were frequent in our pre-Costa Rica days, it’s predictable that they will occur here too. But even

if our money problems are solved, the continuing fallout from those previous fights may need to be addressed because the old wounds haven’t healed. If those problems do persist, we will have to do even more to undo the damage that our WAY of fighting has created, if we want to work cooperatively and to really solve our conflicts. If we don’t work to heal the pain, the damage is done. Worse, not addressing it could eventually destroy the relationship.

Opportunity:

Even when one or both persons feel wounded by how they are seen and treated by their partner during the money battles, there is the opportunity to resolve those injuries AND improve the relationship. If, in one or more of those prior fights, one or both were questioning the competence, intelligence, and character of their partner, those jabs at the core of the partner are unlikely to be easily forgotten. Therefore, it can be profoundly positive to restore or create the ideal relationship aspects of the team by addressing them.

Optimizing the Opportunity to Heal and DEEPEN Our Relationship

Aren’t we just “entering a mine-field” by addressing such hurts? Shouldn’t we just “let sleeping dogs lie?” After all, we’ve covertly agreed to avoid those hurts - to pretend they didn’t happen or don’t really matter. Why be a “bull in a china shop” and stir up old pains?

The intensity of a current money battles is a strong indicator that those injuries ARE alive in the current relationship. People’s worries, fears even, about having enough money to make their life work in Costa Rica, can be very real.

Most of us who moved to this country gave up some career, some reliable source of income for the greater good of a better life. Those fears can be clearly seen in our example; BOTH fear the other’s spending habits, the other’s financial philosophy, and are worried that they will “sink this ship.”

So, it is HOW we have that fight that is as important to the relationship as what we fight about. If our conflict pattern is to “go for the jugular,” then those old hurts aren’t “old” . . . they are very much alive and toxic in the present.

The HOW of Rebuilding After the Damage

So what can be done to rebuild both the foundation of the dream the partners shared, and the relationship, even the dream-life itself?

Start with the common ground. In our example, the couple is BOTH worried about finances and their future economic security. They furiously disagree about the exact nature of the problem and the solution, but they're on the same page with how they FEEL about the problem; they are scared.

That agreement is the best place to begin healing the damage and restoring the life they planned.

Try to train yourself to look beyond the surface; to understand the underlying feelings your partner has, and deal with those first. For, example, if you were in this exact same conflict, how would it feel if, rather than attacking and blaming you, your partner said:

"We're both scared. We both worry about not having enough money to keep our life going. We both worry about the money running out. We've been disagreeing about how to best solve our money worries, but we can agree on something else; we are both scared. Can we start there to have a helpful discussion of where we're at, where we want to be, and how to get there?"

My guess is such a "soft startup" approach would be a huge relief and begin to calm both partner's angry and hurt feelings.

Next time: Where to Go Next.

Any comments are ALWAYS welcomed at: paradise.we.have.a.problem@gmail.com

Charles Zeller

from

SHIP TO COSTA RICA S.A.

Announces that they have opened another warehouse in the USA, this time in So. California, to provide for shipping of small and large consignments of household goods, cars, boats, building materials, machinery etc. The warehouse serves ALL the WEST COAST of the USA: California, Arizona, Nevada, Utah, Colorado, Oregon, Montana and the state of Washington.

California Container Cargo Transfer

2364 E. Sturgis Rd #A
Oxnard CA 93030
866-529-0497

Florida Pack and Stow

2310 S Dock Street H109
Palmetto FL 34221
866-531-0160

Main Office Ship To Costa Rica S.A.

Alajuela, Costa Rica
by the SJO airport
506-2431-1234

Toll free from USA 866-245-6923

shiptocostarica@racsa.co.cr

Shipping of FULL container loads from any place in Canada and the USA
via the closest port of exit.

Small shipments pickup ALL OVER the USA

Also shipping back full container loads and small shipments to the USA
with door to door service.

(22) MAKING A DIFFERENCE

by Angie Vachio

LIMPAL has fun with a purpose



My decision to move to Costa Rica was rooted in part on the country's endless natural beauty, the kindness of its people, and Costa Rica's unyielding commitment to peace. After I settled into my retirement life, I wanted to be part of something that would feel purposeful and meaningfully promote the essential characteristics of my adopted country. For me, that was the culture of peace.

Hearing about the marvelous work of the Women's International League for Peace and Freedom (WILPF) or Liga Internacional de Las Mujeres Para La Paz y Libertad (LIMPAL), I was eager to become a part of their activities.

LIMPAL has a deep commitment to the promotion of peace on many fronts through projects that are hands on and focused on developing a consciousness that we are all peace agents, truly embracing the slogan "Peace Trickles Up". One of the activities that initially drew me was one that seeks to reduce access to toy guns for children. Through a dual approach, LIMPAL is part of a toy gun exchange program that encourages children to bring a toy weapon to exchange for a book or puzzle, while also focusing on eliminating the sale of toy guns in



stores. The Ministry of Justice and Peace, part of Costa Rica's government structure, lends support by reminding store merchants about the peace culture in Costa Rica and encouraging them to remove such toy weapons from their shelves.

LIMPAL also has a presence at many community fairs, distributing peace themed coloring books created by a LIMPAL member, and establishing drawing tables for fair participants to sketch "what peace looks like to me". Wonderful depictions result with sketches by young and old alike, some displaying beautiful environmental scenes, others of loving families or spiritual connections or simple words of peace. How joyful to be part of tables filled with children, parents, and others who wander by, sitting to ponder and discuss personal reflections of peace and then placing their sentiments into a sketch.



Paz entre razas.
NO! a la discriminación.
Todos somos iguales.
Por un mundo mejor.



LIMPAL puts these drawings to beneficial use. With some, a mural is created that hangs in the Peace Center in San Jose. With others, LIMPAL has created colorful, beautiful puzzles. Why puzzles? Puzzles represent an opportunity for cooperative play so volunteers take them to fairs and to schools where participants work together to complete a special puzzle that extends a message of peace, drawn by someone who wandered by and stopped to share their vision of a peaceful world.

For me, the personal reward of being part of LIMPAL has become a satisfying and rewarding enhancement to

my retirement life in Costa Rica; and has helped me to feel like a contributor.

Yes indeed, peace trickles up.

For further information about LIMPAL, please contact: peacewomen@gmail.com

IN THE NEXT ISSUE: An ARCR member recounts his experiences volunteering once a week for English classes at the Colegio Técnico de Calle Blancos (The Technical High School of Calle Blancos). Unfortunately he's unable to continue and the school needs a replacement. If you don't want to wait to read the story and would like to volunteer or learn more about this opportunity, write: XanderCostaRica@yahoo.com



LUB

CORNER

► **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.costaricaaa.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.costaricaaa.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.

► **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 the Aurola Holiday Inn, San José. 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

► Newcomer's Club

Newcomer's Club of Costa Rica (for women) meets the first Tuesday of every month, September through May. Contact: 2416-1111, 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 Chuck Jennings, 2266-0123, 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. Monthly meetings are open to the public with an entrance fee of 3,000 colones. Meetings schedules vary. For info on the speaker for the month and to register, call Helen at: 2221-7605 or 2257-3622. Location: Tin Jo Restaurant in San José, Calle 11, Av. 6-8. Or email us at: pwn.costarica@gmail.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."



CosDent
dental cosmetic clinic

- Dental Implants
- Zirconia crowns
- Porcelain veneers
- Teeth whitening
- General dentistry

+25 years
in cosmetic dentistry

(506) 2223.8820
info@clinicacosdent.com
www.clinicacosdent.com

Exchange rate of CRC to USD

November	526.05
December	531.94
January	531.87
February	529.67
March	529.59
April	531.49

Exchange rate of other currencies to USD

Argentine Peso	14,24
Australian Dollar	1,34
Bolivian Boliviano	6,92
Brazilian Real	3,55
British Pound	0,69
Canadian Dollar	1,28
Chilean Peso	668,80
Chinese Yuan	6,49
Columbian Peso	2955,57
Danish Krone	6,48
Dominican Peso	45,63
Euro	0,87
Guatemalan Quetzal	7,72
Honduran Lempira	22,59
Hong Kong Dollar	7,76
Japanese Yen	107,13
Mexican Peso	17,78
New Taiwan Dollar	32,43
Nicaraguan Cordoba	28,40
Norwegian Kroner	8,15
Peruvian Sol	3,33
Polish Zloty	3,83
Russian Ruble	66,62
South Korean Won	1167,10
Swedish Krona	8,07
Swiss Franc	0,96
Venezuelan Bolívar	9,95

Basic interest rate

November	6.00 %
December	5.95 %
January	5.95 %
February	5.70 %
March	5.70 %
April	5.55 %

Libor Rate

1 month	0.43590 %
3 month	0.63290 %
6 month	0.90715 %
12 month	1.23180 %

Prime rate — 3.50 %


THE TICO TIMES
EVENTS GROUP

Presents
NEWS AND BREWS: A CONVERSATION ABOUT

COSTA RICA CRAFT BEER

May 14, 2016, 5 pm
El Steinworth, Calle 1 between Avenida Central and Avenida 1.
San José

TICKETS: €10,000 / STORE.TICOTIMES.NET / (506) 2258-1558



Found it! (Page 18) ↗

ADVERTISE YOUR BUSINESS HERE!

For more information, contact Kenji Anduray at:
(506) 4052-4052 or service@arcr.net

Holidays and Observances of Costa Rica

Sunday May 1st
Labor Day
National Holiday

Sunday June 19th
Father's Day
Observance

Monday July 25th
Annexation of Guanacaste
National Holiday

Tuesday August 2nd
Our Lady of Los Angeles
Observance

A Touch of Wisdom

"On particularly rough days
when I'm sure I can't
possibly endure,
I like to remind myself that
my track
record for getting through
bad days so far
is 100% and that's pretty
good."
- *Author unknown*

Funniest One Liners

My short-term memory is
not as sharp as it used to be.
Also, my short-term
memory's not as sharp as it
used to be.

A bartender is just a
pharmacist with a limited
inventory

I may be schizophrenic, but
at least I have each other.

Dyslexics Have More Nuf.



Do you need help with:

- Tax Return Preparation?
- Passport Renewal?
- Visa Applications? (Tourist / Work / Study)
- Vital Records? (Birth / Marriage / Police Reports)

expat7star@gmail.com • 6242.9879



General medical services? Dr. Barquero's Medical Office

Gilberth Barquero Hernández, M.D.
General Practitioner - CCSS prescriptions

Treatment and follow up of acute and chronic illness, sutures, nail
removals, regular pap smears, liquid based monolayer cytology,
wound care, death certificates, and more.

Located in the ARCR building. Call or email for appointments.

email: gvbarquero@gmail.com - Ph.: 4052.4050 - Cell.: 8488-3526



Prisma Dental

• Implants • Laser Bleaching • Porcelain Crowns • Veneers

(506) 2291-5151 **Dental Emergencies:** (506) 2282-5400

clinic@prismadental.com www.prismadental.com
300 mts east of Plaza Mayor, Rohrmoser

Dr. Josef Cordero
Dr. Telma Rubinstein
Cosmetic Dentistry



**Like
us on
Facebook**



[www.facebook.com/
AssociationResidentsCR](http://www.facebook.com/AssociationResidentsCR)

Are you a member of ARCR? Join today!



Discover the benefits of membership

Complete residency application services include:

- Translation of necessary documents into Spanish.
- Personal assistance with the application process.
- Legal assistance from attorneys.
- Application for residency from outside Costa Rica.
- Personal escort to Immigration.

Seminars on relocating to Costa Rica.

Discounts on:

- Insurance (auto, homeowner, trip.)
- Group health insurance.
- Legal services packages.
- International mail and courier service.
- Over 200 hotels, resorts, restaurants, and businesses.

Personal escort services for:

- Enrolling in the CCSS (CR Social Security).
- Opening a bank account.
- Obtaining a Costa Rican driver's license.
- Obtaining or renewing cédulas.

EN-SP-EN Certified Translation of documents.

Bi-monthly newsletter containing the latest updates on living in Costa Rica.

Enroll now and receive all these benefits and more!

For more information, or to enroll online, go to our website at: **www.arcr.net**, email us at: **info@arcr.net**, call ARCR Administration at: **(506) 4052-4052**, or drop by our offices on Calle 42, Avenida 14, San José, Costa Rica (the ARCR office is on the right.)

