

**Manzanillo**

May 2014

# SUN

Manzanillo's Lifestyle E-Magazine

## In this Issue

Letters to the editor

### **Nature**

Planting Roots – Cycads

Tommy Clarkson

Red Tide

Suzanne Marshall

### **Living in Mexico**

Cinco de Mayo

Kirby Vickery

Traveling the “Wright Way: part II”

Mark Wright

### **Living in Manzanillo**

Shopping Translations -

Freda Vickery

Herbs & Spices

### **General Interest**

A night at the Movies – Saving Mr. Banks

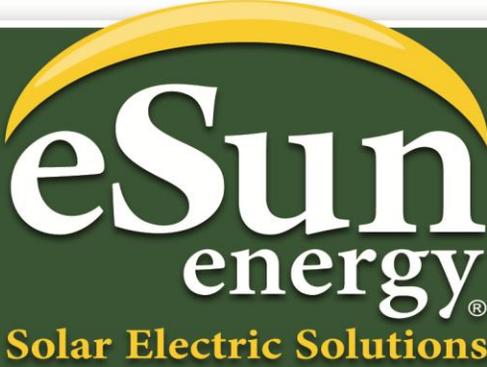
Suzanne Marshall

TV Viewing in Manzanillo

Freda Vickery

Holding Real Estate in IRA

Yann Kostic



**Invest in the Sun**  
**Invest in the Community**  
**Invest in a Brighter Future**

# #1 Solar Company!

**Reduce or eliminate your high CFE bill by making clean solar energy from the SUN!**

*For bills of \$2,000 pesos or more.*

**Call Us Today!**  
**01 800 099 0272**

- **100% Client Satisfaction**
- **Over 600 Projects in Mexico**
- **15+ Years of Solar Experience**
- **Professionally Trained Technicians**
- **Only the Highest Quality Products**
- **First Class Local Support & Service**

**For a Free Quote Send Us Your CFE Bill**

**Financing Now Available!**



<b>Ajijic</b>	<b>Guadalajara</b>	<b>Vallarta</b>	<b>Manzanillo</b>
(376) 766 2319	(33) 3615 7944	(329) 296 5657	(314) 333 6449





## Cycads – A very basic overview

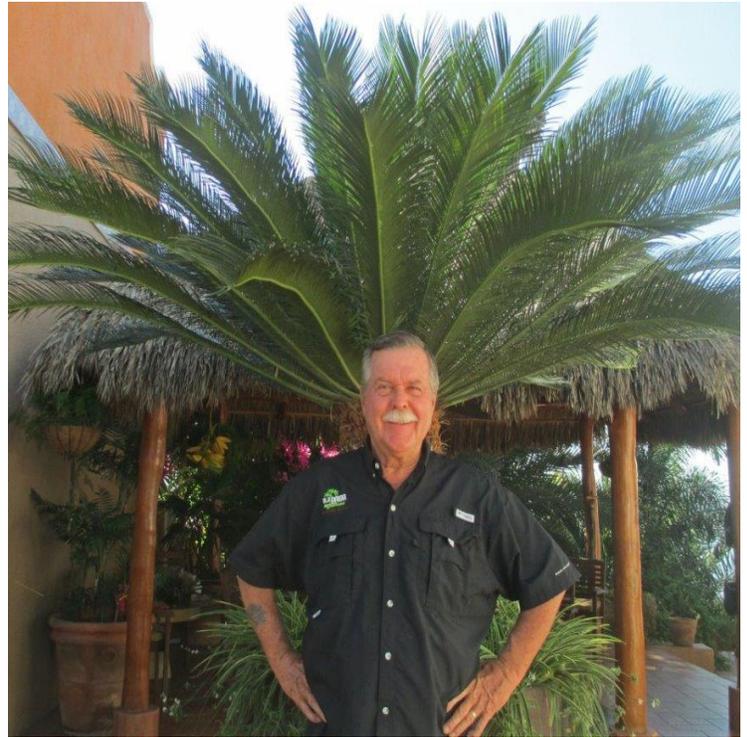
“Cycas” comes from the Greek word for palm tree . . . but it ain’t!

**Cycad** is the common name for approximately 100 species that comprise the plant division of *Cycadophyta*. Many do resemble palm trees in their leaf and stem structure and some species were incorrectly identified as palms when first discovered, lending yet more confusion to the issue.

Sometimes called “Living Fossils”, cycads have remained virtually unchanged for a very long time. During the Jurassic Period, 199.6 to 145.5 million years ago in the Mesozoic Era, they proliferated around the world. (Some scientists believe them to date back as far as 250 million years ago!) So, doing a bit of comparative analysis, as archeologists estimate that modern humans have been around for about 200,000 years, I guess we’ve a ways to go before we can match these old timers!

Appropriately, that 54 million year chunk of time is sometimes called the “Age of Cycads”. Back then, there were no palms or, in fact, any other flowering plants. What did thrive were ferns, ginkgoes, cycadeoids (resembling cycads but with different methods of reproduction) and, of course, our cycads.

It was then that the largest land animals of all time - the humongous sauropods such as the *Diplodocus*, *Brachiosaurus* and *Apatosaurus* – stomped around pretty much wherever they wished. This period derived its name from the Jura Mountains, on the border between France and Switzerland, where rocks/fossils of that time period were first studied.



No, I've not a strange head of green frond-like hair sticking out from my head, that's an Emperor Palm (*cycas taitungensis*) from Taiwan behind me.

While several varieties still exist, many – such as *C. microcycas* in western Cuba - face very possible extinction in the wild and *C. taiwaniana* is so rare that it was thought to be extinct for 80 years until a few remaining plants were rediscovered in 1975 in a remote region of Taiwan. Thankfully, no few of us enjoy them and have made them feel welcome in our homes, yards and gardens. (At Ola Brisa Gardens we presently have ten different varieties of these wonderfully primal looking beauties.)

In his book, *Cycads of the World*, David L. Jones effectively describes the array of locales in which they may now be growing, stating that “(C)ycads are found in the tropical, subtropical and warm temperate regions of both the north and south hemispheres. While substantial numbers exist on the continents of Africa, Australia and South America, they are also prominent in Central America (which has the greatest diversity) and the Caribbean Islands. *Cycas* is the most widespread genus, with representatives occurring as far north as Japan and others being scattered throughout various Pacific islands, China and India to Madagascar and the east coast of Africa.”

With their seeds being arranged in a cone, cycads are grouped with gymnosperms (cone bearing plants like pine trees). Most cycads have leaves that are pinnate (like a feather in appearance having leaflets growing opposite each other) developing a palm-like crown of fronds. Those of *Stangeria* look much more like the fronds of a fern. However, in the Australian genus *Bowenia*, the leaves are twice-divided or bipinnate. None, ever, have flowers or fruits.

Some species reach heights of more than 60 feet with leaves twelve feet long, while others never get much taller than one foot. Cycads all develop a large taproot, with numerous branching secondary roots near to or on the soil surface. All Cycads are dioecious, meaning that each member of a species will produce either male or female cones.

Male cones are smallish (I heard that comment – shame on you!) but the female cones can reach several feet in length. The brightly colored seeds produced by the females have a fleshy outer covering that birds and rodents find most attractive. But this helps propagation. In the process of eating the flesh, the seeds are dispersed. Another way to get babies is via “pups” which emerge from the trunk or in the ground near the trunk. These can be transplanted to expand your family.

Slow growers, the basic requirements to raise cycads are (those who know me saw this one coming) good draining (healthy) soil – I mix two parts of rich composty soil, with one part dried cow manure, one part of river sand and one part of the native soil in which it is being planted - and plenty of water. Generally speaking, they are sun loving, though some forest species like more shady conditions.

Those who wish to get more deeply involved with learning about cycads may wish to visit the Cycad Society website at: <http://www.cycad.org/>

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 a Tropical Garden Branches and Spa Services, visit [www.olabrisagardens.com](http://www.olabrisagardens.com) ."



The large fleshy - and actually rather attractive - seeds of the female grow in what is called a korm.



This healthy and happy Mexican Cardboard Palm (*Zamia furfuracea*) grows on our Calle Terrace.

Photo credits: Rowdy L. Williams

# PHENOMENON – RED TIDE

Suzanne A. Marshall

Many years ago, my young son and I would leave the Canadian prairies and head west to Vancouver Island where my mother had settled following the loss of my father at the age of 54. They had moved there for his health and to escape the harsh winter climate in northern Alberta. Of course my mother, being an avid amateur gardener, loved the island and decided to stay. Though I'm not much for rainy winters (I need bright light), the spring, summers and fall there were absolutely wonderful.



And who isn't drawn to the water? It seems the entire human race migrates there by nature and the majority of the earth's populations live on or near the oceans and seas of our continents. Thus, our love affair with winters in Manzanillo and our driven desire to live on the beach and let the ocean tides, sea-birds and surfs entertain us and even lull us to sleep at night.

Getting back to my reminiscing, sometimes mom and I would take Greg down to the docks at the marina and we would lower a crab trap into the water and wait. Whenever we had success, we'd haul up the trap and check to see size and gender before keeping our catch. I would stand on one of the big pier logs because I found out they moved sideways with speed and I was a sissy!! There was my nine year old son, calming me down and showing me how to pick them up properly so they couldn't nip you while looking for the diamond on their undersides demonstrating male or female. We couldn't legally keep the females.

I remember distinctly one time we couldn't crab trap due to what my mom called a Red Tide. During a Red Tide no one would trap or net shell fish and they were off the menu in homes and restaurants for as long as necessary to avoid the consumption of toxic meat from the shell fish that had consumed the algae brought in with the Red Tide. I don't recall hearing much more about it until very recently, some thirty-five years later.

For the first time, this year we experienced Red Tide in Manzanillo. "Red Tide is a common name for a phenomenon known as algal bloom (large

concentrations of aquatic microorganisms) it is caused by a few species of dinoflagellates and the bloom takes on a red or brownish color." Sitting on our terrace one day, we noticed an unusual amount of greenish vegetation floating on the water coming in on the surf and gathering on the beach. There wasn't a foul odor but rather the smell of cut vegetation somewhat like freshly cut grasses, though

different. Within a day or so this subsided somewhat as the tides brought in the reddish brown seas that continued for four top five days. We also noticed the absence of gulls and pelicans, presumably due to the lack of fish or perhaps the algal bloom clouded the waters and the birds couldn't see their prey.



Aerial view of red tide- La Jolla, San Diego

"These algae, known as phytoplankton, are single celled protists, plant-like organisms that can form dense, visible patches near the water's surface and is usually found in coastal areas around the world. Certain species of phytoplankton, dinoflagellates, contain photosynthetic pigments that vary in color from green to brown to red...Red Tides are not typically associated with tidal movement of water, hence the preference among scientists these days to use the term algal bloom." (www.wikipedia.org/wiki/Red\_tide, updated 13/Apr/2014, 15/Apr/2014.)

There are differing species of dinoflagellates, but those generally occurring on the east U.S. coast and subtropical or tropical shallow seas and estuaries in the western Atlantic, the Caribbean Sea, the Gulf of Mexico and the eastern Pacific Ocean are called *Alexandrium monilatum*. Likely this was what we were experiencing here in Manzanillo though I cannot confirm this.

The occurrence of Red Tide in some locations appears to be entirely natural. Algal blooms can be seasonal resulting from coastal upwelling, a natural result of the movement of certain oceans. In others they appear to be a result of increased nutrient loading from human activities. The growth of marine phytoplankton is generally limited by the availability of nitrates and phosphates, which can be abundant in agricultural runoff as well as coastal upwelling zones. Human pollution and systemic increase in sea water temperature are also possible factors. Also, iron rich dust from the Sahara Desert is thought to have a major role. I recall a science

program that demonstrated how the desert dust is actually carried over to South America, settling in the Amazon River and oceans.

Ocean currents move endlessly around the major continents and impact the weather all around the globe. Some algal blooms along the Pacific coast are linked with large-scale climatic oscillations such as the infamous 'El Nino' events. Red Tides in the Gulf of Mexico have been noted by early explorers such as Cabeza de Vaca. It was interesting to note that the first case occurring in British Columbia, Canada was recorded in 1793.

The most conspicuous effects of harmful Red Tides are the associated wildlife mortalities of marine and coastal species of fish, birds, mammals and other organisms. However, not all Red Tides are considered harmful.

*Note: All information thanks to the resources of Wikipedia*



## Health and nutrition center

**Maricanela Gómez Rincón M.D.**

*general practitioner*

- Acute conditions
- Medical certificates.
- Management of diabetes, hypertension, lipid disorders.
- Well - child visits, antenatal care, annual physical exams, birth control counseling.
- Wound care, debridement, and repair, removal of foreign bodies and ingrown nails.
- Earwax removal.

House calls 24/7

**Daniela Gómez Rincón B.A.**

*nutrition and wellness*

- Nutritional certificates
- Personalized nutritional consultation with dietary and anthropometric assessment.
- Meal plans for: obesity, overweight, undernourishment, chronic conditions (diabetes, hypertension, lipid disorders, kidney failure), eating disorders, pregnancy and lactation, children.
- Sports nutrition and fitness plans.

Plaza Pacifico

Av. La Audiencia # 48, local B9

**Book an appointment! 333 9129**

[www.facebook.com/amedicanutricional](http://www.facebook.com/amedicanutricional)



## The “Wright” Way to Travel

Part II  
by Mark Wright

More than 1.6 billion people ride Mexico City’s subway each year making it the world’s eighth largest people mover, just behind New York. While not displaying the mayhem we’ve seen on TV, etc. of India’s public transportation where people cling to the outside of trains and buses, it seems no one in Mexico while waiting to get on accepts that each subway car will not hold a few more people. What makes it work well is that these gentle people are accepting of life as it is and allow those who appear most in need the right of way.

While the official population of the city is something over eight million, the greater metropolitan area population is in excess of 21 million. This metro area includes the population that lives in the ‘Valley of Mexico’ which is really a contiguous area that includes the mostly dry central lake bed and extends into the higher valley sides. Speaking of elevations, Mexico City’s elevation is listed as 7350 ft. meaning much of the surrounding populated area is higher. Slipping over the rim of the Valley of Mexico heading south on a beautiful four lane toll road requires reaching an altitude of more than 10,000 feet, and to emphasize the population concentration. On this road one quickly arrives at Cuernavaca with a population of more than three million.

The original city of Tenochtitlan (below), estimated to have been 3 – 5 sq. miles in area, was established by the Aztecs in 1325 and constructed on a somewhat elevated area of land in Lake Texcoco. The Aztecs were great engineers and constructed dams on tributaries that flowed into the lake/basin, providing them with clean drinking water as well as some control of flow into the lake. Cortez and the Spanish defeated the Aztec empire in about 1521 and destroyed the dams, after which flooding became a constant problem. Many attempts were made over centuries to control periodic flooding and the current “Sistema de drenaje profundo” was begun in 1967 and completed in 1975. This ultimate solution of modern drainage tunnels through mountains permanently solved the flooding problems, but resulted in a constant shortage of water and contributed to the city sinking a few centimeters each year as water is pumped from non-replenishing aquifers below the surface.



The Spanish, subsequent to their 1521 conquest, simply began building a new city right on top of the Aztec’s leaving nearly 200 yrs. of construction history buried. Our tour guides, Hector & Malena, explained that in most of the ‘Centro Historico’ area ruins can be found just below the existing construction. In fact, we viewed the exposed areas where sewer and other underground services often intersect this buried and sometimes artistically ornate Aztec stone construction. A small central area in ‘Centro Historico’ has been excavated and reclaimed for viewing, together with a beautiful new exhibition center. This allows visitors to see a little of the basic layout and then imagine the grandeur that was once this impressive Aztec center of culture.



A visit to any Cathedral is mandatory in any Mexican city and sometimes even small towns. Mexico City’s Metropolitan Cathedral is of course no exception. Construction of the building began in 1573. It continued for nearly 240 years and was completed 1813. Hector shared that because of the continual sinking of such heavy structures into the now almost dry lakebed.



The government recently commissioned underground work that will require 20 years to stabilize this cathedral's foundations. One can imagine such an undertaking when floors and columns have already shifted and the digging required means sorting through older Aztec ruins. This cathedral is massive being 360 feet in length and appeared somewhat aged and tired to us. Buildings such as this in all of Latin America are a continual 'Work in Progress' so perhaps this cathedral is simply in need of more rejuvenation and maintenance.



On the second day we visited the "Basilica of our Lady of Guadalupe," referred to as just the "Basilica." We've discovered that if you say the word, "Basilica" anywhere in Mexico the Mexican's know that you are talking about this particular building. This is the story as told to us by our very capable Malena:

On Dec. 9th, 1531, Juan Diego Cuauhtlatoatzin was visited by a vision of the Virgin Mary known within the Spanish Culture as 'Our Lady of Guadalupe.' (Please understand that we have very elementary knowledge in this area, so we relate this as we understand and in our words.) He was asked to build a church in her honor. He was rebuked and more or less told get lost when he communicated his vision and the Virgin's request to the priests. The priests wanted proof that what he saw was in fact the Virgin Mary. He was visited again and the Virgin Vision told him to gather flowers at the top of Tepeyac Hill, carry them in his cloak to the priests and throw his cloak (blanket) down in front of them. Castilian Roses were not native to Mexico and certainly not in Dec. but that is what Juan Diego was able to gather and deliver. Then Juan Diego returned to the Archbishop of Mexico City, opened his cloak and threw it down in front of the priests. The unusual roses cascaded onto the floor, and then the image of the Virgin (of Guadalupe)

appeared on his blanket. The priests then understood, and immortalized Juan Diego. His plans were made to build the 'Basilica de Neustra Señora de Guadalupe,' and his famous cloak (blanket) is framed and exposed for all to see in the new modern Basilica.

All of this dialogue was, by the way, communicated in Nahuatl, the native Aztec language. Interesting that some believe the word 'Guadalupe' was transliterated from Nahuatl and from possibly the words, Tecuatlanopeuh' or 'Tecuantlaxopeuh.' Other theories have it that Guadalupe is simply the Spanish version of the Nahuatl word 'Coatlaxopeuh.' Makes sense to me!

Construction on the Basilica began in 1531 was completed in 1709. It is now the most visited 'Marian Shrine' in the world, with millions of people gathering here each year. Some walk as far as 500 km to arrive on or around December 12th. In December 2013 the Basilica was visited by 7 million people. If crowds are your thing, maybe a visit next December should be on your bucket list.



Like many or maybe most of the substantial structures in Mexico City, the Basilica has unevenly sunk into the lakebed giving the floor an undulating surface akin to swells on the sea. For those of us who live in or on near perfect construction of verticals and horizontals, navigating oneself inside of these imperfect structures requires conscious thought. Floors slope, columns tilt, and walls lean, resulting in a myriad of parallelograms and angles that affect the senses - look carefully at the photo below.

In 1974 - 76 a new modern Basilica was built nearby measuring 330 feet in diameter and capable of holding 50,000 people.

## Cinco de Mayo

By Kirby Vickery

"That's Mexico's national day of Independence. Right?" Well, no it isn't really. That date is actually on the 16<sup>th</sup> of September and is called "**Grito de Dolores**" ("Shout of Dolores"). There's another wonderful story about that holiday which actually starts on the 15<sup>th</sup> of April.

"Well if it's not the Mexican Independence Day, why celebrate it?" For a lot of reasons and you can pick your favorite. What actually happened on the 5<sup>th</sup> of May was very significant not only to Mexico but within the world powers on two continents later on. Besides that, there are many countries that celebrate historically appropriate armed conflict events which don't have anything to do with their winning independence.

For example the Greek people celebrate "Oxi Day" (Pronounced O-HE). Apparently on the 28<sup>th</sup> of October in 1940, Il Duce, Benito Amilcare Andrea Mussolini of Italy called Premier Metaxas of Greece and asked him if he was going to surrender because Mussolini was going to invade if he didn't. It was really late that night when the call came in and Metaxas listened to what Mussolini said. Then he said "Oxi," calmly hung up the phone and went back to bed and the Greek's have been celebrating the event ever since. The direct translation of that word is 'No.' (As a historical note, the Greeks were able to beat back Italy's forces until the German Nazi army came in with their Blitzkrieg and then they occupied Greece.)

Canada observes several holidays like this. Among them is Victoria Day which is to celebrate that Queen's birthday on the Monday closest to 24<sup>th</sup> May. For their military, they observe Remembrance Day on November 11<sup>th</sup>. In America we used to celebrate May Day with shows of military strength, but now it's Veteran's and Armed Forces Day. America really isn't a good example here because they have holidays for everything (but that's not necessarily a bad thing).

Although Mexico wasn't directly involved in the Spanish-American War. (You can argue that point with me if you want and probably win but there were several 'Border Skirmishes' along the Texas border.) Anyway, when the peace treaty was signed off President Benito Juárez was broke. Mexico had lost the Mexican-American war not ten years before. That was followed by the Mexico's Civil War in 1858. Then they had the Reform Wars in 1860. There was no money to deal with. Mexico owed the United States, England, France and Spain. President



Juárez's back was against the wall so he declared a moratorium on Mexico paying anyone back for two years.

America was building into her own civil war and wasn't in a position to do or say anything other than to agree to the two year laps. England, Spain and France all sent over their Navy's and headed for Veracruz. (You ever notice that when someone or anyone wants to invade Mexico they almost always do it through Veracruz? I don't think I would like to live there.)

Both England and Spain saw reason and never landed troops. France, on the other hand, under the leadership of Napoleon III, (Nephew to Bonaparte who sold the Louisiana Purchase to President Jefferson. He had given it to Spain 1762 only to take it back again in 1780.) landed 8,000 troops with dreams of having a Second Napoleon Empire in the New World. Figure it out. Here's lots of land for the taking. He has a firm friendship with the Confederate American States. The North American States Government can't do a thing about the Monroe Doctrine because they're too busy fighting their Civil War and the South will accept all the support it can get. It was a great plan only one thing went wrong.

Somehow a Mexican General by the name of Zaragoza found 4,500 men and a few days later, on the 5<sup>th</sup> of May 1862, and annihilated that French force near Puebla. On

the short side of things it only took France three years to come back and completely capture Mexico with 30,000 troops this time. Things didn't go too well for France after that. They faced a lot of guerrilla activity headed by the same Benito Juárez only to be aided by the United States who had finished fighting themselves and aided the Mexican people in ousting France. This happened when Napoleon's puppet, Maximilian I, was finally caught and executed in 1867.

There were and still are large communities of Hispanic Americans in the western States. In the 1860's they paid particular attention to the happenings in their ethnic mother country. When they were informed of the Puebla battle, they erupted with great joy and celebration. It's been spreading ever since. How far you may ask: On June 7, 2005, the U.S. Congress issued a Concurrent Resolution calling on the President of the United States to issue a proclamation calling upon the people of the United States to observe Cinco de Mayo with appropriate ceremonies and activities. Canada has restaurants selling special Mexican food along with the music being played. Several towns are hosting parades commemorating Cinco de Mayo. Countries such as Australia, and in Europe as well as in the Caribbean are falling into line with their own celebrations. In Mexico the celebration is growing. It was focused only around Puebla in the past but the rest of the country is catching on.

I'll tell you what! You can give me some of that loud and very brassy Mariachi music, warm breezes, pretty dancing girls with their full and very brightly decorated dresses and skirts. A plate full of enchiladas or some tacos with a beer or better yet, for me, a diet coke.  
**Viva Mexico!!**



**BATERIAS A MITAD DE PRECIO**

**Lowest prices for auto batteries.**

**Nuevo o Recondicionadas  
recarga de baterias**

**Av Manzanillo #43**

**una cuadra de Boulevard**

**CEL 312-155-3677**

**Tardes de Café**  
Rebanada de pastel  
y café  
**\$25**

**SI HOY CUMPLES AÑOS**  
CASINO  
*Soleil*  
**TE REGALA 2000**  
créditos (10c) FNR  
**Y TU REBANADA DE PASTEL**

Beside Godzillas Restaurant on the boulevard



The following is sixteenth installment of a slightly embellished and "bit fictionalized" account of an almost real event!

by Tommy Clarkson

## We all have met ‘em. . .

*(Most everyone can relate as we all have met or are well aware of this sort of individual. He is the guy who knows and has – purportedly - done it all. Everything you’ve experienced, he’s done it better and all too eager to tell you all about it. Recently while flying home, trapped at an altitude of 39,000 feet, one such individual sat next to me. . . . or so this story goes! The following is a continuation of this, seemingly, unending experience.)*

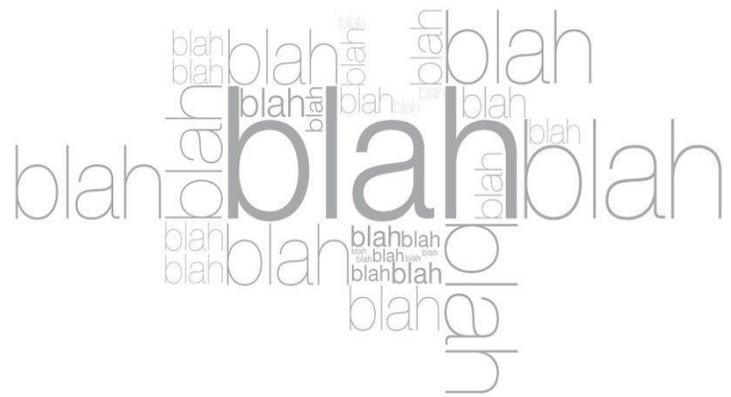
With more than a little pretention in his tone, the unrelenting – all but wholly cacophonous - boasting emitting from my seatmate continued with “Not to brag, mind you, but I could’ve gone pro, ya’ know.”

He mistook my somewhat stupefied, stunned and “deer in the headlights” expression (a result of his ceaseless harangue of outlandish claims since first he sat down beside me) for interest . . . or at least acquiescence.

“Yes,” the oral freight train rambled on, “as a multi-sport All American in college, I seemed somewhat gifted in virtually anything athletic, playing both American and European football, basketball, baseball, ice hockey, field hockey - and as in all of those athletic activities - I additionally set NCAA records in track and field in the pole vault, shot put, long jump, hammer throw, 100 yards dash and marathon.”

“But one must give credit where credit is due,” he said as with an unsuccessful attempt of badly feigned humility, “It’s my genes, you see.”

“Why my father – a gifted spelunker of ice caves in the Antarctica, world class mountain climber and ice dancer himself – could teach a penguin to fly! In football alone, my father was the training genius behind Walter Payton’s running abilities, Jerry Rice’s catching prowess and Peyton Manning’s quarterbacking skills.”



I actually choked in disbelief at this assertion but that slowed him down not a whit.

“And who think you that it was that taught Michael Jordan his hoop moves, Tiger Woods his perfection on the links, Miguel Cabrera his magic on the diamond, Sidney Crosby his ultimate panache on the ice?” (He paused for what, I suppose, was his idea of dramatic effect.) With supercilious aplomb, he stated simply, “Dad, of course!”

"And, concerning women’s tennis, who do you suppose crafted the training regimen for the Williams sisters and Maria Sharapova? None other than my mom!"

"In fact, my father’s father was the first man to swim the English Channel with a 45 pound anvil on his back; his wife, my grandmother, the first to climb the Matterhorn in Bermuda shorts, tank top and sandals; my mother’s sister the first to parasail around Australia; my mother’s father could hold his breath for fifteen minutes at a depth of twenty fathoms . . ."

(My immediate and only thought at that moment was this this was not the only thing getting deep around here!)

“. . . and my cousin the first human to do the Olympic slalom with butcher’s meat cleavers strapped to his feet in lieu of skis!”

He paused, turned his head toward me and then with a snort and a loud chortle said, “You might say he was on the cutting edge of the sport!” As he smacked my



shoulder with a beefy fist in camaraderie, his face turned nearly beet red with his gales of guffaws that followed, as he thoroughly enjoyed his own joke, repeating several time, . . .”cutting edge, get it?”

Finally, tears streaming from his eyes as a result of his sustained, roaring horselaugh, he brushed them aside with the back of his hand and clearly prepared himself to continue, “Now my Great Uncle on my mother’s father’s side . . . .”

I strove to find some manner of escape. But now, mind numbed, all around me seemed surreal. The entirety of my situation seemed like some sort of out of body experience, transcendent of time, space and life that I had – but some time ago - accepted as normalcy.

Somewhere in the back of my heard I swear that I actually heard Rod Serling’s unique and clipped voice stating, “You have now entered the Twilight Zone!”

And we were not one tenth of the way through our flight!



**En "Las Abejas" tenemos la parrilla para ahumar indirecta más grande en Manzanillo. No contamos con el típico menú impreso, pero si con un tablero con el menú del día. Esto nos permite ofrecerle diariamente las carnes más frescas, así como las frutas y verduras más sabrosas de temporada.**

**At 'Las Abejas' we have the largest indirect heat smoker-grill in all of Manzanillo. We do not have a typical printed menu, but a daily menu board. This will allow us to bring you only the freshest meats available each day along with the most flavorful 'In season fruits and vegetables**



## Shopping Translations

*Freda Vickery*

A few years ago, for the 'Manzamigos Association', I put together a book of translations for everyday items at the grocery store. It was very successful but because of the immense amount of work that was entailed, the cost of production, and the lack of available help it was eventually laid to rest.

The need has again risen for this book to become available and the Manzanillo Sun E-Magazine has decided to undertake this task.

The original book is unavailable, due to old software not being compatible with latest versions of computer operating systems, thus the entire book will be redone with a new updated look and more invaluable information. Hopefully, it will be ready by the time everyone arrives back in Manzanillo in the fall, but in any case it will be available on line, making it easier to obtain and market.

We are asking for your help with information on everything you have ever needed in the local stores but were afraid to ask! Our scouts will do the digging for you.

This new book will contain phrases required, as well as actual names of items. One section of particular interest and even used by local chefs, was the list of herbs and spices. These are not words used in everyday conversation and this list is where we will start. Besides the name of spices that are needed for our northern type cooking, there are several used solely in Mexican cooking, which although unfamiliar to us, give extraordinary results. These will be included with information as to how they are used.

Many day to day spices are unfortunately not available in Manzanillo. However, they are actually available in the larger cities in Mexico. The Bahia Deli in Las Brisas can very often get them, but they need to know what to ask for. The supermarkets occasionally carry different spices but as we all have discovered, if you don't get what you like or need when it is available, it may never be there again. Stock rotation and reordering is not in the local supermarket guide to good management, it seems.

Often an unusual or imported item's price is often out of sight, but we are prisoner to our desires and many of us

just grumble while we pay, sometimes more than double what we would back home. Many precious spices travel down south with us, but as I found (much to my chagrin), they do not keep well in the hot and humid climate of Manzanillo. Never before have I come across so much solid garlic powder or moldy mustard powder in my life. Coming from the other extreme of dry cold temperatures in Alberta, Canada, I didn't know that powders could solidify so quickly. The answer to this is, don't bring down too much, smaller quantities are the name of the game with a large refrigerator!

The Herb and Spice list is included in this edition of the Manzanillo Sun and we would appreciate your comments and welcome all possible additions.

*Freda Vickery*



**PORTOFINI: A JOB WELL DONE!!**  
**Suzanne Marshall**

**I booked a reservation at SeniorTech's favourite restaurant Portofino for his birthday.**

**Told them it was his BD so we wanted a table next to the beach!! To my complete surprise this was waiting for us, flowers and vines etc.. Later they gave us Tiramisu with candle burning, 4 sombreros while the staff clapped around the table!!! Hilarious fun!! SeniorTech is taking the photo. Later in the dark they lit candles around us.....sigh.**

**Spanish/English translations  
 Herbs. and Spices / Hierbas y Especies**

**Adobo Marinade**

Mixture consisting of paprika, oregano, salt, garlic, and vinegar

**Allspice**

*Pimienta Dulce*

Equal amounts: nutmeg, cloves, cinnamon

**Anise**

*Anís*

Licorice flavored, allied to star anise

**Baking Soda**

*Bicarbonato de sosa*

**Baking Powder**

*Levadura en polvo*

**Basil**

*Albahaca*

A sweet but fragrant herb is used in Italian

cooking.

**Bay Leaf**

*Laurel*

Aromatic leaf used in soups and stews

**Capers**

*Alcaparras*

For fish dishes

**Caraway**

*Alcaravella*

Used in rye bread

**Cardamom**

*Cardomomo*

A component in curry powder

**Cayenne**

*Pimentón*

Hot chili pepper

**Celery Seed**

*Semilla de Apio*

Stews

**Celery Salt**

*Sal de Apio*

To make: Grind 1 part celery seed to 2 parts salt.

**Chamomile**

*Manzanilla*

A plant used as a tisane for its sedative powers.

**Chervil**

*Perifollo*

An herb of the parsley family.

**Chili**

*Chili*

In Mexico, both the Ancho Chili and Chipotle Chili powders are available, also a square packet of compressed sauce.

**Chinese 5 spice**

*5 Especies chinas*

Mixture of: toasted and ground cinnamon ,cloves, fennel, star anise, and Sezchuan peppercorns

**Chives**

*Cebollin*

Pungent member of the scallion, or green onion family.

**Cilantro**

*Cilantro*

A strong flavor used in most salsa.

**Cinnamon**

*Canela*

Cinnamon sticks best, also available in powder.

**Clove**

*Clavo*

Great in ginger bread, baked ham or with apple pie or pudding

**Cocoa**

Used in Moles. A special dish usually made with chicken.

**Coriander**

*Cilantro*

Seed of the cilantro, can be termed herb or spice.

**Cream of Tartar**

*Crema de Tártaro*

Baking soda good substitute. A good leavening agent.

**Cumin**

*Comino*

Adds peppery flavor when added to curry or chili.

**Curry**

*Curry*

East Asian mixture of toasted seeds and ground spices: Cumin, cardamom, coriander, ground turmeric, dry mustard, cayenne pepper.

**Dill seed**

*Encido/Eneldo*

Dried seed of dill plant.

**Fennel**

*Hinoja, Canamo*

Italian or Mediterranean cuisine has licorice flavor.

**Garlic**

*Ajo*

Only thing better than a little garlic, is a lot of garlic.

**Ginger**

*Jenjibre, Gengibre*

Aromatic, pungent and spicy, wonderful in stir fries and ginger breads.

**Herbes de Provence**

Mixture of savory, marjoram, rosemary, thyme, oregano and lavender leaves.

<b>Hoisin</b>		Chinese Barbecue Sauce
<b>Horseradish</b>	<i>Rábano Picante</i>	This ancient grated root is used as a pungent spice with beef or in seafood sauces, but has many medicinal properties. Mix shreds of root with vinegar and dry mustard to keep as sauce.
<b>Hot Sauce</b>	<i>Salsa Picante/Salsa Caliente</i>	Tabasco is available. There are different kinds to choose from.
<b>Italian Seasoning</b>	<i>Condimento Italiano</i>	Mixture of: Basil, or oregano, rosemary, marjoram, cilantro, thyme, savory and red pepper flakes.
<b>Ketchup</b>	<i>Salsa de tomate</i>	
<b>Lime juice</b>	<i>Jugo de Limon</i>	Lemons are rare and the lime is readily available.
<b>Mace</b>	<i>Macis</i>	Aromatic, ground from the dried aril around nutmeg seed.
<b>Marjoram</b>	<i>Mejorana</i>	Herb used extensively for lamb in Mediterranean recipes.
<b>Meat tenderizer</b>	<i>Ablandador de Carne</i>	A mixture of spices including Bromelain (and often MSG). Several fruits can do the same thing ie., Papaya.
<b>Mint</b>	<i>Yerbabuena</i>	There are many varieties but the one called English mint is used for mint sauce with lamb. Chop mint finely, add vinegar and sugar.
<b>Mole</b>		This sauce can come pre-mixed in many basic flavors. It is not difficult but time consuming to make at home. The base is a Dona Maria sauce purchased at any supermarket.
		Moles come in various flavors and ingredients, with chili peppers as the common factor. However, the classic mole version is the variety called mole poblano, which is a dark red or brown sauce served over meat.
<b>Mustard (dry)</b>	<i>Mostaza (seco)</i>	Ancient spice used in many recipes for mixed spices and curries.
<b>Nutmeg</b>	<i>Nuez Moscada</i>	Used in Allspice and often with cloves and cinnamon for cakes
<b>Onion salt</b>	<i>Sal de Cebolla</i>	Three parts salt to Onion powder
<b>Oregano</b>	<i>Orégano</i>	Mexican Oregano is a little stronger than Italian. Use sparingly.
<b>Paprika</b>	<i>Pimenton Dulce</i>	Hard to find in Manzanillo.
<b>Parsley</b>	<i>Perejil</i>	Most popular herb and relative of celery
<b>Pepper (Black/White)</b>	<i>Pimienta (Negra/Blanca)</i>	
<b>Peppermint</b>	<i>Essencia de Menta</i>	Cross between wintermint and spearmint.
<b>Pickling Spices</b>	<i>Especias para encurtidos</i>	Hard to find in Manzanillo. Mixture of : Cinnamon, Allspice, Mustard Seed, Coriander, Bay Leaves, Ginger, Chilies, Cloves, Black Pepper, Mace, Cardamom, and Sulfiting Agents.
<b>Poppy Seed</b>	<i>Semilla de Amapolla</i>	From Opium poppy, banned in Mexico.
<b>Poultry Seasoning</b>	<i>Sazonador para aves/ condimento para aves</i>	Mixture of: dried sage, rosmmary, thyme marjoram, nutmeg and black pepper.

<b>Rosemary</b>	<b>Romero</b>	Fragrant leaf used in stuffing , other herb mixture and with lamb.
<b>Saffron</b>	<b>Azafrán</b>	Dried stigma from the crocus. Used in Paella and savory rices
<b>Sage</b>	<b>Salvia</b>	An aromatic leaf used to season meats (pork or geese)
<b>Salt (Sea Salt) Savory</b>	<b>Sal (Sal del Mar) Salado</b>	Sea salt from Cuyutlan is available in Manzanillo Similar to oregano it is used in herb mixtures & German foods.
<b>Sesame Seeds</b>	<b>Semilla de ajonjoli</b>	One of the first seasonings. Adds a nutty flavor to Asian dishes
<b>Sesame Oil</b>	<b>El aceite de sésamo (Ajonjoli)</b>	Not often available in Manzanillo
<b>Tarragon</b>	<b>Estragòn</b>	Used in fish dishes
<b>Turmeric</b>	<b>Cúrcuma</b>	Yellow powder. Ingredient in curries. Of the ginger family
<b>Vanilla</b>	<b>Vainas de Vainilla</b>	Native to Mexico's Pre-Columbian Mesoamerican people who cultivated the vine of the vanilla orchid, called <i>tlixochitl</i> by the Aztecs. Hernan Cortes introduced Vanilla to Europe.
<b>Worcestershire Sauce</b>	<b>Salsa Ingles'</b>	



**BOSTON**  
 RESTAURANT WINE BAR

**TE INVITA A DISFRUTAR**

**MARTES A SÁBADO**  
 De 8:00 am a 11:00 pm  
 ·Desayunos, Comidas y Cenas

**DOMINGO**  
 De 8:00 am a 7:00 pm  
 ·Desayunos y Comida

**Música viva fin de semana**  
**Steak House**



Bldv. Miguel de la Madrid #1847, Manzanillo, Colima.  BostonRestaurantWineBar  (314) 336-4072/336-7285

## TV viewing available in Manzanillo

by Freda Vickery

When visiting those lands south of the border it is surprising to find that there are actually several programmes available in English on the local cable network or on Dish TV. In Manzanillo there are only half a dozen or so programs but they are generally pretty good watching. Often there are things of interest which are not available in Canada, which make it a pleasant surprise. Being a ballroom dancing fanatic, I was delighted to find 'Burn the Floor' as well as some Dance Sport competitions one year. Also there is excellent coverage of many sports. If you like tennis, they generally have the complete series of world championships as well as all of the soccer games. Seeing the advertisements around the tennis courts in Japanese, or some other exotic language adds a little spice to the viewing.

Many people now have taken their Star Choice receivers down to Mexico as there is excellent satellite reception currently for this Canadian programming. It has been rated above those of the US Direct or Dish systems, but that is likely to change as repositioning of the satellite is reported to be either imminent or overdue. The last time that this happened it did not really make a great deal of difference as Shaw (the master company) has a comprehensive list of dish positioning directions for the North American continent. The system can also be purchased from private companies in Guadalajara but is infinitely more expensive than in Canada. Often if there is difficulty in viewing it is recommended to use the larger elliptical dish. Out of country monthly viewing prices, if admitted or purchased in Mexico, can be more costly also. The various packages of any company can range from US\$25 to US\$135 a month depending on what you wish to view.

Apart from that there is always Netflix. This is a useful site to use as often older and previously enjoyed movies or missed TV series can be viewed in their entirety.

The subtitles are still there whether viewing USA or Mexican Netflix while watching in Mexico (this however is an excellent way of improving one's Spanish). The annoying part of Netflix is that programs or movies cannot be viewed in all countries. For instance, 'Downton Abbey,' cannot be viewed in the U.S., and



'Foyle's War' may not be seen in Canada at the moment. Why? Who knows! Possibly it may be due to copy-write law or international agreements. As it continually changes nothing can be quoted here as gospel.

We have been watching a great many films and series through Netflix of late, as we do not have satellite TV where we are currently living. We both have enjoyed immensely some of the shows discovered on that network. Our favorite by far has been the Australian series of 'MacLeod's Daughters' of which we watched several episodes each evening until to our great dismay we had seen all eight years' programs. It is touted as being a "soap opera" but as the characters are very believable and down to earth we began speaking of them as being real. Now in 'MacLeod withdrawal,' we have almost considered watching them again!

'Almost Human' was surprisingly good with a group of actors that were different, pleasing and though portraying potentially unpleasant characters, their dilemmas very easy to sympathize with. This was until the complete cast changed completely. Immediately when that happened so did the desire to watch more. Whoever thought that watching, vampires, ghosts and werewolves would be on a middle aged person's list of good programmes?

We have watched several series of British comedies. Most of which were thoroughly enjoyed while others seem very dated. But how can 'Waiting for God' ever go out of style? Getting old and being in a nursing home is still current but who would have looked for any humor there? I have loved 'Keeping up Appearances' for years, but there have been so many reruns on TV, that now it has become stale and I regret that.

We have watched almost everything available by Judy Dench, Sean Connery and Roger Moore. John Wayne and Clint Eastwood have had their place in our evening viewing as have all of the Queen Elizabeth I and II movies which we viewed at one sitting.

Some of the offerings are quite bizarre and we really do question the minds of the producers and directors. The actors? Well, they are only making a living, sometimes short lived if several of these offerings are anything to go by!

The fees of \$7.99 a month to watch all the movies you care to see at any given time is surely a reasonable price to pay.

Now there are devices available by ROKU or NETGEAR on the market that use what is called 'streaming' and will pull shows from one or several movie companies. These range from \$55 to \$120 depending on the type chosen and then of course there is the monthly fee to add on to that. To view in the frozen north is another thing altogether and I cannot even begin to tell of the options available here. That one day we will not need anything other than a button seems more and more probable.

**Godzilla's**  
*estilo americano*  
**RESTAURANT**

Indoor-outdoor seating  
fully licensed restaurant and bar

**Between Bar de Felix and Casino Soleil**  
Blvd Miguel de la Madrid

**RISTORANTE ITALIANO  
PIZZERIA**

**VITO**  
RISTORANTE ITALIANO  
PIZZERIA

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

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

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

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

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

PLAZA SAN PEDRITO Hotel Zar	LAS HADAS MARINA	PLAZA LAS PALMAS (Wing's Army)	AV. LA AUDIENCIA by La Catrina
--------------------------------	---------------------	-----------------------------------	-----------------------------------

## AT THE MOVIES

By: Suzanne A. Marshall

**Director:** John Lee Hancock

**Starring:** Emma Thomson, Tom Hanks, Colin Farrell, Bradley Whitford, Paul Giamatte

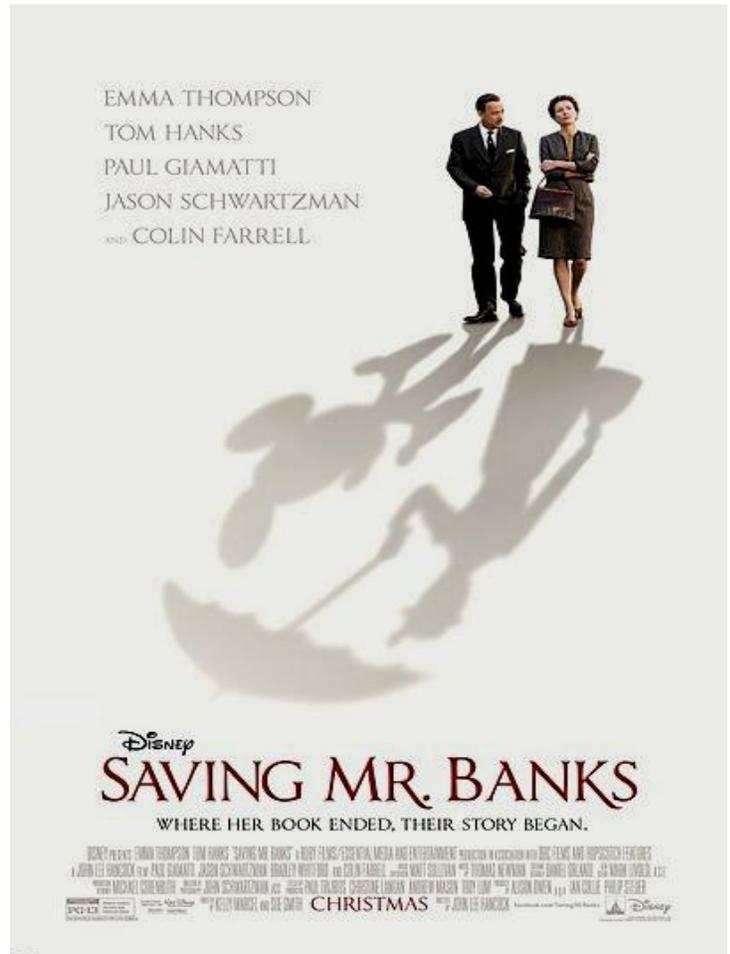
“Inspired by the extraordinary, untold backstory of how Disney’s classic ‘Mary Poppins,’ made it to the screen.” When Walt Disney’s daughters begged him to make a movie of their favorite book, P.L. Travers’ “Mary Poppins,” he didn’t realize it would take twenty years to fulfill their wishes.

“Saving Mr. Banks” is one if those movies when the incredible acting abilities of the cast make the movie. Though the direction, sets, design, costumes and cinematography are all top notch, the performance by Emma Thomson is outstanding and superbly supported by the rest of the cast. She portrays a “curmudgeonly, uncompromising writer who has absolutely no intention of letting her beloved magical nanny get mauled by the Hollywood machine.” And here unfolds the very personal reasons for her reluctance.

I found this movie to be thoroughly captivating and loved every moment of it. From the staff at Disney Studios down to the personal chauffeur, the roles were wonderful.

IMDB ratings have come in at 7.7/10 based on 51,616 votes. I would easily agree with that and perhaps more.

## Saving Mr. Banks



# monkey's

POLLO • BURGERS • BEER

Blvd Miguel de la Madrid 10050  
Salahua  
(across from La Comercial)

**314-334-7698**

El Centro

**314-332-7977**



## Holding Real Estate in Your Self-Directed IRA

By Yann Kostic

If you want to buy an investment property, but don't have the cash in a non-retirement account, a recent trend has been to use your Self Directed IRA: An individual retirement account (IRA) can legally own real estate, as well as other alternative investments, such as gold and oil

Large financial institutions that act as custodians for most IRAs typically limit investments to stocks, bonds, cash, mutual funds, and other such traditional investments. But smaller custodians offer what are called self-directed IRAs, which allow assets to be invested in alternative investments such as real estate.

Although the Internal Revenue Service (IRS) allows self-directed IRAs, you have to be sure to follow the rules, and the big one is no "self-dealing" is allowed. In other words, you can't use an IRA to buy property that benefits you or certain family members, even indirectly. So, you can't live in the property; even renting it to yourself is a prohibited transaction.

There are also tax implications if there is debt associated with an investment in a self-directed IRA, such as a mortgage - which will certainly be the case unless you buy the property in full. Because there is financing involved, some of investment income may be taxable.

Additionally, when it comes time to take required minimum distributions from the IRA, you may have a hard time determining the value of the assets and therefore the amount of the distributions. Tax penalties will be levied if you take the wrong distribution.

At the end of the day, there are a number of risks and rewards associated with self-directed IRAs.

However, before pursuing one, it's a good idea to talk to your advisor; he or she will ensure that you know what you are getting into when investing in a self-directed IRA and offer guidance on the best way to go about it.

*The information contained in this article is merely a summary of our understanding and interpretation of some of the current laws and regulations. Talk to your tax advisor.*

Yann Kostic is a Financial Advisor (RIA) and Money Manager with Atlantis Wealth Management, specializing in retirees (or soon to be), self-reliant women and Expats in Mexico. Yann works with TD Ameritrade Institutional (custodian). He splits his time between Florida and Ajijic/Manzanillo in Mexico. Comments, questions or to request his Newsletter "News You Can Use". Contact him at [Yannk@AtlantisWealth.com](mailto:Yannk@AtlantisWealth.com), in Mexico: (376) 106-1613 or in the US: (321) 574-1529



## LETTERS TO THE EDITOR

It is TRUE! Your best effort to date! I liked all of the articles but especially the language one written by Kirby and the article of Mark Wright who talked about his friend, Hector, studying the Aztec language. Overall, because of that information, I thought it worked well with Kirby's story. Your own contribution to the same subject, language, was entertaining and so TRUE again! It was an interesting theme. DR

Thank you for all your time and good work on this magazine!!! You are appreciated and I love to have the newsletter on the internet. JM

You've done it again. Just keeps getting better. DT

Have an idea for an article, but you are not a writer? We would be happy to help you. Send in your information and we have writers that will be happy to write it up for you.

Please feel free to send in any comments, and we will publish them here. *Sincerely, The Ed*



**HAPPY HOUR**  **HORA FELIZ**  
5:00 to 7:00 pm  
tuesday to friday **2x1** martes a viernes  
margaritas,dalkiris,piña colada,beer

**Santo Santiago**  
COCINA BAR HOTEL

MARISCOS • MICHELADAS • BROCHETAS • CLUB DE PLAYA • CERVEZA  
TACOS • VINO • MÚSICA • MEXICAN SEA FOOD • BEER • SNACKS  
BEACH CLUB • COCKTAILS • TACOS • WINE • MUSIC

BLVD. MIGUEL DE LA MADRID 15675 MANZANILLO  
SANTOSANTIAGO.MANZANILLO  
MARTES - SÁBADO 18:00 A 23:00 HRS tel. 33.322.35 VIERNES A DOMINGO 12:00 A 17:00 HRS

KIOSKO GASOLINERA  
Blvd. Miguel de la Madrid  
PLAYA DE ORO BORAS  Olas azules



**Breakfast • Lunch • Dinner**

**Specialties**  
Chilaquiles, Machaca, BBQ Ribs and Chicken,  
Burgers, Mexican Dishes, Espresso,  
Capuccinos, Milk Shakes, Cold Beer

**Come visit with us**  
Km. 14 Blvd. M.M.H. Santiago Colima  
Tel. (314) 333-1388 & Fax. (314) 333-1797

**OPEN DAILY: 8:00 AM - 11:00 PM**

**We also have**  
Big Screen T.V.  
Copy & Fax machine  
Cybercafe/Long Distance  
Phone Service

**OPEN SINCE 1976**

**Distintivo M**

**Juanitos**<sup>®</sup>  
RESTAURANT

juanitos@prodigy.net.mx  
www.mexicanpacific.com/get/juanitos/  
www.juanitos.com