

November 2012

Manzanillo

SUN

Manzanillo's Lifestyle E-Magazine

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By Tommy Clarkson

Purple Heart

Tradescantia pallida

Family: *Commelinaceae*

Also known as Purple Queen or Wandering Jew

(To those with whom I served, worked and wearied, in Viet Nam and Iraq, who incurred injuries or gave that final great measure of life during the course of those hostilities, and who – so very correctly – were awarded the military award of this plant’s name, I dedicate this column.)

Now there are no few plants purported to have purple foliage. But this long-jointed, sprawling groundcover is really purple! Originating in Eastern Mexico - reaching England around 1600 - its Latin name is derived via an honor bestowed upon the famous naturalist, John Tradescant.

Attractive, hardy and well rooted - like my Patty - this tenacious, trailing, evergreen, perennial plant seems to best like a rich moist soil for its roots; has the richest colors and grows most vigorously in the full sun; and, prefers ample, regular watering - but will forgive you if you’re occasionally a bit late with that chore! It is low growing - not much more than a foot or so high - and when grown outdoors, insects are seldom a problem.

It is not a big fan nor advocate of the cold. But in our environs the Purple Heart is an excellent landscaping plant, can be grown indoors, used in hanging baskets or planted as a container plant (but appreciates regular fertilization in this mode). It blooms constantly during warm weather.



The Purple Heart is an attractive, tenacious, trailing, evergreen, perennial plant

On its succulent stems are nice looking, spear shaped leaves of about 2.5 cm (1”) wide and 7.6 to 12.7 cm (3-5”) long. (Note for awareness: The stems are quite fragile and will break off rather easily if bumped.)

As mentioned earlier, the stems and upper surfaces of the leaves are a deep royal purple. As the foliage matures, these become suffused with a faint dusty turquoise-gunmetal undertone.

The undersides of the leaves are yet more vivid in a violet shading, leaning towards pink where the petioles encircle the stem. Small, pale white, pink or purple, three-petaled flowers emerge from curving double bracts at the stem tips and bloom but one day. However, go out to your garden early in the morning to see these delicate little flowers as that is the only time



What a great color for any tropical garden!

that they are open.

Now, before proceeding any further, a warning word to the wise . . . and even the not so wise! This attractive plant can be quite invasive and exceedingly persistent in its homesteading! As one of the writers correctly described, in a note posted on the "Dave's Garden" web site, "It will easily take over areas and grow out of hand. Getting rid of it in an area can be difficult as you have to clean out all of the roots... and there are a lot." This, for some, is its foremost shortcoming.

Want to give a friend a start from your plant, or transplant some of yours elsewhere? That's easy with this tough, but attractive, plant. Using a little dirt, just cover part of a stem with an attached leaf node and it will root. Keep the soil moist until it is growing, healthy and strong.

I've heard of contact dermatitis supposedly occurring for some during maintenance pruning when the cut leaf and stem sap touches and dries on bare skin – but it's

never bothered me. On the positive side, I've read (but can not confirm) that through a process known as phytoremediation, *Tradescantia pallida* "has been judged exceptionally effective at improving indoor air quality by filtering out volatile organic compounds, a class of common pollutants and respiratory irritants."

If you come to like this plant, some of Purple Heart's close Spiderwort kin are the green (also called) Wandering Jew (*T. fluminensis*) and the purple (same same) Wandering Jew (*T. zebrina*).



The small, pretty flowers appear only in the mornings and then for just one day.



NOVEMBER 2012
CALENDAR OF EVENTS
MANZANILLO

Compiled by Glenna Palidwor

For your event to be included in the monthly calendar, contact Glenna at: Calendar of Events - Manzanillo (calendarofevents.zlo@gmail.com)

November 1-4 – Thursday to Sunday **FALL PATA MANZANILLO STERILIZATION CLINIC**

Where: 176 Miguel de la Madrid – next to Ferreteria Amutio en Tapeixles

Time: 8:00 am

For further information – stan@patamanzanillo.com

December 9 – Sunday 2012 PATA DOG JOG

Where: Santiago Peninsula

Time: 9:00 am

For further information – stan@patamanzanillo.com
Pledge forms will be on the PATA website shortly.

December 15 – Saturday BILL Y BOB'S REHABILITATION CENTRE BAZAAR

Where: In front of Iglesia de Esperanza (Church of Hope), on the Blvd. de Miguel de la Madrid next to Juanito's restaurant's parking lot.

Time: 9:00 am to 5:00 pm

For more information, call Ginny Ruiz 335-1955 or Jean Scheifele 335-1064

MUJERES AMIGAS LUNCHEONS – 1st Wednesday of each month – New updated info coming soon.

Contact: Candy King 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 manzamigos@gmail.com

CHURCH SERVICES IN ENGLISH (NON-DENOMINATIONAL)

Church of Hope

English service 10:00 a.m.. - Spanish 11:30 a.m.

Pastor Lee Gonzales for both.

Located next to Juanitos in Santiago.

Contact: lee@hopefan.net 314-336-4627 or cell

044-314-102-5293 warrenjean_scheifele@yahoo.com

English Ecumenical Worship Service

Starting January 2, 2012 10:00 a.m.

Vida del Mar – adjacent to L'Recife pool

Contact: Don & Peg Carstensen dpcarst@msn.com

335-0109

PAINTING CLASSES WITH ROBERT HILL

Robert will be offering 3 classes this season, as described below. Last season some of the classes became too large and he was unable to provide enough individual attention, so this year he is limiting each class to a maximum of 8 students. Anyone interested is asked to contact him by e-mail rmayfordhill@hotmail.com to reserve a spot. Please indicate your class preference and when you will be in Manzanillo to begin classes. Students are asked to provide their own painting materials (oils, acrylics, watercolors). Beginners and experienced students are welcome, and the cost is \$100 pesos per class. Robert will communicate by e-mail will all interested students and advise them of exact start dates once he has received their reservations. Reservations can be made in one or more of the classes listed. Classes will run until mid-March, at the start of Semana Santa.

Tuesday afternoons at La Pergola restaurant

4 PM – 6:30 PM – Max 8 students.

This year the class will move from the pool area to the new tropical bird aviary area, closer to the ocean on the side street. Tables, chairs and easels will be provided. Depending on reservations this class can start in November or December.

Wednesday evenings in Las Brisas

5:30 – 8 PM – Max. 6 students

Same location as before (on the Blvd 1 block North of the Star Hotel on the inland side). Tables, chairs and easels will be provided. Depending on reservations, this class can start in mid to late November.

Thursday mornings at El Faro Condominiums –

0930 – 1200 noon – Max. 8 students

For the first time, the El Faro Board of Directors is making their clubhouse available for a morning painting class. There will be tables and chairs but please bring your own portable easels. Parking is limited so car-sharing will be encouraged. Depending on reservations this class can start in late November or December.

If you have any questions please contact Robert at rmayfordhill@hotmail.com

On September 28, 2012 a new set of Regulations of the Immigration Laws of Mexico were officially published.

(special thanks to [Yucatan Expatriate Services](#) for translating and compiling these rules)

The new laws themselves were published and discussed over a year ago, but were not put into effect and the details were not released. Now details have been explained and the regulations will be in effect soon, so now is the time to let everyone know what has changed. These new regulations will come into effect 30 working days from the date of publication (on or about November 12, 2012). The regulations regarding the General Law of Population on migratory control, verification and regulation will then be officially annulled, including the Manual on Criteria and Migratory Procedures of the National Institute of Migration through which the present visa designations of Non-Immigrant, Immigrant and Immigrated were defined. Anyone with a current visa (FM2 or FM3) can continue to use their current visa until the expiration date, at which point they will have to renew under one of the categories outlined below.

New Immigration Law Details.

The following are the most important new details of this new act: The Migratory status of "Non-Immigrant" (previously known as FM3), "Immigrant" (previously known as FM2) and Immigrated (Inmigrado) shall cease to exist and shall be replaced by visas that pertain to the 'conditions of stay'. The new designations will be Visitor (Visitante), Temporary Resident (Residente Temporal) and Permanent Resident (Residente Permanente). The present visa cards or booklets designating FM2 or FM3 status will cease to be valid and will be replaced by Visitor, Temporary Resident and Permanent Resident cards. The newly published regulations establish the criteria, requirements and procedures for the following types of visas. We want to stress that the people at the immigration offices are getting trained as we write this article, so details about how these rules will be enacted and questions about discrepancies and changes are still unclear.

Visitor Visa without Permission to Engage in Lucrative Activities (Visa de visitante sin permiso para realizar actividades remuneradas)

This visa may be granted for up to ten years. The applicant may be granted this visa if they can demonstrate one or more of the following circumstances: They have sufficient economic solvency They are a frequent traveler to Mexico They are a researcher, scientist, humanist, artist, athlete, prestigious journalist (national or international) or are another type of prominent person They are the spouse, concubine or equivalent, child, parent or sibling of a Mexican or a temporary or permanent resident, but are not intending to reside in the country They are the spouse, concubine or equivalent, child, parent or sibling of a diplomatic or consular official accredited in Mexico who are ordinary passport holders Being a supervisor of a foreign company with a subsidiary in the country or executive staff of subsidiaries or sales offices of Mexican companies abroad. A non-Mexican who obtains this visa may request the issuance of the same for their spouse, concubine or equivalent and their children, if the children or adolescents are under their legal custody or if they are over-age but still in their legal custody. In this case, the applicant must prove the relationship

and they must also prove that they have sufficient economic solvency to support those dependents, and that they are frequent travelers. This visa will be issued for those non-Mexicans interested in being in the country for no more than 180 days. The fee for this visa is \$295 pesos.

Visitor visa with permission to engage in lucrative activities (Visa de visitante con permiso para realizar actividades remuneradas)

This visa will be issued for those non-Mexicans interested in doing business in Mexico for no more than 180 days. The individuals or legally-established corporations in the country who want to give a job to a non-Mexican may submit an application for a specific person to perform a specific job. They must provide the following information: Proof of an employer registration record issued by the Instituto Nacional de Migración (INM) The name and nationality of the non-Mexican The position he or she will perform for the company The amount of compensation for this position and this person The duration of the job The address of the workplace Proof of ability to pay for his/her travel Immigration authorities may conduct verification visits to the workplace to check the veracity of the job, the existence of the petitioner or any other information presented in the application. Upon approval, the visa issues will allow the person performing the job to engage in activities for pay and will be for the duration of the position as stated in the application. The fee for this visa is \$2,350 pesos.

Visitor Visa For Adoption (Visa de visitante para realizar trámites de adopción)

The visitor visa for adoption procedures may be issued to non-Mexicans linked to an adoption process in Mexico. The applicant must provide proof of the existence or initiation of an international adoption procedure with the National System for Integral Family Development (DIF) in Mexico. The visitor visa for adoption purposes will be issued for only one hundred and eighty calendar days with a single entry. The non-Mexican must request this visa within the first thirty calendar days after his/her entry into Mexico. This visa will remain valid until the adoption has concluded and, where appropriate, the formalities of registration before the Civil Registry, such as issuing passports and other necessary arrangements to ensure that the child or adolescent will be admitted to the country of residence of the adopter, have been completed. The fee for this visa is \$2,280 pesos.

Temporary Resident Visa (Visa de residente temporal)

The temporary resident visa is issued to a non-Mexican who declares his/her intention to remain in Mexico for a period exceeding one hundred and eighty days and up to four years. The applicant must demonstrate one of the following: Sufficient economic resources to pay for accommodations and meals during their stay in Mexico Participation in a scientific research project or sample collection in Mexico or the territorial waters of Mexico, after having obtained the appropriate authorizations from the appropriate national authorities (e.g., INAH, etc.) Family relationship to a Mexican, temporary or permanent resident.

An invitation from an organization or a public or private institution in Mexico or to participate in any activity for which they will gain no income. The invitation should be on letterhead and indicate the activity that the applicant will be performing, the duration and the address of the workplace and the person or company accepting responsibility to pay for their travel and living expenses. Otherwise, the applicant must demonstrate sufficient economic solvency to cover his/her living expenses during his/her stay in the country Ownership of real estate in Mexico with a value equivalent to the amount stipulated in the "General Administrative Provisions" which will be issued by the Ministry of Foreign Affairs and has not yet been published in the Mexican Official Gazette Ownership of investments in Mexico that consist of: Capital stock in Mexican companies in accordance with laws and other legal provisions, with a value that exceeds the amount provided for in the "General Administrative Provisions" (to be issued by the Ministry of Foreign Affairs and published in the Mexican Official Gazette) Movable or fixed assets used for commercial or business in accordance with laws and other legal provisions, whose value exceeds the amount provided for in the "General Administrative Provisions" (to be issued by the Ministry of Foreign Affairs and published in the Mexican Official Gazette) Development of economic and business activities in the country in accordance with laws and other legal provisions that generate formal jobs in terms of the "General Administrative Provisions" (to be issued by the Ministry of Foreign Affairs and published in the Mexican Official Gazette) The temporary resident visa will be valid for one hundred and eighty calendar days with a single entry.

The applicant must apply for the resident card within the first thirty calendar days after their entry into Mexico. After 4 years with the temporary resident visa, the applicant can apply for the permanent resident visa. The fee for this visa is: Up to one year: \$3,130 pesos Up to 2 years: \$4,690 pesos Up to 3 years: \$5,940 pesos Up to 4 years: \$7,040 pesos

Temporary Student Resident Visa (Visa de residente temporal estudiante)

This visa is issued to a non-Mexican who intends to enter into Mexico for courses, studies, research projects or training in educational institutions belonging to the Mexican national education system which will last for more than one hundred and eighty days. The temporary student resident visa is valid for one hundred eighty calendar days with a single entry. The applicant must apply for the resident card within the first thirty calendar days after his or her entry into Mexico. If the student wants to work while staying in Mexico, the fee will be \$2,350 pesos. If the student does not work, there will be no charge for this visa.

Permanent Resident Visa (Visa de residente permanente)

This visa will be issued to a non-Mexican who intends to enter the country in order to reside indefinitely. The applicant must demonstrate one of the following situations: Family relationship to a Mexican or permanent resident of Mexico Retirement status, with sufficient monthly income to cover living expenses during their stay in Mexico. Currently, "sufficient monthly income" is 250 times the minimum salary in Mexico city for FM3 and 400 times the minimum salary for FM2. (The minimum daily salary at this writing is \$62.33 pesos. That would make the minimums for visas \$15,582.50 pesos and \$24,932.00 pesos (\$1215.35 USD and \$1944.61 USD at \$12.82 pesos to the USD).) Meeting the categories and the minimum score required to enter through the Point System under the "General

Administrative Provisions" (to be issued by the Ministry of Foreign Affairs and published in the Mexican Official Gazette) That he or she has been granted political asylum by the Mexican government The permanent resident visa will be valid for one hundred and eighty calendar days with a single entry. The applicant must apply for their resident card within the first thirty calendar days after his or her entry into Mexico. The fee for this visa is \$3,815 pesos.

The Point System for Mexican Visas

There are eight basic categories in the selection criteria of the new Point System for eligibility for Permanent Residency. It is Mexico's hope that these criteria will attract foreign investors or people with high competency in areas such as science, technology, sports, arts and humanities or any other skills that strengthen and promote the development and competitiveness of Mexico.

The selection criteria may include, but are not limited to, the following: Education level Work experience in areas of interest to the country that have high demand and low supply Work experience in other areas Investor Skills in science and technology Acknowledgements and international awards Spanish language proficiency Knowledge of Mexican culture The Ministry of Foreign Affairs will issue the categories in the "General Administrative Provisions" which will be published in the Mexican Official Gazette.

This will also include the weighting of points corresponding to each category, as well as the minimum score required to enter through this route. The Ministry will review the Point System every three years, and if necessary will publish in the Mexican Official Gazette any addendums, modifications or deletions of categories. They may also change the weighting of points corresponding to each category, as well as the minimum scores and any other information in the Point System.

A non-Mexican who wishes to enter the country through the Point System must apply for visa at the consular office, attaching a completed pre-qualification form, accompanied by the documents proving that they meet the requirements of the category. The non-Mexican holder of a temporary resident visa or temporary work visa who wishes to remain in Mexico when their visa runs out may request a change to the status of permanent resident status via the Point System.

Other Visa-Related Considerations

A visitor visa application for adoption and temporary resident student can in no case be made directly to the Institute. Consular offices may issue a replacement temporary resident visa, the temporary student resident visa, permanent resident visa, visitor visa for adoption procedures and visitor visas without permission to engage in lucrative activity for humanitarian reasons to the non-Mexican holder of that visa. They may do so if the visa holder has had their visitor or resident card stolen, lost or destroyed. Non-Mexicans must process their replacement request within the first thirty calendar days after the loss of the card. The Immigration Institute (INM) shall establish in the General Administrative Provisions which will soon be published in the Mexican Official Gazette, the features, form and design of the cards, and other immigration documents. The card that certifies the status of temporary resident stay may be valid for one, two, three or four years, starting from when the non-Mexican was given that particular status.



When the temporary resident obtains a work permit, the card certifying their status will have validity for as long as the job lasts. The holder of the temporary resident card may, within thirty calendar days prior to its expiration date, request the visa's renewal for up to a total of four years. Children of foreign nationality under the age of three can only obtain a resident card with a validity of one year, until they are three years old. The card certifying the status of temporary resident will give the holder the right to make multiple entries and exits from the country. The permanent resident card will be valid for an indefinite term, but Non-Mexicans who are minors and older than three will have to renew their permanent resident card every four years until they are of legal age. The card certifying the status of permanent resident will give the holder the right to make multiple entries and exits of the country and to maintain a work permit once they are of legal age.

A non-Mexican who is outside the country when their visa status expires, may enter the country with it up to fifty-five calendar days from its expiration. Within fifty-five calendar days, no penalty will be applied and the application for renewal must be submitted within five working days after admission into Mexico. Entry into Mexico will not be allowed for non-Mexicans holding a document that is more than fifty-five calendar days past its date of expiration.

Non-Mexicans in the possession of a temporary student resident card can obtain a work permit if they are doing postgraduate or advanced classes, or research. The owners of a visa as visitors for humanitarian activities and permanent residents have an implicit work permit. Temporary and permanent residents must notify the INM, within ninety calendar days following the occurrence, of any changes in marital status, nationality, residence or workplace.

Any visa applications that are pending on the date that these regulations go into effect shall be completed in accordance with the provisions in force at the time of the start of the application. The immigration documents proving regular migration status of Non-Mexicans, which have been issued before these regulations go into effect, shall continue to have legal effect until their expiration. The one exception is the Non-immigrant Local Guest, whose visa must be replaced in accordance with the General Administrative Provisions issued by the INM that will be published in the Mexican Official Gazette.

New Rules As you can see if you read all of the above, the rules for immigration into Mexico have changed fairly substantially and we believe it will take some time for the rules and the way they are applied to be ironed out. As of this writing (October 15, 2012), our contacts inside the INM have informed us that they are in training to understand how to implement and apply these new rules. There will be new forms, new computer procedures and new documents. We encourage you all to be patient.

Of course, if you need assistance with your new visa or a visa renewal, the project managers at **Yucatan Expatriate Services** are ready to assist you. Just write us at <mailto:info@yucatanyes.com> or call us at the number at the bottom of the website. **As always, your comments and questions are welcome! Like this article?** To be notified every time **Yucatan Expatriate Services** publishes another article, just subscribe by clicking here.

SECRETARIA DE GOBERNACION



INSTITUTO NACIONAL DE MIGRACION

RE: NEW IMMIGRATION RULES – FM2 & FM3's

A few days ago we forwarded information about the new immigration laws which I just scanned and it looked a little confusing. Now having carefully reviewed the information very little can be said for certain about the new laws from this letter. But some things can be said based upon the material in the letter and hunches gleaned from disparate parts.

1. FM2's and FM3s are out and temporary resident visas and permanent resident visas are in. You need to do nothing until your existing visa expires at which time your new visa will be under the new rules. As a very general proposition, it looks as though the temporary resident visa is much the same as the old FM3 and the permanent resident is like the old FM2. Qualifying rules are similar. Fees are up. Temporary resident visa will be 3,130 pesos for one year; 4,690 pesos for two years; 5,940 pesos for 3 years, and 7,040 pesos for 4 years. From the information in the letter, I am guessing that we will have a choice of how many years for which we wish to renew. There is a good money savings by renewing for a longer period.

The fee for a permanent resident visa is 3,815 pesos. Whether this is for one year, forever, or something else is not clear.

2. The income required to qualify for these visas has not yet been specified. The value of your home, if you own one, will reduce the income requirement, but how much will come later. These numbers, together with much more definite information will be set forth in the new General Administrative Provisions to be issued "SOON."

As more information becomes available, I will attempt for inform myself, and will then pass the information along. If you have any different ideas or questions about the information in the latter, drop me and email or give me a call. **Gil Price 314-334-7936**



CARDS, CARDS, CARDS

Freda Rumford

Playing cards is not always just for fun I found out to my displeasure. As a teenager, my current boyfriend always had to win and I had egg on my face on more than one occasion before I decided that this was absolutely not fun any more. For several years after that I almost had to be cajoled to play any games at all.

I really did not like most board games such as; Monopoly, Snakes and Ladders or even Tiddlywinks. This was such a loss to me as I had grown up in a family who loved to play card games together. I remember many evenings at Nanna & Grandad's house where all of the children were allowed to play and even bet money when we played "Newcastle" with the grown-ups. "Newcastle" was a type of horse race game with four cards set on the table and everyone bet on their favourite to win (In Canada I believe it goes under a different name.).

It was so much fun when the youngest won the pot of pennies! It could almost be a few shillings by the time the kitty was left for several turns. Did it turn us into gamblers? No. I don't think any of us developed that trait. We knew it as a fun time when everyone could and did win. Never was anyone ever *allowed* to win. It was purely fun and we were as excited as the winner of the day. That game helped us to learn how to compete and also how to lose.

Eventually, I met someone who didn't expect to win all the time and gradually the fun that I had enjoyed as a child began to return. We played all sorts of games; whist, solo, canasta, and I was taught crib and rummy. Hey, this was starting to work out for me and I was really enjoying it again. I must admit I will never forget renegeing at a "Whist Drive" and causing an old lady to lose a packet of tea. She was really upset and had I been able to do so, I would have bought her a packet myself but those were the poverty years.

Many years later, we were taught to play bridge by some good friends and this I thoroughly enjoyed, even though it was of the kitchen variety. We played constantly at their house or ours, with the game always preceded by an excellent dinner and more than a few drinks.

One year, shortly after learning to play, I decided to go on a holiday and visit my friend who lived in Texas. It was a long drive to Mineral Wells from Calgary but I made it in

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one piece and our reconnection began. Unfortunately the next day she had friends coming over to play bridge and she really didn't want to stop them and thought I would like to meet the ladies anyway. Yes I would and looked forward to it with anticipation. The next day arrived and



with it a call that one of the ladies could not make it. They were stuck. What to do?

"Oh dear, and you don't play do you, Freda?"

"Well yes, I have been having some lessons! I don't think I would be good enough to join in your game though."

The end of the story is, that yes, I did play and it was an enjoyable morning with these lovely Texan ladies. One of them was quite flattering about my play even though she had never seen Bridge played my way previously! It turned out that she was a Championship player and I just a raw beginner had stumped her more than a few times even though we were partners! Well, by my way of reckoning, had I not been there, they couldn't have had a good morning of bridge, so I saved the day even with my 'strange' play.

I have played for many years since that morning but don't think I ever really progressed into a "World Class Player," just someone who enjoyed a nice evening out with friends.

More recently, through circumstance, I have been playing a lot of "Wizard" on the Manzamigo Tuesday afternoon "Card" afternoons at La Huerta and thoroughly enjoying the comradeship and hilarity. Card afternoons are at La Huerta on Blvd de la Madrid at 2 p.m. Come and join the fun. If you want to play something different, that is okay too but we have all slipped into the "Wizard" slot.



Even more recently I have been re-introduced to "Crib." I used to play many years ago when we went camping and had more or less forgotten some of the terms and the entire process. Be & Gord Frame came over to our house and we played a couple of times but I really didn't know what I was doing and luckily someone else counted the points for me. Now, that I have started to play this at every meal, people had better watch out. Apparently I am becoming pretty good. The only problem is I can't add up and I miss points. But - I can give you a good game and a chuckle or two!

La Catrina
MICHELADAS & GRILL

SUNDAY **PLAYOFFS**

NFL FOOT BALL

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Puerto Vallarta

What on Earth Are We Doing?

By Suzanne A. Marshall

You may find my pondering strange. And I don't really have an answer to my own question: what on earth are we doing? But the question of our planet supporting the needs and demands of an ever burgeoning population really does rattle around in my mind all the time. It happens every time I see food being wasted; something goes bad in my refrigerator; the weather systems destroy crops, ravage lands, set fires and wreak havoc with monsoon floods and hurricanes. I hear the news about 20 million starving Africans; projections on the exponential population growth of the worlds' peoples and I think what on earth is going to happen, literally? There are various experts who believe that we have already passed a point of no return. For one thing the land cannot feed us all at the rate we are growing. This is particularly true of developing countries.

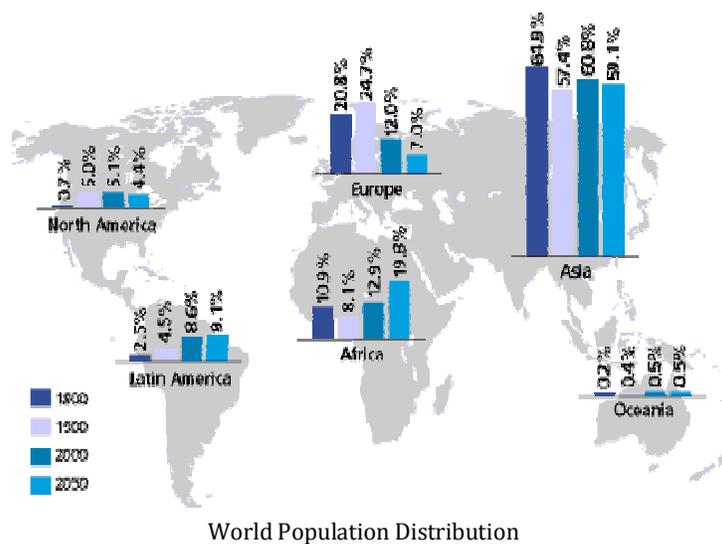
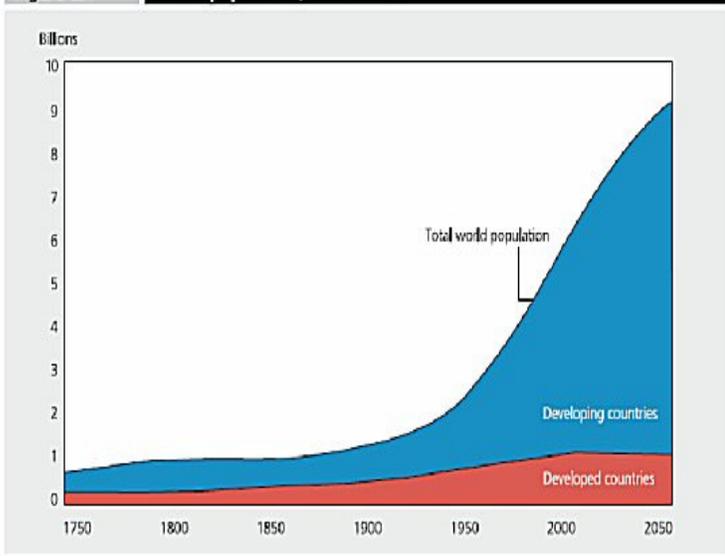
Still we thrust ourselves forward into ever more complex space exploration, scientific research, computerization, automation, consumerism, economics, production of goods and services that defy past imagination and we can only wonder in awe at the changes that have occurred since the industrial revolution to how we live our lives now. But I wonder sometimes if we are barreling down the highway of life unaware of a looming head-on collision. Latest official current world population estimate, for mid-year 2011, is estimated at **7,021,836,029**.

As if things are not already complicated enough with natural disaster and climate change, let's add a global economic structure to the mix and then we've really outdone ourselves. We are essentially one global market place now vying for trade and commerce all around the world. In North America, Europe and Asia (the so-called developed worlds) success is built on sales and consumption.

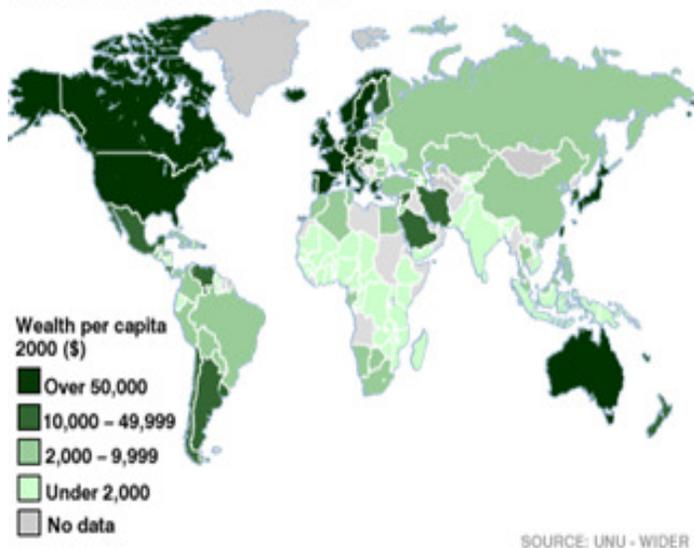
There is an ever increasing demand for business growth in order to meet increased sales targets which now determine success, the value of stock, monetary systems, product pricing, and support of invented markets designed to encourage more consumption and ultimately resulting in much more spending and waste.

Today I believe we are already getting a big taste of what can happen when a monetary system fails in artificial markets, lifestyle expectations become unrealistic and taken for granted and we simply live bigger than we can actually sustain. Thus we now see examples of bankrupt economies and a fragile globalized 'system' teetering on the brink of disaster.

Figure 3.1 World population, 1750-2050



DISTRIBUTION OF GLOBAL WEALTH



Allow me to list a few mundane examples of creative life-style markets that have so many of us spending and consuming:

Fashion- You are still wearing that outfit from 3 years ago? Shame on you!! Not cool! What do you mean you don't like the 8"inch stiletto platform shoes? (Besides that would make me about 6' 5" tall, dammit.) Does no one in North America look at the aging demographic?

Fashion rules our closets and is practically dictated to us based on the designers and outlet stores. Let's get real here. Most of the quality is crappy. Can we not make things of better quality, perhaps for a little more money, but good for a number of years? Have you ever noticed when the fashion guru's run out of original ideas they rotate back 50 years to the 50's, 60's, and 70's? Maybe the younger population doesn't remember but I do and I think it's hilarious. All marketed to make us buy, buy, buy.

Home fashions- You've had that sofa for how long? Those lime green walls are so five years ago! What, no stainless steel appliances? Your countertops aren't granite? Your home isn't an open concept? You don't have hardwood floors? Etc. Can you imagine the mountains of cast-offs and garbage? We can only hope the materials reclamation business is booming. So where do we suppose all this stuff goes when we've had our fling with it? One can only hope there is some recycling going on and the materials are being reinvented for other purposes. I have serious doubts considering the volume. And the truth is that most of us just don't think about it

Electronics- Can you relate to the newest iPhone; the bygone years of flip phones and iPods (so passé); the newer iPads, electronic book readers, game gadgets, bigger and flatter HDTV screens, GPS (I liked maps, but then I am a woman and would actually use one!) all apparently designed to be obsolete about the time you buy them. Thousands of satellites are now circling the globe to allow us all those services and electronic toys and cars that almost drive themselves and park! It seems that everything is smaller, faster, and a lot more money. Hmmm, maybe it's about status. Who knows? Even my small nephews and nieces are playing with hand me down iPads and I have yet to succumb to it. I won't even go into what all of this is doing to socialization and how we relate to one another human to human these days. That's the topic of another article for sure. Or, perhaps it will need a book.



I know many of our readers were around in the 60's and 70's as young fashion consumers. I remember Twiggy and these fashions. I didn't sit down for years and my feet are still recovering!



Note the references in this ad for the retro 1970's home fashion. Just throw out all the stuff you have now because this is what is 'in'. (At least for this season)

In the quest for utopia, we look toward retro 1970s Palm Springs, as the fusion of urban and rural continues to be a major inspiration for the home. This laid-back West Coast style sets bohemian city dwelling against a lush tropical backdrop, blending architectural form and loud pattern with exuberant florals, velvets and abstract patterning. Grown-up glamour is already influencing fashion with the success of TV shows like Mad Men and magazines like the Gentlewoman, and now this crosses over into interiors. Modernist architecture and eccentric colour combinations create a cool, calming - yet inspiring - environment. A slower pace of life, where the home rejuvenates and heals is the ultimate new luxury. Watch out for Art Deco elements creeping through here.

© Trend Bible, 2010



Last week I watched a program called Nova on the science network. (Maybe that's my problem, too much television). The focus was the subject of cyber hacking. A university professor who also happens to be a 'brainiac' hacker, in the interest of security, spends his life hacking into computer systems and he is really really good. His mission is to then take these found weaknesses in automated programs and find ways to make them safer and more secure. So he's actually one of the good guys. He and his staff demonstrated how they could hack into the On-Star satellite phone system found as a feature in millions of newer model cars (an emergency feature), locate that car, take over its computer systems remotely, open the doors and start the engine for the potential benefit of thieves standing by to take over.

With so much of the world going digital and computerized, I find it frightening. Think about banking for example. I happen to know a senior employee of the Royal Bank of Canada who has a department that is dedicated to warding off hackers, devious worm programs and malware. I now make a hard copy of my bank statement every month. Who knows when you might go to the ATM or online and find nothing there! OK, I know that sounds paranoid but think about it. The world financial systems are all automated. The stock exchange and trading networks, government processes, income tax files, and personal data on each and every one of us is all computerized.

Is it just me who feels that a huge amount of control in my life has been lost to the convenience of internet banking and bill paying and on-line shopping? It's a great convenience admittedly, but we'd best pray that they keep all of that data safe. Now we are being 'spammed' with crap coming in from who knows where, our buying habits are being tracked and it seems we can't hide anywhere. For example the Facebook upgrades will now show your 'friends' where you are via satellite mapping. Often these 'enhancements' are added without notification. I post very little on Facebook and reluctantly set up an account so I could follow the lives of my children and families who live far away. As I was catching up a few days ago a map popped up and showed where I had been for Canadian Thanksgiving the day before. Yikes!! I highly recommend checking your security settings often.



To be honest, I believe the bottom line for me is that I really am older and wiser. It seems as we age and then retire, we actually have more time for perspective thought. Our lives in North America seem to be consumed by growing up, getting to school, college education, having families and accumulating all kinds of 'stuff' along the way. I call it the treadmill of life. We pack our attics, garages and basements full of collected goodies that for many of us will end up in garage sales as decades later, we try to downsize for retirement. You go through all these 'things' and often say to yourself or friends, what was I thinking? Why did we buy this? It's easy to see how we've all become part of the 'system' almost without being aware of it.



Now, I actually find myself, going into stores and coming out with nothing. Either I didn't see what I wanted or I realized I just didn't need it. We have got to find a way to slow the world down so to speak and live better. What's more we need to make more room for each other, tolerate differences and somehow find a way to help each other make the best of the gift of life that we have all been given on this earth. It seems to me that there must be a way to make the collective voice ring out and determine what it is that we want and stop being finessed into a life of consumption that somehow we didn't realize we were caught up in. You know, take back some control. The very least we can do is not give up. As I said in the beginning I don't have the answers but at least I'm thinking about it.

A person could go crazy trying to understand all of the cumulative events and circumstances taking place around the globe. With so much information being tossed out into the world via media, internet, and communication portals is it any wonder that some of us feel inundated, helpless and downright overwhelmed? Some may even experience a type of guilt because we have been born in a place of plenty, grown up with the best of everything and never been hungry. It seems too big to be contained in comprehensive thought. So I find myself stepping back from it and trying to be mindful of the little things I can be doing more efficiently. If you set parameters around your life, a kind of visual box that we live in, there are small things we can all do to make a difference and feel a bit better. Mindful consumption instead of waste; live smaller not bigger; stop believing things that are new are better, fix the old one; recycle everything including furniture and clothes, rest assured someone could use them, perhaps your family or your neighbors.



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PEOPLE, PLACES, SCANDALS AND MORE ON COFFEE

Kirby Vickery and Freda Rumford

People and Scandal

When we took the coffee tour with Jupiter we really did not expect to have such an interesting tour or one that left us with such a thirst to know even more. After all, coffee is coffee isn't it? It grows on trees in the mountainous zones, ripens, and gets harvested, roasted, then either ground up or sold as-is for the elite to ground up themselves! Not so, my friends, there is so much surrounding the growing of and caring for these innocent little beans. So many people of all social strata become involved in the process to have each of us able to sit down and savour the wonderful aroma and cherish the first taste of a morning's wake up cup of coffee. These responsible people are to a greater or lesser degree very interesting themselves. We had never thought of anthropology being a subject that we would wish to study, but all of a sudden both of us were looking at that rich, brown, liquid which comes from those little brown beans in an entirely different light.

The towns in which the people live who grow, tend and harvest the beans are small, neat and have the prettiest central "jardins." These towns are so important in the social life of the inhabitants. Many are nestled under the mostly protective volcano even though the people are warned frequently that there is still a beast residing in its core. The rumblings and spewing of lava periodically, gives special soil and nutrients for the bean to develop to its full potential. When the people clear the foliage for a new field or to re-plant an existing one, they leave the larger shade trees in place while taking out all the underbrush. The protective leafy arms of these larger trees shade the delicate bean and slow its ripening process until it is fully mature and ready to be plucked. Many of the worlds best coffee grows in similar conditions, some of our own favourites include the Blue Mountain and Kona coffees, although these are not produced in the same volume as the Comala coffees.

Mexico's coffee is now known as some of the best in the world and it is rapidly growing in importance. It will be a long time before it can challenge Brazil's or Columbia's coffee yield but it is nipping hard at these country's heels and making them watch over their



shoulder at Mexico. Right now Mexico is slated as either number six or ten in the world market for coffee. This, of course, depends on the person you happen to be talking to.

Jupiter told us of the famous Goldsmith family becoming involved in this industry, although almost by default. The Goldsmiths, under the paternal guidance of Sir James (Jimmy) Goldsmith, ventured into the hospitality industry along the Costa Alegre. Jupiter didn't say it, but we feel that he probably did this in an attempt to expand his holdings to support his many wives, mistresses and children. This region of Mexico is known as 'The Happy Coast' (no wonder) and stretches from Puerto Vallarta to Manzanillo.



Sir James Goldsmiths former residence at Coixmula, Costa Alegre

Sir James first bought into the major hotel, Las Hadas in Manzanillo in its infancy in the 1970's. Later his daughters purchased other major resorts north of that city in the areas of Jalisco. This section of coastline is just now being looked at very seriously by the Mexican Government as the next area for tourist development. Isabel Goldsmith, bought the small boutique hotel 'Los Alemandas' at Quemaro and her sister, Alix Goldsmith, owns the old Franciscan monastery, 'Hacienda de San Antonio', north west of Colima where she turned the dusty barns into a very exclusive hotel with it's own airstrip.



Hacienda Nogueres

have the proclaimed aristocratic blood which came through the late Earl Spencer. At some time we are sure that the National Enquirer will have as much fun with that as they did with Prince Harry's possible parentage.

(cont....)



Hacienda de San Antonio

The Hacienda de San Antonio is also one of the two major ranches in the district for coffee. The Hacienda de San Antonio only grows coffee, not the sugar cane as does the Hacienda Nogueres.

The biggest rumour and gossip we found while researching the area was about the life of Jimmy Goldsmith. He was an attractive man who loved many women, married some and had mistresses on the side at the same time. We believe he invested in coffee for the caffeinated energy boost he surely must have needed. He lived with one during the week and another over weekends and apparently kept everyone happy. It is rumoured that he also had an affair with Frances Shand Kydd, the ex-wife of Viscount Althorp. This little affair (?) resulted in a child. Now this isn't ancient history folks. That child is Diana, Princess of Wales and mother to the future king of England. Should that be so, then she and then in turn, William and Harry do not

It is amazing to us that when research starts getting deep, the findings are absolutely not what is expected.

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All we wanted was a nice cup of coffee and we now have a rumour which threatens the throne of England. Being a Royalist myself, I am just laughing and dismissing it but at the same time felt it interesting enough to pass it on. The really good fact is that Diana and the granddaughter of Sir James, Jemima Khan (nee Goldsmith) were the best of friends and could often be seen laughing and chatting at social affairs. So related or not, Diana did have a good friend.

(Dear reader, you have to read the last three paragraphs with an English accent.-KV)

That was just a little fillip to add to the taste of the coffee from Colima which is good, rich and readily available in Manzanillo at the food court, by the kilo, at the 'Comercial Mexicana'. The coffee man in the Market in central Manzanillo sells coffee which comes from Vera Cruz.

Surrounding towns on the mountainside

The State of Colima is the 3rd smallest of the 31 states of Mexico in size but second in population with the Baja California having the least. There are 10 municipalities which make up the rural district of Comala.

Comala lies at the foot of the still active Volcan de Fuego and just a few miles away from Colima, the capital city of the state of the same name. The soil of the volcanic mountain is rich in nutrients that aid the fast growing industry of coffee. The Rio Cordovan runs from the volcano through the area forming mountain lakes which, surrounded by trees rare to the area, have been opened as a park and fishing pond for the people of Colima. In the 50 foot deep crater lake, Lago Maria, tilapia and bass live happily and in abundance while providing food and sport for those frequenting the area. One notable plant of the park is the Vermilion Fly catcher.

Comala was chosen to become one of the 2000 magical cities of the world, and is 1 of 55 such towns in Mexico to have that honor. It is deemed magical due to the strange phenomenon of a car parked and placed in neutral will appear to be pulled backwards up a small hill.

Historically small towns in Mexico were all white washed. Comala was one of these towns. However, the town's people had a small problem with this and sought an easy remedy. Comala began to have every house a different color depending on the whim of each owner.



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As the town developed its rainbow colored streets the citizens were confronted with a different problem. In that its location in the thick jungle, limited light to begin with, and the close and colored buildings further restricted the available light and inhabitants were slowly becoming blind. When made aware of this the Federal Government offered to pay for all new white paint free of charge to restore the 'antiquity' of the town and provide a lot more light. At the time of writing more and more home owners are taking the Government up on that offer and the town is slowly losing all of its garish colored facades. At some point in the future it will be known again as "Blanco Comala".

Suchitlan which means "Place of Flowers" is the centre of the coffee growing area. It is home to the famous masks, some made by the artist Jesus Rincon, worn by traditional dancers during, Danza de los Morenos. This holy-week ritual "commemorates the dancing animals, whom distracted the Roman guards and enabled the Marys to rescue the body of Christ." (a quote from online Comala, Mexico). The indigenous people in this town also speak the ancient tongue of the Nahuatl.

Nogueres

This estate originated in 1531 following a gift to the Franciscan monks by Hernan Cortes. The estate was purchased by the Rangel family the last owner of which being Alejandro Rangel, the famed Colima artist. He willed the Hacienda to the University upon his death. The governors of the estate have restored the Franciscan church and house, turning one house into a museum and are now developing the gardens surrounding the house into a nursery specializing in the flora of Colima.

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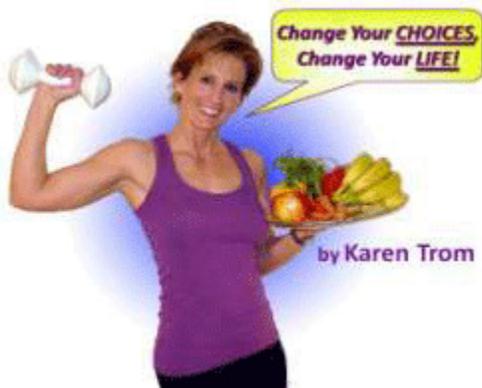
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Balancing Act

Karen Trom



In order to keep my teaching certification I need to take a certain number of fitness training classes each year. While most are very good, sometimes I think they change things as an excuse to have a class! For instance, I just learned the way we have been doing push-ups and squats for years were wrong. However, one thing that has remained the same is BALANCE. The importance of balance and the way we learn or lose balance is continuous and still very important.

While falls from balance issues are typically an over 65 malady, we actually start losing our ability to balance around age 25 but it intensifies greatly over age 50. Does this mean you wait until you're 50 + to worry about it? No- you need to incorporate balance exercises now, no matter your age.

The type of falling I am referring to is not slipping on ice or tripping on a broken sidewalk, it is simply not being able to hold yourself upright and steady. For seniors age 65 years and older, one out of three falls each year. Half of these people fall more than once. Seniors fall more often with each decade of life. Women are more likely to fall than men, but men are more likely to sustain a fatal fall injury. In fact, falls are the leading cause of injury death for this age group. We recently found out that the man

who owned our house in Wisconsin was injured and subsequently died falling off a ladder while cleaning leaves from the gutter. He was in fine physical health, just simply lost his balance and wasn't able to correct himself.

So, what should we do to improve our balance? The number one preventative measure is EXERCISE. All exercise programs should include balance, strengthening and gait training and be done at least three times per week. There are lots of balance routine slideshows and videos on the internet to follow. First, let's see how balanced you are.

- Stand up.
- Plant your right leg
- Lift your left leg, bending at the knee and stopping at hip level.

Can you stand without wobbling?

- Now try it with your eyes shut, then try it on the other side.

A person with good balance should be able to hold this pose steady for 15 seconds. Was that an eye-opener for you? Just doing this simple exercise everyday will start you on your journey to better balance.



If there is a topic you would like me to address or would like some help establishing a workout routine, I can be contacted at karzlo@hotmail.com

The Mezquite Restaurant Bar & Pool

By Terry Sovil

The new **Mezquite Restaurant Bar & Pool** is in the old Coco Loco location with a lot of fantastic new updates and what I hope is a bright future. I had a chance to meet Joaquin, the owner, and his faithful companion, Gaupo (Spanish for handsome) the dog.

The Mezquite has been open about two months as of 17-October-2012. Open daily from 1pm until 2am, Tuesday through Sunday, and closed on Mondays. The music while I was there was thoroughly enjoyable. They have a great sound system that will be 6000 watts when fully installed. Joaquin plans a section near the kitchen that will be quieter for conversations and dinner. A little louder nearer the dance floor, with the loudest on the dance floor and around the bar.

The restaurant has contracted with a Salsa band on the weekends for great live music. It is the only live salsa music in town.

I studied the menu carefully as everything looked wonderful. My first choice was to opt for the salad at 29 pesos. It was an excellent salad with homemade blue cheese dressing. They make their own salad dressings. Next I was really torn between the ribs (pork) and the Filet Mignon. I decided on the smaller, 6 ounce, Filet at \$169 pesos. The steak was delicious and was served along with a vegetable medley (broccoli, cauliflower and carrots) and either



Joaquin y Gaupo (el perrito)

a baked or a whipped potato. I chose the whipped (mashed) potato and it was excellent. The steak was tender, juicy and delicious. I would normally have stopped but Joaquin had specifically mentioned the chocolate-chocolate brownie served with vanilla ice cream.

I could hear it calling my name. The brownie was fantastic, light, and delicious at \$69.00 pesos. They also have a variety of cocktails and beers.

Joaquin also mentioned the ribs as he took my order. I told him that it was a tough choice. The pork comes in from St. Louis and he makes his own BBQ sauce. The ribs are a definite "next time" choice. He personally tastes the beef for the filet mignon to

assure a consistency in the tenderness and taste. The place has had major updates made including a mesquite wood chandelier. Well worth a visit!



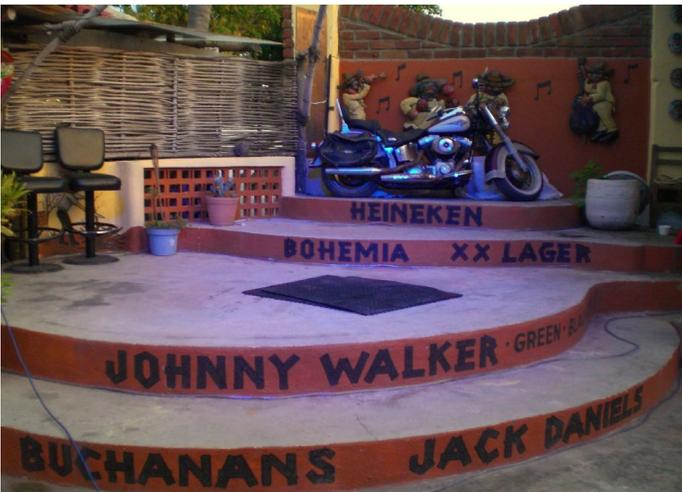
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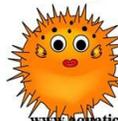
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A Family Thing

Kirby Vickery

In 1949 people couldn't get frozen Thanksgiving Day turkey's at the market. Those olden refrigerators were too small to hold such a large bird and even if they could the freezer compartments in them were too small. My mother would tell of the hours picking out the 'pens' from the bird regardless if it were fresh or frozen. 'Pens' by the way, are those under developed feathers which are not long enough to be pulled out by machine as they hadn't broken through the outer layer of the turkey's skin yet. They had to be taken out one at a time with a pair of tweezers. Getting a fresh turkey for Thanksgiving was so much better than getting a frozen one and enterprising families who knew someone who knew someone else could get a live turkey for very little money.

Mom and Dad for some reason became one such couple. At the time of this story I was still months old and had napped through the whole thing. My elder sister, Laney, was about 4 years old when Dad decided he would get a turkey early in order to fatten it up before the big day.

So they built a pen on their quarter acre lot in the outskirts of Albuquerque, New Mexico, and stocked it with a lot of corn and turkey feed and they drove out to get the bird which could have been a story in itself as that particular bird was a little on the mean side and pecked at everybody. This was fortunate because that nasty habit kept Laney from forming an attachment to it during the three months of fattening time and all Mom could do was to complain that she felt she should be exempt from the pecking the bird did because she fed it. Nobody knew enough about turkeys to tell if it was a hen or a tom. Someone had read that a hen was 'tenderer' so that's what they were hoping for.

Finally the big day came and 'The Turkey' was doomed. Mom had put Laney in the bathroom to keep her from viewing the ritual axe killing of 'The Bird.' Dad had pulled out a short chunk of firewood from the winter's supply. It wasn't quite long enough or wide enough to accommodate the turkey and the axe wasn't the sharpest thing in the shed. But, Dad decided that would make do because he was a 'make-do' kind of guy. You know the type: Big and strong and a lot of muscle in the macho head..

With me in bed blissfully dreaming about my next bottle and Laney carefully tucked away in the bathroom, he opened the pen and lay siege to the turkey. Dad was injured. He had known about the beak and had guarded against that. But, his shins were in ribbons because this bird was, in fact, a Tom, who knew how to use his spurs



which were about three inches long and were naturally very sharp.

With the bird finally tied, Mom wanted Dad to stop while she treated his injuries with what they called 'Monkey Blood.' It was a deep red, disinfectant which came in a small bottle with a glass applicator, and it stung like hell while staining everything it came in contact with. Please remember that Dad was a 'can-do' macho kind of guy and told her that he would just have to suffer through it for a while. He wanted to finish that bird more for revenge now than food prep. Mom could tell because his eye's had taken on a squinty, red circled appearance and she thought she could hear him growl when he looked at the bird. What had started as a good idea soon ran through the 'macho stage' long about the second or third swipe of the spurs now had developed into a blood lust revenge mode with a strong desire to kill. Mom also noted that his jaws were clamped down real hard and he spoke through a clinched mouth in very short sentences.

Placing the turkey on the wood block was difficult because of its size and shape. Dad finally managed a good fit, as it were, only when the bird would cooperate which it seemed to do every now and then. He would get the bird down on one side. Then after it struggled a little it would settle down. He would then grab its head and extend its neck across the block of wood. Now turkey's are not the smartest animal to come down the pike and sometimes it would leave well enough alone and not move for several moments. It was during these long, still, moments that gave Dad enough time to grab the axe and start getting it set with a mighty back, overhead, leg lifting, swing.

The bird may have been on to what Dad was trying to do because right at the apex of each try, it would pull its head up from the wood or back towards its body. Dad would stop his swing and re-set the bird only to wind up again. This went on for many attempts. Dad's eyes were getting very red now from anger, frustration, and exertion. After all, he was an office worker not a lumberman and I'm sure a little manic depression was setting in. He just knew the bird was doing it to spite him.

Neither Dad, nor Mom saw that the bindings holding the turkey's feet had come untied and were working loose. What they both saw was the one time the axe came down and chopped a little of the beak off which made the bird very uncooperative. Dad wanted to ask Mom to hold the head out but didn't dare knowing the reaction and the answer. He finally got the feet a little under control and again the bird settled down to let its head be pulled out across that piece of wood.

Alas, the bird was cleaned, stuffed with grandmother's dressing, and roasted to a turn. The family said it was the most tender each of them had ever had. The rest of the dinner was scrumptious all the way down to the rolls and four types of deserts. Aunt Joie had even had ground the coffee and with Uncle Sam's homemade ice cream, the entire dinner was well received by the entire family. The discussion was of family things' and remembrances' during and after the dinner. Even though Dad was moving just a little slow everyone was kind enough not to mention it or the limp he hadn't had last week.

The subject of conversation at all the neighbor's dinners wasn't so much about their food, as the scene they were exposed to when Dad swung that axe with everything he had that one last time. The turkey had jerked his head back just a little right in the middle of his power swing and the axe pushed half way through the bird's neck, severing several blood vessels while snapping the bird's neck and mashing the skin at the point of impact. The cord which was holding the bird's feet let go and the bird sprung up and started running all over the back yard in uneven circles with its head flopping over this way and that, while spurting blood everywhere. Dad was chasing it with a hobble because his shins were not only black and blue but he was leaving a little trail of blood to add to that of the turkey's. Mom had tried to run after him but stopped to get sick, repeatedly.

While all this was going on, I slept blissfully unaware of the battle field in the back yard while my elder sister, Laney, was hanging out the bathroom window, yelling at the top of her little voice over and over again, "Get'em! Daddy. Get'em!"

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Five Estate-Planning Tasks to Do Now

By Yann Kostic

Estate tax might be changing in future, but that doesn't mean you should postpone estate planning. Here are five estate-planning tasks to consider checking off your to-do list now.

- Update your beneficiary designations. If you've completed beneficiary designation forms for your financial accounts, you have beneficiaries - and those designations trump other estate-planning documents when it comes to distributing your assets. Review them and ensure that they're up to date.
- If necessary, designate guardians. If you have minor children, you should name guardians to look after them if you are unable to care for them. It's possible to name two guardians - one to take care of your child's day-to-day needs and another to supervise the child's financial assets.
- Write your wills. You need two types; A living will describes how you would like to be cared for if you should become terminally ill and unable to express your wishes yourself, a last will and testament explains how you'd like your assets distributed after your death.
- Draft powers of attorney. A power of attorney specifies who will handle your affairs if you are still living but incapacitated. Again, you'll need two: one to handle health care decisions and another to handle financial matters. (The latter is often called a "durable power of attorney.")
- Name an executor or executors for your estate. When you die, your executor will gather your assets and make sure they are distributed in accordance with your will. While it's common to name family members as executors, in more complicated situations you may want to use a professional, such as a bank trust officer. You can name one or more family members and a professional as co-executors. Or you can designate two family members. Also, don't forget to tell your executor that you've named him or her the executor.

Yann Kostic is a Money Manager and Financial Advisor (RIA) with Atlantis Wealth Management specializing in retirees (or soon to be), self-reliant women as well as Expats in Mexico. Yann works with TD Ameritrade Institutional as the custodian of client's assets. He splits his time between Central Florida and the Central Pacific Coast of Mexico. Comments, questions or to request his Newsletter "News You Can Use" Contact him at Yannk@AtlantisWealth.com, in Mexico: (314) 333-1295 or in the US: (321) 574-1529.

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We hope you are all well and have had a wonderful summer. You may have already set your date to return to Manzanillo or you may not be visiting Mexico this year but have been a supporter of CHLA. We appreciate all of you and the assistance you have given and continue to give the children.

The 16th annual benefit dinner, auction and program, "Changing Lives, One Child at a Time", will be held on Friday, January 25, 2013 at the Gran Pavilion in Manzanillo.

Thank you for your generosity in donating items or money to buy items for the silent auction over the past years. The silent auction provides a significant source of income for CHLA. As always, our goal is to make the auction an experience people will enjoy and bring in much needed funds for the children.

We listen to your comments about successes and shortcomings of the evening and, when possible, make changes. Recently, we have received comments that with so many items on sale at the tables there has not been enough space to adequately view them. Some "shoppers" felt overwhelmed.

In past years, items in the silent auction were not sold in Manzanillo. With the opening of Home Depot and Sam's Club in Manzanillo many items that we offered before are now readily available.

Our goal in 2013 is to have a smaller number of specific items artfully displayed with space for easy viewing. We are requesting high quality, popular/desirable items and brands that are hard to find in Mexico. These usually need to be brought from the US or Canada.

**Please donate items such as those listed to the*

We also welcome donations of generous size theme baskets. As with any of the donated items, several of you might want to join forces to create a special basket or purchase a quality item mentioned below. If you prefer to send a cash donation for us to buy items for the silent auction we are also grateful for that option.

If you donate cash for the silent auction please make the check payable to "The Childrens' Foundation", send it to "TCF, PO Box 1443, Loveland, CO 80539". Clearly specify that it is for the "Silent Auction". PLEASE email us if you are making a cash donation. It would also be very helpful if you let us know what item you plan to donate so we do not duplicate. Live auction items are needed! Finally, we would deeply appreciate volunteers to help before and/or during the event. Please let us know if you are interested!!

Thank you for supporting the children and our efforts on their behalf in 2013!

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Janice Morgan (janicebmorgan@comcast.net)

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(The following is the ninth installment of a slightly embellished and bit fictionalized account of an almost real event!)

By Tommy Clarkson

We all have met 'em. . . XI

. . . it may be a brother-in-law, next door neighbor or that particularly irritating high school bully badly who has gone badly to seed.

You know the kind - those guys (and occasional woman) who, no matter what you say, are the "I can top that" sort!

Mine sat but centimeters away - blocking escape to the narrow aisle beckoning me from beyond his substantive hulking girth. And by now, though not a religious man, I found my mind hysterically screaming "Lord, please give me respite, release, escape - a sharp instrument" but none came nor were made accessible. So on my seatmate droned. . .

. . . "But speaking of childhood hobbies (briefly, I wondered at that comment as I was not unaware that we had been) most of my classmates liked to shoot marbles or play with their yo-yos. So pedestrian that," he archly asserted. "and patently easy, what they did that I - out of sheer boredom, mind you - created 'toe-going'.

"Within a week or so I could easily manipulate ten yo-yos attached to each of my toes - even doing "Around the World" with up to four at a time while orchestrating the other eight in more conventional maneuvers like "sleeping in the cradle" or "walking the dog". Inasmuch as most of the activity took place directly under the sole of my feet I called in my 'Arch' de Triumph! Get it?" He fairly burred with enjoyment at his word play.

His initial noisy chortle, became a rumbling chuckle that then cascaded up and down his somewhat daunting portliness and then ended with a resounding "Harumpf!"

Then, clearly not even remotely through with this train of thought, he went on, "Now conventional, perfectly rounded, glass or agate marbles were also, simply no challenge to me an eight to ten year old. So it was that I commenced to use, semi-rounded, uncut rubies, emeralds and sapphires from my father's Burmese mines. The rough hewn nature of these added intriguing dimensions to the game. I could never understand why my little friends didn't enjoy it the way I did. . . ." His voice actually tapered off in silence - though briefly - as he appeared to give the subject contemplative thought.

But then he caught himself and - on a wholly new track - continued. Did I mention the fun I had with "The Royales" when last in Great Britain. Numbly, with glazed eyes blarily staring at the back of the seat in front of me, I nodded no.

"Charlie, His Royal Highness, The Prince of Wales, of course, is such a card - though few folks actually know it. He loves to do impersonations. Last week, he had Carmilla, his boys, Billy, Harry and me (they consider me family, you know) in absolute stitches we laughed so hard."

The infectious glee in his voice and twinkle in his eyes - I can not but admit - made his story seem almost believable. "I don't know what was funnier, his 'Obama electioneering at a KKK meeting', 'Nancy Pelosi at an amateur night pole dancing political fund raiser' or his highly convoluted, 'Sean Hannity, Glen Beck and Rush Limbaugh trying to out humble each other at a Maslovian Self Actualization conference!'"

Then, he paused. With a wistful look and contemplative gaze into eyes, stated in a quiet, serious manner, "Liz, his mom of course, has been at me for sometime now to help him with his public image. He's so tragically misunderstood by so many, you know. Indeed, I may just have to break down and take him under my wing. Maybe if he and I partnered in a darts tournament or two at some of London's Pubs or maybe did some impromptu Hip Hop or reggae around Piccadilly Circus. . . ."

Then, aside from the engines rumble, there was quiet - the first in what seemed like hours and hours. So unprepared for this hushed state was I that I actually urged him to continue. But, amazingly, such was not to be. The silence persisted for nearly a minute. So accustomed had I become to his seemingly ceaseless dialogue that this stillness now seemed painfully uncomfortable.

Then he roused himself with, "Have I told you how I invented synthetic uranium from old tuna cans, gum scrapped from underneath restaurant tables and dryer lint?"

(The previous 8 "We have all met 'em." can be found in previous issues of Manzanillo Sun)

The Twisted Way We Speak - VIII

By Tommy Clarkson

Inasmuch as our alphabet starts with the letter "A", what better prefix than that one to discuss the, often, weird way we, of the English writing and speaking ilk, communicate.

For examples, take the word "atheist" - "somebody who does not believe in God or deities" - as opposed to theist - "belief in the existence of a god or gods". Aha, they are, then, dichotomous! I'm fairly "agog" - "in a state of eager excitement, anticipation or interest". (But - there on my horizon of consideration lies a grey cloud of possible confusion - if I wasn't agog, would I be "gog"? That doesn't sound particularly good!

But the former seemed to make good sense, right? OK, so let's pursue this a bit further. What then of the word "abash" as opposed to the good, old, basic "bash"? That would be "To astonish, discomfort or disconcert" in juxtaposition to "to strike somebody or something with a heavy blow." While a bash might cause me a bit of discomfort that really doesn't seem to follow our earlier etymological thought process does it?

Now, while "To encourage, sanction or help is to "abet", a general consensus amongst us all would be that to "bet" would be, generally speaking, a "wager". Yet, I've gone to the track of ponies or pups, walked up to the window and said "I wish to place 'a bet'". And, did not someone "help" this transaction on by "encouraging and sanctioning" me through the taking of my bet? This seems a tad convoluted and I'm a bit confused here!

What of this then? The word "about" is described as "A grammatical word that refers to "Different sides or aspects of something from some point of orientation". Yet, a boxer fights a "bout" with a fellow pugilist from but one perspective - to knock him silly! And, then there's "acute" as opposed to "cute" ... 'nuf said there!

Granted that while "abroad" is the adverb of "brooding", "abrook is the verb transitive of "to brook" and "aburst" is the adjective form of "burst, what then of "abrupt"? Delete the "a" and it sounds more like a deep, meal appreciative, mid-eastern belch!

The "a-words" - "afield", "agush", "aflame" "afloat", "aheap" "ahead", "afoot", "akin" and even "aleak" are pretty obvious as to which or what each refers, right? What then of "akimbo"? (A great word, by the way, used far too seldom in my opinion ... though a bit difficult to work into a conversation over cocktails I suppose!) What is a "kimbo"? Or, not to alarm anyone - what's a "larm"? And then there's "lert" and "alert"! H'mmmmmmm?

I turn for clarification from my, well over 2,300 page Webster's New Twentieth Century Dictionary and there, side by side, are "alight" and "align". I know "light" but "lign"?

Where is the sense and logic in all of this? Am I "ashamed" or "shamed" that this seems too much for my little brain? Increasingly, this whole prefix "a" conundrum seems to make me want to throw my hands in the air with frustration most abject (wait, is that almost yet another "a-word" lying in wait to confuse me further?) - and scream "a- @%\$*!!!! (I "await" your thoughts and "wait" for your counsel." Now that makes sense!

(The previous 7 "The Twisted Way We Speak" can be seen in earlier issues.)

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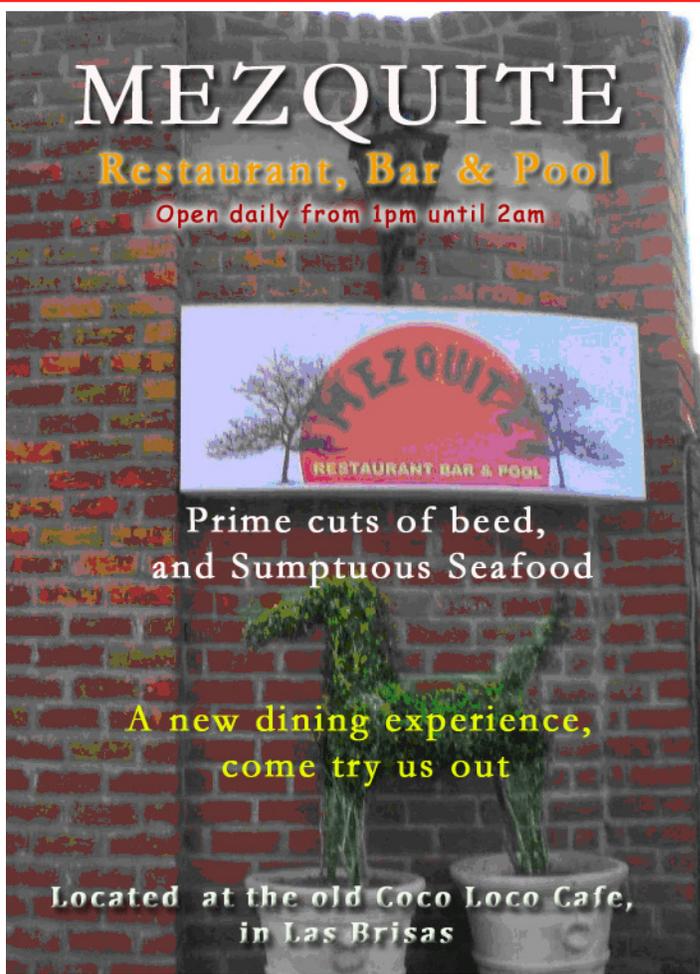


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