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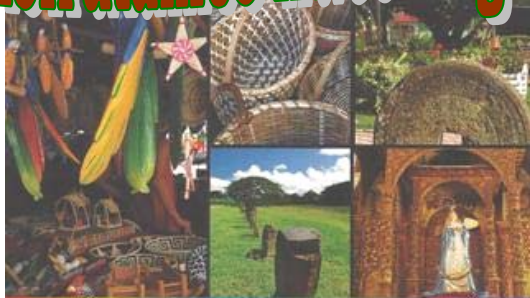
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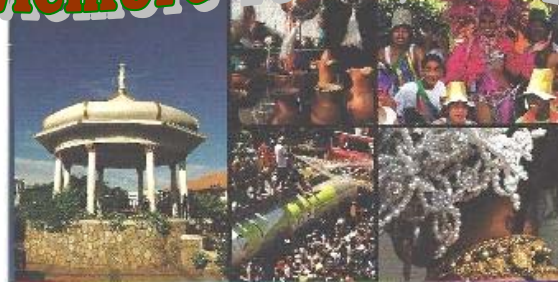
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Disfrutamos nuestra gira a Coclé, Herrera y Los Santos Noviembre 18-20, 2014



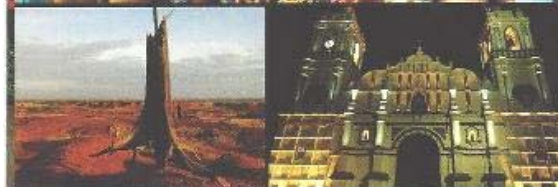
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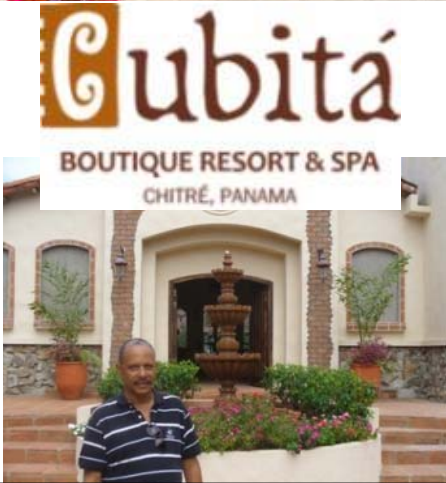
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“FIESTAS PATRIAS” EXCURSION TO COCLÉ & HERRERA NOVEMBER 18-20, 2014 (3 DAYS-2-NIGHTS)

Billeting at Hotel Coclé in Penonomé on Tuesday, November 18 The new Cubitá Boutique Resort & Spa in Chitré on November 19 and 20



Carmela at Cubitá Resort and Spa on September 9-11, 2014

Alonso at Cubitá chapel September 9-11

MAP OF COCLÉ



The capital of Coclé is Penonomé

MAP OF HERRERA



The capital of Herrera is Chitré

DEPARTURE:

We departed at 7:05 a.m. on Tuesday, November 18, 2014 in a comfortable tourism bus (driver Luis Valdez and assistant “Charly”), from the CyberNews Headquarters in Balboa.



SCENIC VIEW ALONG THE PANAMERICAN HIGHWAY:

It was a beautiful day and as any other trip to the interior, the scenic view was absolutely gorgeous. Some of the townsites that we passed on our way to our first stop in Penonomé, province of Coclé were: Arraijan, Chorrera, Capira, Bejuco, Chame, San Carlos, El Valle, Rio Hato, Anton y llegamos a Penonomé a las 9:30 a.m.

ARRIVAL IN PENONOMÉ:

On our arrival at Hotel Coclé we were greeted by Esther "Techy" Carles, our onsite guide and her assistants. We were offered “una bienvenida folklórica,” with refreshments, a briefing on what the province of Coclé has to offer, typical dancers, sale of arts and crafts, etc. followed by lunch and a tour of Penonomé and surrounding areas.

Photographs by Victor “Papito” McFarlane and Alonso Gobern

BRIEFING OF COCLE BY ESTHER MARIA “TECHY” CARLES, OUR ONSITE GUIDE AND HER ASSISTANTS: “What the province of Coclé has to offer”



TYPICAL DANCERS AND VENDORS



BAILANDO LA MURGA:

WITH ESTHER "TECHY" CARLES OUR ONSITE GUIDE



TOUR OF PENONOME AND LA PINTADA:



Marva Nugent in La Pintada, we received a demonstration of how the sombrero "pintao" is made.

We later returned to the hotel for lunch and check in and the rest of the evening was free to enjoy the facilities of the Hotel Coclé (including gym and a swimming pool). Several members of the group met in Carmela and Alonso's room, where we shared jokes, discussed politics and talked about the excursion. Later we went to enjoy our welcome cocktail. Visit their Web site at: www.hotelcocle.com

Wednesday, November 19 - We enjoyed the facilities of the Hotel Coclé and following lunch we departed for Chitré, province of Herrera. Our onsite guide to Chitré was Brandon Gonzalez.

On the way to Chitré, we stopped in Natá de los Caballeros, where we visited one of the oldest churches in the region.



Un tour de la Basílica Santiago Apóstol, Nata de los Caballeros y áreas aledañas.



We also received a tour of Parita, where this unique dance was recorded:



El baile folklórico panameño "**El Punto**" ejecutado por Rosario Cárdenas, con su hermosa pollera, y un bello caballo de paso peruano en la Plaza de Parita, provincia de Herrera.

<http://www.youtube.com/watch?v=7ZXBIXwgKPo>

Although it was not planned, we were able to include a third province. We were honored to visit La Villa, province of Los Santos. We saw Iglesia de San Atanasio, where the annual Corpus Christi Festival is held:



Following our tour of Chitré and surrounding areas, we arrived at the Cubitá Boutique Resort and Spa, where we received a tour of the facilities. There is a chapel in the middle of the resort (see photo below). Visit their Web site at www.cubitaresort.com



Several of our excursionists enjoyed the facilities of the Cubitá Boutique Resort and Spa, the gym, the spa (massage, facial, Jacuzzi, etc.)

At 7:30 p.m. we met for an elegant Buffet Supper in *El Museo* of the Cubitá dressed in típico attire. Following supper, we shared inspirational moments with each other.



SUPPER IN EL MUSEO AT THE CUBITA RESORT AND SPA



Thursday, November 20 - We had breakfast between 7 a.m. to 9 a.m. and many of our excursionists continued to enjoy the hotel facilities, plaza and surroundings.



Clarence and Barbara Gordon



Victor McFarlane and his daughter Topaz

We departed Cubitá Resort at 1:30 p.m. for return trip to Panama and on the way we stopped to purchase “artesanias” and bread in La Arena de Chitré. We also stopped in Anton on the way back. Arriving in Panama at approximately 5:30 p.m.

COMMENTS FROM OUR EXCURSIONISTS:

Hi Carmela: I THANK YOU AND ALONSO for the paseo to Penonomé and Chitré. It was, as usual, a well-planned and an enjoyable trip. The group was soooo compatible, harmonious. You know I am eagerly awaiting the next trip, and hope this group joins us gain. Ciao. **Wilma Johnson (Panama)**

Dear Carmela: The thanks goes to you and Alonso for putting together this wonderful excursion to Coclé and Herrera. It was an awesome experience, one that will always be remembered. What made the trip even more enjoyable was the group of people who attended. The synergism among us was excellent. We definitely did not want the trip to end, especially after our experience at the Cubitá Resort & Spa. I want to thank everyone that was there for their warmth and friendship. I hope we will be able to get together again, in the near future, to continue this *bacchanal*. Love and best wishes. **Paulina Madeam (New York)**

Great photos ...Leave it to "Papito" McFarlane to provide us with great memories. Thank you and Alonso for a "GREAT" trip. PLEASE plan another soon. Hugs, **Patricia (Pat) Lynton (Panama)**

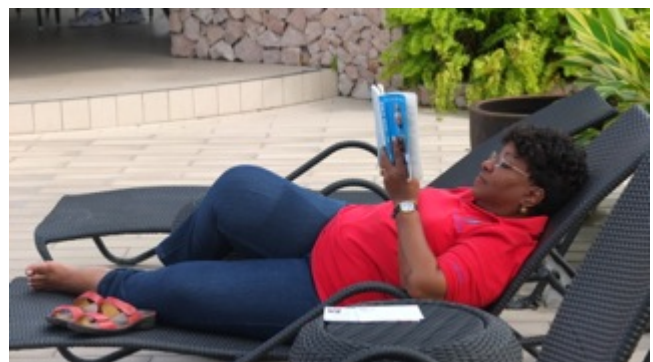
I am pleased to have decided to join the excursion; I met a wonderful group of human beings, my compatriots, of which I am very proud. They all exhibited a high degree of civility exemplary for the younger generations that follow. The fellowship could not be better, I was a perfect stranger to many but after this excursion, I believe I have gained sincere acquaintances. May God permit us to join again on another excursion, before we leave for heaven??? Thanking you for allowing me to join the excursion which I enjoyed very much. Very good company. Please consider me for the next excursion; there are many more places I would like to visit and learn about my native country. Thanks again for a wonderful experience. **Jorge Estemac (Panama)**



Dear Friends, for me it was an honor to be able to share with you such lovely moments!! A big hug for all of you **Esther Maria (Techy) Carles, your tour guide**



Patricia Lynton taking "5" Topaz McFarlane with our guides Techy Carles and Ivett Jules



Wilma Johnson, Sandi Denno & Eduardo Parris Carm reading Carlos Whittaker's book "Moment Maker"

CYBERNEWS SUBSCRIBER LOUIS EMANUEL BECAME INSPIRED AND WROTE THIS POEM IN HONOR OF OUR EXCURSION.

A CYBERNEWS EXCURSION

Two love birds, whose names I will call yet
We know who they are, a nice couple at best
They concocted a voyage, to Panama's west
A glorious experience that we can all attest.

Converged at their home, introductions made
Enjoyed coffee, tea and meat patties prepared
Embarked a tour bus, driver Luis and his aide
Bound to Chitré, on departure we always pray.

Camaraderie, fraternal love, at play each day
Many beautiful encounters, for one to relate
Carmen and Alonso, they truly did create
A unforgettable experience, it was so great.

Arrived at Coclé, Techy our tour guide at hand
With no time to waste, we explored the land
Lodging, meals at best, services well planned
Perfection always, Carm with her magic wand.

All the guests together, as threads in a lace
To Chitré we are bent, with no time to waste
A progressive city, we toured without haste
Hotel Cubitá our lodging, a enthralling place.

This group was lovely, I shall truly say
Friendly, outgoing, in each and every way
Information, laughter, blessings each day
Carm and Al lovingly, brought this into play.

L. Emanuel



Editor's Note: This poem is equivalent to "the ice cream on the cake" and we sincerely thank **Louis** for this very loving initiative. We enjoyed the excursion, the great company, the bus ride (with driver Luis Valdes and his assistant Charlie), the jokes, the food, the fun, the educational experience, and the relaxing atmospheres at both hotels. The weather was also very gracious to us. We thank Esther Maria "Techy" Carles and Carla Diaz for their coordination of this excursion.

Saludos,

Carmela Lowe Gobern

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Eduardo and Eva Parris with Carmela and Alonso