

# THE GRAN PACIFICA WAVE

NEWS FROM THE EDGE OF THE SEA

SEPTEMBER 2015



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# TURTLE NESTING SEASON IS UPON US!

JO-ANNE STOLTZ

Our Sanctuary Needs Some Attention



Come do your part!

Here is what is needed:

**Remove all weeds and shrubs**

**Repair the grid with stakes and string**

**Build a small fence around the sanctuary**

**Create 16 baskets (shown below)**

**Create plaques that identify the nests**

**Donate money so that nests can be purchased from the hueveros**

**Volunteer to go on turtle patrol**

**Volunteer to mind the nests as the hatchlings are born**

**Volunteer to organize the release of the turtles**

# YERRIS ANTONIO AVILES

For four years, this strapping young man worked on property for the Paynes as well as the Cinco Amigos.

On March 18th, 2015, Yerris was returning to Gran Pacifica in the afternoon to pick up his wife Marlene who works in the housekeeping department. In the short six kilometers between his house and the property, he lost control of his motorcycle. After two operations and a lengthy hospitalization, Yerris was given a bleak prognosis by doctors and was brought home for his family to care for.

The home that Yerris and Marlene live in is, and has been a work in progress. They both had been saving money and adding to the home as they could afford to.

Denise and Kent Payne wanted to do something for Yerris in return for his years of work. Knowing that the house needed some attention, they generously decided to donate the supplies and labor to paint the young couple's home. Together with Joseph Duchene, Jessica Wolf, Andrew Weekly and new property owner Jim Reno, the gang set out to paint the house, which was very well received by the family.

In July, Yerris's weight had been reduced to two thirds of what it had been, he could not speak and had only limited mobility in his left extremities.

The family refused to listen to the doctors, and assists him 24 hours a day with his personal hygiene, feeding, putting him through physio therapy and keeping his tracheotomy free of infection. But most importantly, they are always present and positive.

The challenges the family is facing at this time are many. Here are a few:

- Proper hygiene is a challenge as all water is brought to the house from a well in the center of town.
- Obtaining medicine to avoid infection
- Obtaining supplies to keep the tracheotomy clean.

## **The Good News**

When this accident happened, Marlene was five months pregnant; on July 26th she gave birth to a healthy baby boy, Hansen James Aviles Artola. This is Yerris's fourth child.

A few weeks ago, Yerris started to eat solid foods and his weight is increasing. He can now say some words and is in Managua this week for an assessment of when his tube can be removed.

Recently, Dinh and Rachel Nguyen donated \$100 that were used to purchase the following:

- Two packages of oatmeal
- Ten pounds of chicken
- Five liters of milk
- Three pounds of potatoes
- Six green peppers
- Seven pounds of tomatoes
- Four pounds of carrots
- Two beets
- Thirty Eggs
- One cabbage
- Twelve Onions
- Ten pounds of beans
- Fifteen pounds of Rice
- Five packages of Seasoning
- One liter of cooking oil
- Some Oreos and Chocolate milk for the kids
- One Pedestal Fan
- Supplies from the pharmacy



These hundred dollars made a huge impact.

If you would like to assist the family, Maria Aviles, sister of Yerris, works at the club house. She can explain to you in more detail what the family needs. If you need translation, I would be happy to help.

Thank you Kent and Denise Payne, Dinh and Rachel Nguyen for your donations, and everyone else involved for your giving nature and community spirit.

# NIXTAMALIZATION

Nixtamalization = Nixtamalización

(English)

(Spanish)

## The Place

When making your way from Managua to GP, at approximately kilometer forty-eight you may have noticed a road on the left hand side that appears to be dusted with talcum powder. There is a small industry here that employs fourteen locals.

Eighty-eight-year-old Don José Fidencio Sánchez Cerda has been watching over this place for the past 26 years, having taken the job at 62 years young.



Don Jose explains that there are two limestone kilns or “caleras” here. Blocks of limestone are brought from nearby mines and are placed by hand into one of the two 15-meter-high kilns.

Using firewood, the temperature is brought to between 900° and 1,000° Celsius. By continuously stoking the fire, the blocks are cooked for four entire days and nights.



After four days, water is poured on the blocks, which now have changed to brittle white chunks showcasing seashells from centuries past. The pieces are ground down and sifted into a fine powder that we know as lime in English, in Spanish it is called “cal.”

The workers package the lime in different sized bags; large, medium and very small. The men fill the large and medium bags, but when the market demands the smaller bags, female workers are brought in because their hands are petite. Petite and agile hands are needed for this difficult but dainty task.

Both men and women who toil here earn approximately C\$100 to C\$150 per day. (\$4-\$6).



### Who buys this stuff?

The large bags are sold to shrimp farms in the north. The lime is added to the ponds to adjust PH levels of the water. This creates a healthier environment, resulting in more abundant harvests. The extra calcium in the lime also helps the shrimp build stronger exoskeletons.

Farmers use it to change the alkalinity in soil when planting, to have more fruitful crops. With livestock, it can be used as a disinfectant and it also can be used as an insect repellent.

Locals use it as an economic way to give a nice fresh coat to things such as houses, tables and even tree trunks. The effect is dramatic but not long lasting.

It is also used as a primer so that your expensive store bought paint does not absorb directly into the cement or wood surface that you are painting.

If you were to go into a corner store or a “pulperia,” you would find the small bags of lime that the women have prepared. Homemakers purchase these bags to mix with ground maize (corn). Mixing lime, water and maize creates a chemical reaction called Nixtamalization. This helps the outer skin come off the kernel and also allows the mixture to form into a dough. From this dough or “masa” authentic corn tortillas and nacatamales are made.

According to Wikipedia:

**Nixtamalization** (IPA: [ˌnɪkstəməlaɪˈzeɪʃən]) typically refers to a process for the preparation of maize (corn), or other grain, in which the grain is soaked and cooked in an alkaline solution, usually lime-water, and hulled. The term can also refer to the removal via an alkali process of the pericarp from other grains such as sorghum.

Maize subjected to the nixtamalization process has several benefits over unprocessed grain: it is more easily ground; its nutritional value is increased; flavor and aroma are improved; and mycotoxins are reduced. Lime and ash are highly alkaline: the alkalinity helps the dissolution of hemicellulose, the major glue-like component of the maize cell walls, and loosens the hulls from the kernels and softens the corn. Some of the corn oil is broken down into emulsifying agents (monoglycerides and diglycerides), while bonding of the corn proteins to each other is also facilitated. The divalent calcium in lime acts as a cross-linking agent for protein and polysaccharide acidic side chains.[1] As a result, while cornmeal made from untreated ground corn is unable by itself to form a dough on addition of water, the chemical changes in masa allow dough formation. These benefits make nixtamalization a crucial preliminary step for further processing of maize into food products, and the process is employed using both traditional and industrial methods, in the production of tortillas and tortilla chips, tamales, hominy and many other items.

Please stop in and say hi to Don José, he loves to chat and he is proud to teach people about his place of work.



# DID YOU KNOW???

JO-ANNE STOLTZ

You can have your food scraps picked up at your house and taken to feed Lulu the five-hundred-and-fifty-pound pig?

## How it Works

Keep a bucket on your kitchen counter to place all of your food scraps in. When you are not using the bucket, keep it in the fridge or freezer.



When you have a small amount of scraps accumulated, call Holman at 8411 4946 to arrange a pick-up.

He and his beautiful Nicaraguan smile will arrive at your door to whisk away your scraps and take them directly to Miss Lulu.



## The Benefits

The quantity of your garbage will be greatly reduced.

There will be less burden on our hard working garbage men.

Your house will smell fresher.

Miss Lulu will maintain her magnificent silhouette.

# LETTER FROM THE CEO



MIKE COBB

Dear Property Owner,

September was quite a month for Nicaragua, as it celebrated its Independence Day, as well as continuing growth of its tourism industry. Independence was won from Spain on September 15th, 1821, and Nicaragua celebrated this year with a nice four-day weekend. We saw a lot of families take advantage of the time together out at Gran Pacifica, and I really love that we've become a big part of Nicaraguans' vacation time. During this "month of patrimony," the Nicaraguan government has not only been celebrating, but also planning for the future. During the Independence celebrations, the President announced that they would be installing free public Wi-Fi in many of the country's parks, as well as putting streetlights in thousands of neighborhoods throughout the country. I see this as a big step for Nicaragua's infrastructure, as well as a sign of continuing economic progress. As the fastest-growing economy in Central America, Nicaragua really seems to be putting its money where its mouth is, so to speak, by investing in infrastructure and modernization.

Another celebration of Nicaragua that is in the news is Miss Mundo Nicaragua. This year, much of the competition was filmed at Gran Pacifica, and the show is currently airing Sunday nights on Nicaragua's Channel 2 at 7:00pm CST (9:00pm EDT). You can live stream [here](#). Just click in the top right where it says "En Vivo." The show puts much of the beauty of Gran Pacifica on display, and celebrates the beauty of Nicaragua itself.

At Gran Pacifica, construction also continues at a rapid pace, with many homes nearing completion and several just starting. Each house built adds to the community and excitement at Gran Pacifica.

Another initiative underway at Gran Pacifica is a teak plantation. If you have visited, you may have noticed a piece of land near the entrance set aside. Soon, that plot of land will be covered with growing teak trees. From the new solar homes under construction, to the sustainable development of teak, to actively preserving the beach and its wildlife, I am really proud of Gran Pacifica's commitment to being a conscientious developer.

I would also like to extend my congratulations to Joel Nagel, Gran Pacifica's Chief Legal Officer. Joel was recently appointed Ambassador to Austria by the Belizean government. This is a huge accomplishment deserving of congratulations, and I'm sure he will do a great job in promoting relations between the two countries. It seems like just a few years ago we were college roommates, and now here we are. We've both been taken to all sides of the globe, but that's the thing about true community. It's home. It's what you come back to. Our community by the sea is flourishing, and I'm glad to be home.

Until Next Time,

*Mike Cobb*