
Amigos de Honduras

Vol. XXVII, No. 3

September 2020

TREASURER REPORT

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Treasurer's report for period ending Aug 31, 2020. Since the previous treasurer retired from the official duties of the organization, it is with much appreciation that all officers helped with the transition process. As of close of August 31, 2020, the ending balance of the Amigos de Honduras account was **\$7,605.91**. Due to the current pandemic, Deposits and withdrawals were minimal during the period. No new grant proposals have been received. Please think of proposals. Beginning balance 03/31/20 **\$7,454.07** Ending balance 08/31/20 **\$7,605.91**

ADDRESS TO MAIL CHECKS TO AMIGOS DE HONDURAS: c/o Anthony Ives, P.O. Box 46605, Seattle, WA 98126. **Editor note: Remember to send dues and grant donations to our treasurer, Anthony Ives and National donations (dues free) to the National office in DC.**

AMIGOS GRANT FUND

Thanks to everyone who has contributed to the Grant Fund! We wish to recognize the following recent donors. **2nd quarter 2020 donations: Martha Goldstein, Lisa Thomson, Kate & Duke Klein, Susan Caporaso McBride, Amy (Estey) Hald,**

Irene Nowak Coe, Patti Soderberg, Stephan Phelan for a total of \$495 The Grant Committee consists of **Anthony Ives, Loren Hintz, Judith Whitney-Terry, and Suzanne Mills**. Please send new grant requests to Anthony at luckyp49@yahoo.com

SECRETARY REPORT Brenda Sims Crumpacker (Pespire, Choluteca, 1990-1) 509-758-4165
(kbc.olympic@gmail.com)

Thanks to all of you who have paid your membership dues. My records show we currently have 131 members receiving paper copies of their newsletters and 54 members receiving theirs by email. If you wish to change how you receive your newsletter please let me know. Our wonderful Fred Corvi continues to locate RPCVs. For these 'newbies' membership dues are \$15.00 per year or \$50.00 for 5 years. Your membership entitles you to a subscription of our Amigos de Honduras newsletter that is printed February, May, August (usually) and November. The back page of the newsletter, Membership Info, is how you can keep us updated with your pertinent information. We love to hear from you!

Just a reminder: you can always check your membership due date by looking at your mailing label. Stickers are because I found them in

my school things after retirement. Thank you to members who send me notes to correct their expiration dates. I'm hoping I have it all correct now. In our current trying and dangerous times I hope this newsletter finds you all safe and healthy.

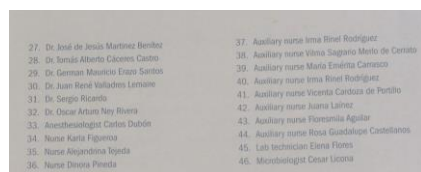
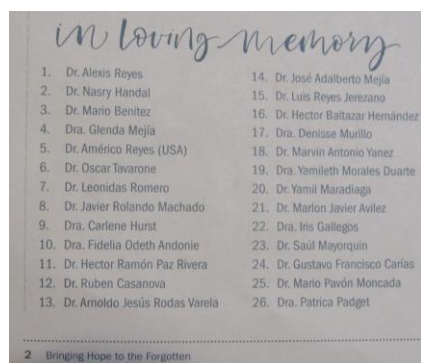
EDITOR'S CORNER

Loren Hintz (Olanchito, 1980-82)
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This issue of Amigos was late so I could include a report of our 9/12 Zoom reunion. There are no Peace Corps Volunteers serving overseas and it has been 8 years since PC pulled out of Honduras. The Coronavirus has killed over 200,000 in the US and 1/100th that number in Honduras. Black Lives Matters protests have occurred throughout the US and lots of organizations including Peace Corps are looking again at diversity and justice issues. In some states voters have already mailed in their absentee ballot for the Nov. 3 election. (According to worldometers.info as of 9/20/20 Honduras has had 2166 deaths due to COVID19 and 71,143 cases. The numbers are so much higher than mentioned in the May newsletter. The prediction then that it would kill lots of medical staff unfortunately was true. RPCV **Kathryn Tschiegg** in summer **Central American Medical Outreach** newsletter reported over 46 doctors and nurses

have died of COVID in Honduras! CAMO received our most recent Amigos Grant. Visit <https://www.camo.org/> and help.

Faces of Honduran doctors and nurses who died of COVID19. Via CAMO.



From www.camo.org

Thanks to everyone who shared content for this newsletter. **For the November issue I would like to publish the names and websites of NGOs RPCVs know about that do work in Honduras. Please share that info with me.**

Remember check out the website: <https://amigosdehondurasrpcv.weebly.com/> the web site has the forms for applying for Amigos de Honduras Grants. It has a link to the August 2019 newsletter with detailed contact information for officers and movers and shakers of Amigos. It contains links to all the old newsletters since 2014. Again email

me, write me, call me or Facebook me if you have any questions, and wish to volunteer, ideas for grants or have articles to share. **Facebook: Lorenz Hintz email: ldhintz@bellsouth.net 804 Kings Mill Rd Chapel Hill NC 27517**

COVID TALES FROM HONDURAN EYES Dra. Juana Flores

Dear Amigos, I am **Tony Ives**, RPCV Honduras 200-05. Some of you know my story. In short, I went to Honduras for service and stayed longer, much longer than I expected. Prior to the pandemic, I would travel to Honduras frequently to catch on projects and to assist with others. During the following months, I hope to present current stories from Honduras. Below is one of Juana Flores. Juana was a scholarship recipient of ours helped with support from AVINA and the Cayos Cochinos Foundation. The article was written August 24, 2020.

My name is **Juana Flores** from Nueva Armenia, Jutiapa, Atlantida, Honduras CA. I will speak a little about the present medical situation en Trujillo, Cayos Cochinos, and in Nueva Armenia. I currently work as a general doctor en the **Hospital Salvador Paredes, Trujillo, Colon** finishing y obligatory social service. The hospital is complete but we currently have problems acquiring supplies necessary to attend patients. These include gloves, surgical equipment, tables and chairs, PPE due to Covid, medicines etc. Inside the facility, there isn't enough room for hospital staff to rest as we are full to capacity.

Cayos Cochinos has one health clinic but there is not a permanent nurse or doctor to attend it; only

twice per week is it attended. A boat must bring medical personnel to the clinic only through Nueva Armenia or La Ceiba in order to attend the community. **Nueva Armenia** has one clinic but the same situation prevails, as there is not a permanent staff attending the needs of the residents. If there is a serious issue, residents must be transported to a hospital located miles away or to a private clinic where they can be attended. People who cannot afford do not have a choice but to stay home, hopefully get medicine, and pray. The reality of the conditions is sad. The reality is that many communities do not have the necessary supplies to attend to its population.

VISITING HONDURAS DURING COVID.

Dale Schmitz Frances and I made our annual visit to Honduras in February and planned to stay as usual until April. Perhaps as a portent of the days to come, a wheel-bearing on our Toyota pickup went out our way from the San Pedro Sula airport. We slowly were able to drive to Siguatepeque and stayed overnight there, and a mechanic we knew repaired the vehicle the next day and we were on our way again. We made one trip from Yamaranguila to Gracias, Lempira to visit Colosuca Non Formal Education Center, where our organization I work with, **Tools for Opportunity** based in Des Moines, has provided training and carpentry tools to young men. We took a few tools and talked with the Director Darling Aldana and two of the carpenters we had trained.

Weather was great in Honduras; no rain at all. And the high altitude and low-humidity climate in Intibuca provides great weather among all the pine trees. While in Honduras we were able to visit family and long-

time friends. Even after the lockdown I was able to walk in and outside of town every day and not bothered by the police or military. We celebrated the 101st birthday of Dona Paula, a good friend whose son was in the 4-S Club I started with Desarrural Agent Wilfredo Zelaya back in 1967, introducing vegetables and rabbits to the kids. Still every year a couple of men still come up to me to say "Hola Mister Dale. ?Como esta? ?Recuerda a mi? Yo estaba en el Club 4-S."

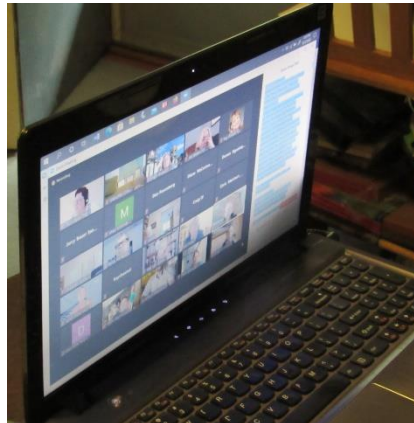
When the Covid 19 Virus pandemic spread and a very strict lockdown or curfew was put in place, we still felt very safe in Honduras mostly because of relative isolation in western Honduras, but knew that if we got sick or the virus spread rapidly in Honduras, we would be safer back in Iowa. But at the urging of our children and grandchildren, we accepted the earlier tickets they arranged for us, and came back March 28. It was somewhat difficult to travel from Yamaranguila to San Pedro for a special flight. We left a day early and were stopped at nine roadblocks, and our vehicle and our shoes were sprayed at five of those. We intended to drive to Progreso and to the San Pedro Sula airport; but because of a new virus case in Progreso we had to return to the main Tegus-San Pedro highway and drive through Villanueva and Lima and on to San Pedro where we stayed the night.

We feel for Hondurans since the virus is likely to become more widespread there, and its hospital and medical facilities to care for virus patients are very limited, as are needed medical supplies. We found that in rural areas and small town people pretty much obeyed the curfew and stayed home. But in the cities it was not so. There were still many people leaving their homes for no good reason; some were arrested

and detained and their vehicles impounded. There were people blocking and burning tires in some streets. Food distribution had begun in the cities and has now continued country-wide. In this crisis as in most times, most Hondurans are all too patient, saying that what happens is God's will (si Dios quiere).

HONDURAS ZOOM REUNION Loren Hintz Olanchito (80-82)

Due to COVID19 the Aug. Sonoma, CA reunion was postponed to 2021. On Sept 12 a ZOOM reunion was held. Thanks to **Terri Salus** the Zoom host, **Peggy Goebel** (co-organizer of this first Peace Corps Honduras (PCH) Virtual Reunion and the 2021 in-person Peace Corps Honduras Reunion in Sonoma), and **Jan Walters** (who coordinated registrations). Participants edited their zoom name to include PC site and year. There were no major technical difficulties and most remembered to mute and to use the chat feature.



First we saw **A Towering Task: The Story of the Peace Corps** (2019). **Jerry Bauer** 1975-77, collaborated with the producer, **Alana de Joseph**, and shot and narrated parts of the film. The movie includes cameo appearances by **Tess & Mel Siegel** 1974-78, **Tom Camero** 1978-80, **Kathy Bartlett** 1984-86, and **Jersey Garcia** 1998-2000. And assistance was provided

by Ambassador **Frank and Antoinette Almaguer** and others who attended the Estes Park Reunion in 2013. After the movie Alana and Jerry shared their stories of its production and how RPCVs can use the movie as part of their 3rd goal activities. To see the video on line and to share it with groups see the following links: www.PeaceCorpsDocumentary.com click screening or hostascreening. From the site, there are tabs where you can find a listing of movie theaters (closed) that are selling tickets \$10 that can be used anywhere to watch the movie at home, at your convenience (until 9/30). Alana DeJoseph looks forward to hearing from all of you about ideas where to show A Towering Task and connections to people that can help us further get the word out about the Peace Corps story. Documentary website: www.peacecorpsdocumentary.com and her email: alana.dejoseph@gmail.com.

Kate Raftery (RPCV Paraguay, CHT trainer director, PC Honduras director, PC National staff) spoke about the withdrawal of Peace Corps Volunteers around the world and the plans to start up PC again overseas. NPCA President **Glenn Blumhorst** (RPCV Guatemala) shared work they did to help volunteers adjust to their return to the US, new initiatives to diversify NPCA, plans for the 60th anniversary of founding of PC (Oct. 2020 to Sept 2021) and advocacy. See these links for more info: <https://www.peacecorpsconnect.org/articles/peace-corps-director-jody-olsens-remarks-at-peace-corps-connects-to-the-future-summit-2020> Here's our advocacy toolkit, which summarizes our advocacy agenda <https://static1.squarespace.com/static/5a53d76f9f07f57dfd758cd4/t/5f32f2e8c0915d09ea163403/1597174521548/Virtual+District+Office+Meetings.pdf> Remember for a \$50 donation to NPCA you receive the

Worldview magazine. You can go online and download for free the special issue that tells stories of PCVs returning to the US and attempts to finish projects they started. <https://www.peacecorpsconnect.org/cpages/community-fund-projects>

During the reunion lots of stories were shared which I hope will be turned into articles for the newsletter. Here are a few comments and observations. Frank Almaguer announced **Zamorano University** near Tegucigalpa is looking for a president. Some folks shared their sexual harassment experiences, robberies on buses or at home, bullet wounds and other scary experiences in Honduras. Some of us shared recent successful visits to Honduras, others felt the best way to go was with an NGO group, others felt the risk was too great and it was prudent to wait. People shared their successes of teacher, forestry, health and coop programs. Recommended books mentioned: **How To Be An Antiracist** by Dr. Ibram X Kendi who recently started an Antiracist Center at Boston Univ. **“The City of the Lost Monkey God”** by Doug Preston about Honduras. Shared memories of training center in Santa Lucia (mid 80s on). “I was a Water & Sanitation volunteer, so I focused on that mostly during my first year - but during my second year I focused a lot more on 2ndary projects of getting a computer learning lab set up in the Casa de la Cultura, and getting computer labs established or upgraded in 20 of the surrounding schools.” **Memory:** March 24, 1980. The assassination of Archbishop Oscar Romero in San Salvador. The radio station in Siguatepeque, which normally signed off at 7 p.m., stayed on all night. I packed a bag, opened a bottle of Yuscaran aguardiente, and waited for a telegram to evacuate that

never came. **Teguc 86-88** I went to a Honduran Mountain Village with a Honduran friend to visit some family and we were taken to local authorities because they thought we were contras. It is incredibly important that PC and related groups not only focus on the communities where they worked and the cohesion of RPCVs and similar, but also work to convey the **importance of PC for the US public** and thus Congress etc. There is a broad lack of understanding as to what PC is and a broad misunderstanding as to why it matters to the USA.

During the Zoom reunion we toasted **Joan Larimore** for all of her work as editor, secretary, treasurer, founder and communicator of Amigos de Honduras and we toasted **Antoinette & Frank Almaguer** for their 50th wedding anniversary.

Craig “C.D. Manuel” Wandle, Honduras IX 1967-70 Santa Barbara, teacher trainer gave a narrated slide show of Honduras during his PC years. It brought back a number of memories and stories from all the participants. <https://drive.google.com/file/d/1A4xIPQEZLC8M4E1y5G4f0BaZr15QncVn/view> or see the link <https://amigosdehondurasrpcv.weebly.com/links.html> on the website to watch it.

Remember next mega-reunion is Aug 2021 (if the vaccines work.)

LITERACY HANDBOOK FEATURES RPCV Bonnie Cain (75-77) was sent to Tegucigalpa, Honduras to work in math/science and adult education. Bonnie met Dona Luz, the supervisor of the cooks at the hospital in Tegucigalpa, shortly after she arrived in Honduras. From Dona Luz, Bonnie learned that a new

hospital was being built and that the staff was to move there when it was completed. The management of the hospital wanted to make literacy skills a prerequisite for working at the new facility, but none of Dona Luz's staff could read and write.

Bonnie and Dona Luz talked with the hospital staff about starting a class. The women who worked in the kitchen were enthusiastic and with the help of their union they got the hospital to agree that they could use one half hour of work time for literacy classes every day if they would also put in one half hour of their own time. The hospital provided a room, and the staff carpenters, who usually built coffins, built desks and chairs for the class. Bonnie produced a book of readings and exercises for the class that focused on hygiene, germ theory and nutrition. For teaching literacy skills, she depended on materials produced by **ALFALIT**, a literacy organization in Costa Rica.

Bonnie began by teaching syllables and words from the ALFALIT materials, leading classroom instruction and then asking the women to work in teams of two, one reading to the other. This method allowed her to give special attention to each team individually. She also helped the learners do experiments that proved some of the scientific concepts they were learning along with literacy and she asked one of the senior hospital staff to give lectures on nutrition.

There were 27 women in the class, and they learned enough to write their names and read the menus prepared by the nutritionist at the hospital. Although Bonnie had to leave her work in literacy to help with relief work after a major hurricane hit Honduras, the classes continued with local teachers after she left. Bonnie still has a box that was given to her by her learners that contains

each of their 27 signatures. In this case, participants in the literacy class were motivated by a need to have literacy skills in order to continue working. This strong motivation was key to having the women join the class and later exert the effort needed to learn how to read.

Unlike the Nepal case study, the important members of the power structure supported the project. The project was started by one of the hospital staff, and she felt a personal commitment to it. That commitment was enough to secure resources for the project, incentives for the learners and time for the women to learn while they were being paid.

Bonnie combined a standard curriculum from a regional literacy program with specific materials she made herself. This allowed her to focus her curriculum and materials development efforts on the functional part of the project. She felt uncomfortable with the traditional role of the teacher standing in the front of the room lecturing to the students and realized it would not be effective. By breaking the large group of learners into pairs, she was able to give individual attention while sustaining the learning process for the whole group. She, too, had to be satisfied with a modest level of achievement among the learners. But in her case, all the learners reached their goal, a goal which was limited in scope. This is a pattern of accomplishment that indicates a successful project.

RPCV NEWS Compiled by Loren Hintz

Robert Gallardo is working on a book on the Butterflies of Honduras. He writes: Dear Honduran RPCVs. Hoping this message finds you all safe and well. These are difficult times for sure. I am posting my personal URL address for Facebook in case anyone would like to follow

us more closely on all of the work we continue to do here in Honduras. Instead of bombarding the Peace Corps page with our daily posts on butterflies, birds, etc. you can see them on our pages. Now that we have our own Foundation perhaps we can achieve even more and we gladly accept assistance for our projects.

<https://www.facebook.com/robert.gallardo.355>

Robert Forster Antigua Ocoatepeque 71-73 bob@forsternet.net wrote: My wife is Honduran and I have returned periodically over the years. I worked 40 years with a nonprofit helping Migrant & Seasonal Farmworkers in WI, providing housing, employment and training and supportive services. I have written a book that I am in the process of getting published, a Peace Corps memoir that also discusses my post Peace Corps work with migrants.

Don Anderson shared on Facebook: [Honduras: The Land of Great Depths](#), Cecil Charles, 1890. "From Tegucigalpa to Comayagua is reckoned twenty leagues, or sixty miles. I hoped to make the distance by noon of the following day. In the meantime, the burro might prove a serious obstacle. [...] As a rule, the Honduras mozos prefer to travel afoot. This one wore the usual comfortable costume of white trousers and white jacket, white pita hat, and sandals of hide fastened with cords over the feet, between the toes and around the ankles. He carried a good pistol, a machete, and a gourd to drink from. His name was Trinidad, he was obliging, honest, and given to grandiloquent speeches. "Having formed this estimate of the individual, who was to be my sole companion during some six or seven days communion with Nature, I dismissed him from my thoughts. The memory of Tegucigalpa, quaint and quiet city, was fresh in my mind.

Fourteen months experience in the tropics absorbed me [...] The cheerful voice of Trinidad recalled me:

"There is a house not far away, where we can get some breakfast."

"Breakfast!" I had forgotten about it as an important meal. 'How far off is it?'

"About two leagues'.

"Hombre! Two leagues are six miles! That is not near."

"Pues, hombre, they are little leagues."

"And I am quite sure we rode ten miles before the place was reached. The Honduras mozos have no idea of distance. The 'long leagues' and the 'short leagues' are matters of conjecture."

Darren C replied: Love this. I quickly learned the phrase "está cerquita" is used quite loosely, especially the more rural you get. **Rod R.** commented: Reminds me of an experience. Got off the truck and was told to walk that path "over there". So... I walked... hour later I saw the first person. I asked how far to El Cantoral... "Alli no masito" was the reply. Another hour and found a little house with a 6" coka cola sign... got one... and asked "how far to el Cantoral"... "alli no masito" was the reply. The walk to el Cantoral was almost 8 hours.

Dorotea Elena 5.18.20 Facebook Look what I found. This was one of my Peace Corps projects, my favorite. We helped my friend Abraham start the GARIARTE store/museum and he passed shortly after. We made these keychains as part of a community wide junior achievement project. I wonder if they are still in business and if they

continued to make the keychains.



HONDURAN NEWS

Arbor Day Foundation 6.20.20

Donations to Rain Forest Rescue are promoting environmentally friendly shade-grown coffee that reduces chemical inputs and saves overstory trees for wildlife habitat. However, some of the funds are being used to stabilize higher-elevation slopes where an epidemic of southern pine beetles has destroyed more than 1.25 million acres of forest. This once richly forested land serves as the source of drinking water for thousands of Hondurans. The insect outbreak is the result of drought, possibly exacerbated by climate change. It has been called one of the worst ecological disasters in the country's history. Lowell Powell, co-founder of California-based company Catracha Coffee, points out that many of the students who are helping at the two local nurseries are learning important lessons about caring for the land through tree planting and agroforestry practices, and they're passing this knowledge on to their parents. A young woman named Juana is such a person. With funds from the Arbor Day Foundation, Juana was able to work as an intern, helping with a variety of nursery chores while earning enough money to buy fencing to protect her family garden from animal intrusions. Now she has graduated and hopes to put her experience to

use helping with future reforestation efforts in Santa Elena.

4.30.20. AFP Honduras' former police chief(2012-13) was indicted in New York Thursday on drug trafficking charges as part of an investigation that previously implicated President Juan Orlando Hernandez. Juan Bonilla Valladares, 60, is alleged to have used his position to protect cocaine shipments in transit to the United States in return for bribes, and of having organized a murder in June 2011, according to the indictment. According to court documents, he was part of a network of senior officials linked to drug trafficking, apparently including the Honduran president's brother, Antonio "Tony" Hernandez. The president hasn't faced charges of his own. **Via Facebook. 7.18.20** Last night 4 men poisoned the lake at Santa Rosa de Aguan. Residents of the village chased them but they escaped. A large number of fish are now dead. No one know the reason for this attack on the environment.

6.17.20 NY Times In a televised address on Tuesday night, **President Juan Orlando Hernández** announced that he began feeling sick over the weekend and received his diagnosis yesterday. His wife, first lady Ana García de Hernández, and two presidential aides also tested positive. Hernández, who is 51 years old, said he will continue to lead the country while in self-isolation, adding that he feels “enough strength and energy to continue forward and beat this pandemic.” The first lady, who is currently asymptomatic, is also self-isolating. A statement from his office said that Hernández had “at all times maintained the preventive measures recommended by the health authorities,” but that “the nature of his job made staying completely

isolated from others impossible,” according to CNN. Hernández has led Honduras since 2014 — and since then, he’s been a subject of widespread controversy. He has affirmed his commitment to fighting drug trafficking — but his brother was convicted for that exact crime in October, and Hernández has been accused of being an accomplice. Hernández also narrowly won a second term in 2017 in a controversial election in which both candidates declared themselves the winner after a long and contentious vote count.

Clemente Acosta 6.28.20 Michael R. Pompeo, Secretary of State “Recently, I informed Congress of the Administration’s intent to provide \$252 million in additional U.S. foreign assistance for El Salvador, Guatemala, and Honduras. This assistance will promote U.S. national security and further the President’s goal of decreasing illegal immigration to the United States. These additional funds will assist in making these countries more secure and prosperous by enabling private sector-led economic opportunity and provide critical, lifesaving assistance. This Administration remains focused on the health, prosperity, democracy, and security of the Western Hemisphere region. To that end, the United States expanded the Growth in the Americas/America Crece initiative, approved \$258 million in targeted foreign assistance earlier this year, and has prioritized critical funds to address the COVID-19 emergency pandemic.”

Sustainable Harvest International Newsletter Summer SHI continues to closely monitor the impacts of the Covid-19 pandemic on the countries and communities where we operate. With strict adherence to local government guidelines and SHI's own internal polices, we operate only when it is safe for everyone to do so. These measures include wearing

masks, practicing social distancing, washing hands whenever possible, and focusing exclusively on outdoor projects like the implementation of agroforestry systems and reforestation efforts. By June 15th, all SHI programs were back in operation under these new standards. However, **due to growing concerns from recently confirmed Covid-19 cases local to the regions where we work in Belize and Honduras, these two programs have been temporarily suspended.** Where possible, program staff are working remotely from their homes, providing remote technical assistance to farmers. This is a structure we relied on heavily in the spring and found to be very effective in achieving our goals and objectives. We will resume operations in Belize and Honduras as soon as it is safe to do so. **SHI Panama remains open following strict governmental guidelines.** www.sustainableharvest.org/covid. Your continued support is especially important during this time.

<https://eosinternational.org/7.28.2>

0 Having access to safe drinking water empowers women by helping themselves and their families stay healthy, in school, and at work, creating a more prosperous life for women and their entire communities. Providing leadership opportunities and improving gender equality for women in rural communities is a critical component of our mission at EOS and aligns with the Global Goals for Sustainable Development Five (Gender Equality). **Oneida Lara** is EOS' WASH School Education Coordinator and has worked with our Honduras office for over a decade. Her desire to learn more about drinking water began years ago when her community received their first water system, and Oneida volunteered to receive training on how to operate and maintain the system. Since the schools closed

down this past March, Oneida has not been able to do her regular work visiting and educating school children and their parents on the importance of proper hygiene and safe water. Instead, she has been working with the parents and staff at several schools to help grow and cultivate school gardens. Rural school children depend on the schools for receiving much needed healthy snacks, however, without school in session, communities had to come up with an alternative. That is where the idea of the school gardens blossomed.

8.30.20 "The recent book "Who Killed Berta Caceres? Dams, Death Squads, and an Indigenous Defender's Battle for the Planet" was reviewed in MS magazine. Patti Soderberg heard on NPR this morning that David Castillo, head of the dam project, DESA, was also convicted of her murder because he ordered it. "Plus, when I googled his name it brings up another law suit filed by Berta's children re: one of Castillo's huge homes in Houston.

COPECO 9.2.20 announced a Green alert for tropical storm Nana for the northern departments of Honduras... [#AlertaVerde](#) **Editor If you go to #Alerta Verde you can find daily updates of various weather event warnings.**

HONDURAN FOOD

<https://www.tasteatlas.com/most-popular-dishes-in-honduras>

Yuca con chicharrón is a typical Honduran dish consisting of boiled yucca root combined with lemon juice and cabbage, topped with crispy, deep-fried pork chicharrón, and a tomato-based hot sauce. The dish is commonly served on the side, accompanying various soups, tamales, or roasted meat dishes, although it can also be served on its own as an appetizer. **Pan de coco** is a sweet bread roll filled with

desiccated coconut and sugar. Its name can be translated to *coconut bread*, and it is a very popular snack bread throughout Honduras and the Philippines. The Honduran version uses coconut milk in the preparation of the dough and is usually served with stews, its density making it ideal for soaking up the juices.

Baleada is one of the most famous Honduran dishes consisting of a thick wheat flour tortilla filled with mashed fried beans and optionally, various other ingredients such as cheese, eggs, avocados, hot sauce, and Honduran-style sour cream known as *mantequilla*. It is believed that baleada originated in La Ceiba, on the northern coast. There are two theories about the origin of the name baleada: one says that it is named after the visual similarities between beans and bullets (*bala* in Spanish), while the other says that a tortilla-making woman was shot with several bullets, but recovered, and started to make tortillas again, so the workers used to say they are going to the *baleada* (the shot woman.) **Buen Provecho!**

UN CHISTE Aida Quesada Olanchito, Yoro 65 años de matrimonio y deciden ir a un restaurant para celebrar. El viejo dice: "mi reina, ¿dónde quieres sentarte?" ella dice "aquí" luego el anciano pregunta: "mi princesa, ¿quieres un aperitivo?" la anciana responde, "sí, un vinito" El anciano: "mi ángel, ¿qué te gustaría comer?" Ella solicita la carta y hace su pedido. El mesonero no creía lo que oía. La anciana: "primero voy al baño" El viejo: "sí mi vida aquí te espero" El mesonero sorprendido pregunta al anciano: señor, ¿cómo después de tanto tiempo se dirige a su señora con esas palabras tan lindas " mi reina, mi ángel, mi princesa " ? El anciano lo mira, sonríe y responde: "ES QUE YA NO ME ACUERDO COMO SE LLAMA Y ¡¡NO QUIERO QUE SE ENOJE!!"

Amigos de Honduras Membership Info

Use this form to renew membership or notify us of a change in address. Or, copy and give to a friend whom you think might like to keep in touch with Honduras and RPCVs. Other than your name, enter only the info that has changed.

Name(s) _____

Address _____

City _____

State _____ ZIP _____

Phone: _____ e-mail address _____

Peace Corps Info:

Years of service: from _____ to _____ Group # _____ Site(s) _____

Job _____

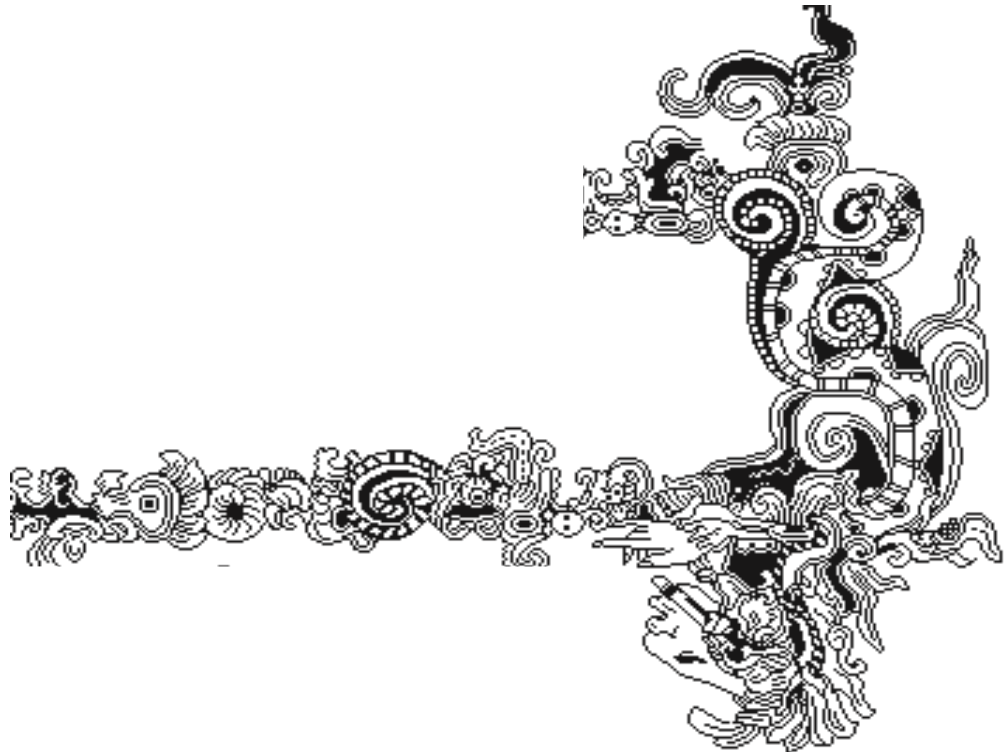
Post-Peace Corps Experiences (occupation, marriage, children, travels, interests) _____

Make check payable to Amigos de Honduras: Mail to Anthony Ives P.O. Box 46605, Seattle, WA 98126. 9/20

Amigos de Honduras :	\$15 <input type="checkbox"/>
NPCA Supporter (Basic FREE):	\$50 <input type="checkbox"/>
Amigos, NPCA & another group:name of other group _____	\$30 <input type="checkbox"/>
5 year membership Amigos:	\$50 _____
Contribution to projects Amigos will fund in Honduras:	\$ _____
Total Amount Enclosed: _____	

I would prefer to receive my newsletter in .pdf format.

Aviso: the date on the mailing label is the expiration date of your membership - please renew if you're due!



Amigos de Honduras
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