

# Manzanillo **SUN**

May 2016

Manzanillo's Lifestyle E-Magazine

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## E-MAGAZINE

a div. of Manzanillo Sun website  
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*Comments, brickbats and bouquets  
on our featured articles are always  
welcome.*

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Submissions for possible inclusion  
in the magazine, please send to the  
editor by 20th of each month.  
We are always looking for writers  
or ideas on what you would like us  
to write about in the magazine.  
Preferred subjects are concerning  
1.) Manzanillo or 2.) Mexico.  
All articles should be 1000 words  
Or less or may be serialized. 500-  
750 words if accompanied by  
photos. Pictures appropriate for  
the article are welcome.



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## Message from Ian Rumford – Manzanillo Sun

Dear Manzanillo Sun readers,

I have some big news for all of you - our community in Manzanillo and around the world. A little over a year ago, my mother, Freda Rumford Vickery, and I started to discuss about how it was time for the magazine to have a new phase and new leadership. We started to look for the right person to carry the torch. We talked with Dana Parkinson and felt that it was the right next step for what we had built so far, and that she should be the one to take the Manzanillo Sun forward.

As of the printing of this edition, I would like to announce that Dana Parkinson is now Publisher and Editor-in-Chief of the Manzanillo Sun e-magazine and site.

Dana has a 30-year history in Mexico, and many years in Manzanillo in particular. With an MBA from one of Mexico's top universities, Dana is fully bilingual and has a background in destination marketing and publishing. Most importantly, she loves Manzanillo and Mexico as much as we do.

In response to your requests, Dana started developing some new and exciting features and services that will be online soon. While there may be a few bumps or hiccups along the way, I would ask for your support, now more than ever, in sending Dana and her team your ideas, articles, suggestions and your beautiful photographs. You can reach her at: [dana@manzanillosun.com](mailto:dana@manzanillosun.com).

I will still be involved from time to time and you will see Mum's articles and stories revisit now and then as well. I will also see you on [Facebook](#).

Dana has already put the magazine's previous issues on to the web site in PDF. You can find them all under the new Magazine Archives part of the web site. We will continue to present the magazine in flipping format on ISSUU but now you will also be able to download the editions in PDF, as many of you are now reading on smaller devices and prefer the PDF format. Be sure to check out the new web site and features coming along soon.

For those of you that haven't had a chance to meet Dana personally, she will be hosting an appreciation event next season for our authors, readers and advertisers. She will let you know so you can stop by and say hello.

Please join me in wishing Dana and her team the best of luck!

Ian Rumford

Manzanillo Sun [ian@manzanillosun.com](mailto:ian@manzanillosun.com)



## Return to Paradise

by Kirby Vickery

Before I ever stepped foot into Manzanillo, I was made very much aware of two things. The first was the overall beauty and ambiance of the Manzanillo area. The second was my impending responsibility of editing and writing for the 'World's Greatest E-Magazine' (as it was put to me): the Manzanillo Sun.



There were no rules concerning the first task as Freda (later known as 'Fuzzy') took delight in driving me around in her little Red-Ford-Fiesta-Canadian-Test-Bed-With-A-Six-Speed-Automatic-Transmission-With-Two-Clutches-And-No-Dip-Stick portable tomato can.

So I got into the swing of things and took lotsa pictures to go with the future writings I was going to make for this publication. This filled both requirements at the same time, with Ian egging us on through his hunger for more articles. I even put my book on the back burner for these opportunities.



The only other places I had stayed in Mexico in the past were Mexico City, which I really don't remember other than flashes of memorable events unique to there; Juarez, simply because I grew up just across the border in El Paso, from time to time; and Tijuana owing to a wonderful job I held in the city for a few years before getting my education. Nope, Manzanillo was totally different starting with the customs agents who were apologetic about having to question some of my medical supplies they'd not seen before.

This place is loaded with good places to eat to fit every budget. There are several small parks along the main boulevard on the landward side which have these small portable eateries loaded into them.



We would tell the cook or his assistant (often his wife) to fix what he fixed best and we would eat it. That and the famous Mexican Coke to wash it down beats anything turned out in the states or Canada in a sit-down type restaurant. Then we would walk around and smile at the people who always smiled back. The small electronic device craze has also hit this country, so the city has installed free Wi-Fi in all these small parks. You can take a shopping stroll down the boulevard; stop in the shade of a tree in one of these little parks; grab a quick delicious bite and talk or text to the world.

Today we went into the main part of Manzanillo near the big blue fish monument and had a seafood spread that was fit for the Gods. I am told that the American and Canadian people that live here stay on the other side of the bay which leaves this wonderful area all to the cruise boat people.



It reminded me of a very clean and sane downtown Juarez or Tijuana with the usual narrow streets with small kitchen-sized shops lining both sides. Each one is painted in bright un-contrasting colors, without regard to the scheme of its neighbor.

We had ample help in parking and even got the car washed while we were having our supper. The only person I couldn't get a smile back from was a toddler I tried flirting with, although she did give me a bit of a wave as she hid her face in her mother's shoulder. Oh well, next time I won't wear my gringo Tilly hat.

My hostess has a condo on a four story walk-up which she says keeps her young. It just increased my alcohol intake at first before I got used to it. It's a nice place with a cool breeze running through it all day, every day.

I twisted my calf and found myself with a Charlie Horse the other day and was stuck up there while everyone else went out and about. Typical for this time of year, there was a morning mist and calm sea, although it did nothing to the sound of the waves coming in.

Right now you can't swim on this beach. There's something about a La Niña or El Niño driving different currents all over the place. So this beach is scalloped with undertow and riptides. I went walking along it the other day and found myself fighting to stay up and balanced when the water was rushing by that was ankle deep. There isn't a lot of public access any way along it. Nope this beach isn't a swimming beach right now but there are a lot of restaurants along it where you can get a really good meal and sit and commune with the sea during your pleasurable experience with your third or fourth michelada.



Now, if your thing is on or in the water, there are dive clubs and fantastic places just waiting for the sports diver. The next bay over is named Santiago Bay. There, the surf is long and well spaced, the beach is free and they hold surfing competitions there, annually.

It too has surf-side restaurants and, on the other side of the road, should you have forgotten a beach toy or surf board, they'll sell you anything at a special price just for you. Ask them if you don't believe me – they'll tell you!

This entire area is not like Cancun or Cabo San Lucas and no one wants it that way. The indigenous people are here for their own benefit and not to serve the "Gringo." If you do the 'we/they' thing, they allow us in and to exist with them. But you're not going to get anything special from them that they don't give to each



other. Please don't misunderstand, these people are wonderful. I've been stopped on my morning walk by native strangers just looking for a conversation. You can walk down any street and be greeted by a host of "Good Days," or huge smiles and curt nods if nothing more.

Manzanillo is growing. Since my arrival here, I've seen as many as fourteen large container ships waiting their turn into the port. Right now, while sitting out on the seaward porch, finishing this article, I see eleven ships, not to include the harbor master's gig, knowing they will be gone in a few days, replaced by other commerce growing vessels for their loading and unloading.

I also note that it's time for my daily stroll. Remember that I have the record while on a shopping trip of getting seven smiles and waves from the little folk. You can try to beat that.





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## Running the Gauntlet for IMSS in Manzanillo

by Suzanne A. Marshall

Now that my husband and I have our permanent visas and are living in Manzanill, in the area called Salahua (sometimes also spelled Salagua), we have proceeded with the objective of obtaining access to the Mexican public health system - IMSS (*Instituto Mexicano del Seguro Social*). It isn't what I would call complicated but it is tedious and requires quite a bit of running around and trips back and forth to various offices. I can only imagine that any foreigner seeking healthcare in another country is going to run into similar bureaucratic processes. So, if you decide to proceed down this avenue, be aware that you will need some assistance with Spanish if you are not capable and a vehicle is essential unless you have someone to drive you to numerous destinations.



Manzanillo General Hospital, Av. Elias Zamora  
(close to Coca-Cola plant)

There is some excellent information about IMSS on the internet. If you are set up to do so, I recommend a website at:

[www.focusonmexico.com/mexico-topics/health-care/imss-national-health-insurance.html](http://www.focusonmexico.com/mexico-topics/health-care/imss-national-health-insurance.html)

The website is focused in the Lake Chapala area and covers a broad list of topics from driving in Mexico to the legal systems and various general topics of interest to expats.

Our first step in the process involved finding the IMSS office building. It is located one block south of the General Hospital on the Salahua valley road called Avenida Elias Zamora (same main avenue as the Coca-

Cola plant/ Valle de las Garzas) on the East side. It's a modern, air-conditioned building. You will be greeted at a reception area and given a numbered ticket to wait your turn in the waiting areas. There are numerous wickets, somewhat like a bank, and you will be called to one of them.

When you explain you are applying for social security medical (voluntary medical) coverage at the IMSS, you will be given a form to fill out there. The form includes a list of pre-conditions that will not be covered. If you do have any of these, you will not be accepted or may be accepted with exclusions (though not likely).

Luckily the young woman serving us spoke a bit of English and I worked very hard at speaking my somewhat stilted Spanish. We each managed to complete the task and were given a list of fees and were told to go over to a nearby bank to pay the annual levy up front before we could proceed. We were also informed that once the process was underway, if we were not approved, the cost would not be refundable.

The annual costs are as follows:

<u>AGE</u>	<u>ANNUAL FEE</u> in pesos (MXN)
0 – 19 yrs.	\$2,250.00
20 – 29 yrs.	\$2,700.00
30 – 39 yrs.	\$2,850.00
40 – 49 yrs.	\$4,000.00
50 – 59 yrs.	\$4,250.00
60 – 69 yrs.	\$6,150.00
70 – 79 yrs.	\$6,450.00
80 yrs. plus	\$6,500.00

TIP #1: The bank would not accept credit cards so we needed to return with cash. Be sure to have a copy made of the receipt for yourself. IMSS wants a copy for their office files. There was a store that made copies for us beside the bank (Banamex) located on the West side of the Valle de las Garzas road, across from the General Hospital.

TIP #2: You will need copies of your passport, FM3 or permanent visa, electrical or telephone bill as proof of residence (preferably in your name) and a copy of CURP number which is basically your social insurance



number in Mexico (our permanent visa cards contained our CURP numbers).

We then proceeded back to the IMSS main office with our receipts and copies in hand and once again waited our turns for a wicket. Providing these to the woman then allowed us to proceed to the next step which we were told was to go to a clinic with our documents that she had kindly sorted out for us. At that point, we thought we were going to be referred to a physician. We asked where the closest clinic was to our residence which turned out to be clinic #17 past the Auditorium and not far from the bus depot. It is definitely a distance from the IMSS offices and thus our recommendation to be driving a car.



At clinic #17, we bumbled our way around and ended up at a desk where we were told we would need to have blood tests done. We were given a short list of the tests required. Also we were told we must provide three small photos (infantile) of ourselves like those for our passports or visa cards. We were unprepared for this. Again we asked for direction to an appropriate laboratory and were told there are many. Living on the beach in Salahuá, we asked about the Echaury Hospital near us and were told that would be fine. Since it was a Friday afternoon and we were told we must fast (no comida) for eight plus hours, we waited until Monday morning to check in with our instructions at the Echaury Laboratory (second floor). The laboratory

costs were \$536.00 pesos each. Results of the tests were available for us before 5 pm that afternoon, too late to return to the clinic that day.

**TIP #3:** Fasting of eight hours or more will be required for blood testing.

Over the weekend we rounded up the required photos. There are many places that will provide this service. I like a small studio just across the side street from the Cathedral in Santiago (four photos for \$25.00 pesos). Farmacias Guadalajara can also do them.

**TIP#4:** You will be required to provide 3 photos for the clinic when you return with the results of blood testing.

The following morning, we headed for clinic #17 with our growing file of information. We fully expected that we would be sent to a relevant physician for physical examinations or that there were physicians working in the clinic for that purpose. Apparently we were wrong. The same worker took our lab results back to some offices out of our view and we waited. When she returned, we received our forms from her, duly authorized by the doctors in the back, and instructed to return them to the IMSS main offices. Mystified as we were, we were quite happy not to be submitted to physical exams though we wondered if there was still another step for that purpose on this continuing journey.

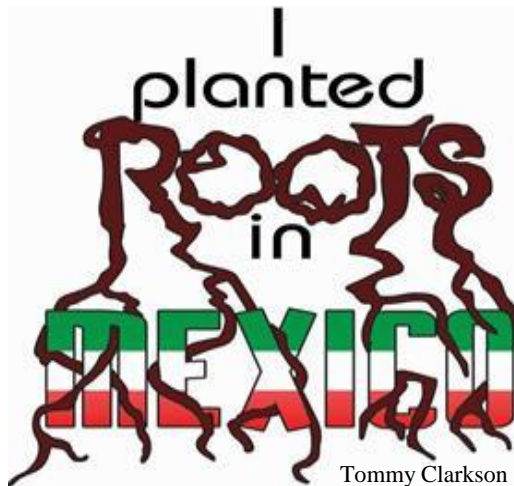
I'm delighted to report that, having scurried back to the main offices of IMSS, we were accepted for the Mexican system and informed that we could pick up our healthcare cards at the clinic on the 1<sup>st</sup> of the next month. That would be about two weeks away at the time of writing this article. We have yet to complete that particular step. We still need to establish contact with a local doctor but that will be our first agenda item upon our return from visiting family back in Canada.

Our annual payments will be due the following year, in the preceding month before expiry.

**TIP #5:** If you have diabetes or a heart condition, you will likely not be approved.

**TIP #6:** Review the many details provided at the Focus on Mexico website noted in the article.

**TIP #7:** Detection of a chronic disease in the first six months of IMSS affiliation will likely lead to disqualification, with no refund of fees.



**Cordyline**, *Cordyline terminalis* or *fruticosa*

**Family:** *Agavaceae*, *Asparagabae* or *Dracaenaceae*  
or *Laxmanniaceae*

(No little difference in the botanical world here, huh?)

(Also known as Palm Lily, Ti Plant, Hawaiian Good Luck Plant, Good Luck Tree or Tree of Kings.)

Some assert that these striking, vibrant plants are the “King of tropical foliage.”

But, regardless whether this be an imperial or pauper plant, there is, definitely – in some botanical quarters - a difference of opinion regarding which family to which it belongs. Beyond the above, several, family names, during my perusal of various tomes of botanical data in confirming information on this plant, I noted that it was also – confusingly - classified in the *Lilaceae* family by a few!

However, most folks do concur that it is in the same family as the Agave and Yucca . . . but, perhaps more on the feminine, delicate, gentle and pretty side!

Generally speaking, just remember its simple name - what the Polynesians call it - the Ti (pronounced “tea”) Plant. So popular is it in Hawaii that many consider it the symbol plant of the State. However, it originated in Southeast Asia, Australia and New Zealand and the nearby tropical Pacific area, though I have heard that there is also a South American variety. The green variety was lovingly hauled to Hawaii by its first migrants who felt it a symbol of divine power and used it in Priest’s leis.



Many call these beauties a Ti (pronounced “tea”) Plant.

The name *Cordyline* comes from the Greek word *kordyle* (a club) and is a reference to its underground rhizomes that are enlarged and club-like.

This plant can have either singular or multiple – but generally single – slender stems atop which grow variably formed elliptic to lanceolate leaves. Riffle has said that their leaves “carried on grooved petioles” (the leaf stalks) look somewhat like a “feather duster” often in colors of a “bewildering array.” But, what with its tendency to get a bit “leggy”, it is best employed intermingled with other complementing foliage.

Many assert that this beautifully leaved plant achieves its best color in full sun. However, those I have observed that are particularly vibrant, have been accorded good light, but also enjoyed protection from the direct sun – perhaps savoring the good life under a palm canopy of palms during the afternoon heat.

The hybrids of the *terminalis* species may have variegated leaves or solid green (light to dark in color), yellow, red, purplish-black or the, most preferred, rose-pink as shown here.



There are now numerous cultivar (horticulturally, rather than, naturally derived) varieties growing in a veritable rainbow of colors. *Terminalis* will grow to a height of around four meters (13 feet). *Australis*, the hardiest growing species - also called the Cabbage Tree - in the wild, can grow quite large and tree-like. But in the more cultivated, domestic environs, as an adult its height may be anywhere from just under two meters to eight meters (five to twenty-five feet).

They are somewhat salt and wind tolerant thriving, in some locales, right up next to the beach. They prefer a home of rich soil that will hold nutrients, but drains well as they do not like their feet standing too long in water. But - important here as it is definitely not drought tolerant - water regularly!

They like slow release fertilizers and, during their growth time, serve them meals of soluble fertilizer every two weeks. Remember, don't under water them as this will parch the plant and cause them to grow leggy and dull looking - a stage I survived in the 8<sup>th</sup> and 9<sup>th</sup> grade!

Stimulate growth by taking cuttings to use in household bouquets - don't lose sight of the fact that flora is to enjoy when/however. Speaking of which, natives in New Guinea have used the bright leaves in the making of clothing, headwear, thatching and even employed them for medicinal purposes. In other parts of Polynesia pit cooked food is sometimes wrapped in the leaves. Elsewhere it is used for livestock food, perfume, varnish and - lo and behold - even as a drink in Hawaii called Okolehao. Though I have not tried them, the roots purportedly are edible. Of a more practical use, why not try "natural" placemats of their beautiful leaves for a tropical feel at dinner for special guests?

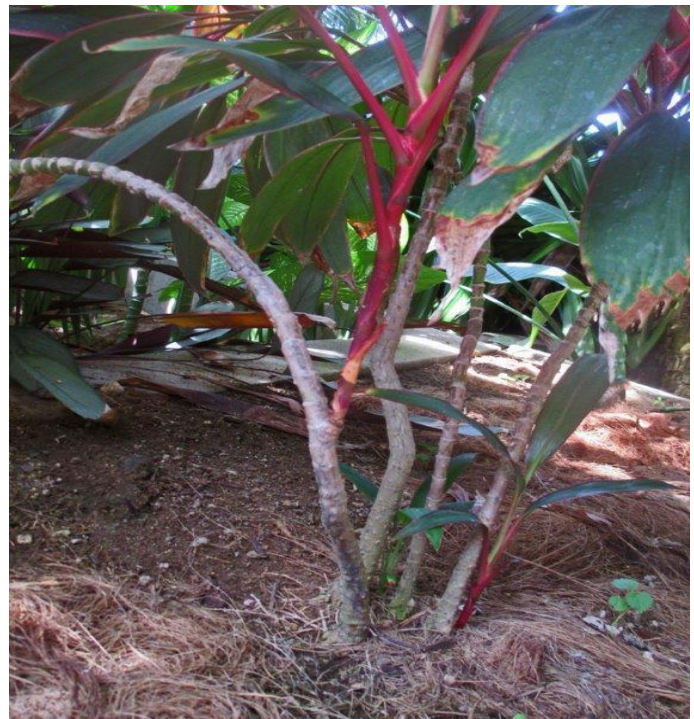
Should your parenting instincts kick in and you wish to hear the rustle of little leaves from Cordyline babies, root cuttings will grow quite easily.

An indoor plant? Sunny location and warmth . . . but don't forget its thirst!

**For back issues of "Roots", gardening tips, tropical plant book reviews and videos of numerous, highly unique eco/ adventure/ nature tours, as well as memorable "Ultimate Experiences" such as Tropical Garden Brunches**



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Their tendency to get leggy lends them to best be incorporated with other foliage plants.



The coloration of its leaves are rather stunning!

## I was born in the dark ages!!

by Señor Tech

Nine years ago, Apple introduced the iPhone and the world changed. Communications, photography, music, video and personal relationships have all been affected.

Consider the point-and-shoot digital cameras that were the rage in the first ten years of the new millennium; they are now a dead and dying product. That is also true of consumer video cameras. The cameras built-in to all late-model smartphones surpass the quality of almost all but professional-grade equipment.

If you own a current smartphone model, you always carry a camera capable of producing panoramic still photos, HDR (High Definition Resolution) photos, and video clips (regular, slow-motion, and time lapse).

Numerous apps abound to edit both photos and video, allowing you to produce a movie right on the phone or tablet. The original or edited photo can be instantly printed at a photo lab or your printer. The photos on the phone do not require the additional step of transferring to a thumb-drive or CD in order to print.

Cellular (mobile or wireless phones) have been in use for over 30 year. I bought my first one in 1987. It was a Mitsubishi E-TACS and was built-in to my car. The early models could only send and receive voice calls and cost \$0.50 per minute plus any long distance or roaming toll charges.



In 1999, RIM introduced Blackberry Model 850. This was the first device to integrate email into a phone. It offered calendar, calculator, alarm and keyboard. It changed corporate communications, as employees could easily send and receive email remotely.



Fast forward to June 29, 2007, and the introduction of the iPhone, which promised mobile computing for the masses. Today's iPhones, and smartphones from other manufacturers, have delivered on that promise. In 2014, mobile phone subscriptions grew to over 7 billion. If you walk down any street, a person without a mobile phone is an anomaly.

Has the smartphone changed communications? Yes, you are able to send emails and texts: but you can also update your Facebook page, share your real time location with friends, search for comparative pricing as you shop or go old school and use the device as a phone.

Anywhere you are, you can watch a movie, watch television or listen to music from a selection of over 30 million songs on the device. News junkies will love the ability to receive up-to-the-minute notifications of disasters, stock information or anything of interest.

If you are lost, select the Maps app and it will display your current location and provide directions to your destination. Public transit directions are amazing. The app will show the location of bus/train stops, time until next bus/train, transfer points, walking distance as well as arrival time at the destination.



The phones also have built-in compasses, which are handy if you happen to lose your bearings on a remote trail.

Interested in the weather? Numerous apps show current and future forecasts for your location as well as those of your friends (so you can tell if they are truthful). My iPhone has a built-in barometer so I can manually check weather changes. There are also many apps that send hurricane, volcano and earthquake alerts.

Personal relationships have been impacted by these devices. They are so addicting that person-to-person communications are compromised. We were at a restaurant that had a table with 4 young ladies, each with a phone, each texting at the same time as they sat together. With great power comes a responsibility to ensure we do not forget to live in the moment with our loved ones and friends.

I recently read a spy thriller based in 1980's Russia. Over half the book dealt with the characters trying to clandestinely communicate using payphones (remember those?).

The storyline mostly dealt with field agents looking for, or trying to discreetly use, the payphones to report or find out current conditions to achieve their goals. Mobile phones would have made the novel a short story and eliminated most of the suspense.

Security is not as sexy as any of the other features, but it is probably the most important. The stress of car troubles in a remote area can be minimized by use of a smartphone. Not only can you call for help, but also give your exact location to the operator.

Home security cameras can now connect to your smartphone. In real time, the camera shows video of the caller on your phone's screen while you respond by voice, whether you are home or away.

Smartphones can also connect to numerous health devices which can monitor vital signs and alert health professionals when dangerous conditions occur.

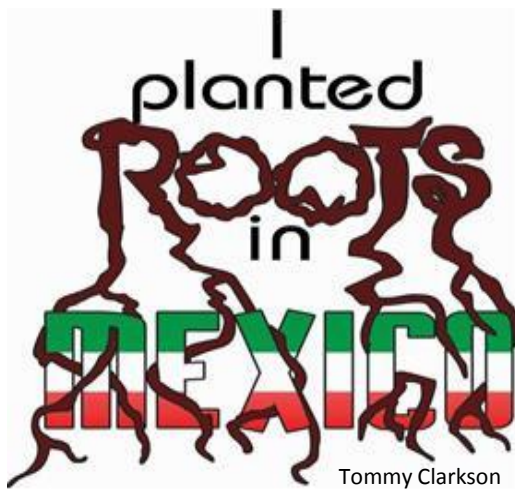
If you are one of the few people without a smartphone, I strongly encourage you to consider the purchase of one. Even if you are not interested in the photos, entertainment or internet communications, get one for the security and peace of mind that it will provide.

If you are reluctant to purchase due to the technical complexity, take a young person with you; not only will they be happy to do so, but they will spend hours showing you how to use the phone. For most people, that alone would be worth the price of the purchase.

The dark age of modern communications ended in June 2007 when Apple introduced the iPhone. The pocket-sized device allows everyone the ability to easily access all the information available on the internet, wherever they are. But not only access the information, because communications go both ways; these devices are also tools that create, and distribute content, allowing for collaboration between friends, family and the world. Imagine Grandma chatting on a video phone call with the grandkids on her smartphone.

If you have questions, or would like more information about the purchase of a smartphone, you can email me at [smartphone@senortech.ca](mailto:smartphone@senortech.ca).

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Tommy Clarkson

**Papaya**, *Carica papaya*  
Family: *Caricaceae*

Also known as: Tree Melon or Paw Paw

Thought to have originated in the Central American tropical lowlands – generally speaking – one either really likes or strongly doesn't care for this fruit, with widely varying opinions and comments made in regards to its smell and taste.

As to the physical appearance of the genus *Papaya*, they comprise twenty-five reasonably tall, soft-wooded plants with divided leaves atop a palm-like trunk sporting rather showy fruit. They are short-lived perennials that grow from twenty to thirty feet (6-1 - 9.1 meters) in height. Generally speaking, the herbaceous stem is unbranched.

It has deeply lobed, palmate leaves that rise in a spiral on the trunk top. These are usually orbicular and around two feet (.6 meters) in size but if ovate in shape they may be up to three feet (.91 meters) in width. These are borne on long, hollow petioles that emerge from the stem apex. The older leaves die and fall as the tree grows.

The light-colored trunks usually have prominent ring scars and become softly wood at their base. Damage to the Papaya trunk may result in multiple braches.

A discourse on the Papaya's male, female and hermaphrodite flowers can get tedious quite quickly.

Photo credits: Mary Judson



These are short-lived perennials that grow from twenty to thirty feet (6-1 - 9.1 meters) in height.

So, generally speaking, fragrant, five-petaled, cream, white-yellowish-orange flowers - one to two inches (2.5 to 5.1 cm) long - with stigmatic surfaces of pale green and bright yellow stamens arise in the leaf axils. However, these flowers may vary rather dramatically depending upon the plant variety. They may blossom year around.

The size and shape of the fruit is dependent upon the variety and growing conditions but can weigh up to twenty pounds (9.1 kilograms). These fruits usually contain numerous seeds that are surrounded by a smooth yellow to orange-red flesh.

Should one wish to grow their own, remember this prime directive: Papaya love moisture but need to be planted in well-draining soil as sustained water will be their demise.



Ripe papaya is a breakfast or dessert fruit for many. It can also be processed and used in jams, fruit juices and ice cream as well as consumed as a dried fruit. In some locales, unripe fruits and leaves are consumed as vegetables while its seeds can be used as an ingredient in salad dressings.

Here's something I bet you didn't know: Papain is a milky latex made from unripe papayas. Following having been either sun or oven-dried it can then be used in a powdered form as a beer clarifier, meat tenderizer, digestion aid, wound debridement aid or, even, a tooth-cleaning powder.

Nutritionists cite that Papayas contain 16% more vitamin C than oranges and are a good source of vitamin A - about half of that contained in mangos. Consumption of the fruit is reported to aid digestion as a result of the papain content.

Papaya can be grown from seed with fresh seeds germinating in ten to fourteen days. It will grow well in many types of soil but remember that restricted soil drainage may well cause root diseases. It does best in warm areas below 500 feet (152 m) elevation and can tolerate moderate winds if well rooted.

So when is the right time to harvest Papaya? This should be when some yellow shows on the fruit - but before fully yellow (for all intents and purposes around nine to fourteen months after planting). Fruit for home consumption is best harvested when half yellow. If left to ripen on the tree, the fruit is often damaged by fruit flies and birds. Harvested fruit is ripened at room temperature and should be refrigerated when fully ripe. When ready to eat, fruit is usually partially to fully yellow and slightly soft.

It would appear that more than mankind likes this fruit in that Papaya is subject to a number of nature's unpleasantries including different types of spotting, mildew, virus and nematodes as well as leafhoppers, flies and mites. This ain't good! For instance, papaya ringspot virus has been a serious problem for growers on Oahu and the big island of Hawaii with there being no presently known cure for the disease.

Now, in case you're an internationally traveling Papaya aficionado, here is how you say it in various languages: Bengali - "*pepe*", Burmese - "*thimbaw*", Chinese - "*fan mu gua*", Punjabit - "*katcha pepita*" and in Vietnamese - "*du du*". . . . the latter of which seems to have brought us full circle as to what some of its detractors think of it taste and smell!



It has deeply lobed, palmate leaves that rise in a spiral on the trunk top.



The size and shape of the fruit is dependent upon the variety and growing conditions.

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## AT THE MOVIES

by Suzanne A. Marshall

### Zulu (Netflix)

**Starring:** Orlando Bloom, Forest Whitaker, Conrad Kemp

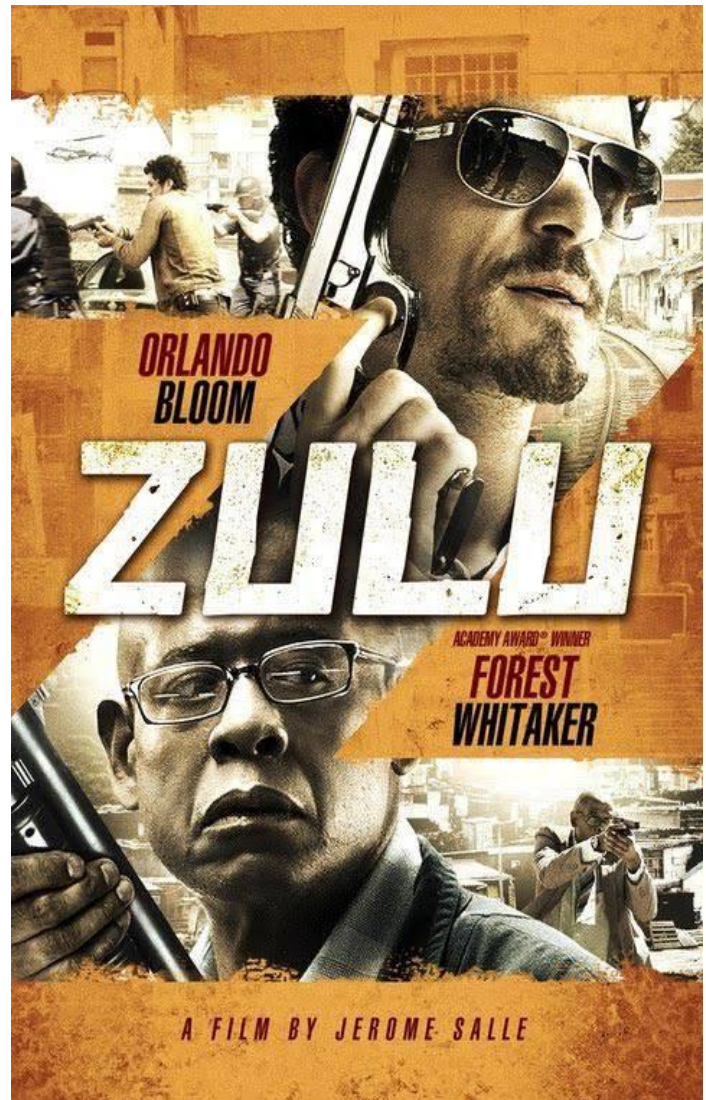
**Director:** Jerome Salle

*"Policemen Ali Sokhela and Brian Epkeen investigate the brutal murder of a young woman, apparently provoked by the availability of a new illegal drug that is somehow connected to the disappearance of black street children."*

The movie takes place in Cape Town South Africa. The performances of the two main characters by Bloom and Whitaker are unbelievably good. Both characters are studies in human psychology with the Chief of homicide, Ali Sokhela, carrying the scars of his survival through the Apartheid years, wherein only he and his mother survived the brutalities that he witnessed as a young boy. Bloom's character is a hard drinking, rough around the edges man with plenty of personal problems. They are, however, good police officers and out to solve the mysterious crime that leads us through a maze of seedy characters and harsh living conditions in the slums of Cape Town.

Zulu is rated "R" with very good reason. There is a lot of violence, grisly images, language and sexual content and nudity. As with any well directed movie it's believable and therefore quite shocking in some scenes. You do get lost in the story however and once viewing has started it is very difficult to stop.

IMDB has rated this movie at 6.7/10 stars based on 12,158 viewers.



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## AT THE MOVIES

by Suzanne A. Marshall

### The Jungle Book (El Libro de la Selva)

**Starring:** Neel Sethi, Bill Murray, Ben Kingsley, Idris Elba, Lupita Nyong'o, Scarlett Johansson, Christopher Walken...

**Director:** Jon Favreau

*"The man-cub Mowgli flees the jungle after a threat from the tiger Shere Khan. Guided by Bagheera the panther and the bear Baloo, Mowgli embarks on a journey of self-discovery, though he also meets creatures who don't have his best interests at heart."*

We stumbled into this movie quite by accident thinking we'd be seeing something else. I am so grateful that we did. This has to be one of the best, visually-mesmerizing movies I've ever seen, with special effects that still leave me wondering how it was done. The story is engaging. The acting is wonderful as are the characters. This is not your typical animation movie. Though the animals speak and express themselves, they look completely real, right down to every detail. We were unbelievably entertained and so was the entire theatre full of our Mexican locals, in spite of English subtitles. The movie is in 3D so the realism is completely 'in your face'. The world should see it. Bring the children, have a laugh and be joyously lost for a couple of hours. Of particular note for me was Bill Murray voicing Baloo the bear and Christopher Walken voicing King Louie, the gigantic Gorilla. Wow!

IMDB has rated this movie at 8/10 stars based on 31,637 viewers.



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NUEVA SUCURSAL

## Take a Long-Term Perspective on the Oil Downturn

by Yann Kostic

The oil industry is experiencing its deepest downturn since the 1990s: the price of a barrel of oil has fallen by more than 70 percent since June 2014, and that's affecting oil companies.

Their earnings are down, so they're cutting back on exploration and production. Many have gone bankrupt, and an estimated 250,000 oil workers have lost their jobs. Globally, whole economies are impacted, such as the Ukraine, which was relying on a now-canceled 10 billion dollar Chevron project to help stimulate its troubled economy.

When are oil prices likely to recover? Many say not to expect a recovery any time soon. Oil production is not declining fast enough in the US and other countries to drive up prices and OPEC no longer seems to have the clout it once had. So, it could be years before prices return to \$90 or \$100 a barrel - the norm over the past decade. So what does that mean for you as a consumer?

Gasoline, heating oil and natural gas prices have fallen. Airline and shipping costs may follow. That should mean more money in your pocket and benefits for the economy.

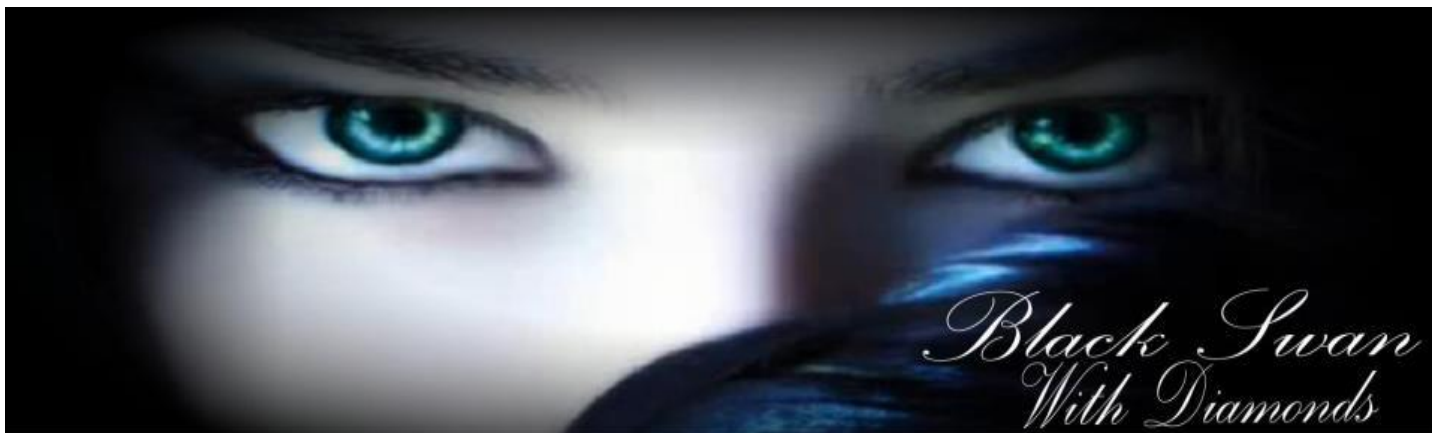
According to the International Monetary Fund, a 10 percent decline in the oil price is associated with around a 0.2 percent increase in global Gross Domestic Product as consumers spend their gains, but this has not materialized yet. On the downside, the financial markets are rattled and that can hurt your portfolio.

In times like these, it's important to remember that investing is about taking the appropriate view for your particular time horizon. And if you're saving for a distant retirement, that means adopting a long-term perspective. Arguably, this may represent the best single opportunity to invest in oil in more than 20 years, if you know where to look and what to buy.

This can be a complex undertaking. There are many ways to go, including purchasing oil stocks and/or buying index funds that track oil investment companies or the spot price of oil.

Your advisor, who knows your financial situation, is best able to advise you on how (and whether) to invest in oil.

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 which 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](mailto:yannk@atlantisgrp.com) in Mexico, (376) 106-1613 or in the US (321) 574-1521.





## The Manzanillo Quarantine

original text by Victor Manuel Martinez

From Colima de Ayer Facebook page

Leprosy has been a scourge of man for all antiquity, since well before biblical times. I remember movie scenes with Lepers, with badly misshapen faces and no fingers, begging in the streets, while “the healthy people” run for safety from them. It was like a prequel to today’s Zombie movies.

This horrible affliction was a mystery until it was first identified by Doctor Armauer Hansen, in 1873. Hansen identified Leprosy as a bacterial infection, a germ, now called *Mycobacterium Leprae* or Hansen’s disease. It causes an infection that affects the skin, destroys nerves and can also cause problems in the eyes and nose. And the cure is a simple course of antibiotic pills.

Leprosy was a scourge for state of Colima in the 1800’s, and a real problem for Manzanillo in particular. The incidence of Leprosy was so rampant in the region that it came to be known for the highest incidence in the country, into the first part of the last century. The authorities decided to build a hospital in a remote part of Manzanillo in what is now Playa de Miramar, near La Curva del Indio. The hospital/colony became known as the Quarantine Ranch (Rancho de Cuarentena). All those suffering from this disease in the region, and a good few that may have had only skin rashes, were sent to the Ranch to live out their days.

During the thirties, lepers were treated with constant salt-water baths in the sea along Miramar beach, because it was believed that this therapy would fight or even end the effects of the disease.

A patient showing improvement would be placed in isolation, and if he/she continued to be stable, was discharged. The ones that worsened and died, eaten away by leprosy, were cremated in a crematorium in the hospital made expressly for the purpose of cremating lepers.

At the start of World War II Mexico, being an ally of the United States, admitted some wounded Japanese, captured in the Pacific, to the Quarantine facility. The residents of Miramar and Santiago, though, upon seeing that they were Oriental, figured they were Chinese and referred to them as such.

During the forties, the hospital ceased operations. Today, the ruins of the hospital can still be found in Miramar, slightly ahead of La Curva del Indio, on the property now known as the Quarantine Ranch. You can still find some of the beds, stone cooking surfaces and other artifacts there.



## Mango, Papaya and Pineapple Salad

A Wildly Refreshing Caribbean Mélange



Is there any better reminder of languid days in the Caribbean than a fresh fruit salad? Fortunately, many of those tropical fruits you enjoy are in the market year-round. When choosing mangoes and papayas, look for ones that yield slightly to a gentle touch. A ripe pineapple will be fragrant, have deep green leaves and give slightly when pressed. This zesty salad can be a wonderful low-fat, low-calorie meal, dessert or a refreshing side dish for breakfast or brunch. The coconut shavings are like sprinkling island magic.

### VINAIGRETTE INGREDIENTS:

- 2 T (30 ml) fresh squeezed lime juice
- 3 T (45 ml) canola or vegetable oil
- 1 tsp (5 ml) honey
- Salt and freshly ground black pepper
- 1 tsp (3 g) poppy seeds

### SALAD INGREDIENTS:

- 1 mango, peeled, pitted and thinly sliced
- ½ C (65 g) red onion, thinly sliced
- ½ C (65 g) papaya, peeled and thinly sliced
- ½ C (65 g) pineapple, peeled and thinly sliced
- ½ C (65 g) jicama, peeled and thinly sliced
- 12 limestone or butter lettuce leaves

### GARNISH:

- ⅓ C (25 g) shaved coconut, toasted, optional

### DIRECTIONS:

To make the vinaigrette, place lime juice, oil and honey in a small bowl and whisk to combine. Add salt and pepper to taste. Add poppy seeds, whisking to combine. Set aside. Gently toss the mango, onion, papaya, pineapple and jicama; spoon into lettuce leaves. Drizzle with dressing. Serve immediately.

Prep time: 15 minutes

Makes 6 large or 12 small servings.

Perfect for Manzanillo at this time of year!

photo and recipe courtesy of Viking Cruises





## 5 de mayo

Cinco de Mayo — or the fifth of May — commemorates the Mexican army's 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A more somber holiday in Mexico, in the United States, Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations. Cinco de Mayo traditions include parades, mariachi music performances and street festivals in cities and towns across Mexico and the United States.

### History of Cinco de Mayo: Battle of Puebla

In 1861, the liberal Mexican Benito Juárez (1806-1872) became president of a country in financial ruin, and he was forced to default on his debts to European governments. In response, France, Britain and Spain sent naval forces to Veracruz to demand reimbursement. Britain and Spain negotiated with Mexico and withdrew, but France, ruled by Napoleon III (1808-1873), decided to use the opportunity to carve a dependent empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large French force and driving President Juárez and his government into retreat.



photo courtesy of Wikimedia

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez (1814-1892) set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a rag-tag

force of 2,000 loyal men—many of them either indigenous Mexicans or of mixed ancestry—and sent them to Puebla. Led by Texas-born General Ignacio Zaragoza (1829-1862), the vastly outnumbered and poorly supplied Mexicans fortified the town and prepared for the French assault. On May 5, 1862, Lorencez drew his army, well provisioned and supported by heavy artillery, before the city of Puebla and led an assault from the north. The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, Zaragoza's success at Puebla represented a great symbolic victory for the Mexican government and bolstered the resistance movement. Six years later—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France withdrew. The same year, Austrian Archduke Ferdinand Maximilian, who had been installed as emperor of Mexico by Napoleon in 1864, was captured and executed by Juárez's forces. Puebla de Los Angeles was renamed for General Zaragoza, who died of typhoid fever months after his historic triumph there.

### Cinco de Mayo in Mexico

Within Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where Zaragoza's unlikely triumph occurred, although other parts of the country also take part in the celebration. Traditions include military parades, recreations of the Battle of Puebla and other festive events. For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks and stores remain open.

### Confusion with Mexican Independence Day

Many people outside Mexico mistakenly believe that Cinco de Mayo is a celebration of Mexican independence, which was declared more than 50 years before the Battle of Puebla. That event is commemorated on September 16, the anniversary of the revolutionary priest Miguel Hidalgo y Costilla's famous "Grito de Dolores" ("Cry of Dolores"), a call to arms that amounted to a declaration of war against the Spanish colonial government in 1810.

[Source: History.com](http://www.history.com)