

SISTER ISLANDS

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SOMOS ISLEÑOS

*We tend the relationships....the projects we do
are secondary to the
friendships we build.*

*Cultivamos relaciones...los proyectos que real-
izamos son secundarios ante las amistades que
fortalecemos.*

Spring 2013 — Primavera 2013

Our financial report for 2012 — Nuestro informe financiero para 2012

3 hours, lots of fun, and \$12,000 — 3 horas, y muy divertido, y \$12,000

The Traña sisters remember old Ometepe — Las hermanas Traña se acuerdan del Ometepe histórico

A few secret treasures of Ometepe — Algunos tesoros secretos de Ometepe

Goalball: a sport for blind players — Gol-Bol: un deporte para jugadores ciegos



Elizabeth von Ruden, left, and Christy Carley take time for a hug just before the student auction. See Page 3.

Elizabeth von Ruden, izquierda, y Christy Carley toman tiempo para un abrazo al comienzo de la subasta estudiantil. Consulte la página 5.

Association Financial Information for 2012

Income	
Contributions & Net Event Income	\$115,848
Grants Received	\$2,929
Membership Dues	\$1,982
Interest	\$1,035
Sales of Goods	\$93,280
Gross Income	\$215,074
Cost of Goods Sold	(\$65,818)
Income net of Cost of Goods	\$149,256
Expenses	
Operating Expenses	
Coffee & Sales-related Expenses	\$1,384
Administration & Fund-raising	\$2,147
Miscellaneous	\$0
Total Operating Expenses	\$3,531
Project Expenses	
Delegate & Volunteer Travel	\$42,957
Ometepe Scholarships	\$42,895
Ometepe Office	\$14,159
Ometepe Projects	\$55,590
Bainbridge Outreach	\$2,759
Total Project Expenses	\$158,360
Total Expenses	\$161,891
Net Income (Deficit)	(\$12,635)
Fund Balance	
Assets	
Cash & Savings	\$172,710
Accounts Receivable	\$1,556
Inventory	\$94,574
Prepaid Expenses (One Call for All)	\$10,670
Total Assets	\$279,510
Liabilities	
Accounts Payable	\$0
Ometepe Employee Savings	\$2,319
One Call for All Funds (travel scholarship)	\$10,670
Total Liabilities	\$12,989
Fund Balance, beginning of year	\$279,156
Net Income (Loss)	(\$12,635)
Total Liability & Fund Balance	\$279,510

A taste of what we did in 2012

- Sent 24 Bainbridge high school students and seven chaperones to live with Ometepe families
- Provided uniforms, school supplies and travel costs for a program that helped 95 Ometepe students catch up on their education
- Sent delegations to Ometepe to develop deeper sister school relationships and programs for special needs students
- Provided scholarships for 52 Ometepe students studying at Nicaraguan universities
- Funded community projects: a road ramp, a school cafeteria and storage rooms, a community auditorium, and more



Bainbridge Ometepe Sister Islands Association Newsletter

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Founded in 1986 by

Kim and Ela Esterberg and friends

a non-profit organization

3 hours, lots of fun — and \$12,000

By Dana Cuykendall

At 2 minutes to 6, freshly cut flowers from Ela Esterberg's garden were placed into the coffee bag vases on the Woodward lunch tables, newly draped and decorated by the 2013 Student Delegation. And the first guest danced in to the beat of the Odyssey Marimba Band.

A group of seven student delegates — Elizabeth von Ruden, Christy Carley, Emma Spickard, Lilly Wingate, Elena Arakaki, Catie Muir, and Sam Dore — led the 2013 Student Delegation Auction held on March 11 at Woodward Middle School. But the night could not have been a success without the long hours put in by the entire student delegation both Friday and Saturday. Unlike most events, this is a 100 percent student-run and student-organized event. Their hard work resulted in one huge fiesta!

Eighteen students are part of this year's delegation, which will stay with families in the towns of Los Angeles, Sintoiope, and El Corozal for two



Nani Baron shows a little fancy footwork at the entirely student-run fund-raiser.

Nani Baron demostrando algunos de sus pasos ágiles durante la subasta, dirigida totalmente por los estudiantes, para recaudar fondos.

weeks. Students bring down suitcases of material aid, but they solicit contributions for that long before the auction. “You are already successful!” Linda Snyder, a longtime leader of the student delegations, exclaimed weeks before as donations came in from all over the country from friends and families invited by students. But the best was yet to come. At the auction, dance and dinner, the students raised more than \$12,000 for scholarships, school supplies, coffee workshops, special needs scholarships, and much more. Paul and Sarah, dancers from Educated Feet, led guests in the cha-cha, and Grupo Meridional kept everyone's feet moving till the clock struck 9.

BOSIA's financial predicament: Coffee sales can't do it all

By Emily Mansfield

The little town of Sacramento sits on the south shore of Volcán Concepción at the end of a long, bumpy dirt road. During my first visit there in 1999, our delegation worked alongside villagers to carry sun-dried bricks from the brick-maker across the road to the addition on the small blue elementary school which Sister Islands was funding. Later in the week, we walked under the verdant canopy sheltering shade-grown coffee at Finca Magdalena, knowing that the sale of the coffee helped finance the school we had just worked on.

Sister Island operations in those years were relatively simple: proceeds from coffee sales funded water systems and schools. Board members were never obligated to do fund-raising because this neat formula worked in perfect balance.

Over the past fourteen years, Sister Island projects and activities have grown exponentially while coffee sales have held steady. Then, as now, all donations to the university scholarship program are ear-marked for scholarships, and One Call for All donations are spent only on travel for cultural

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BOSIA's financial predicament

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exchange. This leaves everything else – library building, special needs programs, health activities, construction projects, coffee enhancement, and support for our staff and office in Altagracia – to be paid through our General Fund. General Fund contributions come from profits from coffee sales, membership dues, interest income, Kids Can Make a Difference calendar sales (at least partially), student auction proceeds (partially), and occasional unrestricted donations and grants for specific projects.

In recent years, our General Fund has been running at a substantial deficit for several reasons. We are now involved in many more projects. For example, our Special Needs program, just a few years old, has made dramatic differences in



Through the General Fund, the Sister Islands Association pays Rafael Cruz, a Nicaraguan agronomist, to help Ometepe coffee growers improve their crop. The latest challenge is roya, a rust that is decimating coffee plantations on the Nicaraguan mainland. Earlier this year, Rafael joined Mario Ibarra and Trinidad Castillo from the Nicaraguan agriculture ministry, shown here, as they inspected Ometepe coffee trees. Along the trail up Maderas from Finca Magdalena, they found 80 percent of the leaves infected. But some other cafetals were roya-free. Specific cultural practices and fungicides (the organic remedy is copper) help control the fungus.

A través del fondo general, la Asociación de las Islas Hermanas paga a Rafael Cruz, un agrónomo de Nicaragua, para que ayude a los productores de café Ometepe con la mejora de sus cultivos. El reto más reciente es la roya, un moho que está diezmando las plantaciones de café en la parte continental de Nicaragua. A principios de este año, Rafael se juntó con Mario Ibarra y Trinidad Castillo del Ministerio de Agricultura de Nicaragua, mostrados aquí, mientras inspeccionaban los árboles de café en Ometepe. A lo largo del camino de la Finca Magdalena hacia Maderas, encontraron con el 80 por ciento de las hojas infectadas. Sin embargo, algunos otros cafetales a mayor elevación estaban libres de la roya. Prácticas culturales específicas y fungicidas (el remedio orgánico es cobre) ayudan a controlar el hongo.

the lives of deaf and blind kids, their families and communities. The costs of construction, office rent, and other activities on Ometepe have increased, as have the costs for buying, shipping and roasting coffee. For two years, we have employed Rafael Cruz, a Nicaraguan agronomist, to help the coffee farmers improve their crop, but it will take a number of years before we see a reciprocal increase in production (which we hope we can match with an increase in sales at our end).

Why do you need to know all of this? If you are a One Call for All donor, you may not realize that the money you give is restricted to pay for travel between our two islands (because One Call money can be used only for projects that directly benefit Bainbridge residents). While we certainly want to encourage One Call donations, you may also wish to support all of the projects that we carry out through our General Fund. To avoid having to cut them back, our board and trustees want to increase undesignated funding, perhaps through an annual giving campaign that reaches beyond the One Call cultural exchange fund. Instead of having separate membership fees (now paid by only about a fifth of the people on our mailing list), we may decide to make all donors members automatically. This change would need to be voted on at the annual meeting in November.



Although Sister Islands' activities are increasingly complex and fund-raising has become a necessity, the essence of the organization remains the same: We still put relationships first. Proceeds from the sale of coffee may not currently be enough to fund a new fence around the school in my "hometown" of Sacramento, but my sister there and I are still in touch regularly, and over the years we have both visited each others' homes and celebrated birthdays and graduations of each other's children. No budget shortfall will change that.

3 horas, y muy divertido—y \$12,000

Por Dana Cuykendall

A los 2 minutos antes de las 6, las flores recién cortadas del jardín de Ela Esterberg fueron colocados en los floreros, hechos de bolsas de café, sobre las mesas de la Escuela Woodward, recién envuelto y decorado por la Delegación Estudiantil 2013. Y el primer invitado entró bailando al ritmo del conjunto Marimba de (la Escuela) Odyssey.

Un grupo de siete delegados estudiantiles - Elizabeth von Ruden, Christy Carley, Emma Spickard, Lilly Wingate, Elena Arakaki, Catie Muir y Sam Dore - lideraron la Subasta de la Delegación Estudiantil de 2013, celebrada el 11 de marzo en la Escuela Secundaria Woodward. Pero la noche no pudo haber sido un éxito sin las largas horas por parte de toda la delegación estudiantil, tanto el viernes y el sábado. A diferencia de la mayoría de los eventos, este es un evento organizado y realizado 100 por ciento por los mismos estudiantes. Su trabajo arduo dio lugar a una gran fiesta!

Dieciocho estudiantes forman parte de la delegación de este año, que se quedará con las familias en las ciudades de Los Ángeles, Sintiope y El Corozál por dos semanas. Estudiantes llevarán maletas con un botiquín, pero han estado solicitando contribuciones desde mucho antes de la subasta. "¡Ustedes ya son un éxito!" exclamó semanas antes Linda Snyder, un líder desde hace tiempo para las delegaciones estudiantiles, ya que las donaciones llegaron de todo el país, de los amigos y familiares invitados por los estudiantes.

Pero lo mejor estaba por llegar. Mediante la subasta y la cena, los estudiantes recaudaron más de \$ 12,000 para becas, útiles escolares, talleres de café, becas para necesidades especiales y mucho más.

La noche estuvo repleta de baile, comida, premios, y por supuesto la subasta competitiva. Amigos, familiares y vecinos rodearon las



On Earth Day, student delegates helped yank ivy from Pritchard Park.

Durante el Día de la Tierra, los delegados estudiantiles ayudaron eliminar a la hiedra de Pritchard Park.

mesas, sin quitar los ojos de sus propias ofertas ante unos paquetes que anunciaba mano de obra esclava y una noche libre para los padres, los cuales fuera donados por varios estudiantes; o un delicioso banquete estilo Nicaragüense organizado por la "Tri" de BOSIA, formado por los presidentes del pasado, presente y futuro. Una vez cerradas las mesas de subasta, procedieron unos bailes felices ya que las hermosas obras de arte o las empanadas frescas mensuales frescas eran las suyas.

Dos bailarines de Educated Feet (Pies Educados), Paul y Sarah, dirigieron a los huéspedes en el chachá, y el Grupo Meridional mantuvo en movimiento a los pies de todos hasta que el reloj dio las 9. Los estudiantes de las delegaciones anteriores, los estudiantes con la esperanza de unirse a las delegaciones futuras, amigos, familiares, representantes comunitarios y miembros viejos y nuevos de BOSIA estuvieron presentes para socializar y apoyar a los estudiantes y todos los proyectos de BOSIA. Gracias estudiantes y gracias a cada persona por sus donaciones y apoyo. (Thanks students and thanks to each person for their donations and support).

Before the ferry: The Traña sisters remember Ometepe as a world apart

By Colleen Carroll

Looking around the Sister Islands' office on Ometepe, it is hard to imagine it as anything but the office. The familiar yellow walls with blue trim speak to the history of the relationship between Bainbridge and Ometepe. They show the marks of various volunteers over the years and are decorated with pictures of delegations to Bainbridge and delegations to Ometepe. But before it was the office, it was the office of MINED, the Ministry of Education, and before that it was Dolores Traña's house, and before that it was the childhood home of Doña Dora and her siblings.



Doña Dora, on the left, with her sisters Doña Lilliam and Doña Lola

Doña Dora, a la izquierda, con sus hermanas Doña Lilliam y Doña Lola

"We were all born there, seven siblings," said Doña Dora, speaking to me with her two sisters, Dolores (Lola) and Lilliam, and with Dorita, Doña Dora's daughter, the Sister Islands' office manager. "We grew up without a dad, just with my mom."

Doña Dora's mother married at 14 and had her first child soon after. Dora was born in 1933, her sister Lola in 1935 and Lilliam in 1940, causing Doña Lola to joke that her younger sister is the "more modern" child. "Nothing modern about it," returned Doña Lilliam. For many in the United States, this time period was an entrance into a modern era, but as they talk about what Ometepe was like in their childhood, it is clear that it was a world apart.

"Before, the island was just small towns with ranchitos (wood and palm-thatched houses). You could walk anywhere because all the land was open," remembered Doña Dora. Doña Lola added that the streets were all sand—sand so thick that it buried your feet as you walked. "The streets were beautiful," she said. Getting off the island required a three-day trip by sailboat to Granada. "Three days there, three days back,"

recalled Doña Lola. "I love riding the ferry now."

When I asked what Altagracia was like in their childhood, the first thing Doña Dora said was, "It was very dark." Without electricity, everyone used kerosene lamps to light their houses. Doña Lilliam explained that as the years went on, people bought better lamps and finally the best was to have a Coleman lantern. "Everyone hung their lamps in the doorways, and the streets were all lit up. It made it look happy," she said.

"We were poor," said Doña Dora. "Everyone was poor.... We went barefoot. Maybe at 15, you would get sandals to wear."

"Everyone raised their chickens and pigs," explained Doña Lilliam. Doña Dora added that animals were everywhere. These included wild animals that they would eat, including iguana, guatusa (known in English as agouti, a large rodent), and deer. Two families in Altagracia had milk cows. "Sometimes we could buy milk, sometimes we couldn't," Doña Dora remembered. The talk turned from their childhood to teenage

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Antes del ferry: Las hermanas Traña recuerdan Ometepe como un mundo aparte

Por Colleen Carroll

Al ver la oficina de BOSIA, es difícil imaginar el espacio con otro uso. Las paredes, pintadas de amarillo y azul, contienen la historia de la relación entre las dos islas, con evidencia de las voluntarios que han trabajado aquí y fotos de las delegaciones de Bainbridge igual como Ometepe. Pero antes de la oficina, era la oficina del MINED y más antes era la casa de Dolores Traña y aun más, antes era la casa de Doña Dora y sus hermanos en su niñez.

“Allí nacimos todos, siete hermanos,” dijo Doña Dora, hablando con sus dos hermanas, Dolores (Lola) y Lilliam. “Nos criamos sin papa, solo con mi mamá.”

La madre de Doña Dora se casó cuando tenía 14 años y al poco tiempo dio a la luz su primer hijo. Dora nació en el año 1933, su hermana Lola en 1935 y Lilliam en 1940. Doña Lola rió y dijo que su hermana mayor “es más moderna” por nacer en 1940 pero Doña Lilliam respondió “nada de moderna.” Para la gente de los Estados Unidos, esta etapa fue una entrada a la modernidad pero al escuchar las historias de las hermanas Traña de

cómo era la isla de Ometepe en su niñez, es claro que vivían en un mundo bien diferente.

“Antes la isla era unos pueblos con ranchitos. Uno caminaba por todos los terrenos porque eran abiertos,” recordó Doña Dora. Doña Lola comentó que todas las calles eran pura arena que los pies se enterraban al caminar. “Linda eran las calles,” dijo. Al salir de la isla uno viajó por Granada y dilató tres días por barco de vela. “Tres días para ir y tres para regresar,” recordó Doña Lola. “Yo gozo andar en el ferry ahora. ¡Qué linda!”

Yo les pregunté cómo era Altagracia antes y la primera cosa que me dijo Doña Dora fue “Era oscuro.” Sin luz, todos ocupaban lámparas de queroseno para iluminar sus casas. Doña Lilliam me dijo que mejoraron las lámparas hasta lo mejor fue la lámpara Coleman. “Todos con su lámpara en la puerta y así iluminaban las calles. Era muy alegre,” dijo.

“Eramos pobres,” dijo Doña Dora. “Todo el mundo era pobre... andábamos descalza le chavalas. Tal vez a los quince años uno recibiría las chinelitas.”

“Todos criamos nuestras gallinas y cerdos,” me explicó Doña Lilliam. Añadió Doña Dora que la

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Doña Dora has opened her home not just to her own extended family but to many visitors and office volunteers from Bainbridge. Russell Carroll, who was the BOSIA volunteer several years ago, treasures this picture of the family. From left in the back row, they include Maricela, Dora, Doña Dora, Ana Gabriela, Russell. In front: Jefferson, Kendra, and Cindy.

Doña Dora ha abierto su casa no sólo para su propia familia, sino a muchos visitantes y los voluntarios de la oficina de Bainbridge. Russell Carroll, que era el voluntario BOSIA hace varios años, atesora de esta imagen de la familia. De izquierda en la fila de atrás, que incluyen Maricela, Dora, Doña Dora, Ana Gabriela, Russell. Frente: Jefferson, Kendra y Cindy.

The Traña sisters remember Ometepe as it was

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years and then marriage. They spoke of the serenades girls received from their admirers—and sometimes from rejected boyfriends. Dorita told a story that has clearly been repeated, and laughed over, by the family many times. Doña Dora and her sisters were carrying wood back to their house and an admirer offered to carry Doña Dora's load for her. She accepted and then quickly walked ahead, leaving him alone and struggling with the wood. "He never offered to help me again," she said with a small smile.

Doña Dora married Don Salvador at age 22 and had eight children. Doña Lilliam married at 19 and had her first of seven children at age 20. "There was no honeymoon when you married, it was just babies and babies," said Doña Dora. "Like pigs!" added Doña Lola with her characteristic humor, "One, two, three, four, five..."

With children and her husband to feed, Doña Dora awoke every morning early to do the laundry down at the beach. Dorita said that since her mom always went to the beach so early while it was still dark, one time she got confused and went to do the washing at midnight. "I only got confused that one time," laughed Doña Dora. When she got back to the house, Don Salvador would be waiting for her and head off immediately to the fields. She would then stir up the coals of the fire and cook breakfast, taking food to her husband when it was ready. Upon returning, she fed her kids, bathed the youngest ones and got the others ready for school. "Then I would clean the house and then sit down to sew, and I would make one pair of pants by 11, and then start another before making lunch...rice, beans, *guajada*, and plantains, sometimes eggs...this was our food every day. I would sew again, make another pair of pants and at 5, I would get up...to make dinner. Every day, this is what I did."

As evidence of how hard life was and how few



With Doña Dora in the lead, Maricela, Kendra, former office volunteer Kari Lagerloef, and Jefferson (nearly hidden) wrap up nacatamales in the courtyard of Doña Dora's home.

Con Doña Dora a la cabeza, Maricela, Kendra, ex voluntario de oficina Kari Lagerloef y Jefferson (casi escondido) envuelven nacatamales en el patio de la casa de Doña Dora.

options there were for medical care, Dora said that there is, or was, a belief that every family, especially big families, will lose one child. Doña Dora and Doña Lilliam each had a child die young, and Dorita said that her "Mamita Chenda," her mother's aunt, had 12 children and only four of them outlived her. Doña Lola had four kids and one was killed in the war.

When I asked what it was like on the island during the war, Doña Dora simply said, "It was horrible." Doña Lilliam added, "But here there was no fighting." However, like everywhere in the country, food and goods were rationed. Doña Lola explained, "They [referring to the US embargo of Nicaragua] blocked us. We didn't have soap, sugar. It was very tough. Children cried for milk."

During the Revolution, Doña Lola's son worked in a hospital in Masaya and was killed by the National Guard for attending to the wounded. When she learned the news, she went with her daughter to a house near the hospital. She told me she had to lie when the guards asked her where she was going. She told them she was just going on an errand. Her son's friends had hidden his body in the house because the National Guard would have charged her 5,000 córdobas for the body. She recalled, "I couldn't cry, because if I

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Las hermanas Traña recordar Ometepe

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carne de monte abundaba: el venado, la iguana, la guatuzá y comían de esta carne. Había dos familias en Altagracia con su ganado y sacaban leche pero dijo Doña Dora, “a veces podíamos comprar leche, a veces no.”

Comenzaron a hablar de su adolescencia y casamiento. Recordaban

las serenatas que recibieron las chicas de sus admiradores y también las serenatas más vulgares que cantaban los chavalos que no lograron enamorarlas.

Dorita nos contó una historia de su mamá que es bien conocida entre la familia. Una vez, Doña Dora y sus hermanas cargaron leña para su casa y un enamorado le ofreció cargar la leña de Doña Dora. Ella aceptó pero después le dejó atrás, solito y con toda la leña, y caminó rápido a la casa. “Nunca volvió ofrecerme ayuda,” dijo Doña Dora con una sonrisa.

Doña Dora se casó con Don Salvador cuando ella tenía 22 años y tuvo 8 hijos. Doña Lilliam se casó a las 19 años y su primer hijo nació un año después. “Cuando se casaban nunca había luna de miel, lo que era hacer muchachitos,” comentó Doña Dora. “Como chanchito,” añadió Doña Lola, riéndose. “Uno, dos, tres, cuatro, cinco...”

Cuidar y alimentar a sus hijos y su marido, Doña Dora se levantaba temprano cada mañana para ir a lavar a la playa. Dorita dijo que se iba a la playa de tan madrugada que una vez se confundió y fue a medianoche para lavar. “Solo

una vez me confundió,” respondió Doña Dora. Al regresar a la casa, Don Salvador la esperaba y salía para el campo. Ella atizaba el fuego y cocinaba el desayuno y llevarla para Salvador. Después limpiaba la casa, daba la comida a sus hijos, bañaba los tres más chiquitos y los mandaba a la escuela. “Me sentaba coser y me hacía uno [pantalón] a las 11 de la mañana y empezaba otro. A las 12 me levantaba hacer el almuerzo... arroz, frijoles, guajada y plátanos cocidos, a veces unos

huevitos... eso era diario la comida. Después a coser de nuevo, hacer otro pantalón y a las 5 me levantaba y me iba a la cocina para hacer la cena. Eso era mi trabajo diario.”

Por ser tan dura la vida y por falta de servicio médico, Dorita me explicó que hay, o había, creencia que en cada familia se va a morir un hijo. A ambas Doña Dora y Doña Lilliam se le murieron hijos tiernos y a la “mamita Chenda,” la tía de ellas, de sus 12 hijos nacidos, solo cuatro sobrevivieron... Lola tuvo 4 hijos y uno de ellos lo mataron en la guerra.

Les pregunté cómo era la vida en la isla durante la guerra y Doña Dora me dijo meramente, “Horrible.” Añadió Doña Lilliam, “Pero aquí [la Isla] no hubo guerra.” Sin embargo como en todo el

país racionaban comida y bienes. Doña Lola dijo, “Aquí nos bloquearon. No teníamos jabón, azúcar, viera que duro. Los niños lloraban por leche.”

Durante la Revolución, el hijo de La Lola trabajaba en un hospital en Masaya y la Guardia Nacional lo mató por atender a los heridos. Cuando ella se dio cuenta, llegó a una casa cerca



Doña Dora and her family carry on with many traditions that enrich community life in Altagracia. For La Purísima, a December feast celebrating the Virgin Mary, she hands out hundreds of treats to children who go door to door to collect goodies.

Doña Dora y su familia continúan con muchas de las tradiciones que enriquecen la vida de la comunidad en Altagracia. Durante La Purísima, una fiesta de celebración de la Virgen María en diciembre, Doña Dora reparte cientos de golosinas a los niños que van de puerta en puerta para recolectar regalitos.

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The Traña sisters

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cried they would know and they would take me or my daughter.”

She wrapped his body in a sheet and buried him under a street, to keep the National Guard from taking his body. “They used to burn the dead, for this reason there were many boys who disappeared, mothers who never knew if their sons were dead.” Doña

Lola said she remains in touch with the boys who fought and worked with her son and she has made them promise that when she dies, they will re-bury her son at her side.

Doña Lola recalled that after the revolution succeeded, a woman told her, “It hasn’t ended; the worst is still coming because the counter-revolution will come.” And she was right because the counter-revolution, Doña Lola declared, was worse than the war. Before, she said, people went to fight because they wanted to, because they believed in the revolution. But to fight the Contras, the Sandinista government established a draft, el Servicio Militar Patriótico, and “took boys, 16 or 17 years old, some only 13 years old” and pressed them into military service. Doña Lilliam added, “It was a second war, and even more painful than the first.”

Despite the hardships and suffering, Doña Lola’s outlook is positive. “Now is the time to work, to unite as a people...everything is very different now. Look how beautiful, we have electricity, good schools, universities.”

Doña Dora summed up her own take on life in a simple way: “Well, each person lives in calm with the time given.” When the Traña sisters are together, *vivir tranquilo* amplifies and includes the laughter, noise, and chaos of a multi-generational family telling stories, cracking jokes, and sharing love, living contentedly with the time together.



Three generations: Doña Dora, Kendra, and Dorita

Tres generaciones: Doña Dora, Kendra y Dorita

Las hermanas Traña

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del hospital con su hija. Me dijo que tenía que mentir a los guardias cuando le preguntaron a donde iba y les dijo que solo andaba haciendo un mandado. Los compañeros de su hijo escondieron su cuerpo porque la Guardia cobraba 5 mil córdobas para retirar un cuerpo. Ella me contó, “No podía llorar porque si lloraba, me hubieran tomado presa o hubieran tomado a mi hija.”

Rodearon su hijo en una sabana

y lo enterraron bajo una calle, escondiéndolo de la Guardia. “Quemaban los cuerpos en las calles y por eso muchos se desaparecieron. Las madres lloraban sin saber lo que pasó a sus hijos.” Doña Lola me dijo que mantiene contacto con los compañeros de su hijo y les ha dicho que cuando se muera ella que lo saquen el cuerpo de su hijo y lo entierren a su lado.

Cuando triunfaron los revolucionarios, una señora le dijo a Doña Lola: “No ha terminado, viene lo peor. Viene la contrarrevolución.” Y tenía razón porque dice la Lola, la contra fue peor que la guerra. Antes, dijo ella, los chavalos fueron de su gusto a luchar por creer en los ideales de la Revolución. Pero en su lucha con la Contra, el gobierno sandinista formó el servicio militar patriótico y “agarraban muchachos de 16, 17 años o de 13 años algunos” para luchar. Agregó Lilliam: “Otra guerra más dolorosa.”

A pesar de su sufrimiento, Doña Lola mantiene una actitud positiva. “Ahora es tiempo de trabajar, de unir unos a los otros... Todo está bien cambiado. Mira que linda—tenemos luz, lindas escuelas, la universidad.”

Doña Dora explicó la vida así: “Pues, cada cual con su tiempo vive tranquilo.” Cuando se reúnen las hermanas Traña, *live in peace* se amplía y extiende a incluir las risas y la bulla de una familia gozando con historias, chistes y amor, viviendo contentos con su tiempo juntos.



El Pital is a new ranchon run by Dr. Marta Zacarias Castillo of Balgüe and Alexander Mariena Jimenez Lic. of Madroñal. Marta's family has hosted visitors from Bainbridge for nearly two decades.

El Pital es un nuevo ranchón dirigido por la Dra. Marta Zacarías Castillo de Balgüe y el Lic. Alexander Mariena Jiménez del Madroñal. La familia de Marta ha recibido a visitantes de Bainbridge durante casi dos décadas.

A few secret treasures of Ometepe

By Alexis Bonoff and Emiy Mansfield

The Sister Islands Association has projects throughout Ometepe, and visitors with ties to the association often enjoy visiting some of them. But there is much more to explore, including places to eat, swim and learn—while still gaining an appreciation for all that has been accomplished through more than a quarter-century of friendships and joint efforts through the Sister Islands Association.

Sí a la Vida

Very close to Altagracia is the Sí a la Vida center, a program that works with street kids who have behavior problems or family issues and have been living on Managua city streets. The Sister Islands Association helps support this program and an accelerated elementary school program that many Sí a la Vida students attend.

Visitors are welcome at the Sí a la Vida center, which provides a home for 10 to 15 boys from Managua. You can get to know the kids and listen to their personal stories, which are very different than those of boys who grow up on Ometepe. To earn a little pocket money, the boys make colorful pulseras (bracelets) made of wool. The international volunteer or a member

of the fantastic local staff can explain the goal and the steps of the project, and if you want to buy some, you can pick from a multitude of colors and designs. Then, if you are lucky, you can go swimming with the boys or maybe they will teach you how to look for crabs in the rocks on the shore!

El Pital

If you find yourself hungry and hot, there is a new restaurant on the beach between Madroñal and Balgüe. El Pital is the dream of two islanders, Dr. Marta Zacarias Castillo of Balgüe and Alexander Mariena Jimenez Lic. of Madroñal. Marta's family was one of the first host families in Balgüe for BOSIA delegation students and they have continued to open their home to Bainbridge Islanders for 17 years. They have built a *ranchon*, an outdoor restaurant with a woven grass roof, on the beach, where they serve fresh and delicious food. They buy the fish in the early morning right in front of the restaurant and all their greens come from organic gardens in Balgüe. The tables are made from native island trees, and the bar is adorned with stones from the beach. They offer spirits as well as natural juices to help you to relax in one of the many hammocks after swimming. There is always a sense of peace, as if the whole world was calm and without any worries.

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Algunos tesoros secretos de Ometepe

Por Alexis Bonoff y Emily Mansfield

Las Islas Hermanas tienen proyectos en Ometepe por todos los lados, y las visitantes con una conexión a la asociación les gustan visitarlos. Afuera de eso, hay mucho más para explorar. Hay lugares en Ometepe para comer, bañarse y aprender—al mismo tiempo hay una apreciación por todo lo que hemos logrado con nuestra amistad de veinticinco años y los esfuerzos conjuntos de las dos Islas Hermanas.

Sí a la Vida

Muy cerca de Altagracia está el centro de Si a La Vida, un programa que trabaja con chavalos de la calle que tiene problemas de comportamiento familiar y han vivido en la calle de Managua. Este Centro se llama Casa José María y tiene de 10-15 residentes y un equipo fantástico local. En el centro puede conocer los chavalos y escuchar cuentos de sus vidas que son muy diferentes de los de la isla. Para ganar un poco de dinero propio los chavalos se hacen pulseras colorados de llana y se pueden comprar, sacando desde una variedad de colores y desinas. El Voluntario internacional o un miembro del equipo pueden enseñarle del objeto del proyecto y la manera en que lo hacen. Después, si tiene suerte, puede acompañar los chavalos a la playa al lado del proyecto y bañarse o tal vez, ellos le enseñarían a ustedes como buscar cangrejos en las piedras!

El Pital

Si anda Ud. con hambre y mucho calor hay un nuevo restáurate que puede cumplir tus necesidades. El Pital, por la playa entre Madrunal y Balgue. Eso era el sueño de los isleños, Dra. Marta Zacarias Castillo de Balgue y Alexander Mariena Jimenez Lic. de Madrunal. La familia de Marta fue uno de las primeras familias para tener un estudiante de Bainbridge en su casa, y continúa a tener las puertas abiertas por los Isleños de Bainbridge por 17 años. Han construido un ranchón por la playa que tiene comida rica y fresca. Se compra el pescado en la mañana directamente



Café Campestre makes its own whole wheat bread.

Café Campestre hace su propio pan de trigo integral.

en frente y toda la verdura viene de jardines orgánicos en Balgue. Hay cerveza y ron con juego natural y algunas hamacas para ayudarle a descansar después de bañarse y siempre hay un sentimiento de paz, como todo el mundo está bien tranquilo y sin preocupaciones.

Café Campestre

Gallo Pinto puede ser la comida nacional de Nicaragua pero a veces su estómago está gritando por algo diferente. Café Campestre en Balgue puede curar su deseo con una curry o lasaña italiana. El dueño inglés enseñó a sus trabajadores locales todas sus recetas favoritas que no se pueden encontrar por ningún otro lado de la isla. Aunque Café Campestre no tiene una conexión directamente a BOSIA, es el lugar más favorable para almorzar para los visitantes de Bainbridge.

Escuela de Español

Ahora tu no tienes que ir a Granada a estudiar !Español! Un ex-estudiante becado de las Islas Hermanas, Arlin Hernadez Barrios, y su hermano Diego Ramón fundaron la Escuela de Español de Altagracia en el Otoño del 2012. Ambos hermanos se graduaron con certificado universitario en material de turismo. El Otoño pasado, Arlin y Diego pusieron considerable talento en organizar y trabajar para lanzar la Escuela de Español que ofrecerá Español individualizado de instrucción al igual como en los hogares. Arlín se mudará a Blufields, donde viven su esposa y su hijo. Sin embargo Diego continuará como director de la escuela. Obtenga más información en www.altagraciaspanishschool.com.

A few secret treasures of Ometepe

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Café Campestre

Gallo Pinto may be Nicaragua's national dish, but sometimes your stomach is crying out for something different. Café Campestre in Balgüe can cure this desire with a curry or Italian-style lasagna. The English owner taught the local workers to make all his favorite recipes, which you won't find anywhere else on the island. Also, Café Campestre makes its own whole wheat bread, which they sell to many of the hotels and private homes. Café Campestre does not have a direct BOSIA connection, but it is a favorite lunch spot for Bainbridge visitors and delegates,.

Altagracia Spanish School

Now you don't have to go to Granada to study Spanish! A former Sister Islands' scholarship student, Arlin Hernandez Barrios, and his brother Diego Ramon founded the Altagracia Spanish School in the fall of 2012. Both brothers graduated with university degrees in sustainable tourism and recently went on for post-graduate classes in



The boys of Sí a la Vida on the first day of school

Los muchachos de Si a la Vida en su primer día de escuela.

clean energy. Arlin collaborated with other guides on Ometepe to form an association.

Last fall, Arlin and Diego put their considerable organizational talents to work launching the Spanish school that will offer individualized Spanish instruction as well as homestays. They had their first clients in January.

Arlin will be moving to Bluefields, where his wife and son live. The school will continue, however, with Diego as director. To learn more, visit www.altagraciaspanishschool.com.

New ways to buy our coffee

Have you had teachers to thank, a long list of friends and family to remember at holidays, or other occasions when you longed for a \$10 gift that you knew would be appreciated? We have the answer: From the "shop" section of our website, bainbridgeometepe.org, we can now ship a half-pound box of our freshly roasted, organic Café Oro to any address in the United States for just \$10, postage included. If you have numerous gifts to send, just type in your gift list and we'll do the rest.

This new size also makes a great sampler. If you know someone who might want to try our coffee, we appreciate your help in spreading the word.

Also, if you're a home roaster, we are now selling green beans in 5- and 10-pound bags for \$7.50 to \$8 a pound, depending on order size.

MISIÓN: *Para promover amistad y entendimiento mutuo entre los residentes de las Islas de Ometepe y Bainbridge mediante intercambios pacíficos. Esperamos que la relación se profundice con tiempo, e involucre más y más participantes de las dos islas. Nuestra amistad será respetuosa a la dignidad humana y la necesidad de expandir cooperación entre la gente del mundo independientemente de filosofía política.*

MISSION: *To promote friendship and mutual understanding between the residents of Ometepe and Bainbridge Islands through peaceful exchanges of all sorts. We expect the relationship to deepen over time, and to involve a steadily increasing number of participants from both islands. Our friendship will be mindful of human dignity and the necessity of expanding cooperation among peoples of the earth, irrespective of political philosophies.*

Mission formulated in June, 1987.

Goalball: a sport that gives blind players an advantage

By Dale Spoor

The Sister Islands Association is playing a small role in helping to promote goalball as a sport within the blind community on Ometepe. By paying for travel and equipment, we are helping Jadder Guillen, one of the leaders among blind students on Ometepe, travel to Managua once or twice a month to be part of a goalball team.

Guillen plays goalball regularly with a team from Rivas, a town just across the lake from Ometepe. He's gradually introducing the sport to other blind students on Ometepe with the hope of eventually having a team from the island. Currently a senior in high school, Guillen is among the blind students who go to the BOSIA office regularly to use the JAWS computer program, which reads aloud the words that are displayed in the screen. He uses the computer to do research for school projects, surfing the net, and teaching some of the younger blind children how to use the program.

Goalball is a team sport designed specifically for blind athletes. It began in 1946 as a means of assisting the rehabilitation of visually impaired World War II veterans. The sport's first world championship was held in Austria in 1978, and goalball became part of the Paralympic program beginning with the 1980 Summer Paralympics in Arnhem, in the Netherlands.

Participants compete in teams of three and try to throw a ball that has bells embedded in it into the opponents' goal. Teams alternate, with one member throwing or rolling the ball from one end of the playing area to the other. Players remain in the area of their own goal in both defense and attack. They use the sound of the bell to judge the position and movement of the ball as they try to defend their goal. Games consist



Jadder Guillen shows the 2012 Special Needs Delegation how goalball is played.

Jadder muestra cómo se juega el gol-bol a la Delegación de Necesidades Especiales.

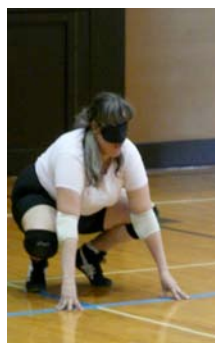
of two 12-minute halves. Eyeshades allow fully or partially sighted players to compete on an equal footing with blind players—but the best players are always those who are most accustomed to managing their lives without sight—the blind.

As a spectator sport, it's fun to watch. Each member of the team "owns" a square on the court that is 3 meters by 3 meters. Knowing where this area is located on the gym floor is determined by feel: There is a small rope in the shape of a square taped to the floor. In defensive mode, the player tries to prevent the ball from passing through

his or her area to the goal. This often involves a player scurrying across the floor on hands and knees, or making a spectacular gymnastic dive, ending up with the body stretched as long and tall as possible, with cheers from the crowd on a successful defensive move.

On offense, one member of the team is usually designated to roll the ball, although sometimes it is more of a waist-high pitch so that the ball goes bouncing down the floor. An effective bounce shot can go right over the defensive player. A good "thrower" varies the direction of the ball, so the other team cannot anticipate where it may show up next. Sometimes a very slow "sleeper" shot is used, producing very little sound, to throw the defense off guard.

During the Special Needs Delegation in November 2012, Guillen brought a goalball to the BOSIA office and demonstrated some of the moves with his usual gusto. There's also talk of incorporating goalball activities into future student delegations to Ometepe.



At a recent goalball game in Seattle, one player prepares to make a toss. A defensive player gets ready to intercept. And as the ball approaches, the defensive player hears it coming and lunges toward it.

Un jugador se prepara para lanzar el balón durante un partido reciente de gol-bol en Seattle. Un jugador defensivo se prepara para interceptar el balón. Al acercarse la pelota, el jugador defensivo la escucha y se lanza para interceptarla.

Gol-bol: Un deporte que da una ventaja a los jugadores ciegos

Por Dale Spoor

La Asociación de Islas Hermanas esta cumpliendo con un pequeño papel en la promoción de gol-bol como deporte para la comunidad ciega de Ometepe. Al pagar por sus viajes y equipo, estamos ayudando a que Jadder Guillen, uno de los líderes entre los estudiantes ciegos de Ometepe, pueda viajar a Managua uno o dos veces por mes para ser parte de un equipo de gol-bol.

Guillen juega gol-bol regularmente con un equipo de Rivas, un pueblo al otro lado del lago de Ometepe. Poco a poco, Guillen está introduciendo el deporte a otros estudiantes ciegos de Ometepe con la esperanza de algún día tener un equipo isleño. Actualmente, Guillen es un estudiante en su último año de la escuela secundaria y es uno entre varios estudiantes ciegos que utilizan el programa de computación llamada JAWS en la oficina de BOSIA que pronuncia, en voz alta, las palabras que se muestran en la pantalla. Él usa la computadora para proyectos de escuela, explorar la red (el internet), y mostrándole a los niños ciegos menores cómo utilizar el programa.

Gol-bol es un deporte en equipo, diseñado específicamente para atletas ciegos. Comenzó en 1946 de manera de ayudar con la rehabilitación de veteranos heridos en la Segunda Guerra Mundial. El primer campeonato del deporte fue realizado

en Austria en 1978 y gol-bol formó parte del programa Para-olímpico comenzando con los juegos Para-olímpicos de 1980 en Arnhem, Países Bajos.

Los participantes compiten en equipos de tres personas. Tratan de lanzar y meter un balón con campanas al gol de su oposición. Los equipos toman turnos, con un miembro lanzando o rodando el balón de un extremo del campo de juego al otro extremo. Los jugadores permanecen en el área de su propio gol tanto durante la defensiva como el ataque. Utilizan el sonido de la campana para determinar la posición y movimiento de la bola mientras tratan de defender su gol. Los partidos consisten de dos tiempos (mitades) de 12 minutos cada uno. El uso de una venda permite que aquellas personas con visión parcial o completa puedan participar de manera equivalente a los ciegos – aunque los mejores jugadores siempre son aquellos más acostumbrados a vivir sin la vista – los ciegos.

Durante la Delegación de Necesidades Especiales en noviembre de 2012, Jadder trajo un gol-bol a la oficina BOSIA para demostrar el tamaño y el sonido de la pelota a los miembros de la delegación, y para mostrar con su gran entusiasmo habitual algunos de los movimientos del juego. También se está considerando incluir las actividades de gol-bol para las delegaciones estudiantiles futuras a Ometepe.



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Get involved!

- Sign up for our monthly email newsletter as you check out our website, bainbridgeometepe.org.
- Buy Café Oro, our organic, shade-grown, fair-traded coffee from Ometepe. It's sold at T&C, Central Market, Pane d'Amore at Lynwood Center, or online at bainbridgeometepe.org/store.
- Become a member. Contact Susan Shaffer, (206) 842-3984 or sign up on our website.
- Join a committee – Library, Projects, Coffee, Special Needs, Health, Finance, Newsletter. See "get involved" on our website.
- Help bag coffee on Wednesday afternoons. Contact Barb Pettit, (206) 842-6740.
- Sponsor a university scholarship for an Ometepe student. It costs just \$960 a year, or \$480 if you share with another family. Contact Kathy Grainger, (206) 842-9805.



What's a guaranteed way to generate huge smiles from Dora ("Dorita") Gutierrez Traña, our office manager, and Colleen Carroll, the office volunteer? Hint: It's sweet and from the cacao tree.)

¿Cuál es una forma garantizada para generar enormes sonrisas de Dora ("Dorita") Gutiérrez Traña, nuestra gerente de la oficina, y Colleen Carroll, el voluntario de la oficina? Nota: Es dulce y del árbol de cacao.