

**Manzanillo**

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# SUN

Manzanillo's Lifestyle E-Magazine

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by Tommy Clarkson

## Old Man Palm,

*Coccothrinax crinita*

**Family:** *Arecaceae*

**Subfamily:** *Coryphoideae*

(Also known as Cuban Old Man Palm, Hairy Old Man, Mat Palm, Old Man Thatch or Thatch Palm)

As too many of we 'more senior than most' men have learned, at some point hair begins to sprout from physical locales other than those we prefer. Hence, appropriately, the name for this guy, as his trunk is hairy indeed!

It is Cuban originating and wholly delightful in appearance. The common name refers, somewhat logically, to the trunk's beige or straw colored, stiff, long, fibrous "beard." This makes its natural slenderness 'about ten inches in diameter' appear bulky, stout and, perhaps a bit fuzzy!

As the more knowledgeable would know (I didn't until I looked it up) *Crinita* - is Latin for "hairy, having long locks, being long haired or having hair-like qualities." In turn, the genus name comes from the Greek word for "berry." So, though it might cause him a bit of social discomfort, I guess we could, somewhat correctly, call this fellow a Mister Hairy Berry!

This species was "discovered" by Charles Wright on May 18, 1860. Today, very few of them are left in their natural habitat as, for a variety of uses; they were exploited for many years. The wool-like fibers were stuffed into pillows and mattresses, their leaves were



As has been noted, the Old Man Palm looks alarmingly like 'Cousin It' from the old TV series *The Adams Family* - but with fronds!

made into hats and bowls and the trunks were used to build homes. As noted through one of the alternative names, the leaves have also been effectively used as thatch.

The Old Man Palm is a member of the nearly fifty who are a part of the *Coccothrinax* genus indigenous to "as Riffle notes" "The Caribbean Basin, Southern Florida and the Yucatán of Mexico," which includes both clustering and solitary species. Be aware that inter-species cross pollination has led to a number of those in cultivation to be hybrids.

For those who like fast, immediate results, the *Coccothrinax crinita* is, initially, (as described by a botanical peer) "a painfully slow grower." Even as it matures, seeking its ultimate height of twenty to thirty feet (6-9 meters), it proceeds but moderately. Even after a decade of growth, it will probably still be less than six and a half feet (two meters) tall. The width of the crown spreads from six and half to ten feet (two to three plus meters). In turn, the trunk may attain a girth of ten inches (25 cm) in diameter - if allowed to retain its fibrous covering.

There is no crownshaft in this species. It has 15 to 25 leaves per plant. They are dark and glossy on the top and silvery grey-green underside, but sometimes a stunning blue to blue green. These attractive leaves are ridged, quite stiff, round/star-shaped, and deeply separated. They are borne on short, thin petioles (leaf stalks).

These leaves are palmate and reasonably small with, as Stewart succinctly and correctly notes, "folded blades divided to about halfway into narrow pointed segments, the tips of which are usually bifid." (Bifid, by the way, means "cleft, split or forked into two parts.")

Its yellow, bisexual flower clusters, of around five feet (1 ½ meters), hang beneath the leaf crown. Flowers are followed by dark, purple, fruit that is round, fleshy and around one inch (3 ½ cm) in diameter.

Interestingly, it seems more cold tolerant than the other varieties in this species and may be successfully grown in zones 9b through 11 – but is not really an indoor plant.

Coming from where it does in Cuba, it is accustomed to hot, humid summers, dry, warm winters and copious cigar smoke. - The latter was inserted only to see if you were still paying attention!

Beyond that, it favors sun to partial shade and likes well draining soil with regular watering. Back on its native island it usually grew in the monsoonal grasslands (wet savannas) or, occasionally, on hilly areas. They can tolerate poor soil – but why abuse a palm pal – especially an "old man?"

As they are rather drought and salt tolerant, with protection, they can be planted near seashores. Even young plants are quite tolerant of substantive sun, but all require well-draining soil. Should you notice yellow leaves, this may be a sign of nutrient deficiency.

A quite rare miniature of this palm exists – if you can find one – that is suitable for growing in a pot. It is called *Coccothrinax brevicrina* which means 'brief hairy' – like my rowdy, balding, best pal!

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This rather rare Old Man Palm lives at the Tropical America Nursery, outside of Mescales, and well shows off the "beard" on its trunk, comprised of stiff, straw colored fibers.



From the underside, its palmate leaves can be seen to be silvery grey-green ridged, quite stiff, round/star-shaped, and deeply divided.



## Oyster Plant,

*Tradescantia spathacea* or *pallida* 'Purpea', *Rhoea spathacea*, or *Rhoea discolor*

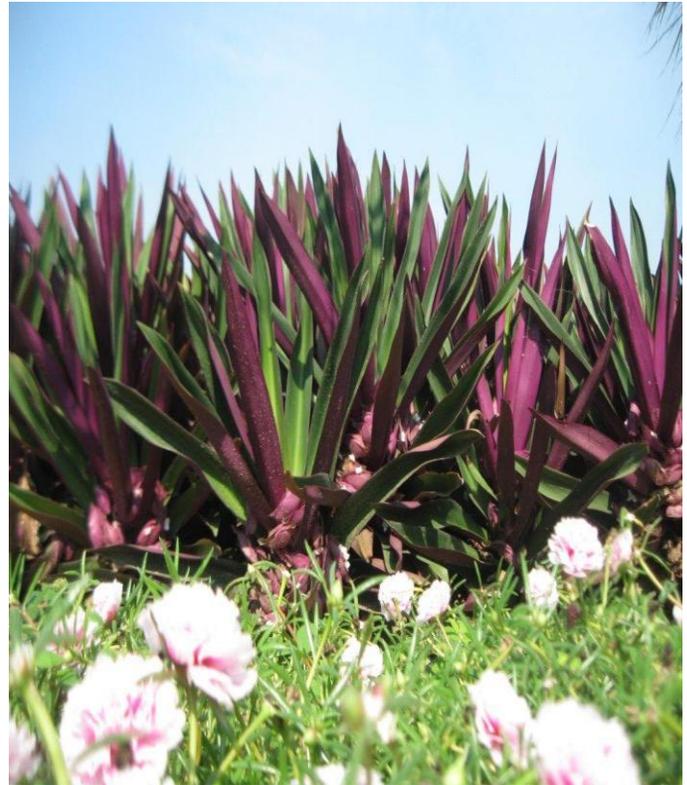
### Family: Commelinaceae

(Also known as Moses-in-the-Boat, Moses-in-the-Cradle, Moses-in-the-Basket, Moses-in-the-Bulrushes, Boatlily and - the ever popular - Purple-Leafed Spiderwort.)

(This plant should not be confused with *Acanthus mollis*, or *Acanthus spinosus* - Bear's Breeches - or the *Scolymus hispanicus* - Spanish Oyster Plant - or with the four feet tall, grass-like *Tragopogon porrifolius* - Salsify - that is a member of the *Asteraceae* (sunflower) family and has an edible root with the flavor of oysters. Each of these are sometimes called Oyster Plant as well. And, yes, I agree, it's all, often, quite confusing!)

Now let's be honest. Often we find ourselves needing a solid, stable, "comfortable and fun to be around as well as always 'there for us'" plant . . . just as my wife is for me. Such is the Oyster Plant. . . well, without the "Honey Do" list!

Whistler describes the Oyster Plant as being "Distinguishable by the coarse, clump-forming, herbaceous habit, narrowly lanceolate (no, that is not a prince in King Arthur's court) leaves purple on the lower surface and lacking a midrib". I, an old country bumpkin gardener, might say that they are "no nonsense, good looking, low maintenance, fast growing, easy to grow ground cover. (Of course, that may be why he has a book and I don't!)



Alternative names include Moses-in-the-Boat, Moses-in-the-Cradle, Moses-in-the-Basket, Moses-in-the-Bulrushes and boatlily

In a bit more simplified way of description, each one has a dozen (more or less), erect, broad, sword-shaped leaves that are a dark green on the top and a striking, deep purple underneath. Its flowers are, well, perhaps more interesting than outright attractive. They're comprised of three, small, white papery petals all crowded together in purple, boat-shaped bracts (hence the one name - Moses-in-the-Boat) down among the leaves.

Suffice it to say from the outset, they are comfortable in sun or shade and almost seem to thrive on abuse and are extremely functional having an array of practical - and attractive - application.

Drench them in water or forget to do so for protracted periods - this stalwart plant generally doesn't seem to mind. An intriguing, strong spirited character, regardless of our lack of attention, it just goes on about doing its job. It's a fast grower and makes a great ground cover, potted plant for the terrace or tropical flower bed border/edging plant and looks great planted around rocks or boulders.

The short version of it is that (those with a brown thumb take note) the Oyster Plant is very hardy and quite easy to grow in that it propagates, on its own, via its roots or wind blown seeds or, by us, through cuttings.

It is native to West Indies, Mexico and Guatemala and in this latter locale coloring extract is taken from its all purple leaves for use in cosmetics. Warren, in his book, warns that “the entire plant is poisonous” so, simply, don’t eat ‘em!

This attractive succulent can grow up to two feet. There are varieties that are solid green or variegated foliage of striped red and yellowish green. Here in *Ola Brisa Gardens* we also have its cousins, Purple Heart (*T. pallida*), Wandering Jew (*T. zebrina*) and a ‘dwarf variegata’ variety. Regarding this latter one I read on line that “With its subtly attractive texture and color (the) dwarf oyster has a neat appearance in a dense bed and works well in formal or casual landscapes.” That’s a pretty correct assessment.

There are those who feel that the Oyster Plant is an invasive nuisance. In fact, Llamas advises that they may “infest flower beds, container plants, palm trunks, gutters and roof tiles”. Granted, they are tough, growing and propagating without attention or care in unattended or abandoned areas quite well – but I tend to think that they are merely imbued with a hardy, pioneer spirit like my great grand parents - and, as a result, I like ‘em a lot!

As to preferences in homesteads, they prefer alkaline or slight to moderately salty, well draining soils.

Beyond that, another negative aspect - asserted by some - is the claim that it causes a rash/irritation on both humans and pets. I have not so noted in my dealings with them but it might be good information to bear in mind.

Here in Mexico, I have heard that this plant is used to cure wounds or infections and that the leaf “juice” can be used to disinfect.

The proverbial bottom line is that this is a hardy, good looking plant of wide application!



Upon peering closely, its small - rather attractive - inflorescences can be seen once the bract opens a bit.



Ours at *Ola Brisa Gardens*, on the Street Terrace, grow behind color complementing Rose Moss.

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## Books versus Electronic Books

Freda Vickery



I am absolutely not an expert on these electronic items although five years ago I investigated and then decided upon the Nook from Barnes and Noble. Mostly that was because the salesman was very pleasant, knowledgeable, understood what I needed and said the Nook was just ideal for me.

Five years later, I am still a frustrated Nook reader. Unfortunately the gentleman either really did not understand what I wanted or wanted the sale more. Being a salesperson myself for years, I well understand the need to get out of a dry patch but we always were taught that what the client needed came before what we had available to offer.

I did not realize until several months after buying the Nook, when back in Mexico with my proud purchase, that whilst the Amazon Kindle supported their reader outside of the United States, the Barnes and Noble 'Nook' did not. Not only that, having explained where I was going, this fact was not addressed in the sales pitch. I phoned the Barnes and Noble 'Help Line' from Manzanillo to ask what to do and was informed by a very snippy young lady that their books and magazines were only available in the States and that was the end of it. The only thing I could do was to wait until I returned to Canada and could make the trip to the U.S. in order to stock up on books. Today, this ruling may have changed as they are now accepting both my card and order without me leaving my chair at home.

Be aware that this is something that must be checked upon when purchasing a reader. Is downloading actually available where you are going, or do you have to load up before going on the trip? There are many more options available now, in both Tablets and Readers, so it is possible to comparison shop within an electronic store rather than at Barnes and Noble with a choice of one.



It did teach me however, that I much preferred to have an actual paper paged book in my hand. I absolutely love books for themselves and enjoy the smell and feel of them. One time that the Nook is good is in bed, when you want to read and your bedmate wants to sleep. The sleeper is not troubled by having the light on.

Often, the description of a book on the B & N webpage has lured me to make a purchase and I have deeply regretted it. With a real live book, you can skim the pages and tell that it is worth reading. With the Nook, I have bought several "pigs in a poke." The latest being the autobiography of Neil Patrick Harris, otherwise known as 'Doogie Hauser,' I couldn't wait to read it!

What a terrible disappointment that has turned out to be. I cannot even be bothered to get beyond a third of the way. Had I been able to skim through it, I most certainly would not have bought it. On the other hand, I have found a great new writer, Greg Apseloff, whose first three books I have thoroughly enjoyed and await the next eagerly.



As books in English at that time in Manzanillo were difficult to come by, it was annoying to say the least to find the Nook was actually next to useless. But as nowadays, due to the efforts of Shirley Campbell in Manzanillo, there are books in several of the restaurants available for minimal charge or on a loan basis. People are not only doing that but leaving their own 'finished with' books at the restaurant when they go home. So the problem in Manzanillo itself is largely solved. The best place by far is the library at El Tablao. Here, Pascal has turned his entrance hall to the restaurant, into a large library section. Shirley is avid about keeping the books sorted and categorized. Although not a librarian, she is a reader and has done an excellent job in sorting and resorting. Probably it has become more of a chore after all this time but her efforts are greatly appreciated by many.

Books can also be found at Juanitos, the Coffee Bean and at one of our out of town favorites, Roosters. Condominios Roca del Mar has a library where, with permission, you may borrow books and also Club Santiago. Manzamigos had books available for a couple of years but that became unmanageable. It was okay while they were in one place for the winter but it was impossible to carry huge boxes around all over town.

Magazines are a very different story, once in a while a stray English language magazine may show up in Commercial Mexicana and usually there are some in El Tesoro Hotel, even though very expensive. With the loss of Mail Boxes Etc., subscriptions, which were so enjoyed are no longer possible. After trying magazines on the Nook, I gave up in exasperation. It was far too difficult to zoom in on something interesting.

It really is my opinion that the E books have a definite place within my reading material. Such as a situation where the paper books are far too bulky and heavy the Outlander books or some of James Michener or James Clavell are good examples. Or if a person with a disability or illness is unable to go to a store to get books. Or should you be travelling to a country where there may well not be available reading material. E-Books are easy to recharge and hold, plus there is the ability to change font, size, ambient lighting, margins, write notes, access email and all those good things.

For those who read in the bath tub, there is now a gadget available which literally springs in to action

should the reader fall asleep (like Kirby who has gone through four Kindles) and the book is in danger of ending up in the bath with them. The book is immediately whisked out if danger on a spring fixed somewhere on the ceiling or walls of the bathroom he's not too sure how that would work in the shower.

So in conclusion - what seemed to be starting out as a rant has ended with the decision that like it or not, I have yet another 'new' gadget that I have to admit is most handy.

## Get Off Your Butts

Suzanne A. Marshall

Yep. That's the latest ground-breaking health advice. Just stand up! I say, if it's that easy maybe we should do it more! Many of us have crawled through a number of knotholes backwards anyway, such as quitting smoking; getting off sugar and carbohydrates; cutting the fat; lowering our cholesterol; dragging our butts to the gym or bouncing around in front of the TV; hitting the treadmill or going for a run; embracing yoga or perhaps some transcendental meditation; popped our vitamins and restricted our booze (at least a little); and last but not never least, mindfully watched every mouthful of food we used to enjoy eating with reckless abandon. I say sure, I can stand up through most of these things! No problem.

Seriously though, there are now studies that make a strong correlation between long periods of sitting and an elevated risk of mortality. It's literally called 'sitting disease'. Here are the key findings as published on [JustStand.org](http://JustStand.org).

### Key Findings:

- At their 2013 annual meeting, the American Medical Association adopted a policy recognizing the potential risks of prolonged sitting and encouraging employers, employees and others to make available alternatives to sitting such as sit-stand desks.
- A 2011 study published by the Centers for Disease Control and Prevention shows that when workers are equipped with sit-stand workstations, prolonged sitting is reduced and mood states improve.
- A 2010 study by researchers from the American Cancer Society and published in the American Journal of Epidemiology, suggests that people who sit for long periods during their leisure time have an increased risk of disease and a shorter average life span.
- A 2009 University of Queensland study found that even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.

I have personally noted that we see more people standing for work these days such as at computers in kiosks or trying the various fads as alternatives for



chairs such as the big balls designed to sit on but which move muscles randomly while balancing. Perhaps part of the problem may also be that when we sit for long periods at leisure such as watching TV the tendency is also to snack and munch on even more calories that we are not burning off through motion. (Guilty as charged)

Guess how many hours a day you spend sitting? Many of us spend up to 12 hours a day sitting in front of computers, watching television etc.. If you add in 7 hours a day for sleeping (not enough for me) then we are sedentary for a mind-boggling 19 hours a day at least. Making matters even worse, your pancreas produces the hormone insulin to keep your glucose levels in check from the eating or calories we consume. Your body deals with this job much more efficiently if we are physically active. This fact no doubt contributes to the growing epidemic of diabetes type 2.

Here is another interesting tidbit! We burn more calories when we are standing. Based on the heart rates of some volunteers who agreed to stand at work for a few weeks during the study, there was evidence through heart rate monitors that they were burning about 50 calories more per hour. If we do the math on say three

hours of standing for five days, that is about 750 calories. Over the course of a year it would add up to about 30,000 extra calories, or around 8lbs of fat!

It is far better to 'putter' in your retirement for example than to spend more time sitting. If you like to garden, complete odd jobs, household chores and plod up and down a set of stairs in your home regularly, this is far healthier than we would have thought. But it must be clear that this type of movement does not replace the recommended guidelines of 30 minutes, six days a week of aerobic type activity that elevates the heart rate for at least twenty minutes. So we still need to take a walk, go for a short run, lift weights, or whatever activity that will get the job done. When my back was bothering me a while ago I even tried chair yoga which I thoroughly enjoyed. Though not as strenuous, you must concentrate on deep breathing while moving. I found it on a DVD that I keep handy.



stand up  
computer station

So as I write this article sitting at my home computer and contemplate stretching out on the sofa to finish another novel, the guilt is slowly building up and I feel the need to get off my butt, grab the broom and head outside to sweep up the never-ending deluge of leaves as the autumn season draws to a close. I checked my calorie burning app on my iPhone. I just burned over 300 calories for the sweeping which took 55 minutes in the lovely fresh air. (Hmmm, what snack can I swap this for?)

In a couple of weeks we will be winging our way south to Manzanillo where we can walk the breezy beaches, swim, dance to the music of Los TallBoys and start looking for a local bar at which we can stand and enjoy our coolers!

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## AT THE MOVIES

Suzanne A. Marshall

### PHILOMENA

**Starring:** Judi Dench, Steve Coogan

**Director:** Stephen Frears

“A world weary political journalist picks up the story of a woman’s search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent.”

This is a movie released in 2013 and can now be seen as a ‘Pay Per View’ or via the Apple Network if you use an Apple Ipad/PC. It is a true story and deftly acted by Judi Dench and Steve Coogan. The movie relies on the subtle personalities of its characters and does so in a very effective and close-up manner.

I thoroughly enjoyed this picture and found myself somewhat saddened by the ‘old’ ways of convents and the control they had upon so many young lives. Perhaps the ‘boomer’ generation may relate most closely. Though a sad story, it manages to form acceptable conclusions in a very poignant way. It is really worth viewing.

IMDB rated this movie as 7.7/10 based on 52,000 votes.

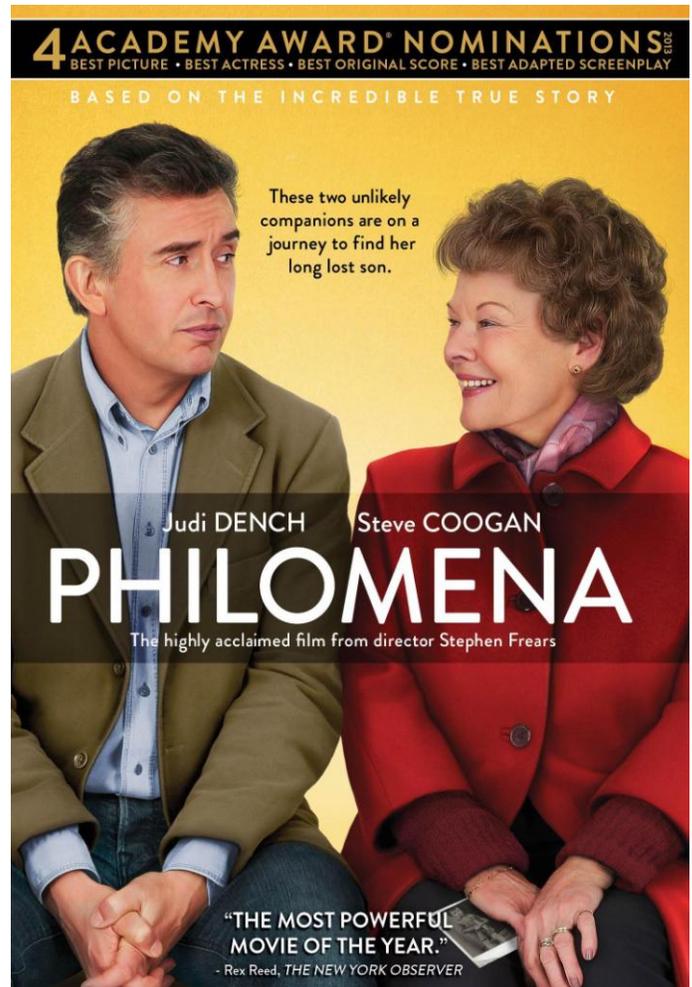


Photo: Shaw Organisation



## THE KILLING

**Starring:** Mireille Enos, Joel Kinnaman, Billy Campbell and many more

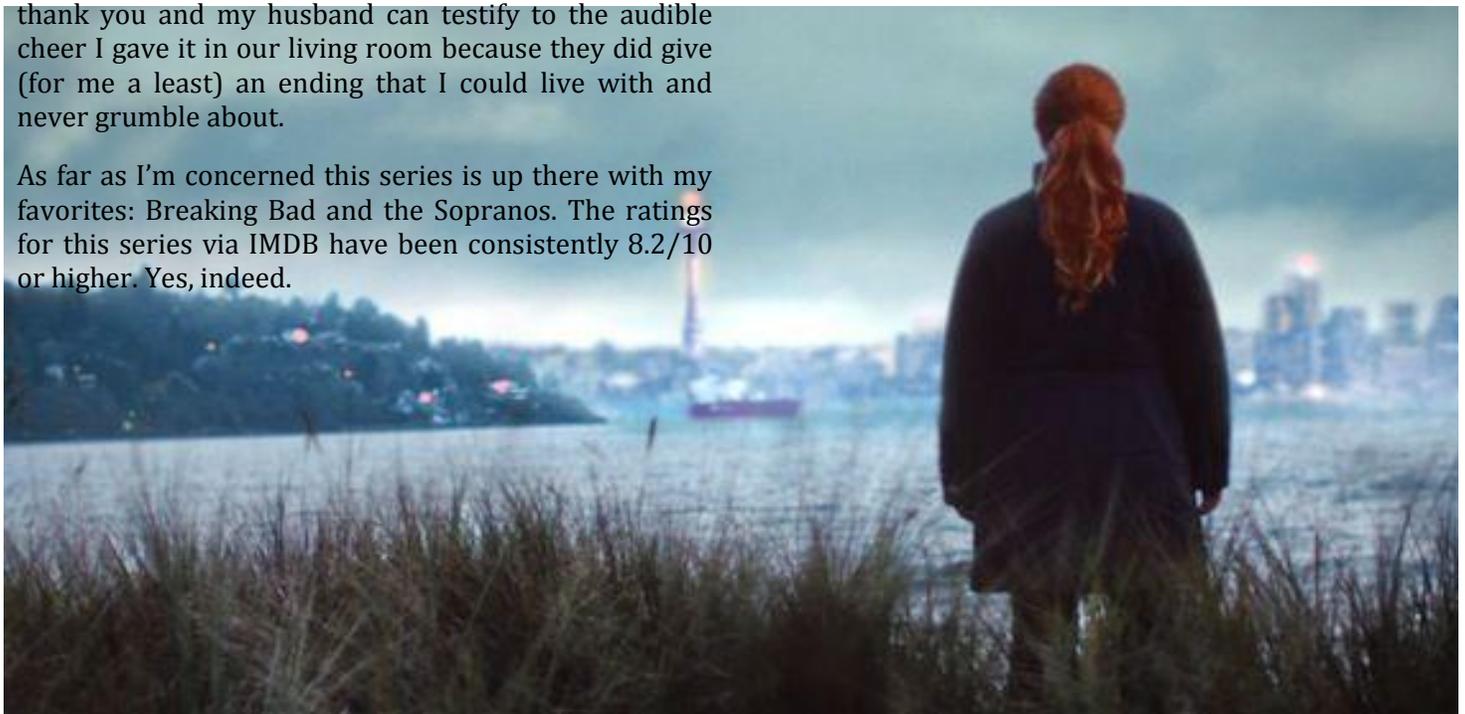
**Director:** various for different episodes

I'm almost afraid that I can't do this four year Netflix series justice. Suffice it to say it has been categorized as a crime drama, mystery series, but it is so much more. It is also an introspective psychological study of all the main characters. It draws you ever so slowly into their lives while the raining skies and wet streets of Seattle underscore the intensity of each personality and crime scenario. The plots are laid out so intricately that the first crime takes two seasons to resolve, yet never seems to be dull or lagging.

The acting of the two lead detective partners is brilliant. The complexity of Enos' character Sara Linden is so complex you're really never sure what she's really capable of. It is difficult not to binge watch this series but because I found it emotionally exhausting and dark, two episodes at a time seemed like all I could handle.

Then I began to fear that because the series ends after four seasons, that I'd be left with an unsatisfying cliff-hanger ending and never feel that the story's journey ever reached a conclusion. Well worry not. Though some may say it 'copped out' with a good ending, I say thank you and my husband can testify to the audible cheer I gave it in our living room because they did give (for me a least) an ending that I could live with and never grumble about.

As far as I'm concerned this series is up there with my favorites: Breaking Bad and the Sopranos. The ratings for this series via IMDB have been consistently 8.2/10 or higher. Yes, indeed.



## IMPORTS: YOU, YOUR FAMILY, YOUR CAR, YOUR RV AND THE BABY'S HEMI-POWERED TRICYCLE

By: Kirby Vickery



my mum and I

Personally, if you're bringing an RV, regardless of class, into Mexico, then you have to be a little braver than most. I would recommend some long-term planning, correspondence, and reservations before you leave and while on the trip make sure your stops are within easy travel range from one to another.

I went to the internet to see what I could see. The first site I looked at informed me that there were a total of seven RV Parks in Mexico. In all fairness to the author who stated that this list wasn't a 'comprehensive' list, I thought I would continue looking. I noticed that the third advertised listing in Google was for an RV Park which wasn't listed in the first one's directory. The second site listed four sites servicing eight states all the way down to Michoacan (there's two Parks listed in Patzcuaro). But, it didn't list the RV Park advertised in the first site I went to.

The third web site I visited has them scattered all over the place. So many, in fact, they list them by North/South routes: Baja; West Coast; Interior; Gulf Coast; and Yucatan. I clicked on the West Coast Route and found that there is

an RV Park in Manzanillo. I tried following their directions with Google Earth and never located the place. The web site shows a picture of a 12 foot camper and a 20 foot trailer pulled up under some trees. The amenities listed are non-existent. I'm thinking that if you're planning a RV trip to Manzanillo that this would be a nice place to park and store your RV while you stay in some of the fantastic hotels and motels along the strip - oh well. Acapulco has at least one park that has 150 pull-through slots with full hook-ups. Freda advises that you keep your RV off the road that connects the two cities although I can't imagine why. Something about pot holes and 'bandidos' was mentioned. I figured I had given enough time to the internet for RV Park locations as I don't plan to take mine down there for some time indeed.

If you're coming down you don't need to worry about fuel as long as you're careful by not letting your gauge get too far down before looking for the next Pemex station. It's always a good idea to get out and stretch your legs next to the pump while they are filling your tank. Oh, and make sure you get a receipt.

I also recommend that you stick to the toll roads. The toll fees run by the number of axles you have. When Freda and I drove up the last time we figured the tolls for the car cost us about \$110.00 one way to Nogales from Manzanillo. That was in 2012. A friend of Freda's told her the other day that the tolls today for an RV cost about the same as the amount you put into gas. The stations are all owned by the government but franchised and some of the people working the pumps have figured out ways of scraping a little cash off the top now and then.

There is a magic line that runs from the Gulf of Mexico to the Baja or the Golfo de California. It runs about 25 miles in from the border thru all the states except Baja. It establishes the limit of the distance you can go without obtaining Mexican import registration. They did this so their Frontier States can soak up the tourist dollars without too much hassle about immigration or obtaining a visa. And it works out pretty good for everybody. The entire State of Baja is open for non-immigrant travel all the way down.

The last time I spent any time on any of those beaches they were mostly desolate stretches of sand and rock

sprinkled with some type of small farming and fishing villages. Today, I understand, the Baja is almost lined solid with everything from class A RV's down to sleeping bags thrown in next all sorts of resorts. A friend of mine from Tijuana who used to race in the Baja One Thousand told me that he had to stop because of the pedestrian and other tourist activity along the route. Personally, I think he just got too old to go skipping through the desert at 100 miles an hour plus. Go over that magic line and you'll need immigration papers for your car, boat, train, motorcycle, RV, Zundapp (little one cylinder, two cycle, three wheeled vehicles found all over except in the U.S. and Canada), or anything the moves on powered wheels.

If you go into Mexico, even to the border customs station, you really need to have MEXICAN insurance on your vehicle. It's available everywhere; On-line, in the States, Canada, along the border, Inside Mexico, and on various street corners. There are a couple of issues here that need to be spelled out. The first is that you can purchase Mexican Insurance along the border (Stateside). Make sure its Mexican Insurance and not American Insurance with a Mexican rider. That stuff doesn't work in Mexico.



## Health and nutrition center

**Marianela Gómez Rincón M.D.**

general practitioner

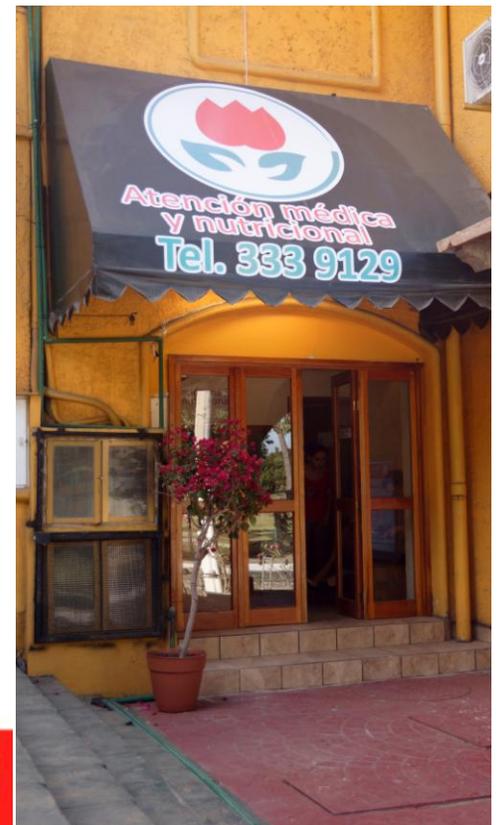
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Again it's a buyer be aware of things. Regardless of where you get it you will need it as you cross the border and you should get it from a reputable insurance broker or dealer. Here again, there are folks out there that would scam you if they possibly could. So, please be careful.

If you're going into Mexico with an RV or any motorized vehicle and are going beyond the 25 mile limit or "free zone" as it's called, you will need to register your vehicle either as a tourist for anything up to 180 days all the way to you never coming back and becoming a citizen. The Manzanillo Sun posted a number of articles on the subject of immigration from tourist to forever and will continue to do so whenever we become aware of changes in the system or changes in the methodology of the requirements by the Mexican Government. Barring all of that, for vehicles please deal with a reputable company or broker. If you start thinking you want to live permanently there or want to purchase any kind of real estate, please remember that there is no requirement for these 'agents' to have any kind of a license to deal in real estate. As a result my best advice is, as in the states, have a lawyer represent you during closing.



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En "Las Abejas" tenemos la parrilla para ahumar indirecta más grande en Manzanillo. No contamos con el típico menú impreso, pero sí con un tablero con el menú del día. Esto nos permite ofrecerle diariamente las carnes más frescas, así como las frutas y verduras más sabrosas de temporada.

At "Las Abejas" we have the largest indirect heat smoker-grill in all of Manzanillo. We do not have a typical printed menu, but a daily menu board. This will allow us to bring you only the freshest meats available each day along with the most flavorful 'in season fruits and vegetables.

Estamos 3 cuadras atrás del Wings Army



Dear Editor

Well, things are progressing nicely at Coconutz RV Park, in Cuyutlán, Colima, Mexico.

The four beach front parking pads are in. The hook-ups are installed. The only catch, is that for the time being, we only have city water. The city water does not necessarily run all day long, every day. We will have a bathroom roof mounted water tank, and a well, to insure the water supply 24/7. What we have done for years, is that we have a 12 volt water pump, and we just buy several of the 20 liter water bottles and pump the water into the RV water storage tank, and use that water for everything, washing dishes, drinking, bathing, etc. At 12 pesos per 20 liter bottle (a little less than one dollar per bottle) from the independent, (not name brand, like Santorini) it is not too expensive. If we do have good city water pressure, then we can take a nice long hot shower, and then just turn the water pump back on, and flush out the lines for a minute. It has worked well for us.

So, in the "Any Port in a Storm" vein, I guess if someone needed a place to stay in this part of Mexico, it would be better than roadside boon docking. Or maybe not, depending on your preferences. Our boon docking episodes were always great, until we needed to empty the holding tanks, then it was another issue entirely.

So we are not "open" but if needed, it might be an option. Just go to the "Coconutz RV Park" at the top of the page, and book a site, if need be. It looks like we are still on schedule for a late November official opening.

The bathroom construction is progressing nicely. Sometimes it is hard to tell how fast things will come together. The parking pads, seemed almost "instant". Just a few days. The bathrooms will have a lot of concrete curing times. They frame up the roof with wood, and then pour the roof/floor of the viewing deck on top of the wood. Then they remove the wood. They have poured the sloping ramp for the stairs. I could get up that slope and take a couple of pictures of what the view will be from up there. It will have a palapa roof one day, hopefully. A little party room for viewing the sunsets, and enjoying the breezes.

A couple of the palms suffered some transplant shock, but they appear to be on the mend. One blew over in a windstorm, but it has been pulled upright again.

It will probably be two or three weeks before we get back down there, hopefully for our opening.

Below is link to photographs, with descriptions, to hopefully continue the story a little bit.

<http://travcotravels.com/2014/10/28/coconutz-rv-park-progress/>



## Action Cameras

by  
Terry Sovil

The sale of simple point and shoot cameras has almost "dried up." You won't find much under \$150.00 USD on the market anymore. The reason? More sophisticated cell phones with cameras built-in are available. There are some fine photos and videos made with phone cameras. But what if you want something more robust? What if you want an 'action' camera that can get wet or take a fall? The market has these options too, many are priced at very reasonable rates.

While there are many camera manufactures out there, I want to focus on just two brands with comparisons to a third. These are GoPro, Intova and SeaLife. My company sells dive equipment and these manufacturers make equipment that can be used for SCUBA and snorkel but they also make great 'action' cameras. They will take some abuse and can get soaked down. But are small and have great features to capture that fishing trip, boat excursion, standup paddle boarding, kayaking or simply pool side photos of the family.

GoPro, Inc. has become a common name. Every big retailer seems to be selling them. Formerly *Woodman Labs, Inc.* they are an American corporation that develops, manufactures and markets high-definition personal cameras, often used in extreme action video photography. Formed in 2002, the company is based in San Mateo, California.

Intova, founded in 1995 in Hawaii, was a new division in a company with roots in the photo industry back to 1982. Their mission is to deliver products with great value, high quality, low cost and unique feature sets. With Hawaii's tall mountains and 11 of the worlds 13 climatic zones, it is a sportsman's paradise. Their gear is created by sportspeople for sportspeople.

International in scope, Intova has created a new standard in affordable Sports Photography. They produce high quality, full featured cameras with rugged waterproof housings at unmatched price points.

SeaLife has been making cameras for over 25 years. They developed their first camera in 1993. This was a new breed of camera making it easier to get good digital underwater photos. In 2000 they created a camera system that revolutionized the world of underwater photography. Their lower end systems compare well to Intova and GoPro.

+For an easy comparison example between the three brands let's first focus on GoPro. The GoPro cameras are sold without an LED display. You can buy one as an add-on, but that is at extra cost. When you plug it into the rear of the camera it draws significant battery power to run. You also need a different "port" to protect the tiny camera from water and abuse. Many of the features that are standard in the SeaLife or Intova products are add-on's in the GoPro area. Don't get me wrong. The GoPro is a good unit and definitely has a big following! It's just that much of the same functionality, or better, can be had at less cost!

SeaLife is introducing the new Micro HD and Micro HD+. This is the first permanently sealed underwater camera! It is flood proof with no doors or openings. It has 16GB of memory, high capacity internal battery and no memory card, battery or maintenance to worry you. It also has three wide "piano key" controls, 1080p HD video, built-in 140 degree fisheye lens, good to 200 feet / 60 meters underwater. You can shoot video at 1080p at 30 frames per second or 720p at 60 frames per second and take still photos while recording full HD video. The fisheye lens lets you get close.





Intova is introducing the new Edge X! This is setting a new standard in high quality point of view cameras. It offers 1080p High Def video up to 60 frames per second with a 160 degree wide angle lens. Built in Wi-Fi allows the user to operate and see what is on the viewfinder remotely on a laptop, tablet, or smart phone and also to enable wireless file transfer. EDGE X supports Micro SD card up to 64 GB (Class 10 required for 1080P HD video). Waterproof to 200 feet, the housing includes buttons for full camera control in any environment. EDGE X's high quality LCD screen acts as both a viewfinder and playback monitor. To save battery life, the LCD can be turned off when not in active use. Shoot still pictures at 5, 8, 10 and 12 MP. It also offers digital Zoom at 60x, 16x, 10x or 4x, something the GoPro cannot do.

Intova also has a versatile Sport 10K camera. This is an affordable solution to Sports photography. The compact housing is waterproof to 140 feet / 40 meters and features a shock absorbent liner, double O-ring design and full function control buttons. The camera alone is waterproof to 10 feet / 3 meters and features great video and photo performance. Two AAA batteries provide easy power solutions anywhere in the world. Memory is via Micro SD card up to 32GB for hundreds of photos and/or hours of video content. The standard tripod mount is compatible with all Intova mount systems for an easy solution to Sports Photography / Videography. The camera can be removed from the protective housing and used as a stand-alone. Or it can be placed in the housing and used in the water. Looking for a simple, versatile Action Camera? Look no farther than the Intova Sport 10K.



## Back from vacation and your camera memory card is full. What now!

Señior Tech

I have friends that take many photos but they store them on the memory cards that came with their camera. This is not a good thing for a number of reasons; first and foremost, their camera may disappear with all their photos lost forever. Memory cards are prone to failure, which also means lost memories.

To avoid these issues, I recommend saving the photos to your computer. Most cameras come with a cable that will connect the camera to one of the USB ports on the computer, or you can purchase an inexpensive card reader that can transfer the photos from the memory card to your computer.

There are a number of photo editing software programs available for all computers. I will concentrate on the PC and MAC. Most of these programs are available in either platform.

The first item of importance for a photo editing software app is importing the photos from the memory card to the computer. After the import, organization is also very important; it should be easy to locate the photos on your computer once loaded. The next process, photo editing and enhancement for either print or slide show should be intuitive and easy to use. The output process should universally format the photos so they can be printed, shared, or included in a presentation.

The instructions for importing photos into the programs are pretty similar and usually handled by your Computer's Operating System. Organization of the photos varies by App. Photos can be sorted by a number of methods; date the photo was taken, Facial Recognition (you can tag a person and when selected, all photos of that person are displayed), and Location (you can tag photos with a location and all photos taken at that location will display — some cameras and smartphones have geotagging built-in and will automatically have location information tagged) being the most appealing.

Once the photos are loaded on the computer you can enhance the images for display and printing. One feature that will improve most photos is red eye reduction.

This usually occurs when a photo is taken at night and the camera's flash is used; the flash illuminates the subject's retina and the reflected light discolours the eyes to a red hue.



Original Photo



Red Eye Removed



Blemishes Removed

The red eye photo is one that I found on Google. I removed the Red Eye and in the next photo I enhanced the photo by using a soften filter to clean up the blemishes. It took between 5-10 minutes to do all the processes.

The next series of photos show what can be achieved with the use of editing tools found in image editing software. I took the original photo many years ago at the Devonian Gardens, near Edmonton.



To complete the illusion, I modified the photo to remove the shadow in the water



If you look to the right of the photo, the man walking has been removed



To give the photo some mood, I used a vignette filter.

Señior Tech cont...

# monkey's

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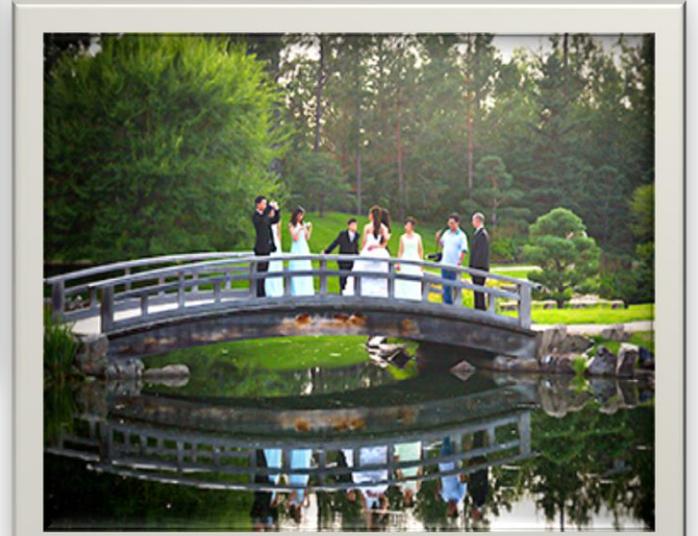
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The photo to the left is the original, the one below, retouched. In all it took less than 10 minutes to fix the photo. It is like having your own photo studio



This article shows a few things that can be achieved using Photo Editing software. Fortunately there was a review of the top ten paid Apps for both Windows and MAC platforms at [Photo editing software - toptenreviews](#). (Some of these Apps let you trial their software before purchase)

**There are a few free Apps:**

[AutoDesk Pixlr](#) - Available for both MAC and PC. You can try a web browser version before download.

[Google Picassa](#) - Click on the link and you are taken to the software download for your computer.

There are plenty of other free Apps, but I think these are the best. Use them if you are reluctant to spend money on a paid App. They can do some simple fixes but do not have the tools offered in the paid Apps. If you find these limiting consider reading the [toptenreviews](#) then take advantage of the full-featured trial.

Oh and one last thing, REMEMBER TO BACKUP YOUR COMPUTER!!!!



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For more information, contact the Consular Agency of Canada in Puerto Vallarta:

## Inscription des Canadiens à l'étranger



Nous vous encourageons à utiliser le service d'Inscription des Canadiens à l'étranger si vous voyagez ou habitez au Mexique.

Nous pourrions ainsi communiquer avec vous dans le cas d'une urgence à l'étranger ou d'une urgence familiale au Canada.

Inscrivez-vous en ligne à l'adresse [voyage.gc.ca/inscription](http://voyage.gc.ca/inscription) ou par courriel, par télécopieur ou en personne.

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## Manzanillo Letter

Mark & Vicky Wright

Friends,

October is fast running out of days and snow is forecast for Alberta. Not unusual as in the last two falls we have seen snow that fell in October last for most of the winter. In fact on Oct. 20th, 2 yrs. ago, there was a significant snow fall that was still in drifts around fence lines in late April. Having been in agriculture for most of our lives, we recognize these colder temperatures as nearing 'freeze up' – that time when land can no longer be worked because it simply has conducted too much frost.

It's strange how the years pass so quickly. Feb. 2015 will be 12 years for us in Manzanillo, and there aren't many 12's left, if any. Is Manzanillo the apex of choices? Of course not, but it is the place that we and many others have chosen to escape northern winters and where we found something that attracted us. Manzanillo's winter climate permits one to enjoy the outdoors every day, even more so than is possible in Canada's summers. Certainly a logical choice after a life's work.

Weather Underground right now indicates a high of 29 C for Manzanillo, but the humidex says it feels like 34 C. Yes, there is this period of time each fall where northern climates are becoming uncomfortably cool while Manzanillo is still uncomfortably warm. The choice is clear then if one has to make such a decision – go to Manzanillo!

People ask, "What do you do in Manzanillo all winter?" A fair response for those who answer questions with questions might be, "What do you do all winter where you live, dealing with winter?" But the question needs a better response:

Mornings are simply perfect for coffee on the deck in cotton housecoats. From our vantage point, turtle tracks on the sand indicate that eggs were laid near Perla's seawall during the night. Ships that have anchored in Manzanillo Bay take the place of others that have recently departed. We watch fishermen pull nets, sea birds checking for an easy catch, whales spouting in bay, and beach walkers making their way down the beach on the soft coral sand. In the background are TV traffic reports via Global Calgary

as thousands of commuters deal with the elements and crowded roadways to reach their daily destination. A local call on the Vonage phone puts us in touch with family, while incoming calls remind us that we are lucky, and request to know the current temperature at 22 degrees N latitude.

On a Tuesday or Friday, Betty, our maid, arrives to totally clean the place – oh the hardship. She will work around us but it's courtesy to stay out of her way. So, how about a short walk over to El Costeño and have a designer coffee? No, maybe better to go for a walk before it gets any warmer and have the coffee later.

Every two weeks or so, a massage is booked at Vicky's. This middle aged lady is a master at pampering your body, and the price is simply – well, inexpensive – about 1/3 of what we pay at home. After a few of her marvellous treatments you'll find yourself slipping into an altered state of consciousness while she performs her magic.



Or maybe we drive off to the north to Melaque and Rooster's Restaurant for breakfast with Gary & Joyce. This amazing couple, who never seem to age and are transplants from Prince George BC, own a fabulous little restaurant where they serve breakfasts just like home, ie. Canada. They are great ambassadors and contributors to/for their

community via their Rotary backgrounds, and make guests feel appreciated with every visit. Next door to Melaque is Cuastecomate, a favourite beachfront location to hang out for a few hours, walk the beach, watch sea-birds dive for fish, and enjoy freshly harvested oysters.

Each week we encourage attendance at a Casa Hogar Los Angelitos, Saturday dance practice. Here children from the orphanage and surrounding community go through a strenuous routine, honing their skills. Ultimately the best of the best are selected to do a tour somewhere in the USA or Canada each year. Imagine the opportunity - orphans or very poor children, responding to standing ovations in a theatre setting in a foreign country? Makes donors to this operation proud for sure. Please enjoy this new video: [https://www.youtube.com/watch?v=yZ1\\_o\\_dB9bl](https://www.youtube.com/watch?v=yZ1_o_dB9bl)



But what do we do that is even more unique? Well, if you visit Manzanillo, or if you are already there but have not done so, you may decide to have Freddy cook for you in your Perla Del Mar home. Now Freddy is no average cook. He's become a fixture in Las Brisas and absolutely loves entertaining guests. Although this is possibly the most expensive meal-deal in Manzanillo, by our standards Freddy's day with you is a steal-deal.

Freddy knows where to find exactly what he needs and who to deal with. These purveyors arrive in the dark and disappear almost magically before the daily routine of locals begins.



But what do we do that is even more unique? Well, if you visit Manzanillo, or if you are already there but have not done so, you may decide to have Freddy cook for you in your Perla Del Mar home. Now Freddy is no average cook. He's become a fixture in Las Brisas and absolutely loves entertaining guests. Although this is possibly the most expensive meal-deal in Manzanillo, by our standards Freddy's day with you is a steal-deal.

Freddy and staff will prepare a wonderful meal in your Manzanillo residence, while he acts as a teacher, explaining each detail of preparation. The day begins (your choice to attend at this early hour) at about 6 am with a trip to Manzanillo Centro. On the usually crowded but, at this time of day, vacant streets, are vendors who arrive before daylight to trade with business owners and wholesalers. Almost any type of food or produce that one can imagine is available.

Freddy knows where to find exactly what he needs and who to deal with. These purveyors arrive in the dark and disappear almost magically before the daily routine of locals begins.

Freddy, in green, buys many items from this store owner (on the right) while an early rising local comes to review the daily paper. Freddy says this store in particular carries items that he cannot find anywhere else in the city.



Freddy and staff work in our kitchen to prepare a fabulous meal while guests and our daughter Lisa look on. He stresses cleanliness, using for example a different knife and cutting surface for every ingredient. Makes for lots of dishes – as can be seen in this photo, the gal on the left washes dishes for much of the afternoon.

And this is the ceviche, much different from the ground fish that is found in many restaurants and employed in most ceviche recipes. The Dorado (white squares) are cooked in lime juice – about 60 Key Limes, hand squeezed, covering the cubed fish for an hour.

We tell Freddy that we'd like to try freshly caught Pargo, a very delicate and tender fish. These mid size and very red fish yielded beautiful fillets, later becoming our main course.

Manzanillo and area is considered the lime capital in Mexico. At one time large plants dotted this coast, processing limes. We met a plant owner some years ago who had spent a good part of his agricultural career processing limes – about 8,000 tonnes a year.



Trust us; it is difficult to save room for a main course when this tantalizing dish is begging to be eaten. Descriptive words have not yet been invented that relate how good this ceviche tastes.

Apologies to Freddy here as there appears to be a certain lack of enthusiasm for the beautiful main course that he and staff have meticulously prepared. By this time the seven of us have been eating for about an hour and a half; ceviche, coconut shrimp and morsels that Freddy casually suggests we need to taste.

Next Dorado (Mahi Mahi) is needed for Freddy's absolutely delicious ceviche. He is advised that fishing has been poor and Dorado is in very short supply.

Freddy owns a little sidewalk restaurant called Chef Para LlevArt. After training in San Francisco, CA, Freddy taught culinary arts at the University in Manzanillo. No doubt it has been a struggle for him to educate the palates of locals, but he has triumphed. For sure he appreciates November when Northerners arrive and his business flourishes. Spending a day with 'Chef', buying food, watching his preparatory skills, and then enjoying the bounty, is a true pleasure. We will do it again soon and certainly recommend such a day as a potential highlight of your trip.



Where is Freddy located? Well, he's only a very few steps from Perla Del Mar, and about 4 blocks past the crucero into LasBrisas. His little sidewalk cafe won't wow you, but his food is exceptional. But don't take just our word, please check out what others think:

[http://www.tripadvisor.ca/Restaurant\\_Review-g150791-d2532267-Reviews-Chef\\_Para\\_LlevArt\\_bistro\\_cafe\\_bar-Manzanillo\\_Pacific\\_Coast.html](http://www.tripadvisor.ca/Restaurant_Review-g150791-d2532267-Reviews-Chef_Para_LlevArt_bistro_cafe_bar-Manzanillo_Pacific_Coast.html)

Never mind though, "Chef" as Freddy is very respectfully called by everyone, will get Dorado. So out comes a whole and beautiful Dorado to be filleted while Freddy, and friend Al look on.

Hasta pronto, Mark & Vicky Wright



## Understanding Adjusted vs. Unadjusted Returns

Yann Kostic

You've probably noticed that your mutual fund account statement shows two sets of figures for average annual total returns: one is adjusted and the other, unadjusted. What does this mean?

**Unadjusted performance figures:** Unadjusted performance figures show the performance of a fund during the time periods indicated, taking into account changes in share value, and assuming reinvestment of all income and capital gain distributions. They do not adjust for sales charges.

**Adjusted performance figures:** Adjusted performance figures use the same calculation as for unadjusted figures, but also factor in the effects of the maximum sales charge that can be applied to a certain share class. This might include the front-end sales charge, or a contingent deferred sales charge that applies when shares are redeemed within the first year of investment.

**Which figure should you use?** The Securities and Exchange Commission (SEC) mandates that mutual funds show both figures to allow investors a fair and accurate comparison between funds, or between a fund and a market index. But many shareholders wonder which number they should use to assess the performance of their individual investment.

The truth is that because both unadjusted and adjusted performance figures are standardized, you may find that neither precisely reflects your own investment experience. For example, front-end sales charges are sometimes reduced, so a figure adjusted for the maximum sales charge wouldn't apply to you, nor would a figure that was totally unadjusted for sales charges.

**Other relevant factors:** Additionally, a number of other factors, not just performance, are relevant when you're deciding whether to hold or sell a mutual fund. A fund that doesn't have a high current return, for example, may still play an important role in your portfolio as a diversifier. If you are trying to decide, your best option is to seek advice from your advisor, who understands your individual financial circumstances and goals.

Yann Kostic is a Financial Advisor (RIA) and Money Manager with Atlantis Wealth Management, specializing in retirees (or soon to be), self-reliant women and Expats in Mexico. Due to a transition to an international custodian, and as early as next month, firm client's will be allowed to hold multiple currencies in a single account, including US and Canadian dollars and Mexican pesos. Yann splits his time between Florida and Lake Chapala/Manzanillo. Comments, questions or to request his Newsletter "News You Can Use". Contact him at [Yannk@AtlantisWealth.com](mailto:Yannk@AtlantisWealth.com), in Mexico: (376) 106-1613 or in the US: (321) 574-1529



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Mujere Amigas Newsletter  
Happy November Ladies,

The November Mujeres Amigas luncheon will be held on Wednesday, November 5th. Be at Oasis by 12:30 to pay for your lunch, to socialize and welcome back those that have returned to Manzanillo. The speakers for the luncheon will be from Intercam. They will talk about the latest rules for cashing checks using US dollars. Intercam is an investment company and has become a bank so there should be something of interest for non US citizens too. Coming to join us from Intercam will be Gustavo Aranda Ruezga - corporate sales; Erick Ramos Zepeda - account executive; and Jose Antonio Ruiz Yanez - regional director. The choices for luncheon are !) Fish filet with mango sauce, mashed potatoes and fresh coconut or 2) Roasted chicken breast stuffed with cheese, a jalapeno cheese sauce and vegetables. The cost of the luncheon is 100 pesos and this includes a tip. You will pay for your drinks separately and no tip is included so please remember to tip your server for your drinks.

**Ladies Please** – If you plan on attending the luncheon, **please** respond by 1:00 p.m. Tuesday, November 4th to [mujeresamigaslunches@gmail.com](mailto:mujeresamigaslunches@gmail.com) it is important to respond. A thank you to all who responded last month. We are all happy you attend the luncheon. A few more or a few less are ok. But, let's not take advantage of Oasis' kindness in letting Mujeres Amigas hold our luncheons at their restaurant.

### **SAD TO REPORT**

It is with sadness I report the death of Manzanillo resident Rosella Calligaris last week from Cancer. Rosella was a well know figure in Manzanillo for many years. Rosella first started working in her mother's clothing and accessories shop in downtown Manzanillo in the 70's. Rosella then had a Mexican brand sportswear shop in Santiago and then in Puerto Las Hadas. That shop closed when the company went out of business. Next she opened Maria Cumbe with Mexican wear and accessories. Along the way Rosella supported many organizations by putting on fashion shows. Recently Rosella was working with DIF. A funeral mass was held October 31<sup>st</sup> in Santiago. Our thoughts and prayers go out to her two sons, their wives and her grandchildren. She will be missed.

### **FOR YOUR INFORMATION**

Unless new information is given at the luncheon, no new information has been received regarding cashing US checks in Manzanillo. Check with your bank or accountant in Manzanillo before your return. Don't rely on hearsay.

Casa Hogar Liborio Espinoza has changed the visitation day with the children from Wednesday to Thursday. The visitation times remain the same; 11:00AM to Noon and 5:00PM to 6:00PM. There are still many dates and times available. Email Lance Reid at [lancereid@shaw.ca](mailto:lancereid@shaw.ca) until December then email Patty Talasy at [pnet1972@yahoo.com](mailto:pnet1972@yahoo.com) or call her at 314-333- 8085 if you are interested in visiting the children.

PATA will be holding its 6th Annual Spay and Neuter Clinic in mid-November (see below) PATA needs volunteers to help with set up and during the clinic; large animal crates; newspapers; miscellaneous supplies; and meal donations. If you want to help in any way or donate supplies, contact June Evans at [suntangram@gmail.com](mailto:suntangram@gmail.com) for further information.

Sonia Flores will begin teaching Spanish classes on November 17<sup>th</sup>. Advanced classes will be Monday and Thursday from 10:00 a.m. – 12:00p.m. Beginner's classes will be Tuesday and Wednesday from 4:00p.m. – 6:00p.m. The cost for 8 classes is 1,000 pesos. Sonia would like to know when you will be in Manzanillo and when you want to start. Contact Sonia at [soniaf\\_4@hotmail.com](mailto:soniaf_4@hotmail.com); cell phone: 314-872-6244 or home: 333-0372.

Pepe's Hideaway is serving Thanksgiving dinner and would be a nice place for visitors to stay over the holiday. Contact Pepe's Hideaway for more information

There is still room in the Efred Gonzalez painting workshop February 10-15, 2015. All levels of painters are welcome and all supplies will be provided. Contact Brigitte Cowan at [brigitteyc@aol.com](mailto:brigitteyc@aol.com). Painters are you working on ideas for your 12x12 tiles for the PATA fundraiser in February

Oasis Ocean Club has reopened for the season. Oasis will be open seven days a week starting at 11:00a.m. Happy hour is Monday – Friday from 5:00-6:00 for 2 for 1 drinks. Oasis will also be serving an American Thanksgiving Dinner on November 27<sup>th</sup>. New this year, besides some changes, is Oasis' own Gellato Shoppe serving L'Arte del Gelato. For reservations or more information e-mail [oasisoceanclub@yahoo.com](mailto:oasisoceanclub@yahoo.com) or call 334-8822.

Don't forget to read the November issue of the Manzanillo Sun e-magazine that will be available soon after the first of the month. Go to [www.manzanillosun.com](http://www.manzanillosun.com)

October 31<sup>st</sup>, information was received that Tropical Storm Vance has gathered strength in the Pacific. Vance was located 475 miles south of Acapulco. It was reported that Vance could become a hurricane by Sunday. Let's hope Vance doesn't become a hurricane and as it moves north during the week, Vance heads way west and misses Manzanillo.

### **NOVEMBER HAPPENINGS**

Saturday, November 1st - All Saints' Day, Dia de Todos los Santos honors dead relatives and/or friends (who were less than 18 years of age and unmarried) with candles, food and flower offerings, altars, and pre-Hispanic and Christian rituals.

Sunday, November 2nd - All Souls' Day, Dia de los Fieles honors dead relatives and/or friends (who were more than 18 years of age or married) with candles, food and flower offerings, altars, and pre-Hispanic and Christian rituals.

Sunday, November 2nd - Daylight Saving Time starts in the United States and Canada.

Wednesday, November 12th - PATA Day at Vitos, come and show your support and enjoy a delicious meal. Vitos on La Audencia will donate 30% of the proceeds to PATA.

Monday, November 17th to Thursday, November Four-day Spay and Neuter Clinic will be held at the Lions Club in Manzanillo.

Thursday, November 20th - Revolution Day, Dia de la Revolucion commemorates the start of the Mexican Revolution by Francisco I. Madero in 1910. The day will be celebrated on Monday, November 17th and is a Federal Holiday.

Thursday, November 27th - Happy Thanksgiving to all our American Mujeres Amigas.

Saturday, November 29<sup>th</sup> - The Tall Boys will be at Oasis. Reservations are needed they sell out quickly so contact Oasis soon.

Sunday, November 30<sup>th</sup> - Grey Cup Party at Oasis. Watch the Grey Cup on a giant screen.

Saturday, December 6th - Black and White Gala Under the Stars will be held at Condominio Pelicanos in Las Brisas. Be there at 6:30 with 100 pesos per person, a dish to share and your own drinks. Contact Lydia Bevaart at 334-0002 or [lydiabevaart@yahoo.ca](mailto:lydiabevaart@yahoo.ca). The Gala is a benefit for the Manzanillo Asilio Ancianos.



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## CALENDAR OF EVENTS

### MANZANILLO

Glenna Palidwor calendarofevents.zlo@gmail.com

#### NOVEMBER

November 17-20 – Monday – Thursday  
**PATA SPAY/NEUTER CLINIC**  
Where: Lions Club, El Centro  
Time:  
Contact: June Silva [suntangram@gmail.com](mailto:suntangram@gmail.com)

#### DECEMBER

December 6 – Saturday **BLACK & WHITE GALA  
UNDER THE STARS**  
Where: Condominio Pelicanos, Las Brisas  
Time:  
Cost: \$100.00 pesos at the door  
Contact: Lydia Bevaart 334-0002  
[lydiabevaart@yahoo.ca](mailto:lydiabevaart@yahoo.ca)  
Wear your finest. Bring a dish to share and  
your own drinks. RSVP

#### JANUARY

January 29 – Thursday **CASA HOGAR LOS ANGELITOS  
“Rock Around Colima”**  
Where: Pavillion in Valle de Las Garzas  
fairgrounds  
Time: 5:30 pm silent auction,  
7:00 pm dinner and program  
Cost: \$50.00US each or  
\$450.00US for table of 10  
Contacts: Melanie Kolb [events@tcfcare.org](mailto:events@tcfcare.org)  
Janice Morgan [janicemorgan@comcast.net](mailto:janicemorgan@comcast.net)  
Marge Tyler [maggiet19@earthlink.net](mailto:maggiet19@earthlink.net)  
Featuring children of Casa Hogar  
and the Tall Boys Band

#### FEBRUARY

February 8 – Sunday **PATA DOG JOG**  
Where: Costena Restaurant in Las Brisas  
Time: 8am  
Contact: Fred and Laurie Taylor:  
[Laurie.Taylor88@gmail.com](mailto:Laurie.Taylor88@gmail.com)

*February continued next column*

Please forward all events to email next to author name.

#### FEBRUARY cont..

February 10 to 13 – Tuesday to Friday  
**EFREN GONZALEZ OIL PAINTING WORKSHOP**  
Time: 9:00 am to approximately 4:00 pm  
Cost: \$3800.00 pesos – 50% deposit due by  
January 2, 2015  
Contact: Reservations – Brigitte Cowan  
[brigitteyc@aol.com](mailto:brigitteyc@aol.com)  
All supplies provided.  
Limited space for 16 painters.  
Another workshop is planned for February 24-27

February 15 – Sunday **EFREN GONZALEZ ART  
EXHIBIT & DEMONSTRATION**  
Where: Candy King/Dan Alnoch Home  
759 Lazaro Carenas, Las Brisas  
Time: 5:00 – 7:00 pm  
Cost: 350.00 pesos  
Contact: Brigitte Cowan  
[brigitteyc@aol.com](mailto:brigitteyc@aol.com) reservations  
This event is to benefit PATA and is dedicated to  
the memory of Robert Hill.  
Price includes 2 cocktails, appetizers and one  
raffle ticket.  
ZLO 12 x 12 silent auction and donated artworks  
in oil from local artists, available online and  
evening of event.

#### MARCH

March 2 – Monday **PATA POKER TOURNAMENT &  
SILENT AUCTION**  
Where: Oasis Beach Club  
Time: 7pm (Silent Auction Last call 10:30pm)  
Cost:  
Contact: June Silva [suntangram@gmail.com](mailto:suntangram@gmail.com)  
come early for dinner and reserve your seat

March 19-23 – Thursday – Monday **PATA SPRING  
SPAY/NEUTER CLINIC**  
Where: Salagua  
Donations also needed  
Contact: June Silva [suntangraqm@gmail.com](mailto:suntangraqm@gmail.com)

## General Shopping Translations

### Cleaning Products

bleach  
dish cloth  
dishwashing detergent  
garbage bags  
laundry soap

### Household articles

aluminum foil  
bottle opener  
can opener  
clothes pins/pegs

plastic wrap

scissors  
screwdriver  
tooth picks (round)

### Crockery/Cutlery

cups  
forks  
glasses/mugs  
knives  
plates  
spoons  
teaspoon

### Snacks/Picnic

all nibbly foods  
french fries  
cookies  
ice cream  
sliced supermarket bread  
rolls  
six-pack of beer

soft drinks/sodas  
tea bags

### Supermarket departments

frozen food  
household goods  
fresh meat  
canned fruit & vegetables  
bakery  
cleaning products  
fresh produce  
dairy products  
wines & spirits

### Articulos de aseo (limpieza)

el blanqueador  
el pano (limpion)  
el detergente para los platos  
bolsas para la basura  
el jabon para lavadora

### Articulos para el hogar

rollo de papel aluminio  
destapador  
abrelatas  
unos ganchos para colgar la ropa  
rollo de plastico para envolver  
unas tijeras  
destornillador  
palillos (redondos)

### Vajilla/Cubiertos

las tazas  
las tenedores  
los vasos/las tazas  
los cuchillos  
los platos  
las cucharas  
la cucharita

### Meriendas/Picnic

botanas  
papas francesca  
galletas  
el helado  
ask for "Bimbo"  
bolillos  
el paquete de seis latas de cerveza  
refrescos  
las bolsas de te

### Supermercado departamentos

alimentos congelados  
articulos para el hogar  
carne fresca  
verduras enlatadas  
pasteleria  
productos de limpieza  
productos frescos  
productos lacteos  
vinos y licores

**RISTORANTE ITALIANO PIZZERIA**




**VITO**  
RISTORANTE ITALIANO PIZZERIA

Av. Teniente Azueta No. 3  
Col. Burócrata, San Pedrito  
(Junto al Hotel Zar)

Av. La Audiencia  
Plaza Pacifico, Península de Santiago  
(Frente al Club de Golf)

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