



ManzanilloSUN

coastal Mexico's lifestyle magazine

September 2016

The start of a beautiful day of fishing, taken in the Manzanillo downtown bay
by Suzanne A. Marshall

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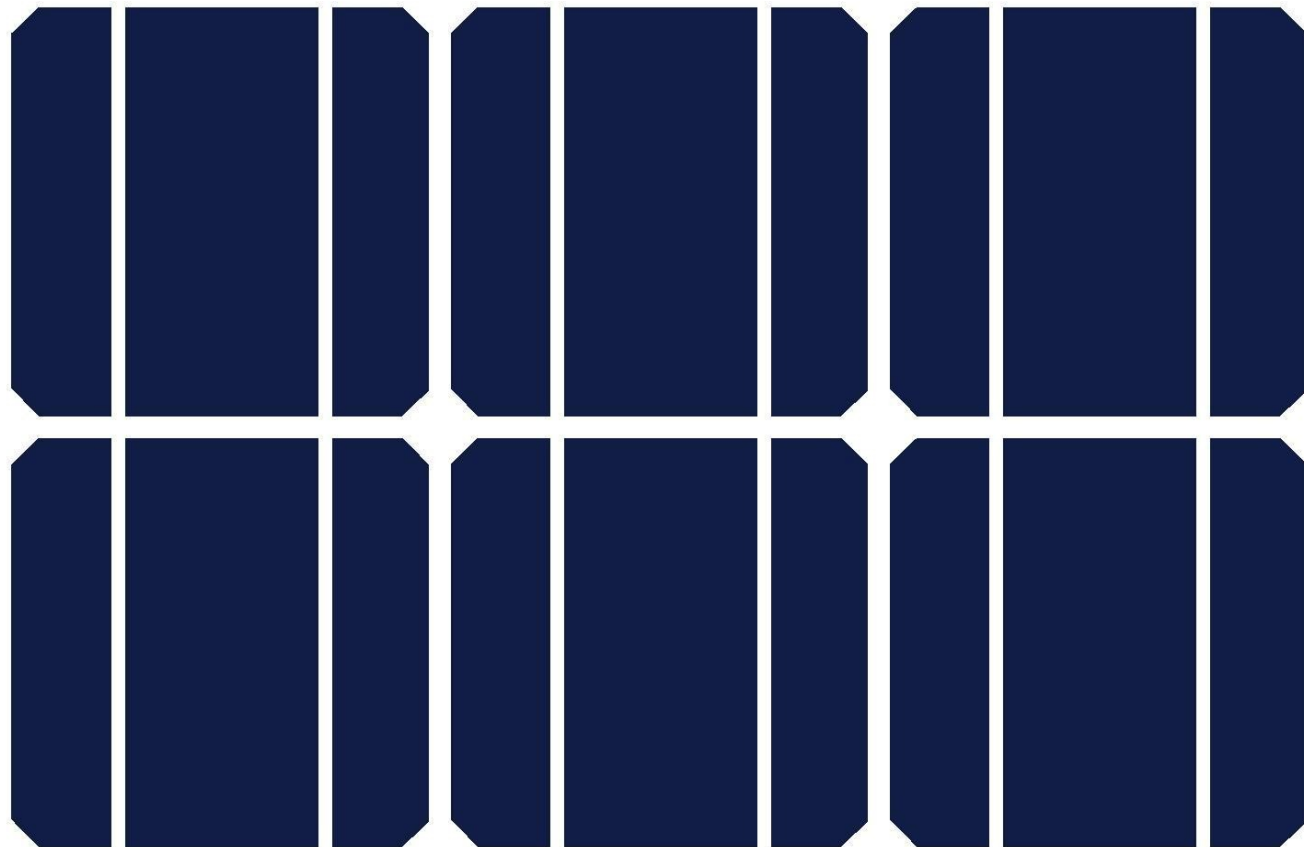
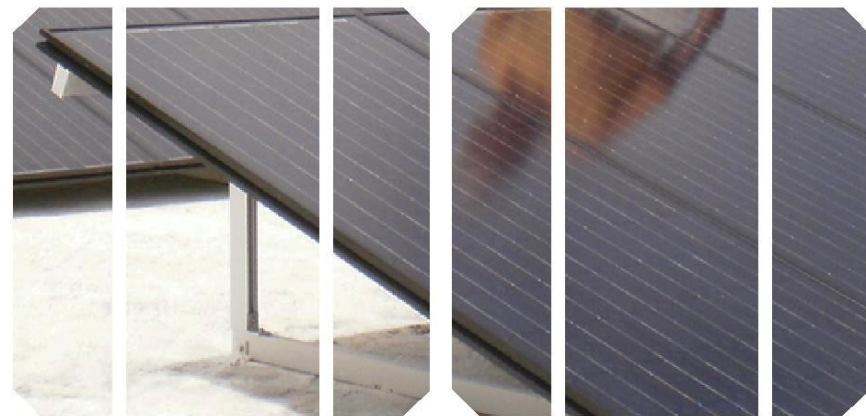
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With Submissions for possible inclusion in the magazine, please send to the editor by 15th of each month. We are always looking for writers or ideas on what you would like us to write about in the magazine.

Article submissions:

- Preferred subjects are Manzanillo and Mexico
- All articles should be 1000 words or less or may be serialized or 500-750 words if accompanied by photos
- Pictures are Welcome
- Comments, letters to the editor, articles, photos and advertisements are always welcome.

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by Tommy Clarkson

Canna, *Canna x generalis*

Hybrids Family: *Cannaceae*

Also known as: Canna Lily

(Call me an opinionated old grump, but for whatever reason, I canna' – I know, that was bad - form much of an affinity for these plants. They're colorful, easy to grow and great for those that have a small growing area. But they just fail to trip my botanical trigger! So simply ignore my obstinacy and decide for yourself if these Tropical American originals are what might meet your needs.)

The word Canna is used similarly as to how Heliconia, Ginger, Rose, Tulip or Palm might be – as an overall designation for a variety of different plants. Canna is actual a genus comprised of nineteen different core species and over 2,000 cultivars whose flora appears as gladiolus-like flower spikes atop erect stems in red, orange, yellows, pink, cream and bi-colors.

(For a tiny "taste" of these varieties, here are a few of those cutivars: 'Ace of Spades', red; 'Annjee', mottled pink and gold; 'Camille Bernardin', salmon over apricot atop blue-green foliage; 'Cleopatra' – orange over yellow though, sometimes, a red petal or complete stem of red flowers; 'Garton Baudie', bright, orange- red; Lucifer', red with yellow borders; 'Pfizer's Confetti', pale lemon streaked with pink; Pretoria' ('Bengal Tiger'), orange with yellow and green striped foliage; 'Stuttgart', orange with green and white variegated foliage; 'The President', scarlet; 'Tropicanna' – orange (as well as black and gold) with dark variegated leaves; 'Una', bright pink with gold edging; and, 'Zebra', red mottled.)

All original Canna species are native to the semi-tropics and tropics of North and South America, ranging from South Carolina, through the Caribbean islands, to Argentina, thriving in damp shady locales.



Canna flora appears as somewhat gladiolus-like flower spikes atop erect stem.

Because their rhizomes contain a high-quality starch, for over 4,000 years, Canna has been cultivated by various Central and South American cultures. West of there a ways, in Viet Nam, this starch (called *achira*) is used to make "cellophane" noodles.

This plant has some other, rather unique, uses as well. Its brown or black seeds are round, pea-sized and exceptionally hard. Accordingly, they have been used as shotgun pellets in India; as beads in jewelry, rosaries, baby rattles and musical instruments; in making a purple dye; its fibers are used to make both jute and paper; as well as being employed in removal of toxic waste from pig waste and excess fertilizer and insecticides from runoff.

Canna may have arrived in Europe as early as Columbus's 1492 explorations. Though cultivated in European gardens in the 1570s, they only attained popularity in the late 1800s. Many of those cultivars were lost when European gardeners stopped growing them during World Wars I and II. But in the 1950s, Cannas began making a comeback.

(Continued on page 2)

(Continued from page 1)



Canna may have arrived in Europe as early as Columbus's 1492 explorations.

As long as these Rhizomatous perennials have lots of sunshine, fertile, moist soil and regular watering, they're happy. (Keep this in mind when the seasonal rains stop!) So much do they like water that they can handle bog-like conditions very well. Besides this moisture need, I encourage you to ensure that their soil also be rich in organic matter.

Cannas are grown from rhizomes (underground stems). From these rise large, often-veined, paddle-shaped leaves with green or bronze sheathing leafstalks that are solid, striped or variegated.

To plant them, loosen the soil to a depth of twelve to fifteen inches (30.48-38.10 cm); mix in a two to four inches (5.08-10.16 cm) layer of compost; Dig holes two to three inches (5.08-7.62 cm) deep and set the rhizomes in them, eyes up, spaced one to four feet (30.48-121.92 cm) apart; then, cover with soil and tamp firmly.

Beyond these preliminary actions, water them thoroughly and keep a thin layer of mulch around them to help retain moisture as well. For continual bloom, they also require monthly fertilizer that is relatively higher in phosphate.

If you need to, stake the taller varieties; as flowers fade, dead-head to promote continued flowering; cut each stem to ground after it has bloomed.

Let Cannas grow, without moving them, until the clumps grow very matted - perhaps every three to four years - then dig up the clumps, separate the roots, and re-plant.



For continual bloom, they also require monthly fertilizer that is relatively higher in phosphate.

Natural nasties, as far as Canna are concerned, include slugs, snails, spider mites, Japanese Beetles and caterpillars on the insect side. Rust, fungal leaf spot, and bacterial blight are common as well. Also, bean yellow mosaic and tomato spotted wilt viruses can occur. Lastly keep a mindful watch for Astor Yellows, the chronic, systemic plant disease caused by that scuzzy bacterium-like organism called a phytoplasma.

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by Tommy Clarkson

Queen of the Night, *Selenicereus grandifloras*, *Selenicereus chrysocardium*, *Selenicereus hamatus*, *Selenicereus knuthianus* or *Selenicereus hallensis* (In all candor, I'm unsure!)

Family: *Cactaceae*

Also known as: Moonlight Cactus, Night-blooming Cereus, Large-flowering Cactus or Sweet-scented Cactus

(Even with several cacti and succulent books in my library, several knowledgeable botanical friends from whom to often draw facts and data, as well as the totality of information available on the internet, I still have been unable to confirm – with absolute assuredness - which, exact and specific, cactus we recently found!)

Vacationing away from our homes in Manzanillo for a bit, pal Dave and I left our ladies to take a normal, morning walk. It was in the mountainous, Ajijic area, around 5,000 feet (1,524 meters) in elevation. *(And yes, this chubby, old guy was struggling with the steeper upgrades on the cobble-stoned roads!)* Obviously having seen me taking pictures of various higher altitude plants, a small gaggle of kids excitedly yelled at us, pointing into a vacant lot. When we went to investigate the source of their active enthusiasm, the accompanying pictures reflect what we saw.

Prior to this, I'd heard about, but had not yet seen, these magnificent, sweetly-scented, up to twelve inches (30.48 cm) across, blossoms. This, in large part comes from the fact that, in culti-

vation, they seldom flower. But of this beauty "in the wild", I can but only say, "*Wowie-kazowie*"! Dramatic would be a gross understatement in articulating one's first response upon seeing them. These stunningly, beautiful blooms are all they're billed and much more!



"The Queen of the Night" is a "functional epiphyte", which means that it can thrive either as an epiphyte or a terrestrial plant.

The Queen of the Night is from the *Selenicereus* genus, of which all are night bloomers. (Appropriately, the generic name comes from *Selene*, the Greek moon goddess, and *cereus*, meaning candle in Latin, which refers to the nocturnal nature of its flowers.) As they realize their beauty at night, they are pollinated by moths and, sometimes, bats.

For the most part, they grow naturally in the forests of Mexico and, possibly south through Central America into South America and even up in the Caribbean. All of them have long-necked, somewhat strangely, summer-blooming flowers. These grow near their stem tips and produce spiny fruits that look similar to plums, reaching four inches (10.16 cm) in diameter.

Its flower buds form on trailing stems in mid to late summer,

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taking several weeks to grow. The, rather weird-looking, buds may be up to nearly eight inches (20.32 cm) long. The flowers last but one night and have little appreciation for the sun. (*By around 11:00 AM when I took Patty back to see these beauties, they'd already started to wilt.*)



Each cactus should have a succession of flowers over a period of many days.

However, the good news is that on healthy plants there should be a succession of flowers over a period of many days, so set your alarm to get up the next night!

Selenicereus species are easily propagated by seeds or cuttings. In warmer climes, they can be watered and grown year-round. They are sometimes used as rootstock for grafting other species. For the most part, they're shade lovers, but wait until maturity to bloom. However, from all I've been able to discern, this intriguing cactus grows rather fast. But, as noted, there are no few different names attributed to this plant. In fact, upon perusing The Plant List, online, one finds no less than thirty-three different synonyms!

They all are, generally, epiphytic climbers. (Though I've read of this species referred to as a "*functional epiphyte*", which means that it can thrive either as an epiphyte or a terrestrial plant.

As a result, they grow harmlessly on other plants or structures

(in this case an old brick wall) deriving their moisture and nutrients from the air, rain and, occasionally, vegetative debris around it.

It is important to note that epiphytes differ markedly from parasites such as Mistletoe and the Corpse Flower – *Yuk!*

(At this juncture, it is rather important to discredit the common belief (*which I too, once held*) that orchids are parasitic.) Epiphytes are generally friendly sorts, growing on other plants for physical support and, not normally, negatively affecting their host - *most impolite and discourteous to say the least!*

The slim – if not outright skinny – stems of the *Selenicereus grandifloras* vary with deep to shallow ribs (which add to its angular appearance), can be either bristly or broad in nature and have spines ranging from pale to darkish. Obviously, as an epiphyte, it holds itself in place through strong aerial roots.



These stunningly, beautiful blooms are all they're billed and much more!

By whatever Latin name it's known, it's a beauty!

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Knots

by Terry Sovil

There are huge books dedicated to knots. Fancy, decorative knots and working knots. Knots to secure cargo on a truck. Knots for sailors. Knots for scuba divers. Any application you can think of probably has a knot for it.

There are three we will cover here: The bowline, half hitches and the sheet bend. I do know that if you learn these three basic knots, you can pass as a scuba diver or a sailor.

Actually, you'd probably need 2-3 more for dock cleats, etc. to be a sailor. But these three knots will get you pretty far in life. Grab a short piece of line and practice! These three knots are part of the PADI Search and Recovery Specialty dive course. You will often use line to set up search patterns and then, if the item is heavy, more than 20 pounds, you will need to tie the object to a lift bag.

ROPE

General Tips and Information

Taking care of your rope is critical to your safety and for the security of whatever you are using the rope for. Be aware of a rope's working load. This is a big item for safety. Cutting rope to size is easy if you do it correctly.

Avoid using rope that shows signs of aging and wear. Inspect your rope for cuts, worn spots and for discoloration that can indicate chemical deterioration.

Avoid knotting and abrasive conditions. Knots reduce the breaking strength of rope as much as 40%. Energy which is normally spread over the entire length of rope directs itself to the knot. For this reason, splicing is preferred to knotting. Rope will wear excessively when used with pulleys that are too small.

Avoid excessive heat and prolonged exposure to direct sunlight. Use of rope where temperatures exceed 140 degrees F / 60 degrees C can seriously affect the strength of the rope.

Rope can be severely weakened subject to prolonged exposure to ultraviolet rays of sunlight.

Avoid sharp angles. Sharp bends greatly reduce the strength of a rope.

Working loads. It is impossible to come up with "general rules" because of the variety of rope materials, rope use, age, condition, exposure to factors that affect rope behavior and the degree of risk based on what you are doing. Guidelines are almost always printed on the package that the rope is sold in. Be aware of breaking strength.

Remember that if the breaking strength is 48 pounds of pressure, that by tying a knot in it you are decreasing that by up to 40%. A general safety rule is to NEVER stand in line or within a 45 degree angle of a rope under tension. Should the rope break, or part, especially nylon, it may recoil with sudden force and cause serious injury or death.

Cutting a rope. Rope is made of all different types of materials. Cutting some ropes will cause the individual strands to start to unravel or unwrap. What you should do is wrap a piece of tape around the rope in the area you want to cut. Then, using a scissor, make the cut right in the middle of the tape. That will keep both ends from unraveling. The term "whipping" describes making the end of the rope so it won't unravel.

Many types of rope can be secured by melting the tip with a cigarette lighter, a match or over the stove. Be careful. Some may burn, melt and drip. Other types may need to have the end whipped which is the use of a smaller line or heavy thread and doing wraps around the end. Good adhesive tape may work as well.

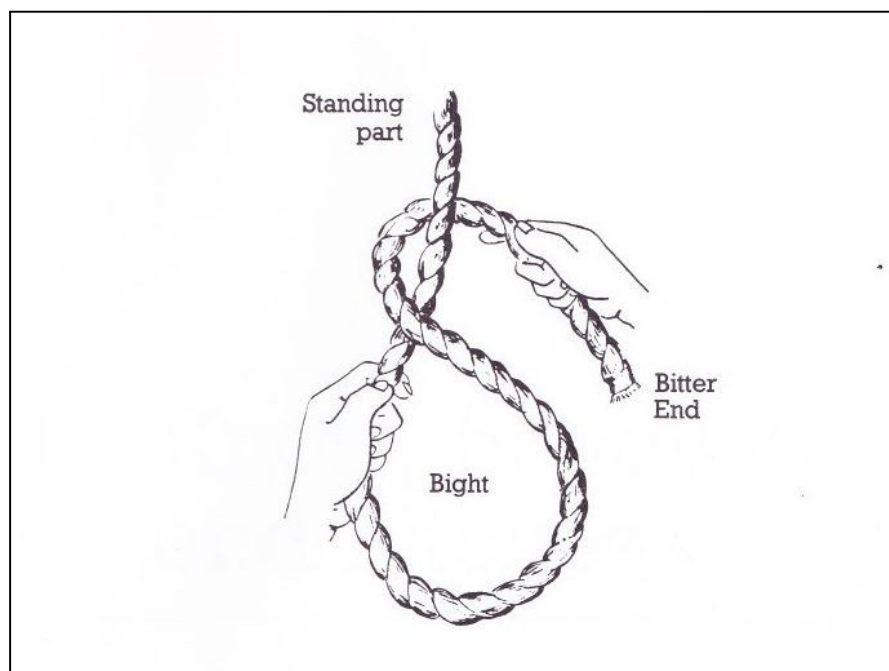
KNOTS

It is important to understand the names given to parts of a rope when you start to work with it and tie a knot. The "standing part" is the line itself. If it is 100' / 30m long, it is the standing part. The "bitter end" is just that, the very end of the

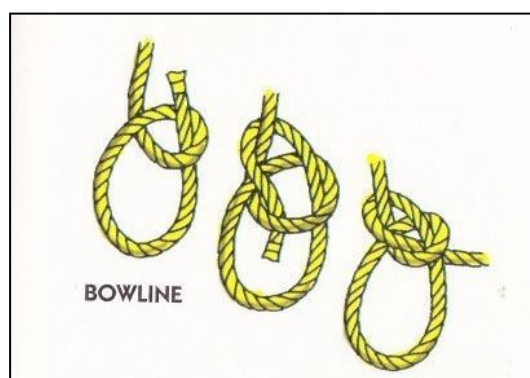
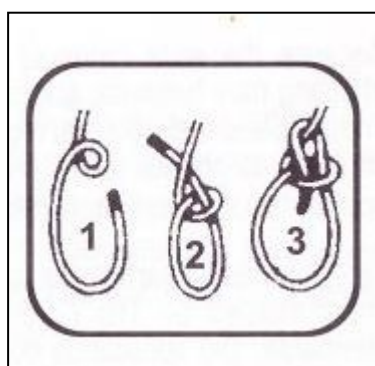
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rope where you will tie a knot. A "bight" is a curved section of line between the two ends.



The Bowline



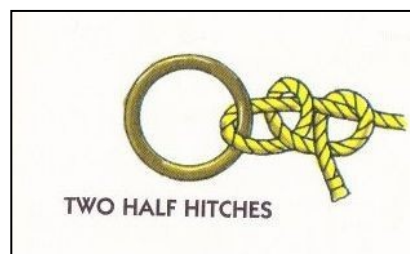
Above are two examples of tying this knot. They show the same thing but I like the black and white photo as it allows more emphasis on the initial start of the knot. Look at #1 in the black/white photo.

It is really IMPORTANT that you bend the rope like you see it here. The loop, or bend, is on top of the standing part of the line. So you put a turn in the line going counter-clockwise in this example. Now the line goes behind the bight and back into the loop for the knot. Look at the black/white illustration #2 and the leftmost and middle example in the color illustration.

The line comes UP into the bight and then behind the standing

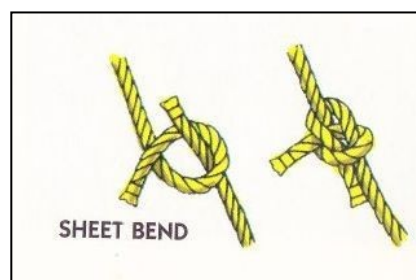
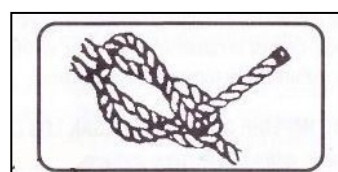
part of the line and then back out through the same bight. The expression some use is "the rabbit comes up out of the hole, runs around the tree and then goes back into the hole". Now if you grab the standing part above the knot and then hold the bitter end and the line lying next to it and pull, you will end up with a knot that looks like #3 in the black/white photo.

Half Hitch



This is a fairly easy knot and pretty easy to see from the examples how to tie it. The line goes through, or around, what you are going to secure it to, comes back and makes a turn for a half hitch. Using two turns will secure it better than one. With one turn it needs constant tension on the rope to keep it secure. With two it will hold without tension. Pull on the bitter end to tighten it up.

Sheet Bend



The sheet bend is used to connect, or tie, two different sized lines together. It can be a bit confusing the first couple of times you try it but, if you look closely at the example on the left (black/white) and then the color one in the middle, you will see it isn't too difficult. Take one line and bend it back on itself. In the color example, the blue line gets a bend in it. Now take the other line, red, and run it in to the bend in the blue line from the bottom, circle the blue line, and then go back under the red line. Pull and the knot will tighten. The illustration on the far right gives another perspective.

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Money Monster

by Suzanne A. Marshall

Starring: George Clooney, Julia Roberts, Jack O'Connell

Director: Jodie Foster

"Financial TV host Lee Gates and his producer, Patty, are put in an extreme situation when an irate investor takes over their studio."

Not only does the irate investor (Kyle) take over the studio; he does so live, on camera, with a gun and explosives. A decision is made to keep the live feed running. This should make for a perfect drama. The angry Kyle is after the flamboyant host of 'Money Ball' whom he accuses of giving out bad investment advice and causing him (and other show followers) to lose all of his savings.

The movie has all of the elements of a good crime thriller, yet it doesn't quite carry off the tension and reality that might have audiences on the edges of their seats. There is a predictable formula to the story and that takes away from the suspense that is needed. It's still entertaining and a decent 'watch' but I couldn't help but feel that it was typical 'summer stock' aimed at box office draws with the high caliber actor names and the currently-popular 'financial markets' theme.

IMDB has rated this movie as 6.7/10 based on 25,435 viewers.



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Searching for Sugar Man

(Netflix)

by Suzanne A. Marshall

Featuring: Rodriguez, Stephen 'Sugar' Segerman,
Dennis Coffey, Mike Theodore

Director: Malik Bendjelloul

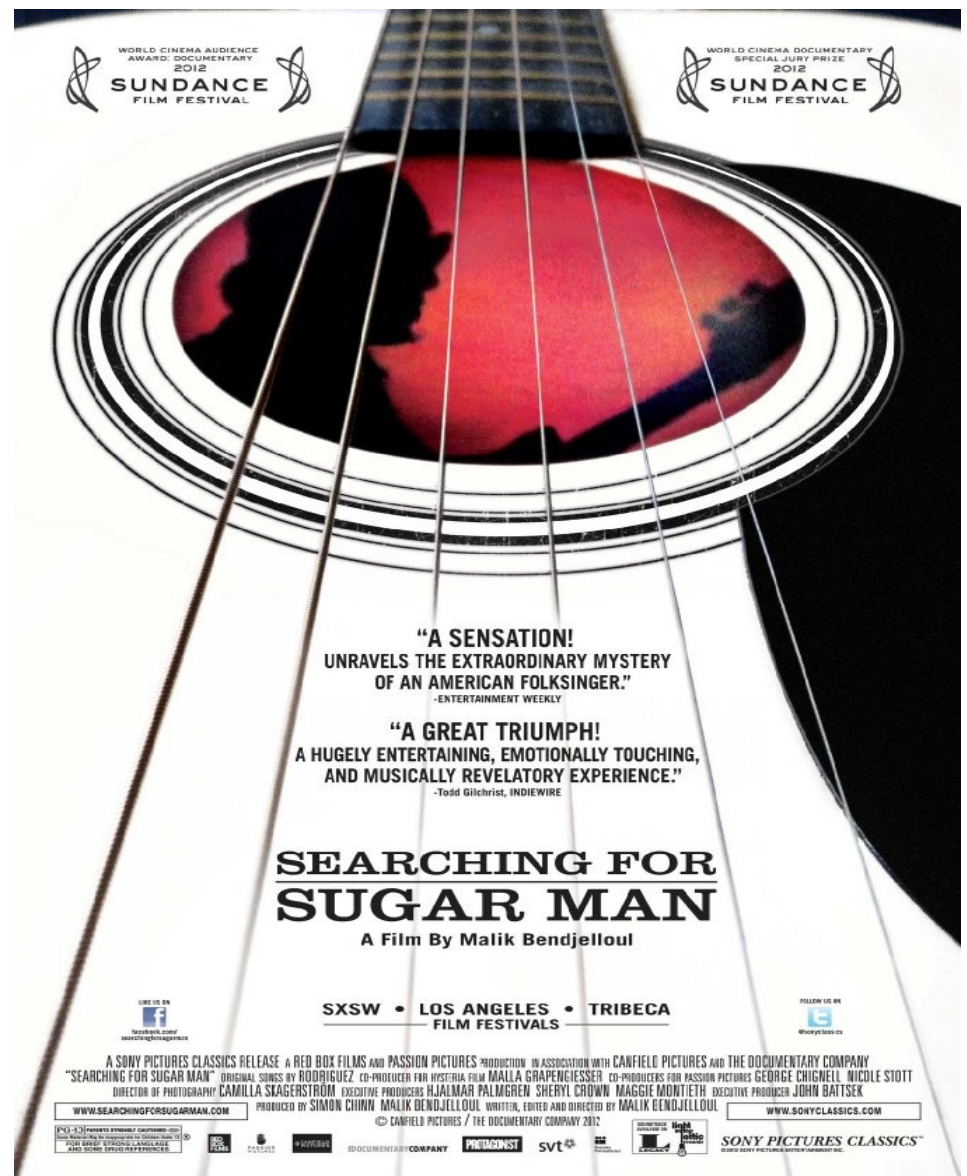
"Two South Africans set out to discover what happened to their unlikely musical hero, the mysterious 1970s rock 'n' roller, Rodriguez."

This is the second time I've watched this wonderful film. It is an amazing revelation about an unknown musician who never found fame in America yet influenced a generation and the Apartheid movement of South Africa. The film exposes us to the music and lyrics of Rodriguez, a soulful, poignant writer and singer during the 1970s reminiscent, for me, of Bob Dylan.

We are taken on a journey between the two continents. Rodriguez lives in complete obscurity in the USA while his music has found fame and adulation on another continent. The journey unfolds with wonderfully well-researched clips and photos of Rodriguez; where he has lived; and many interviews with people who know/knew him and the fans that idolized him.

Is it truly possible that one man can be so unaware of his own fame on another continent? Is it possible that he received no recognition or compensation from producers for all this time?

I highly recommend this film. I was touched by the character of Rodriguez, his music, his integrity and the goodness from which he influenced friends, family and an unknown following. The story completes itself in many wonderful ways and you may just find yourself watching it again sometime. Enjoy!



IMDB gives this film a rating of 8.2/10 based on 48,665

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Quetzalcoatl and Tezcatlipoca

by Kirby Vickery

One of the greatest stories from the Old Testament in the Bible is the story of Noah and the flood. It has created more backlash and controversy over time in our modern world, almost more than any other story. For Christians of faith, the story is fact. And, actually, for others it is, too. I mean, people have stated that they've seen the ark while the Turkish government bans other expeditions, which only enhances conspiracy theories and IMF-type intrigue.

There actually have been several floods in human time and before. There was an ice dam in the western United States that let go and released enough water to flood almost the entire western states just east of the Rockies. Another when the dam across the Bosphorus Strait was overcome by the melting of some ice sheets during the decline of the last major ice age (approx. 5500BCE). What happened there was a slow crumbling of the dam across the strait, causing a slow flooding of the Black Sea, which was a fresh water lake until that time.

As with biblical and other sourced myths, the Aztecs had their own version of these stories. To get to the one that deals with a flood, one has to understand the Aztecs' version of their creation first. (Just a friendly comment to the reader here: You and I are not the first people to see all sorts of correlation between these Aztec Mythologies and the stories in Geneses. My first shot using Google brought over 18,000 web sites with the same idea.

After having looked over several and my own notes of years' past, I can assure you that we are not the first. My intent is also not to lesson or change or anything toward Christian beliefs as the two stories existed long before anyone from one culture knew anything about the other. To get to the 'Aztec myth' of the flood, one has to understand the Aztec creation story or stories because the flooding takes place in the forth.

In the Aztec creation story, there are five "Suns" or worlds. They came, one at a time, one building on another and, before each world was built, the one before it was destroyed only to have the new one be created which was better for man. One must also understand that these stories changed through time to allow for political gain, weather changes, major battles or wars that went wrong, and/or the whims of the priest class to ensure they stayed in power, etc.

At the beginning, there was nothing. Then there was the first and most powerful god, Ometecuhtli/Omecihuatl. This god, as were most of them, was a dual god, meaning that it was both male and female at the same time. This allowed it to be both opposites. That is to say, it was both good and evil, funny and sad, positive and negative and you get the idea. Being both male and female he, she, or it was able to have children and he, she, or it had four which ended up representing the four directions of the compass.

The gods were: Huitzilopochtli (south), Quetzalcoatl (east), Tezcatlipoca (west), and Xipe Tote (north). It is through their interactions in satisfying each of their own desires and dislikes of the others that the other four worlds or "Suns" were created and all but the last destroyed and the creation of all the other pantheon of Aztec gods, some of whom were around and worshiped a long time before the Aztecs ever came on the scene. What we have today is a plethora of creation stories for each sun depending on where you are when you hear each story or from which codex you pull your translation. One of the more important gods was Tlaloc who was also worshiped by the Mayans. He was known as the "Provider" and ruled the fourth layer of the upper world. He was also known as the rain god and the bringer of life.



Tlaloc, the giver

In the fourth Sun, the gods got to fighting each other again and Tlaloc decided to end the world. However, he had grown fond of a young couple, Tata and Nena. Because of their devotion to him, he gave them advance notice that he was going to flood the world. He told them to hollow out a large tree and

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get in it so they would be able to ride out the flood. He also told them to take two, and only two, ears of corn each with them and he would provide for everything else. When they were ready, he turned on the rain and flooded the entire world.

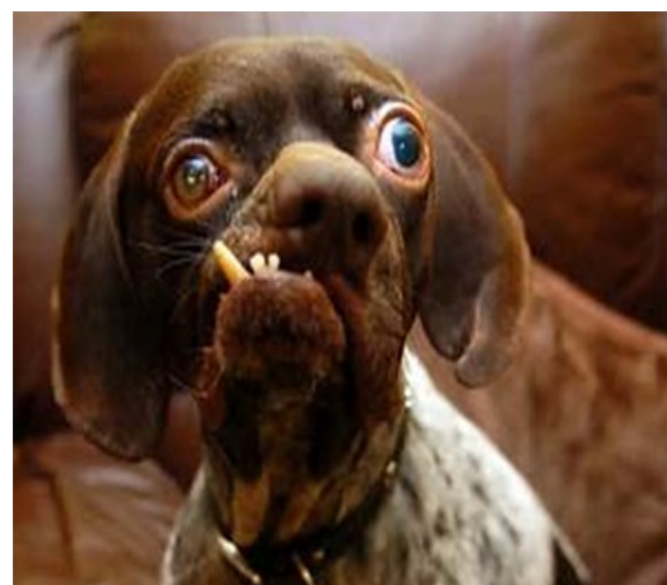


Tlaloc, the rain god

When it stopped raining, the land started to appear again. Tata and Nena noticed that the waters were loaded with fish and were not only happy to be alive but were very hungry and they got out of their tree trunk canoe, caught a bunch of fish and started to eat them.

When Tlaloc saw this, he was furious and asked them if this was how they returned his faith in them.

And without waiting for an answer, he turned them into the first dogs in the world so they could become man's best friend and ever faithful companion (until it comes to their stomachs).



Tata or Nena?

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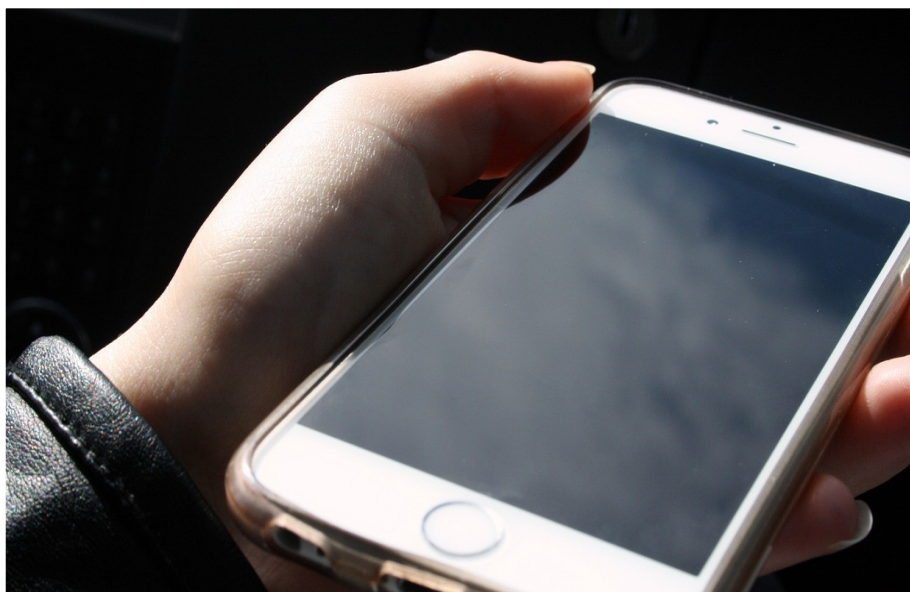
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Instructions to make telephone calls into, out of, and within Mexico

by Señor Tech

Making a phone call in Canada or the USA is simple. Dial a ten-digit telephone number or add a 1 before the ten-digit number for long distance calls.



Mexico requires a number of dial codes to properly route a call. In Mexico, cellular phones have their own dialing prefix, and this prefix changes whether the call is local or long distance.

Calls to local landlines do not require the area code when dialing. The following is a list that I prepared for use in our household; feel free to print it for your own use.

Land-line phone calls within Mexico

- Land-line to *local* land-line: Dial the seven-digit number (xxx-xxxx). *This is expected to change later in 2016 when 911 will become the official emergency number to call.* When that happens, all ten-digits will have to be dialed (xxx-xxx-xxxx).

- Land-line to *long distance* land-line: Dial 01 and the ten-digit number (01-xxx-xxx-xxxx)
- Land-line to *local* cell phone: Dial 044 and the ten-digit number (044-xxx-xxx-xxxx)
- Land-line to *long distance* cell phone: Dial 045 and the ten-digit number (045-xxx-xxx-xxxx)

Cell phone calls within Mexico

- Cell phone to *local* or *long distance* land-line: Dial the ten-digit number (xxx-xxx-xxxx)
- Cell phone to *local* or *long distance* cell phone: Dial the ten-digit number (xxx-xxx-xxxx)

Calling from the US or Canada

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if you have questions or suggestions about future technology topics, email me at seniortech@manzanillosun.com



Let's go fishing!

by Suzanne A. Marshall

Though we have been living winters in Manzanillo for many years now, there have been few opportunities for us to head out on the ocean and spend the day deep-sea fishing for one of those famous Sailfish. They don't call Manzanillo the 'Sailfish Capital of the World' for nothing. There have been many conversations over dinners, particularly among the men, about booking a local fishing boat and crew. Last year, my husband and family, who were visiting from Canada, did arrange a day of fishing but weren't successful that time. I was battling a bout of the flu so stayed behind and of course, had no story to relate. But this year, I jumped on board with the 'boys' and have a wonderful experience to share.



Two amigos on the Lori V

A good friend and neighbor, Marco, who visits seaside regularly from Guadalajara, arranged a day with a local crew out of the Manzanillo marina in El Centro. This was such a blessing for us since our Spanish is less than good and our friend has been coming to Manzanillo with his family since he was a young boy. He relates many interesting stories about the changes in this fair port and of course he knows many local people. This in-

cludes Captain Fabián Michel who runs fishing charters with his boat, the LORI V. So, a date is booked, the weather holds, and we are off to the marina early in the morning with a cooler of beer, drinks and huge anticipation.

The russet tones of the sunrise and the glassy waters of the marina greet us as we chug down the pier with our gear and watch LORI V docking and ready for the day. Fabián and Ramón welcome us aboard and we settle in for the trip. Manzanillo is so spectacularly beautiful, nestled in the hills behind us, as we make our way out to open sea. We are heading out about 40-50 kilometers. This will take an hour or more and the sea begins to roll and chop at our boat. But we're comfortable and enjoying the sea air and the company. Fabián and Ramón have baited 6 lines with small fish and 'leads' that look like small, colorful squid.

As we continued on our way, we were suddenly surrounded by the most playful school of dolphins swimming along with the boat and jumping through the air. I went topside to get a better perspective and there they were, racing ahead of us a few feet under the water. I hadn't expected this delightful greeting and wished I'd had a camera ready. On second thought, they move much too quickly for an unskilled photographer such as I. Along the way, our friend Marco reeled in a couple of small fish that we kept for our lunch. I can still smell the chopped onion, lime juice and herbs that Ramón chopped and prepared for our ceviche on tostadas. After the ceviche 'stewed' for an hour or so, we all snacked on this extremely fresh dish. It was *'excelente y delicioso'*.

Suddenly, there is a strike on one of the lines and a beautiful Sailfish shoots into the air. Marco takes the chair and works for quite some time, slowly pulling and reeling him in. Once at the boat, the Sailfish appeared to be about 35-40 kilos and it was decided to release him. The next strike hit a while later on one of the other lines and my husband, Allan, grabbed the chair for his turn with the rod.

As the fish jumped and sailed through the air, we saw a beautiful blue-striped Marlin. It was decided to keep this 35-kilo catch to share with the crew and prepare for dinner that day

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and definitely more dinners to come. It was a very exciting day for my husband and one he'll never forget. We have dock-side photos for this trophy fish and of course Allan now has the bragging rights to his very own deep-sea fishing story.

By mid-afternoon, we made our way back to the marina where



Blue Marlin, dockside

the Marlin was displayed and eventually filleted for all to share. Later that evening we tasted and enjoyed this beautiful fish meat. It was prepared on the grill with great culinary skill by another of Marco's local friends at Marildos Restaurante on La Boquita beach in Santiago Bay. It had been a memorable day with great friends, great fishing and a fabulous crew aboard the LORI V.

Some of our readers may be interested in sailfishing when they visit Manzanillo. Though we were fishing off season, our local and well-seasoned crew gave us a very successful experience nonetheless. Here follows a quote from the following website:

<http://www.visitmexico.com/en/fishing-in-manzanillo>.

"The waters just off the coast of Manzanillo are teeming with marine life and sailfish and marlin are plentiful year-round, though you'll have the best chance of catching sailfish if you arrive during the sailfish season that runs from November to

March. Each year in November, Manzanillo hosts the International Sailfish Competition attracting sport fishermen from around the world."

Captain Fabián Michel (who speaks English) and books fishing charters on the LORI V from the marina in El Centro can be reached by telephone at (314) 332-1792 and/or cellular at 044-314-353-2160. (You may wish to review the Señor Tech article in this issue for clarification on making calls within and outside Mexico).



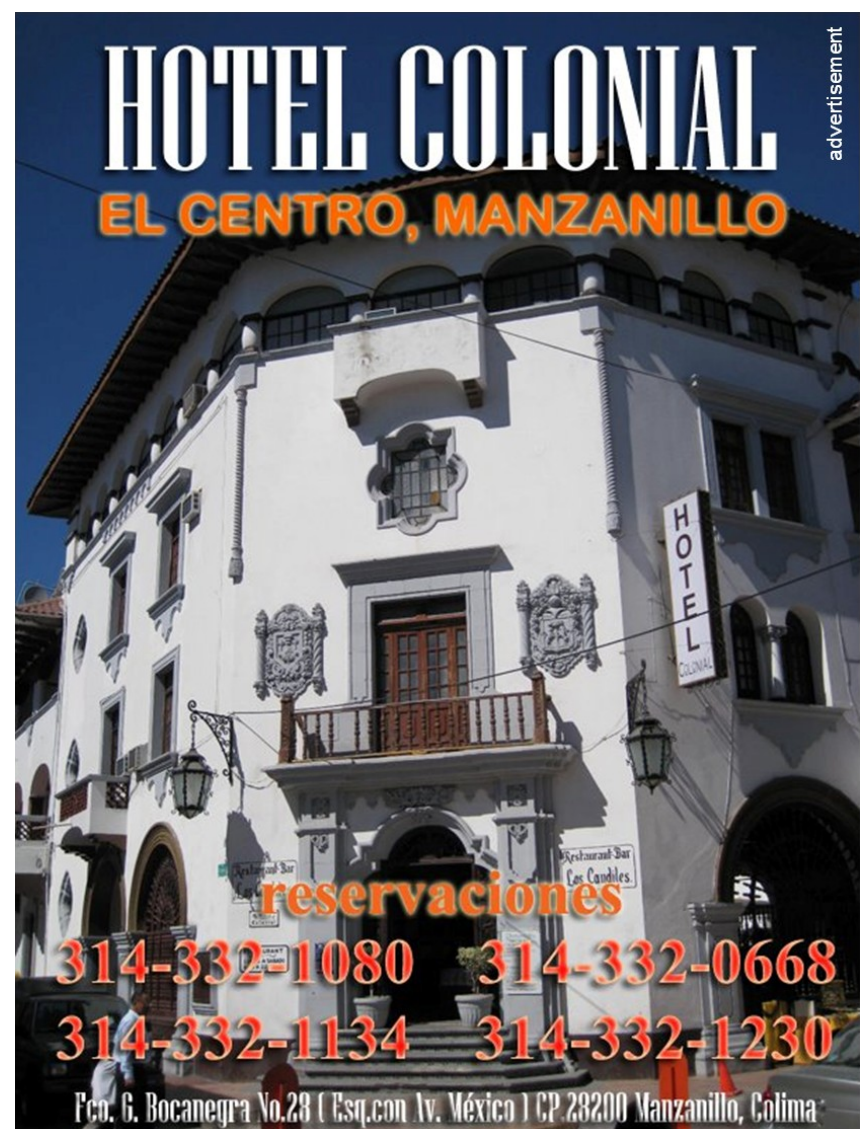
Dinner at Marildo's

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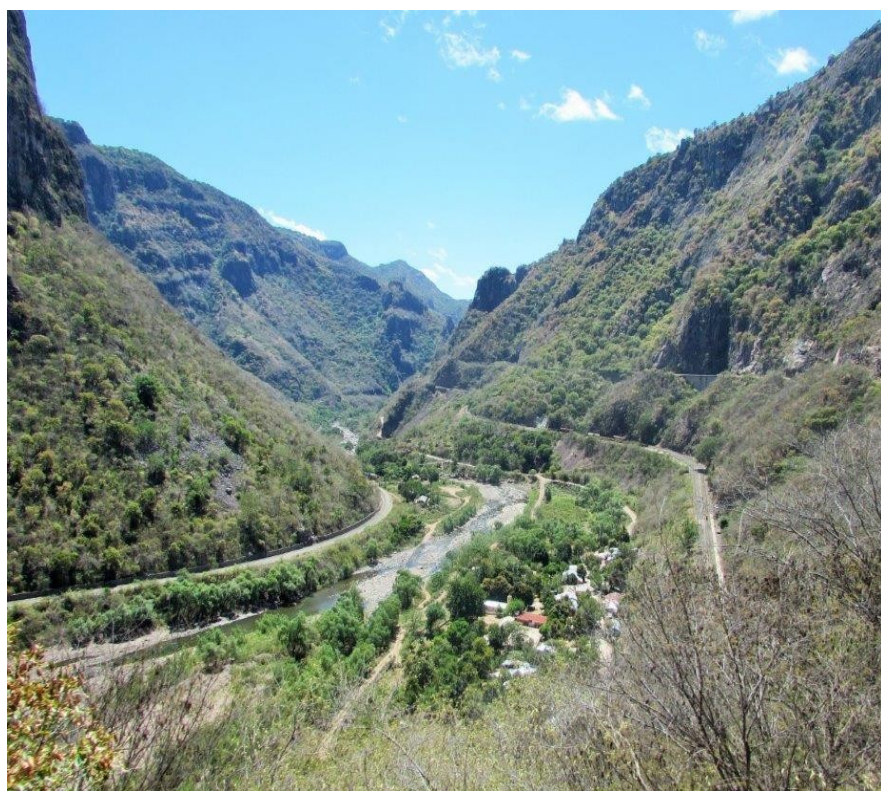
by Dan and Lisa Goy, exclusive to Manzanillo Sun

Heading northbound on Hwy 15 D from Mazatlan (Durango), we headed east at Los Mochis on 23 to El Fuerte (Sinaloa). This was the last highlight on our 90-Day Tour and, accordingly came right near the end, from Day 84 thru Day 88. Our destination was the Bugambillas Hotel, popular with RVers heading for the Copper Canyon.

Our guide, Gabriel Romero (Caravanas de México), and his Quebec bride-to-be Angela, arrived shortly after our group and we had time for a brief Happy Hour, introductions and dinner across the street at a taquería. We were able to leave all the dogs and cats behind with Lisa, as she is terrified by heights and set out with Gabriel and Angela first thing in the morning. Fortunately for Lisa, the stay at the Bugambillas Hotel included access to electricity, wi-fi and couch comforts offered by one of the larger A-Class RVs with a large flatscreen.

Within an hour of departure we were on our way on the Ferrocarril Chihuahua al Pacífico (Chihuahua-Pacific Railway), also known as El Chepe, linking the city of Chihuahua, Chihuahua, to the city of Los Mochis, Sinaloa and its port Topolobampo. Years ago, you could load your RV on flat-deck railcar, strap it down and away you go. That service ended some time ago.

The train ride was nothing less than spectacular, which took most of the day. The Copper Canyon is the result of more than 60 million years of erosion, and covers an area four times as large as the Grand Canyon in the United States. The train ride includes 39 bridges and 87 tunnels (one of which is over a mile long!) and, at its peak, reaches an altitude of 8,056 feet above the Sea of Cortez.



On the train to Creel

Actual canyon elevations run as high as 9,500 feet above sea level, while the surrounding mountains rise to over 12,000 feet! Our journey to Creel, by train, was halted by a protest by farmers down the line and we unloaded at Divisadero, a natural lookout point, at over 4,000 ft (1200 m). We transferred to a school bus and in no time we arrived in Creel (Chihuahua).

We spent 2 nights in a local hotel in Creel, treated to some local entertainment, toured around to some of the major site's canyon vistas, took a cable-car ride, had an opportunity to try the zip line and were introduced to the Tarahumara community, traditional indigenous inhabitants of the Copper Canyon who are renowned for their long-distance running ability. Living in the canyons, they travel great vertical distances, which they often do by running nonstop for hours.



One of many bridges we crossed

A popular Rarámuri community race called rarajipari, is played by kicking a wooden ball along the paths of the steep canyons. Originally, inhabitants of much of the state of Chihuahua, the Rarámuri retreated to the high sierras and canyons such as the Copper Canyon in the Sierra Madre Occidental on the arrival of Spanish explorers in the 16th century.



Train arrives at the station

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Current estimates put the population of the Rarámuri in 2006 at between 50,000 and 70,000 people. Most still practice a traditional lifestyle, inhabiting natural shelters such as caves or cliff overhangs, as well as small cabins of wood or stone. Staple crops are corn and beans; however, many of the Rarámuri still practice transhumance, raising cattle, sheep and goats.



Where is the zip line?

Almost all Rarámuri migrate in some form or another in the course of the year. Some communities accept government funding for building roads, restaurants and lodging to make the area attractive for tourists. Many other groups of Rarámuri maintain their independence by living in areas that are as far away from city life as possible. Their way of life is protected by the mountainous landscape. The Tarahumara language belongs to the Uto-Aztecan family.



Tarahumara cave dwelling

Although the daytime highs in the sun reached 20 degrees Celsius, the night-time lows dropped below 0 degrees Celsius, brrrrrr. Aside from tourism, Creel is a logging and mining town, hence it looks little like a traditional Mexican small town and more like you might expect to see in the American or Canadian Rockies.

Fortunately, the protest ended as we were scheduled to return to El Fuerte. No one was looking forward to an 18-hour bus

ride that was the only option if the train did not run. There are many companies offering Copper Canyon tours.

We recommend you make this trip; it is well worth it!

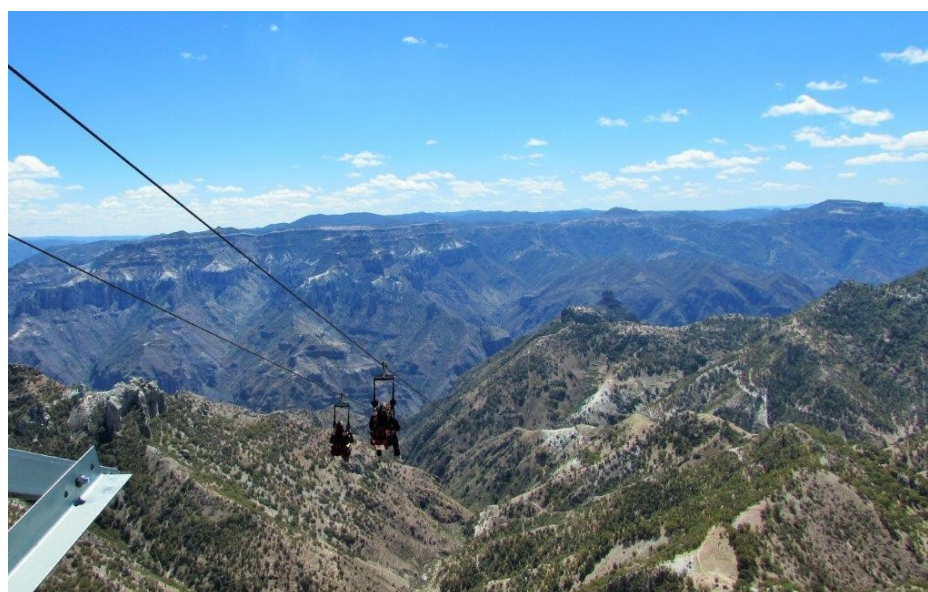
See more pictures of our trip to the Copper Canyon on the next pages...



Tarahumara homestead



No palm trees up here in the Copper Canyon!



Copper Canyon zip line

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Creel hotel patio



Gabriel (the guide) and Dan Goy



Copper Canyon cable car station

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Lakeside park near Creel



Happy hour in El Fuerte

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Downtown Creel at sunrise



Market with a view

Submitted by Dan and Lisa Goy
Owners of Baja Amigos RV Caravan Tours
Experiences from our 90-day Mexico RV Tour: January 7-April 5, 2016
www.BajaAmigos.net

you can reach Dan and Lisa Goy at thegoys@manzanillosun.com

Are you worried about spending too much in retirement?

by Yann Kostic

Even if you receive a decent pension and/or have adequate savings in retirement accounts, you still may worry that you're spending too much in retirement. This is as true here in México as it would be back up north. It's not uncommon for people who transition from diligent saving to spending to have these feelings of uncertainty. Luckily, there are ways to mitigate them.

First, shift the focus from what you're spending to the activities that could make your retirement more satisfying. Spending isn't the end goal; it's a means of helping you better enjoy this new phase of your life. Do you want to travel? Learn a new skill? Relocate?

Ease into the mindset that retirement can be a time to savor new experiences and have fun. It won't happen immediately, but gradually you'll feel more comfortable spending on things that improve your life.

Second, figure out how long your retirement savings might last at different spending rates. This will give you a sense of just how much wiggle room you actually have and eliminate any fears that you could run out of money prematurely.

There are retirement income calculators available online in which you enter the amount of your savings, then experiment with different rates of withdrawals to find the spending level where you may be endangering your nest egg.

Even better, discuss your situation with your advisor; he or she knows your situation and can recommend changes that can help ease your mind. By going through this process annually, you should be able to settle on a level of retirement spending you're comfortable with.

Yann Kostic is an Investment Advisor (RIA) and Money Manager with Atlantis Wealth Management. Yann specializes in retirees (or soon to be), self-reliant women and expats in Mexico. Atlantis is working with an international custodian that allows multiple international currencies in a single account. Yann splits his time between the Lake Chapala area, Manzanillo and Central Florida. Comments, questions or to request his newsletter, "News you can use" contact him at yannk@atlantisgrp.com, in the US at (321) 574-1521 or in Mexico, (376) 106-1613



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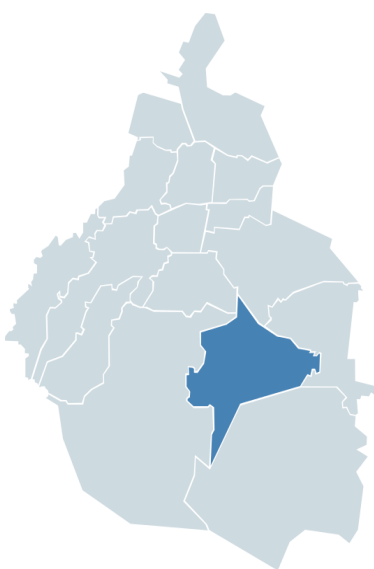
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Xochimilco and the Chinampas

Xochimilco is one of the 16 delegaciones or boroughs within Mexican Federal District. The borough is centered on the formerly-independent city of Xochimilco, which was established on what was the southern shore of Lake Xochimilco in the pre-Hispanic period.

Today, the borough consists of the eighteen "barrios" or neighborhoods of this city along with fourteen "pueblos" or villages that surround it, covering an area of 125 km² (48 square miles).

While the borough is somewhat in the geographic center of the Federal District, it is considered to be "south" and has an identity separate from the historic center of Mexico City. This is due to its historic separation from that city during most of its history.



Barrio of Xochimilco inside the Mexican Federal District

Xochimilco is best known for its canals, which are left from what was an extensive lake and canal system that connected most of the settlements of the Valley of Mexico.

These canals, along with artificial islands called chinampas, attract tourists and other city residents to ride on colorful gondola-like boats called "trajineras" around the 170 km (110 mi) of canals. This canal and chinampa system, as a vestige of the area's pre-Hispanic past, has made Xochimilco a World Heritage Site.



Iconic "Trajineras" of Xochimilco

The borough of Xochimilco was created in 1928, when the federal government reorganized the Federal District of Mexico City into sixteen boroughs. The Xochimilco borough was centered on what was the city of Xochimilco,

which had been an independent settlement from the pre-Hispanic period to the 20th century.

The area's historic separation from Mexico City proper remains in its culture. While officially part of the city, its identity is more like a suburb.

Even though the original town is in the geographic center of the Federal District, it is still considered to be "south." This historic center was designated as a "Barrio Mágico" by the city in 2011. The borough has an emblem, also known as an Aztec glyph, which is a representation of the area's spongy soil from which two flowering plants emerge.

Xochimilco is characterized by a system of canals, which measure about a total of 170 km². These canals, and the small colorful boats that float on them among artificially created land called chinampas are internationally famous. These canals are popular with Mexico City residents as well, especially on Sundays. These canals are all of what is left of what used to be a vast lake and canal system that extended over most parts of the Valley of Mexico, restricting cities such as Tenochtitlan (Mexico City) and Xochimilco to small islands.

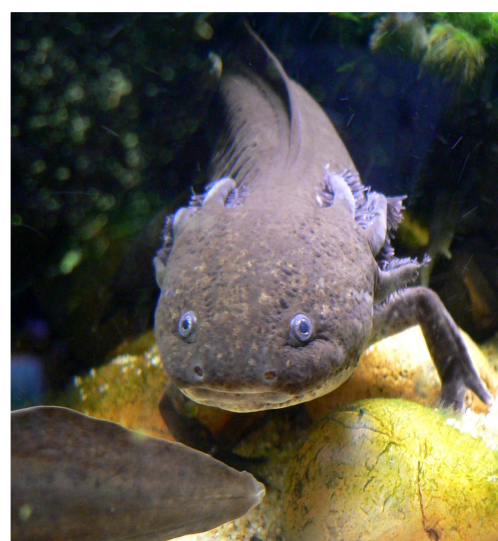


Chinampas

This system of waterways was the main transportation venue, especially for goods from the pre-Hispanic period until the 20th century. In the pre-Hispanic period, parts of the shallow lakes were filled in, creating canals. Starting in the early colonial period, the interconnected lakes of the valley, including Lake Xochimilco, were drained.

By the 20th century, the lakes had shrunk to a system of canals that still connected Xochimilco with the center of Mexico City. However, with the pumping of underground aquifers since the early 20th century, water tables have dropped, drying canals, and all that are left are the ones in Xochimilco. The canals are fed by fresh water springs, which is artificially supplemented by treated water. This because water tables are still dropping and human expansion and filling in of canals is still occurring, threatening to have the last of these canals disappear despite their importance to tourism.

These remaining canals and their ecosystem was declared a World Heritage Site in 1987, with the purpose of saving them. An important part of this ecosystem is a juniper tree called a



Abystoma Mexicanum

"ahuejote" that is native to the shallow waters of the lake/canals. These stem erosion, act as wind breakers and favor the reproduction of a variety of aquatic species. Some of these endemic species include a freshwater crayfish called an acocil, and the Montezuma frog. However, the most representative animal from these waters is the axolotl (Ambystoma mexicanum).

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Chiles en Nogada

in season in late summer



Ingredients

- 6 poblano peppers

Nogada sauce

- 1/2 cup goat cheese
- 1 cup walnuts
- 1 cup small diced white bread
- 1 1/2 cups milk
- 1/2 teaspoon salt

Filling

- 1 tablespoon olive oil
- 1/2 cup white onion, finely chopped
- 2 garlic cloves, coarsely chopped
- 1 medium ripe tomato, finely chopped
- 1 tablespoon freshly minced cilantro leaves
- 1 pound ground beef
- Salt and freshly ground black pepper
- 1 cup cooked diced potato
- 2 tablespoons dried black currants
- 2 tablespoons toasted sliced blanched almonds

Garnish

- 1/2 cup pomegranate seeds
- 2 tablespoons coarsely chopped parsley leaves

Directions

Prepare the poblano peppers by heating a griddle or skillet over medium-high heat until a drop of water sizzles on contact. Add the poblanos, and cook, turning occasionally with tongs, until the skin is blackened and blistered on all sides, about 5 to 7 minutes depending of the size of the poblanos.

Remove from the griddle as they are done and place in a plastic bag, let sit for 5 minutes, until the skins are soft enough to be easily removed. Remove the poblanos from the bag, and using your fingers and small sharp knife, peel and scrape off as much of the blackened skin as possible, (a few black specks don't matter). Leave the tops on and cut small (2 to 3-inch)

lengthwise slits in the poblanos and carefully pull out the seeds without tearing the flesh.

Nogada (walnut sauce)

Add all the sauce ingredients to a blender and process until thoroughly pureed. Set aside at room temperature or keep in refrigerator until ready to serve.

Filling

In a medium-size skillet, heat 1 tablespoon of olive oil over medium-heat. Add the onion and garlic and cook for 1 to 2 minutes, stirring often. Add the tomato, cilantro and cook for another minute. Add the meat and cook stirring, until the meat is cooked through, about 10 minutes.

Season with salt and black pepper, to taste. Add the potatoes, cook for 2 minutes, then stir in the black currants and the almonds. Remove from the heat. Carefully stuff the mixture into the chiles through the slit, taking care not to rip the chiles. Transfer the stuffed poblanos to a serving platter. Cover with the walnut sauce and garnish with pomegranate seeds and parsley.

Recipe courtesy of Oscar Treio/Liberty Bar

source: [Food Network](#)

A bit of history...

Chiles en nogada is a dish from Mexican cuisine. The name comes from the Spanish word for the walnut tree, nogal. It consists of poblano chilis filled with picadillo (a mixture usually containing shredded meat, aromatics, fruits and spices) topped with a walnut-based cream sauce, called nogada, and pomegranate seeds, giving it the three colors of the Mexican flag: green for the chili, white for the nut sauce and red for the pomegranate. The walnut used to prepare nogada is a cultivar called Nogal de Castilla or Castilian Walnut.

The traditional chile en nogada is from Puebla; it is tied to the independence of this country since it is said they were prepared for the first time to entertain the emperor Agustín de Iturbide when he came to the city after his naming as Agustín I. This dish is a source of pride for the inhabitants of the state of Puebla.

Some Mexican historians believe the inventors of this dish were the Monjas Clarisas, although others think they were the Madres Contemplativas Agustinas of the convent of Santa Mónica, Puebla. The picadillo usually contains panochera apple (manzana panochera), sweet-milk pear (pera de leche) and criollo peach (durazno criollo). The cream usually has milk, double cream, fresh cheese and washed nuts. The traditional season for making and eating this dish is August and first half of September, when pomegranates appear in the markets of Central Mexico and the national independence festivities begin. In some areas, the dish is created depending on when the pomegranates are ripe - usually between early October and January.

source: [Wikimedia](#)