

# **Manzanillo** **SUN** April 2014

**Manzanillo's Lifestyle E-Magazine**

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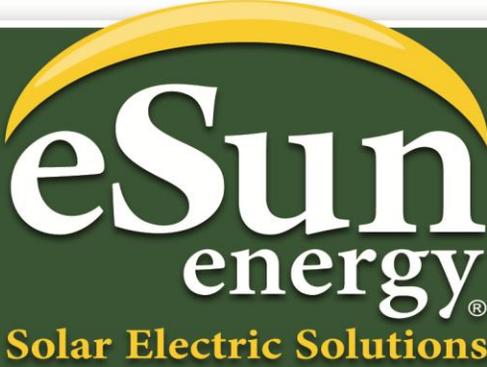
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Photo by  
Marg McKenna



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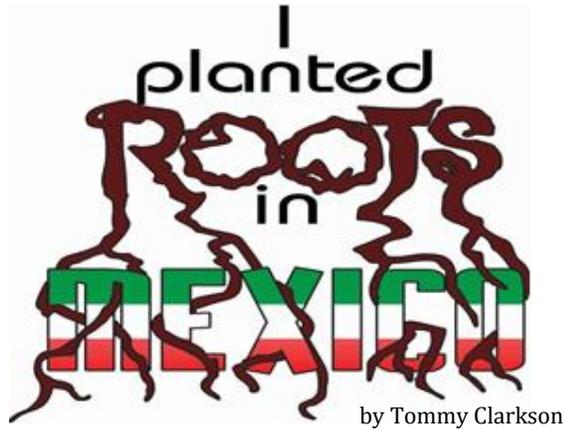
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## Mexican Milkweed

*Asclepias curassavica*

**Family:** Asclepiadaceae

(Also known as Blood-flower, Butterfly Weed, Scarlet Milkweed, Tropical Milkweed, Swallow-Wort, Red Cottonweed, Indian Root or Silkweed.)

If you have a Mexican Milkweed growing around your home and somewhat fluently understand butterfly (and what self-respecting gardener doesn't!) you have probably heard visiting Monarch's enthusiastically exclaim, "Yum! This baby has it all!"

Indeed the *Asclepias curassavica* seems to meet many of the needs of our flutterby friends – attractive, multi-colored flowers with delicious nectar upon which to lap for the magnificent adults and tender leaves fairly crying to be devoured by young caterpillars.

A smallish, perennial, herbaceous shrub found naturally along roadsides and in pastures, from sea level to over 6,500 feet (2,000 meters) it grows throughout the American tropics and subtropics. Its reddish orange and yellow flowers are a regular visitation site for all manner of butterflies, bees, wasps, flies, beetles and crazy plant people like me!

But back to those beauties of the Lepidoptera family - Monarch Butterflies – with this interesting nugget of knowledge. Ever wonder why birds don't like to eat their caterpillars? Well, in the white sap of the Mexican milkweed is the toxin *cardenolide glycosides*. And when those brightly colored yellow, black and cream-white caterpillars consume the milkweed leaves their systems gain the poisonous qualities which protects them from



The pleasing color combination and contrasting shape of flower petals make these very pretty flowers.

most predators. In fact, after they metamorphose, the adults retain that toxicity taste. It has been observed that birds eating Monarch Butterflies vomit shortly after ingesting them.

Returning to the primary topic of discussion – there is a problem or two or three with the appearance of Mexican Milkweed. The first of these can be aphids. Actually, while unsightly, they generally do not impair the plant's blooming or its growth and some folks even feel that they add to its beauty and interest of the plant. However



If you understand caterpillar talk (quite similar to butterfly), he is saying "Yum, yum, yum!"

if they are numerous, their “honeydew” (clear liquid excrement) may stimulate the growth of sooty mold, which might inhibit your plant’s photosynthetic activity a bit. But these characters can be controlled by simply spraying the plants with a burst of water which will dislodge them – though this process may have to be repeated throughout the season.

The second (rare though it be) could be orange and black milkweed bugs that eat the seeds and tissue of the milkweed plants. These nasties are one of the few insects that can tolerate the Mexican Milkweed’s toxicity.

The last issue is directly related to the very reason most folks grow the *Asclepias curassavica* . . . the plant’s defoliation caused by butterfly (generally Monarch and/or Queen) caterpillars. Once your plants are defoliated - or the caterpillars have moved on - merely cut back the stems and it will, in a fairly fast fashion, resprout. It will soon rebloom, repeating the cycle of flowers to seeds which – in the form of white, fluffy “parachutes” with the seeds attached to thin bunches of hair-like threads - are dispersed by the slightest breeze.

Mexican Milkweed will grow to somewhere between 36 to 48 inches (91.5 - 122 cm) and likes regular waterings (but don’t over water) in sun to partial shade. In that they can grow a bit tall, you may want to plant them in the middle of any groupings or toward the back so that they don’t block shorter species. An obvious alternative is to pinch back the plant in the spring to cause more branching and increase bushiness.

What with their deep fleshy, tap root larger Mexican Milkweed plants are rather difficult to transplant. So then, how should one start? Perhaps one of two ways - their seeds can be planted directly in your garden beds or started in flats. In the latter case, germination rates are generally higher and, as it is easier to establish your milkweeds with transplanted, well-rooted seedlings, this might be a good way to proceed.

Should you wish to harvest and store milkweed seeds for later use here are several tips that will increase your chances of success: The best to collect are those that are within a day or two of opening. (If, upon squeezing the

Pods, they don’t open easily, then they usually do not contain mature brown seeds. Seeds well into the process of browning and hardening will germinate best when planted the next season.) Remove the coma, or silk-like ballooning material, from around the seeds. Store dried seeds in a cool, dry place protected from mice and insects. A reclosable plastic bag in the refrigerator works well too.



The Mexican Milkweed seems to meet many of the needs of our flutterby friends!

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## Spider Flower

*Cleome hassleriana* (Possibly, *C. spinosa*, *C. houtteana*, or maybe even *C. sesquiorygalis* – they're all quite similar!)

### Family: Cleomaceae

Also known as: Spider Plant, Spider Legs, Grandpa's Whiskers, Rocky Mountain Bee Plant, or Stinking Clover

As a rule, I don't generally write about annuals – particularly when I'm not sure of the specific species about which I am striving describe! But in this eye-catching beauty's case, let's make an exception!

We found ours just off a path in the Sierra Madres Occidental Mountains on one of our sojourns "into the interior". It had not yet been identified until two knowledgeable visitors to Ola Brisa Gardens – Dick Neiman and Glenn Leach – helped narrow it down to the correct genus of some 150 species. (So much for me knowing all about my plants, huh?)

All of these species are fast growers and said to be native to South America. But given where we found it - thriving quite happily in the wild - it seems to have immigrated further north into the Mexican States of Colima and Jalisco.

Each of these varieties sport rigid stems. They all have dense elongated terminal racemes (technically speaking, this is an unbranched, indeterminate type of inflorescence bearing flowers that have short floral stalks, but for our purposes, let's just think "beautiful") of pink, purple or white spider-like flowers. These uniformly sized flowers are comprised of four petals and six long stamens. They've a slight, subtly, sweet fragrance but, if displayed in a vase beware, as the flowers fast become brittle.



This shows its long, slender seedpods - not yet brown and ready to burst open

They spread to as wide as two feet (30 cm) and grow to a height of 60" (150 cm). Their spirally arranged leaves are palmately compound with five or seven leaflets up to five inches (12 cm) long and two inches (4 cm) broad. The plant's leaf petioles are up to six inches (15 cm) long. Said to flower multiple months, mine bloomed joyously from mid-January through the month of February.

These are easily grown in moderately rich, well-draining soil, in full sun but, if necessary, can tolerate light shade. During the growing season they like consistent watering but once established they can handle some drought. Collect seed pods from favorite plants for replanting. If these are not promptly removed, they will self-propagate prolifically. But, as regards the *C. hassleriana*, it can develop surprisingly large thorns, so it's best to keep them away from walkways.

(Now I know you may be saying to yourself, "If his plant doesn't have the thorns of which he just wrote, why does he have it as an option of being as one of the species which he might have found and taken to his gardens?")

flowers of that variety actually look the most similar to. Well, in all candor, the answer's rather simple. The those of mine! So, perhaps mine is one of nature's cultivars.)

Be careful with the amount of fertilizer given to these plants as should you do so too aggressively they will become tall and floppy. And, when planting, place in grouped clusters of six or more to achieve the optimal visual effect.

Their flowers are followed by thin seed pods that ripen to brown before splitting open and then aggressively disperse those seeds. The palmate green leaves of my specimen smell musty and are slightly rough to the touch but do not have the stickiness nor spines on the lower stems described in several botanical texts.

While, generally speaking, there are no serious insect or disease problems for these plants, keep an eye out for aphids, spider mites and whiteflies as well as mildew and rust.

These are superlative for adding vertical interest to a perennial border or used in floral beds, around foundations or simply showcased in large containers. They can also be effectively used along fences, in background plantings and mixed with shrubs. The spidery flowers are most attractive in a cut flower presentation and seed heads can be dried and added to bouquets as well.

There are numerous delightful cultivars such as Cherry, Pink, Rose, Violet, or Rose Queen in - as their names insinuate - an array of pleasing colors.

Their nectar is attractive to hummingbirds, birds enjoy its seeds, Hummingbird Moths may come near dusk just to confuse you, and butterflies . . . well, they just appreciate a pretty flower! Lastly, planting these in your vegetable garden may help attract beneficial insects and actually deter some of the bad bugs which have ill intent upon your crops!

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Fully describing the Spider Flower in only a few words is quite the challenge!



What with the wild Mexican Currant Tomato and Parrots' Beak Heliconia below and Lemon Grass snuggled up on its right, it's a bit difficult for this healthy specimen - found up in the mountains - to be seen!



## Aztec Infringement

by Kirby Vickery



When we Americans and Canadians think of Mexico, we think of its language as Spanish with some local Indian thrown in here and there. If we plan a trip or start to make arrangements to move and live in Mexico, a Spanish (Mexican) English (American) phrase book is often purchased. Having lived, worked and just visited in Mexico I find that the purchased phrase books' actual use is directly inversely proportional to its need. That's not a slam on anyone or their ability. When people get down into Mexico I find that the people who end up really needing it just don't bother. Those of us who assimilate languages easily carry and use the book to constantly get the fine points of Spanish. The Mexican people are much like folks all over the world. They love for us to attempt their language and will help out along the way. If we can't speak Spanish then they will attempt to help with whatever English they command.

Actually there's a little more to 'Mexican Speak' than one would think. First of all there are over 287 listed languages stemming from the Spanish and Indigenous languages in the only Latin country in the North American Continent. Only five of these have died since the settlement of man in the country although approximately 32 of them are in the process of dying out with another 86 headed that way. Another 85 are upcoming, four are institutionalized and the rest are doing

quite well. As one would expect, most of the indigenous languages are regional although there are some native peoples in this country whom don't speak Spanish at all.

English is a live language because it is constantly changing both with and without slang and modern convenience. Latin is a dead language as is ancient Greek and Japanese. These languages have failed, each in their own time, because their grammar and syntax were so rigid as to prevent modern modification brought on by their own times and people. The North American Spanish is a language which is very much alive because of all its growing and changing. English adapts words and phrases from other languages, so does the North American Spanish but with one tremendous boost. It grows and changes with the base of the Nahuatl which is the base for most all the indigenous languages. North American Spanish has been changing since before the time of the Conquistadors.

Montezuma was the last Aztec ruler and had his headquarters in Mexico City. Today Mexico City is one of the ten largest cities in the world. Even though the country is Hispanic, Mexico is not a Spanish word. It belongs to the Aztecs and can be used to show the richness of that part of the North American Spanish language.

The Nahuatl word for themselves is 'Aztecat' or 'Aztecah' (plural). It means the people from Aztlan. Aztlan is the mythological place for the beginning of the Nahuatl culture. The particular group of people to settle in the central valleys of Mexico started to identify themselves as the 'Mexica' which shorten the old Aztec of Tenochtitlanin on Lake Texcoco where Mexico City sit today. The original people of the area didn't refer to themselves as Aztecs. They called themselves the 'Mexicas.' In Nahuatl language of the Aztecs/Mexicas the word Mexico is a combination of three words: Metx translates into Moon. Xic means navel and the 'co' is the preposition of 'in.' So, at first, Mexico translates as "In the navel of the Moon."

That, however, isn't the meaning the Aztecs had. Mexico City was built on a lake, actually several of them. These lakes had a shape of a rabbit. It was the same shape of the land masses on the face of the moon which, to the eye and folk lore of the Aztec looked remarkably like a rabbit. So Mexico actually means, "The Rabbit's Navel." Staying with the naming of Mexico City the Aztec of Tenochtitlanin used another translated grouping of their symbolic converted words. You see the word 'Tenochtitlan' translates to the tree which grows

'tenochtli' which are the red, hard, prickly pears. This is not only the symbol of sacrificed human hearts to the sun, but is also shown on the Shield of Mexico.

There are other names and words scattered out there which are not of Spanish decent but derived from the Nahuatl. From my pale skinned, over bulked, Texan-New Hampshire-Washington, background these unpronounceable eclectic grouped, hard consonants, formerly picture words are easy to find throughout Mexico. But from this Anglo's perspective I don't speak any language which would put my tongue in traction and give me lock jaw if I tried.

Most North American indigenous language's, if you come off the West coast, flow easily off the tongue like Hawaiian or the other Polynesian languages. I actually can hear the wind sweeping through the plains in the language of the Sioux. For some reason, from Alaska, down the coast and into Mexico the language stems cause each word to be run through a hard consonant series of letter groupings which I can't get my tongue around. Hearing someone actually speak in any of the Nahuatl stemmed languages is something I look forward to happen.

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## The “Wright” Way to Travel

Part 1

An introduction to our guides

by Mark Wright



Hector & Malena

A recent article in the Calgary Sun (a widely read daily paper that one finds in almost every coffee shop in our part of Alberta) carried this headline: ‘N.E Calgary Home Shot Again.’ In the article is a comment from a neighbour, Jim McCracken, who claims this particular house has received multiple gunshots on three different occasions during the last five years. While admitting that residents are on edge, he doesn’t think moving out of the neighborhood is the answer. “It’s equally bad in other places in the city too.” He said, “So, where are you going to move to? Unless you move to the country, out of the city, it’s just a waste of time to try to move.”

It takes self-control to respond respectfully when friends or acquaintances exclaim, “You travel in Mexico – is it safe?” Or something similar, even more exasperating is the conversation that really never begins because someone exclaims, “I’ll never go to Mexico. I’m happy staying here where it’s safe.”

Well! We travel in Mexico - period. In Mexico, we utilize the same common sense concerning where and when we travel that we employ in Alberta. One should take time to put a little rational thought into the perception of safety, where safety can be found. Common sense plays a significant role, and then brings in just a sprinkling of reality; there’s really not much more to say on this subject, is there?

The consensus by those who know Mexico is that a visit to Mexico City is a must do. With that knowledge and coupled with the fact that we still had to admit “not yet” when asked if we’d ever visited, we packed a couple of bags and caught a flight from ZLO (Manzanillo) to MEX (Mexico City DF) via AeroMexico. Sixty-five minutes later on January 21st, we landed in one of the world’s largest cities. Three airlines offered service so of course price was the deciding factor with absolutely no complaints on our choice of airlines.

For city lovers, Mexico City (simply referred to as “Mexico” by Mexicans) offers enough of everything and a surplus of other things; such as great restaurants, air pollution, beautiful boulevards, traffic congestion, history and culture, crowded subway and fabulous upscale areas.

Our capable guides and friends, Hector and Malena, navigated with patience through, what to us, were hazards that would make a computer active game programmer cringe. To drive successfully and efficiently in this city means to take one’s place in a mash of cars pointing more or less within 120 degrees of the same desired direction. Then as traffic begins to move, find your slot in what appears to be a space too small for your vehicle. Hector and Malena love their home city and all it offers. The YouTube link below (while in Spanish) allows you to meet both of them and appreciate this wonderful (and somewhat famous in Mexico) couple: <http://www.youtube.com/watch?v=BewQQAd5o6Q>



Malena, along with more than 1000 competitors, competed in a triathlon in Manzanillo in February this year. Just one of the twelve or so events she has on her 2014 schedule. It was an experience that allowed us to better appreciate her amazing drive and witness the fraternity of truly fit people who love the sport.



As the only woman in her age group (60 to 64) she, of course, finished first. But, she also posted a better time than all the female participants in the 55 to 59 age group. Sponsored by a gym in Mexico City, her drive allows her to compete several times a year in events as far away as Austria and Australia.

### Malena competing in Manzanillo

Manzanillo's Triathlon is competed on two separate levels and is held at the Grand Festival Resort, a location that offers a somewhat private and secluded venue while being close to the ocean. Triathlon events are named Sprint, Olympic, Half Iron Man and Iron Man, and all involve swimming, biking and running, but vary in distance. Manzanillo's venue is comprised of the Sprint and Olympic distances only. The Sprint event consists of 750 meters of swimming, 20 km of biking, and 5 km of running. Malena's participated in the Olympic version which involved 1.5 km swimming, 40 km biking, followed by 10 km of running.



**Bikes, having been checked, are in lockdown (after registration) the night prior to the race.**

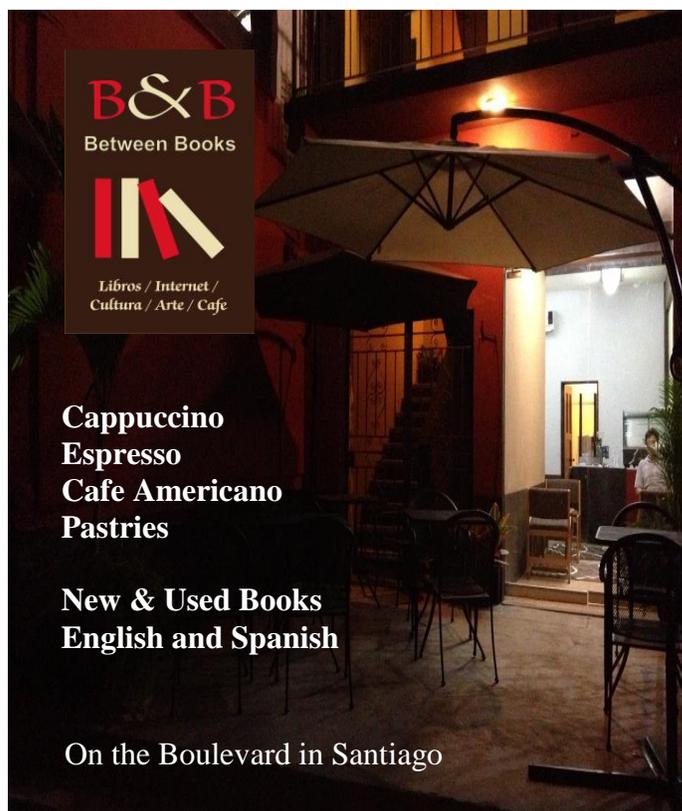
Malena and Hector, are also lovers of Canada's North and Alaska, having visited both on seven different occasions, including two winter visits to experience the Yukon Quest dog sled race (<http://www.yukonquest.com>) There is no doubt that Hector and Malena know more about Canada's north than do most Canadians. They have dipped their toes in the Arctic Ocean three times while summer traveling in simple style, staying in a tent. Needless to say, we felt privileged to enjoy their great company, their innate knowledge of Mexico and its history, and their kindness, vibrancy and enthusiasm in showing us their great city.

While training for her sporting events is a daily lifestyle for Malena, Hector, an engineer, has also accomplished much. He is the "El Padrino" of a very poor Mexican school located between Mexico City and Acapulco (meaning he and Malena support the school financially).

It was here that Hector became aware of several people who spoke the original Aztec language including a local teacher. To assist him in learning to read, write and speak this complex tongue he spent several years under the tutelage of this teacher, ultimately writing a book (encyclopaedia size) translating the Aztec (Nahuatl) language into Spanish. One can only imagine the dedication to undertake and complete such an endeavour. How about you trying to get your tongue wrapped around some of these words: Xoloitzcuintli, Guachinango and Tepezcuintle.

It was a unique and priceless opportunity having this interesting and wonderful couple as our teachers who showed us many of the historic sites in an around Mexico City, and what the area means to them.

[ed: Next month; we continue on Mark and Vicki Wright's journey to Mexico City with their friends. This was an experience not to be missed. Why don't you come along with us?]

An advertisement for "B&B Between Books" featuring a dark background with a list of offerings and a photograph of a cafe interior. The text is in white and yellow. The cafe interior shows tables, chairs, and a person behind a counter under a large umbrella.

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On the Boulevard in Santiago

## Travel in Style and Inexpensively

by Suzanne A. Marshall

I have heard numerous stories from adventurous friends whom I met during various travels in Mexico. You find these adventures more off the beaten path than at 'all inclusive resorts.' Actually, when you stray off that particular path, you begin to see and find the real Mexico. The first couple we met was at a small suite hotel nestled in the hills of Zihuatenejo called Villas El Moro. This stay was one of the major turning points in our love affair with Mexico. The hotel was half the anticipated cost and quaint with infinity pool and views to die for through floor to ceiling windows in the bedroom and living room.

We met fishermen from Denmark, bikers and vintners from California and one couple who were travelling throughout Mexico by bus! I thought they were out of their minds, frankly. This is because the bus terminals in Canada tend to be nasty places with questionable people hanging about.

Often the equipment is so old the seats are uncomfortable and your trip seems very long as a result. Exceptions are noted for a few private operators who have begun to run 'souped up' commuter buses, but this is the rare exception.

Fast forward to Manzanillo seven years later where we have our little dream condo on the beach and love the less touristy aspects of this beautiful haven from winter. There are great people, a busy economy and few hassles. We are just like other like-minded Canadians and Americans looking to slow down, live life in the warmth of the sun and slowly enjoy the amenities so plentiful and at our disposal.

Now that we are condo owners with 18 other delightful Mexican families, we travel to Guadalajara each February for our annual condo meeting since the vast majority live there and a quorum is difficult to achieve back in Manzanillo. Well of course this is a nice outing for us and we have found various areas to visit for incredible goods and artisan work that would cost five times more by the time it reaches Canada (Homemaker heaven: Ceramics, Blown Glass, Silver, Carpets, Furniture, and Trinkets in delightful array).

Having rented a car and found our way around the big city (8 million, I'm told) previously, we had a great time getting lost even with GPS but the past two trips have been by autobus and with good reason. Where do I even begin?

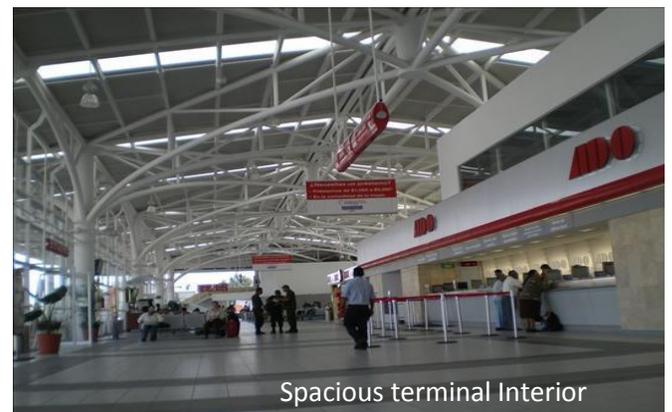
Firstly, it is no exaggeration to say that the bus terminals in greater Mexico rival airport terminals in Canada. They are spotlessly clean and have shining marble floors everywhere, with large vaulted lobby/foyer areas. They are equipped with check-in desks for each bus-line, baggage carriers if you like, snack shops and restaurants and super clean washrooms. While waiting, the terminal provides first-class passenger lounges with comfortable seating to relax on.



Busy Bus Terminal



Interior of the Bus Terminal



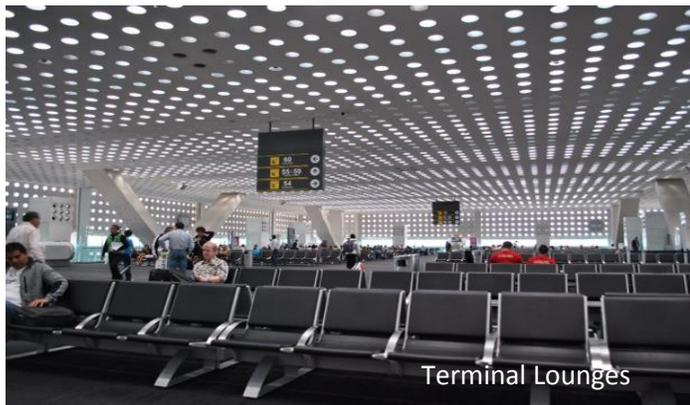
Spacious terminal Interior



I was really stunned the first time we arrived for departure to Guadalajara. The Mexicans really know how to provide first-class service. Even the ticketing personnel are in uniform and are extremely helpful. A fellow behind us in line on this last trip, stepped up to assist us with our 'spanglish' and (Here I go again.) I just love these people. Ah, but there is so much more to tell you.

At the rear is a clean onboard toilet very much like aircraft. And I shouldn't forget for the internet addicts and travelling business people. Each bus is provided with Wi-Fi and a really good internet signal once you have left the terminal.

When all are on board and seated, the driver closes his private driving cab area and you begin your smooth and



Terminal Lounges



Internet hub in terminal

quiet ride to your destination. I know this sounds like a bus commercial but I really feel the need to share this with everyone. It's so much easier than driving the toll highways. Once we arrive we just grab a cab or, as we've done the last time, pre-arrange a rental car for adventures in the city. I might add that the rental cars in Guadalajara are cheaper with newer fleets as compared to Manzanillo.



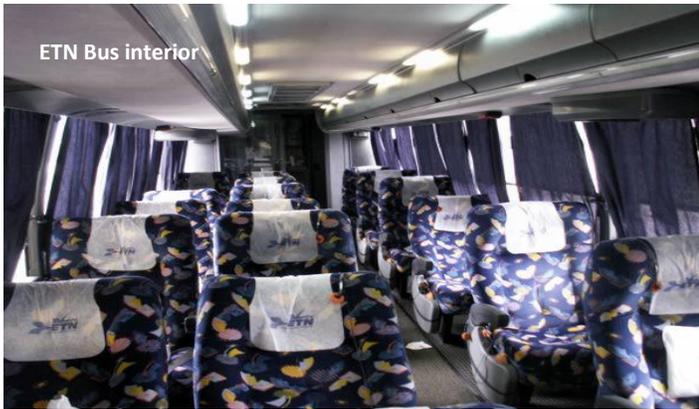
Private waiting lounge

So it's time to leave the waiting area and board the bus. The bus is absolutely first class looking, big windows, spotless and the crew is stowing our luggage below, while a lovely young woman in uniform stands by a cart to offer each passenger a prepared sandwich and a drink of choice to take on board. I know! How shocking is that?

Next, we board the bus to discover that everything is first class! There are fewer seats which allow for the leg loungers provided for your legs and feet. Drink holders are available and pockets in front of you will hold whatever you wish to occupy yourself with on the trip. The seats are plush, comfortable and high backed and allow you to lie almost prone so you can snooze the trip away if you like. Each seat is provided with good headsets to watch the television or listen to music via the units in front of each seat.



Boarding the bus



ETN Bus interior



Mexico City Bus Terminal



Wide reclining seats

Now for the biggest surprise of all - the fares are incredibly cheap! If you are a senior (over 60) any identification will get you a discount. We paid 920 pesos return trip for two which works out to about 75 dollars Cdn. or 38 dollars per person round trip (4 hours each way). This price includes all toll booths along the highway which, if you

were driving would be about 700 pesos and you haven't filled your gas tank yet! You finish the math. Incredible!

Now this article was not written to discourage people who own cars from driving around down here, but we don't own one as yet and, as we have heard from others, driving to parts unknown can be a bit intimidating and stressful with worries such as finding parking or just maneuvering in a new environment and so on. Don't be discouraged from doing some exploring. Book yourselves a hotel in an area you'd like to visit (Tonala? Tlaquepaque? Colonial Centro? ), then take the bus and upon arrival, taxi to your destination. Enjoy! We certainly did and are now planning a trip to San Miguel de Allende. Perhaps the makings for another story.

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Aerial view of Mexico City bus terminal

## Letter from the Editor

### We are making changes

Manzanillo Sun is pleased to welcome Jaime Lopez Balbontin as our new Business Manager of the Manzanillo Sun in Manzanillo. He is a full time resident of Manzanillo and will be pleased to assist you in all matters concerning advertising both on the Manzanillo Sun web page and in the Manzanillo Sun e-magazine. Jaime speaks both Spanish and English and can be reached at: <[Jaime@manzanillosun.com](mailto:Jaime@manzanillosun.com)>

We are also going to be starting a Lake Chapala Edition section in the Magazine and would like to introduce you to Yann Kostic our new Business Manager in Chapala. He resides in the Lake Chapala area with his wife and family and is actively writing a monthly financial advice column for us. Yann and his wife Gabriela are fluent in both English and Spanish and can be reached at: <[yann@manzanillosun.com](mailto:yann@manzanillosun.com)>

Ian Rumford is temporarily moving to the United States but hopes to return in the not too distant future. He will still be doing all of the advertising and managing of the web site and the magazine.

We now have two people handling the editing department as Kirby Vickery officially joins in this task. We are able to assist anyone in writing or editing a story.

Mark Wright has joined our writing team with an excellent article on travelling around Mexico City. It is too long to be in one issue, so we are trying very carefully to make the required adaptations. We are sure that you will find it most interesting.

There have been several people say that they would like to write for the Sun but unfortunately they have yet to submit an article. Please consider doing so. It is not difficult but fun to both do and tell others about your visit or life and experiences in Mexico. We do not accept political or religious articles except within the context of history. All articles should be no more than approximately 1000 words and have a suitable picture (at least one).

# monkey's

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## Saluting Those Who Care

By Tommy Clarkson

We – that would be Patty and me – of Ola Brisa Gardens deeply love and greatly appreciate Manzanillo, its people and all which comprises it. Accordingly, each year we join others in striving to show our gratitude to the community by our involvement with organized “causes of consequence”.

Thus, to three charities each year, we contributed the use of our home, gardens (complete with a full, two hour personalized tour) and Dining Palapa for either a Tropical Gardens Ultimate Brunch or an abbreviated - but no less fun – experience.

Each – at the minimum - is comprised of freshly ground and brewed, locally grown coffee with Baileys Irish Cream or Almond Tequila, chilled champagne and freshly squeezed orange juice *Mimosas*, just out of the oven, locally baked *pan dulces* and (what’s that great Cajun word?) some *lagniappe* -“A little something extra” for each and every participant!

This year the activities with which we were involved were: Liborio Espinoza Children's Home, the Santiago Foundation and the Casa Hogar Los Angelitos Orphanage, the latter, well representative of the generosity of the ex-pat community, raised \$750 (USD) from this event.

Were they a success? Did all involved have a great time? Was it a memorable event? Judge for yourselves by viewing videos of each of these fun mornings on our web site: [www.olabrisagardens.com](http://www.olabrisagardens.com).

(Each can be found via the VISITORS drop down tab of 2014 and to the Fund Raisers and Special Events on our Home Page. Or you can simply go to the SEARCH link at the bottom of the home page and search for Fund Raisers.)

Thank you ex-pats of Manzanillo!



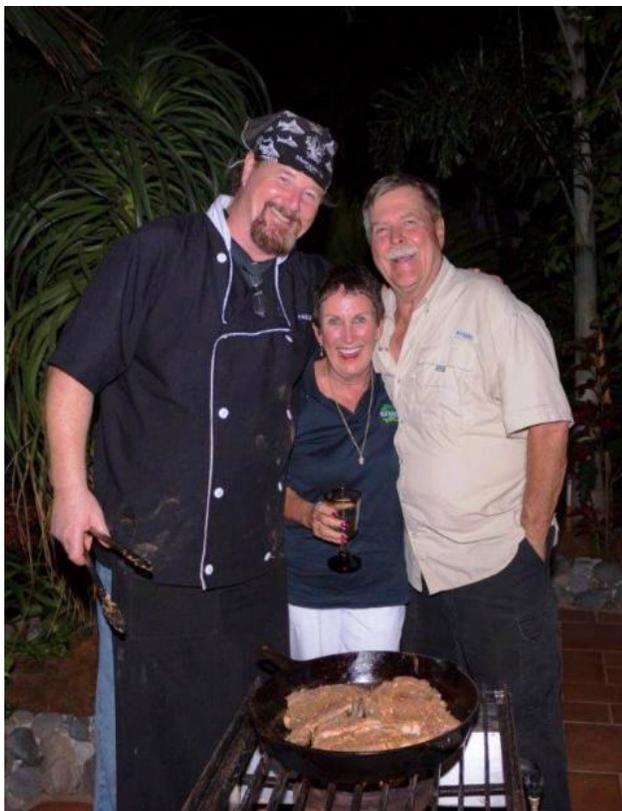
The kind folks who so generously supported Casa Hogar Angelitos prepare to enjoy their sumptuous and delicious "Cajun Culination" dinner!



Following coffee with Bailey's Irish Cream or Almond Tequila and a "Tommy Tour" of the gardens comes freshly squeezed orange juice and chilled champagne *mimosas* for the Santiago Foundation Brunch



With those who supported the "Children of Liborio Espinoza Children's Home Benefit" having arrived and now savoring their coffee, Patty and Ana stand by to serve!



For the Casa Hogar event, in addition to Paul, Patty and Tommy, several members of both the Godzilla's Monster Burger staff and Team Ola Brisa volunteered their time and efforts to support the evening.



Deep in "The Civilized Jungle" of Ola Brisa Gardens, Tommy leads his visitors.



Tommy prepares to give all attendees several "currant tomatoes" - the original species of all tomatoes which were first cultivated and consumed here in Mexico.



## Health and nutrition center

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## Speak to me!

*by Freda Rumford*

Have you ever considered the intimidation of being in another country with a different language and not understanding what on earth people are saying to you? How their body language seems to change and how people think if they speak a little louder or even shout, you will perhaps understand? And how you still manage to get done what has to be done although it takes longer than expected?

As an immigrant from a country not considered foreign but of the same language even though with many differences, it was bad enough. Now, being in a foreign land where the language has never been heard spoken before can be incredibly difficult. Not only that but even when we try so hard to imitate what we hear, it still isn't understood.

It is sad to me when the boot is on the other foot and we run across a person of foreign nationality looking for help in our English speaking country. So often people sit back and watch the translation and understanding efforts with humor but not offer any assistance.

In Manzanillo that really isn't a problem. People generally will do their best to try to understand what you are attempting to convey and if they can't they will look for someone who can. Should you have very bad pronunciation of Spanish, they will do their utmost to try to understand the garble. The fact that someone tried is appreciated and would you believe they will be remembered?

Wherever you are and regardless of situation usually someone will step forward to help. Whether they know your language or not, it is astonishing just who helps first. Many times we have been corrected in our pronunciation or been given the correct phrase to say by a shop keeper or a waiter. The latter will even tell us how to ask to have our eggs in the morning. The choice is for 'huevos sonrisa' or literally 'smiling eggs.' How could we have known that?

I well remember being in a very difficult situation in Guadalajara. My husband had two heartaches in rapid succession, luckily in hospital. I had not long left the

hospital after being with him for over 36 hours without sleep when this happened. Exhausted, I arrived back at the hotel I was staying in, only to have a phone call from the people visiting a patient in the next bed to his. The doctors had my husband taken to another department in the hospital and I was to return immediately. Luckily, in that instance, one of the daughters had a jewelry store in Puerto Vallarta and could speak reasonable English. Not only did she wait for me to arrive back at the original room but stayed with me for well over an hour as we vainly tried to track him down. Even she got terribly confused with the weird directions.

Next day, in the same hospital but now in the Intensive Care waiting room, several people made sure that I knew it was my strange name when it was being paged. Then, going apprehensively to the window to speak to the receptionist, a young man with dirty hands and face, wearing very dirty work clothes was by my side instantly offering help. He spoke very little English but he did know Spanish and made sure that I knew exactly what was being asked. Every time I saw him after that he would enquire as to the state of my husband's health that day and reiterated his offer of being available. This happened everywhere I went, whether they understood my language or not, someone would step forward to assist. Constant kindness was shown willingly in this, one of the most dangerous cities in Mexico.

At the time of these events, I had learned sufficient Spanish to get around town fairly easily. However, in that tense and difficult situation everything had left my mind. I had a hard time to even ask for a cup of coffee initially. Eventually it became easier and as it did, I met and chatted with very many people of all classes who did not mind my terrible accent as I murdered their language. We laughed and joked with each other and hugged when it was obvious the other one was having a traumatic day regardless of who it was

One really amusing time was in getting a drivers license. It was just a matter of answering a few questions on a computer. No problem. My lack of understanding of the written word necessitated the aid of all the other people in the lineup waiting to renew their own license. By the time the test was over and the license given, everyone

had become involved in the operation including the examiner, and all were having an absolute field day. Surely we, and they, had not laughed so long and so hard for a very long while.

Everywhere in Manzanillo, people are prepared to help a foreigner provided they are met with a smile and courtesy. "Please," "Thank you," and a smiling "Good Morning" are always welcomed and it is astonishing who will start to speak to you then. The most embarrassing thing is when complimented on their good English the Mexican person will say they were somewhere in the States (usually Washington or California for perhaps six months!). Here, we have been in Manzanillo for several years and still are inadequate Spanish speakers.

Is it being said no one is rude in Manzanillo? Absolutely not! We have all come across the obnoxious one. Very often it is someone in a position of minor authority who feels that it is their place to take the foreigner down. This is particularly noticeable amongst the clerical staff in the local clinics or government hospitals. Or at least that is where we noticed it. It seems to take many visits and many smiles to get some of them to work with you. However, if the person wishing to make the appointment stands their ground and becomes insistent but still politely so, it is surprising how the attitude can eventually change. On this subject though it seems to be a game played to see how long they can get you running around in circles.

What I am really trying to say is that although all of us feel very strange in this strange but beautiful country where the customs are different as are their manners, always they will help where possible if approached with gentility. Brusque attitudes and frowns are met with blank looks. The funniest thing though is when someone, usually a young woman, sees a foreign person who speaks in perfect Spanish; they are so intimidated that they do not understand at all. They call for help and when the request is repeated exactly as was originally said, they smile sheepishly, perhaps giggle a little and all is accomplished.

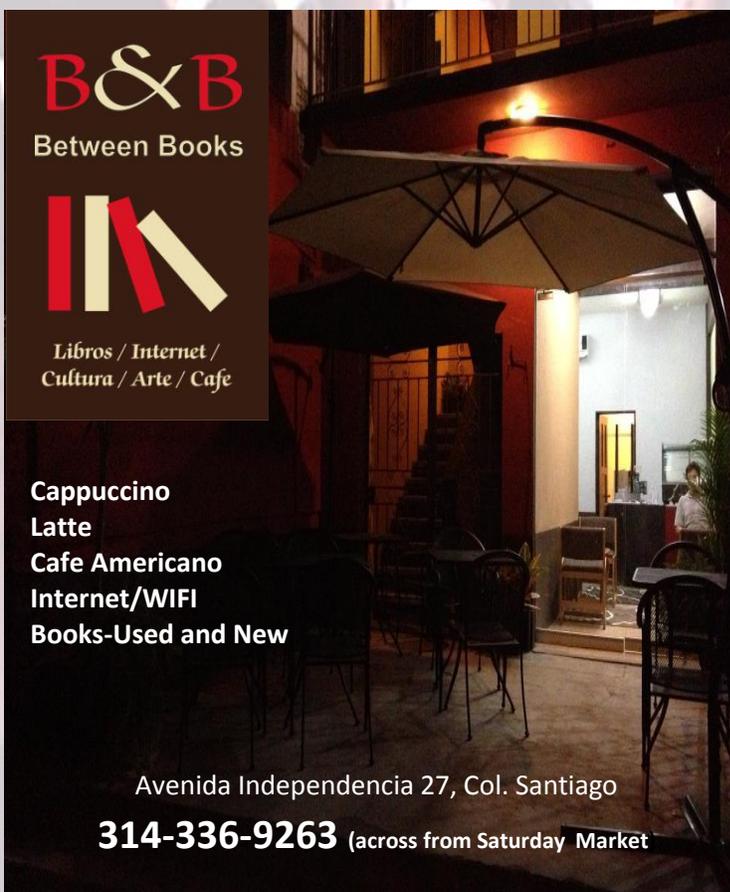
This is a very welcoming gentle land. The reports in the paper of tourists being targeted and victimized are very highly exaggerated as any battles are usually between the drug lords themselves or them and the law enforcement officers. Mexico is a warm and friendly country. Come see for yourself.



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## Ode to April

by Kirby Vickery

The month of April finds us looking forward to the springing of spring in most geographic areas. For example in Arizona they have already had their 'springing' and would like the seasonal changes to stop right where they are. Their next step into spring will be summer for the rest of the country and for them, well, they're looking at air conditioner running all night long just to catch up to the comfort levels which got lost at 10AM yesterday.

In Mexico April marks the month that foreign Yankee friendly invaders start thinking about leaving the land of warmth to get to colder climates before the heat in Mexico turns nasty. In the more Northern Latitudes the rites of spring are being unraveled from their storage bins of fall and winter. Somebody gets into the storage shed or nearby barn to re-locate last year's Maypole and unravel the woven ribbons that wasn't done last year because of rain. Memories of last month's Waffle Day are starting to fade from the collective Canadian mind as plans for Victoria Day are put into the more active places up in the frontal cortex of the brain. These people need a little more heat in their sky's to contemplate Canada Day. I sometimes wonder why Queen Elizabeth II birthday (April 12th) is honored at the "Trooping of the Colour" in mid June .

Americans being Americans have April covered of course: All Fool's Day, Daylight Savings Time, Palm Sunday, Passover, Good Friday, Easter, Easter Monday, Earth Day, Administrative Professionals Day, Arbor Day, Cancer Control Month and Alcohol Awareness Month are all celebrated to some extent. One would wonder but that's just how that group is. Labrador and Newfoundland's big holiday which is the day they became part of the Canadian Confederation comes on the 31st of March but its so cold up there that they preserve the celebration until April or May when people can actually go outside.

On a happier note, here are some things which have happened in April: Alfonso V succeeded his father as king of Aragon in 1416 and I bet you really appreciate knowing that one now too. In 1930 the first Bermuda airplane flight lands in Bermuda. That just goes to show you that those folks on the East coast were doing it backwards even way back then. I'd figure



1957 Spaghetti Harvest

that with the weather starting to warm up they'd want to fly the airplanes the other way and not be bringing folks to the island. In 1918 the Royal Flying Corps was replaced by the Royal Air Force. In 1826 Samuel Morey patented the internal combustion engine. For all of you former American Navy guys; the rank of Chief Petty Officer was created in 1893. Apple Computer was formed by Steve Jobs and Steve Wozniak in 1976.

Foolishness is the mark of the April Fool Day passing. France got into it with their making the first of January the first of the year in 1564 by decree of Charles IX. There was a lot of gift giving in that country during those times on the first of the year. The old first of the year was the first of April. When Charles moved the date, the gift giving and partying stayed on the first of April. In Scotland the custom was known as "hunting the gowk," i.e. the cuckoo, and the April-fools were "April-gowks." The cuckoo meaning there, as it is in many countries, a term of contempt. I keep trying to connect that to the phrase, "Crazy as a loon." But, I haven't had much success yet. Again in France the person fooled in known as poisson d'avril. This has been explained from the association of ideas arising from the fact that in April the sun quits the zodiacal sign of the fish. A far more natural explanation would seem to be that the April fish would be a young fish and therefore easily caught. The French traditionally celebrated this holiday by placing a dead fish on the back of friends. Today the fish is substituted by a paper cut-out.



In 1957 the respected BBC news show Panorama announced their thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil took place which allowed Swiss farmers to enjoy a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in, and many called up wanting to know how they could grow their own spaghetti trees. To this question, the BBC diplomatically replied that they should “place a sprig of spaghetti in a tin of tomato sauce and hope for the best.”

In 2005, Estonia’s TV 3 broadcasted a news story where the station claimed that thanks to a new technology, they know exactly how many were viewing them at the moment. They also asked viewers to put a coin against the TV screen if they liked the running broadcast.

On a personal note, I built a buzzer from a block of wood, some nails, and a broken piece of band saw as a child once. When I tried it out I found that it sounded just like the buzzer in my parent’s newly installed built-in oven. My bedroom was over the kitchen and with very little work I was able to pull up some of the floor

boards and drop this buzzer down in the wall behind that oven. It was on the first of April that I attached it to my old electric train transformer. It was also about two in the morning. I could see what was going on beneath me through a grating in the floor so I could turn it on or off depending on what my sleepy father was doing to shut off the oven’s timer alarm. Next morning he had that oven spread all over the kitchen and the dining room. Needless to say he wasn’t a very happy camper and I believe to the best of my knowledge that buzzer is still hanging between those walls right where I had tied it off that very night.

Regardless of whether you’ve been the victim or a planner/executer of an April prank, it is that one month of the year that marks the coming of spring and the even warmer days of summer in all latitudes of the northern climate. Outside is the place to be while experiencing nature’s refurbishment of her domain. So stop reading all this glop and get yourself out there wherever you are and take in the marvels of this wonderful month.

*Ed: This article was first published March 2012 issue but we felt it was appropriate to re publish it*

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# AT THE MOVIES

by Suzanne A. Marshall

## 12 YEARS A SLAVE

**Director:** Steve McQueen  
**Starring:** Chiwetel Ejiofor, Michael K. Williams, Michael Fassbender,

“In the antebellum United States, Solomon Northrup, a free black man from upstate New York, is abducted and sold into slavery.”

This movie was nominated for 9 Oscars and took home 3, including Best Picture and Best Supporting Actress. It deserves all of the accolades including the first ever win for a black director. It's been a long time since I have been on the verge of tears but this movie got to me. It is of course a really tough movie to watch and you know this going in. Also, it is a true story of Solomon Northrup who eventually wrote the book.

It is always painful to view the ignorance, depravity and cruelty that human beings can stoop to. This story is really in your face with it. Such heartache. But, well worth viewing of course and there are so many beautiful technical and human elements to this film. I can only think that some of the roles played with astonishing believability must have incredibly hard to perform. Go and see this movie.

IMDB has rated this film an 8.3/10 based on 145,000 viewers. I agree



# THE MONUMENTS MEN

Director: George Clooney

Starring: George Clooney, Matt Damon, Bill Murray, Cate Blanchett, John Goodman, Jean Dujardin,

"An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners".

This is a true story based on the book by Robert M. Edsel. This movie was beautifully shot and stars a cast of major stars who frankly labored with the script.

All of the technical aspects were really well done. Because it is a true story I found it somewhat interesting. The depths to which the Nazis were willing to go in raping the world of ethnic cultures and art masterpieces that were centuries old is an incredible story. Unfortunately, the attempts to give this movie any serious drama are lost in disjointed events that don't flow well or make sense amidst attempts at quirky humor for this particular platoon.

This only stands to make it somewhat sentimental and tortuously awkward and out of place. It's still worth seeing, but I am left wanting to find the book so that I can actually get a sense of the depth of these events and understand what really happened in detail. This movie left me with questions.

IMDB rates the movie at 6.3/10 from about 20,000 viewers. I would dial it down to a 6.



**April - Mujeres Amigas Newsletter.**

**Happy April and Happy Spring Ladies,**

The April Mujeres Amigas luncheon will be held on Wednesday, April 2nd at Oasis Ocean Club. Be there at 12:30 to socialize and to pay for your lunch. The speakers for the luncheon will be two ladies from SSA who will speak about the port and will answer our questions. Miguel, the pot man, is to return with his great selection of decorative ceramics.

The choices for lunch are Fajitas, choice of chicken or beef. The meat is marinated and includes peppers, tomatoes, onions accompanies by flour or corn tortillas. The cost of the luncheon is 100 pesos and this includes your tip. Your drinks are extra and do not include a tip. It would be nice if you left a tip for your drinks and the waiter. **Please** respond with your luncheon choice by 1:00 p.m. Tuesday, April 1st to [mujeresamigaslunches@gmail.com](mailto:mujeresamigaslunches@gmail.com) Some of you had trouble sending your replies to gmail last month. Hopefully we have that problem solved.

**FOR YOUR INFORMATION**

Candy would like recommendations for speaking topics and speakers and if anyone has a topic they would like to talk about. This is for future luncheons. If you have suggestions, e-mail Candy at [candyking7@gmail.com](mailto:candyking7@gmail.com)

An important message from Robert Hill ---"All of the handicapped/disabled kids in Manzanillo attend the same school, located near the port district. Known as the Helen Keller School, some 150 children attend classes there, about two thirds of them being in the primary grades. This creates a transportation problem, as many of the parents do not have vehicles, and public transit is difficult or impossible for many of these disabled children to use. There is an urgent need for the Helen Keller School to acquire a large van which can be used for student transportation to/from the school. Guillermo (Memo) Gomez at Manzanillo Nissan has offered to sell a 2 year old 15 passenger van in excellent condition to the school for a discounted price, and Manzanillo Mayor Virgilio Mendoza has pledged to provide a driver and the gasoline required. A local welding shop has also agreed to install a folding ramp on the van which will allow wheelchair access. A down payment of about \$4,000 USD is needed to purchase the van, after which the school can make monthly payments from the modest fees they will charge



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**CASINO**  
on Blvd. Miguel de la Madrid across the street from Godzilla's Restaurant

the families of students being transported. An appeal is being made to the foreign community to help raise the \$4,000 needed for the down payment, and all donations will be greatly appreciated. Reyna Garcia (waitress at Juanito's and sister-in-law of John Corey) works as a volunteer for the Helen Keller School, and is spearheading this project to raise money for the down payment. Cash or checks can be given to her directly at Juanito's, in exchange for a receipt as a tax deductible charitable donation.

Checks should be made out to UNA MANO AMIGA IAP. Donations can also be deposited in the Helen Keller account No. 014095655041416009 at Santander Bank. **Thanks for your help!"**

Blueberry Café and Bistro just opened on the Ave. Audiencia. Go on Audiencia towards the beach. When you start down the hill after the flat section, Blueberry is on your right in a very nice restored house. Hours are 8:00 a.m.-1:00 p.m. and 6:00 p.m. -11:00 p.m. A nice place for coffee and pastries with your friends. Reports received have said the food and atmosphere are good in the morning. No word on the dinner menu.

Rock Food in Las Brisas has just been renamed Buda Grille by Rock Food.

La Vanilla a crepe, smoothie and coffee restaurant has just opened on Av. Lazaro Cardenas in Las Brisas next to the Star Hotel. No reports yet on the food or hours of service.

### APRIL HAPPENINGS

**Saturday, March 29th** - The Tall Boys are at Oasis Ocean Club. Call 334-8822 to see if there is still space available.

**Saturday, March 29th** - Up With People are performing at the Auditorio Manuel Bonilla Valle. Tickets are 350 pesos for reserved seating; 150 pesos for preference seating; 100 pesos for general admission and 80 pesos for students. The proceeds from the concert will benefit many organizations that work with children in Manzanillo. The group consists of a cast of 100 coming from over 20 nations. This group has performed around the world.

**Sunday, April 6th** - Daylight Savings Time starts in Mexico. Don't forget to put your clocks one hour ahead.

**Friday, April 11th** - Belles Artes de Pacifico presents the Contemporary Dance Group "Wichita" at the Salon Marbella. The dance group is from New York and well worth seeing. Tickets are 300 pesos and can be purchased at Juanito's or the Salon Marbella or at the luncheon.

**Sunday, April 20th** - Happy Easter to all - Felices Pascuas

**Monday, April 21** - Heroic Defense of Veracruz, Heroica Defensa de Veracruz commemorates the defense against the United States occupation of Veracruz in 1914.

**Wednesday, April 30th** - Children's Day, Dia del Nino honors all the children.

### **CALENDAR OF EVENTS**

#### Regular monthly events

**MUJERES AMIGAS LUNCHEONS** – 1st Wednesday of each month Contact: Candy King [candyking7@gmail.com](mailto:candyking7@gmail.com)  
Bring tickets to sell for various events throughout the year

**MANZAMIGOS** – Thirsty Thursdays - Each Thursday - 6:00pm – New Each Week!  
Contact: Linda Breun at [manzamigos@gmail.com](mailto:manzamigos@gmail.com)

**AA MEETINGS** – Twice a week in Santiago  
Calle Reforma #14 Altos, Santiago – 10:00 am Tuesdays & Fridays  
Contact Benny 333-3043 [bennymcc05@gmail.com](mailto:bennymcc05@gmail.com)  
Gil 334-7936

#### CHURCH SERVICES IN ENGLISH (Non-Denominational) **Church of Hope**

English service 10:30 a.m.. - Spanish 9:00 a.m.  
Pastor Lee Gonzales for both.  
Located next to Juanitos in Santiago.  
Contact: [lee@hopefan.net](mailto:lee@hopefan.net) 314-336-4627 or cell 044-314-102-5293 [warrenjean\\_scheifele@yahoo.com](mailto:warrenjean_scheifele@yahoo.com)

#### **English Ecumenical Worship Service**

Service: 10:00 a.m.  
Vida del Mar – adjacent to L'Recife pool  
Contact: Don & Peg Carstensen [dpcarst@msn.com](mailto:dpcarst@msn.com)  
335-0109

**Semana Santa** 13<sup>th</sup> to 19<sup>th</sup> April

**Semana Pacua** 20<sup>th</sup> to 26<sup>th</sup> April



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Margaritas  
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DE 6 A 8PM  
CASINO Soleil

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## How to Balance Your Commitment to Kids, Parents and Yourself

by Yann Kostic

Most of us who are middle-aged or older have competing demands on our financial resources: our children, our aging parents, and ourselves. How do we handle it all?

**Pay yourself first:** Start with yourself. Using your retirement funds to cover current expenses can threaten your financial security. So make a commitment to pay yourself first. Employer-sponsored 401(k) plans, Individual Retirement Accounts (IRAs), and variable annuities allow your investment earnings to grow, tax-deferred, until they're withdrawn; this could mean your assets may grow faster than if you made the same contributions to a taxable account.

**Education costs:** If you have children, plan for their future. Estimate how much money they're going to need for college, then consider whether they'll qualify for financial aid, scholarships, grants, loans, and student work-study programs.

Subtract the amount he or she can get from other sources from the total amount required, then work with your financial advisor to develop an investment plan that will make up the difference.

**Long-term care costs:** Consider your parents' finances. Do they have the resources to support themselves in a long-term situation? Do you, if they need your financial help? Contrary to popular belief, Medicare only covers about three months in a nursing home after a hospitalization, and Medicaid won't cover nursing home costs until your parents have exhausted virtually all of their hard-earned personal resources. Careful planning can help you prepare, but it starts with finding out if your parents are prepared for such expenses. Your financial advisor can help.

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.



## RESTAURANTE LAS ABEJAS

Mexico is our home and we bring you traditional Mexican fare as well as those dishes you miss from your home in the north - eggs with hash browns, smoked beef brisket and smoked pork chops. Instead of a typical printed menu, you will find a daily menu board, allowing us to provide you only the freshest meats available each day, along with the most flavorful 'in season' fruits and vegetables.

### The Traditions of Mexico, With the Comforts of Home

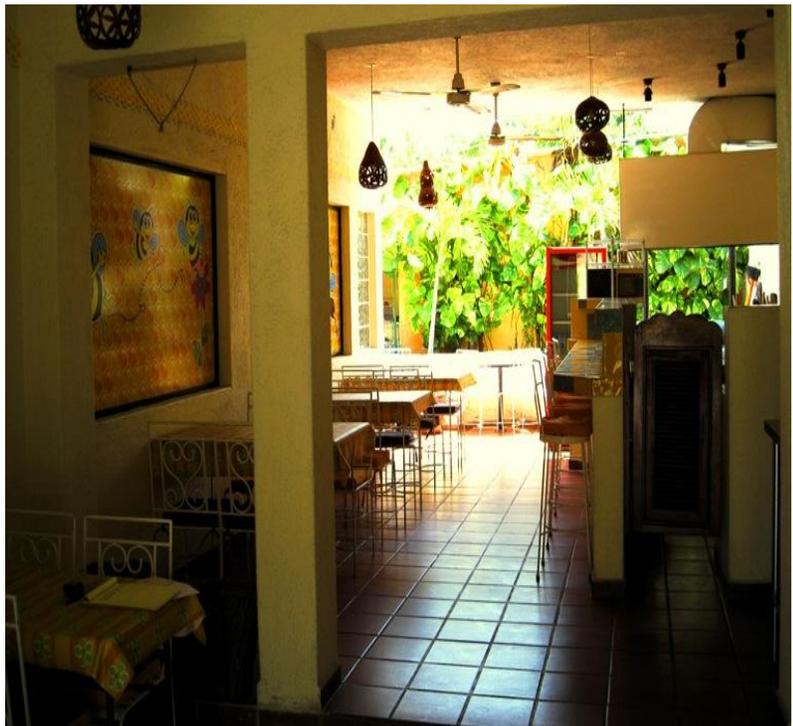
At 'Las Abejas' we have the largest indirect heat smoker grill in all of Manzanillo, if not all of Mexico. We will offer a wonderful smoked Prime Rib of beef along with other smoked favorites. Each week, we will have a family style dining menu that will appeal to all in your family as well as your budget.

'Las Abejas' will open early so you can begin your day with fresh ground coffee, roasted right here in Manzanillo. Be assured that the coffee beans that went into that cup were ground that morning and that our fruit juices are freshly squeezed.

Our promise to you is a great and varied menu, offering you excellent quality at a fair price. From Huevos Rancheros to Chilaquiles and Biscuits and Gravy in the morning; a selection of Tortas and fresh salads with smoked meats for lunch; to delectable smoked Prime Rib, smoked pork or beef ribs in the evening.

We will be opening very soon and look forward to serving you.

**Las Abejas**



## Books, we don't need no stinking books....

by Señor Tech

I took a chance this past Christmas and bought Señora Notsotechie a Kindle Paper White reader. I say chance because she considers electronic devices to fall in the same category as kitchen appliances. Nothing says romance to a woman more than a vacuum cleaner or a blender. A hint to the male readers, if you do give a gift of appliances to your special partner, I recommend hiring a food taster for the next few weeks. Then go and buy her the special piece of jewellery she has been secretly hinting about.

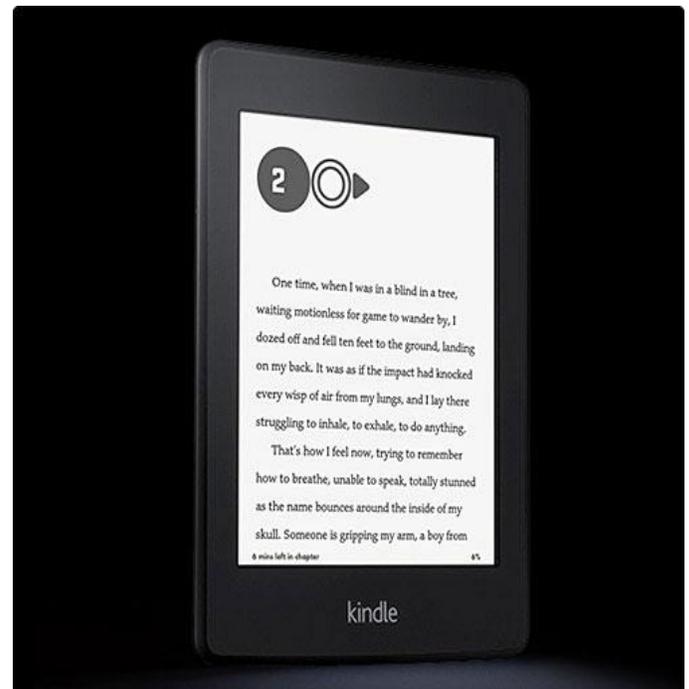
The Señora is an avid reader and reads 2-4 books a month. The logistics of this requires us to bring a number of books packed in our suitcases; which means we use precious space and weight of our free luggage allotment.

The Kindle ( and the Canadian competitor "the KOBO Paper White Reader" ) have displays that can be read in bright daylight and are backlit so they can be used in low light conditions. Both readers also weigh in around 206 grams (7.3 ounces for the bi-standards crowd), the reader is easy to hold while reading. The readers also claim 8 weeks of usage between charges (Señora Notsotechie claims about 1 month between charges).

Both readers can download books from public libraries, the KOBO works with Canadian libraries, and the Kindle with US libraries. But there are many thousands of electronic books that are free (in the public domain) online. Many are classics such War and Peace, Dickens, Hugo...

Current books can be purchased online. [amazon.ca](http://amazon.ca) or [amazon.com](http://amazon.com) for the Kindle, [kobobooks.com](http://kobobooks.com) for the KOBO.

Tablets, such as the iPad and the Kindle Fire, can be used as readers. The disadvantages of Tablets vs Readers: Tablets are not as effective as readers if you want to read in bright sunshine (even with the brightness turned to maximum). They are heavier and therefore not as comfortable for long reading sessions. They have to be charged more regularly.



The readers are designed to do one thing and they do it well. They are equipped with wi-fi, so the user can look up words or download books. The fonts and size can be changed to make reading more comfortable for the user's eyes. You can set the font large enough to dispense with your reading glasses. The readers cannot be used for e-mail or web surfing.

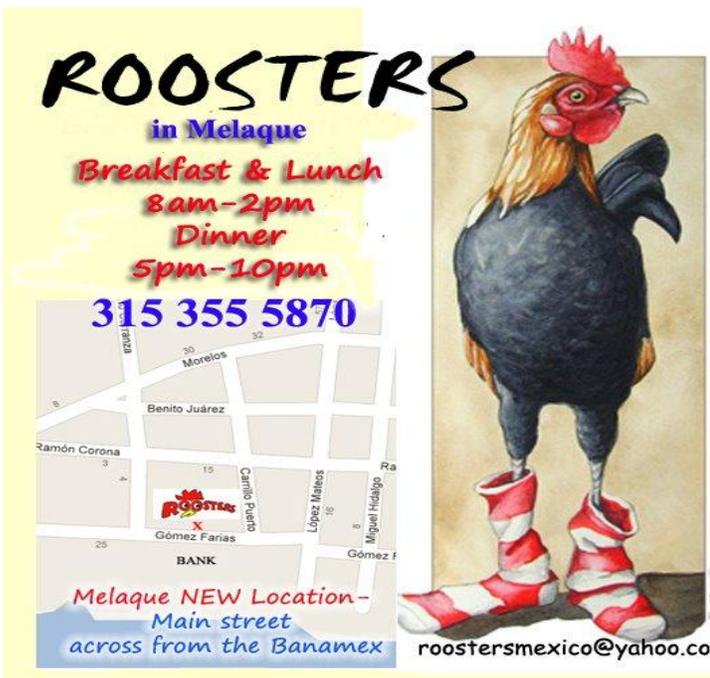
The Reader is small and light enough to fit in a woman's handbag. The readers can store over 1,000 books in the internal memory, so there is no need to pack books in the luggage.

There are cheaper versions of the readers, but they are not backlit and their screens are not as white.

Now the answer to the burning question, how did Señora Notsotechie react to her gift? I am happy to say that I didn't have to hire the food taster. She has been using the Kindle daily and has given all her paperbacks to our friends. She said the reader works well down by the pool and without light at bedtime.



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## Tommy's Tummy

By Tommy Clarkson



Gee Whiz. Gee Whilickers. Gelato! Sometimes ya' just gotta' start with the icing on the proverbial "eating out" cake . . . and that would be the case in this most exemplary of places to eat.

In fact, it's two culinary entities that were "born" at the same time and now - sometimes -reside in the same place: These are "**VITO Ristorante Italiano Pizzeria**" and "**L'Arte del Gelato**". A veritable dynamic duo of great eating under one roof!

The "parents" of these entities are Mexican - Italian Rosa and Dutch native Reiner and the locations from which this couple operate these establishments are several. (Listed at the bottom.)

First and foremost, however, is that in perhaps all of Mexico, the most superlative, delicious, exceptional, outstanding, scrumptious (if it's a positive adjective, please apply it here) personalized, hand-made Gelato is of their own, carefully crafted creation! Rosa went to a specialized Gelato school in Bologna, Italy to learn the art of preparing Gelato the Italian way.

So, Gelato - ice cream, what's the difference?

Let's see: Edsel - Lamborghini; Spam - Filet Mignon; Shower shoes - Scarosso hand-made leather loafers. Is there a difference? You bet!

Firstly, Gelato is a healthy concept. Gelato contains from 4% to 6% of natural fat, while ice cream contains from

18% to 22%. Beyond that, American-style ice creams are churned fast and hard to whip in plenty of air. Gelato, on the other hand, is churned at a much slower speed, which introduces less air into the base making it taste denser than ice cream . . . because it is!

Another interesting fact is that Gelato is hand made in small quantities for the daily supply at the different points of sales. Unlike ice cream, gelato is produced every day with fresh and natural products using no preservatives, artificial colors, or artificial flavors.

*(Actually, the origin of this frozen delicacy of gelato dates back thousands of years with the earliest desserts being recorded in 3000 B.C. when Asian cultures mixed crushed ice and flavorings. The Pharaohs of Egypt jumped on the chilled band wagon five hundred years later offering guests, a cup of ice sweetened with fruit juices. And, before too long, Italians - recognizing a good thing when they saw (or tasted) it, began the ritual of eating the ice of the volcanoes from Mts. Etna and Vesuvius and covering it with honey.)*

Have Rosa and Reiner a variety of this treat? Well, I reckon! How about - just for a beginning - Ferrero Rocher, Hazelnut, Pistachio, Baileys (Irish Cream), Yoghurt with Berries (Patty's favorite), Dark Chocolate, Coffee, Coconut, Pecan, Cinnamon, Oreo Cookies, Mango, Stracciatella (cream and chocolate), Tiramisu, Mint with Chocolate, "Rose Petals", Mandarin, Orange, Mamey, Berries, Strawberry, Lemon, Vanilla, or possibly Dolce Latte.

Now, on the other hand, if it is great pizza you are after, might we suggest you go to their location on la Audiencia – heading up the hill toward the water, they are located at the end of the long business complex structure on the right, approximately 100 meters in on the right.

Theirs pizzas are thin crust, uniquely created in a stone oven unlike any other, hundreds – if not thousands of miles – from here. It is made . . . in only two minutes . . . rotating, while rising up and down in a custom-made Marana Forni oven – imported from Italy and the first in all of Mexico!

And, just like their Gelato, they've a wonderful array of sumptuous varieties, ranging from the more gentle sounding Regina, Margarita or Mamma Mia to the more manly Ferrari, Primavera or Don Vito . . . or what of Popeye?

We must admit, so great are their pizzas and exceptional is their Gelato, that we seldom make it past these - but be advised that've also a wonderful array of other dishes to include six different fresh salads, pasta dishes of Spaghetti, Fettuccini and Penne as well as Panini and hamburgers.

So, why not reward yourself tonight – you now know where to go or for deliver call 332-7135!

Their locations are as follow:

**Vito Pizzeria & L'Arte del Gelato** in la Audiencia, in front of the Golf Course

**L'Arte del Gelato:** In La Audiencia, in front of the Golf Course; at Las Hades Marina dining complex; and in Plaza Las Palmas near Wing's Army.



**RISTORANTE ITALIANO PIZZERIA**



**VITO**  
RISTORANTE ITALIANO PIZZERIA

Av. Teniente Azueta No. 3  
Col. Burócrata, San Pedrito  
(Junto al Hotel Zar)  
**TEL. 3327135**

Av. La Audiencia  
Plaza Pacífico, Península de Santiago  
(Frente al Club de Golf)  
**NEW LOCATION**



**L'Arte del Gelato**  
DELICIOSO - SANO - NATURAL

**To taste a delicious, GELATO is a pleasure...**

**for us to produce it, taste it and offer it, is our Passion!**

PLAZA SAN PEDRITO  
Hotel Zar

LAS HADAS  
MARINA

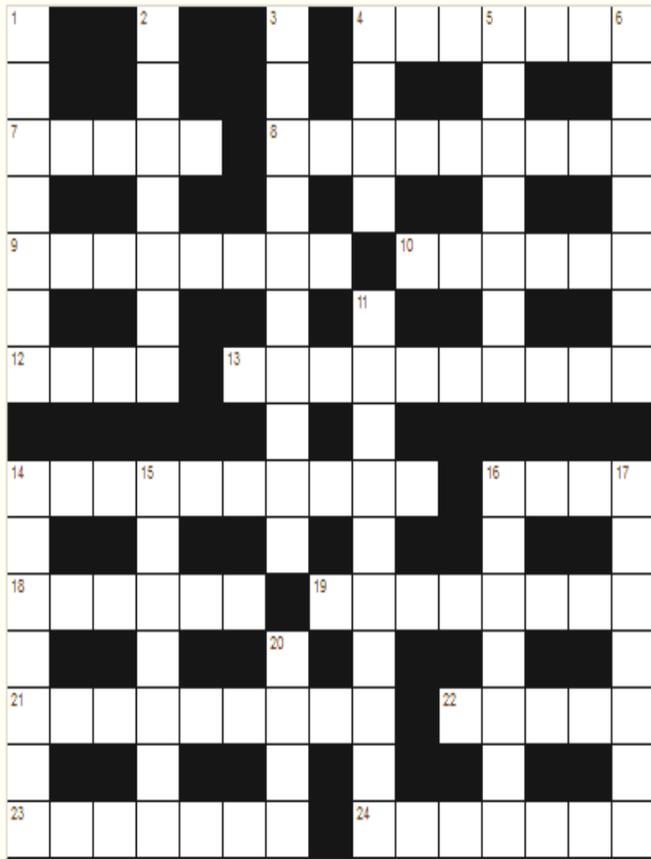
PLAZA LAS PALMAS  
(Wing's Army)

AV. LA AUDIENCIA  
by La Catrina





**Crossword:** Spanish clues/English Answers. **Enjoy.**  
 Rated: Medium



Compliments of [www.AskPaco.com](http://www.AskPaco.com)

Crossword from Saturday 29 March, 2014 00:00

- ñ
- á
- é
- í
- ó
- ú

**Across**

- 4. pavo real (7)
- 7. suizo (5)
- 8. contaminante (9)
- 9. anormal (8)
- 10. aunque (6)
- 12. rugir (4)
- 13. panameño (10)
- 14. anteojos (10)
- 16. terrón (4)
- 18. tatuaje (6)
- 19. radiador (8)
- 21. punto y coma (9)
- 22. estafar (5)
- 23. yogurt (7)
- 24. satisfacción (7)

**Down**

- 1. desesperar (7)
- 2. asegurador (7)
- 3. arrepentimiento (10)
- 4. poste (4)
- 5. talar (3,4)
- 6. cocina (7)
- 11. asalariado (4,6)
- 14. satisfacer (7)
- 15. bagre (7)
- 16. cuero (7)
- 17. pirita (7)
- 20. borrón (4)

# Coffeeology

## ESPRESSO YOURSELF •

Better latte Than Never • Take  
 life One cup at a time • So  
 many blends, so little time • Friends  
 don't let friends drink bad  
 coffee • Take time to smell  
 the coffee • Deja Brew:  
 the feeling you've had  
 this coffee before...

**Nutella Mug Cake**  
 DO-IT-YOURSELF CAKE IN FIVE MINUTES

Ingredients:

- 4 TBSP FLOUR
- 4 TBSP WHITE GRANULATED SUGAR
- 1 EGG
- 3 TBSP COCOA POWDER
- 3 TBSP nutella
- 3 TBSP MILK
- 3 TBSP OLIVE OIL

Instructions:

Mix ingredients in a mug → 2-3 MINS → Bake in microwave → Mug Cake ready!

GIA SAN © 2013



# Mexican Restaurant Fare

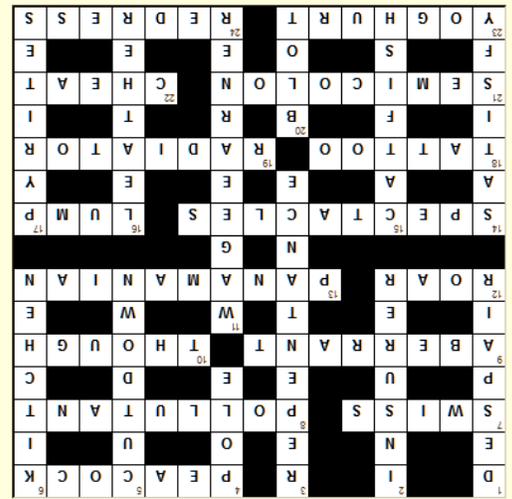
Most Americans claim to love Mexican food ... but true Mexican or Hispanic food may not really be anything like what we are used to. Here are some popular items that can be found in Mexican restaurants in the U.S.

Which are your favorites? Which have you never tried or never even heard of?

G N J E L N S F K F L A U T A  
 Q M O E D Q O A T I J A F T N  
 U J N G N R R Q A O N K Z J D  
 E K E P U C E R N D C R F C K  
 S K L O D A H V B P A A H W F  
 A V L T A V C I E U X T T W Q  
 D N E I L T N A L L R W S K R  
 I L R U A M A V M A I R R O Q  
 L M E Q S K R M N O D H I F T  
 L N L A O E S T A A L A C T O  
 A K I T C M O L F L L E Y L O  
 R K H M A P V V R L E F L L R  
 J R C E T A E P K B S O T A M  
 T M L N X N U G V O P N S A L  
 O A P U L A H C P N G L E C N  
 R G M D L D L A O E A R A A Z  
 T N N O N A P C S S C R C R Z  
 I A R X N I Z P D E N H Z R Y  
 L H Z V L O I N C E O R T M T  
 L C P L R N A I A S R Q K K D  
 A I A R A S D S C H U R R O S  
 S M A C P E A N P X K D M R L  
 O I A I I D P I D O S E U Q F  
 U H H R A T W P M C X H L X T  
 P C F J P I C O D E G A L L O

- ARROZ CON POLLO
- BURRITO
- CARNE ASADA
- CHALUPA
- CHILE RELLENO
- CHILE VERDE
- CHIMICHANGA
- CHIPS AND SALSA
- CHURROS
- EMPANADA
- ENCHILADA
- ESPINACA
- FAJITA
- FLAN
- FLAUTA
- FRIED ICE CREAM
- GUACAMOLE
- HUEVOS RANCHEROS
- MENUDO
- NACHOS
- PICO DE GALLO
- QUESADILLA
- QUESO DIP
- SOPAPILLA
- TACO
- TACO SALAD
- TAMALE
- TAQUITO
- TORTILLA SOUP
- TOSTADA

## Answers to crossword



**Q:** What's the difference between an American and a Canadian?

**A:** An Canadian not only has a sense of humour but can also spell it.

**In Canada the seasons are:** Almost winter, winter, still winter, and road construction



**THE CANADIAN NAVY**

Ever vigilant

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Canada

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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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