

# Tuesday, January 6, 2009

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Sleeping in Gracias for one night was very relaxing. However, we had to pack for our next location. After I intentionally missed breakfast, we drove to Siguatepeque for about three/four hours. Upon arriving, we visited the SANAA Water Treatment plant in Siguatepeque (Contact: Wenceslao Orellana 9954-0217). In this plant, the operator explained the details of the plant. He showed how the plant will warn him when something goes wrong. Furthermore, he carried out how and what are the steps to silent the alarm and fix the computer and control panel. This plant's control panel is like a huge and tall cabinet that actually opens like a cabinet to reveal its wirings.

Moreover, the operator showed us how he cleans the tanks by flushing out all the water with pressure and an unplugged pipe. As we watched the process, Chris made some suggestions to the operator on how to improve the procedures. At first, the operator seemed to be hesitant and then he said that he will try Chris's suggestions.

After saying our thanks, we drove to CEASO [www.ceaso.org](http://www.ceaso.org) (Contact: Rene Santos 9962-2246) for lunch. It was a great meal with organic vegetables and fruits (watermelon). The rice was delicious. I even went up for third round of rice. (Yeah...piggy me). In the afternoon, we listened to the founder of CEASO explaining the history and purpose of this Sustainable Ecological Retreat Center. Then he gave us a tour of the whole facility. First, he pointed out how he made his water tank by using concrete and metal mesh. Even through the simple wall of the tank is made of just concrete and metal mesh; it is able to sustain all the pressure from the water.

Then he showed us another tank that is made the same way with the help of many women. This water tank is very special because he uses a certain type of fish that engulfs the bacteria/algae in the water. As a result, the water becomes clearer. Next, he showed us his ecological toilet that has two separate chambers: one for the liquid and other is for the solid feces. There is two of this type of toilet. While one is being used, the other is closed for the process of composting. After explaining how to compost human feces, we toured the small library and saw some products that they make such as coffee, paper, and other products made from used wrappers. The next station to view was the farm animals (cows, pigs, piglets, goats, hens, and roosters). The founder also used the waste from the animals as a source for the organic fertilizer.

Next, we saw the large land of clementine trees. Then he explained how to restore the nutrients back into the dirt. He described the restoration is done by using a certain type of string bean. Then we saw how to grow coffee plants underneath the pine trees. Also, I forgot to mention that we saw how the coffee beans were peeled with a machine. Upon completion of the tour, we moved our luggage into the rooms. There is one large girl room that all the girls can sleep in. The boys had their own room by smaller. Since the boy room is small, three of the guys may sleep in the girl room. Due to this, the girls started the selection process. John was out because he talks in his sleep. Henry was out because he snores. Jeff was also eliminated because of his past history of wetting the bed. At the end, Kelvin was selected only. But when bedtime came, no boys slept in the girl room because Leo slept in the van.

After we finished moving our luggage, we had dinner at CEASO. This meal was also very tasteful. At night and after our dinner, spend a long time for reflection. We formed a circle and went after introducing ourselves and expressing our feelings and thoughts about the trip so far. To mention a few reflections:

Kelvin: Stated that the trip is full of many interesting facts about water plant and how there are so many different approaches to developing a water treatment plant.

Jorge: He spoke about how Hondurans have a lot of pride and always/mostly refrain from accepting suggestions and faults of theirs. However, he stated that Hondurans are slowly accepting new ideas. Hondurans are willing to change for the good.

Me: I spoke about how it is nice to learn how Hondurans are learning how to compost/recycle things. I also mention how hard it is to sustain a compost system.

After our reflections, we went to our rooms to sleep. While some are scared of spiders and bugs, I remained unaffected. Haley pointed out that there is a cockroach on the door next to my bed. Haley asked me whether or not she should tell the other girls. I suggested to her to remain silent to avoid scaring the other girls. Some individuals have a phobia for insects, but I don't have it.