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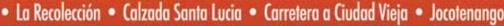


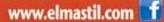




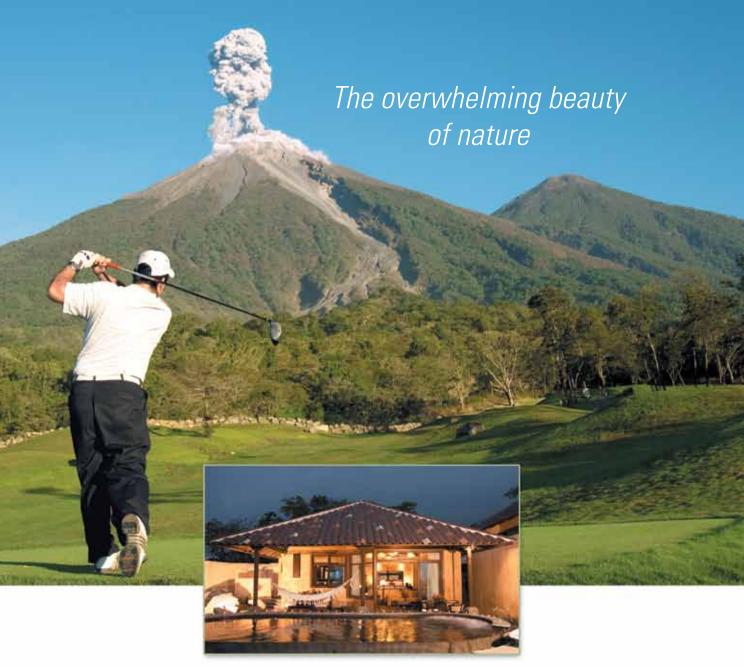














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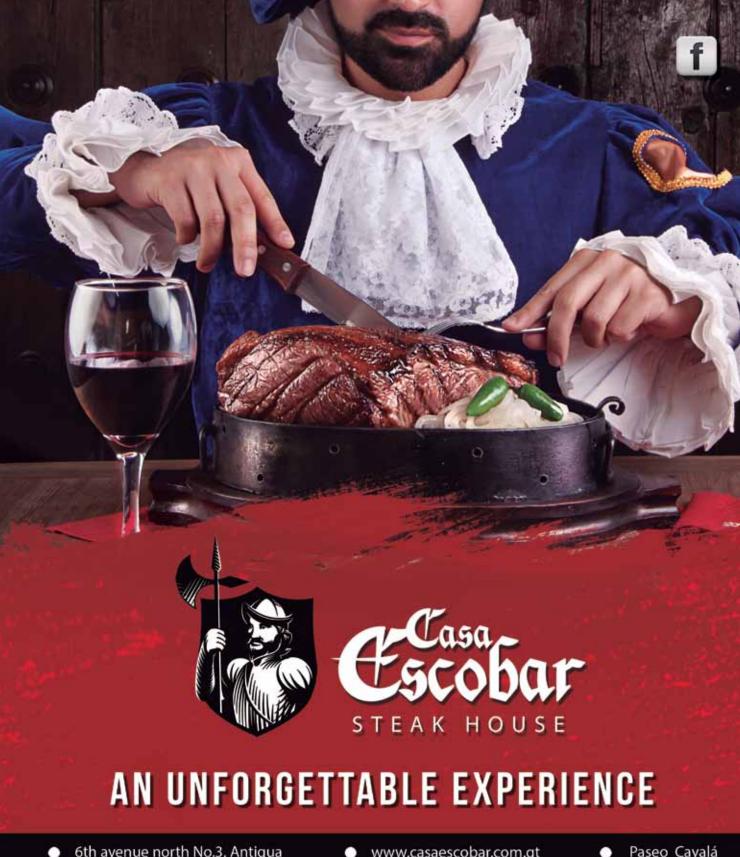
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Keepers of the bees - page 16

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Photography: César Tián, Luis Toribio Graphic Designer: Hadazul Cruz Contributing Photographers: Club Fotográfico de Guatemala: http://clubfotografico.org

La Antigua Manager: César Tián Production Director: Mercedes Mejicanos Administrative Assistant: María Solís Systems: Luis Juárez, Diego Alvarez Distribution: César Tián, Oscar Chacón, Luis Toribio Maintenance: Silvia Gómez, Dora Gómez

Sales Representatives: Ivonne Pérez, César Tián, Denni Marsh, Fernando Rodas, Luis Toribio, Lena Johannessen Revue Webmaster: Wil Rushmer

Printed by: PRINT STUDIO
Publishing Company: SAN JOAQUÍN PRODUCCIONES, S.A.

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**LA ANTIGUA** 

**3a avenida sur #4-A** (Central Office) **TEL:** (502) **7931-4500** 

publicidad@revuemag.com

**SAN CRISTÓBAL** Denni Marsh Tels: 5704-1029, 2478-1595

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Opinions or statements printed in the REVUE are not necessarily those of the publishers. We welcome your comments.

## 40,000 readers monthly PRINT / ONLINE

REVUE is distributed free, and available at: Hotels, Restaurants, Travel Agencies, Car Rental Agencies, Embassies, Spanish Schools, INGUAT offices, Shops, and other public places in the following areas: Guatemala City, La Antigua, Quetzaltenango, Lake Atitlán, Cobán, Petén, Río Dulce, Lívingston, Monterrico, Retalhuleu; as well as locations in El Salvador and Honduras. he San José Cathedral, located across from the central park, is one of the most spectacular colonial buildings in La Antigua Guatemala. Elizabeth Bell takes us back to its beginnings in the 1540s, its reconstruction and completion in 1680, only to be abandoned in 1773. Then in 1984 the National Council for the Protection of Antigua began a extensive 22-year restoration project. The results of which you can see today.

This month's cover compliments Thor Janson's feature, *Shamanic Rituals and the Power of Belief.* Good Guatemalan honey has been compared to liquid gold. *Beekeepers* by Linda Conard highlights an ongoing project by members of Aj Tikonel Kab' - Harvesters of Honey. Despite many challenges this group, though suffering setbacks, work hard keeping their bees healthy honey producers, and they have high hopes for their fledgling enterprise. Food temptations include *Savoring Moments on the Cobbled Streets* by Shannon McCullough, *Vino y Cocina* by Amalia Moreno-Damgaard; *Lobster Fest* by Tara Tiedemann and *Flavoring Cacao with Vanilla* by Dr. Nicholas Hellmuth. Also inside is a broad variety of subject matter: information, introspection, and for visualization, some lovely photos of trees from our monthly photo contest. For U.S. foreign nationals in Guatemala, you can get the updates on U.S. tax obligations.

Revue DateBook is always fun to compile, this month's heads up on events could very well fill up your calendar!

Here is to June adventures, accomplishments, joy and prosperity.

—John & Terry Kovick Biskovich

## ON THE COVER

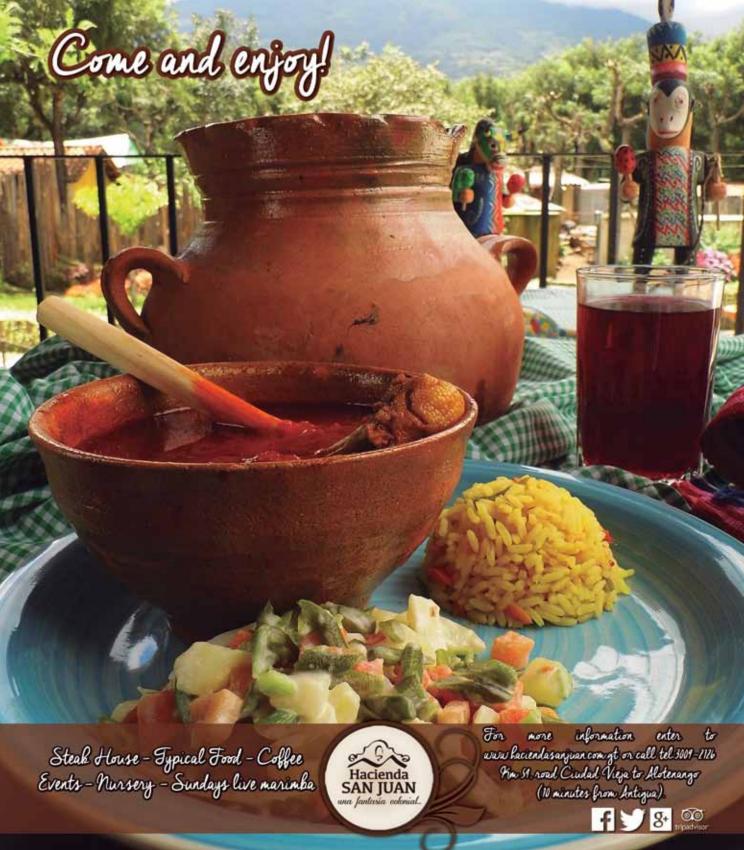
Shaman Tata Pedro of San Pedro la Laguna by Thor Janson facebook.com/nubliselva



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# The San José thedral, 0s, was Cathedral

he original cathedral, built in the 1540s, was severely damaged by earthquakes in 1583 and 1600 before being demolished in 1669. Captain Martin de Andújar was in charge of the new construction, but he was relieved from his duties in 1672 after a series of misjudgments. He reportedly used dynamite to demolish the existing structure, much to the consternation of local inhabitants. Next, the brick vaults he built fractured. This was the first building with brick vaults in Santiago de Guatemala (present-day Antigua) and apparently the supports were removed before the structure was sufficiently dry.

The new cathedral was finally completed in 1680, bearing little resemblance to the original structure. It was designed by a Guatemalan architect José de Porres, a man of mixed heritage: African, Maya and Spanish descent. Porres studied construction under Juan Pascual and excelled as an architect. The ornate plasterwork

The ornate plasterwork is exquisite, as it blends Roman and Moorish architectural styles.



Located across from the central park, it is one of the most spectacular colonial buildings in La Antigua Guatemala.



is exquisite, as it blends Roman and Moorish architectural styles. Some of the floral detail is remarkable.

The cathedral was abandoned in 1774, not long after the devastating earthquake of 1773, and all of the art was moved to the new capital—except for the collection of apostles by Juan de Corea, which has been restored over the last 15 years. What

once was the largest structure in Guatemala began to fall into disrepair. Lack of maintenance and constant earthquakes did not help. In 1830, inhabitants began to restore the front section—sealing it off from the back area where the main altar was originally built. The bell towers were removed after the 1876 earthquake repairs. ...continued page 66

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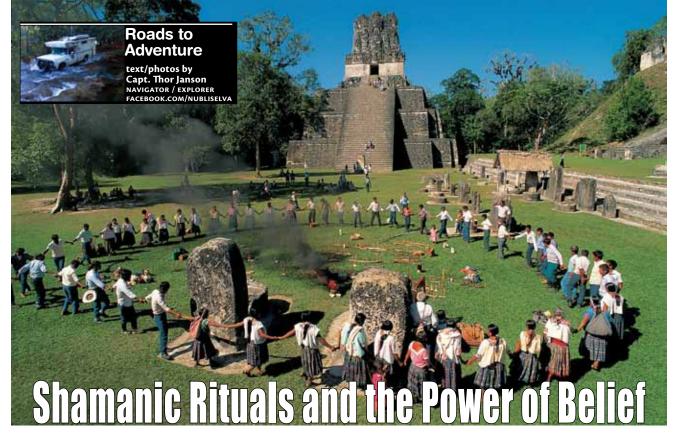
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The fabric of Mayan life is embedded with a vibrational tonality unique to its culture.

ayan America exists as a parallel reality alongside and surrounded by Latin America, it is a realm where magic and the supernatural thrive as a part of everyday life. Everywhere, just beneath the surface of normality and conventionality, the fabric of Mayan life is embedded with a vibrational tonality unique to its culture. Guidebooks to Guatemala mention several sanctuaries where the indigenous saint Maximón is venerated and the location of a few sites where shamanic rituals are performed.

But the truth is there is not a single town or village in the entire country where shamanic activities are not in full force—from the Caribbean Garifuna "Obia" cults and all-night "Dugu" spirit-possession ceremonies to the Mayan "costumbres" performed at any moment in thousands of indigenous villages and towns. Guatemala is a place where the supernatural regularly occurs.

If you think I'm exaggerating, simply visit any indigenous village and speak with a few locals. You will find an approximately universal belief that shamans and witchdoctors can conjure up visions, transform themselves into animals and inflict black-magic curses.

Lizbeth, a writer from Santa Fe, New Mexico, flew down to a world conference on ethnobotany at a jungle lodge. Being interested in traditional Mayan spiritual practices, she enlisted my help to locate an authentic Maya spiritual guide willing to impart some traditional wisdom.

I suggested that we swing over to San Andrés Itzapa, a little village adjacent to Chimaltenango, where there is a large temple dedicated to Guatemala's favorite indigenous saint, the charismatic Maximón. Normally a variety of spiritual guides and shamans linger in front of Maximón's temple, and it was not long before Liz chose one, haggled over the price, and then we were off for a private ceremony.

The guide, Tata Pedro, led us down a series of back alleys and lanes to a wooded area and a small thatchedroof, cane and mud hut. Inside in the



dim light were effigies and statues, crosses and stone heads, and a long, low wood table with what seemed to be chicken feathers and many other indistinct objects, perhaps amulets and charms, all covered in multicolored candle wax.

Liz sat in the middle of the hut, and I took my position against the rear wall, as Tata Pedro began arranging a circle of many-hued candles on the floor in front of her. Inside the candle circle he'd placed sugar, eggs, round pellets of incense and other objects not identifiable.

Tata's assistant, a beautiful young Maya girl, dressed in dazzling costume, arrived with a tray of bottles with colored liquid inside and several small bottles of Coca-Cola. Vaguely illuminated by the twinkling candlelight, Tata began his work in earnest, starting with a long series of indecipherable Mayan incantations, the timbre of his voice rising and falling like the waves on the sea.

Many believe that shamans can conjure up visions, transform themselves into animals and inflict blackmagic curses.

He was sometimes murmuring, sometimes shouting vehemently, other times reading from a small, weathered book, interspersed by kneeling and lighting candles on the table with the greatest care and solemnity.

Then all was silent. Tata slowly came around to Lizbeth's right side, took a big swig from a bottle of green-colored liquid and suddenly spat a vaporized stream directly into her face. Liz screamed and jumped to her feet, and Tata stood back with a look of satisfaction, as if he had accomplished what he had intended.

A moment later he laid his hand on her shoulder, calming her down and explaining that this was just a normal part of the ritual. Tata then grabbed a bundle of fresh branches, some kind of herbs, and commenced whipping Liz all over her body, at first lightly but progressively more harshly, all the while pronouncing a stream of incantations between moments of intense silence ...cont. page 84

## Beekeepers

Aj Tikonel Kab' — Harvester of Honey



Inspecting the hives

Beekeeper Genaro Cuj inspects the frames

n a hot, humid Sunday morning nine men and women beekeepers hiked the slopes Lake Atitlán's Volcán Tolimán to tend small boxes quietly buzzing in a forest clearing. Wearing a veil, jacket, and gloves over her traditional huipil and skirt, Felipa Ajcalon Sajquiy, president of the Pampojila beekeeping association, stands by as apiculture technician Genaro Cuj lifts the lid off the first box with his bare hands, revealing frames full of honeycombs and bees. One of the trainees—all coffee farmers from Totolya—pumps smoke into the box to calm the bees while Genaro carefully inspects each frame.

"This hive is healthy," he says, pointing out the formation and clusters of bees to the trainees as bees swoop, buzz, and circle their veils and hats. Felipa laid a baggie full of sugar-water and lime juice in a bowl on top of the frames to feed the bees and keep them disease free, then Genaro recovers the box and moves to the next hive.

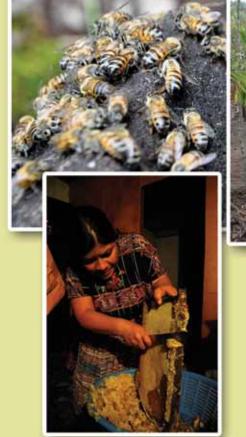
Beekeeping in Guatemala and Mexico dates back to the ancient Maya, who kept the stingless bees (Melipona beecheii) symbolized by the god Aj Muzen Kab' in the Mayan "Madrid Codex." But in today's world, most of the Kaqchikel coffee farmers in the Totolya group had never considered

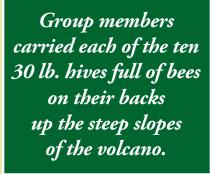
beekeeping until the coffee-rust disease, Roya, destroyed crops on their smallholder farms, wiping out most of their annual income.

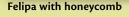
"Before, we harvested plenty of coffee," Felipa says. "But now, with the illness that attacked the plants ... we are in economic crisis."

In the face of that crisis, in early 2013, community members formed the first beekeeping group piloted by Pueblo a Pueblo, a U.S.-based nonprofit organization working in the Lake Atitlán region. The project, initiated in Pampojila community on Volcán Atitlán, gives smallholder coffee farmers a sustainable additional source of income to help









them provide for their children.

"We chose beekeeping because it's relatively simple. It doesn't require a lot of special tools and doesn't take much time," says Pueblo a Pueblo's executive director Rosemary Trent. Although the project focuses on beekeeping and honey production, it also teaches transferable skills like management and teamwork, accounting, price setting, marketing, and investing for future growth.

Like most of the five women and four men in the pilot group, Felipa had no previous experience with apiculture (beekeeping) when she joined—she only knew that, as a widow raising five children alone, it may be the only way she could afford to keep her children in school. But Genaro, who had worked with bees since age 10 in family apiaries, trained the team in everything from bee castes and life cycles, diseases, hive construction, site analysis, and more. The group named itself "Aj Tikonel Kab'," Kakchiquel for "harvester of honey," and by the time the hives arrived in May 2013, the group hit the ground running.

But first, they had to start hiking. Group members carried each of the ten 30 lb. hives full of bees on their backs up the steep slopes of the volcano. Although the ancient Maya raised "stingless bees," that



breed tends to be a poor honey producer, so the hives contained a better-producing Italian breed, which, while not aggressive, does indeed sting, so the group always wears protective clothing. Genaro wears a veil and long sleeves as a good example for the group, but sees stings as part of the job. He never bothers to wear them when working with his bees at home. "I've been stung more times than I can count," he says.

Group members made the same trek up the volcano every four days or so during the rainy season, when flowers are less abundant, to feed the bees and check the condition of the hives. With each visit, the hives looked healthier, encouraging the group to dream of the rich harvest to come.

That is, until the terremoto hit.
...continued page 94



# Savoring Moments on the Cobbled Streets



Doña Luisa Xicotencatl Bakery and Café



Epicure's deli and garden restaurant.

ndless bits of life flourish on the cobbled streets of La Antigua Guatemala. In each moment we, too, flourish in all that surrounds us. You may receive a hug from a friend passing by, or peering into a baker's window with admiration, or in doing something as simple as watching a woman on the street skillfully making tortillas.

Anyone who has read my columns in the Revue will know that my partner and I love to cook and entertain. We have a successful catering business preparing dinner parties in people's homes. This work takes time, experience and above all, a continuous search for fine ingredients.

As we weave our way through the colonial streets we are continually surprised by the amount of artisanal food and organic ingredients that we can find in Antigua.

I can never resist the temptation walking past the **Doña Luisa Xicotencatl Bakery and Café** (4 calle oriente #12) of buying a few loaves of freshly baked bread. The women in the shop always greet you with a smile and are proud of the products they offer, with good reason. Don't miss the lemon bread on Mondays.

Having warm bread in your arms, how can you not continue on to **Epicure's deli and garden restaurant** for some cheese and fine-cut meats that are perfect for making sandwiches?



Pal'Paladar



**Bagel Barn** 



Choco museo



Plant Nursery and Café

## "We are continually surprised by the amount of artisanal food and organic ingredients that we can find in Antigua."

Just a block or so from Epicure is the Italian deli/café Pal'Paladar (3a calle poniente #2), featuring a variety of hard-to-find specialties that are a must for a well-stocked pantry. I always make my own pasta, and it is here I can buy semilla (harina de semola) pasta flour. Pal'Paladar also has an excellent assortment of cheeses, including fresh hand-made mozzarella.

Often on our walks, we stop by the **Bagel Barn** (5a calle poniente #3) for a quick nosh, lox-n-bagels with cream cheese, smoked salmon, onions and capers. Oy vey, delicious!

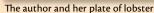
For chocolate lovers don't miss a visit to the **Choco museo** (La Fuente, street entrance, 4a calle oriente #14). Along with delectable chocolates, the Choco museo offers chocolate-making workshops nearly every day. I am looking forward to learning more about this craft. I have been using chocolate purchased at the museo when making home-made ice cream, and it is sensational.

Also, for coffee lovers is **ABC del Café**, offering a coffee school, coffee roasters, equipment and supplies (4a avenida, east side of the park next to the cathedral).

One of my newly discovered walks is to the **Escalonia Plant Nursery and Café**. The veggie burgers in the cafe are, in a word, amazing. We have never left Escalonia without a walk through the nursery, and we always buy a new plant or a new herb for our garden. ...continued page 52







## **Lobster Fest**

## A Tasty Reason to Visit Belize

ow that the rainy season has officially arrived in Guatemala, a trip to the beach for an island party may sound like a nice escape. Why not check out neighboring Belize and plan your trip around a lively and delicious June tradition Lobster Fest.

Three towns in Belize take part in Lobster Fest: San Pedro (Ambergris Caye), Caye Caulker, and Placencia. This festival dates back many years and has always been a great time to celebrate the June 15 opening of lobster season. Before tourism became an industry these little islands and towns were humble fishing villages. Lobster season marked a time to celebrate! These were small local affairs, always involving copious amounts of rich seafood, a few cocktails and, of course, live music. Now, the event has morphed into a major production, with San Pedro throwing the biggest event and Caye Caulker and Placencia hosting more laid-back, smaller-scale affairs.

San Pedro kick-starts festivities on June 14, one day before the season officially begins, and events continue through June 22. The liveliest

day is June 21 with a block party taking over the town's central park. The steel drum group Super G and the Panarific Steel Band will keep the rhythm while revelers pass the day, savoring fresh grilled lobster and a cold Belikin (national beer of Belize) ... or two. Don't miss the Lobster Crawl where participants visit different food stands and acquire stamps for their Lobster Fest Passport. Those who collect all the stamps can then turn in their book for a chance to win big in the raffle.

Lobster Traps

For a smaller but nevertheless lively Lobster Fest, wait until June 27-29 when Caye Caulker and Placencia go into full swing. There will be plen-

...continued page 80

## **COMMUNITY SERVICE** by Caitlin Bonney



## **Community Building for Real Change**

n Constru Casa's 10 years of work in Guatemala the organization has helped families in need of new, secure housing. As well, it has encountered communities without schools, clinics and community buildings. Responding to these needs, Constru Casa has built or improved over 70 buildings for community use, including primary schools, schools for special-needs children, community centers, health clinics, daycare centers and orphanages.

For many of the communities a school or a clinic is the first for the village and certainly a source of pride and hope. Constru Casa's communications coordinator experienced this first hand when she attended the inauguration of the new primary school in Hacienda Vieja—a small, very poor, rural community near Retalhuleu in southwestern Guatemala.

The morning the group from Constru Casa arrived to paint the new school, its members were greeted with a breakfast hosted by Don Jerónimo, president of the local community development council. He informed them that many residents were already at the school, one hour early and ready to paint. With the enthusiasm and helping hands of volunteers from Miracles in Action (Constru Casa's partner social work organization), the teachers of the school, the older men in the town and the school's future students quickly finished painting the school. The whole community really pitched in, preparing lunch or hauling up water from the river to wash paintbrushes. (There is no running water in this community.)

# The school is a symbol of respect and hope in their small, poor town.

The inauguration the following day brought the entire village out to celebrate. With Constru Casa orange decorations set against the vibrant, fresh blue paint of the school, music and lunch for the children of the community were accompanied by words of immense gratitude and appreciation for the doors, both literally and figuratively, that had been opened.

Many community members could not find words to express their happiness and gratitude. Vicky, one of the teachers, explained that the school is a symbol of respect and hope in their small, poor town. Their respect for the new school, she said, is then directly tied to the further development of the community itself – an amazing and promising revelation. By building more community buildings, we can change entire communities!

To learn more about Constru Casa and its work in communities all over Guatemala, or how you can get involved, please visit www.construcasa.org.

# datebook

JUNE 2014 GUIDE TO CULTURE AND UPCOMING EVENTS

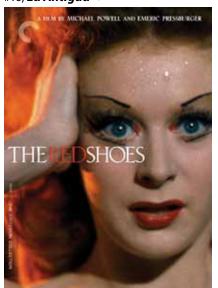
COMPILED BY MERCEDES MEJICANOS

Wed. — ART: *Raíces y ancestros* by Lucía Morán Giracca. Through Sat., 28th. El Attico (tel: 2368-0853) 4a av. 15-45, z. 14, *Guatemala City* ▼





**5** Thurs., 6:30pm — (English) FILM: The Red Shoes (1948) starring Moira Sheerer. Numa Restaurant, 7a av. norte #16, La Antigua ▼



**6** Fri., — MUSIC: Come to a birthday party! **3pm**: Thom, Mercedes & Willie, *Almost Live*; **5pm**: Marco Trio Electrico; **7:30pm**: A musical collaboration! BBQ and other tasty food and beverages available. Posada Santiago, Santiago Atitlán, *Lake Atitlán* 



**7**Sat., through Sat., 28th — ART: Recent works by LEVA (Luis Eduardo Vicente Agustín). El Attico, Salón del Coleccionista, (tel: 2368-0853) 4a av. 15-45, z. 14, *Guatemala City* 

Please submit your DATEBOOK entry for the JULY 2014 edition by June 10

**7**Sat. — OPEN HOUSE! **2pm**: Lesson in French for beginners, all age groups, free; **7pm**: Wine and Cheese featurng wine tasting with Eric Malbrun who will introduce you to various French wines and explain the steps that are necessary in order to appreciate and enjoy a good wine. Participation, Q25. Alliance Francaise, 2a av. sur #25, **La Antiqua** 

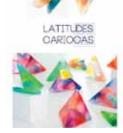
**7Sat., 6-7pm** — INAUGURATION: Free beverages and Texan BBQ tasting. Pappy's BBQ (tel: 5979-6771), 6a calle poniente #21, *La Antiqua* 

**10**Tues., 5:30pm — MAYAN DANCES: K'a k'a' Saqarik-Nuevo Amanecer/New Dawn is a local charity dedicated to helping more than 30 indigenous children living in San Andres Itzapa. Its work includes keeping them in good health, maintaining their education and preserving local Mayan traditions such as language and dance which is currently being lost at an alarming rate. Rainbow Café (tel: 7832-1919), 7a av. sur #8, *La Antiqua* 

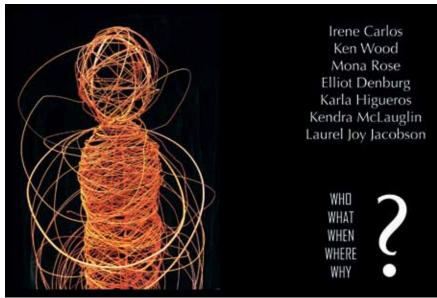
TATION: Antigua: Behind the Walls with Elizabeth Bell. Enjoy a one-hour slide show of Antigua and its heritage through vintage and contemporary photographs collected over the past 40 years, accompanied by Elizabeth Bell's expert narration. Proceeds benefit educational programs in Antigua. Q30 per person. Questions encouraged. Autographed books available. Join us at Hotel Sor Juana, 4a calle oriente #45, La Antigua

**12** Thurs., 6pm — ART: Latitudes Cariocas by Mauricio Contreras-Paredes, a Guatemalan artist based in Toronto, Canada. His mixed medium work displays the exuberance, exoticism colors of life in Brazil, exploring distance,

space and identity. Through Sat., 21st.
Museo Ixchel (tel: 2361-8081) 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City** 



**13** Fri. through 15 Sun. — CONVENTION: VII Convención Mundial de La Arqueología Maya 2014 (English/Spanish) With world-renowned guest speakers and workshops. Q100 per day. See page 72 for more info. (tels: 4997-8188, 5451-4517) Hotel Camino Real, , La Antigua



**11 Wed., 5pm** — ART: Collective exposition featuring works by Irene Carlos, Ken Wood, Mona Rose, Elliot Denburg, Kendra Mc Lauglin, Laurel Joy Jacobson. Panza Verde, 5a av. sur #19, *La Antiqua* 

**13** Fri., & Fri., 27th — DINING at KIDS Restaurant: The only restaurant run by KIDS. They learn cooking, English and computer skills at the Education Center of TESS Unlimited. Reservations: kidsrestaurant@gmail.com or tels: 4550-7798 or 5251-0202. **5pm**: Our mini chef will wait for you in front of Cafe Condesa (5a av., central park, Antigua), where you will be picked up at by our shuttle service to bring you to the KIDS Restaurant in **San Gaspar Vivar**. (See article May 2013, pg. 54, www.revue.gt)

**14** Sat., 5pm — MUSIC: *Más música, menos violencia*, a unique musical recital by students of Sistema de Orquestas de Guatemala, (SOG). All proceeds support SOG and its programs. Suggested donation Q150. Info. & reservations, tels: 7955-8282 & 7832-2925. Mesón Panza Verde, 5a av. sur #19, *La Antigua* ▼



15 Sun., through Sat., 21st — (English) RETREAT: Storyteller Within & Yoga Retreat at The Yoga Forest, San Marcos La Laguna, Lake Atitlán See highlight on page 30

**15** Sun., 1pm — WORLD CUP 2014: France vs Honduras; also activities for children including a piñata and facepainting; lunch featuring baleadas, typical Honduran food! Alliance Francaise, 2a av. sur #25, *La Antigua* 



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13 calle y 1a av., z.10 / T: 2331-2641 TROVAJAZZ

Via 6, 3-55, z.4 / T: 2334-1241 CAFFÉ DEI FIORI

15 av. 15-66, z.10 MONOLOCO

C.C. Plaza Obelisco, z.10 / 2367-3283

**16**Mon., 6pm — (Spanish) PHOTO WORKSHOP: A focus on concept, technique and processing in order to achieve stunning B/W photographs. Taught by Holger Tobuschat. (Contact info@clubfotografico.org or go to www. clubfotografico.org) Museo Ixchel (tel: 2361-8081) 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City** 

**17**Tues. — FATHER'S DAY: Treat your dad to the special day he deserves. **Countrywide** 

REVUE is not reponsible for event cancellations or date/time changes

**Tues., 5:30pm** — (English) TALK: Ecofiltro: Changing the cycle presented by Ariana Pizzatti. Ninety-five percent of rivers and streams in Guatemala are contaminated. Wells, springs and tap water are not a good water sources unless it is a clean water source. The best way to make water filtration a sustainable solution, and not just a charitable gift, is to help families secure lifetime water filters. Ecofiltros solves water contamination by using sustainable materials: In its watercleaning system, with local funding and local labor-from factory to filtros! Donation Q25. Rainbow Café (tel: 7832-1919), 7a av. sur #8, La Antiqua ▼



18 Wed., 2pm — (English) TOUR: Open Windows Learning Center, San Miguel Dueñas; join David Dean on a visit to this educational and community development foundation. Meet in front of the Cafe Condesa, Central Park; return by 3:30pm. FREE! www.openwindowsfoundation.com, *La Antigua*. See related article, (May 2013, www.revue.gt

**19**Thurs., 7pm — FILM: Frozen (Disney Productions). Numa Restaurant, 7a av. norte #16, La Antigua

**20** Fri., 1pm — WORLD CUP 2014: France vs Switzerland. Alliance Francaise, 2a av. sur #25, La Antigua

Mon., 6pm — (Spanish) PHOTO WORKSHOP: A focus on concept, skill, technology and process producing HDR (high dynamic range) impactful images. (Contact info@clubfotografico. org & www.clubfotografico.org) Museo lxchel (tel: 2361-8081) 6a calle final, z. 10, Centro Cultural UFM, *Guatemala City* 

Tues., 5:30pm — (English)
TALK: Life in Guatemala: Brief
History and Current Conditions by Sue
Patterson. She is a former U.S. consul
general in Guatemala and has served in
Chile, Iran and Italy. She is also the founder
of WINGS, a non-profit dedicated to
reproductive health and family planning.
As well, she is the recipient of numerous
awards for her work, most recently
the 2003 Sargent Shriver Award for
Outstanding Humanitarian Service from
the National Peace Corps Association of
America. Donation Q25. Rainbow Café
(tel: 7832-1919), 7a av. sur #8, La Antigua

**25** Wed., 2pm — WORLD CUP 2014: *France vs Ecuador*. Alliance Francaise, 2a av. sur #25, *La Antiqua* 

**Thurs., 6:30pm** — (Spanish) LECTURE: Between Water and Ritual: Evidence of canals at Kaminaljuyú by Silvia Alvarado. Contribution: Q30, general admision; Q15, students & guides. Parking, Q40. (www.popolvuh. ufm.edu; facebook.com / museopopolvuh) Museo Popol Vuh (tel: 2338-7937), 6a calle final, z. 10, **Guatemala City** 

**Thurs., 7pm** — (Spanish) MONTHLY PHOTO CONTEST: Club Fotográfico de Guatemala. (For more information about the club and its activities contact info@clubfotografico. org & www.clubfotografico.org) Museo lxchel (tel: 2361-8081) 6a calle final, z. 10, Centro Cultural UFM, **Guatemala City** 

**28** Sat., 11am-2pm — U.S. VOT-ER REGISTRATION: Members of Democrats Abroad Guatemala can help you register before the 2014 mid-term election. Questions: John Chudy, mayadems@yahoo.com. Conexion, 4a calle oriente, comercial La Fuente #14, *La Antigua* 

**30**Mon., — ARMY DAY: Holiday. Most banks and businesses are closed. *Countrywide* 



## Primitive - Contemporary Guatemalan Art

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Two and two the mathematician continues to make four, in spite of the whine of the amateur for three, or the cry of the critic for five. —James McNeill Whistler



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Mon -Thurs 10:30am - 6:30pm Friday 10:30am - 7:30pm Sunday 9:30am - 6:30pm





## **U.S. Citizen in Guatemala? Make your voice heard!**

You must file a new Federal Post Card Application this year to vote from overseas in the 2014 mid-term elections.

Get yours at http://www.votefromabroad.org
Contact John Chudy at mayadems@yahoo.com with questions.

Need help?
See us at Conexion (in La Fuente)
4a calle oriente #14, La Antigua
Saturday, June 28,
11am to 2pm

Also, save the date for our "Red, White, and Brew" U.S. Independence Day picnic, Saturday, July 5, 11 - 3 p.m., Casa Convento Concepcion, 4a calle oriente #41. Q50 per person.

## THROUGHOUT THE MONTH

**All month** — ART: La Antigua, Galería de Arte announces two ongoing exhibits.

Northamerican artist William Kalwick, Jr. celebrates 25 years painting Guatemalan themes. The exhibit features more than 20 new oils portraying Holy Week processions in Antigua, market scenes from the Highlands, dazzling with light and color and beautiful images of indigenous people wearing traditional costumes. (ref: April Revue, www.revue.gt)





## **REVUE Photo Contest**

Te invitamos a participar en nuestro CONCURSO FOTOGRÁFICO de julio 2014 con el tema Artistas en acción: GUATEMALA. Enviar UNA (1) foto en ALTA RESOLUCIÓN con el título, lugar donde fue tomada, su nombre y el sitio web para el crédito a: fotos @revue.gt

Habrá premios para las fotos ganadoras, incluye **Q200 para los dos primeros lugares.** Para más información **www.Revue.gt** 

Serán elegibles las fotos que se reciban hasta el 10 de JUNIO de 2014 We invite you to participate in our MONTHLY PHOTO CONTEST for July 2014 with the theme Artists in Action: GUATEMALA. Please send ONE (1) HIGH RES photo with caption/location and your name & website for the credit line to: photos @revue.gt

There will be prizes for winning photos including Q200 for both 1st place categories.

More information at www.Revue.gt

Submissions entered by the 10th of JUNE will be eligible. Guatemalan artist Doniel Espinoza "Once Upon a Time...," in a mythical and colorful land that lives in the imagination of the artist. His characters lead fantastical lives and their stage is the moon. They are musicians, jugglers, trapeze artists, animals of the jungle, who all play instruments, sing songs and act out their dramas for us, the spectators. A new collection of more than 50 new acrylics, watercolors and sculptures is on display.





La Antigua Galería de Arte, 4a calle oriente #15, La Antigua

## La Antigua *Galería de Arte*

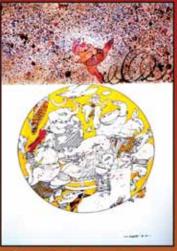
## Ongoing exhibits





Hugo González Ayala





Doniel Espinoza

Ricardo Silva Cordoro

William Kalvrick, Ir.

4a. calle oriente no. 15 La Antigua Guatemala Tels. (502) 7832 2124 / (502) 7832 5911 info@laantiguagaleria.com / www.laantiguagaleria.com /artintheamericas@gmail.com / www.artintheamericas.com

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The Antigua International School offers a bilingual, college preparatory education to motivated, bright, well-rounded students in grades K-11. Apply now for the upcoming school year, which begins August 2014.



## LIVE MUSIC

## La Cueva de Panza Verde

tels: 7955-8282, 7832-2925 5a av. sur #19, La Antigua

Mondays, 8-10pm — Nelson Lunding. Q35 cover Thursdays, 8-10pm — César Barrios,

Latin American guitar. Q35 cover

Fridays, 8-10pm — Latin Trio, Denis Medina on Cubano Tres. Q35 cover

Saturdays, 8-10pm — Sergio Zepeda, guitar. Q35 cover

June 14, Sat., 5pm — MUSIC: Más música, menos violencia, a unique musical recital by students of Sistema de Orquestas de Guatemala, (SOG). All proceeds support SOG and its programs. Suggested donation Q150





## Trova Jazz

**Friday Concerts** — Call for schedule: Live music Thursdays through Saturdays.



## **Fridas**

tel: 7832-1296 Calle del Arco #29, La Antigua

Fridays — World music.

## Posada de Santiago

tel: 7721-7366 1 km south of Santiago Atitlán, Lake Atitlán

**Every week**, usually on Fridays and Saturdays. Check *Gringos of Santiago* on Facebook for details.

## **Rainbow Café**

tel: 7832-1919 7a av. sur #8, La Antigua Free Live Music Nightly from 8:00pm

**Mondays** — Eric Fry: enjoy a great mix of western and rock music!

Tuesdays — Gustavo: this local musician plays a mix of Latin and western classics

**Wednesdays** — Open Mic Night! Hosted by different musicians; come along and show your skills!

**Thursdays** — Gustavo: this local musician plays a mix of Latin and western classics

**Fridays** — Bonfire Night! Different guest artists and drink specials from 8pm

**Saturdays** — A variety of bands and musicians! **Sundays** — Kenny Molina, one of Antigua's best loved musicians plays a variety of Latin music that will make you dance!



## **Kape Paulinos**

tel: 7840-3806 Km 87.5 Carretera Interamericana, Tecpán

Sundays — 1 to 4pm: Live marimba band

## TRATTORIA LA NONNA

Tel: 7840-4036 Km 86.5, Carretera Interamericana, Tecpán

Saturdays — 7-10pm: Live music



## **Las Palmas**

tel: 7832-9734 6a av. norte #14, La Antigua

**Mondays & Tuesdays, 7-9pm** — Noches de boleros en guitarra

Wednesdays & Thursdays — Bossa, soft rock & cuban Fridays & Saturdays — with Caribe Sundays — Karaoke & Wobble





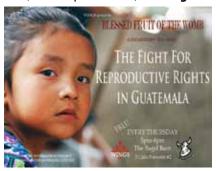
## THROUGHOUT THE MONTH

**Daily, 2pm & 4pm** — MOVIES: Las Palmas (tel: 7832-9734), 6a av. n. #14, *La Antigua* 

Mondays, 10am & Thursdayss, 2:30pm: Common Hope offers a free two-hour village tour, learn about its education, health care & housing programs. Meet at the fountain, central park; also private tours avail., tel: 7922-6600. Visit www.commonhope.org. *La Antigua* 

Mondays, 4:30pm; Tues., 3pm; Wed., 3pm — DUPLICATE BRIDGE: Asociación Guatemalteca de Bridge. Info., Eva: 7832-4327 or Denni: 2478-1595. Vista Hermosa, z. 15, Guatemala City

**Thursdays, 5-6pm** — DOCUMENTARY: Wings presents *Blessed Fruit of the Womb: The Fight for Reproductive Rights in Guatemala*. Free. The Bagel Barn, 5a calle poniente #2, *La Antigua* 



**Thursdays., 8:30am** — TOUR: Visit Ciudad Vieja, you'll see where many *Ni-ños de Guatemala* families work and live. Also, visit the school built by Niños de Guatemala. Q200/Q100, students. Proceeds benefit Niños de Guatemala projects. Antigua\_office@ninosdeguatemala.org; tel: 7832-8033. *La Antigua/Ciudad Vieja* 

## PLAN AHEAD

**July 5 Sat., 11am-3pm** — Save the date for the Red, White and Brew U.S. Independence Day picnic hosted by Democrats Abroad, Guatemala. Q50 per person. Casa Convento Concepción, 4a calle oriente #41, *La Antiqua* 



Founder of the Yoga Forest, Haley Tennyson



View from the Yoga Forest



Yoga Forest cabaña

## DATEBOOK HIGHLIGHT

Retreat — The Storyteller Within Sunday, June 15 through Saturday June 21 San Marcos La Laguna, Lake Atitlán



Aimee Hansen

Relax for a week of inspiring landscape, higher perspectives, and beauty all around as you join in for self-exploration through daily spontaneous writing and yoga practice at The Yoga Forest.

Aimee Hansen invites you to bring out your inner voice, play and express, and take an open and honest journey inside towards deeper truths. She explains, "Within each of us lies an authentic voice, waiting to be freed"

The retreat will focus on both writing and yoga as channels into self-exploration. The retreat schedule includes play at varied and dynamic spontaneous writing exercises across two sessions each day with the opportunity to share within the group. Yoga is in the morning and restorative yoga in the afternoon. Also, plan on one or two days to relax, hike, swim, or visit the village. The retreat will end at noon on Saturday, 21st in time to catch afternoon shuttles to La Antiqua Guatemala or Guatemala City.

A stunning location hidden away in the valley The Yoga Forest offers beautiful shared cabins with comfortable beds, panoramic views, delicious vegetarian meals, yoga, and Mayan sauna in dream surroundings.

For more information, contact Aimee Hansen: aimee@thestorytellerwithin.com





## Oficinas centrales:

• 6a. Avenida 11-24 Zona 9

## Aeropuerto Internacional La Aurora:

• Interior Aeropuerto Internacional La Aurora, Salida pasajeros Primer nivel.

## Antiqua Guatemala:

• 4ta. Avenida sur No. 4, local 4a.

PBX: (502) 2203-2303 www.budget.com.gt contactenos@budget.com.gt



1st PLACE by judges vote: "Coming into Chiquimula" by Carlos Villegas. Prize: Q300 certificate to El Sereno, La Antigua

## JUNE REVUE PHOTO CONTEST WINNERS, theme: Trees of Guatemala

2nd PLACE by judges vote: "La gran Ceiba bebé" by Juliana Skaggs Nanne Prize: Carved Jade Pencil Holder from Jades Xibalbá





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Eugene Wahl created Vivero Botanik nursery in 1964 for his wife to have a hobby. She began importing roses from Europe and some violets.

In 1972, his daughter Margaret, who always loved her garden, took over the business after her father's illness. She and her husband have continued increasing to diversify the plants and trees and accessories through the years. Today it has become a great botanical garden that simply must be visited to be truly appreciated.

> Visit their Facebook page at www.facebook.com/viverobotanik



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## Caring for the English-speaking Community

**Thursday Services** Contemplative 12:15 pm

**Sunday Services** Contemporary 8:15 am Traditional 11:00 am The Worship Experience 6:00 pm

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The best time to plant a tree was 20 years ago. The next best time is now. —Chinese Proverb

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# Simplifying Currency Challenges



y husband Billy and I have recently arrived in Saigon, Vietnam. With 8 million residents, most riding on motorcycles in swarms, it's quite a bit different from sleepy Panajachel, Lake Atitlán or La Antigua Guatemala. When the traffic light switches from red to green, it's like a starting point in a race. There is no single file and a massive group turns left or right. If you want to cross the street you simply walk into traffic with your arm raised up to alert the drivers that you are moving into the flow. Traffic goes at a crawling pace like a choreographed symphony of metal.

There is a lot to get used to here—the change of weather, the contrast from Latin to Asian cuisine, the difference in languages and the increase in the tempo of life. But the biggest challenge is figuring out the exchange rate of the U.S. dollar to the Vietnamese dong.

One U.S. dollar equals 21,277 dong. There are lots of zeros printed

on the currency and to make it convenient for our comprehension, the first thing we did was to lop off three of them. It makes it easier figuring out pricing in our head and eliminates some punches on our calculators. For our purposes, we use 20 (thousand) dong to equal \$1USD, 40 (thousand) dong equals \$2USD, 60 (thousand) dong equals \$3USD and so on.

One (thousand) dong equals 5 cents, 10 (thousand) dong equals 50 cents, 100 (thousand) equals \$5USD, 500 (thousand) equals \$25.

Are you confused yet? This system is supposed to make it a snap!

Without so many zeros, we find it simpler to navigate through most daily purchases. The colors of the money still do not have a lot of significance to us and denominations are also assorted sizes. So our wallets have wads of colorful pieces of money!

With the separation in language, everyone hugs their calculators since it's a form of communication we all understand. Touch an object and the vendor brings out his cell phone-size number machine and begins pounding away. Step back or shake your head "no" and the price drops right away. Touch another item and the process begins all over again.

Popular grocery stores called coops have prices marked clearly. Again, we simply lop three zeros off the amount and begin our system to understand what we are paying. A 12-pack of individual serving sized yogurt costs 56,000 dong, or less than \$3USD.

Taxi drivers use a meter here with the number 12 as the beginning fare. This, of course, means 12,000 dong but they have trimmed three zeros off as well for simplicity. A short five-minute ride is 27,000 dong or less than \$1.50USD.

Compass Living provides us with a private driver as a translator for when we go shopping, but it's our style to be hands on. I'm sure it will all get more familiar with time, but for now we have this short system in place and it seems to be working just fine.

## About the Authors

Billy and Akaisha Kaderli are recognized retirement experts and internationally published authors on topics of finance and world travel. With the wealth of information they share on their popular website RetireEarlyLifestyle.com, they have been helping people achieve their own retirement dreams since 1991. They wrote the popular books, The Adventurer's Guide to Early Retirement and Your Retirement Dream IS Possible.

























# "Mr. Illusion! Tear down that wall!"

f you were around at the time that the Berlin Wall fell, you may recognize our title, referring to the commendable request made of former Soviet leader Mikhail Gorbachev by Ronald Reagan, then president of the U.S.

When it comes to personal walls, they might as well be made of cement blocks. They are an imperceptible energy that we use either to distance ourselves from uncomfortable situations or protect us from the unknown. When, regardless of all efforts to move forward, we seem to be moving backward or at best standing still.

Just as the blocks that built the walls from within our own psyche, so goes the equipment that is needed to tear them down. While facing our inner walls we often forget that we carry the power to move through them. We opt instead to blame a situation or person(s), rather than look profoundly within and recognize that the solution can be discovered quite rapidly with some perception shifts.

Walls are discovered everywhere and it raises a smile that La Antigua Guatemala is in fact a collection of extraordinary walls. All colors, sizes, shapes and textures. Some are stunning and some are falling down. Everywhere your gaze takes you there is a discovery to be found—including the rich fertile soil of self-exploration, if you dare!

Whether you are building your inner walls or in the process of tearing them down, you have landed in the perfect setting to test your skill at wall building and its demolition.

"Just as the blocks
that built the walls
from within our own
psyche, so goes the
equipment that
is needed to tear
them down."

It all begins with being aware, and for this we love to refer to the destroyer of many illusionary walls:

"If I had an hour to solve a problem and my life depended on it, I would use the first 55 minutes determining the proper question to ask, for once I knew the proper question, I could solve the problem in less than five minutes." —Albert Einstein

In less than five minutes! Our in-

Sri and Kira have authored several books and are the owners of TOSA La Laguna. email: office@tosaspa.com www.LakeAtitlanSpa.com



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ner walls have been built by our own ignorance or our refusal to ask the necessary questions. We become so preoccupied with what we want to believe or experience, we let go of the simple pleasure of the solution.

La Antigua is filled with delightful, simple pleasures. With each moment that you notice Antigua's magnificent walls, perhaps choose to ignite a smile and realize that while the wall prevents one from entering, it is also keeps those on the other side contained!

What is the greatest question in front of you...right NOW? What are you protecting? The answer is your doorway out. It is the key to moving your foot forward. Welcome to your world beyond your walls! Let it be amazing.





HOTELS

Tels:+502.2334.6121 4a Av. "A" 13-74, zona 9 Guatemala City Comfortable Rooms, Junior Suites and Standard Rooms, Breakfast, Wi-Fi, Patios, 5 minutes from airport. Weekly and Monthly rates Meeting rooms & Parking

## Honorable Mention by judges vote in the REVUE PHOTO CONTEST, June

"Oh Majestuoso árbol del Río Lagartero" by May Ramírez. All entries can be seen at www.REVUE.gt



# Stray and Abandoned Animals

On the Streets of Guatemala

he tiny black puppy curled up in front of the La Merced church in La Antigua Guatemala looked as frail as a plastic grocery bag, ready to blow away in the wind. Mange-covered and bloated with parasites, she could barely stand on her weak legs, so she lay on the ground eating tortillas and scraps thrown by children waiting for the Semana Santa procession.

I quickly ran through my options. I couldn't bring her home and risk infecting my pets. Veterinary offices had closed for the holidays. I knew all of the area's rescue groups were already full beyond capacity. And, I also knew that this little pup was just one of thousands of sick puppies living on the streets of Guatemala. I had to admit that in that moment, I could not help this pup. I glanced back one more time and then ... I walked away.

This story doesn't have a happy ending. When the vets' offices reopened, I returned nearly a dozen times to look for the pup but she was nowhere to be seen. Knowing

BRANDI - Before and After: If you decide to rescue a dog and commit yourself fully to the challenge, the rewards are tremendous, for you and even more so for your pet.

that she is out there, somewhere, still haunts me.

Animal rescuers like Linda Green and Terry Biskovich, co-founders of Unidos para los Animales, are all too familiar with that haunted feeling. Guatemala rescue groups are nearly always at, and often beyond, capacity. Almost daily, they receive calls from people asking if they would take in a dog or pup they'd rescued.

"As much as it breaks our hearts to turn animals away, we have to say no if we don't have room," Biskovich explains. "We absolutely can NOT overcrowd our facility. Every dog or puppy that we care for takes a tremendous amount of time, effort and commitment; we not only rescue—rehabilitation and training is a must."

Green goes on to say, "Setting our dogs and pups up for success before they are adopted is critical. There are also issues of expenses, food, spaying/neutering, controlling internal and external parasites, skin and intestinal disorders."

The truth is, dumping a dog or cat on an over-crowded rescue facility or a veterinary office is horribly unfair, yes, even cruel. Rescue organizations and veterinary clinics end up with the heartbreak of dealing with your "rescue"—a dog that will perhaps never be adopted, or one that needs many months if not years of rehabilitation ... and of course factored in are the expenses that can end up costing thousands of quetzales.

So what can you do when you want to help a homeless/abandoned dog? Animal trainer Marjolaine Perrault of El Chucho Feliz explains that you have options, but much depends on the time you have, your level of commitment, and the resources you can dedicate.

#### The Basics

At the least, you can always offer the dog food and water. Just put food on the sidewalk and put water into a cut down plastic two-liter bottle. Make sure onlookers know that you're giving healthy food and are not poisoning the local dogs.

...continued page 50



If you spend your time hoping someone will suffer the consequences for what they did to your heart, then your allowing them to hurt you a second time in your mind.

—Shannon L. Alder

The universe is simmering down, like a giant stew left to cook for four billion years. Sooner or later we won't be able to tell the carrots from the onions.

—Arthur Bloch





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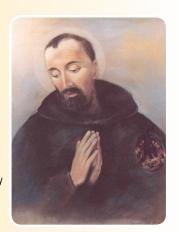
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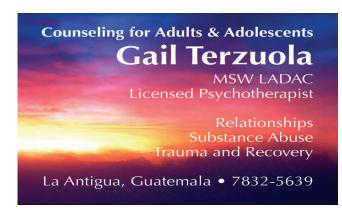


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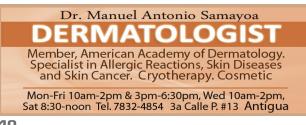
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Trees outstrip most people in the extent and depth of their work for the public good. —Sara Ebenreck













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—Henry Ward Beecher



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Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the blue sky, is by no means waste of time. —John Lubbock







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I willingly confess to so great a partiality for trees as tempts me to respect a man in exact proportion to his respect for them. —James Russell Lowell

There is always Music amongst the trees in the Garden, but our hearts must be very quiet to hear it.

—Minnie Aumonier

God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools. —John Muir

The tree is more than first a seed, then a stem, then a living trunk, and then dead timber. The tree is a slow, enduring force straining to win the sky. —Antoine de Saint-Exupéry



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Look at the trees, look at the birds, look at the clouds, look at the stars... and if you have eyes you will be able to see that the whole existence is joyful. Everything is simply happy. Trees are happy for no reason; they are not going to become prime ministers or presidents and they are not going to become rich and they will never have any bank balance. —Osho







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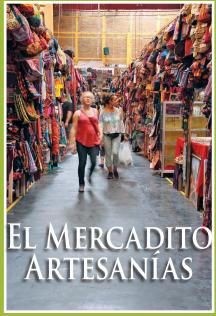


















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PET Q's & A's by Cynthia Burski, DVM

Question: After taking my 2-year-old miniature poodle Ruffy to a new groomer he has been scratching one side of his face, and it started to bleed. My vet told me to apply hydrocortisone cream 1% to stop the itching but it doesn't seem to help much. I also put a little sock on his foot so his scratching wouldn't cause even more damage to his skin. Is there anything else I can do?

Ruffy's problem probably started with a little skin irritation after the hair on his face was clipped. It is not an uncommon problem in dogs who need this type of grooming. The irritation creates itching, which the dog tries to relieve by scratching. This causes more irritation, more itching, more scratching and so on. Hydrocortisone cream 1%, which reduces the inflammation and itching, works best if applied several times a day and rubbed in after every application. If you don't have hydrocortisone, you can also dab the affected area with baking soda solution (1 teaspoon of baking soda dissolved in 1 cup of water) which may help temporarily. Putting a sock on his back foot to cover his nails and prevent further damage is an excellent idea.

After you apply hydrocortisone, play games with him or go for a walk so he won't rub the cream off. (The longer the cream stays on his face, the better it will work.) Keep Ruffy near you as much as possible and if he starts to scratch, divert his attention with a toy or activity. Once his irritated skin begins to heal, the itching will gradually subside.

At his next grooming appointment ask your groomer to leave a little more facial hair on Ruffy which may help prevent skin irritation.



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All the mistakes I make arise from forsaking my own station and trying to see the object from another person's point of view. —Ralph Waldo Emerson





## Stray Animals cont. from page 38

Going one step further, stop by a local veterinary office and ask for medication to treat internal and external parasites. Be prepared to describe the dog's condition, size and weight (perhaps snap a photo) so you get the right medicine. You can usually crush it into food to disguise any unpleasant flavor.

#### **Treatment**

Beyond the basics, you can also bring a sick dog into one of the local veterinary offices for treatment, vaccinations and spay/neuter. But before you take this step, ask yourself some tough questions:

- 1. How will you pay for the veterinary treatment? If you cannot pay these expenses, then you cannot afford to bring the dog in—period. Veterinary services are less expensive in Guatemala than in North America or Europe, but they're still considerable. Vets in Guatemala cannot afford to do this pro bono. Perrault explains, "When you pick up a dog from the street, it becomes your responsibility—not the vet's—to take care of and pay for the dog."
- 2. What will happen during recovery and after the dog is well? Vets cannot keep the dog or seldom if ever find it a home, and again most often there no space available at animal rescue centers. Are you emotionally prepared to put the dog back on the street? Or will you take complete responsibility for housing the dog and then finding it a suitable owner? If you don't live in Guatemala, what will you do if you have not found a

home by the time you plan to return home? "Making a dog a part of your household and then abandoning it back on the street when you leave is worse than leaving it on the street in the first place," says Perrault.

- 3. Have you looked for the dog's owners? Some studies show that up to 80 percent of Guatemalan street dogs actually have owners. Explains Perrault, "Many families really love their pets, even if we think they treat them badly. Sometimes it's just a question of education or not having the means to pay for veterinary costs or food, so ask around, and if you can find the owner, see how you can work together instead of taking their dog away."
- 4. If you plan to find a new owner, are you prepared to pay for training to make the dog a suitable pet? A dog with major behavioral problems is likely to end up back on the street. Perrault says, "It's not only about finding somebody, it's about finding the right somebody and making sure the dog is ready to be a good pet for them."

If you are ready to take responsibility for the veterinary costs, and can either accept returning the dog to the street or have a solid plan for post-veterinary training and adoption, then it's time to bring the dog into the veterinary office, using either a crate or a leash. Be careful and stop if the dog becomes aggressive or overly fearful. Once you have the dog, be prepared to pay for the initial vet visit and provide good contact information for follow-up and to pay for treatment.

#### From Street Dog to Your Dog

If a homeless dog steals your heart and you're thinking of adopting, make sure you're ready for the longterm responsibilities of a new pet. If you're not from Guatemala, ask a local vet about the steps to transport a dog overseas, which is not as difficult as you may imagine if you're from North America. Generally, there is no quarantine period, paperwork requirements are relatively straightforward, and most airlines accept dogs in crates as luggage or cargo. Expect to spend about \$600 in total for the crate, certifications, flights, necessary vaccinations, etc. Plan ahead, because you'll need to have vaccinated the pet more than 30 days before travel, and airlines often have their own additional requirements.

#### **Giving Genuine Help**

If you want to make a long-term difference helping homeless animals in Guatemala consider donating money, food, or veterinary medicine to local rescues, or ask about volunteering. This is one way to be a real hero to the homeless and abandoned dogs of Guatemala.

#### HELPFUL LINKS

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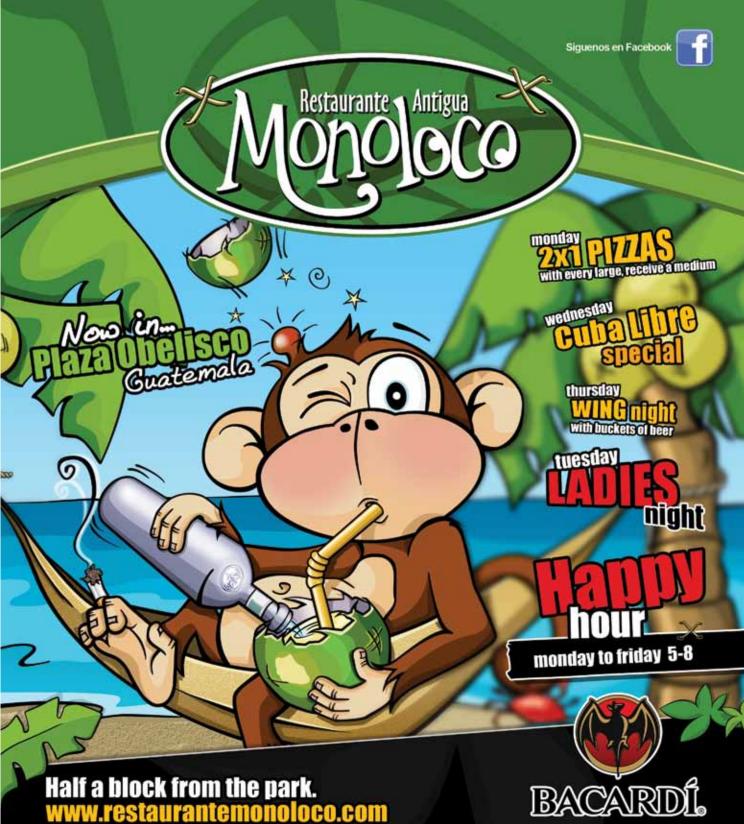
## Savoring Moments cont. from page 19

While walking, take note of all of the pleasant things around you. The cobbled streets of Antigua are lined with curiosity, history, art, food and a magical spirit that embraces you as you discover new treasures at nearly every turn. I read Elizabeth Bell's article in last month's Revue about the "Hidden Mermaids" throughout Antigua. Friends and I are going to walk in search of these mermaids!

Exploration is filled with moments that we all treasure. It is in these times that we realize each moment is what it is meant to be and teaches us to revel in the ordinary and extraordinary. It is in these moments that I am filled with gratitude, it too is delicious.

"Everything we see, hear, taste and smell has the power to strengthen and uplift us." —Pema Chödrön

Shannon McCullough is just getting started, walking along the cobbled streets and searching out more interesting shops, restaurants and such. Stay tuned.



Decreto 90-97: El exceso en el consumo de este producto es dañino para la salud del consumidor. Bacardi y la figura del Murciélago son Marcas Registradas de Bacardi y Cia Limitada.



# Vino y Cocina

With a recipe for a Guatemalan Tamarind Martini

espite the Spanish influence, wine has not been a popular drink in Guatemala. In the last few years, however, in connection with the foodie revolution, wine culture is developing among Guatemalans. From *vinotecas* (wine-tasting houses) and wine aficionados to a local winery, it seems that the time is right for wine to grow in popularity.

In my kitchen, I use wine and other spirits not only to cook and to flambé, but also to pair with Latin American gourmet dinners. Although Guatemala is not yet a finewine producer, it makes great beer and award-winning rums. When looking to pair my menus with outstanding wines, I often choose Spanish, Chilean or Argentinean wines, or lesser-known wines, such as Uruguayan and Mexican.

People drink
what they like
disregarding the
"wine rules"
of the past.

As a wine drinker and chef in the food and restaurant environment, I am often exposed to wine and alcohol, which gives me the opportunity to experience what is new and trendy. When I attended Le Cordon Bleu, I had formal wine education as part of the curriculum and learned the protocol of wine drinking. Living in the U.S. where wine is popular, I have

Amalia Moreno-Damgaard is a Chef and award-winning author of Amalia's Guatemalan Kitchen: Gourmet Cuisine with a Cultural Flair (AmaliaLLC.com) learned to appreciate local wines as much as Latin and European wines. In addition, I have developed my own taste and have observed that people drink what they like disregarding the "wine rules" of the past.

A casual environment also encourages people to venture into other spirits and that is just wonderful when it comes time for me to plan menus for parties and business events. Below is a food and wine and other drinks pairing scenario of a typical event I host in my kitchen. We often talk about the traditions, history and culture behind the wine and food as part of an experience for the guests' enjoyment. This can also be a fun guide for your own party at home.

I regularly welcome guests with a glass of cava (Spanish dry sparkling



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## Vino y Cocina

wine) and pair it with *entradas* (appetizers) consisting of small bites of shrimp ceviche or spicy marinated *queso blanco* (white cheese). Sometimes I make capirihnas (Brazilian cachaça rum, lime and sugar) or *pisco sour* (pisco brandy with lime juice, angostura bitters and egg whites popular in Chile and Peru), or tequila with sangrita (a limey-spicy tomato juice based concoction). I also serve tamarindo and Jamaica Guatemalan *indita aguardiente* (sugarcane spirits mixed with traditional Guatemalan flavors) over ice or in a martini glass.

Entrées of hearty and spicy or milder Mayan stews (red, brown, yellow or green) scream for either medium bodied red wines (Malbec or Carménère) or nice dry medium or lighter bodied whites (Chardonnay or Sauvignon Blanc). Sometimes guests prefer to drink beer. I recommend Guatemalan, Brazilian or Mexican beers, and sometimes American and European. Because I've been married to a Dane for many years, Danish beers have a prominent place in our family, and having traveled throughout Europe where wine and beer reign, I have gotten exposure to some fine drinks and spirits and developed a deeper appreciation for them.

I tend to pair "happy and sweet endings" with a fruity and floral semi-sweet and light white, like Argentinean Torrontes, or choose Guatemalan Zacapa Centenario, an award-winning rum from the Zacapa department of Guatemala. Guatemalan hot chocolate, fresh strawberries and *galletas* María taste delicious when paired with a very small glass of XO Zacapa Centenario, the finest of the Zacapa rums, which I encourage people to sip alongside the chocolate for a unique experience. People love what is sensational and delicious, and Guatemalan and Latin American wines and spirits have a lot to offer.

To celebrate the emerging Guatemalan wine and mixed drinks culture, here is a drink to lift up your spirit!



# Guatemalan Tamarind Martini

Tamarind comes from an African tree with a pod that must be peeled first to expose the gummy brown, sweet, highly acidic pulp. Indita is a Guatemalan sugar cane liquor from a distillery in Quezaltenango which also makes award-winning Botrán fine rums, premixed bottled drinks and more. This is a simple and delicious way to enjoy a Guatemalan-style martini!



## Makes 1 drink

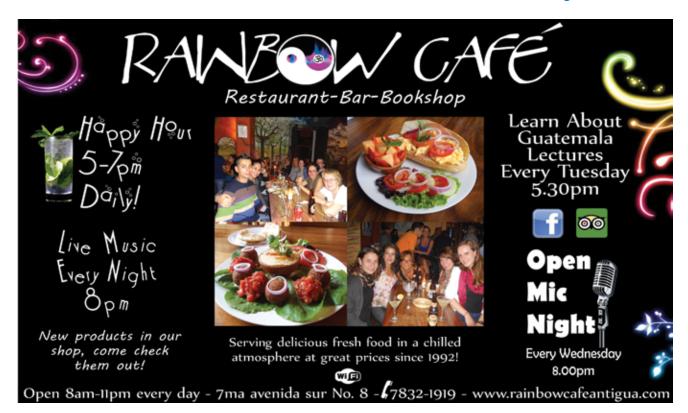
4 oz. tamarind indita (Guatemalan sugar cane liquor)

#### 3/4 to 1 cup ice

Sugar for garnish (Use a bit of water around the rim of the glass to make sugar stick.)

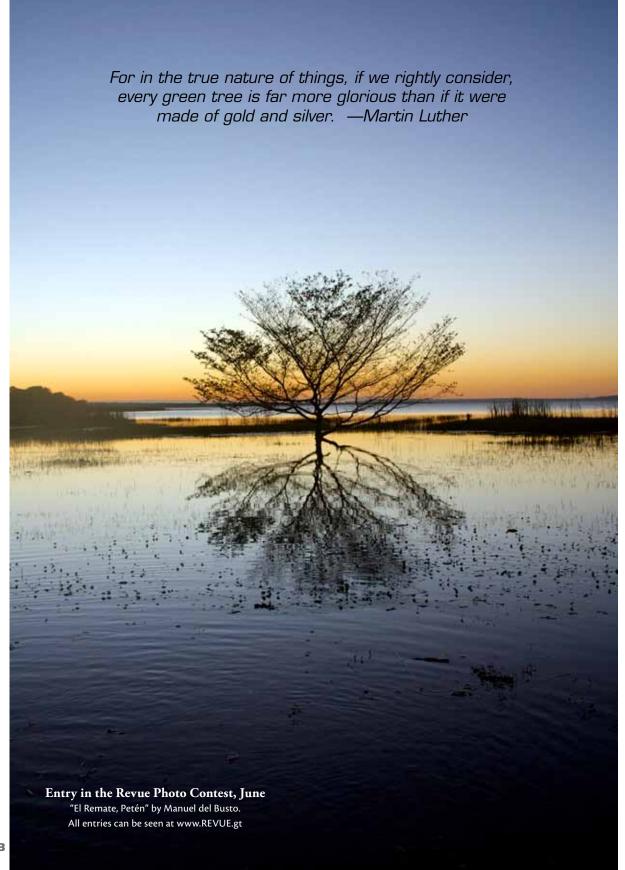
In a martini shaker, combine all ingredients and shake vigorously for 1 minute. Or, combine in a blender and process until smooth.

Serve the tamarindo in sugar-coated martini glasses.





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"Los Zopes" by Holger Tobuschat











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If you resist reading what you disagree with, how will you ever acquire deeper insights into what you believe?
The things most worth reading are precisely those that challenge our convictions. —K.T. Jeng

I can teach anybody how to get what they want out of life. The problem is that I can't find anybody who can tell me what they want.

—Mark Twain

## ANTIGUA dining











If you would know strength and patience, welcome the company of trees. —Hal Borland







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It is not so much for its beauty that the forest makes a claim upon men's hearts, as for that subtle something, that quality of air that emanation from old trees, that so wonderfully changes and renews a weary spirit.

—Robert Louis Stevenson

Of all the wonders of nature, a tree in summer is perhaps the most remarkable; with the possible exception of a moose singing "Embraceable You" in spats. —Woody Allen

What we call reality is an agreement that people have arrived at to make life more livable.

—Louise Nevelson



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As I was walking up the stair, I met a man who wasn't there. He wasn't there again today. I wish, I wish he'd go away. —Hugh Mearns Only those who attempt the absurd will achieve the impossible. I think it's in my basement... let me go upstairs and check. —M.C. Escher

#### Sacred Animals and Exotic Tropical Plants by Dr. Nicholas M. Hellmuth photos: Sophia Monzón

# Flavoring Cacao with Danilla

he pre-Columbian Maya used vanilla as a flavoring for thousands of years.

The Aztec also used vanilla to flavor cacao, commonly known in English as cocoa, as in chocolate.

The Maya extracted the flavoring from the seed pod of the vanilla planifolia orchid vine. Considering the importance of vanilla orchids, it is surprising that more orchids are not pictured in Mayan art or hieroglyphs.

Why we are studying flavorings for chocolate? Vanilla is an obvious and long-known flavoring. Our goal is to find as many of the plants as possible and photograph their flowers.

Since vanilla is grown primarily around the Papantla area of Veracruz, Mexico, I am focused on all the chocolate flavorings that could be found in Guatemala.

Armando Cáceres, agronomist and specialist in medicinal plants of Guatemala, grows vanilla at his botanical research garden in Samayac, Suchitepéquez. We've been told that there are a few other vanilla plantations in the Chimaltenango area (perhaps Pochuta?), but have not yet been able to locate them.



Vanilla blooms late into the night and begins to fade by noon. Here are flowers, buds, dead flowers and incipient pods.



Most vanilla in Guatemala is grown in Alta Verapaz, between Chisec and Raxruha. But I estimate that more than half of the areas planted with vanilla in the last decade have now been abandoned, as it takes many years to successfully grow and produce vanilla. The process includes nurturing vines for several years; maintenance of the seed pod is boggling. Once it flowers, it can take up to a year to care for the vanilla pod as it ripens.

...continued on following page

"...it takes many years to successfully grow and produce vanilla."

Dr. Nicholas M. Hellmuth is director of FLAAR Reports (Foundation for Latin American Anthropological Research). Contact: frontdesk@flaar.org
Stay tuned: www.maya-ethnobotany.org





#### Vanilla

Special thanks to the owner and caretaker of the two vanilla plantations near Chisec who allowed us to study the vanilla vines during early May (the end of the flowering season). Also to Armando Cáceres, agronomist and specialist in medicinal plants of Guatemala.

#### References:

"The True History of Chocolate," by Sophie D. Coe and Michael D. Coe.

"Vanilla Orchids, Natural History and Cultivation," by botanist Ken Cameron, Timber Press.

A complete bibliography on www.maya-art-books.org

Photographs of other original flavorings for cacao on

http://www.maya-ethnobotany.org/



The vanilla you see here has been taken care of every day for many many months, to aid the cure to form the fragrance.

# Cathedral cont. from page 12

When you enter the cathedral today, the altar is now where the original baptistery had been located, and it appears sideways. Sculptures from 1650 have been brought in from other churches and towns, and altars were later created for San José Cathedral (technically no longer a cathedral albeit in name only), and church attendance now is most often at full capacity.

My favorite part of the cathedral is the "ruins" section. The south side entrance takes us back 300+ years. One column that fell during the 1976 earthquake remains on its side. The 22-year extensive restoration work by the National Council



for the Protection of Antigua began in 1984. The Maya still use one of the burial vaults as a special prayer area. It is not common knowledge that everyone was buried in his/her church throughout colonial times, so we estimate thousands of people were buried below the cathedral.

Our latest contribution to San José Cathedral is the restoration of the 18th century anonymous painting—"Bautismo de Jesus." (photo, left) It was restored by an expert in his field, Flavio González, and sponsored by Antigua Tours. We look forward to seeing it back up on the wall very soon!

The 22-year extensive restoration work by the National Council for the Protection of Antigua began in 1984.



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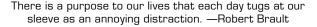
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When a man does not know what harbor he is making for, no wind is the right wind. —Seneca

Most passport pictures are good likenesses, and it is time we faced it. —Katharine Brush

My whole life is waiting for the questions to which I have prepared answers. —Tom Stoppard

After you've heard two eyewitness accounts of an auto accident, you begin to worry about history. —Nick Ford







Disbelief in magic can force a poor soul into believing in government and business. —Tom Robbins

Her hearing was keener than his, and she heard silences he was unaware of. —D.M. Thomas

I hate cameras. They are so much more sure than I am about everything. —John Steinbeck

We should forgive our enemies, but not before they are hanged. —Heinrich Heine

The only normal people are the ones you don't know very well. —Foe Ancis









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Everything is a miracle. It is a miracle that one does not dissolve in one's bath like a lump of sugar. —Pablo Picasso

I feel like a fugitive from the law of averages.
—William H. Mauldin





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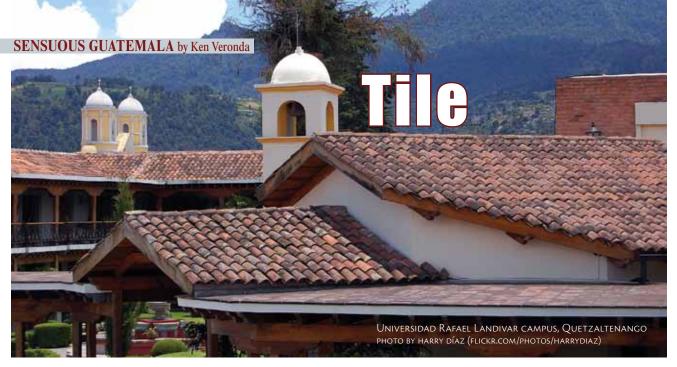
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The tree which moves some to tears of joy is in the eyes of others only a green thing which stands in their way. -William Blake

Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money. —Cree Proverb







o, not floor or wall tiles, nor mosaics. Not bath tiles or tiles used for games. Tiles can be of ceramic, stone, metal, glass. Not these. I'm talking roof tiles, the Spanish Mission or barrel tile with the curved surface, an old idea brought here by the European conquerors who started making them with local clays, fired to that familiar terracotta brick red.

Roof tiles were pretty easy to form. Sit a naked worker down in the wet clay, and he can pat the stuff along his thigh to form the ideal shape to install on roofs, alternating up and down. Ah yes, a far better roofing than the native thatch that leaked, burned and rotted. Red clay tiles look prettier to our eyes, too, above whitewashed walls against deep blue skies and brooding volcanoes.

The market town of Chimaltenango—"place of walls," white walls with terracotta roofs—was one of the prettiest stops along the Pan American Highway, an hour from the city at the La Antigua junction.

For tourists heading to Chichi and the lake, Chimaltenango was a first stop for picture-taking of the plaza and Colonial streets. Sidewalk artists sold their pastels and oils of the idyllic scene.

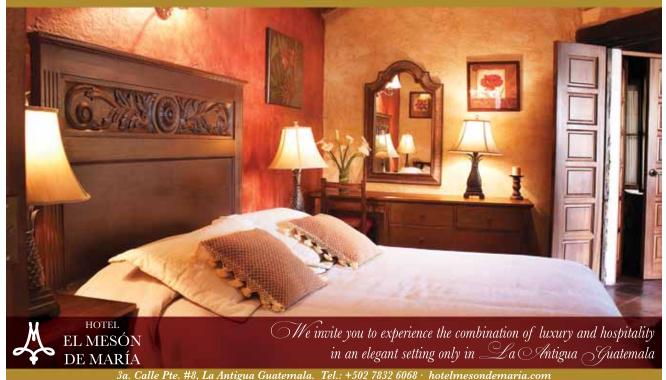
Idyllic, but deadly.

Clay tile roofs atop rotting wood beams were heavy weights just waiting to fall, which so many did when each major earthquake hit Guatemala. Many families were crushed as they slept that early morning in 1976 during the last great quake, especially in Chimaltenango. Though distant from the epicenter, the town shook heavily and many tile roofs came tumbling down. The traditional practice since Colonial times was to build again with a heavier tile, but this time lightweight, less-expensive corrugated materials were used. Next big quake, fewer lives should be lost. But the town is

no longer so picturesque.

Sure, mission roof tiles continue, especially atop churches and other Colonial buildings. If properly fastened on sturdy timbers, they're safe and look great in your photos and paintings. As you travel around the Guatemalan highlands, take lots of those pictures of beautiful tile roofs—when you find them. On many cottages in little towns, they've already yielded to unattractive but cheap and safe Duralite.

A few years ago, I found a couple of handmade clay tiles dumped by a neighbor rebuilding with modern stuff. They'd been shaped on a man's thigh, with handprints evident. A friendly artist painted macaws on the tiles for me, and I've mounted them narrow-end-up in our hallway. Fine souvenir of old mission tiles. Assemble your own terracotta tile souvenirs in your pictures, paintings and memories.





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# Q&A



# This month, we discuss the ultra-important topic of tax-efficient investing.

imply put, tax-efficient investing means structuring your investments such that taxes are minimized. This relates to an important saying: "It's not what you earn, but what you keep."

Investments generate returns capital gains, dividends, and interest. Generally speaking, capital gains are more tax efficient than dividends and interests. That is because capital gain can be deferred until the investment is sold, and long-term gains are subject to a lower tax rate. However, there are certain mutual funds and managed accounts (by financial advisors) with high churn or turnover lots of buying and selling within the fund or portfolio. These generate distributed capital gains on which the investor needs to pay taxes. People are often surprised by the large capital gains that appear in their year-end statements from their mutual fund companies or brokerage firms.

Therefore (as a general rule), you should structure your investment portfolio into two buckets:

- 1. Put "less tax-efficient" investments into retirement accounts; and
- 2. Put "more tax-efficient" investments into taxable accounts. (see chart below)

Tax-efficient investing does not factor individual circumstances. For example, if you needed access to funds for a planned expenditure, then putting those funds into a retirement account may not make sense. Furthermore, many retirees face an entirely different set of questions in order to minimize their tax bill.

#### TYPES OF INVESTMENTS WHERE TO INVEST **Inefficient** Put into retirement accounts High-yield corportate bonds (tax-deferral) High-turnover active funds Real estate or REIT funds **Moderately Inefficient** Active stock funds **Bond funds Efficient** Put into taxable accounts **Index funds** Tax-managed fundes Short-term bond funds Low-yield money market

If you would like to submit a tax-related question, please email: <a href="mailto:info@holaexpat.com">info@holaexpat.com</a>.

Responses are provided by John Ohe (IRS-authorized enrolled agent), who resides in Antigua.

Disclaimer: The answers provided in this article are for general information, and should not be construed as personal tax advice. Tax laws and regulations change frequently.





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—Dr. SunWolf





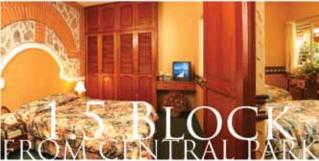
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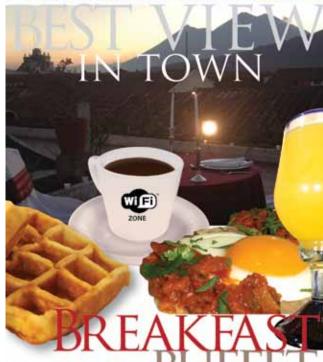
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Entry in the Revue Photo Contest, June "Palo rosa" by Tony Velasquez. All entries can be seen at www.REVUE.gt

Alone with myself
The trees bend to caress me
The shade hugs my heart.
—Candy Polgar



### LOBSTER FEST cont. from page 20

ty happening during the three-day event. It's a fun time for the whole family with activities for children during the day while the cool reggae beats carry through into the evening. The smoky charcoal grill scents the air as fresh lobster sizzles when the grill master squeezes a little lime on for extra flavor. Palm fronds ripple in the breeze, it's a beach party that is truly island living at its best. Oh yes, there's also the crowning of Miss Lobster Fest 2014.

Mark your calendars and make your hotel reservations early. Space fills up quickly for this popular event. Belize can be reached fairly easily and economically from Guatemala by one of two major routes:



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the southern route going through Puerto Barrios or traveling east from the Petén. The most economic route involves taking the bus from Guatemala City to Puerto Barrios and then catching a boat over to Punta Gorda, Belize. This route will make Placencia the most readily accessible Lobster Fest to enjoy.

The other option: Flying or taking the bus from Guatemala City to Flores, then connecting to Belize City on Tropic Air or traveling via affordable shuttle from Flores to Belize City. From there just catch a water taxi to either San Pedro or Caye Caulker.

Whichever way you choose to go —make sure you do it. It's a great local festival that is fun for the whole family.











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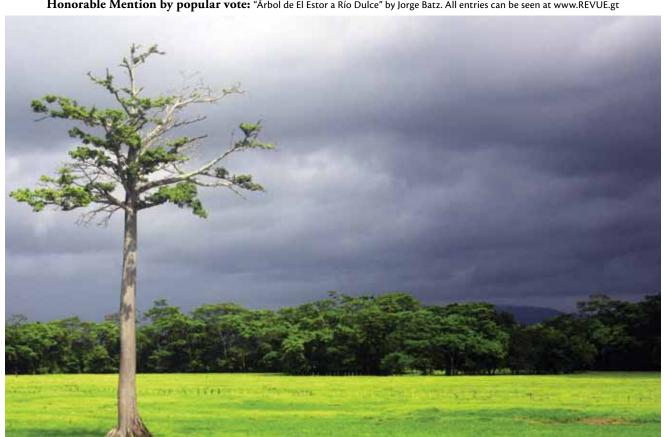
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2nd PLACE by popular vote: "Casa del arbol" by José Antonio García Aguirre. Prize: Carved Jade Paper Weight from Jades Xibalbá.

### JUNE REVUE PHOTO CONTEST WINNERS, theme: Trees of Guatemala

Honorable Mention by popular vote: "Árbol de El Estor a Río Dulce" by Jorge Batz. All entries can be seen at www.REVUE.gt





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Rituals in progress



#### Shamanic Rituals cont. from page 15

when he would gaze attentively at Liz, seemingly scrutinizing her countenance.

The spitting and whipping and chanting went on for perhaps a whole hour, at the end of which Tata stood back again and looked intently at his subject as if to say that his work had been accomplished.

From then on the feeling of intensity gave way to a more festive mood as Tata set fire to the candle offering on the floor. As the fire blazed, Tata, from time to time, poured the contents of those bottles (color-tinted alcohol, Coke and honey) onto the flames as he chanted more incantations. Slowly the fire died down and the ceremony ended.

Liz paid Tata and thanked him profusely. We made our way back to my vehicle and drove to my bungalow in the mountains above La Antigua Guatemala. For the rest of the day Liz remained silent. I guessed that she needed time to digest what had just happened to her.

A few days later I was driving Liz to her conference, and we discussed her experience with Tata Pedro. I have to say that I was skeptical and even somewhat amused by the ceremony that Tata had performed for Liz. Teasingly I told her that I would be happy to spit in her face and whip her anytime she wished, and what's more, I would do it for free. She did not find my comment funny at all, and flatly told me to shut up about it. I informed her that I only tease people I like.

Liz told me that Tata's ceremony had caused something to "shift" in-

side of her on an "energetic" level, and that ever since the ceremony she was feeling as though a big weight had been lifted off her. She said that some kind of "blockage" had been removed from her system, and that she was feeling much stronger, with more vitality and positivity.

As a simple bystander at her ceremony I did not get any of that. But as I said, it was her ceremony.

Having witnessed a wide variety of shamanic, religious and medical healing phenomena, I have come to some tentative conclusions. While the outer paraphernalia associated with the practitioner may change, the "bells and whistles" used by the Zulu shaman are quite different from the artifacts and dress of Maya spiritual guides, yet the basic principles behind the success of the treatment remain the same.

A key element in all healing arts, including modern scientific medicine, is the element of belief. If you believe that the sugar pill (placebo) your physician prescribes is actually a powerful medicine, there is a chance that you may actually start to feel much better. On the other hand, placebo studies have shown that well-known drugs, if administered without the patient's knowledge, are far less effective—if the patient did not know that the medication had been given to him or her. The power of mind and belief are profound, and the scientific study of the placebo effect is revolutionizing our understanding of the mind-body connection. Harnessing the power of belief will open new realms of possibility for all of us.





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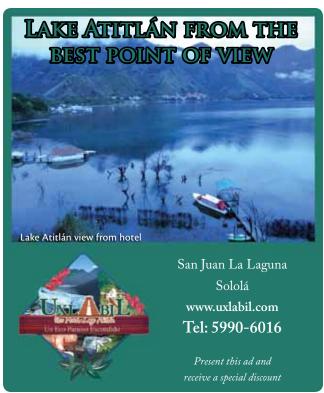




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It is difficult to realize how great a part of all that is cheerful and delightful in the recollections of our own life is associated with trees. —Wilson Flagg

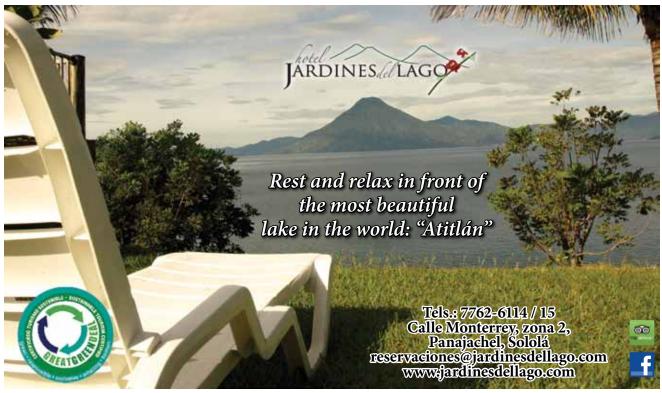


Entry in the Revue Photo Contest, June "Lonely" (San Pedro la Laguna) by Brineth

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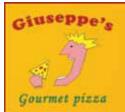
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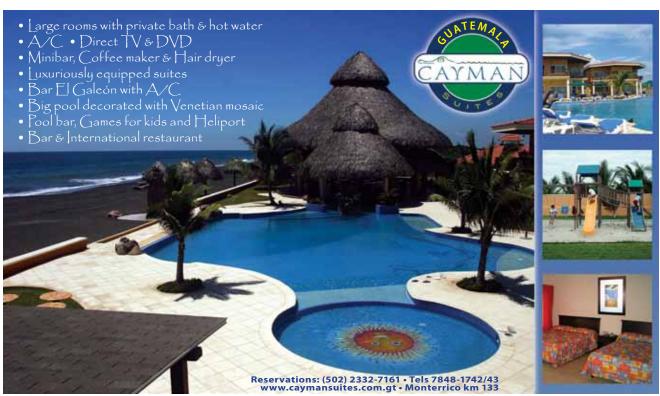
"Suspiros de un Atardecer" Palestina, Quetzaltenango Alberto Bolańos

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#### PACIFIC COAST / LAS LISAS / HAWAII

#### las lisas



Why do we love the sea? It is because it has some potent power to make us think things we like to think.

—Robert Henri

Keep your feet on the deck, your hands on the tiller, your eyes on the horizon and your beer in the fridge!

—B.E. Marshall

hawaii

Every time we walk along a beach some ancient urge disturbs us so that we find ourselves shedding shoes and garments or scavenging among seaweed and whitened timbers like the homesick refugees of a long war. —Loren Eiseley

You have to leave the city of your comfort and go into the wilderness of your intuition. What you'll discover will be wonderful. What you'll discover is yourself. —Alan Alda



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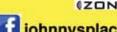


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I find myself at the extremity of a long beach. How gladly does the spirit leap forth, and suddenly enlarge its sense of being to the full extent of the broad, blue, sunny deep! A greeting and a homage to the Sea! I descend over its margin, and dip my hand into the wave that meets me, and bathe my brow. That far-resounding roar is the Ocean's voice of welcome. His salt breath brings a blessing along with it.

—Nathaniel Hawthorne



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How many legs does a dog have if you call the tail a leg?
Four. Calling a tail a leg doesn't make it a leg.
—Abraham Lincoln

#### petén



There is an objective reality out there, but we view it through the spectacles of our beliefs, attitudes, and values.

—David G. Myers

### Beekeepers cont. from page 17

On September 6, 2013, a magnitude 6.6 earthquake rocked southwest Guatemala, it destroyed several of the hives, and many bees swarmed and fled. Although earthquakes are common in the region, Genaro had never experienced anything like it in 30 years of beekeeping, and the loss of the swarm threatened to ruin the entire project.

Genaro, Felipa, and the team refused to let their dreams of beekeeping be shattered. They reconstructed the hives and carried them even farther up the volcano to a new site, carefully securing them so they would be less likely to fall again. Soon two of the swarms somehow found their way back home, and by February 2014, the group had harvested and packaged more than 200 lbs. of honey to sell around Lake Atitlán, earning enough mon-

ey to distribute to the group members while investing to expand the project.

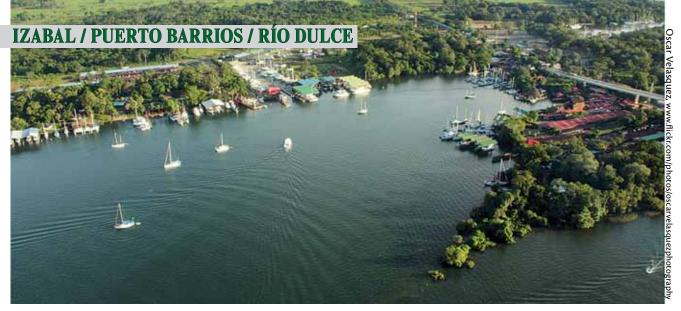
Although that may sound like a happy ending, it's really a happy beginning. Felipa, Genaro, and others from the original Pampojila group are now training farmers in the newly formed Totolya group on Volcán Tolimán, and so far, the bees seem to be content and healthy despite the rapid decline of bee populations worldwide. Above all, the coffee farmers are diversifying and becoming less dependent on a single crop. Felipa says, "The work with apiculture, for me, is really important. The group's vision is to have a large apiary, and with that, in the future, we will have an income ... [and I will be] earning some money to take care of my family."





















# marketplace



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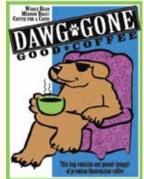
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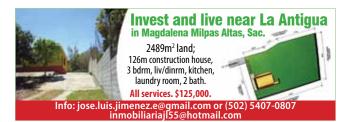
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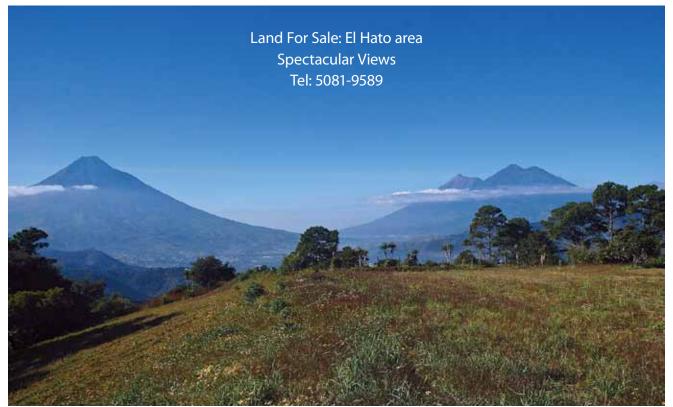




Reality is the leading cause of stress amongst those in touch with it. —Jane Wagner

Cloquet hated reality but realized it was still the only place to get a good steak. —Woody Allen

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To accept reality is only to encourage it. —Robert Brault



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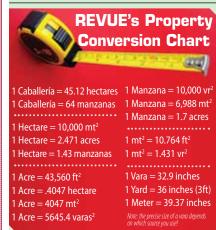
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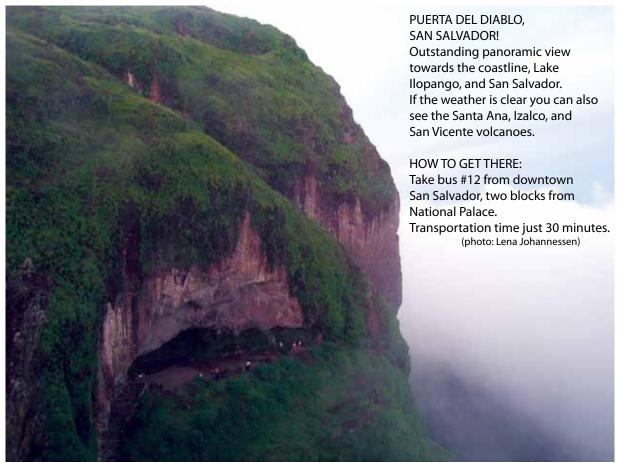




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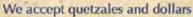












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Reality is not always probable, or likely. -Jorge Luis Borges

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Reality leaves a lot to the imagination. —John Lennon

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How reluctantly the mind consents to reality! -Norman Douglas



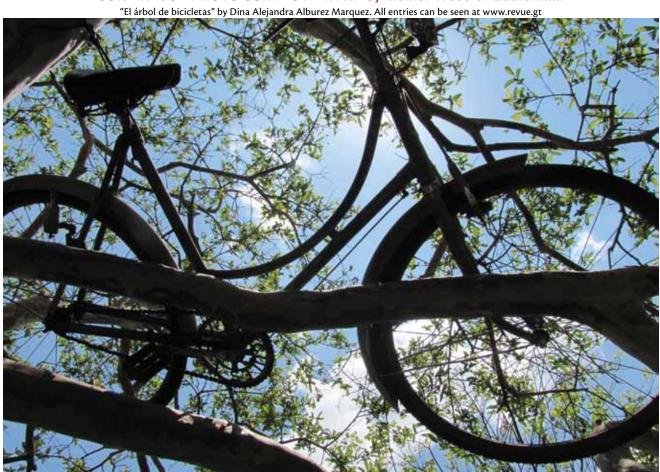
EMERGENCY ASSISTANCE Police: 120 Fire: 122 and 123

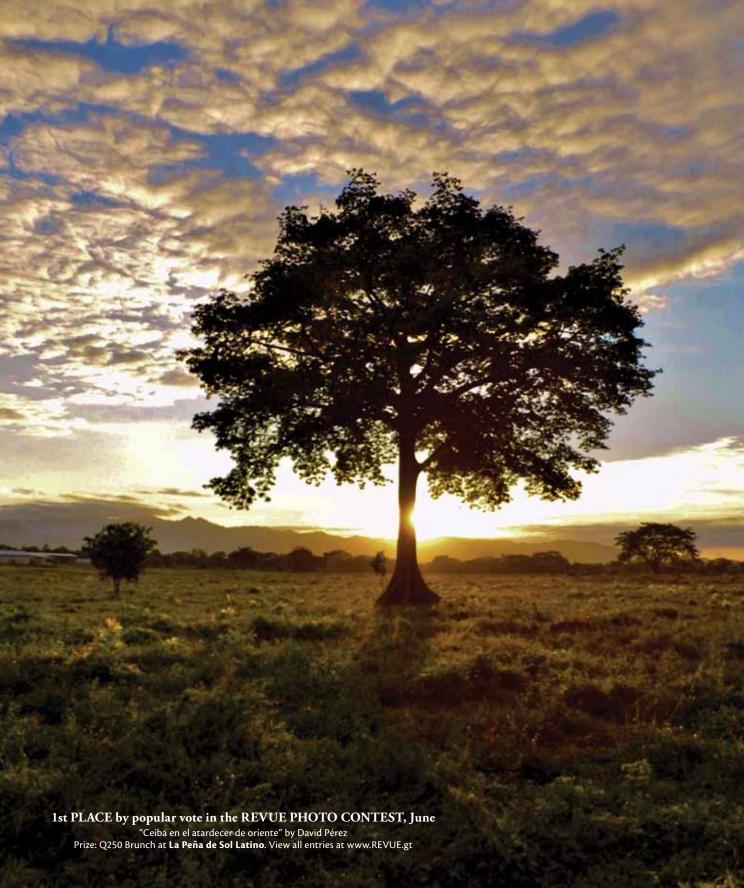
Tourist Police (Antigua): 7832-4131 Fire Dept: 7832-0234 Guatemala City Tourist Assistance: 1500 (24-hour)



"Casa de Hadas" (Fairy House) by Alex Hernández

## JUNE REVUE PHOTO CONTEST ENTRIES, theme: Trees of Guatemala











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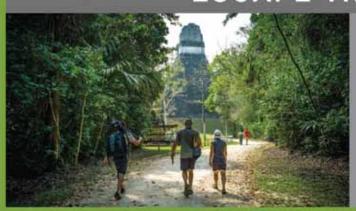




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