

Boulder-Jalapa

Friendship City Projects, Inc.

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Spring 2008



A Change in Emphasis



Jalapa, N.S., Nicaragua

With the establishment of Pueblos Unidos (our counterpart board in Jalapa) by in-country volunteers Dennis and Betsy Duckett five years ago, and under the direction of our most recent volunteer Tamara Czyzyk during the last two years, FCP's way of interacting with the people of Jalapa has shifted. Our emphasis now is to assist with programs chosen by the Jalapeños as the highest priority in their communities, and which are organized, promoted,

and run by the community. This ensures the sustainability of these programs within the community, and promotes self-reliance, empowerment, and leadership in the community. Our fundraising will be less for materials for physical structures, and more for funding workshops and training sessions. And, we'll still continue to bring delegations to Jalapa.



Family Gardens Spread In the Jalapa Valley



Karla Pozo

As Tamara Czyzyk completed her time with FCP this past December, she left the huertos program in Jalapa in the very capable hands of Karla Pozo. Karla was one of the first two *promotores* (the community monitors) for the pilot program in El Polvorin. Karla continues to coordinate FCP's Huertos Familiares/Family Garden Plots program, plus two new programs started by Jalapeños: La Fundacion de Mujeres Jalapeñas/The Jalapan Women's Foundation and La Cooperativa de Estufa Justa/The Justa Stove Cooperative (an alternative technology).

Your donations fund training workshops, "starter" seeds, and simple garden tools for huertos in the two new communities of Santa Marta and Santa Rosa.

Boulder Sister City Volunteer of the Year

Boulder -Jalapa Friendship City Projects and the Boulder Sister City Alliance are pleased to announce that Tamara Czyzyk (Jalapa, Nicaragua) and Cindy Trautwein (Mante, Mexico) are recipients of the first Boulder Sister City Volunteer of the Year award. They will be honored in mid-May by a resolution of the Boulder City Council. Congratulations to both recipients, especially to our own Tamara on this city-wide recognition of her brilliant efforts in Jalapa!

Please consider attending the awards ceremony at the Boulder City Council meeting on May 13, at 6 pm in the Council Chambers, Municipal Building.



FCP has been empowering people, establishing a cultural exchange process, and providing material aid to the Jalapa region since 1984. Please visit www.boulderjalapa.org. FCP is a 501(c)(3) organization.

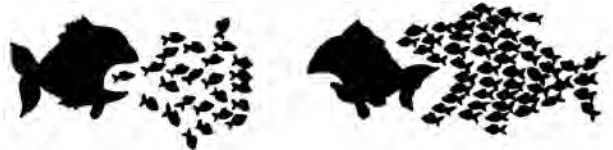
Project Huertos Familiares, Sustainable Family Agriculture and Patio Economy

These Family Gardens are not just a program to grow vegetables. They are an integrated and sustainable system that includes organic farming, domesticated animals, and reforestation in order to meet the nutritional needs of families. Along the way, participants also develop community cohesiveness, reinvigorate the local economy, and empower themselves. The intensive process of identifying their own needs and resources, and of educating themselves not only on the agricultural aspects but also on trade laws, urbanization, and enforced consumerism results in communities who have taken their lives back into their own hands.



With these gardens, families are able to grow food in their patios for a well-balanced diet, and sell the extras to augment their household income. In the training workshops folks are given packets of easy-to-understand information, recipes, tips and ideas for organic composting, fertilizers, and insecticides, techniques for saving seeds, and ultimately a registry to be able to track their plant care, challenges, harvests, seed information, every aspect of their huertos. Soon the families start to see results-rows of lush, healthy veggies: carrots, tomatoes, radishes, beets, peppers, cabbage, cucumbers, summer and winter squash, onions, chile, cantaloupes, and more...

They began to eat “like the rich”!



La Fundacion de Mujeres Jalapeñas/The Jalapan Women's Foundation

Recently, FCP Rep Tamara, and Co-Rep, Karla Pozo became involved in supporting a local grassroots effort of Jalapan women who have come together to organize around what they see as a serious problem in the valley. We were contacted for assistance by the local Jalapa Rep of a medical NGO out of Minnesota, Interfaith Services for Latin America (ISLA). In recent years, ISLA has been focusing on gynecology and Pap smear screenings, after noticing exaggeratedly high incidence of Human Papiloma Virus (the virus that can lead to cervical cancer). Because of dire need in the community, the foundation addresses a serious epidemic in a vulnerable population through education and appropriate medical care.



Your donations can also go to the Women’s Foundation for women’s health issues in the Jalapa Valley. Please specify Women’s Foundation on your check.

- Yes!
- I would like to make a tax deductible contribution to FCP’s continuing work for the people of Nicaragua.
- I enclose \$25 tax deductible membership dues.
- I may be interested in joining a delegation to Nicaragua in the next year.
- I would like to volunteer to work with FCP.

Name: _____ Phone: _____

Address: _____ City: _____ ST _____ ZIP _____

E-mail: _____

Please fill out and return it to: Friendship City Projects, PO BOX 7452, Boulder, CO 80306, www.boulderjalapa.org