

**Manzanillo**

August 2014

# SUN

Manzanillo's Lifestyle E-Magazine

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## E-MAGAZINE

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on our featured articles are always  
welcome.*

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Submissions for possible inclusion  
in the magazine, please send to the  
editor by 20th of each month.  
We are always looking for writers  
or ideas on what you would like us  
to write about in the magazine.  
Preferred subjects are concerning  
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## Letters to the Editor July 2014

Freda,  
When you send anything re the Manzanillo Sun could you please send it to my e-mail address below? I no longer use my AOL address. I do enjoy receiving any news from Manzanillo so would very much appreciate it.  
Thank you, **VL**

**Ed:** *Done. I hope you enjoy this month's issue*

---

Freda,  
Please ensure your Classified Ad section is up and running  
Thank you, **DG**

**Ed:** *There is no classified section any more, until we find some better software. The last people closed their site, and they had loaded all the software we had there. Until we can find someone to teach us (Ian) a better design or redesign the website for us for a reasonable price, there won't be a classified section until we can find new software and host it ourselves and it works the way we wish it to.*

---

Freda,  
Thanks for all your help in loading this month's magazine. I'm using my Mac laptop and usually I get it using the Safari browser. This time I had previously tried both Safari and Firefox. After receiving your email yesterday I tried several ways to click and double click with Safari, but no luck.

So I again ran Firefox and got a window message that a "plug in" being used on my Firefox browser was vulnerable to intrusion and that I should update my "Flash player" app. I did so, and I was able to load the magazine. I haven't gotten into my Safari plug ins, but maybe it is the same issue.

Thanks again for trying to assist me.  
**JH**

**Ed:** *You are more than welcome. I think we have all been having far more problems than usual with uploading and downloading. Hope you enjoyed the issue.*

---

Hello Freda,  
I always enjoy receiving the latest edition of the Manzanillo Sun. As usual, this edition is informative and nicely presented. I recognize all of the hours of hard work necessary to produce such a fine magazine.

It is very difficult to summarize the Income Tax Act of any country in a short article let alone compare the rules with another country. With any legislation, definitions are very important. Taxable income is not defined the same way in every country. Therefore, I would like to clarify one sentence in your 'Letters to the Editor.'

You state: "So far, in Canada, they do not tax earnings taxed in other countries as yet ..." Transactions that result in income on which the tax rate is the same in both countries might give the impression that Canada doesn't tax earnings that have been taxed elsewhere. However, Canada does tax income earned in other countries, it applies its own tax rate to those sources of income, and Canada gives credit for taxes paid in those countries with which it has a tax treaty.

There are three components in calculating tax on foreign income. Canadians must report all of their world income as defined in the Income Tax Act (for example, income from employment as well as income from assets such as rents, interest,

dividends, and capital gains). Canadians must pay the Canadian rate of tax on each source of their world income. The tax may not be equivalent to the tax deducted in the country where the income was earned. If Canada has a tax treaty with another country, Canadians will receive credit for taxes paid to that jurisdiction.

I always add an advisory to tax information with the suggestion that complex tax decisions should be checked with the appropriate department because the rules are subject to change and interpretation.

I trust you will find this information helpful. **Sincerely, EP**

**Ed:** *Thank you so much for your letter. It was so good to have an educated explanation of what goes on in Canada so far as taxes are concerned, I wrote my thoughts only and am only too pleased to have you correct them.*

---

Hola, Freda!

I just checked out your current online edition of the magazine, and have seen it before when we were in Mexico. One of our highlights there this year was touring the Ola Brisa Gardens and meeting Tommy and Patty. Later, we ran into them a couple of times at social events and always enjoyed seeing them. They have done a wonderful job with their garden, and I see Tommy is still writing for you.

On to the Casa Hogar performance: Glad to see Mark Wright is writing a story on the performance for you. I'm glad to help by providing photos for publication in Manzanillo Sun. **JC**

**Ed:** *Thank you so much for allowing us to use your pictures. This is what the world needs to see right now, Mexico's beautiful smiling faces.*

## A Fond Farewell to Jeanne

Freda Vickery

So, for how long did I know you? It has to have been ten or eleven years. During those years we laughed till our sides almost split; enjoyed margaritas the side of buckets; complained a little now and again; told ridiculous jokes which made us laugh yet again; but always enjoyed each other's company.

We first met at a "Manzamigos Thirsty Thursday" in Manzanillo at the Sunset Lounge. It was early days and there were only a few of us, most of whom had gone home before we sat down and finally had our first long chat. I don't know who was more disappointed to realize that we really should not have another margarita. Perhaps, even so, were well over our limit and should call it a night.

I still remember that conversation. No, not all of it but a good and interesting part. There were you two, John, Nigel and I and, for once, the latter were more the listeners than talkers. Both of you and John talked about the government schemes and interference with farmers and fishermen and how regulated all food gathering had become; that farmers and fishermen with such diverse products would encounter the same overbearing rules seemed a strange extreme. I would not be a good person in either situation because I would end up in jail for insubordination for sure.

John was a farmer in Minnesota and you and Nick had been salmon fishermen in Alaska. Each of you had your own boat and I was absolutely flabbergasted that, a slight woman like you, went out on the ocean in a boat, even though within calling distance of your fisherman husband. I was impressed beyond belief that anyone would do it, let alone such a very feminine lady. You spoke of the difficulties arising out of the Exxon oil disaster off of the fishing banks of Alaska and that you would never receive your entitled compensation before you died.

I don't think either side realized that the same government idiocy affected the other until that evening. I suppose it was a 'one size fits all' type of situation. Since that first evening, we have had many interesting and humorous evenings together. We visited you many



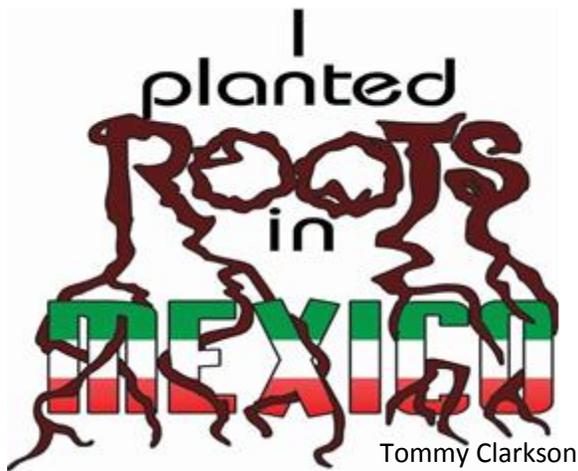
times at your house on the beach for an afternoon noggin' or a delicious dinner where we shared your birthday ham. Very often your sister joined us and we were always finding new issues to discuss or just simply to laugh at. You came for Christmas dinners at our house and guess what, we laughed some more.

We went out for one Thanksgiving dinner which was our conversation piece for a very long time afterwards as we vowed never to go that place again for a festive meal. We had many Sunday breakfasts out together, which over the years, expanded to include other friends or visitors.

We commiserated with each other over life's tragedies and consoled each other as best we could. Most important of all to me was the knowledge that you were always there - my friend and buddy - non-judgmental and always supportive.

When we both got sick, it was a very hard blow to take. Now you are gone to your final resting place and I miss you beyond belief. I still hear your throaty chuckle and see your head thrown back as we laughed at some ridiculous thing or another and you said, "Oh, Freda." That was our relationship; laughing, laughing and more laughing until we cried. I loved you dearly and miss you now more than I can say.

It was such a delight to have you in my life for even such a brief moment. You leave behind memories that can never be extinguished. Adios, dear friend. Keep a warm spot near to you for me as we have not laughed our last laugh together yet.



## White Bird of Paradise, *Strelitzia Nicolai*

**Family:** Strelitziaceae

**Also known as:** Giant Bird of Paradise, Wild Banana or Natal Wild Banana

Many of us are confused by the differences and similarities of the Bird of Paradise, White Bird of Paradise and the Travelers Palm.

In the genus of which the first two are a part, there are actually only four species. All are native to South Africa with just two that most of us know.

All have elongated, stalked, paddle-shaped leaves, opposing each other on the same plane, that look similar to banana leaves but are more leathery, stiff and erect. Additionally, their similar in appearance, exotic crane-headed looking flowers rise from the leaf axils and are cradled in "large stiff boatlike horizontally held bracts or spathes." (Thank you Robert Lee Riffle for that apt description!) Each of the six or more flowers on any bract consists of three sepals and three petals.

(Time out for a botany words refresher: *Axils* are the angle between the upper side of a leaf or stem and its supporting stem or branch. A *bract* is a modified leaflike structure often positioned beneath a flower. A *spathe* is a large - often brightly colored - bract that forms a sheath to enclose the flower cluster. A *sepal* is one of the outermost series of flower parts, arranged in a ring outside the petals. And as bonus information, collectively, the sepals make up the *calyx*. OK, Time in.)

The two species of the *Strelitzia* are *nicolai* (named after Grand duke Nikolai Nikolijevich, who was the third son



It's large, white, crane-headed, flowers are spectacular.

of Tsar Nicholas I of Russia) and *reginae* (named after the United Kingdom's, German born, Queen Charlotte, wife of George III.

Both the white flowered *Strelitzia nicolai* and the multi-colored *Strelitzia reginae* grow at a moderate slow rate, increasing in size 20-50% their first year planted. The former can reach a height of around thirty feet (9 meters) with individual leaves of four to six feet long (1.2 - 1.8 meters). The latter - which is trunkless - seldom gets more than five feet (1.5 meters) tall with each leaf *periole* (the stalk attaching the leaf blade to the stem) being around three feet (.9 meter) with the leaf blade between a foot (.3 meter) and eighteen inches (.45 meter). Whereas the Travelers Palm (*Ravenala madagascariensis*) grows at a faster rate, generally, increasing its size at least 50% the first year and growing to as tall as forty feet (12 meters), a plant width of 15'-30' (4.6 - 9 meters) and with long stalked leaves of ten to twelve feet (3 - 3.6 meters). It's smaller, white flowers are not as jaw dropping as the other two.

Now, let's focus on our featured plant.

*Strelitzia nicolai* - known to some as the Giant Bird of Paradise - can grow taller in ideal natural habitat. In containers, it may reach heights of fifteen feet (4.5 meters) or less. Toward the lower front of the large, bird-like, 12-inch (.3 meter) white, cream or pale grey flowers is a striking blue tongue. The flowers bloom periodically throughout the year but more so in the winter.

Growing environs and conditions are similar for both *S. nicolai* and *S. reginae*. Partial shade to full sun is ideal with wind protection that will keep the large, banana-like leaves from being torn. They prefer rich loamy soil and regular watering. When "containerized" indoors, the evening temperatures should remain above 50 to 55 degrees Fahrenheit for optimal growth.

The fastest and easiest way to propagate them is by division of root clumps. Seed propagation is less reliable taking up to 18 months to germinate. (It's wise, anyway, to regularly thin these clumps.)

The White Bird of Paradise is a "close up and personal" plant. It is a wonderful choice silhouetted against a wall and, in that it is moderately salt tolerant, is ideal for coastal planting. Beyond that - let's say you enjoy skinny dipping in your pool - it's an ideal screening plant.

Of what other uses might there be for this plant? Well, the seed capsules can be ground into flour, mixed with water and made into a fritter into which the *arils* (the fleshy seed covering) can be inserted and then baked over coals. Also, the leaves are used in some locales for lining damp corn pits. Lastly, (I don't make this stuff up) according to Palmer and Pitman (1972): "Zulus use the spathes as penis boxes"... and all this time I've gone to Wal-Mart!

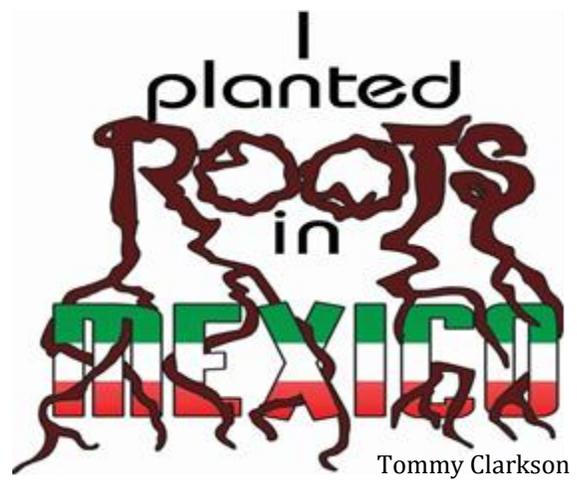
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Its individual, elongated, paddle shaped leaves look similar to those of the banana - to which it is related.



Similar to the Travelers Palm, the symmetry of it overlapping at the base, horizontal plane leaves are truly a beautiful sight



The fronds of the *Syagrus schizophylla* are quite long for such a short little character.

**Arikury Palm, *Syagrus schizophylla***

**Family:** *Arecaceae*

**Also known as:** Parrot Beak Palm or Parrot Palm

Upon looking at it, most find it hard to believe that the Arikury Palm is plant kin to the Coconut Palm - but it is!

Originally from the sandy, coastal forests of Eastern Brazil, there are forty species in its genus, with the preponderance native to South America.

Its mature height and crown width are both less than 16 ½' (five meters). Its diminutive stature and interesting frond stem pattern on the trunk lend it to be a, potentially, striking addition to your gardens . . . or home proper. (Or, I suppose, in some of cases, perhaps even improper!)

The fronds of the *Syagrus schizophylla* are quite long for such a short little character - perhaps 4' to 6' length 1.2 - 1.8 meters). However, inasmuch as they grow upright, it is unusual for them to extend out much more than three feet (one meter). They've no crownshaft, with only those spiky frond bases and, above, several dozen, thick, six to eight feet (2 - 2.5 meters) long, dark green, slightly stiff, angular, cascading, pinnate leaves. Those nicely arched, somewhat feathery fronds - on an approximate 80 degree single plane - are comprised of two inch (61 cm), leaflets forming a full, attractive head.

Its winter and spring 2 - 3' (61-91 cm) spraying, inflorescence, on yellowish branches, comes in the form of white unisexual flowers with one inch in diameter, beautiful, edible, egg shaped, orange fruits that follow. It rightfully boasts many ornamental qualities of note - a fancy way of saying it's a darned pretty palm!

Whether planted in groupings of three or more in varying heights, used as an understory palm, incorporated with lower vegetation so as to showcase its wonderful silhouette or proudly growing among other tall solitary palms, it's a real prize. And as observed by Robert Lee Riffle, one of the premier authorities on palms, many enjoy it in "up close and intimate sites."

From a practical side, let's face it, many of us have only limited space for our plant family. This, obviously, means that many commonly used, more conventional palms may eventually get too large and grow out of scale with their surroundings. Accordingly, the Arikury Palm is one more friendly to those with limited space.

Its slender six inch (less than 15 cm) rough, "scrappy", trunk - enjoyed by palm enthusiasts and lay people alike - can be quite attractive if the old leaf bases are not trimmed too short during dead leaf removal. (Remember: NEVER cut off a green palm frond!)

Though the Arikury Palm is not considered "self-cleaning" (as its fronds seldom require trimming) when

one does cut the dried fronds off, don't hack them too snugly up against the trunk. Leave about three inches in order to maintain that unique, attractive, spiky, trunk look. These brown to brownish gray, thin, straight, stick-like leaf bases look much like wicker.

Now a note of warning. While the Arikury Palm transplants easily, it is the only *Syagrus* with sharp, "just plain mean", little teeth along the margins of its 2-3' (61-91 cm) long, narrow purple-black petioles. So watch out for 'em as they can definitely take a tearing toll from your flesh!

Both salt and drought tolerant, the *Syagrus schizophylla* can take full sun . . . but actually seems to prefer partial shade. These palms like well-drained soils and will thank you profusely for regular waterings. They can tolerate temperature down to - 4 degrees centigrade (25 F) and are rather wind resistant.



The inflorescence, on yellowish branches, comes in the form of white unisexual flowers with one inch in diameter egg shaped, orange fruits that follow.

It is a positively, perfect, potted, patio palm (while perhaps a bit heavy-handed with alliteration, I love that description) and might well be considered a good candidate as an interior plant given the right location and care.

Like many slow-growing palms, the Arikury Palms is low in maintenance requirements. Preferring partial shade, planted in rich, well-draining, organic material and watered twice a week with fertilizer applied quarterly and it will do fine.

While - keep all applicable bodily parts crossed - I have no knowledge of any such problems occurring in Mexico, the Red Palm Mite has wreaked havoc with this species in the middle east, southeast Asia, the Caribbean and fairly recently in Florida.

Beyond that, one should maintain an awareness that they are disposed to potassium deficiency as well as being slightly susceptible to lethal yellowing and, possibly, ganoderma - no that latter condition is not a venereal disease contracted by palms on drunken shore leave!

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Its rough, "scrapy", trunk can be quite attractive if the old leaf bases are not trimmed too short.

## Toltec Tie-in

*Kirby Vickery*

I'm really into a book written by Lewis Spence (Published by Dover Publications, Inc. in 1994). Spence was a mythologist and died in 1955. The original publication of 'The Myths of Mexico and Peru' was published by George C. Harrap & Company Ltd. London., in 1913. Even though we have the Codex' from the Aztec we don't have anything about the culture of the Toltec.

Spence, in 1913, wasn't even sure the Toltec nation even existed outside of having the Aztec use them as a starting point for most of the Aztec mythology. What's really interesting is even with today's modern archeology no one is really sure where the Toltec leave off and the Aztec begins. On top of that there's still a controversy as to how the Toltec went away and why, versus how much of that was caused by the up and coming Aztec.



(Toltec Pyramid at Tula, Hildago)

Did the Toltec's actually exist? Absolutely! Their culture and mythology blend into that of the Aztec wonderfully. What seems to be in question is the relationship and time frame. The Nahua speaking people were a quagmire of small warring tribes all falling over one another to obtain supremacy as the Aztecs did in the central southern Mexico area not to long before the European showed up.

One could argue that these wars were mostly for the gathering of warriors from the enemy to be used for religious slaves and sacrifice on the local alters. However, I'm not going to go there. Cortez even had

some tribes fighting for him against the Aztecs. Some of whom were disappointed that the new Christian religion didn't have human sacrifice.

Within both mythologies there was a supreme god manifested in human form. Quetzalcoatl, as he was known to the Aztecs was conflating with the Toltec Ce Acatl Topiltzinas as he was known to the Toltecs, a ruler of the city of Tollan later called Tula. This ruler-God was one of the key reasons Cortez had such an easy time of it when he took over the empire. According to Spanish history when Cortez landed the Aztecs recognized him as the returned Quetzacoatl. This fulfilled the Toltec prophecy of the Feathered Serpent-God returning. (Yes. You guessed it. All in what is now Veracruz.)

### **The Departure of Quetzalcoatl:**

The Toltecs were so tormented by the enchantments of Tezcatlipoca that it was soon apparent to them that their fortunes were on the wane and that the end of their empire was at hand. Quetzalcoatl, chagrined at the turn things had taken, resolved to quit Tollan and go to the country of Tlapallan, whence he had come on his civilizing mission to Mexico. He burned all the houses which he had built, and buried his treasure of gold and precious stones in the deep valleys between the mountains. He changed the cacao-trees into mesquites, and he ordered all the birds of rich plumage and song to quit the valley of Anahuac and to follow him to a distance of more than a hundred leagues. On the road from Tollan he discovered a great tree at a point called Quauhtitlan. There he rested, and requested his pages to hand him a mirror. Regarding himself in the polished surface, he exclaimed, "I am old," and from that circumstance the spot was named Huehuequauhtitlan (Old Quauhtitlan). Proceeding on his way accompanied by musicians who played the flute, he walked until fatigue arrested his steps, and he seated himself upon a stone, on which he left the imprint of his hands. This place is called Temacpalco (The Impress of the Hands). At Coapan he was met by the Nahua gods, who were inimical to him and to the Toltecs.

"Where do you go? they asked him. "Why do you leave your capital?"

"I go to Tlapallan," replied Quetzalcoatl, "whence I came."

"For what reason?" persisted the enchanters. My father the Sun has called me thence," replied Quetzalcoatl.

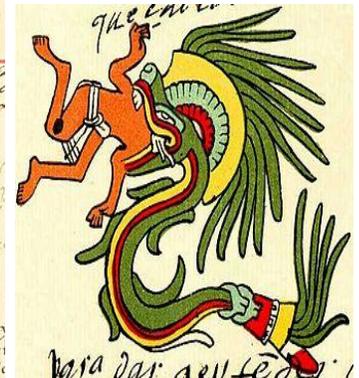
"Go, then, happily," they said, "but leave us the secret of your art, the secret of founding in silver, of working in precious stones and woods, of painting, and of feather-working, and other matters."

But Quetzalcoatl refused, and cast all his treasures into the fountain of Cozcaapa (Water of Precious Stones). At Cochtan he was met by another enchanter, who asked him whether he was bound, and on learning his destination proffered him a draught of wine. On tasting the vintage Quetzalcoatl was overcome with sleep. Continuing his journey in the morning, the god passed between a volcano and the Sierra Nevada (Mountain of Snow), where all the pages who accompanied him died of cold. He regretted this misfortune exceedingly, and wept, lamenting their fate with most bitter tears and mournful songs. On reaching the summit of Mount Poyauhtecatl he slid to the base. Arriving at the sea-shore, he embarked upon a raft of serpents, and was wafted away toward the land of Tlapallan.

This legend and others bear some resemblance to those of Ixtlilxochitl which recount the fall of the Toltecs. They are taken from Sahagun's work, *Historia General de Nueva España*.

This story only tells of Quetzalcoatl's leaving. It was foretold that he would return. It is significant because it ties so many things together and yet separates others in indigenous American history and mythology. The first thing to consider is its reality. The serpent-God left the Toltecs at a time when their power was growing within the region in some tellings and waning in others. What's important is the fact that it is the same myth in both cultures and it tells of the downing of one of them and foretells the downing of the other when Cortez is taken as Quetzalcoatl's return. Was he real? I wonder. This, with other forecasting, through the mystics and priests, really puts the Aztecs ahead in that game. Well enough to bother some people of science even today.

Possibly we should go back to human sacrifice at least to foretell the results of the next American Presidential election.



Quetzalcoatl in feathered serpent form as depicted in the Codex Telleriano-Remensis

## A Fountain of Youth

Suzanne A. Marshall

I'm getting old. Chronologically that is. But I still feel young. And as they say nowadays; 'sixty-something' is the new 'forty-something'. Now you couldn't tell my grand-daughter this but certainly in my mind that's how I feel! So when the spirit moves me along with many of my peers wintering or living in Manzanillo, I'll still get on the dance floor and lose most of my inhibitions or just hum along with the beautiful music offered in various restaurants and clubs. All the stress just washes away under the liquid black night and the host of stars above you. I do not know of any other place in my life that brings this kind of serenity. It must be really good for our blood pressure. If this is the 'Third Act' of our lives then I welcome it like the memories of my childhood.

There is a phenomenon that takes place in Manzanillo for me. With the beautiful coastline, sun and surf, friendly locals, moist tropical air and ocean breezes. I feel the years simply melting away every time I return in the fall. Your hair becomes thicker from the moisture and your skin is as good as it gets. A bit of a tan doesn't hurt either. In my case, the arthritis pain in my hands subsides and thanks to inhaling moist salty ocean breezes, allergies and sinusitis simply disappear. I wonder too, if being at sea level is helpful since I am a Canadian who lives at several thousand feet above sea-level near the Rockies. In Manzanillo I live from day to day with a big smile pasted on my face and wonder at my good fortune to be sharing this life with my husband and so many new friends.

But it's also the romance of Manzanillo, when you walk along the beach or enjoy the local food. There are a couple of special venues that really top the chart for health and youth therapy (as I like to call it) that I'd like to share with you if you haven't found and enjoyed them already:

There is a courtyard restaurant on the main boulevard with wonderful food and an amazing guitarist who plays several nights a week. When seated there, you can look above the twinkling trunks of the decorated palms and see the stars above you. The street sounds are baffled by the surrounding buildings and you have entered another world. The food is quite wonderful as is the service and when Mario Montalbo takes his place for the evening music set it simply can't get any better for me. This man is my idea of a virtuoso, a master of his art, a true musical



Mario Montalbo

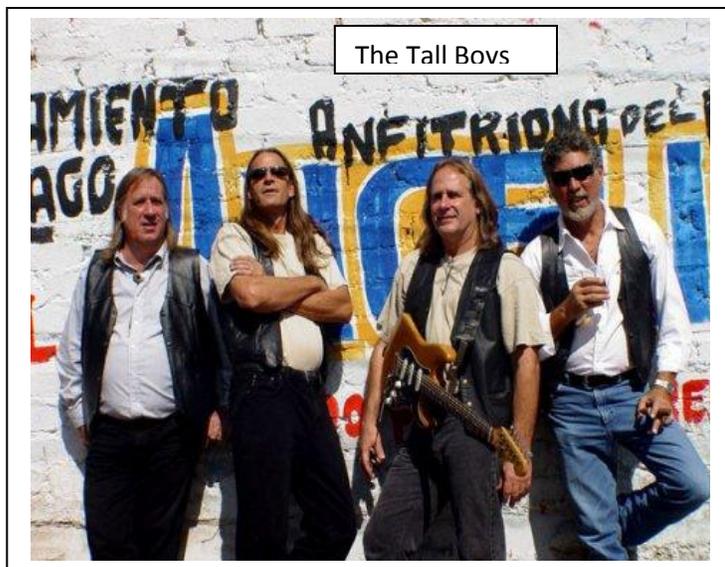
artist. We have come to know Mario casually through our many visits to this favorite dining spot. He is trained classically from the University of Guadalajara but prefers the freedom of musical interpretation in many genres. Therefore we are able to hear him master flamenco, jazz, blues and standards that are jaw-dropping as he riffs through pieces made famous by Carlos Santana or Eric Clapton. His fingers move so rapidly on some pieces they disappear.

I have seen couples stand up and dance beside their table or heard various voices lifting above the venue with Mario's' music unable to withhold the sheer joy of participating. (A few of them were really good too). Ask him to play Stairway to Heaven and find yourself bordering on tears. Honestly. And don't forget to tip him since there is no cover charge. Some of you may already have ascertained that I am talking about La Pergola restaurant. And even at risk of losing him to a fame he so honestly deserves, go and listen and spread the word.

You can also hear a sample of Mario on YouTube at: <https://www.youtube.com/watch?v=ppO2CZdDfBU> or <https://www.youtube.com/watch?v=cGeaGYHsRL8> (Highly recommended that you listen and watch this. It is worth opening the magazine for. Ed.)

For a change of pace and a rockin' good time, one can also head for the Club Oasis on the next bay called Santiago Bay. It is a beach club largely there for the local residents of Club Santiago, a gated community where many expats winter as well. But the restaurant and dance club is open to all people and very popular for many events. Situated on the beach, the open air venue boasts a gorgeous view of the sea and the mountains surrounding the bay. A casual and tasty menu with great service makes this location quite spectacular.

Over the past few years another great evening of dancing and the good old tunes of the 70's and 80's on up have been brought back for everyone's enjoyment with a band called Tallboys from Lake Chapala area just outside of Guadalajara city. In addition to the cover tunes that many of us grew up with, the band has put together some amazing new tunes that are right up there with the best of them. Needless to say these fellows have developed quite a following in Manzanillo and play there about 4 times per winter season and hopefully more in future. Check out more about the band at this website <http://www.tallboysband.com/bios>.



The Oasis club is jammed with seniors of all ages, often accompanied by visiting friends and family. The dance floor is a sea of grey hair, a few small children enjoying the atmosphere, flowered shirts and flowing summer dresses. If ever there was a music therapy regime, this is it!! You simply cannot find a venue for the aging boomers like this one, at least not where I come from. So, to be

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able to get up and 'get down' like we used to years ago is simply delightful and really good exercise I might add. You just can't help yourself. Even the serving staff are hauled onto the dance floor now and then to enjoy the moment with everyone. Again, it's like someone installed new batteries in each and every one of us.

One evening after the band had finished and we were enjoying our last drink for the evening, we were joined by a couple of the band members, Dave Truly and Flip Nicholson. Needless to say it was extremely interesting as these expats expanded on their 'happenstance' get together as former retired musicians and eventual startup of the Tallboys. There are more details on the link provided but suffice it to say they are all semi-retired in Mexico. Dave is a University Professor in Guadalajara and Flip is now in real estate. They play for the true joy of it and it looks like they are gaining some fame in Mexico and north of the border. I certainly hope this doesn't mean they'll be too busy for Manzanillo; there are a whole lot of people counting on their music therapy and special brand of youthful rehabilitation.

## So what's to do when in Manzanillo for several months?

Freda Vickery

Initially, the urge upon arriving in Manzanillo for several months is to completely veg out, get into relaxation mode, sit on the beach or swim all day – then go to the bars or restaurants in the evening. After a while though this begins to pall as the “busy” in us can't accept this way of life unless we have a debilitating condition. Manzanillo is not a hot bed of Museums or Culture, but it does have some exotic night life that includes very loud music and table dancing in small quantities. So what do people do with themselves for months at a time?

If you ask around, you will generally be told by everyone that they are so busy they don't know how they found time to work or raise a family. So what do they do with themselves?

There are lots of organizations that appreciate help in on-hand, fund raising, teaching life skills or maybe sewing for the children's homes. There are several big events during the year run by charitable organizations which are always looking for people with a little energy and just a little time. It is not always your money they are after but capable people willing to dig in and help.

It is difficult, sometimes, not to become a little too involved and make everything a personal defeat if the intention doesn't work out as planned. Here, you have to remember that this is Mexico. Mexico is a foreign country and our ways are not their ways. We have to exercise patience and do everything in an acceptable manner to the local people involved. For example, if you try to plan a party for children at Christmas, do it with the mothers involved. Without that it could be disaster.

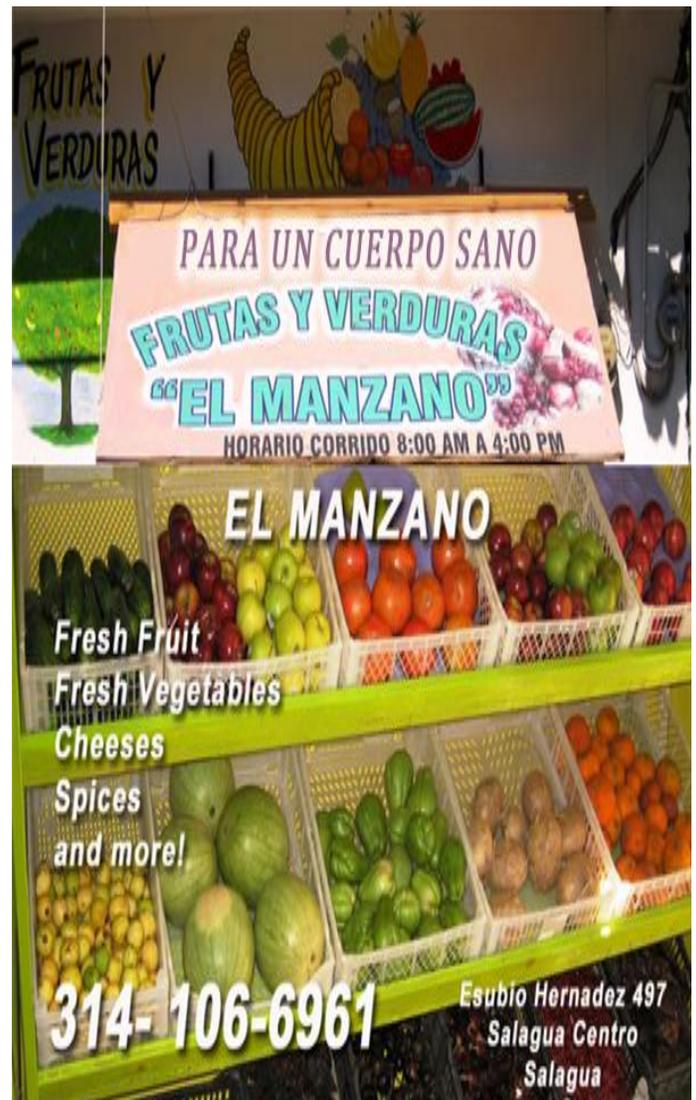
Besides working for charities, what else is there?

There are classes in painting of several kinds. There are classes of all description in fact, from learning the language, to yoga, to embroidery in Colima, from music and art appreciation also in Colima.

If you are more adventurous, then follow the lead of several people who have been coming to Mexico for a few years and go to **San Miguel de Allende** where there are all manner of University courses available. There are some also at the University of Colima, but usually Spanish is required there. Now there is also the

possibility of horticultural instruction on local flora at **Ola Brisas Gardens**. See **Tommy Clarkson's** columns in the magazine.

There are very many tours available to visit some of the most beautiful, accessible and not so accessible places in Mexico. The guides are generally local, speak English and know their topic well. One such tour operator is **Jupiter Tours** in **Comala** who tour the area around **Colima** which is rich in artifacts and interesting sights. **MexECO Tours** in Barra de Navidad, features trips to see the Monarch butterflies in **Morelia**, to tour the opal mines at **Magdalena** when they reopen, or the Tequila tasting tour in the town of **Tequila**.



**Tlaquepaque** and **Tonala** are small towns on the other side of **Guadalajara** which are most definitely worth a visit for shopaholics. (Make sure that you are able to carry back all that you find you cannot live without for another second.) Things in those towns, are available at often less than half the price they are in Manzanillo. Many items available in Manzanillo have to be bought from the manufacturing towns as there are not wholesalers and agents such as we know in the north. Even food supplies are bought at Costco or Sam's at the same price we pay at home.

But let us not forget the fishing. Manzanillo has been known for decades as the **Sailfish capitol of the world**. Each season there are several tournaments where the prizes range from fishing poles to GPS' to cars. The biggest sailfish or marlin is not only a prize in itself but can win you a car! Competitors come from all over Mexico as well as many foreign countries. Occasionally there have been reports of skullduggery but the **Manzanillo Sports Fishing Association** tries its best to run each competition as cleanly as possible.

If you are not into competitions but just wish to try your hand at fishing, there are many boats available for hire,

with captains who do their utmost to take you where the fish are. Sometimes of course, the fish are not willing to co-operate so then it is may be a little frustrating but still a nice day out on the briny. The fish can then go to a local restaurant to be cooked for you. Their charge to you will probably be the balance of the fish!

The best way of all to get information about Manzanillo apart from our website, is to contact **Manzamigos AC** and attend a **Thirsty Thursday**. There, you will meet many people in Manzanillo who have made this beautiful town their home as well as newcomers to Manzanillo like yourselves.

This is no longer just a retiree's haven. Many young people are coming here to live with their quite young children. Once you have checked out all the options maybe you could become even more involved by writing of your life in our town for **The Manzanillo Sun**.

For a list of: Tour operators, Dive shops, Fishing boats, Charitable Organizations go to our web site at [www.manzanillosun.com](http://www.manzanillosun.com)



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## Danzas Folklorico Manzanillo Mexico Viva comes to Alberta

Mark Wright



Alberta has become a major economic engine in North America and THE economic engine in Canada. This western province (one of ten such for those who are not familiar) has oil, and lots of it! With the blessing of this abundant natural resource, Alberta has become a hotbed of oil extraction technology and consequently a manufacturer of related equipment. What this all boils down to is that according to a recent newscast, Alberta created 82,000 jobs in 2013 while the Rest of Canada (ROC) suffered a net loss of 9500. Other statistics such as GDP per capita simply confirm more of what Albertan's are realizing – our Alberta is a busy and growing place.

Not surprising then that Albertans have disposable income for traveling. Of course we happily share our winter 'Alberta Clippers' (unloved weather phenomena that other provinces and many US states blame on Alberta) with all downwind who are affected. Winters are long and harsh, such as

shown by the recent 2012/2013 example, which coupled with free cash, are a perfect combination to motivate winter escapes and hence airline profits.

What does this have to do with Manzanillo? Well, we 'locals' (after 11 seasons we call ourselves locals) are witness to a huge influx of Canucks arriving at Manzanillo's International Airport (ZLO), a good portion of whom are Albertans. Where in past the occasional Canadian registered Boeing or Airbus would arrive on ZLO's tarmac, we've recently witnessed 3 at one time, disgorging heat seeking Canucks. In addition to the 'milk run' schedules that arrive via Phoenix, Houston and Los Angeles, non-stops departing from various Canadian cities and operated by scheduled and charter airlines now arrive all winter - 2 WestJet flights per week from Calgary alone. Among these half frozen sun seekers are some who find their way to Manzanillo's Casa Hogar Los Angelitos (CHLA).

Most 'Manzanillo Sun' readers are aware that CHLA is an orphanage, sponsored by mostly Americans and Canadians. It has for many years exposed its charges and children from the surrounding community to the arts – Folkloric Dance being the most obvious. While visiting Manzanillo, some travelers and many non-national locals have visited the facility; a few have even attended the children's Folkloric Dance practices. With growing financial support from some of these generous Canucks and the fact that Manzanillo's tourist demographics are rapidly changing, it's no wonder that in 2014 Alberta was the chosen tour destination for the fabulous **Danzas Folklorico Manzanillo Mexico Viva**. Check this story/link (one of many in Alberta) from the Edmonton Journal.

<http://www.edmontonjournal.com/Preview+Danzas+Folkloricas+Manzanillo+brings+elite+dancers+Alberta/10049329/story.html>

The 30 or so children performed in Canmore, twice in Calgary plus a freebie at Olympic Plaza (Calgary), in the town of Olds at the Trans Canada Theatre (to a sell-out crowd of nearly 400), Edmonton and Leduc. The reports from attendees were absolutely positive in every way. No doubt the instructor Juan Cruz Martinez and his accomplice Marisol have done a fantastic job in teaching these children to reach far beyond what any of them could have imagined. Try as a critic might, it's difficult to see a single misstep in the one and a half hour performance.

The entourage leading the way included Alberta coordinator Sue Jackson, and always there to help and support, Janice Morgan from San Francisco. Following them, a rented school bus transporting the children and dance directors was driven by a driver who was totally fluent in Spanish. David and Nancy Nystrom who are never far from the CHLA children, traveled with son Rob and his wife Lupita – all contributing to the minute by minute needs of the group. Towed behind Nancy and David's Colorado Ford was a packed rental trailer, jammed with cases containing the Danzas' stunning and amazing costumes and props.



If you've seen an Angelitos dance practice or performance you know the energy expended by these children. You have also seen the perspiration. Imagine now that these costumes have to be washed and repacked prior to moving on to the next venue. Imagine housing and feeding such a group, then think of the energy and planning that is required to execute a near perfect performance at each venue. That it comes together is the perfect expression of experience, dedication, determination, patience and love. Wow!

What a treat for Alberta and what a great response from Albertans. Without a doubt a love affair between the CHLA Danzas event and Albertans has been born. CHLA and children are most deserving of this response and of current and future generous support. Let's hope Albertans and others take up the cause and create a brighter future for many more children from our Manzanillo area. Congratulations to all involved.

## Mexico comes to Edmonton

On July 23rd, my wife, Linda and I went to see the Ballet Folklorico Los Angelitos, part of the expressive arts program of Casa Hogar Los Angelitos from Manzanillo, Mexico, performing in our home city, Edmonton, Alberta. When we arrived at the theater we found the show was sold out, so put our names on a list in case any tickets became available.

It turned out to be a blessing in disguise, because instead of going directly to seats, while we waited we met and chatted with Dave Nystrom, husband of Casa Hogar founder, Nancy Nystrom, and met their daughter-in-law, Lupita. All six performances in the Alberta tour were sell-outs, whether in large or small centers. Fortunately, two tickets became available and we were able to see the performance.

It was wonderful! Music, dance, spectacular costumes and song transported us to Mexico for a dynamic, colorful and enthusiastic performances at a professional level. The young people and the work of Casa Hogar are truly amazing, and the performers are great ambassadors for Mexico.

Taking pictures from my seat (I didn't use flash so as not to annoy the audience) is tricky, with a high risk of getting blurred images, but I did get a few pictures to share. After the performance, we had a chance to speak to Nancy and Dave, and the entire troupe posed for pictures for a very appreciative crowd who had expressed their gratitude with a well-deserved standing ovation at the conclusion of the show. Of course, I had to get my picture taken with some of the dancers!

If you have an opportunity to attend a fund-raising event or see a full performance by this marvelous group when in the Manzanillo area, don't miss it. The Casa Hogar troupe does a great job, and I run out of superlatives in trying to describe it. What wonderful young people they are, a credit to Casa Hogar and the chance they have been given for artistic expression.

The work done by Casa Hogar los Angelitos in helping young people build a better life and share their Mexican heritage is truly inspirational.

Saludos,  
"Juan" Chalmers

(John and Linda escape Alberta's winters to the Manzanillo area)





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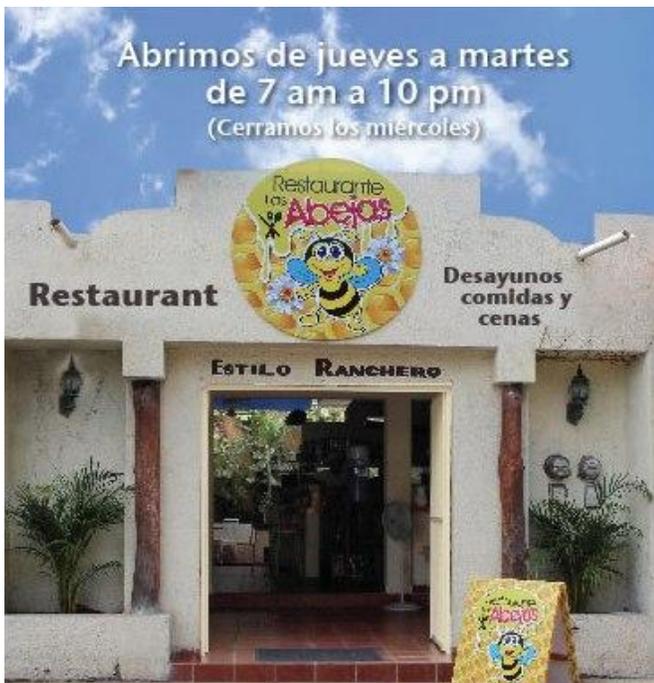
## 10 Ways To Save Energy & Money In Mexico

By eSun Energy, 2014

In last month's article ([link](#)) we learned about Solar Energy and how solar panels in a Solar Electric "Photovoltaic" System can reduce or eliminate your electric bill, provide a solid economic investment and help lower your carbon footprint and associated contribution to global climate change. As professional renewable energy consultants, we find that most people can significantly cut or entirely eliminate their CFE electric bills by utilizing the following "Top Ten List". Save the following list and check off each number as you have completed each task. Have fun!

1. Educate yourself and stay informed: Learn how to read your meter, CFE electric bill and understand how the electric rate structures work here in Mexico. Most people are shocked to find out that electric rates can be 3-4 times more expensive than up North. Billing errors are very common, difficult to understand and have corrected- especially if you do not know what you are looking at except the total amount to pay and the cut-off date.
2. Lighting: Turn off all of those lights at night that you are not using. Yes you! Next, replace all incandescent light bulbs with compact fluorescents (ahorradoras) or even better with LED's. Start by replacing lights that are on for the most hours of the evening. Be sure to select bulbs with the color spectrum you like. Most people prefer warm light (2700 K'). If the light bulb package is written in Spanish, look for "Luz Calida" not "Luz Blanca" or "Luz del Día" which is the bright white/bluish color that most people do not like.
3. Get yourself an energy use meter such as the popular the "Kill-A-Watt". This device will show exactly how much electricity a device is using and the associated monthly cost. It will also better help you understand and learn the basics of electricity and power consumption.
4. Place all TV's, stereos, computers and other electronics on power strips to stop "phantom loads" or vampire energy losses. Turn off the main switch when not in use to eliminate all unwanted standby loads. The US Energy Star program estimates that up to 10% or more of a modern household's energy consumption is wasted on these devices while in standby mode.
5. Replace that old refrigerator, freezer and other appliances with a new model certified with the FIDE seal. A good general rule of thumb is that if the appliance is more than 5 years old, it is probably worth replacing from an energy efficiency cost perspective. For more information, see [www.fide.org.mx](http://www.fide.org.mx) \*Mexico's Energy Star

6. If you have a swimming pool, it is likely that 30-50+% of your electric bill is directly related to your swimming pool pump. Make sure your swimming pool pump is on a timer. Now adjust that timer back to the minimum amount of hours possible without turning the water green. 2-3 hours is usually sufficient depending on the time of year, climate and amount of people who use the pool.
  7. Replace your swimming pool pump with a new energy efficient model. Modern, high efficiency, variable speed pool pumps can easily save 70-90% on electrical use for pool pumping. Yes they cost more but are worth every peso.
  8. Air Conditioners: If you really must use an air conditioner- raise up the temperature or thermostat a few degrees. Be sure to purchase an "Inverter" type model with the highest SEER rating possible (16-24). Heaters: Cool weather can be found in Mexico so be smart with the use of electric heaters of any type. Make sure they are unplugged when not in use.
  9. Think about the lovely water fountains and those outside garden lights that are often on all day and night long. Have timers, motion sensors or dusk-to-dawn sensors installed.
  10. Install a high quality eSun Energy Solar Electric Photovoltaic "PV" System to get you out of the highest electric tariff rates, especially the dreaded "DAC" rate. Connect to the Sun!
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## AT THE MOVIES

Suzanne A. Marshall

### How to Train Your Dragon (2)

**Director:** Dean DeBois

**Starring:** Voices of: Jay Baruchel, Cate Blanchett, Gerard Butler, Craig Ferguson, America Ferrera,

“When Hiccup and Toothless discover an ice cave that is home to hundreds of new wild dragons and the mysterious dragon rider, the two friends find themselves at the center of a battle to protect the peace.”

It’s truly amazing how animation has come into its own these days. This movie was in 3D so in spite of the fairytale feel of it; you are really ‘in’ the movie. It was quite delightful I must say and having attended with my grand-daughter and friend who are 9 years old, it’s difficult not to feel like a kid again. And I love to do that at any opportunity.

The movie has received 4 out of 5 stars or as rated on IMDB 8.4/10 based on 44,000 viewers. Take the kids or go on your own and just escape for a while. It is quite delightful.



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## Sex Tape

**Director:** Jake Kasdan

**Starring:** Jason Segel, Cameron Diaz, Rob Coddry, Ellie Kemper, Rob Lowe

Truth be told, I haven't been enticed by most of the summer movie offerings. As a last resort we went to see 'Sex Tape' largely due to the television promotion of a film 'out-take' of Segel talking to the Siri app on his phone about how to resuscitate a dog. It's quite funny so we decided to chance it.

The story line goes like this: A married couple wake up to discover that the sex tape they made the evening before to spice up their marriage, has been hacked and posted, leading to a frantic search for its whereabouts and to get it down off a porn website. But truly it's a story that begins back in college when they first met and entails a whole lot of full nudity and comedic sex scenes that go on and on. Surrounded by 20 and 30 somethings in the theatre 'belly laughing' through the entire movie, it does have some funny moments but mostly it's just really silly. Example, the scene where they are sitting nude on the couch with ice packs on their privates from many attempts at the sexual gymnastics that they've been trying to film from The Joy of Sex. In the midst of the story are their two children and doting ignorant mother and a whole lot of plot gaps.

It did not do well at the opening box offices and so far the ratings are at 4.9/10. I wouldn't give it any more personally. But since it's quite explicit and the stars are big names with big followings, it will probably bring home some profits for them in the end.



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### *English*

Bologna  
Braunschwieger  
Breakfast Sausage  
Hot Dog  
Liverwurst  
Sausage  
Sausage for Grilling  
Boiled Ham  
Cured Ham  
Oven Baked Ham  
Smoked Ham

### *Español*

Mortadella  
Salchichon de higado ahumado  
Salchicha para desayuno  
Salchichon  
Pate de Higado de Cerdo  
Chorizo/Salchicha  
Salchicha para Asadero  
Jamon de York  
Jamon Serrano (similar to Prosciutto)  
Jamon Horneado  
Jamon Ahumado

## Cheeses /Quesos

### *Product*

Añejo  
Asadero  
Chihuahua  
Manchego  
  
Panela  
Queso Crema  
Queso Holandes  
Queso Parmesana  
Queso tipo cottage  
Queso tipo Americano

### *Description*

Very old and crumbly  
For cooking. Like Mozzarella  
Similar to mild Cheddar  
Goat cheese. Similar to Gouda. Good substitute for Jack or Muenster  
Very soft white cheese. Similar to Ricotta  
Cream Cheese  
Gouda  
Parme  
Cottage cheese  
American cheese, usually sliced processed cheese.

Many familiar types of cheeses are now coming onto the Manzanillo scene such as: Brie, Camembert, Roquefort, Gorgonzola, Edam, Cheddar, Gloucestershire.



## Don't Overlook the Value of International Stocks

Yann Kostic

Investors saving for retirement often avoid international stocks because of their perceived risk, but going global could actually reduce your portfolio risk. Why? International stocks may offer better value.

Over the six months ending April 30, the U.S. stock market, as measured by the S&P 500 Index, was up more than 8 percent and had surpassed its pre-recession highs. Overseas, the story is different. Some regions, such as Europe, have recently performed well, but others, such as Japan, have not.

As a result, the Wall Street Journal, using data from FactSet, reports that the U.S. stock market is now among the world's most expensive. For example, U.S. stocks trade for 16 times their per-share earnings forecasted from May 2014 to May 2015; non-U.S. stocks, 13 times.

Diversify to benefit your portfolio

Another benefit of international investing is the potential it offers for diversification. When some markets are performing poorly, others may be performing well. If you invest in a number of markets, your chances may increase of achieving an overall return you're comfortable with.

How much to invest in international stocks is a personal choice, but the conventional wisdom may be outdated: It used to be that investors were encouraged to invest 20 percent of their portfolios in international stocks - but this was in the days when the U.S. played a much more significant role in the global economy. Today, the U.S. represents roughly 20 percent of the global economy. It might make more sense to invest more of your portfolio abroad than in the past.

Risk exists

Keep in mind that international investing can add risk. Foreign markets may be less transparent, and if foreign currencies weaken against the U.S. dollar, the value of your investment could fall. That being said, it is also true that the opposite can and do happen and increase the value of your investment.

Your advisor can help you decide if adding international stocks to your portfolio is a good idea based on 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. Yann works with TD Ameritrade Institutional (custodian). He splits his time between Florida and Ajijic/Manzanillo in Mexico. 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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## Looking for long lost friends?? .... And how to protect your privacy on Facebook!

by Señor Tech

In 2010 a movie was released about a young computer geek who wanted to be the next Bill Gates. Two years after the release of the movie, the young man was worth 19 Billion dollars. The movie is The Social Network, and the company that the young man formed is called Facebook. The name of the young man, Mark Zuckerberg.

Facebook has been engulfed in controversy since it became accessible by the masses in September 2006. The most egregious transgressions in my humble opinion are their blatant disregard for their users privacy. But they have since provided settings to allow users the ability to limit who sees their posts and private data. With that in mind, I will try to provide you the reader, a way to safely use Facebook as a communication tool.

To register an account, go to [www.facebook.com](http://www.facebook.com) and fill in the information below Sign Up. Remember that you only have to fill in the information you want to provide (the age info is there to determine whether you are at least 13 years of age - so if you are over 13, you can use whatever birthdate you prefer).

Clicking on the Sign In Button will generate a confirmation email which will be sent to the email address you used to register. Click on the link they send and you will be transferred to Step 1 - Find Your Friends. If you fill in the login information to your email account, Facebook will be happy to scour your contacts to see if any of your contacts have a Facebook account. They will also access to all your contacts which will now be transferred to their database. My advise, skip this step, and go to Step 2. You can search for friends without having to sacrifice the privacy of your contacts. A popup asking if you are sure, but ignore this and click to continue.

Step 2 - Add Friends is another attempt for them to entice you to share your contacts, resist and click next to go to Step 3.

Step 3 - Fill Out Your Profile Information. Fill out this information, but be sure click the drop-down button with the planet Earth graphic; select only me. You will change these settings when you change your privacy preferences.

Step 4 - Add a Profile Picture. You can upload a photo of your self by clicking on the Add Picture button (this will create a link from Facebook to your computer; search for the photo you would like to use and click open. Your photo will be uploaded to the Facebook servers and will be displayed on your Profile Page) or if you have a webcam on your computer, click the Take a Photo link. If you don't like the photo, retake it. You do not have to have a photo, but it makes it easier for your friends to find you.

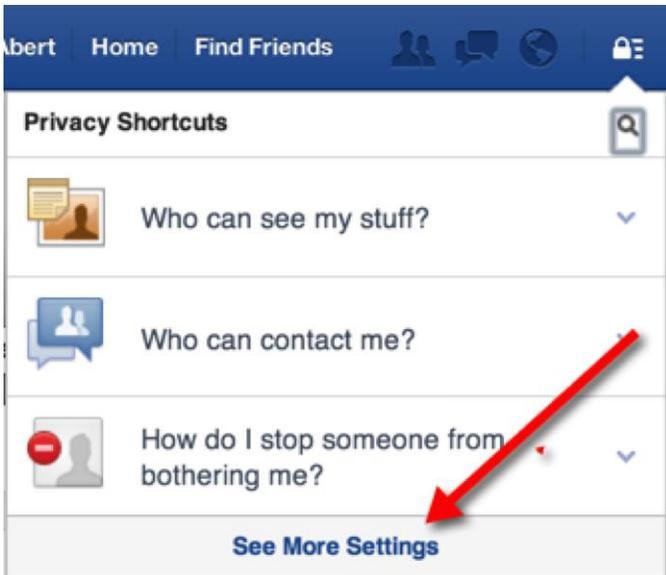
Once you have completed Steps 1 - 4, you will see a number of Photos of people you might know. I am assuming that Facebook has done a search of Facebook users who have given them access to their address book contacts and their friends to see if your email address or name matches. If you see anyone you know here, you might ask the question, how does Facebook know that I know this person. And that is why I am going to show you how to protect your privacy as best as I can. Before you click on any friends to add, click on your name to go to your Profile Page.

On the profile page, fill in as much information as you are comfortable providing. Remember to select the privacy settings to either yourself, if you do not want anyone to see the information, or to friends only. Once completed, click on the Home button. There you will see news information about the sports teams, musicians, hometown from the information you input in your Profile Page.

Next is setting your Privacy; you may have noticed that if you didn't provide information in Step 3 of the initial setup the privacy setting reverts back to public. My feeling on that subject is that the person setting the privacy level should be the user, not Facebook. So the most important step of setting up your Facebook account is to go to the Lock Icon.



Click the Lock Icon and at the bottom click on the See More Settings link.



Click on all the edit links and set your preferences to a privacy setting you feel most comfortable with. My recommendation is friends for personal information, and public for information you choose to show the public so friends from your past can find you.

In the Timeline and Tagging tab, you may want to consider enable “the Review posts friends tag you in before they appear on your timeline”. This will allow you to choose what is displayed in your timeline before it is published for all your friends to see.

**Timeline and Tagging Settings**

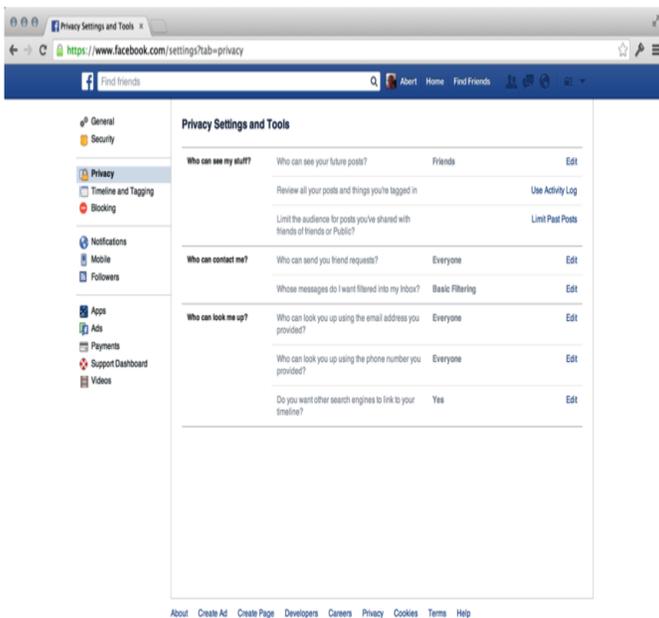
<b>Who can add things to my timeline?</b>	Who can post on your timeline?	Friends	Edit
	Review posts friends tag you in before they appear on your timeline?	Off	Edit
<b>Who can see things on my timeline?</b>	Review what other people see on your timeline		View As
	Who can see posts you've been tagged in on your timeline?	Friends of Friends	Edit
	Who can see what others post on your timeline?	Friends	Edit
<b>How can I manage tags people add and tagging suggestions?</b>	Review tags people add to your own posts before the tags appear on Facebook?	Off	Edit
	When you're tagged in a post, do you want to add to the audience if they aren't already in it?	Friends	Edit
	Who sees tag suggestions when photos that look like you are uploaded? (this is not yet available to you)	Unavailable	

Start at the Privacy tab; you can set and confirm your preferences for :

- Who can see your stuff
- Who can contact you
- Who can look you up

If you wish to know “who can see things on your timeline”, click the view as link on the Timeline and Tagging tab.

Before starting to find friends there is one more set of preferences I strongly recommend if you value privacy. The setting is found in the Apps tab;



**App Settings**

On Facebook, your name, profile picture, cover photo, gender, networks, username, and user id are always publicly available, including to apps (Learn Why). Apps also have access to your friends list and any information you choose to make public.

<b>Apps you use</b>	Use apps, plugins, games and websites on Facebook and elsewhere?	On	Edit
<b>Apps others use</b>	People on Facebook who can see your info can bring it with them when they use apps. This makes their experience better and more social. Use the settings below to control the categories of information that people can bring with them when they use apps, games and websites.		Close
	<input type="checkbox"/> Bio <input type="checkbox"/> Birthday <input type="checkbox"/> Family and relationships <input type="checkbox"/> Interested in <input type="checkbox"/> Religious and political views <input type="checkbox"/> My website <input type="checkbox"/> If I'm online <input type="checkbox"/> My status updates <input type="checkbox"/> My photos	<input type="checkbox"/> My videos <input type="checkbox"/> My links <input type="checkbox"/> My notes <input type="checkbox"/> Hometown <input type="checkbox"/> Current city <input type="checkbox"/> Education and work <input type="checkbox"/> Activities, interests, things I like <input type="checkbox"/> My app activity	
	If you don't want apps and websites to access other categories of information (like your friend list, gender or info you've made public), you can turn off all Platform apps. But remember, you will not be able to use any games or apps yourself.		
	<input type="button" value="Save Changes"/> <input type="button" value="Cancel"/>		

Click on Apps others use and select any item that is checked. Your screen should look like the one above before you Save Changes.

If you have gone through all the Tabs in the security and privacy section and set your preferences, you are now ready to start finding friends.



Click on on Find Friends at the top of the page.



Type in your friend's name; a number of photos may display so you may have to look through the different profile photos until you find your friend. Once found, click on the Add Friend button.

Once your friend accepts your request they will show up in your friends list on your Home page.

I may be hard on Facebook's privacy but the website does offer an easy way to reconnect with lost friends and stay in communication with current friends. If you manage your privacy and security settings, you will find that you can minimize unwanted messages and spam. If you don't then I am willing to bet you will decide to deactivate your account because of the numerous posts that clutter your timeline.

**Next month** I will deal with some of the useful tools available within Facebook.



Have photos, news, query, item for sale...or just something you wish to share with Manzanillo Friends.... click the FB icon to be taken directly to **ManzanilloSun** Facebook page.

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## Mujeres Amigas August Newsletter

Elaine Parker

Happy August Ladies,

The August Mujeres Amigas luncheon will be held on Wednesday, August 6th at Oasis. The hostess for the luncheon will be Linda Breun as Candy is again off on a trip. There won't be a speaker this month but Linda will lead the discussion items below or anything else you would like to talk about. The choice for the luncheon is Tropical Chicken sandwich-grilled chicken breast, caramelized onions, melted cheese on house made bread....French fries **OR** Beef Burrito-sautéed steak, onions and peppers with rice and beans in a giant flour tortilla.

**Ladies Please** – If you plan on attending the luncheon, **please** respond by 1:00 p.m. Tuesday, August 5th to [mujeresamigaslunches@gmail.com](mailto:mujeresamigaslunches@gmail.com) with your choice for lunch. A thank you to all who responded last month. We will not turn anyone away. A few more or less is 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 a heavy heart that I must inform you that Jeanne Folan (Mrs. Nick Nelson) passed away July 10<sup>th</sup> surrounded by family. Jeanne was a long time resident of Roca del Mar in Las Brisas. Our condolences go out to Nick and Mary Claire (Jeanne's sister) and the rest of the family.

### FOR YOUR INFORMATION

At the luncheon, Linda will lead two discussions of proposed events -

1. Do those in attendance want a late summer party in September or an early fall party in October?
2. Would those in attendance enjoy holding the September luncheon at the Natura Camp hosted by Elizabeth Torres?

Congratulations!! to Diego and Kathy on the completion of the new Oasis palapa. I have been told it is beautiful. Rosamalia's new Gelato shop is also ready for you to enjoy your favorite flavor or two.

**MexEco Tours** has added more interesting trips to their fall schedule. If you are thinking about a fall or winter trip, go to their web site for more information. [www.MexEcoTours.com](http://www.MexEcoTours.com)



To raise money for the PATA November clinic, PATA is holding a raffle for a doggie bed in the shape of a dog bone. Tickets are just \$30 pesos each and the drawing is Sept 15. Anyone wanting tickets can contact June at [suntangram@gmail.com](mailto:suntangram@gmail.com) or call 314-333-0105. The tickets will also be sold at Ladies Luncheon.

Pepe's Hideaway is offering some great deals if you know anyone who wants to stay at the hotel.

For those of you who need furniture or artwork or just want to browse around, the Furniture Show and Enart are being held in Guadalajara on August 13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>

Happy 5<sup>th</sup> Birthday to the Friends of Mexican Animal Welfare. Since their inception in 2009, the Friends of Mexican Animal Welfare have raised money for a permanent clinic to be shared by three sites. Many received the e-poster for the permanent clinic that included more information. This three site collaborative project is still fund raising to equip a spay/neuter clinic that will be used by International Veterinary Consultants as a teaching center. For more information or to donate go to [info@fomaw.org](mailto:info@fomaw.org) PATA Manzanillo is a member of Friends of Mexican Animal Welfare. PATA still needs help and support to reach their goal in making the Manzanillo spay/neuter Teaching Center a reality. The November and March clinics depend on the local fund raisers held throughout the year. For more information on PATA Manzanillo go to <http://www.patamanzanillo.org>

Don't forget to read the August issue of the Manzanillo Sun e-magazine that should be ready for viewing soon after the first of the month. There are always very interesting articles to read.

### AUGUST HAPPENINGS

There are no Mexican Statutory Holidays, Civic Holidays or Festivities in August