

PURA VIDA, COSTA RICA

The official Newsletter from Costa Rica



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Edittors'Letter

Happy Month to Everyone!

Welcome to our March edition, this month I have the pleasure to share with all such special information about current important activities that we have in the city with our volunteers in program, so keep in touch with us and you can see what we offer this time.

Laura Estrada

Social Manager

Easter Week in Costa Rica

Every year between April and March, the Catholic community celebrates what has been called Holy Week, which itself is a reflection of the paschal mystery; it commemorates the passage of Jesus Christ from death to life.

To celebrate the Week, as it is also known, Catholics perform various religious activities (processions, meditations, etc.) Recalling the Last Supper of Jesus with the twelve apostles, the tradition of Judas, the agony and crucifixion of Christ, finally his resurrection, which is the time of greatest joy in the liturgical catholic calendar. This year 2013 all the country celebrated from March 25th until March 31th.



Kiara Sarner a Sprink Break Volunteer at the Day Care “Corazon de Jesus”, in Liberia.

From March 10th until March 15th Kiara Sarner was the first volunteer of the spring break program which was part of the day care “Corazon de Jesus” located in Liberia city. She helped us a lot and always showed a very positive attitude in all the activities that were conducted with children. As part of the first group she started to paint a cute and professional mural for the place, and also helped a lot with the routine in the place with the kids. At the end of her project she was a part of a small party with kids in which she helped with everything to make it possible. Finally she enjoyed a good time visiting and enjoying Nacazcolo beach located around the city.

Just we can say that she was an excellent volunteer and a very nice person, many thanks to her to be part of us during that time.



Second Group of Spring Break Costa Rica working at the Day Care “Corazon de Jesus”

On March 18th we received in Liberia the second group of Spring Break. They worked with us until March 24th at one of the day cares called” Corazon de Jesus” located in Liberia city.

This group was very active and supportive. During the whole week they took care of the kids helping in different games, activities, personal care of them and more. During the afternoons created some pretty murals for the kids in order to beautify their place.

Not only was work, they had the possibility to have a nice children party the last day of their work with the kids which was very creative and special not only for them also for the kids, they look in any moment so happy for this.

Finally, the visit to Nacazcolo beach was very entertaining and a good way to know each other in this exciting experience, they could know a very nice part of the country and one of the most beautiful beaches around.



Conservation Article

This was a month of the opening of new things, for example the project started with birds, we begin with the bio digester, we have the management plan, we visited the wetland Corral de Piedra to take stock of migratory birds and also soon began with the opening of the Daria National Park

Scarlet Macaw Project:

We started this project last year; the main aim of this project is to rescue this species. Then, we monitor the nest 24 hours a day.

The Scarlet Macaw (*Ara macao*) is a bird of great beauty, their populations are small and presents the major issues that each year the chicks are removed from nests for sale on the black market, which makes their conservation.

In Barra Honda National Park and surrounding areas has been some preliminary studies On this species, indicating That the site exists to permanent population With The same problems mentioned.



But the population of scarlet macaws in the Barra Honda National Park is very low, to the point that only two nests of this species have been found at the site and are not even within the protected area, which further complicates the situation.

Bat project

This is one of the oldest projects here. We have a lot of information of this specie. We and volunteers visit the forest every week for study the bat. The importance that the Barra Honda National Park for the conservation of bats, is that on the site there are colonies of thousands of individuals who roost in different caves of this protected area, mainly in caves "Well Reek" and "Nicoa ". Also some bats are able

to build their own shelter changing leaves of different plant species. In Barra Honda National Park this very relevant fact.

New report: The species *Artibeus phaeotis* or "bat dwarf fruit bowl", camping in tree leaves Panama (*Sterculia apetala*) in Barra Honda, new to science fact as only a couple of species of South America used a tree of this species for the activity . Also previously only been reported that this species modified plant leaves soft as "platanillas" (*Heliconia* sp), so it is the first time that it is perched in a tree and leaves quite resilient.



Bird Project (New list)

Barra Honda has an important dry forest ecosystem that contains many species of birds that are endemics for tropical dry forest, others that are in dangerous of extinction and also some of them are really striking and rare. For this reason we will create a census that will indicate us about what kind and how many birds we have in the different national park habitats, also know if exist a relation between them and compare the population with others studios in similar forests.



With this project we and volunteers have a new inventory of birds a new list:

<i>Scientific Name</i>	<i>Nombre común</i>	<i>English Name</i>	<i>Family</i>
<i>Crypturellus cinnamonomeus</i>	Tinamú, Perdiz	Thicket Tinamou	Tinamidae
<i>Tachybaptus dominicus</i>	Zambullidor enano	Last Grebe	Podicipedidae
<i>Fregata magnificiens</i>	Tigereta de mar	Magnificent Trigatebird	Fregatidae

<i>Ardea alba</i>	Garza real	Great Egret	Ardeidae
<i>Bubulcus ibis</i>	Garcilla bueyera	Cattle Egret	Ardeidae
<i>Tigrisoma mexicanum</i>	Martín Peña, Garza Tigre	Tiger Heron	Ardeidae
<i>Coragyp atratus</i>	Zopilote negro, Zoncho	Black Vulture	Cathartidae
<i>Cathartus aura</i>	Zopilote cabeza roja	Turkey Vulture	Cathartidae
<i>Sarcoranphus papa</i>	Zopilote rey	King Vulture	Cathartidae
<i>Dendrocygna autumnalis</i>	Piche	Black-bellied Whistling Duck	Anatidae
<i>Buteo platypterus</i>	Gavilán aludo	Broad-winged Hawk	Accipitridae
<i>Buteo magnirostris</i>	Gavilán chapulinero	Roadside Hawk	Accipitridae
<i>Asturina nitida</i>	Gavilán pollero	Gray Hawk	Accipitridae
<i>Herpethotes cachinnans</i>	Guaco	Laughing Falcon	Falconidae
<i>Caracara plancus</i>	Quebranta huesos	Crested Caracara	Falconidae
<i>Micrastur semitorquatus</i>	Halcon de monte collarejo	Collared-Forest-Falcon	Falconidae
<i>Ortalis vetula</i>	Chachalaca	Plain Chachalaca	Cracidae
<i>Porphyryula martinica</i>	Gallina de agua	Purple Gallinule	Rallidae
<i>Jacana spinosa</i>	Gallito de agua	Northern Jacana	Jacanidae
<i>Columba flavirostris</i>	Paloma morada	Red-billed Pigeon	Columbidae
<i>Zenaida asiatica</i>	Paloma ala blanca	White-winged Dove	Columbidae
<i>Scardatella inca</i>	Tortolita colilarga	Inca Dove	Columbidae

<i>C. Passerina</i>	Tortolita común	Common Ground Dove	Columbidae
<i>Leptotila verreauxi</i>	Paloma coliblanca	White-tipped Dove	Columbidae
<i>Ara macao</i>	Lapa roja	Scarlet Macaw	Psittcidae
<i>Aratinga canicularis</i>	Perico catano	Oranged-fronted	Psittcidae
<i>Amazona albifrons</i>	Loro frentiblanco	White-fronted Parrot	Psittcidae
<i>Piaya cayana</i>	Pajaro ardilla	Squirrel Cuckoo	Cuculidae
<i>Crotophaga sulcirostris</i>	Tijo	Groove-billed Ani	Cuculidae
<i>Morococcyx erythropygius</i>	Cuclillo sabanero	Lesser Ground-Cuckoo	Cuculidae
<i>Coccyzus minor</i>	Cuclillo de antifaz	Mangrove cuckoo	Cuculidae
<i>Otus cooperi</i>	Lechuzita sabanera	Pacific Screech-owl	Stringidae
<i>Glaucidium brasilianum</i>	Mochuelo común	Ferruginous pigmy-owl	Stringidae
<i>Strix virgata</i>	Lechuza café o de león	Mottled owl	Stringidae
<i>Nyctibius griseus</i>	Pajaro palo	Common Potoo	Nyctibiidae
<i>Chordeiles acutipennis</i>	Añapero menor	Lesser nighthawk	Caprimulgidae
<i>Nyctidromus albicollis</i>	Cuyeo, Tapacaminos	Common Pauraque	Caprimulgidae
<i>Phaetornis longuemareus</i>	Ermitaño enano	Little Mermit	Trochilidae
<i>Amazilia saucerrotei</i>	Amazalia culiazul	Steely-vented Hummingbird	Trochilidae
<i>Amazilia rutila</i>	Amazalia canela	Cinnamon Hummingbird	Trochilidae
<i>Helimaster constatii</i>	Colibrí pochotero	Plain-capped Starthroat	Trochilidae
<i>Anthracothorax prevostii</i>	Manguito pechiverde	Green breasted mango	Trochilidae
<i>Archilocus colubris</i>	Colibrí garganta de rubí	Rubi-throated hummingbird	Trochilidae

<i>Chlorostilbon canivetii</i>	Esmeralda rabihorcado	Fork tailed emerald	Trochilidae
<i>Trogon melanocephalus</i>	Trogon cabecinegro	Black-headed Trogon	Trogonidae
<i>Trogon elegans</i>	Trogon elegante	Elegans Trogon	Trogonidae
<i>Eumomota superciliosa</i>	Momoto cejiceleste	Turquoise-browed Motmot	Momotidae
<i>Momotus momota</i>	Momoto común	Blue-crowned Motmot	Momotidae
<i>Notharchus macrorhynchos</i>	Buco collarejo	White-necked Puffbird	Bucconidae
<i>Dryocopus lineatus</i>		Lineated Woodpecker	Picidae
<i>Campephilus guatemalensis</i>	Carpintero picoplata	Pale-billed Woodpecker	Picidae
<i>Melanerpes hoffmannii</i>	Carpintero de Hoffmann	Hoffmann's Woodpecker	Picidae
<i>Thamnophilus doliatus</i>			Thamnophilidae
<i>Pachyramphus aglaiae</i>	Cabezón plumizo	Rose-throated Becard	Tityridae
<i>Tityra semifaciata</i>	Titira cariroja o pájaro chanco	Masked tityra	Tityridae
<i>Chiroxifia linearis</i>	Salterín toledo	Long-tailed Manakin	Pipridae
<i>Tyrannus forficatus</i>	Tijereta rosada	Scissor-tailed Flycatcher	Tyrannidae
<i>Tyrannus melancholicus</i>	Pechoa amarillo	Tropical kingbird	Tyrannidae
<i>Myiodynastes luteiventris</i>	Mosquero ventriazufrado	Sulphur-bellied Flycatcher	Tyrannidae
<i>Myiodynastes maculatus</i>	Mosquero listado	Streaked Flycatcher	Tyrannidae
<i>Megarhynchus pitangua</i>	Mosquerón picudo	Boat-billed Flycatcher	Tyrannidae

<i>Pitangus sulfuratus</i>	Cristo fue, Bienteveo	Great Kiskadee	Tyrannidae
<i>Myiarchus crinitus</i>	Copetón viajero	Great Crested Flycatcher	Tyrannidae
<i>Myiarchus tyrannulus</i>	Copetón crestipardo	Brown Crested Flycatcher	Tyrannidae
<i>Myiarchus tuberculifer</i>	Copetón crestioscuro	Dusky-capped flycatcher	Tyrannidae
<i>Poecilotricus sylvia</i>	Espatulilla cabecigris	Slated-headed tody-flycatcher	Tyrannidae
<i>Contopus cinereus</i>	Pibi tropical	Tropical Peewee	Tyrannidae
<i>Empidonax alnorum</i>	Mosquerito de charral	Alder Flycatcher	Tyrannidae
<i>Tolmomyias sulphureus</i>	Piquiplano azufrado	Yellow-olive Flycatcher	Tyrannidae
<i>Myiopagis viridicata</i>	Elainia verdosa	Greenish Elaenia	Tyrannidae
<i>Camptostoma imberbe</i>	Mosquerito chillón	Norther Beardless Flycatcher	Tyrannidae
<i>Empidonax flaviventris</i>	Mosquerito ventriamarillo	Yellow-bellied Flycatcher	Tyrannidae
<i>Hirundo rustica</i>	Golondrina tijereta	Barn Swallow	Hirundinidae
<i>Hirundo pyrrhonota</i>	Golondrina risquera	Cliff Swallow	Hirundinidae
<i>Tachycineta albilinea</i>	Golondrina lomiblanca	Mangrove Swallow	Hirundinidae
<i>Calocitta formosa</i>	Urraca	White-throated-Magpie-jay	Corvidae
<i>Campylorhynchus rufinucha</i>	Chocholpía, Chicopiojo	Rufous-naped Wren	Troglodytidae
<i>Thryothorus pleurostictus</i>	Soterré bareteado	Banded Wren	Troglodytidae
<i>Thryothorus rufalbus</i>	Soterré rufo y blanco	Rufous-and-white wren	Troglodytidae
<i>Poliophtila albiloris</i>	Perlita cabecinegra	White-lored Gnatcatcher	Sylviidae
<i>Vireo flavifrons</i>	Vireo pechiamarillo	Yellow-throated Vireo	Vireonidae
<i>Vireo philadelphicus</i>	Vireo amarillento	Philadelphia Vireo	Vireonidae

<i>Hylophilus decurtatus</i>	Verdillo menudo	Lesser Greenlet	Vireonidae
<i>Mniotilta varia</i>	Reinita trepadora	Black and white warbler	Parulidae
<i>Vermivora peregrina</i>	Reinita verdilla	Tennessee Warbler	Parulidae
<i>Dendroica aestiva</i>	Reinita amarilla	Yellow Warbler	Parulidae
<i>Geothlypis poliocephala</i>	Antifacito coronigris	Gray-crowned Yellowthroat	Parulidae
<i>Basileuterus rufifrons</i>	Reinita cabecicastaña	Rufous-capped Warbler	Parulidae
<i>Seiurus aurocapillus</i>	Reinita Hornera	Ovenbird	Parulidae
<i>Seiurus motacilla</i>	Reinita acuatica piquigrande	Louisiana waterthrush	Parulidae
<i>Parula americana</i>	Parula norteña	Northern parula	Parulidae
<i>Icterus pustulatus</i>	Bolsero, Chorchá	Streaked-backed Oriole	Icteridae
<i>Sturnella magna</i>	Zacatero común	Eastern Meadowlark	Icteridae
<i>Quiscalus mexicanus</i>	Zanate grande	Great-tail Grackle	Icteridae
<i>Molothrus aeneus</i>	Vaquero ojirrojo	Bronzed Cowbird	Icteridae
<i>Guiraca caerulea</i>	Pico grueso azul	Blue Grosbeak	Cardinalidae
<i>Passerina ciris</i>	Azulillo siete colores	Painted Bunting	Cardinalidae
<i>Arremonops rufivirgatus</i>	Pinzón aceitunado	Olive Sparrow	Emberizidae
<i>Aimophila ruficauda</i>	Sabanero, Albarda	Striped-headed Sparrow	Emberizidae
<i>Piranga ludoviciana</i>	tangara carioja	Western tanager	Thraupide
<i>Piranga rubra</i>	tangara veranera	Summer tanager	Thraupide
<i>Phalacrocorax brasilianus</i>	cormoran, pato chanco	Neotropic Cormorant	Phalacrocoraceae

<i>Dendrocolaptes sanctithomae</i>	trepador barreteado	Barred Woodcreeper	Dendrocolaptidae
<i>Mycteria americana</i>	cigüeña	Wood stork	Ciconiidae
<i>Catharus ustulatus</i>	zorzal de Swainson	Swainson's Thrush	Turdidae
			Total = 105 Species

Nursey garden:

We have great news, the nursery is almost finished and we have over two thousand plants to go to seed the forest. The species are: cedar, sweet cedar, Tempisque Cocobolo. The next step is to wait for the rainy season which starts on May for planting these new trees in the forest.

Conservation Manager

Anthony Ruiz