

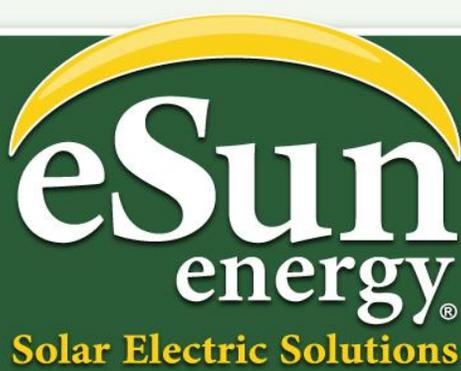
Manzanillo **SUN** February 2014
Manzanillo's Lifestyle E-Magazine



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Manzanillo Branch

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CALENDAR OF EVENTS MANZANILLO

FEBRUARY

February 5 – Wednesday ARTURO CUEVES, Visiting Artist

Where: Oasis Beach Club – Club Santiago

Time: 3:00 – 7:00 pm

Arturo Cuevas is a well-known artist now living and teaching at the Academy of Art in San Luis Potosi after a long tenure at the University of Aguascalientes. His renditions of Mexican Nativos are stunning in their portrayals. He has been invited to show his artwork at the regular Mujeres Amigas luncheon from 12:30 p.m. until 3:00.

The **OASIS BEACH CLUB** will continue to host Sr. Cuevas after the luncheon and during regular hours for the public. preview his work at www.flickr.com/photos/artcuevas

February 5 – 8 Wednesday to Saturday

EFREN GONZALEZ 4 DAY OIL PAINTING WORKSHOP

Where: TBA Time: 9:00am - 4:00pm

Cost: \$3800 pesos

Contact: Reservations accepted immediately brigitteyc@aol.com

All painting supplies are included in cost.

February 13 – Thursday

SANTIAGO FOUNDATION LUNCHEON & STYLE SHOW

“Hats Off to Valentines”

Where: El Oasis Time: 1:00 pm

Cost: 500 pesos

Contact Tickets – Bobbie Stehbens 335-0850
Deanna Slack 335-0008

February 19 – Wednesday

LIBORIO ESPINOZA CHILDREN'S ORPHANAGE FUNDRAISER

“An Evening at the Copacabana”

Where: Beach side at ‘VIVALDI’ in Las Brisas

Time: 5:30 pm – Silent Auction & Cocktails

7:00 pm – Dinner – Entertainment &

Dancing to follow

Cost: \$500.00 pesos

Contact: Kend farnsworth55@msn.com 314-376-1339

Linda lbgringa@gmail.com 314-334-7927

Shelley shelleyreid@prodigy.net.mx

Patty pnet1972@yahoo.com 314-333-8085

Peg epslick@yahoo.com

Entertainment by David Weber.

Brazilian food & cocktails.

Reservations taken now for full tables. Book early for best seats. Looking for items to be donated for auction.

February 23 – Sunday VIDA DEL MAR ART SHOW

Where: Vida del Mar Time: 2:00 – 4:00 pm

Contact: Sue Duda sueduda@ymail.com

Paintings, batik on silk, fine art prints
shell art, masks, purses.

MARCH

March 4 – Tuesday

PATA POKER TOURNAMENT / ART SHOW / SILENT AUCTION

Where: Oasis Beach Club

Time: 7:00 pm

Cost: 500 pesos registration/buy in

Contact: Chantel Oleksin chanteloleksin@yahoo.ca

June Silva suntangram@gmail.com

Silent auction, art exhibit, raffle – custom designed quilt made by Chris Newbold

March 27-31 – Thursday to Monday

PATA MANZANILLO STERILIZATION CLINIC

Where: Casa Ejidal Salagua

Time:

Contact: Stan stan@patamanzanillo.org

Volunteers needed.

HOLA AMIGOS!!!! by Mike O'Grady

Lots of choices for entertainment, food and fun.....

Monday and Tuesday evenings - **El Tablao - 6:30 to 9:00pm** - Steak specials every Monday. Great food and service with jus a few steps for a walk on the beach. If it has been a while, why not come and enjoy.

Wednesday and Saturday evenings- **Rock Food Bar Restaurant in Las Brisas - 7:30 to 10:30pm.** (1 block before the Best Western) An amazing new restaurant **right on the ocean with stunning decor and atmosphere.** The new place to be in town..

Friday Night - **Godzillas - 9:00 to 11:00pm** - No 1 Trip Adviser restaurant in Manzanillo.. Always fun at Godzillas and you always leave full. See you there!

Saturday Morning - **In Between Books Coffee Shop** - 11:30am to 1:30pm - Israel offers some great coffees pastries and more, plus **cold beer!!** Do your shopping and then stop by for a bit. Just 1 block north of Hollywood and Vine on the same side of the street.

Saturday Evenings- **Rock Food Bar Restaurant in Las Brisas - 7:30 to 10:30pm.**

Sunday Evening - Toscana - 8:00 to 10:00pm - Great food, beach views and a nic dance floor. Come out for dinner and dancing!!

Keep the song suggestions coming!!!!....



Fire Flash,

Chlorophytum amaniense or *Chlorophytum orchidantheroides*,
C. orchidastrum, *C. filipendulum amaniense* *Chlorophytum*
orchidastrum, *Chlorophytum filipendulum*,

Family: *Anthericaceae*, *Liliaceae* or *Agavaceae*
(Also known as a Mandarin Plant, Fire Glory, Orange Spider
Plant, Green Orange Tangerine and Sierra Leone Lily.)

Introduced to the Americas not much more than a decade ago, this perennial foliage plant - native to the rainforests of East Africa in the Usambara Mountains of Tanzania - is fast becoming a favorite for both indoor and outdoor use. But take note: It does require substantive shade. (In point of fact, I've moved mine three times, before finally finding a location that seems to suit its fickle nature!)

So new is it to this side of the Atlantic that - as seen above - there is significant confusion as to its Latin name, family and even the name by which it is commonly called. In fact, few of the presently published books on landscape plants include this gem in their texts.

(By the way, to find a publication that meets your specific needs, through reviews - and to order - any of numerous tropical botanic publications via Amazon, go to "A review of tropical plant, palm and flower books", under the sub-tab of "Tropical Gardening Advice", below the major heading of "Tropical Gardens" on our web site: www.olabrisagardens.com)

We do know that the Fire Flash is a colorful relative to the Spider Plant and, while it forms no runners, it seeds itself most prolifically. If you choose to plant these seeds don't be worried if only a few sprout as they, generally, have a very low germination rate.



Transplanted barely a month ago, these finally have found a home they like in our gardens!

Regardless of the confusion as to where it fits in the plant world and its best moniker, it is an intriguing plant. It has a shiny rosette of dark green pointed leaves and a heart of glowing pink to coral orange from the base of the leaf up through the petioles (that's the stem connecting the leaf to the stalk) and leaf midribs. These leaves, 25-30 cm long (app. 10") and 5-10 cm wide (2-4"), are rubbery yet brittle. (For the brightest colors, remove basal sprouts, as they appear, to avoid crowding which can hide the colored growth.)

There are a few "down sides" to this plant. One is that the petioles are brittle and can be broken easily. As a result of this, they are not good plants for high-traffic areas. Beyond that, the old flower stalks go black and become unsightly, requiring removal. Lastly, any leaf tear or petiole break will develop black marks around the injury.

Multi-functional, it can be used as a potted plant, ground cover, mixed with others or highlighted as a showcase specimen. And, because of its great tolerance for low light and its resistance to disease it is a great indoor houseplant.

The fine Fire Flash foliage (nice alliteration there!) is extremely sensitive to chemicals, pesticides, insecticides and high light levels. Thus – as regards the latter - it logically follows that it should not be placed in the full sun as intense light levels will cause chlorosis (a yellowing of leaf tissue due to a lack of chlorophyll) or scorching. It prefers shady filtered or dappled sun.

One we have grown successfully as a showcase plant was on our dining palapa with only indirect sun while others are employed grouped, as ground foliage, well ensconced in the heavily filtered shade beneath several multi-fronded palms – in this particular case a double Medjool Date Palm from Iraq, a Fiji Palm from the Fiji Islands, a Zombie Palm from the island of Hispanola and a Mexican Palmetto from the southeastern part of this country and Central America!

Considering its native environs it follows that it prefers a humid environment. Though it is quite drought tolerant – what with its root system consisting of swollen water-storing nodules - there is dispute about how much and when to water this plant. Some say to let it become fairly dry before watering. Others advise to keep the soil moist – but not over water. I damply lean to the former.

Ground planted, at maturity, its height will be 45-60 cm (18-24") but generally shorter if container-grown. The flowers - borne in groups - are about one centimeter (1/2") in diameter, white, have six petals and last only one day. But even with this short bloom time, the plant itself is a "glowing beauty!"

Cutting to the chase, this is a good, flexible to use, plant. So, I encourage that you get one soon!

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 Brunches and Spa Services, visit www.olabrisagardens.com."



The flowers - about one centimeter (1/2") in diameter, are white, have six petals and last only one day

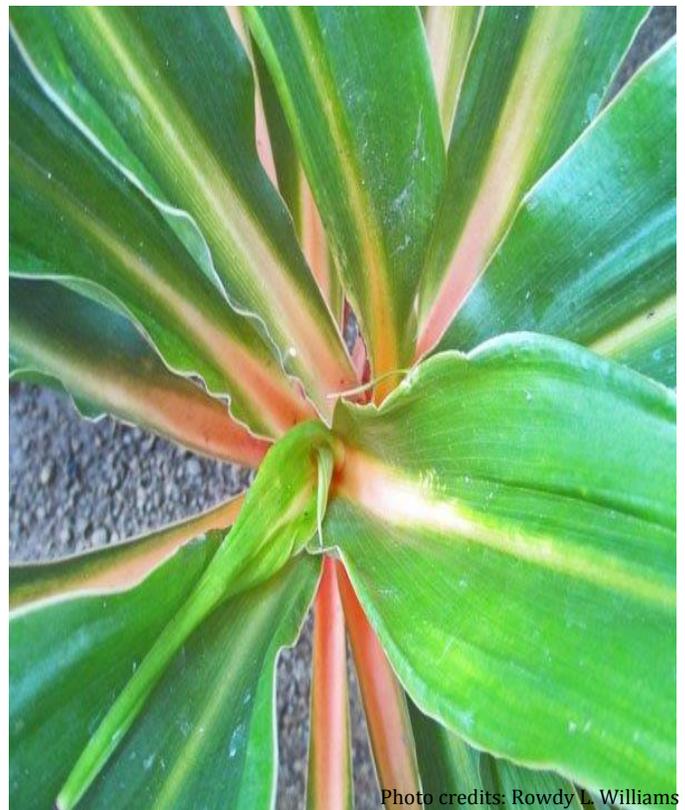


Photo credits: Rowdy L. Williams

This shows the "inner beauty" of these plants!



The Stunning Colima Countryside

Suzanne A. Marshall

When friends invited us on a daytrip to explore the local countryside in Colima, we couldn't resist. We've loved road trips all our lives and have been known to hop in our car and drive to San Francisco from central Alberta, staying in small towns and bed & breakfasts along the way. For us it is truly the way to 'feel' the area and get to know how people really live. There are so many wonderful hidden places to explore and lovely people to meet.

So off we went one morning with a loosely scheduled destination to see Colima National Park. We simply headed east out of Manzanillo. The countryside was remarkably green and lush for January and I assume the extra rainfall this winter was the reason. We passed large tracts of land newly planted with peppers and vegetables. What stood out for me were the endless fields of tall sugar cane, one of Mexico's most important crops. There were miles and miles of mature fields of sugar cane everywhere, as well as the odd large truck loaded down with the harvest. What was especially beautiful to me were the stalks of fluffy 'pampas-type grass' [ED: *Cortaderia selloana* Pampas grass] shooting out of the sugar cane for as far as the eye could see.

With the brilliant sunlight and the breezes blowing it was amazing and turned out to be even more so when we returned home later into the sunset. I wanted to stop the car, jump the fences and cut a bunch of stalks to display in some lovely urn on our terrace or in the condo.

With quality highways before us, we drove through the mountainous terrain of this lovely Mexican state. When one has been influenced by so many 'desert-like' images of Mexico through movies or documentaries showing endless plains and cacti, Colima is a delightful surprise of agricultural communities and lush rolling hills, mountains and canyons.

Having stopped for an early lunch, we had now nailed down a destination to explore: Colima's Parque Nacional Volcan or Volcano National Park. The road sign stated 17 km. to the park gate so off we went on a hard packed, obviously well-used dirt road. There were a number of quad vehicles, dirt bikes and trucks returning as we waved and continued on what ended up being a pretty steep grade uphill, complete with built in topes (speed bumps) and glimpses of deep valleys below us. Finally, my husband couldn't resist the temptation of hauling out his iPhone and opening a GPS application which was getting an unexpectedly good signal.

At this time we had already reached over a 3,000 foot elevation (thank you GPS) and were enjoying forests, beautiful mountain flowers and bird life. Still, no park gates at this point. We were committed now, no going back so we just relaxed and kept on going.



Sugar Cane 'pampas' plumes



Our amigo and driver, happy to be out of the car and enjoying the vista

The entire journey uphill was about an hour. We could not believe our eyes when we arrived. We were met by park workers busy with construction of various buildings for a new with an information booth beside the gates. There were several trucks inside and other adventurers looking around. What really put us in shock for a few minutes as we parked the car was the fact that the park staff were wearing winter parkas and toques! Upon re-checking our GPS location we now found out that we were at an elevation of 10,000 feet! In a few more minutes we would be told that the temperature at this level was 2 degrees. Oh my goodness, talk about unprepared! I had brought an extra shirt and my girlfriend had the smarts to bring a yoga jacket, a little help, but not for too long. (There is a lesson to be learned here. We were all in shorts, t-shirts and sandals)



Our Amiga with Gate Staff at Colima Volcano National Park - Temp. 2C/35F

Well we were here now and all of us agreed that a look around was in order. Being Canadians we felt pretty much at home with the temperature so we all bailed out. First thing I noticed was the big snow-capped mountain and hills forested with evergreens. It kind of felt like home and was a bit of a reprieve from the heat below. Since at this point we were only at the gate, we decided that to drive through the park unprepared might not be wise, but we were thoroughly engaged by this local area. The drive was completely worth this stunning surprise and experiencing another side of Mexico that we had not expected.

cont...

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Mountain top in Colima Volcano National Park

We learned that there is a park program underway to control soil erosion preserving access to these beautiful areas. Loosely screened mats are in the process of being laid in many areas allowing seeded grasses to take hold and fortify the hillsides with the strength of their roots and water diversion. Heavy rainfalls have eroded mountainsides and canyons, threatening a diverse biology and wildlife.



Erosion Control Program in Colima Volcano National Park

As we began our journey back down the mountain, we stopped at the roadside for a closer look at the vast valley below. It was a stunning vista and completely natural. As an added bonus to our lovely day, we noticed movement in

the bushes falling away below us. Lo' and behold, we saw hundreds of scarlet-throated humming birds feeding on the plentiful blossoms of the bushes. I am always honored to catch site of these beautiful creatures as they dart around quickly and are very well camouflaged in the greenery. But to see so many at once was a real thrill.

We tried to shoot photos but none did justice to the little critters. So I have included some shots with our little friends 'enhanced' for recognition. I wonder if this is a special feeding area for them. If so, the erosion prevention program will hopefully protect this area for them.



Ruby Throated Hummingbird

So with the day waning, we headed back feeling well rewarded for our spontaneity. We decided to drive the 'free' highway (no toll booths) for part of the journey home and were again rewarded by spectacular scenery that cannot be seen from the bigger, busier thoroughfare. We passed beautiful villages nestled at the foot of the hills and eventually found our way back onto the main freeway. We were just in time to see those beautiful grasses backlit by the setting sun and leaving an impression that I will never forget. It is so wonderful here.



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AV. LA AUDIENCIA
by La Catrina



Tropical Almond Tree

Terminalia catappa

Family: *Combretum*

Also known as: Sea Almond, Indian Almond, Malabar Almond, Barbados Almond, Bastard Almond, Bengal Almond, Country Almond, Demarara Almond, Fijian Almond and False Kamani.

Originally from Madagascar, Malaysia and the East Indies, the Tropical Almond Tree is now ubiquitous throughout the world's tropics. Some assert that in 1793, the infamous British Navy officer, Captain William Bligh - of "Mutiny on the Bounty" renown - introduced both the Breadfruit and the tropical almond to the West Indies. Others contend that in 1790 it first came to Jamaica.

The tasty and nutritious kernel - protected within a thin (but hard and leathery) husk - is edible. It has a similar texture and oiliness, as well as appearance and taste, to the "almonds" with which most of us are familiar and have often munched - *Prunus dulcis*. But, with no fear of going out on a limb, I can assure you that upon looking into their respective family trees (double groan!) we find that the Tropical Almond and Northern Almonds are in entirely different plant families. The latter is closely related to plums, cherries and peaches in the Rose family. Their kin, the Tropical Almonds, are related to Black Gum Trees and Eucalyptuses. Interesting, huh?

What other nifty nuggets of knowledge might we enjoy knowing about this intriguing tropical, desiduous tree? Well, extracted from the fruit can be a black dye and tannin (even in its natural state, tannic acid can stain cars, pavement and sidewalks, so remember that when planting one); in South America, oil is extracted from the dried nuts and used in cooking; the fruit has been



In maturity The Tropical Almond can grow to 55 feet or higher and 35 feet in branch width

used to treat leprosy and headaches in traditional Indian medicine, as well as making dressings for rheumatic joints; out in the Pacific, Samoans believe the fruits relieve coughs; yet further west, in parts of South-East Asia, the fruit is effectively employed to treat dysentery; and, here in Mexico, ripe Indian Almond fruits are used as a folk remedy to thwart travel nausea as well as, purportedly, curing or, at least, hampering asthma.

Beyond the afore cited, I've read that it has numerous additional folk medicine usages including: that of an antibacterial agent as well as a contraceptive, treatment for cancer, colic, eye problems, intestinal parasites, leprosy, liver disease, nausea, scabies, sickle cell disorders, and upset stomach. Additionally, extract from the leaves has been shown to possess anti-diabetic and antioxidant properties. And on top of that, there is some research that indicates it might even help treat high blood pressure. With a healthy *Terminalia catappa* in the backyard who needs a pharmacy?

Why, if you live on a coast, it will even come to you, as when the fruit dries it is quite light and buoyant and navigates the globe via ocean currents to move around, find new homes and plant itself!

(Before proceeding much further, allow me to give credit to Roger Lynn, of Hotel Casa Mexilio in “the heart of downtown Merida, Yucatan”, from whom I derived great data – confirmed by multiple others sources – through his superlative article on this tree. Check out his site: <http://casamexilio.com/>)

What else about this “Wonder Tree”? Among other things, its hard, attractive, strong wood is used in the construction of barrels, boxes, boats, bridges, buildings, (a lot of “B” things I note!), carts, crates, floors, planks, water troughs and wheelbarrows. In Fiji and Samoa it is the favorite wood used in the building of native drums.

With its foliage being somewhat pagoda shaped, it has a single trunk, growing – usually - to around 30 to 55 feet tall. It has whorls of nearly horizontal, slightly ascending, branches (reaching up to 35 feet in width) that droop at the tips. The leaves are short stemmed, dark-green above, paler beneath, leathery and glossy. They are spirally clustered at the branch tips, obovate – meaning they are “egg-shaped and flat, with the narrow end attached to the stalk” - and up to eleven inches long and six inches wide.

During the dry season, they can turn to colors of red, yellow, purple or copper and, without water, will fall from the tree.

Its rather inconspicuous, blossoms are green and white, arranged in groups of five with ten to twelve stamens each - all of them on six-inch-long terminal clusters.

It is tolerant of strong winds and salt spray, preferring freely drained, well aerated, sandy soils, enjoys being mulched and deeply appreciates regular fertilization. Want a somewhat pedestrian but hardy, utilitarian tree? This is it!

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Its rather inconspicuous, green and white blossoms sport six-inch-long terminal clusters



The small, edible kernel – protected within a rather hard to open, hard and leathery husk – is tasty and nutritious.



Photo credits: Rowdy L. Williams



Aztec Mythology

Kirby L. Vickery

We are in Manzanillo and Freda had me take her to some friend's where I got into it with Eduardo and then Manolo not so much about the Mythology of the Aztecs but its origins and the Aztec themselves. I would have gladly continued this month with the mythology, but owe these two young men a great debt of gratitude for sharing their intelligence and interest in the settlement of the indigenous peoples of North America. This article will be anthropologically based not mythological.

When preparing for either a lecture or paper in past times I would start with a proposed thesis and a blank outline. I had a university research library, lecture notes from colleagues and others of interest, with academic web sites, the entire internet of public information, my own computer in my office and at home which were set up to do background and historical research. All that and a couple of 'search-to-find' software packages available to those of academic bent. Today I have a failing memory, a computer which was purchased after I retired and doesn't have all that good software in it, and a broader based internet from which to draw from. And for something this long I don't have to use an outline.

Eduardo and I discussed this settlement process extensively during lunch and although I can't excuse my lack of memory, I can understand his confusion with the flow of the first peoples into North America and subsequently further south into the Mayan then Inca lands.

People picture Eskimo's tiptoeing across a small pond-like water structure while hoping that the ice didn't break while dodging Dinosaurs. Most everyone believes that a whole bunch of Eskimos **just** wandered across the land bridge between today's Russia and Alaska one day. That's not really the case though.

There were several pushes eastward across what is called "Beringia" today. In an anthropology class I took several years ago, our professor claimed there were four distinct crossings over time. This land bridge existed for over fifteen thousand years from way north of the Arctic Circle in the Chuitchi Sea south to include most of the Aleutian Island chain. That's about 1,400 miles thick from top to bottom. And it wasn't all ice either.

The oceans were a lot lower then and as with most of the earth, most of it was savanna type grass lands with all of those early land animals you read so much about: Giant Sloths, Saber-toothed Tigers and the Mammoth with tiny little horses. Hunting was good but there were no dinosaurs. There were two distinct paths to take and one of them was further north than the other. It all depended on the thickness of the ice which varied from the route of one group to the route of the next. Some were able to come down the middle of North America such as the Clovis Culture while other's had to come down the coast and kept going down into South America. There was even a counter exodus from west to east at one point.

There wasn't much about the Aztec culture that we don't know. This is because of the monks (a few of them, anyway) who came over with the Conquistadores. They called upon the Aztec people to write books and accomplish art (pictures) which were checked out and translated then shipped back to the old world. The Aztec culture was late forming which had already started its downfall when the Spanish showed up. They were the descendents of one of the last migration pushes across the land bridge as were all the Nahuatl language group speakers. Some of the earlier groups settled in the eastern United States along the seaboard while still earlier groups settled down the middle states. Settlement and transitory route location was all determined by climate and game availability. As old cultures died out or moved on, newer one took their place. Right now there are several tribes in the American Southwest that speak of a people which was gone before they ever got there. They call them the Anasazi. But that word is really a Hopi word which means "The Ancient Ones." In other words they don't even know the names of the people through the area that came before them.

It was Manolo that really sent me scraping the internet walls while wishing for some of my own reference material. He told me about a people that walked from Europe to North America and he talked about a tribe in Florida which settled real early with a name similar to 'Swamp,' 'Swampy,' or something to do with stagnant water.

I found two sites which allude to such a migration although both were supposed to have been accomplished over water if at all. The first reference is just a line running from Scotland, right by Ice Land and right into Nova Scotia. It was on a diagram and there was nothing said about it in the accompanying dialog. The second was from a site that professed that the natives of what is now Morocco joined with the Phoenicians who transported them into the Gulf of Mexico. That site's biggest proof was the Olmec heads in mostly Central America have the same characteristics as the Negroid from North Africa. This site also puts these people on the North American continent during the Zingh Empire. They are classified as Mende African speaking people from Sierra Leone somewhere around 100,000 BCE. I'm not too hot on accepting this site because the era of the Phoenician's didn't start until 15,000 BCE and it appears to be the front of an organization that wants to have black people "reinstated" or paid for most of North America and China.

As far as finding a name of that tribe of Indians that has something to do with a swamp, that I did although they didn't migrate here from Europe. At the time of the Spanish exploration of the area in the 1530s, the river banks were inhabited by the Timucuan people, who named it Suwani, meaning "Echo River". We call it the Swanee or the Suwannee River in Northern Florida.



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Manzanillo Chose Me

Freda Vickery

We first came to Manzanillo in 1996. After a long and very eventful journey by car, full of surprises and much laughter along the way, we arrived in town at about 3.30 p.m. Eventually we ended up in Las Brisas, a small community at the southern part of the Hotel district.

It was late in the afternoon; the sun was low but not yet set as we asked in Bungalows Angelica for the price of their rooms. A very pleasant gentleman greeted us and we were dismayed to learn that it was still too expensive for us to consider.

Next door was Suites New York so taking a deep breath I entered the office and was greeted by a lady called Ana. There we were lucky. They had one suite available over Christmas which would be 1200 pesos for the month. At that time the peso was 4.8 to the Canadian dollar which translated into \$250 for the month. The room wasn't bad, although very small, with a tiny kitchen. It would have to do as everywhere had been solidly booked en-route.

We should have realized there were going to be problems, and there were many: We found a dirty diaper in the bathroom, no clean towels, and dubiously clean bed linen. Ana had the maid come in to clean the bathroom and replace towels, but the bed was slept on top of that night as we decided it did not suit us.

Next day it was cleaned properly and linens replaced. We were then comfortable enough until Nigel was awakened the next two nights by cucarachas running over him. We were to find many such over the next four weeks. Naturally we were delighted to discover that next door, in Bungalows Angelica, there would be a completely refurbished suite available for the same price as we were now paying for the month, from January 1st.

Hotel pricing was quickly learned as we did not know previously that in Mexico there were daily, weekly and monthly rates which gave very definite price discounts. For longer stays the prices dropped even further. But now we were settled and happily so. As promised our suite was ready for us although we had to wait another day for a full gas oven. We had a range top on a table which would do admirably until the proprietors could get the correct one delivered. Our twin beds we pushed together which made a great king sized bed and all was right with our world.

Over the next few months we became fast friends with the family who owned the property and eventually those months stretched into eight years. The bungalows were old and in disrepair but Manolo and Coty, the owners, worked ceaselessly that first year to make the buildings more appealing. Nigel did his part in helping with what

he could do and was absolutely in his element as he played the part of Mr. Knock-'em-down Builder. With precious few tools available he did what could and vowed to return next year with more tools of his own.

The years passed by at Angelica with the same group of people renting regularly. We added to our little band until after 3 years all bungalows were booked solid for the full winter season every year and the entire group became fast friends. It was fun to see people arrive each year like long lost cousins or family returning from an outing. It was not complete until we were all at home and nestled into our usual apartments and the greetings with the maids Ana, Rosa or Emma were made along with those of Pancho and old Miguel (the handy men around the place).

It took John Kerwin to note that we were a very special group of people. He was a bachelor and to his amusement he observed that the entire group was formed by people with long marriages. The 'newlyweds' were Frank & Barbara Stewart, who although the oldest, did not marry until their middle years (I believe he was 52 and she 43 at that time) and they had been married for only 25 years. The others were Ernie and Lorna, Frank and Margaret, Pat & Joy, Jack and Elizabeth, Wally and Doreen, Lewis and Rose, Ken and Lilian, Greg and Jan, Karol and Suzanna, Jim and Wendy, Bob and Louise plus ourselves --- Nigel and Freda.

Those of us arriving before Christmas had a great time with our festivities on a patio overlooking the sea. Always we invited our hosts Manolo & Coty Cordera and other friends we had made, Art and Lydia, Wayne and his daughter and Bob and Ian to join us. We dressed up to the nines, had memorable food and played silly games but always remembered absent friends and family.

Occasionally we invited friends to join us for Pot Luck suppers or to coffee mornings. These we had around the pool and that was when we would discuss what we had each done during the past week. Always something had happened to cause much hilarity. If anything was going on the next week, we would make plans to go together or even just have an evening out at a local restaurant or Botanas bars. All in all it was very nice and comfortable, family-like relationships were building and friendships for life were forged.

Obviously it could not continue forever. In 2003 the big earthquake shook the buildings to their very foundations. Most of them had to be pulled down and the



Inside Bungalow #2 after the earthquake.

hard work that had been spent renovating over the years was lost. The pool which had been the centre of our 'Koffee Klatch' and pot luck suppers was badly damaged and people had to move away to find alternative accommodations.

Nevertheless the friendships, although now severely challenged, as we were all going in different directions, continued as the magic of Manzanillo pulled us back every year. Unfortunately many of our group have now passed on. Those remaining look back with the fondest memories of the years spent with great people, in a lovely atmosphere in a beautiful town.

Greatly missed but certainly not forgotten are Frank and Barbara, Elizabeth, Jan, Karol and Nigel. We still chuckle at the memory of Nigel calling "Swim time" every day as the six or so hardy swimmers headed for the ocean before the winds of 1 p.m. would churn the sea into a roller coaster; or the bellow of Frank as he yelled at Barbara for some minor infraction or other; or at the memory of Wally asking everyone for happy hour, serving Coronitas and then telling them it was time to leave he wanted his dinner!

Those indeed were the days.

Adg. Bautista
Fotografía y diseño



Chef
para
llevArt!

bistro café bar

A
Restaurant
review
by
Freda Vickery



Chef Freddy

Av. Lazaro Cardenas, 1517a, Las Brisas 314-333-3008

Alex and Leona invited us out to dinner to any restaurant of my choosing. Racking my brains and running through the available choices I could remember, I chose "AguaChile" on Friday, (yesterday) at 7 p.m.

With taste buds at the ready as I remembered my last meal there, we arrived at the restaurant at the appointed hour and stood in amazement. The whole thing was changed.

Bearing in mind that it was 18 months since we had been to Manzanillo that really wasn't surprising but what was surprising was the extent of that change. Then came the biggest surprise of all! It was no longer a restaurant but a 'Salon de Eventos"! (A place that people rent for private parties.) Disappointment abounded as the pictures of a beautiful fish platter fast disappeared from my mind.

"Never mind," said Alex, "How about going to Freddie's place in Las Brisas, the best food in town! It's on the sidewalk, small but with excellent food." Sounded fine to us, so off we all trundled to "Chef Para LlevArt" (play on the Spanish word, to go or take out, "llevar" and Art).

We managed to find a table for four which seemed a mite crowded but there was a large party with reservations at the table we would have preferred. Not really a big deal as a side walk is the same anywhere and it was a tad closer to the road, even though that was partially hidden by a tall hedge.

We were quickly asked for drink orders and then were left to chat for awhile. Our great conversation was cut short by a slender young man carrying an African drum, who rattled off a short speech in Spanish and then proceeded to bash away at the drum with a very loud but indeterminate beat which completely drowned us out. As with all things, eventually that extraordinary noise ended, was followed by yet another speech and then the "musician" went around collecting his tips as we all breathed a sigh of relief.

Now we could talk again, the drinks arrived and dinner orders were taken. Following Alex's recommendation I requested the San Francisco Linguine with prawns as did he, Leona the dorado and Kirby the prawns in mole. Some delicious crusty bread arrived at the table with a small mound of rapidly melting butter and we sat and waited. It seemed as though we waited forever although none of us really kept actual check on time.

The people at the next table finished their meal and left and their seats were quickly taken by another party. The large group of people finally arrived in dribs and drabs but at last all were there and their drink orders taken. Eventually we caught the waiter's eye and managed to get glasses of water and some more bread to keep the starvation at bay while we waited some more.

Dinner arrived at last. Four steaming plates of food arrived accompanied by a delicious aroma. Each dish is

prepared individually upon request; this is most definitely not fast food. In fact a table of four finally got up and left, they were too hungry to wait.

All of us enjoyed our meal immensely although Kirby's meal was a little lacking in substance. The San Francisco linguine was as good as promised and Alex and I savored every bit. Leona announced that the dorado was incredible, the prawn mole although delicious was pronounced as it looked- a little skimpy. The prawns were nestled on a green mound of something that although delicious was totally a mystery. I sampled it and was unable to put a name to it except "very nice." Fortunately the extra bread arrived and although bread is not advised on Kirby's dietary list, that was enjoyed with the prawns.

Now came the piece de resistance. After a long wait with nothing in front of us, the very pleasant waiter was finally halted and asked for the desert menu. Many different exotic coffees were on it but only four deserts to choose from, cheesecake, a chocolate pudding (which Leona ascertained was like a brownie) a custard and ice cream. Brownie sounded nice to finish off the meal so I ordered that and Leona, chocolate ice cream. The brownie was still in the oven and would be about fifteen minutes, well, we could wait and our waiter recommended it. Leona's ice cream arrived, two scoops of creamy chocolate ice cream garnished with frozen strawberries and blackberries. It looked delicious. Mine was long awaited but they had warned fifteen minutes after all.



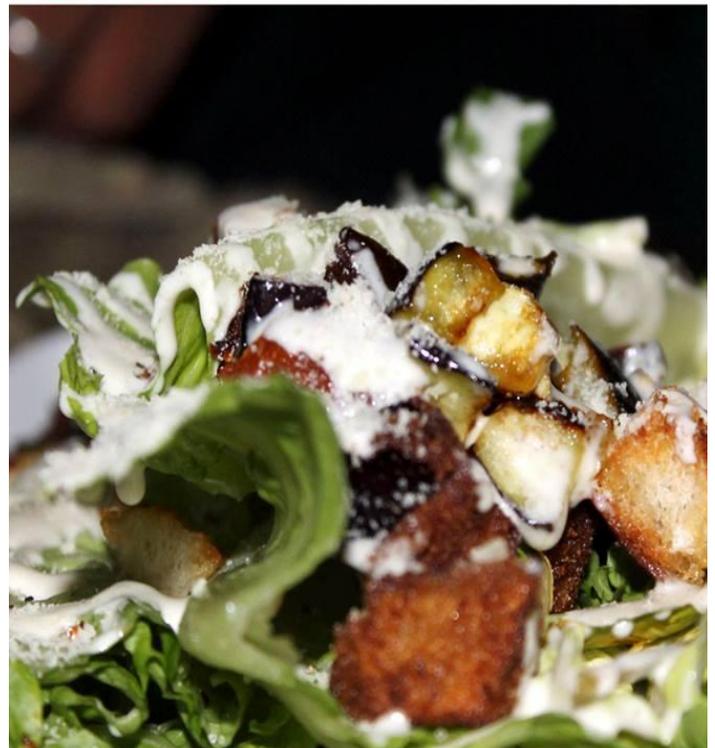
A little longer time than that elapsed before the most extraordinary desert I have ever had in a restaurant arrived. Some brownie! I have seen pictures of a

chocolate lava cake but this was the first time I have ever had one. That is not what it was named on the menu, but folks, that is what it was; a hot chocolate cake with hot gooey chocolate oozing out, garnished with frozen strawberries and strawberry ice cream. It was total ambrosia for the eyes, the mind and the taste buds. Unfortunately I finally had the last bite although I foolishly allowed Alex a tiny sample. Chef Freddie was warned when we left that I will return again and again until I am sure he that has the recipe right.

The meal we had yesterday evening was memorable indeed. The service was terribly slow and the bill a long time in coming but we still had lot's to chat about. We were told that everything our hosts had eaten at this tiny bistro were delicious and after our first sampling we will certainly put this on our "must go to in Manzanillo" list. The numbers on the right hand side of the page were a little higher than most we have seen in town but the food? Oh!Ho!Ho!

Just don't be in a rush. In the words of the islands way to the west of us, "hang loose."

I forgot to mention our drummer did return for an encore but he was asked to leave by the people at the next table for which we are eternally grateful.





Molten Lava Cake

by Betty Crocker online

Ingredients

- 6 oz Unsweetened baking cocoa
- semisweet baking chocolate, chopped
- 1/2 cup plus 2 tablespoons butter or margarine
- 3 whole eggs
- 3 egg yolks
- 1 1/2 cups powdered sugar
- 1/2 cup Gold Medal® all-purpose flour*

Additional powdered sugar or sugared kumquats and strawberries or raspberries, if desired

Directions

- Heat oven to 450°F. Grease bottoms and sides of six (6-oz) custard cups with shortening; dust with cocoa. In 2-quart saucepan, melt chocolate and butter over low heat, stirring frequently. Cool slightly.
- In large bowl, beat whole eggs and egg yolks with wire whisk or eggbeater until well blended. Beat in 1 1/2 cups powdered sugar. Beat in melted chocolate mixture and flour. Divide batter evenly among custard cups. Place cups on cookie sheet with sides.
- Bake 12 to 14 minutes or until sides are set and centers are still soft (tops will be puffed and cracked). Let stand 3 minutes. Run small knife or metal spatula along sides of cakes to loosen.

Immediately place heatproof serving plate upside down over each cup; turn plate and cup over. Remove cup. Sprinkle with additional powdered sugar. Garnish with kumquats. Serve warm.

Tips

Be sure to grease the custard cups with shortening and dust the cups with cocoa. Baking the cakes at the correct oven temperature for the right time are critical to the success of this recipe. If the centers are too cakelike in texture, bake a few minutes less the next time; if they're too soft, bake a minute or two longer.

To make ahead, pour the batter into custard cups, cover with plastic wrap and refrigerate up to 24 hours. You may need to bake the cakes 1 to 2 minutes longer.

Do not use self-rising flour



THE INCREDIBLE FREDA RUMFORD VICKERY

Darcy Reed

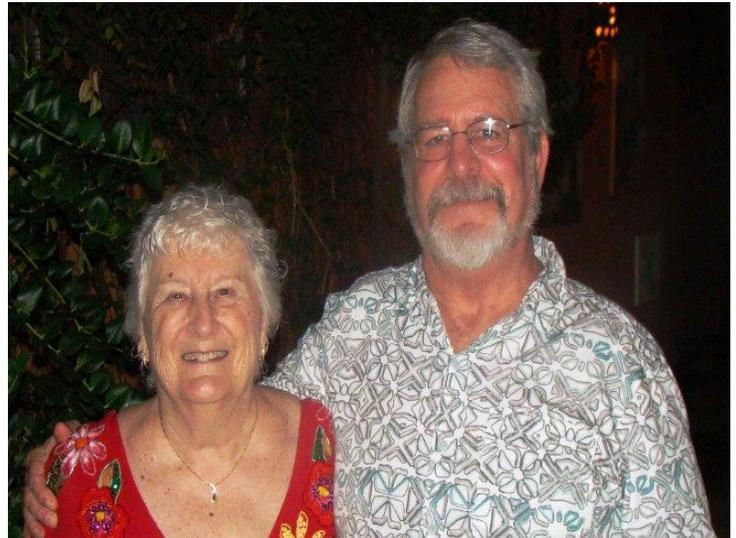
Friends and acquaintances of Freda were in for a huge surprise in early January when we received an email from her WRITTEN FROM MANZANILLO!! Yes, she is here for a short stay and the “welcome back” she received was as if for a dignitary – of which she has truly become over the years. Candy King and Dan Alnoch kindly opened their doors on the 22nd for a ‘Welcome Back’ party.

For those of you who are relatively new and are saying “Who’s Freda?” all you have to do is read the Manzanillo Sun monthly (www.manzanillosun.com) to enjoy the many articles she writes – now from Canada and the U.S. instead of Manzanillo which was her home for over fifteen years.

Mostly known for establishing the popular Manzamigos group that meets every Thursday, well-known as “Thirsty Thursday,” Freda and Nigel Rumford worked long and hard in building up the group from at first being part of a bicultural group of “Manzamigos” to their borrowing the name with the approval from their Mexican hosts. It has since been a meeting ground for short/long-term visitors, expats and the “to go” place where we have the opportunity to try different restaurants and, most importantly, garner new friends.

When my husband, Doug, and I initially ventured forth to our first Thirsty Thursday in 2004, there were perhaps 20 people gathered at the Sunset Lounge. Not being familiar with tequila and its effects after gulping several Margaritas, we were the ones with the lampshades on our heads! What an introduction! “Thirsty Thursdays” are now on the list of *things-to-do* in Manzanillo and the Manzamigos has grown to over two hundred members.

Freda and Nigel were part of the five people to write the charter and to form Manzamigos. The other three were: Guillermo Gomez, William and Julie-Ruth Zeiner. Freda put together a ‘Shopping Translation’ book and a ‘Dining Out’ book as well as organized the Manzamigos newsletter with information on all things pertinent to the visitor or newcomer. She generated the work for the Web site which she caused her son Ian, to set up (He owns the Manzanillo Sun). Freda has served as a board member since the forming of the group and was voted in as the President before she had to leave



Mexico for medical reasons. Two years after Nigel’s death Freda was diagnosed with cancer. She moved back to Canada for their excellent care and treatment and even managed a new marriage along the way.

Her surprise attendance at Thirsty Thursday earlier this month was a delight to her many friends – with an almost standing ovation when announced as being there. The hugs simply continued throughout the evening. Not a woman in the flower of youth, she still follows that break-neck schedule she has always maintained. Now she has Kirby Vickery, her husband, beside her through all of that sickness and health stuff! They are looking forward to an active future and travels in their RV.

And we look forward to seeing Freda and Kirby back her again for visits as it truly is her community, now embraced by both. We miss you always, Freda, but will see you again.

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Suzanne A. Marshall is **"AT THE MOVIES"**

Last Vegas

Director: Jon Turteltaub
Starring: Michael Douglas, Robert De Niro, Morgan Freeman, Kevin Kline

“Three sixty-something friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.”

This movie is totally predictable in a really ‘good’ way. I knew it would be entertaining, funny, cliché and a little outrageous. And of course that’s why I went! Also, I love the cast. I wanted light humour and laughs. I wasn’t disappointed. I thoroughly enjoyed the movie. The story line was kind of goofy but it really didn’t matter. I got what I paid for: a good look at Las Vegas, lots of glamor, and a reprieve from so much of the darker ‘genre’ in movies these days.

IMDB gave this 6.8/10 based on 31,000 votes and that’s about right.

**DOUGLAS DE NIRO
 FREEMAN KLINE
 LAST VEGAS**



VIVEZ UN WEEK-END DE LÉGENDE
 27 NOVEMBRE

American Hustle

Director: David O. Russell
Starring: Christian Bale, Bradley Cooper, Amy Adams, Jennifer Lawrence, Jeremy Renner

“A con man, Irving Rosenfeld, along with his seductive British partner, Sydney Prosser, is forced to work for a wild FBI agent, Richie DiMaso. DiMaso pushes them into a world of Jersey powerbrokers and mafia”

I cannot say enough about the acting in this movie. Absolutely brilliant. I give an edge to Christian Bale due to his transformation, but the acting of all characters was flawless. Taking place in the seventies, it looks and feels like the seventies thanks to great art direction, costumes and cinematography. The plot in this movie is complex resulting from the terrific characterizations. I feel like I want to see it again just in case I missed some nuance or twist in the plot or perhaps I blinked at the wrong moment. The whole movie had me paying very careful attention as it was so full of dialogue. I’ll likely see it again. It has received its 10 Oscar nominations for a good reason.

IMDB gives this a 7.7/10 based on 84,000 votes. For me, it was easily 8+.



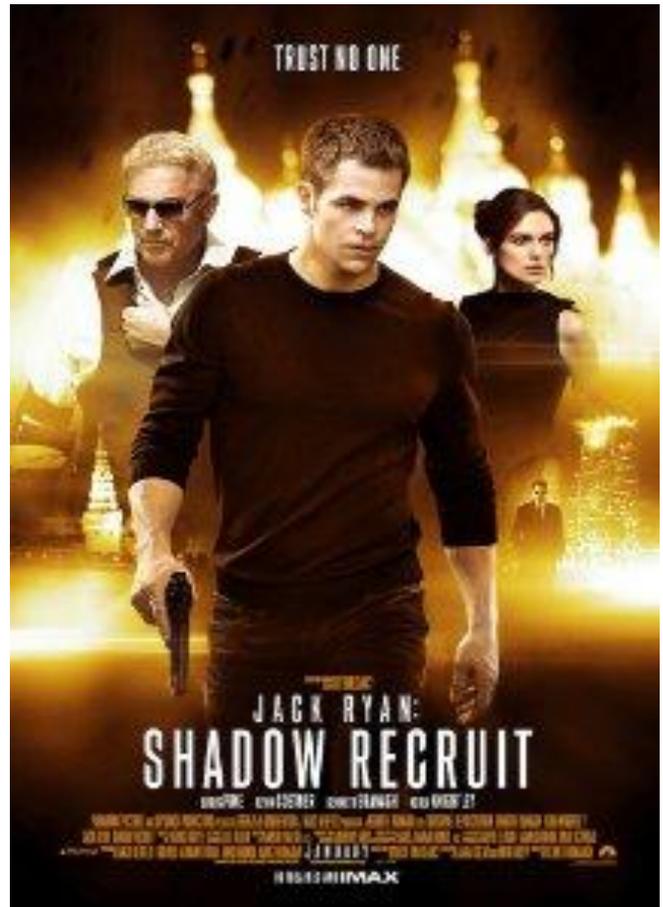
Jack Ryan: Shadow Recruit

Director: Kenneth Branagh
Starring: Chris Pine, Keira Knightley, Kevin Costner, Kenneth Branagh

“Jack Ryan, as a young covert CIA analyst, uncovers a Russian plot to crash the U.S. economy with a terrorist attack.”

If you're a Tom Clancy fan like me, you'll like the movie. It's well acted and looks great. It tells the story of how Jack Ryan was actually initiated into the CIA and Chris Pine does a good job. He has the same young, clean-cut good looks of Matt Damon who played the previous role, so it's not a stretch to get comfortable with his character quickly. Keira Knightley plays her role well and captures an American accent with ease. Kevin Costner has his trade-mark quiet way of delivering his role and does it for us again. He is very convincing. I had a little trouble accepting Kenneth Branagh as the Russian bad guy but this is certainly not due to his acting abilities. Perhaps it's my familiarity with him in other very different roles. This movie is entertaining and packed with action and stunts.

IMDB has rated this as a 6.6/10 based on early voting from 8,000+ voters. I agree with this, it's a good movie and worth the price of admission.



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Señor Tech

Technology, Friend or Foe?

For all the numerous criticisms about technology, specifically the use of the internet. I would like to remind the critics about prophecies in the 1950's and 1960's regarding the end of communication between people when television was first introduced. Yes things have changed; we started watching television to get the latest local news, which expanded to regional, country wide and then globally. We could find entertainment in our homes and did not have to go to movie theatres. Children grew up and became well-adjusted adults, despite the concerns of the luddites. Today children are growing up with another distraction, the Internet. And of course critics are again prophesizing the end of live communication between people.



I do not think that will happen. There are changes, yes. When I was growing up, I had to go to the library to research information for school projects. If a family was lucky enough to be able to afford a set of encyclopedias, they could hopefully find the information there. Sometimes the information presented was years out of date. Today kids can search online with phones, tablets, or computers from the safety of their homes. And the information researched usually offers multiple viewpoints. So they have to reason and think for themselves. As far as out of date information is concerned, Wikipedia is continually updated by millions of contributors and monitors.

As a young teen, I can remember hanging out with my friends at the local pool hall and pinball arcade. It was a wholesome environment. That is if your definition of a wholesome environment includes bootleggers, drug




pushers and hucksters. Today children can have their friends over to play assorted video games, watch movies away from the distractions of the lunatic fringe. Parents have the responsibility to ensure the movies and video games reflect their values and are appropriate for their children's ages.

Yes children today are immersed in technology, but this will be their life as they grow into adults and have to manage their lives and their families. The workplace is evolving; electronic communications, and data on command will determine the success or failure of industries. If these children are not able to use the tools to keep ahead of their peers, they will face the prospect of being left behind and possibly suffer a lower standard of living.

Today a family can pick the seats for a movie theatre and pay for the tickets online. My friends and I had to stand in line in front of the Capital theatre (this was before multiplex theatres). In the winter when it was minus 10 degrees Fahrenheit (this was before Celsius), we would wait for 30 minutes and hope there were still seats available. If there were, we had to stand in another line outside and wait for the

people to leave from the previous showing, before we could enter the theatre. I sometimes wish I could grow up now and see what the parents of this generation will worry about for their children.

I want to thank my wife, Señora Notsotechie, for writing my article last month. I had to return home to attend to my Father's funeral. I received the call that he passed at 2 pm on Friday December 20th. There is only one direct flight home per week, so I threw my laptop, iPad, iPhone. and some clothes in a carry-on bag and hopped in a cab to the airport for a 4:45 flight to Calgary. If I had to wait for Señora Notsotechie to pack, I knew I would have no chance to make the flight. So at the airport, waiting to see if they could get me on the flight, I pulled out my iPhone and made a Facetime call (Free Airport Wi-Fi) to my wife. I gave her my status and asked her to call my sister in Canada with my flight info. Facetime is an Apple app that allows Apple users to conduct video and voice calls on their Apple devices, (Computer, iPhone, iPad, iPod Touch). Once at the Calgary Airport tarmac , I was able to make a FaceTime call (using my data plan on my iPhone) to let my wife know I was in Calgary.

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Steps to a Balanced Portfolio *Yann Kostic*

Year-end is a great time to take a close look at your finances. Because volatile markets can skew the percentage of stocks, bonds and cash in your portfolio, it's important to give your portfolio an annual check-up to make sure your allocation remains aligned with your situation and goals.

It's easy to do in three simple steps:

Step one: Develop a target asset allocation

Given your individual financial circumstances and goals, what percentage of your portfolio should be dedicated to each asset class? For example, when close to retirement, some investors may want the majority of their portfolio in as cash and bonds, with a smaller percentage in stocks to protect their portfolio against inflation.

However this kind of strategy has definitely not worked during the past decade. As the saying goes if you're younger, and can tolerate the fluctuations of the stock market over time, you may want to put the majority of your investments in stocks. Today, people simply live longer, and with some planning, leave a large part of their wealth to their heirs while enjoying a great retirement, so the time horizon is quite different indeed.

Step two: Evaluate your portfolio

Next, determine if your actual investments match your target asset allocation. If they do, your portfolio is in good shape. If they're off, consider just how far off they are.

Since making frequent changes to your portfolio can have tax consequences, you may only want to alter the asset mix if it's off by more than five percentage points.

Step three: Rebalance

If your asset allocation has drifted significantly away from your target, you can rebalance your portfolio in a variety of ways.

For example, you can shift funds out of the asset class that exceeds its target into the other investments, or you can simply add funds to the asset class that falls below its target percentage. You can even direct dividends from the asset class that exceeds its target into the ones that are below their targets.

This will bring your portfolio back into balance, but because of tax implications, it's important to talk to your advisor before making any significant changes to it.

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 (the custodian of client's assets). He splits his time between Central Florida and the Central Pacific Coast of Mexico. Comments, questions or to request his Newsletter "News You Can Use" Contact him at Yannk@AtlantisWealth.com, in Mexico: (376) 106-1613 or in the US: (321) 574-1529.



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