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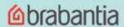
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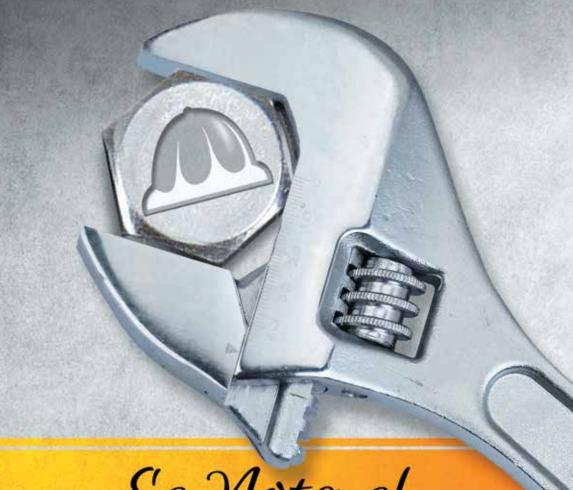


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Todos los días hacemos nuestro trabajo de forma eficiente, es por eso que la calidad, innovación y servicio que ofrecemos se nota. Visítenos, será un gusto atenderle.















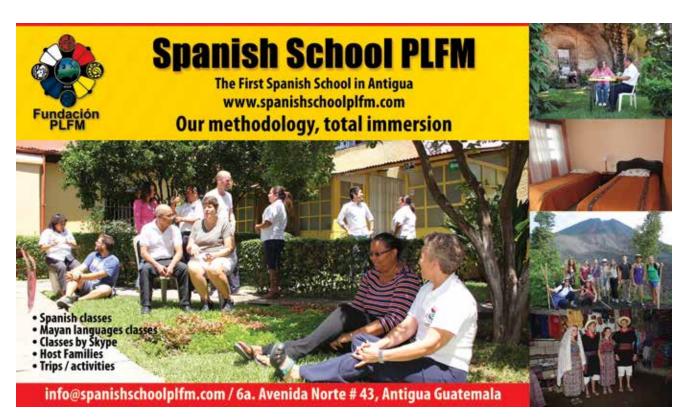


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CHRISTMAS DINNER

ON SATURDAY, DECEMBER 24TH, 2016

Tenderloin Salad with Brie Cheese and a Passion Fruit Vinaigrette

Turkey Roll with a Bacon Crust in a Pine Nuts and White Wine Sauce, accompanied by Banana Pudding with Sweet Mole and Steamed Asparagus

Cheese Pie with a Zapote Sauce

Portobello Mushroom Cream with Prosciutto

California Roast Beef with a Madeira Sauce accompanied by a Pumpkin Puree with Ginger, tender beets and Green Zucchini

Hazelnut pie with Cinnamon Ice Cream

Q270

BEVERAGES NOT INCLUDED









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- "Places of Worship in Guatemala"
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Cobán, Petén, Río Dulce, Livingston, Monterrico, Retalhuleu;
as well as locations in El Salvador and Honduras.

ur thanks to Hadazul Cruz for creating this month's beautiful Christmas card cover. Other Christmas and seasonal themes include *Crafting Ceramic Art* by Elizabeth Bell. *Holiday Ponche* (and recipe) by chef Amalia Moreno-Damgaard gets us in the holiday spirit; Datebook listings provide a host of religious and cultural events and holiday-themed activities plus dance, theater, art exhibitions, talks, a book launch, tours and year-end parties.

Service to others goes on all year for hundreds of Guatemalan NGOs. Three such organizations featured this month celebrated double-digit anniversaries in 2016, Partner for Surgery, WINGS and Transitions. Listings and information about many other outstanding NGOs can be found at TheAntiguaGuide.com. If your organization is not included, we'd like to hear from you.

In this last month of the year, looking toward the new year ahead John Ohe explains *U.S. Expats and IRAs*. Kerstin Sabene previews the *Rabinal Achi* performed every year on Jan. 25, the feast day of St. Paul (the patron saint of Rabinal). If you can't be there in person, Kerstin definitely gives us the next best thing

To everyone who reads Revue, to our advertisers who place their confidence in this publication to spread the word about their businesses, to writers who contribute so many interesting articles and interviews, photographers whose work graces our pages, to our hard-working staff and Revue consultants, the endorsements by friends and acquaintances, we thank you deeply for your support. May the spirit of Christmas and the miracle of Hanukkah guide us throughout each year.

— John & Terry Kovick Biskovich

ALERT TO ALL PHOTOGRAPHERS: We invite you to submit your favorite Guatemala photo for the Revue 14th Annual Photo Issue (January, 2017). Send 1 hi-res photo to photos@revuemag.com before Dec. 12, 2016.

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"Hope Shines" illustration by Hadazul Cruz



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photos by César Tian

Crafting Ceramic Art

Another generation creating centuries-old Christmas traditions in La Antigua

he Rodenas family has been well known in La Antigua Guatemala for centuries for making ceramics. Don Francisco Rodenas made loza (ceramic dishes) and added an innovation at that time as he began to make miniature items, including toy figures that were then painted and became popular in local markets. His son, don Arturo, continued in his tradition as the entire family worked in their workshop in the neighborhood of El Chajón. When Florencio was born in 1918, he learned the techniques as a child with his brothers and sisters.

When Florencio was born in 1918, he learned the techniques as a child with his brothers and sisters. He became famous for his miniatures

Don Florencio became famous for his miniatures, including the toy figures (at first), miniature tea sets and then beautifully painted butterflies, turkeys, animals, fruits and owls (like piggy-banks) we still



find today in artisans' markets. Don Florencio was truly famous for his miniature Nativity figures. This tradition continues through his children and grandchildren, particularly his daughter-in-law, Clara Luz de Rodenas, and grandson, Gerson Roberto Rodenas López, who are working today.

These figures are exquisite and unique! Gerson makes the clay figures, based on the tradition his great-great grandfather passed on to the entire family. Clara Luz paints them, as you can see as she labors away on a table she set up in the ruins of the Cathedral of San José in

Antigua. Today she paints them with traditional Maya dress. The workmanship that goes into the figures, no larger than 2½ inches in size, is remarkable. Clara Luz and Gerson also produce larger traditional angels and figures that have made the Rodenas family famous over the centuries.

The tradition of Nativity scenes in Guatemala is also centuries old. First introduced in Italy by St. Francis (1223), Nativity scenes were made popular in Guatemala by Santo Hermano Pedro in the 17th century. We will find them throughout the country during Christmastime as many businesses and families create elaborate nacimientos integrating local flora, fauna and figures, including those with Maya dress.

The tradition of Nativity scenes and century-old ceramics come together in Antigua. **Happy holidays!** •





Place of the Lord's Daughter

An ancient Maya dance-drama, the Rabinal Achí, connects the past with the future

t was a beautiful Sunday morning in late January when I set out from Guatemala City with an adventurous group of friends for the remote Mayan town of Rabinal in Baja Verapaz. One of the oldest municipalities in the country, Rabinal is located in the western highlands about 125 kilometers north of Guatemala City. Our comfy van made its way easily through dry, desert-like terrain before beginning its ascent into the lush forested hillsides of Baja Verapaz, which is almost entirely surrounded by the Chuacús Mountains.

We were on our way to witness the ancient Maya dance-drama, the *Rabinal Achi*, whose written text dates back to the 16th century. This col-

Participants in the St. Paul's Day procession



orful and performative work is considered to be a rare and one of the best examples of surviving pre-Columbian culture in Mesoamerica. The *Rabinal Achi* is performed every year on Jan. 25, the feast day of St. Paul, the patron saint of Rabinal, and it is depicted through music and dance by characters wearing elaborate costumes and wooden masks.

The central plaza in Rabinal was bustling with activity when we arrived. Beginning early in the morning, actors and locals spill out onto the main square dressed up in stunning costume or wearing their finest *traje* in preparation for the day's activities, including a *desfile* or procession. In the distance, the haunting sound of the "tun" drum and a trumpet usher in the dancing characters who will participate in the four acts of this complex ethno-drama that develops over the course of two days.

Masked character in St. Paul's Day procession



The ancient Maya dance-drama, the Rabinal Achí, is one of the best examples of surviving pre-Columbian culture in Mesoamerica.

The sheer beauty of the indigenous dress as well as the devotion of the entire community to its pageantry is simply breathtaking. It is clearly an intrinsic part of the residents' culture, just like the air that they breathe. The town of Rabinal is predominantly Achí with most of its population speaking Achí, a dialect of the Maya Quiche language. The name Rabinal literally means "Place of the Lord's Daughter" in Q'eqchi'.

As with most historical drama, there is a conflict involved, and the main characters are two captains and political rivals, the Rabinal Achí and the K'iche Achí. Other characters include the king of Rabinaleb', Lord Ojob'Toj; Achíj Mun Achíj Mun Ixoq Mun, who has both male and female characteristics; the green-feathered mother, Uchuch Q'uq' Uchuch Raxon who is also a nuptial princess; as well as 12 eagles and 12 jaguars, representing the elite warriors of the fortress of Kajyub'. K'iche'Achí is ultimately captured and put on trial

...continued page 40



Volunteers with patient and mothers

Partner for Surgery and Compañero para Cirugía (ACPC)

15 YEARS AND GOING STRONG!

text and photos by Partner for Surgery

n the July 2009 issue of the Revue, the cover featured a wonderful picture of a little girl peeking at the camera from behind the protection of her mother's skirts. That little girl was attending a medical mission of Partner for Surgery, a nonprofit founded in 2001 by U.S. volunteers Frank and Todd Peterson to provide surgery to Guatemala's poorest rural populations.

Here is what Partner for Surgery has been doing since 2009. First of all, the dream of Partner for Surgery has always been to turn the organization over to Guatemalans and full-time residents in Guatemala. We are proud to say that this has been successfully accomplished with the creation of ACPC - Asociación Compañero para Cirugía. For the last four years ACPC has been responsible for management of the mission activities in Guatemala and is proving successful in fundraising. Partner for Surgery continues to recruit volunteers, is the U.S. contact for organizations interested in our shared mission, and provides a major portion of the funding.

In the last 15 years, Partner for Surgery and ACPC combined have been responsible for over 11,000 surgeries for Guatemala's rural poor, including cleft lips and palates, hernias, tumors, gynecological problems, burns and club feet. These numbers have been accomplished by sending medical missions to rural communities and patients to surgical teams that work with the Franciscan facility Obras Sociales del Santo Hermano Pedro in La Antigua Guatemala and Hospital Niño Jesús in Guatemala City. Over 50,000 people living in some of the most remote areas of Guatemala have received medical care.

One of our most successful programs is the in-home Cleft Infant Nutrition Program for babies

...continued page 78



REVUE Magazine Cover, July 2009 This little girl was attending a medical mission of Partner for Surgery



Setting up a clinic in Paxixil,Tecpán

WINGS: Fifteen Years Flying

by Sue Patterson, founder of WINGS



Rural Guatemala

n an average of 18 days each month, two mobile units leave their home base in either Cobán or La Antigua Guatemala between 4 and 5 a.m. to drive up to four hours to reach a rural, largely indigenous community and provide reproductive health services. Included in those services are family planning counseling, provision of any family

planning method available in Guatemala (except tubal ligations and vasectomies, provided by WINGS in other facilities), and cervical cancer screening. The activities exemplify WINGS' commitment to reach isolated rural areas and our staff's determination to fulfill that commitment. Costing an average of \$25,000 per month, the units represent a significant portion of WINGS' annual budget.

To expand our direct service provision, last year WINGS opened two

stationary clinics (in Antigua and Cobán) and this year added one more (in Sololá). These clinics provide the same services as the mobile units. In addition, WINGS personnel travel to nine areas of Guatemala on a regular basis to provide tubal ligations and va-

sectomies. Our policy is to provide counseling on all family planning methods available in Guatemala and help the client decide which one is best for him or her given age, marital status, preparation for pregnancy, and desired number of children. To date the most popular methods are the three-month contraceptive shot, the five-year implant and the tubal ligation. Our hope is to increase uptake of the IUD, which protects against pregnancy for 10 years.

Reproductive rights and access to contraceptive information and methods are critical to Guatemala's future. The population growth rate (second highest in Latin America, after Haiti) is clearly not going in the right direction. While the fertility rate has declined significantly in the last 20 years, from an average of five children per woman down to 3.1 per woman, it is still far above the replacement rate of 2.1. In 1950 Guatemala had a population of under 3 million, whereas today it is estimated at 17 million. ...continued page 82

Ana and participants at Health Fair, Jocotenango





Transitions team

Transitions Celebrates 20 Years Serving Guatemalans with Disabilities

Wheelchair workshop

Transitions operates a well-equipped workshop to manufacture new wheelchairs and repair or modify existing ones. This operation employs six to 10 technicians, mostly disabled, and builds rugged chairs well suited for the tough terrain of Guatemala. It employs modern TIG welding and other fabrication equipment and maintains



computerized records on each client so to respond quickly to needed changes or repairs. Funding for much of our equipment, tool and materials has come from a Rotary International Foundation Grant, coordinated by the Portland, Oregon Rotary Club, and from other donors.

Prosthetic & Orthotic clinic

Transitions operate a clinic to provide services to children and adults who are in need of a prosthetic limb or an orthotic leg brace. Due to the high number of birth defects and accidents in Guatemala, there is a large demand and need for these services. We work with local Guatemalan certified technicians to evaluate and manufacture the limbs and leg braces

Wheelchair workshop

our patient's need. Patients fitted with their limb or brace can Achieve increased mobility and opportunities in their lives.

Prosthetic workshop © photo by Christy Creed Merritt



Print Shop



© photo by Christy Creed Merritt

The print shop functions both as a disabilities job-training program and an income-generating project. Monies accrued through printing contracts are used to cover training costs, printed material costs, and to

provide small salaries for the employees.

Special Education Program

This program sets a high priority on building awareness regarding disability and educating the community to this end. A major goal is to rehabilitate and educate students to the extent



that they can enter traditional schooling, supporting Transitions' belief in inclusive education.



Vocational training workshop

General Education & Vocational training

Since its inception, the general education and vocational training program (GEVTP) has supported over 100 young people with disabilities through educational scholarships and opportunities for job training. Scholarships (for secondary through university-level schooling and for English language study) cover tuition, classroom materials, a living stipend and transportation for students who would otherwise not have the means, whether financially or physically, to continue their education. In addition, Transitions offers vocational training in its Wheelchair Workshop and Print Shop.

Sports & Recreation

The sports and recreation initiative promotes active and healthy lifestyles by providing an athletic outlet for Guatemalans with disabilities. The program offers



adaptive sports equipment, clinics by North American Paralympians, weekly basketball scrimmages, custom-made sports chairs for the women's national basketball team, and country-wide tournament organization in collaboration with the Guatemalan government. •

DateBook

DECEMBER 2016 GUIDE TO CULTURE AND UPCOMING EVENTS

COMPILED BY MERCEDES MEJICANOS





ZAAR NAVIDAD food, gifts, decorations and more! El Viejo Café, 6a norte #12, La Antiqua

Mon. CHRISTMAS WEEK Make your own Christmas decorations, an activity for the whole family. Through Sat., Dec. 10. Museo Ixchel, 6a calle final, z. 10, Guatemala City



Tues. EXPOSI-TION Calendarios de Japón by Japan Embassy. Through Jan. 2017. Museo Miraflores. 7a calle 21-55, z. 11, Paseo Miraflores,





Wed., 2pm CONVITE Honoring and celebrating the Virgen de Concepción, with a parade of floats, leaves the cathedral and winds its way through the streets of Ciudad Vieja, (5 kms from La Antigua).





7Wed., 6pm QUEMA DEL DIABLO (Burn the Devil) A ceremony that banishes evils spirits and cleanses the way for Christmas celebrations. Live music. Barrio de la Concepción, 4a calle oriente, *La Antiqua & countrywide* ▼



Thurs., 4pm POSADA NAVIDE-ÑA with traditional food and beverages for sale. Museo Ixchel, 6a calle final, z. 10, Guatemala City

Thurs. CULTURAL & RELIGIOUS EVENT honoring the Virgen de Concepción. Procession (4pm) and Loas (theater presentations) Ciudad Vieja, Sacatepéquez V



Thurs., 9am-12pm (Spanish)
WORKSHOP FOR KIDS (8-12
years old) *Pintando mi Nacimiento*.
Q50. Museo Popol Vuh, 6a calle final z.
10, *Guatemala City* ▼



9 Fri., 7pm; Sat. 10th, 3pm & 7pm; Sun. 11th, 3pm (English) THE-ATRE The Antigua Theatre Company presents A 21st Century Christmas Carol by Lori M. Myers. It's a modern twist on a Dickens classic! Celebrate the holidays with this wonderful cast of children as they bring to life Eleanor Scrooge and three zany spirits, and Eleanor finds the reason for the season. Tickets, Q75, adults/Q50, children. El Sitio, 5a calle poniente #15, La Antigua

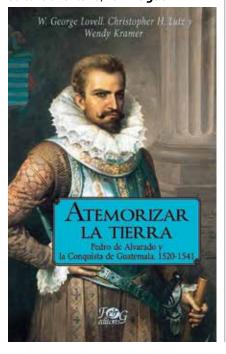


10 Sat., 6:00pm CHRISTMAS CONCERT Orquestina Mercedaria, also featuring Santa Claus and his elves, Pastoral theater, Nativity scene with live characters and animals, Christmas Bazaar, Torito dance and Alas. Tamales & Christmas "Ponche". Calle del Arco (tel: 7832-0507), La Antiqua ▼



Please submit your DATEBOOK entry for the Jan. 2017 edition by Dec. 10

10 Sat., 4pm (Spanish) BOOK LAUNCH Atemorizar la Tierra: Pedro de Alvarado y la Conquista de Guatemala, 1520-1541 by W. George Lovell, Christopher H. Lutz and Wendy Kramer. Related article on pg. 94. CIRMA, 5a calle oriente #5, La Antiaua



10 Sat., noon-2pm Santa Claus and his reindeer wannabe, in collaboration with Unidos Para los Animales, invites you to stop by, say hello and take a photo. Santa's message, "Be kind to animals." Farmers Market, Caoba Farms, La Antiqua



15 Tues., evening POSADAS Traditional processions begin nine days before Christmas; each evening statues of Joseph and Mary are carried through the streets, looking for a house to stay the night. The group sings traditional songs on their way. Treats, tipica food and hot beverages, like ponche, are served to invited guests at the home offering refuge to the posada. **Countrywide**

Tues., 5:30pm (English) TALK Mujeres Artesanas de Paz **EducArte** (MAP-ED) is a local nonprofit that works for women, children and teen rights through education and health services. It manages and develops programs including education, age appropriate comprehensive sexual health education, promoting the arts as a means of selfexpression and awareness campaigns to prevent violence against women and more. At its core, MAP-ED is united by the vision of a better and more just world for all. Donation Q25, all which goes directly to this NGO. Info. & reservations, tel: 7832-1919. Rainbow Café, 7a av. sur #8, La Antiqua



17Sat., 7:30pm CHRISTMAS CONCERT Bajo la Estrella de Belén, organized by Patronato Pro Conservación, Restauración y Rehabilitación del Conjunto Monumental de San José Catedral de La Antigua Guatemala, Coro y Orquesta de Cámara Millenium, Cristina Altamira (Mezzo-soprano) and directed by Dieter Lehnhoff. Sponsored by Fundación G&T. Free admission. Ruinas de San José Catedral, 5a calle poniente, La Antigua



Mon. DÍA DE LA VIRGEN DE GUADALUPE Children dress in





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DATEBOOK HIGHLIGHT

Tues., 5:30pm (English) TALK **U**and Mayan dances performed by children within the Nuevo Amanecer (New Dawn) program, a charity dedicated to helping more than 30 indigenous children in San Andres Itzapa. Its vision is to facilitate self-sufficiency for families living in poverty and empower them to upgrade their quality of life through education. It also endeavors to preserve and strengthen the cultural identity of the Maya people most especially through language and dance which are currently being lost at an alarming rate. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tel: 7832-1919. Rainbow Café,





24 Sat., sunset, ends Jan 1st Hanukkah

The Festival of Lights. Worldwide

24Sat. CHRISTMAS EVE Last minute holiday preparations, gift wrapping and cooking traditional food like tamales negros and colorados, and beverages like ponche; 10pm-Christmas Mass (Misa de Gallo) in all Catholic churches; Midnight Fireworks and festivities as families gather to celebrate the birth of Christ. Banks and some businesses close at noon and reopen Dec. 26. Countrywide



25 Sun. CHRISTMAS DAY Traditionally a quiet day, with the exception of firecrackers and bombas booming midday. *Countrywide*

31 Sat. NEW YEARS EVE Celebrations galore with firecrackers, bombas, fireworks, music and cheer. Happy New Year! Countrywide

Where's the Party?

CAMINO REAL

7pm SATURDAY NIGHT FEVER. Disco nights are never out of fashion. Buffet dinner, all you can drink. Tickets for sale in lobby. (tel: 7873-7000), La Antigua

FRIDAS

DJ MASAYA, no Mariachi, but he sure knows how to party, electro cumbia, Balkan beats, electro swing. 9pm. Tickets on sale (tel: 7832-1296), La Antigua

EI CONVENTO

Q255 per person, includes entre, main dish, dessert and wine *This special dinner available Nov. 21 thru Dec. 31, La Antigua (tel: 7720-7272)

MESÓN PANZA VERDE

6-11pm NEW YEARS SPECIAL MEALS. Celebrate with us. 5a av. sur #19, La Antigua (tel: 7955-8282)

RESTAURANTE DEL ARCO

8pm GATSBY PARTY, Elegant and chic, live music, delicious food. La Antigua (tel: 7832-3610) or restaurantedelarco@outlook.com

JARDINES DEL LAGO, Panajachel

WHITE PARTY — Buffet Dinner, live music, fireworks and surprises. Lake Atitlán (tel: 7762-3908)



Tues., 5:30pm (English) TALK 2 Viamistad: Summer camp programs for Guatemalans with severe disabilities. For 12 years Viamistad has been hosting a sleep-away summer camp program (Lake Atitlán) for Guatemalan adults and youth with severe disabilities. The purpose of camp is threefold: To provide people with severe disabilities, frequently isolated and stuck at home or living in public institutions, with the context to form life-long friendship and have new and amazing experiences; to give parents and caretakers a respite from fulltime care; and to raise awareness in the community about the positive aspects of disability and the overlooked potential of people with disabilities. Join us to learn more! Viamistad is a non-profit organization registered in both the U.S. and Guatemala. Suggested donation Q25, all which goes directly to the NGO. Info. & reservations, tel: 7832 1919. Rainbow Café, 7a av. sur #8, La Antiqua

You can also view DATEBOOK online at TheAntiguaGuide.com/calendar





Learn about the fascinating history of the Maya's clothing and weaving.

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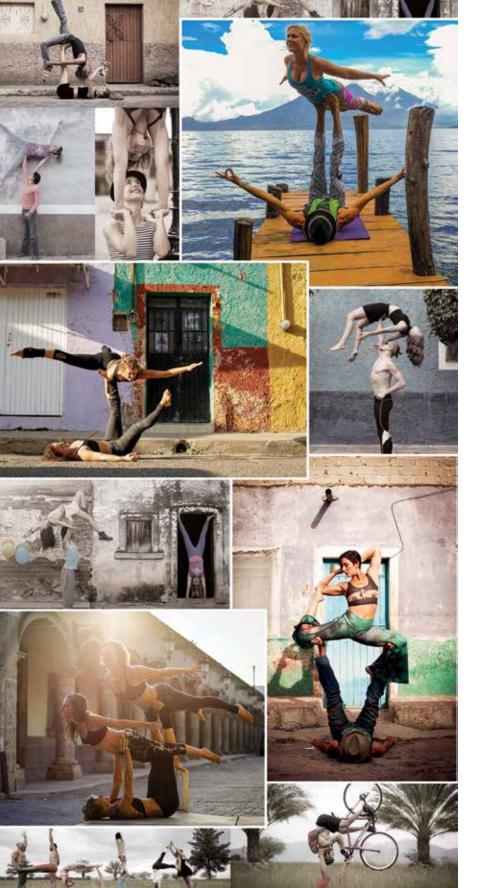
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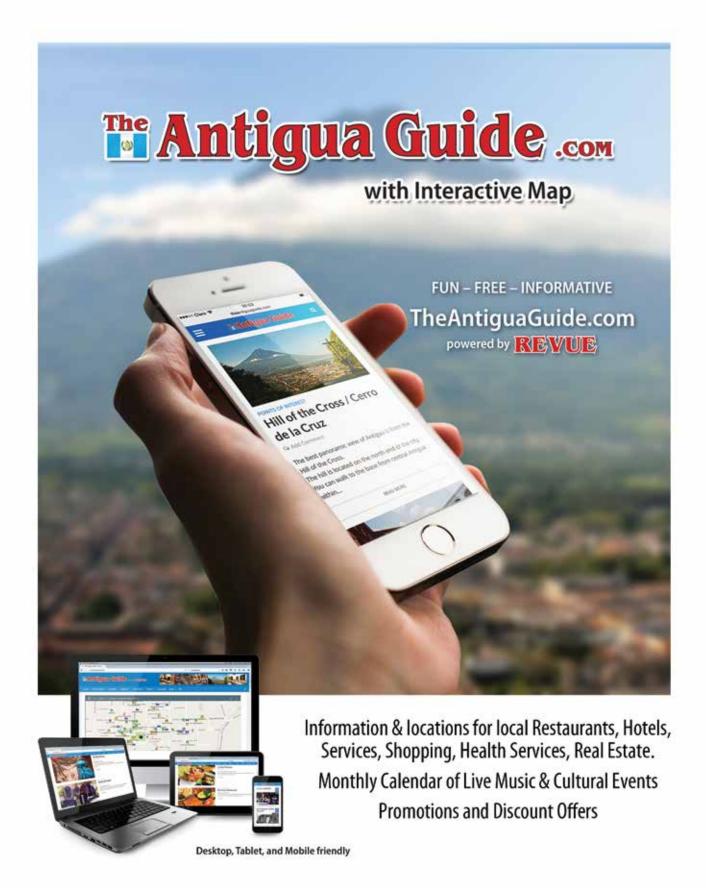
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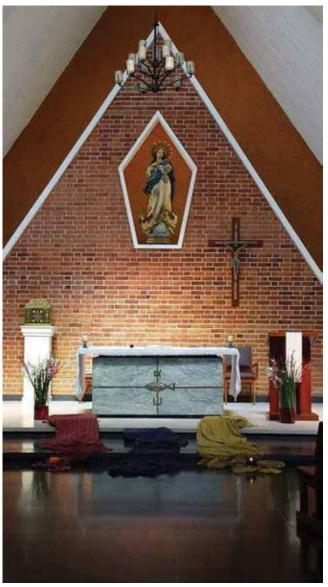
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I will honor Christmas in my heart, and try to keep it all the year. —Charles Dickens

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Achí girl dressed for St. Paul's Day procession

for attempting to kidnap Rabinaleb's children, and in the fourth and final act, he is executed by being shot with arrows.

According to anthropologist and ethno-historian Ruud van Akkeren, the drama's historical and cultural significance goes well beyond a mere political conflict in which the execution of K'iche Achí and the victory of Rabinal Achí are depicted. "For some 20 years now, I have been trying to help the Guatemalan audience understand that the political conflict between Rabinal and K'iche is only 25 percent of the original text," said van Akkeren.

He went on to explain that it was not uncommon for the ancient Maya to conflate politics with cosmovision as rulers often sought out the supernatural to enhance or legitimize their position and power. Cosmovision is a specific way of understanding the world, particularly as it pertains to time and space and its ritualized representation by people in Mesoamerica.

So much of the *Rabinal Achi* text is esoteric language that clearly sug-...continued following page

K'iche Achí (left) - Rabinal Achí (right)







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Place of the Lord's Daughter from previous page

gests an underlying drama within a drama, which van Akkeren refers to as the Maize Hero. In his book, *Place of the Lord's Daughter*, van Akkeren points out that the victim—Ki'che Achí, who is sacrificed at the end of the performance—dies as the Maize Hero, tied to the Iximche' or maize tree. "Essential aspects of the Maya world view, such as the culmination of a calendar cycle of 52 years, the creation of the sun and the moon, and the myth of the Maize God, are all intricately connected in the *Rabinal Achí*," he emphasized.

Van Akkeren—whose passion for theater and anthropology inspired him to write his doctoral dissertation on the subject of the *Rabinal Achi*—lived in Rabinal for several years. In so doing, he came to realize that many of its spectators and inhabitants didn't fully comprehend the historical context or what was actually happening inside the drama. Multiple factors, including lack of interest on a national level and inadequate educational programs, have slowly contributed to the Maya becoming disconnected from their own history and culture. This "disconnect," as he refers to it, among present-day Maya motivated him to make it his life's work to revive Maya history together with the Maya people.

Working closely with Maya communities, NGO officials, university students and local educators, van Akkeren has for more than 20 years now conducted seminars and field trips and authored written materials on ancient Maya culture, including eight books and multiple articles. He also participated on a committee together with the Guatemalan Ministry of Culture and UNESCO, which resulted in the *Rabinal Achi* being declared a Masterpiece of the Oral and Intangible Heritage of Humanity by UNESCO on Nov. 25, 2005.

Even after 500 years of the *Rabinal Achí*, the actors who participate still believe that the spirits of the warriors who lost their lives in the battle described in the dance-drama, live on in the surrounding mountains and are present in each dance. For the Achís of modern-day Rabinal, it is not merely about preserving their cultural heritage but about bridging the gap between past and future. ⁽¹⁾

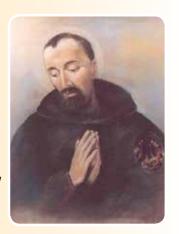
The people of Rabinal are very welcoming of visitors. In addition to the annual performance of the Rabinal Achí, the town is known for its exquisite ceramics and for its production of sweet oranges.

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A lovely thing about Christmas is that it's compulsory, like a thunderstorm, and we all go through it together. -Garrison Keillor





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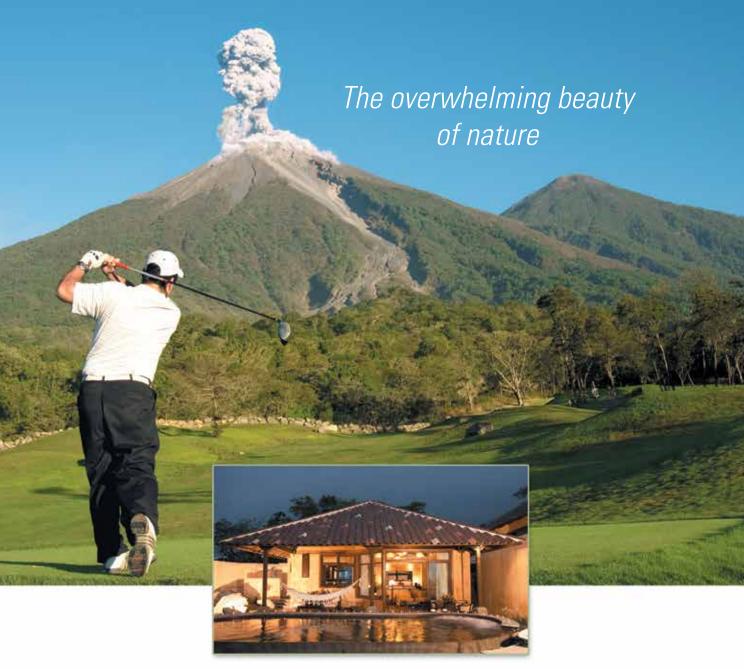
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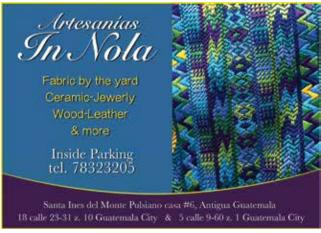
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I once bought my kids a set of batteries for Christmas with a note on it saying, toys not included. —Bernard Manning

I think in terms of the day's resolutions, not the years'. -Henry Moore





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—Sarah Ban Breathnach

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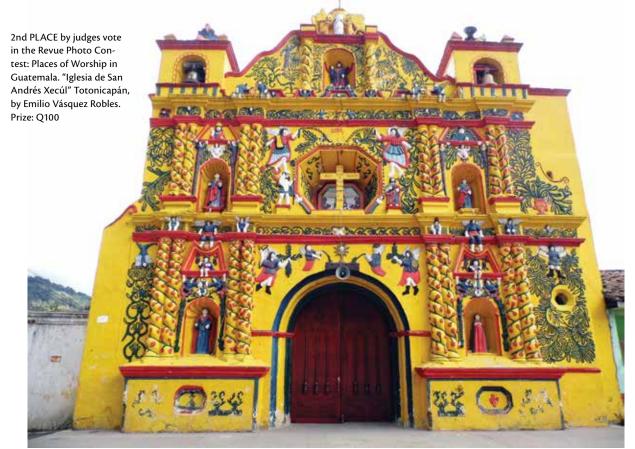
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hen I think of ponche—it's like rewinding and playing back a treasured memory.

Ponche, or punch in English, is the quintessential holiday drink in Guatemala and other Latin countries. I must say that some of the best ponches I have ever tasted have been at people's homes during the Dec. 16-24 posada season (Las Posadas), which recreates Mary and Joseph's pilgrimage in Bethlehem.

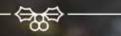
As a much-cherished and sought-after comforting drink by the young and old during the holiday season, ponche is not only enjoyed during Las

Posadas, but also at parties that celebrate anything during this joyous time, be it family gatherings or events up to the New Year. The symbolic drink bonds Christian tradition and people in a special way.

The hot fruit drink, which varies by maker, can contain from a few to many ingredients. The base is usually



This December experience legendary flavours



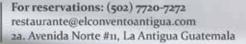
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Ponche, is the quintessential holiday drink in Guatemala and other Latin countries.

Some of the best ponches I have ever tasted have been at people's homes during posada season.

fresh pineapple chunks and dried fruit bits and a traditional combination of mulling spices that are simmered gently until aromatic. It is a magic drink that fills the air with the spirit of the season.

I make ponche at home in the United States to keep the tradition alive and to share my culture with friends and acquaintances. It is that something that I must have to truly feel the warmth and cheer of the holidays that reconnects me to home. I have perfected my ponche recipe through the years while cooking with punch experts like my sister, Gilda, and every time I make it, it's a déjà vu moment.

Drink ponche hot with piquete (spiked), although it's not a requirement. Some Guatemalans add aguardiente (fiery water), a popular and low-cost sugar cane-based alcohol, while others may add white rum. I like to add dark or XO Zacapa Centenario for a gourmet touch. While the drink is traditionally served hot, it certainly tastes delicious cold too. Serve it

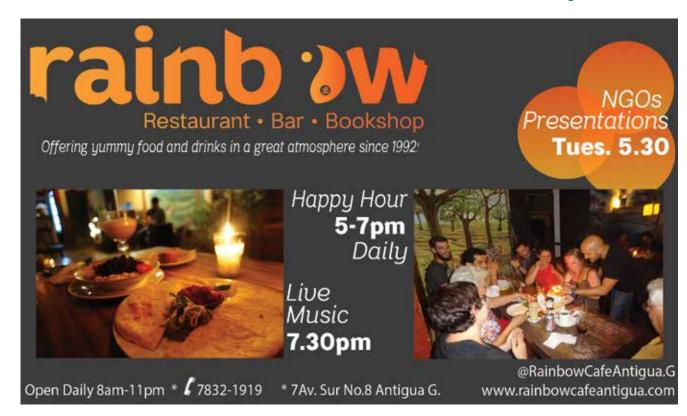


in clear mugs with a teaspoon. Sip it slowly and eat some of the fruit in between for a great sensorial experience.

Many Guatemalan homes make large batches of ponche to enjoy during the entire holiday season and to entertain relatives and close friends who casually drop by during this time. While ponche de piña (pineapple ponche) is the most popular, ponche de leche (milk punch) is equally delicious alone or spiked and another option.

If you are starting to plan your holiday menu, pair it with ponche de piña. I promise that you will not be disappointed. It is as easy as throwing everything into a Crockpot and waiting until the aroma lures you in—as in Bugs Bunny following a scent of carrots!

¡Feliz Navidad y Próspero Año Nuevo!





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1/2 canela stick (Ceylon cinnamon)

1 star anise

6 allspice berries

6 cloves

6 black peppercorns

3 cups water

2 tablespoons sugar

1 cup finely chopped pineapple

1/4 cup diced apples

1/4 cup diced peaches

1/2 cup sliced dried fruits

2 tablespoons raisins

6 sliced dried pitted prunes

Guatemalan dark rum or Indita (Guatemalan sugarcane aguardiente) or other rum of choice (optional)

Enclose all the spices in a 4 by 4-inch piece of cheesecloth. Tie with kitchen twine, leaving a long string. Tie the string to the handle of a medium saucepan and place the sachet inside the pan.



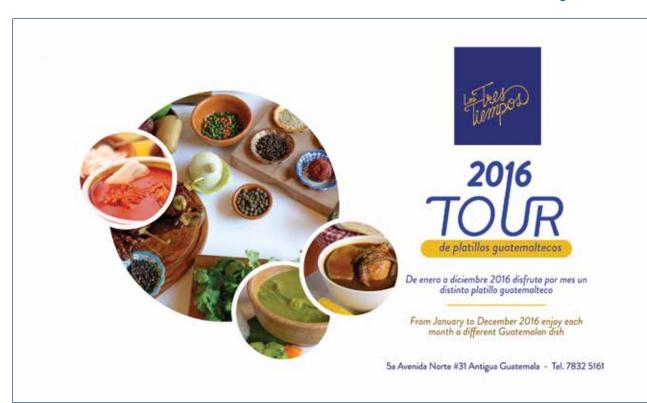
Add the water and sugar to the pan and bring to a quick boil. Lower the heat, cover and simmer until aromatic (about 10 minutes).

Add all the fresh and dried fruits and simmer for 20 to 30 minutes. Taste and adjust sweetness or spices, if needed.

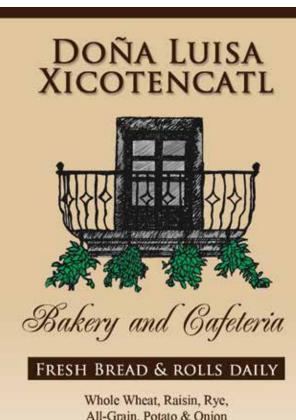
Serve the punch in mugs with bits of fruit and some rum, if you like. •

Amalia's Note

You can make this punch in a Crockpot. Simply combine all ingredients in the Crockpot and set it on high. When the punch is aromatic, adjust the heat to the lowest setting, and let it sit until you're ready to serve it. The punch tastes even better on day two.







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Entry in the Revue Photo Contest: Places of Worship in Guatemala. "The Church of the Apostle Santiago" Santiago Atitlán, by Ray Baldelli



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Every time you tear a leaf off a calendar, you present a new place for new ideas and progress. —Charles Kettering











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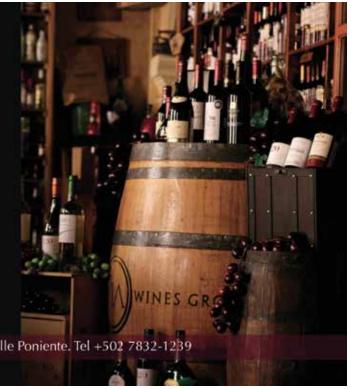
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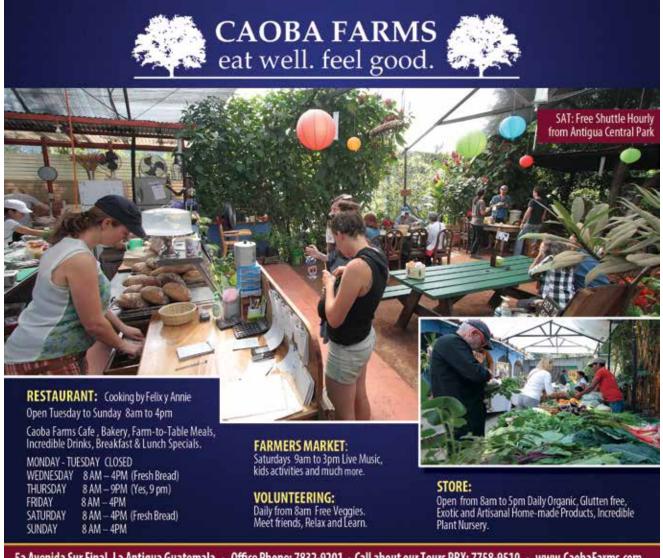
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The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things. -Thomas S. Monson

Christmas gives us the opportunity to pause and reflect on the important things around us a time when we can look back on the year that has passed and prepare for the year ahead. —David Cameron

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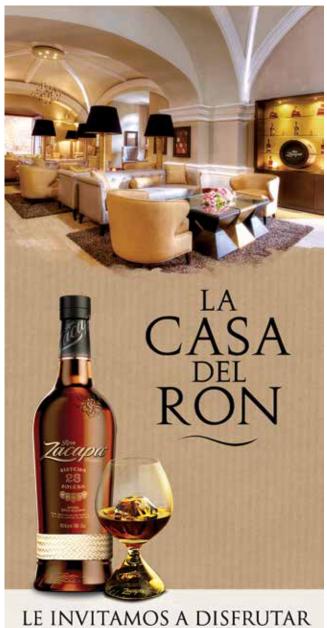


Character is the ability to carry out a good resolution long after the excitement of the moment has passed.

—Cavett Robert



Entry in the Revue Photo Contest: Places of Worship in Guatemala. "Velando el fuego" Chichicastenango, by Claudia Viglianesi



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Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values. —Thomas S. Monson

We don't consider the Wizard of Oz or Father Christmas to be too old. They're still magical characters, and the fact they've been around the block only adds to their magic.

—Peter Capaldi







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The time is always right to do what is right.

—Martin Luther King, Jr.

We should not moor a ship with one anchor, or our life with one hope. —Epictetus

It's not that I'm so smart, it's just that I stay with problems longer. —Albert Einstein

I never worry about being driven to drink; I just worry about being driven home. —W. C. Fields

Nothing says holidays, like a cheese log.
—Ellen DeGeneres

Do not let what you cannot do interfere with what you can do. —John Wooden

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3rd PLACE by popular vote in the Revue Photo Contest: Places of Worship in Guatemala.

"Centro de capacitacion para la mujer" Capilla de Las Gravileas, by Solange Thibodeau. Prize: Q50





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Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas. —Calvin Coolidge

Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word. —Goran Persson





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U.S. Expats & IRAs

Almost Everything You Need to Know

n Individual Retirement Account (IRA) is a popular and smart way that many North Americans save for retirement. One can contribute up to \$5,500 per year (\$6,500 if age 50 or more). There are four things to keep in mind when contributing to an IRA.

- 1) IRAs have tax advantages
- 2) To contribute, one must adhere to certain rules; and
- 3) For U.S. expats that **exclude foreign earned income**, there is additional complexity
- 4) There are multiple choices when a person inherits an IRA

IRAs have tax advantages

There are two basic types of IRAs: traditional and Roth. With a **traditional IRA**, one receives a tax deduction in the year of the contribution. As a result, it is possible to lower the amount of taxes owed to the U.S. government by contributing to a traditional IRA.

The second tax advantage is that the assets in the IRA are allowed to grow year-after-year without being taxed (referred to as tax deferral). However, taxes are owed at the back end when one takes distributions, or cashes out of the IRA.

With a Roth IRA, the tax advan-
tage works in the opposite direction.
There is no upfront tax deduction in
the year of the contribution. How-
ever, the assets in the IRA grow year-
after-year without being taxed, and
distributions are also tax-free.

The general theory is that a traditional IRA is better than a Roth if your tax rate at retirement is lower than during one's working years. On the flip side, a Roth is preferable to a traditional IRA if your tax rate at retirement is **higher** than during one's working years. The issue with this theory is that it's often difficult to estimate one's future tax rates. Therefore, we advise clients to **take advantage of both vehicles**. That way, one can manage distributions (traditional vs. Roth) in a tax-efficient manner.

FILING STATUS	MAGI Threshold	CONTRIBUTION AMOUNT
	up to \$117K	Up to the maximum limit
Single or	\$117K to \$132K	Reduced amount
Head of Household	\$132K or greater	Not allowed
Married	up to \$184K	Up to the maximum limit
Filing Jointly	\$184K to \$194K	Reduced amount
	\$194K or greater	Not allowed
Married	up to \$10K	Reduced amount
Filing Separately	\$10K or greater	Not allowed

To contribute to an IRA, one must adhere to certain rules

Rule #1: One must have taxable compensation or business income in order to contribute to a traditional or Roth IRA

...continued on following page

John Ohe is an IRS enrolled agent and chartered financial analyst, and a partner at Hola Expat, which specializes in preparing tax returns for U.S. expats. If you would like to submit a tax-related question, email: info@holaexpat.com.

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, and their application can vary widely based on specific facts and circumstances.



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What I don't like about office Christmas parties is looking for a job the next day. —Phyllis Diller

Deep breaths are very helpful at shallow parties.

—Barbara Walters





Hola Expat cont. from previous page

Rule #2: With a traditional IRA, one cannot contribute after reaching 70½ years in age

Rule #3: With a Roth IRA, there are income limitations. With the exception of *married filing separately* status, the income limitations are reasonably high, so **most people do qualify**. Modified adjusted income (MAGI) thresholds for 2016 are stated below:

For U.S. expats that exclude foreign earned income, there is some complexity

Many U.S. expats utilize the foreign earned income exclusion (FEIE) to avoid paying taxes. For 2016, one can exclude up to \$101,300 in foreign earned income. If 100% of compensation were to be excluded on the tax return, then that person is ineligible to contribute to an IRA (referencing rule #1 above). There are several work-arounds or solutions to the "zero taxable compensation" problem, including: if one earns slightly more than the FEIE amount, then potentially not exercise the foreign housing exclusion; if exercising the FEIE via the physical presence test, then utilize a 365-period that allows for some taxable compensation; and if one is married filing jointly, potentially exercise the FEIE for one spouse and not for the other

There are multiple choices when a person inherits an IRA

The rules regarding inherited IRA are complex, and we cover only the

basics (the two most common options). Spouses can treat the inherited IRA as his or her own; or lump sum distribution—one can take the money all at once, but will owe income taxes on a traditional IRA (but not on a Roth).

The rules for a foreign spouse and other foreign beneficiaries are very similar to when the beneficiary is a U.S. person.

Many U.S. expats should consider contributing to an IRA. Saving for retirement as an expat is arguably more important than when one lives in the United States. An IRA has clear tax advantages. Although the qualifications may be more complicated for expats, they are surmountable with adequate planning. •



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born with extreme cleft lip and palate birth defects who would likely die without intervention. We work with 5,000 midwives in the Alta Verapaz, Baja Verapaz and Quiche region who call our local health promoter when a baby is born with this problem. If the health promoter can reach the mother while she is still lactating, we provide instruction and special bottles to enable the baby to nurse; otherwise, we provide formula.

Each month the health promoter monitors the baby until he or she is healthy enough for surgery. At any given time, almost 200 infants are in the program, which has benefited over 1,000 babies since its inception seven years ago. Doctors on the surgical teams marvel at the babies' health.

Partner for Surgery and ACPC are addressing the high incidence of clefts in Guatemala in cooperation with an ongoing study at George Washington University in Washington, D.C. to initiate a cleft prevention program.

We also do cervical cancer and breast cancer screening on medical missions and train rural health center nurses so women do not have to make multiple trips for testing, results and treatment. Since its beginning in 2008, over 300 health providers have been trained in this process and approximately 12,500 women have been evaluated.

How You Can Help

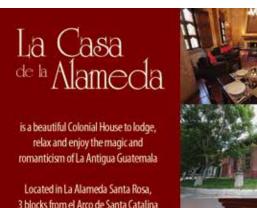
Donations are always needed and appreciated and can be given to ACPC, Kilómetro 30, Lote 26, Residenciales Prados de San Lucas, San Lucas Sacatepéquez or to Partner for Surgery, P.O. Box 388, McLean, Virginia, 22101. Partner for Surgery is a 501(c)(3) nonprofit in the U.S. and donations are tax deductible for U.S. citizens.

We urge you to participate! If you or someone you know would like to learn more about accompanying a medical mission or surgical team, we would like to hear from you. We promise that your experience will have a profound effect on your life. Knowledge of Spanish is not essential. For more information on mission schedules, cost, and other details, contact Liset Olivet, executive director of ACPC, telephone 4006-6703 or liset@ companerogt.org

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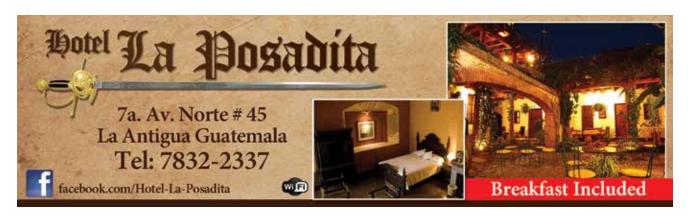
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We have to be active about kindness and about peace. I've always fantasized that it would be great if there was a Department of Peace. —Dave Matthews

Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes. —Joseph B. Wirthlin



THE CHRISTMAS TURKEY

Sarah, a new young bride, calls her mother in tears. She sobs, 'Richard doesn't appreciate what I do for him.'

'Now, now,' her mother comforted, 'I am sure it was all just a misunderstanding.'

'No, mother, you don't understand. I bought a frozen turkey roll and he yelled and screamed at me about the price.' 'Well, the nerve of that lousy cheapskate,' says her mom. 'Those turkey rolls are only a few dollars.'

'No, mother, it wasn't the price of the turkey. It was the airplane ticket.'

"Airplane ticket.... What did you need an airplane ticket for?"

'Well, when I went to fix it, I looked at the directions and it said: "Prepare from a frozen state," so I flew to Alaska.'

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HONORABLE MENTION by judges vote in the Revue Photo Contest: Places of Worship in Guatemala. "El cementerio de Chichicastenango" by Isaias J. Soliz.

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Entry in the Revue Photo Contest: Places of Worship in Guatemala.

'Ciudad Vieia en Fiesta" by Ana Estela Medina



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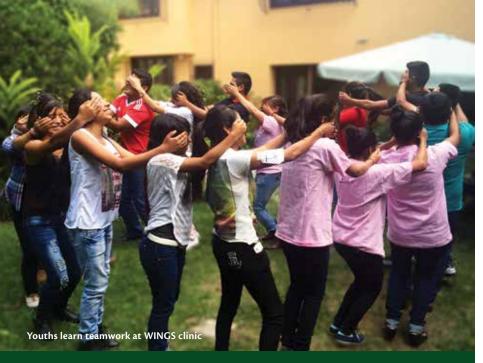
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WINGS: Fifteen Years cont. from page 21

I love Guatemala and have chosen to spend nearly one-third of my life here. But I believe the country will never prosper until it gets a handle on its excessive population growth. Poverty levels here are increasing (now up to 60 percent of the population), making Guatemala the only country in Latin America where poverty rates are not dropping.

While resolving population growth alone will not provide all the answers to an improved life for the majority of citizens, without serious Guatemalan commitment to this issue the country will be much more challenged to address its hugely unequal income distribution, criminality, inadequate public education system (in which the average citizen completes only five years of school) and healthcare provision, and its difficulty in attracting foreign investment.

Because of these firmly held beliefs, I have chosen to commit major efforts to addressing the deep needs for reproductive rights, health and family planning provision. Shortly after retiring to Antigua, I began working informally in this sector, and to my surprise soon found myself starting a new nonprofit organization. The result is WINGS, this year celebrating its 15th year as a Guatemalan nonprofit as well as a U.S. 501(c)(3).

With considerable help from dedicated and skilled leadership and staff, WINGS has exceeded my wildest dreams. We now have a presence throughout nearly half of Guatemala, particularly in the areas surrounding Cobán, Antigua, the south coast, and increasingly in the western highlands. We've had to overcome many challenges — machismo, myths, reli-

gious beliefs, fundraising (we receive no funding from either the U.S. or the Guatemalan government), among others. But with help from faithful donors and local advocates, we continue to grow.

Nearly half of Guatemala's population is under the age of 15. During this year, WINGS has focused particular attention on adolescents, who are getting pregnant at younger and younger ages (with nearly 1,000 births annually to girls as young as One-quarter of girls 15-19 years old have been pregnant, and 20 percent of 18-year-olds have two or more children. In our counseling of all people, but particularly of adolescents, we talk initially about LARCs (long-acting reversible contraception, i.e. the five-year implant and the IUD). Obviously these two methods do a much better job at pre-

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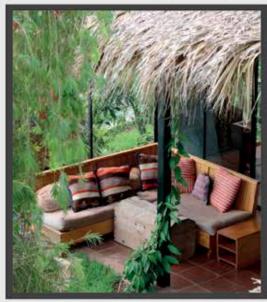


Ana Isabel and son, Tecpán Clinic



LAKE ATITLÁN

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WINGS: Fifteen Years from previous page

venting unwanted pregnancies than do shots, pills and condoms. And we are providing adolescents with either of these long-acting methods for free. Other clients pay only a minor sum for their chosen method, with the most expensive being Q50 (\$6.50) for a vasectomy or tubal ligation. WINGS never wants cost to be the deciding factor in whether to use a family planning method or not.

However, purchasing methods and providing them at way below their cost to us has been and continues to be a

challenge. At least 25 percent of our annual budget goes to this purpose, but it is our highest priority. Of course getting someone to the point where s/he wishes to adopt a method usually takes a big investment of the staff's time in educational talks and personal counseling —alas, there is very little "low-hanging fruit" out there!

WINGS distinguishes itself from many other organizations with its dedication to four key tasks: focusing on rural areas, excellent quality of service, high patient satisfaction as shown by patient follow-up, and monitoring/evaluation. Over the last 15 years, we have educated and counseled 216,332 women, men and youth on family planning, screened 50,278 women for cervical cancer, prevented 1,269 child deaths, prevented 82 maternal deaths, and avoided 225,022 unintended pregnancies. We seek your moral and financial support, as well as help in spreading the word about our critical work. ©

To learn more about WINGS or make a donation, visit www.wingsguate.org. Questions? Contact us at info@wingsguate.org

WINGS MILESTONES

1999 Sue Patterson inspired to start WINGS when she is approached to help seven women pay for tubal ligations.

2001 WINGS achieves 501c3 non-profit status, hires full time staff, and screens 200 women for cervical cancer.

2003 WINGS is officially a Guatemalan NGO

2004 First Youth Program launched

2006 WINGS begins using VIA and Cryotherapy in our Cervical Cancer Prevention Program, allowing for same day delivery of results and treatment of precancerous cells.

2007 WINGS for Men is launched to raise awareness among men about sexual and reproductive health

2009 WINGS expands into Petén, the northernmost region of Guatemala

2010 WINGS partners with major global donors; USAID and SOROS Foundation

2011 Youth WINGS initiates new street theater program for adolescents

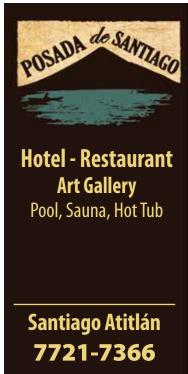
2013 Debut of WINGS' documentary 'Blessed Fruit of the Womb — a fight for reproductive rights in Guatemala.'

2014 The Volunteer Promoter Network grows to 103 members

2015 WINGS opens stationary clinics in La Antigua Guatemala and Cobán; incorporate vasectomies and tubal ligations into its services.

2016 WINGS turns 15!









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It's true, Christmas can feel like a lot of work, particularly for mothers. But when you look back on all the Christmases in your life, you'll find you've created family traditions and lasting memories. Those memories, good and bad, are really what help to keep a family together over the long haul.

—Caroline Kennedy



Entry in the Revue Photo Contest: Places of Worship in Guatemala.

"Plegarias" Santiago Atitlán, by Rodrigo Morales Vives





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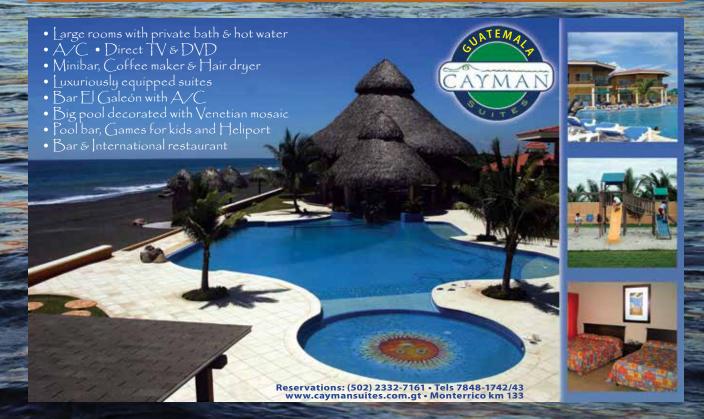




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Be at war with your vices, at peace with your neighbors, and let every new year find you a better man. —Benjamin Franklin





TECPÁN



The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

Wishing you happiness. —Helen Keller

New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change. —Sarah Ban Breathnach

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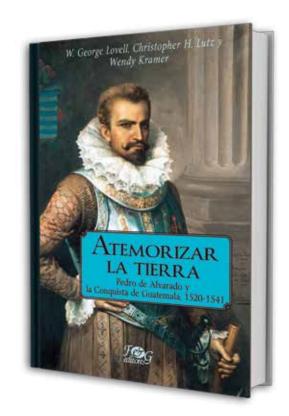
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Always be prepared if someone asks you what you want for Christmas. Give brand names, the store that sells the merchandise, and, if possible, exact model numbers so they can't go wrong. Be the type who's impossible to buy for, so they have to get what you want. -John Waters

Atemorizar la Cierra

Pedro de Alvarado y la Conquista de Guatemala,

1520-1541



IRMA (Centro de Investigaciones Regionales de Mesoamérica) will host a book launch for "Atemorizar la Tierra: Pedro de Alvarado y la Conquista de Guatemala, 1520-1541" (in Spanish) on Saturday, **Dec. 10**, at 4 p.m.

Authors W. George Lovell (Scotland), Christopher H. Lutz (U.S.) and Wendy Kramer (Canada) have dedicated decades to unearthing and interpreting historical documentation about Guatemala. Drs. Lovell and Lutz are well known for their work at CIRMA, so in this notice we take pleasure in highlighting Dr. Kramer's hand in dogged archival research in Guatemala, Spain, England, France and North America.

Her special interests have included the Spanish conquest, colonial government and the *ecomienda system. Dr. Kramer has collaborated with Drs. Lovell and Lutz in numerous works over the past three decades, including "Strange Lands and Different Peoples: Spaniards and Indians in Colonial Guatemala" (Oklahoma UP, 2013) and "Saqueo en el Archivo: El Paradero de los Tesoros Documentales Guatemaltecos" (CIRMA / CEUR, 2014). On. Dec 10, the three dedicated researchers present "Atemorizar la Tierra" (F&G Editores) at CIRMA, 5a calle oriente #5, La Antigua Guatemala.

The title of the Spanish-language book comes from a letter sent by Guatemala's conqueror, Pedro de Alvarado, to the conqueror of Mexico, Hernán Cortes, in April 1524. "Atemorizar la Tierra" sheds new light on the Guatemalan conquest, especially how prolonged and complex it was. We read about the sustained resistance of the Maya Kaqchikel and how many practices commonplace at that time still haunt Guatemala today, including blatant disregard for the rule of law, impunity, corruption and violence.

*A grant by the Spanish Crown to a colonist in America conferring the right to demand tribute and forced labor from the Indian inhabitants of an area.

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I stopped believing in Santa Claus when I was six. Mother took me to see him in a department store and he asked for my autograph. —Shirley Temple Christmas is a tonic for our souls. It moves us to think of others rather than of ourselves. It directs our thoughts to giving. —B. C. Forbes

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CLUB ROTARIO, Meets every Wednesday 7pm at Porta Hotel Antigua (except last Wed. of the month). Call 7832-7600 http://www.rotaryantigua.org/

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Maybe Christmas, the Grinch thought, doesn't come from a store.

—Dr. Seuss



by Cynthia Burski, DVM Spitters, Scratchers, & Snappers

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The vet suspects either food allergy or food intolerance. What is the difference?

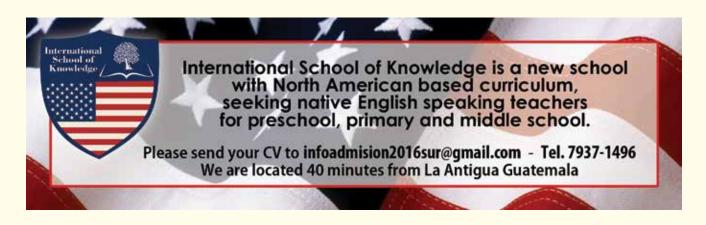
A food allergy is an abnormal response to a harmless food with proven immunologic basis. The body perceives the protein as a "foreign invader." A food intolerance is an abnormal response to food with a non-immunologic basis. Artificial colors, chemicals or additives in food may be common culprits. An example of food intolerance is lactose intolerance.

There is no predilection for age, sex or breed, although one study reported 30 percent of Siamese cats showed clinical signs of allergies. The most common signs include itching, redness and bumps primarily around the head and neck, but may occur on other parts of the body. Hair loss might occur. With or without gastrointestinal symptoms, the skin most often suffers hypersensitivities. GI symptoms include vomiting, diarrhea, and frequent defecation. Food hypersensitivity is the suspected cause of inflammatory bowel disease.

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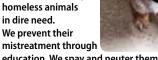
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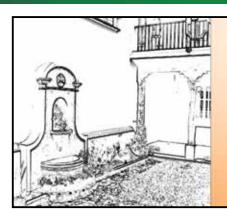
Christmas, my child, is love in action. Every time we love, every time we give, it's Christmas. —Dale Evans

And now we welcome the new year. Full of things that have never been. —Rainer Maria Rilke

Cheers to a new year and another chance for us to get it right. —Oprah Winfrey

Nobody cares how much you know, until they know how much you care. —Theodore Roosevelt

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We may pass violets looking for roses. We may pass contentment looking for victory. —Bernard Williams



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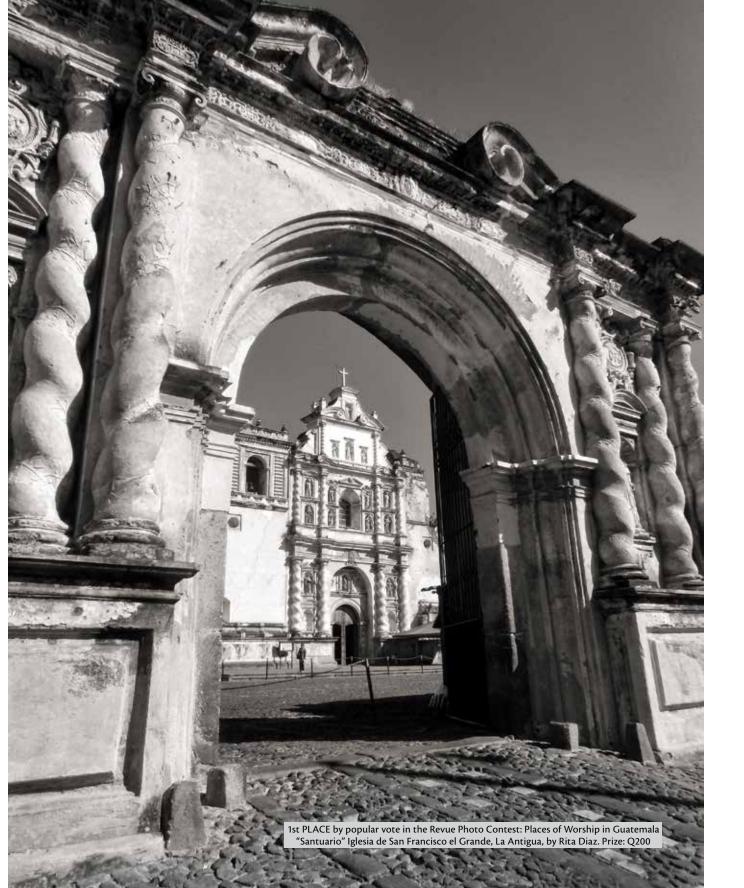
1st PLACE by judges vote in the Revue Photo Contest: Places of Worship in Guatemala.

"Above a sea of color!" La Antigua, by Gabriel Karshens. Prize: Q200



Entry in the Revue Photo Contest: Places of Worship in Guatemala.

"Equinoccio de Primavera, rogando por las cosechas" Ruinas de Iximché, Tecpán, by Javier Alvarez Vassaux



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