

September 2013

# **Manzanillo** SUN

*Manzanillo's Lifestyle E-Magazine*

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Then along came Blossom Freda Rumford  
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## E-MAGAZINE

a div. of Manzanillo Sun SA de CV  
www.manzanillosun.com  
www.manzanillosun.info

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Submissions for possible inclusion in  
the magazine, please send to the editor  
by 20<sup>th</sup> of each month.

We are always looking for writers or  
ideas on what you would like us to  
write about in the magazine. Preferred  
subjects are concerning Manzanillo or  
Mexico.

All articles should be 1000 words or  
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words if accompanied by photos (.jpg)

Pictures appropriate for the article are  
welcome.



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## The Pros and Cons of Revocable Living Trusts

Most people consider a will to be their primary estate-planning tool, but relying on a will can have disadvantages.

Assets listed in a will must be processed in state probate court, which can be both time-consuming and expensive. Once the will is filed for probate, it is a public document and may be examined by anyone.

Another option may be a revocable living trust.

### What are recoverable living trusts?

*A revocable living trust establishes a legal entity with the power to hold title to assets.*

It is created and governed by the terms of a trust agreement. This agreement lists the assets held in the trust, the individual with the power to manage and distribute those assets (the trustee), and the individuals entitled to benefit from those assets (the beneficiaries).

Depending on state law, you may be able to act as trustee and receive income from the trust as a beneficiary during your lifetime.

## A way to avoid delays

The advantage of a revocable living trust is that it avoids probate, and the associated delays and costs.

Also, because the trust will pass outside the probate process, the trust agreement is more likely to remain confidential and will not be subject to public scrutiny.

However, a revocable living trust is not for everyone. Establishing one requires the services of an estate-planning professional, and there can be tax consequences.

Individuals considering using a revocable living trust as part of their estate plan should consult an advisor or attorney specializing in estate planning for advice and assistance.

The information contained in this article is merely a summary of our understanding and interpretation of some of the current laws and regulations and is not intended to be legal or tax advice.

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Protected by a Vietnamese temple dog and Thai teak elephant, our interior potted Parlor Palm is quite happy!

**Parlor Palm, *Chamaedorea elegans***

**Family:** *Arecaceae*

**Sub-family:** *Ceroxyloideae*

Also known as: Neanthe Bella, Bella Palm, Love Palm or Good Luck Palm

This delicate little character derived its name during the Victorian era when its exotic look led it to becoming a highly favored plant for one's parlor. As a result, this has caused me a bit of consternation as we have a Parlor Palm but no parlor! Nonetheless, that popularity has continued to the point that, today, it may be the most commonly grown indoors palm in the world!

Robert Lee Raffle – my tropical, botanical hero – described thusly, “No species more deserves its descriptive it specific epithet than this lovely little palm; it is delicate and elegant from youthfulness unto old age.” Bingo!

Among the slowest growing of houseplants, the Parlor Palm is a good performing (just don't ask it to roll over or play dead), small, indoor palm where it prefers bright,



filtered morning light. It can also be used in outdoor landscaping as an accent palm, border plant or beautiful, tall groundcover – but keep in mind its preference for more shade and filtered light. If the plant's foliage becomes bleached it may well be a sign that it is getting that durned hot afternoon sun. If it has healthy, dark green foliage then it is properly placed!

When talking to this plant while watering (while a bit eccentric perhaps, no few gardeners do that, you know) expect a bit of a Spanish accent if it responds! Why? Because this species originated in rain forest areas of Southern Mexico and Guatemala where they grow from sea level to 4,500 feet. Its name comes from the Greek word *chamai* meaning “on the ground”, and *dorea* meaning “gift”.

It has a short, green, leaf scarred, trunk with fan shaped leaves that are dark green and, slightly arching. Its, up to eight, fronds are clad with ten to twenty leaves from a single stem. These bright green fan-shaped leaves and branching flower stems - while not eye riveting - are most pleasing looking. The solitary stem is of a light green coloration with closely positioned darker rings which might lighten as the plant ages.

As it grows so slowly it does not require repotting – well, once a decades or so! While growing indoors it seldom blooms but it is not unheard of to happen. If so, these are small, subtle yellow flowers.

Easy to grow, it has a low salt tolerance but is quite adaptable to a variety of soils. Even with little water and not much sunlight it will, generally, do well. But given the sunlight discussed earlier it will flourish. *Chamaedorea Elegans* requires moist soil that drains well. The amount

of light it gets will determine how much water it needs. Too much water will cause a number of problems such as dropping leaves and root rot.

Conversely, providing too little water is also not good. This will cause the tips to turn brown and new growth may be pale. They prefer reasonably high humidity, without which the leaf tips will turn brown. Those living in climates of low humidity – certainly not here - should regularly mist its leaves. Pruning your Parlor Palm should not be necessary unless the fronds are dead or dying, in which case they should be taken away immediately.

During spring and summer, every month or so, give it some 10-10-10 water soluble fertilizer and perhaps every three months during the winter. Remember to not overwater or let the pot stand in water. If planted indoors, you might wish to clean its fronds every five to seven days by wiping them with a lukewarm cloth. Just consider it an old fashioned, weekly, farm bath without a number three washtub . . . or does no one 'cept Patty and me remember such as that?

This is a plant that you might consider buying the size you desire as it is a very slow grower. Inside, even after twenty years, its stem may not exceed four feet or three feet wide. However, outside it will be, perhaps, twice that height at that age. And, if outside, it probably looks better if planted alone rather than with others of its kind.

If used inside keep an eye out for common houseplant enemies such as foliar mealy bugs, scale insects and spider mites.

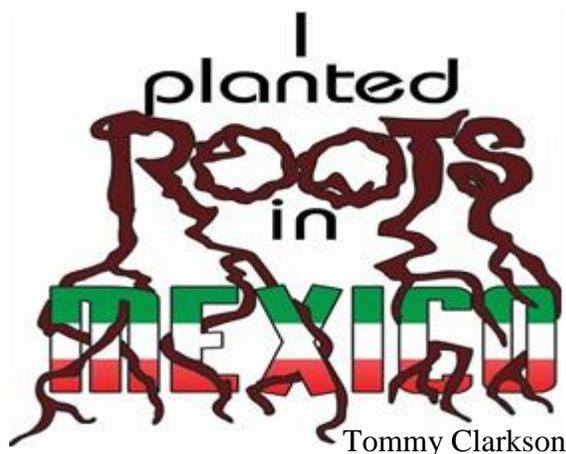
But, all in all, this is a wonderful, small, attractive, easy to take care of plant!



Someone forgot to tell ours that when potted inside they generally don't bloom and have tiny fruits!



While perhaps a bit pedestrian in appearance and not stunningly beautiful, its attractive, small, dark green, frond leaflets are still nice looking.



## Lemon Grass

**Family:** *Cymbopogon citratus*

(Also known as: Barbed wire grass, silky heads, citronella grass, or fever grass)

Perhaps not often thought of for inclusion in a tropical garden, this is – nonetheless – an interesting and, great culinary addition as Lemon Grass is effectively incorporated in a delightful array of Asian, Mexican, African and Caribbean food!

While requiring full sun and frequent watering it's not really much of a "looker". In fact, seldom producing flowers, this nondescript plant looks basically like a tall bunch of thick grass. Situated at the base of each group of leaves is a fat stalk that looks rather similar to a spring onion bulb. The plant whole is but a big cluster of these individual stalks.

If grown outside they may achieve heights up to 6 feet (182cm). Mine, growing in a large pot, is around 3 ½ feet (107cm).

Want to grow some? It is extremely easy to start by simply transplanting rooted stalks.

When planting, enrich the soil with some compost or well-aged manure. And those who know me will anticipate this next instruction – ensure the soil is well draining! Lemongrass appreciates extra nitrogen, so fertilize twice a month during the growing season. Perhaps most importantly, water regularly, not allowing the plant to dry out – particularly when the weather is very hot.

Once your Lemongrass attains a height of three feet, you may want to trim the tops and as Lemongrass doesn't grow branches so no other pruning is necessary.



That is one big cup of Lemon Grass tea or a whole lot of tasty accents for curries, sauces, stews and stir fry dishes growing there!

Found in temperate and tropical regions, there are approximately fifty-five species of this tall perennial grass. Native to India, the citrus flavor of Lemon Grass is widely used as a dried, powdered or fresh herb in Asian cuisine. Many westerners first encountered it through Thai or Vietnamese dishes. (Having lived a couple of years in "The Land of Smiles" – Thailand - my personal favorite incorporating this plant is Tom Yum Goon . . . Hot Shrimp Soup.)

When cooking with it, keep in mind that it is somewhat pungent, so use in small amounts. If one wishes, the entire stalk of the grass can be used or the grass blade can be sliced very fine – often added to soups. Some prefer to use the stalk - the white part near the root is where there is more concentration of the citrusy smell.

However, most generally, the bulb is the preferred part for use in cooking. It can be bruised and then minced or grated. In fact, this aromatic grass is commonly used in a variety of culinary presentations: teas, soup, stews, curries and stir fry. It is also suitable for poultry, fish, and seafood. Its light lemon flavor of this grass blends well with garlic, chilies, and cilantro



Beyond its numerous great culinary applications, Lemon Grass is not an altogether unattractive plant onto itself, as may be seen from this picture from the Herb Terrace.

(A test: Does anyone remember what kind of palm that is above it and from where it originally comes?)"

It is often used as a beverage in African and Latin American countries. For a wonderful hot Lemon Grass tea, take ten or so green leaves, wash them, tie them in a knot and place in the bottom of a French Press to which boiling water is added. After about five minutes, press and enjoy!

In Thailand, the lightly sweetened, *Nahm Takra*, is good for cooling some of those great – but spicy – Thai dishes. It can be made by steeping approximately twelve lemon grass stalks in eight cups of water to which one half cup sugar (or sweetener) has been added.

Lemon Grass is also used commercially as the recognizable scent in products such as soaps, perfumes and candles.

This grass is rich in a substance called citral which is the active ingredient in lemon peel. Commonly it is used to aid in digestion as well as relieve spasms, muscle cramps, rheumatism and headaches.

Used for yet more comprehensive medicinal purposes, a research team from the Ben Gurion University in Israel found that lemon grass (*cymbopogon citratus*) caused apoptosis (programmed cell death) in cancer cells. Using concentrations of citral - equivalent to the quantity in a cup of tea (one gram of lemon grass in hot water) - the researchers observed that citral induces programmed cell death in the cancerous cells, while the normal cells were left unharmed.

But, back to your garden, leaf blight can hit lemongrass. If so, the leaves can start to wilt developing brown or rust colored spots on their ends. Pick away the infected leaves, and spray the whole plant with a natural fungicide that can be used on edible plants.

Lastly, cats, too, like it and may chew on your plants if given the chance.

Pretty interesting stuff for a simple clump of grass, huh?



To acquire the stalks, stems and bulbs ya' gotta' go into the interior!

.....Then along came Blossom!

*Freda Rumford*

I have always been an animal lover. Generally I veered towards dogs rather than cats because I could take them out, although kittens were always very appealing when they played with dangling string and skeins of knotting wool. It really wasn't practical for us to have pets as my father was constantly being moved to different cities in S.E. England during my childhood. The rabbits, chickens, and ducks penned in the garden did not count as pets because they were being raised to augment our meagre meat rations during the war. My mother also traded these animals with neighbours for other commodities such as butter, sugar, cheese or even surplus ration books.

So it was not until I was a young teenager that I was finally able to persuade my parents to allow me a dog. I found the sweetest little male Cairn terrier. The lady readily agreed for me to pay a much lesser and more affordable price than she had originally been asking because he had a slightly deformed mouth. So "Binky" became my first canine friend. We were inseparable when I came home from school. When I went out for a walk or riding my bicycle he came too, sitting in the basket attached to the handlebars. That was if I was not taking my little brother with me in the same manner.

From then on our family included "Sheila" another cairn terrier and her son "Wagger." Then there were English cocker spaniels Cindy and Gus, assorted cats. Sam, a cheeky poodle, walked in on us from out of the blue. Ming, a Siamese cat, boldly made it known to the family that he was mine. He strongly objected to Trudy who grew from a 6 pound terrier to a full sized Labrador at about 110lbs. Trudy, in turn, adopted "Cat" who actually belonged to Ian's girlfriend, at the time so was not allowed to be named by us although "Cat" lived with us for over ten years.

Then came our first Springer Spaniel "Oscar." Both Trudy and Cat eventually passed on but Oscar, who was also Trudy-trained, became the pet and the dog that set the standard for all future dogs within the family. From him we went to more Springer's.

There was Max, then Henry, the problem child, and a complete character. He was supposed to be Beagle and Springer mix but that is still under discussion. But he certainly looked the image of Oscar as a puppy which is why I fell in love with him. He had us completely fooled!

All of our pets were lovely animals and we have many stories to tell of our life with them as do most people who love their varying pets who become family. They came and went over the years, living either with us or even more with our now grown children to become "grand dogs or grand cats." But always Oscar was held as the pinnacle.

Eventually in Mexico, son Ian, who was actually responsible for most of our pets, brought home a very small and extremely loveable golden retriever puppy who is now a giant 100lb dog. He is known to us and all of our friends in Manzanillo as well as the local Starbucks as "Jasper" and has the most beautiful nature of all our pets. He is "mum" (under sufferance) to a rose-point Siamese male cat called Mingtu after the original Ming.



With the entirety of animals we have had throughout the many years, absolutely nothing prepared me for when into my life walked "Blossom." Now Blossom is a Tuxedo cat who really feels that she is a dog and also our keeper. She initially "chose the main person in her life and through him I have also been accepted.

Without Blossom reminding us, we would not know where we were supposed to be during the day. She is quick to tell us when it is time to watch the movie on TV and following that, when it is bedtime. We are advised when water or kitty nibbles are low in her dishes and she insists on smelling everything we eat ourselves.

Meowing until we realise what it is she wants. Nothing is ever sampled as the kitty nose is turned up in distaste but she has to know what it is. She promises not to touch our food if we in turn leave hers alone.

For her it is a huge problem when one of us is outside and the other in our motor home. Who does she look after now? She is quite convinced that the motor home is hers, especially her favourite room, the bedroom and she is graciously allowing us to join her. Once in bed, she chooses the softest pillow on which to curl up, usually my prone lap where she will lay for hours until I gently turn on my side and slide her off into the crevice between us.

At night I have various medications to take and we were amused to see her trying to drink the water I took to bed with me. She finally succeeded and as we had same situation repeated each night. I eventually resorted to having a bottle of water and she took over my glass. It was a little difficult for her initially as the top of the glass turned in a little, so we made a special purchase from a Thrift Store, of a glass candle holder which was splayed out enough for her to drink at ease. Now each evening we are reminded it is not only "rub a kitty time" but time for the "special water." Needless to say she also prefers bottled water!

She was brought up in a home with two large dogs, several cats, a goat and a boa constrictor, so mixing with other animals is no problem for her. Previous owners had her front paws declawed and it is not possible for her to fight but she makes good use of the growling, yowling, and hissing to deter any would be combatant.

She also uses those dainty little front paws to indicate that it is now time to touch her. One time she allowed me to hold her paw for a good fifteen minutes or so while she sat upon my lap during movie time. That was quite an honour. Only once though, have I had the really special "Blossom award" of being licked on the nose. Her other human gets those all of the time as a "thank you" or "hello, I have missed you."

Although she does not have language, she has a very definite way of communicating, which I never saw in any other cat that we had living with us over the years. Every day it seems, we are noticing another little Blossom directive.

We're doing some extensive work on Blossom's Class A motor home. Queen Blossom loses it every time we start it up and take it down for a LPG refill. She disappears from sight and we are blessed with a loud, panicked, yowl coming from under the futon "safe hiding place." We intend to take her with us when we start rolling to discover America. We hope that her fear will eventually seem unwarranted and she will become a happy camper.

When she arrives in Mexico, she will have Jasper and Mingtu to greet her and to make her welcome and I am quite sure that she will be the Queen Bee in very short order as she is the only female and a natural sovereign.

# monkey's

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# An Early Mexican History V

By Kirby Vickery

I find it a little ironic that I am entitling this series in Roman Numerals. A numbering system which did not recognize 'zero' as a number place and required a little subtraction and addition just to read an existing number (or numeral) without or before doing anything with it.

The irony is that the Aztec's created and used a set of glyphs for their numbers which included a 'zero' and could be lined up and have mathematical functions run on them as we do with our Arabic generated numbering system. These glyphs are like those of the Egyptians only they were developed much later (1325).

The Aztec's numbering system was built on a numbering system with a base of 20 and it is called a 'Vigesimal' system. We use a decimal system while our computers use binary (base 2), octal (base 8) and hexadecimal (base 16). The Aztec or the Mexica people's treatment of the zero was unique in that it was represented by a shell surrounding the other symbols, mainly dots (representing fingers) and lines (representing five dots).

This meant that each group of symbols up to and including twenty were represented by one symbol as our numbering system does with our individual characters of zero thru nine

*(Source: Luis Ortiz-Franco, The Aztec number system, algebra, and ethno mathematics, in Judith Elaine Hankes and Gerald R. Fast, eds., Perspectives on Indigenous People of North America National Council of Teachers of Mathematics: Reston, VA, 2002, pp. 238-241.)*

0 	1 	2 	3 	4 
5 	6 	7 	8 	9 
10 	11 	12 	13 	14 
15 	16 	17 	18 	19 

The Mexica were late comers into what is now the American southwest and into Mexico. Their governing

city was Tenochtitlan, which is now Mexico City. Being warlike they would overtake the holders of land all the way into Central America. With that being done they would install a local king or leader and demand tribute back to Tenochtitlan. Their gain is figured to be one of the major causes of some of the older civilizations and cultures declining and reverting back into the jungles. It also made up many hybrid cultures which are all rich in their own take on mythologies even though most have at least one common thread.

## How Music came to the Aztec World

The sky god, Tezcatipoca had grown tired of fighting with Quetzalcoatl who was the very powerful wind god so he called for a meeting on a high and distant mesa. He was pleased that Quetzalcoatl had accepted his invitation but was becoming vexed because he was being forced to wait for a long time because Quetzalcoatl wasn't any where to be seen. Finally, just as the sun was going down, the god of the sky saw the god of the wind sweeping down toward him.

Quetzalcoatl landed close by and started telling Tezcatipoca why he was late. "I've been very busy." The wind god said. "This is hurricane season and I've been hard at work making huge waves. The reason that you brought me here had better be more important than that."

"Oh it is," replied Tezcatipoca. "Just stop your huffing and puffing for a second and listen and tell me what you hear."

So he stopped and cocked his ear to the four different directions for a minute and said, "I don't hear anything but animals scraping around and rain hitting the ground here and there, so what?"

"That's exactly my point, Wind. You hear nothing. No one is singing or playing notes or anything joyous or fun. Outside of your roaring and wave crashing where isn't any music or sounds that would make folks smile. This world needs to be awakened with something new and joyous. We need to have music."

"Well, don't look at me. I don't have any music," cried the wind god.

“Everyone knows that you don’t have anything like that, but I know where we can find some. Our friend the Sun god has had music for himself for ages and generations. He surrounds himself with instrument players and those that sing every day. The problem is that he won’t share ‘Won’t share?’ said Quetzalcoatl. “That’s not fair.”

“I know,” said Tezcatlipoca. “So listen, oh great god of the Wind. You’re the only god that can get these things. I want you to travel to the House of the Sun and bring back the best singers and the best musicians. Remember,” he said as the wind god unfolded his wings, “we need to wake up the world. We need music!” Then he wondered if he had laid it on a little too thick. But, he soon realized he hadn’t when Quetzalcoatl started to unfold his wings with a very serious expression strapped onto his face. Quetzalcoatl hurled himself into the air. He flew over land and sea, searching the endless coastline for a single beach. He knew there was only one way he could travel to the House of the Sun.

Spying the beach at last, he landed and called out the names of the sky god’s three servants. When Cane And Conch, Water Woman, and Water Monster appeared, he ordered them to make a bridge.

The servants grabbed hold of each other and began to morph into three long and very thin things. Then they began to twist themselves into a long, thin, but very strong rope which disappeared into the sky.

Quetzalcoatl climbed the bridge, following it higher and higher, as the earth grew smaller and smaller below. At the top of the rope above the clouds he finally came to the House of the Sun.

He could see its towers shimmering in the distance. Getting to them was not so easy, though. He had to find his way through a maze of streets with high walls and kept getting lost while going around in circles. Nearly ready to give up, he heard a beautiful sound that he had never heard before. It was cool and bright. It was sweet and light. It was music. Quetzalcoatl followed the sound until it led him out of the maze. Then he saw the musicians in the great courtyard of the Sun. The flute players were dressed in golden yellow. The wandering minstrels wore blue. The lullaby singers were dressed in white, and the singers of love songs wore red.

When the Sun saw Quetzalcoatl he told them to stop playing and singing. He looked at them and said: “It’s



*Quetzalcoatl took the musicians in his arms;  
from 'How Music Came to the World'*

that terrible wind! Don’t even speak to him, or he will take you back to that silent planet of his!”

Quetzalcoatl lifted his wings and called to the musicians to join him. But none of them moved.

Becoming a little irritated, he called to them again saying: “Singers! Musicians! The Lord of the Sky commands you!

Still the musicians remained silent.

Quetzalcoatl wasn’t one who tolerated being ignored and exploded with anger, like a hundred hurricanes going off at once. Lightning cracked and thunder boomed and clouds swirled around the House of the Sun, turning the daylight into darkness.

The wind god roared as if there was no end to his voice. Everything fell down. The Sun flickered like a tiny flame. The musicians ran to the wind and huddled in his lap, trembling with fear.

Instantly the wind’s anger passed. The thunder faded and the clouds vanished. Quetzalcoatl took the musicians in his arms and left the House of the Sun, moving through the maze as if it were not there.

The wind god was filled with great happiness as he followed the sky bridge back to earth. He felt like a father carrying his children home.

The earth also felt something new was coming. Something it needed and had been secretly wishing for. As the wind god came nearer, the earth let out a slow



*All over the earth the musicians wandered, filling the air with music; from 'How Music Came to the World'*

sigh of relief. Its fruit began to ripen and its flowers began to bloom with new, deeper colors. The whole planet seemed to be waking up from a long sleep

Finally Quetzalcoatl touched down on the earth with the musicians and singers. They looked around curiously at the silent, waiting planet. Then they began to play.

Through forests and valleys and deserts and oceans they wandered, filling the air with music. Soon people learned to sing and play, and so did the trees and birds, the whales and wolves, the running streams, the crickets and frogs, and every other creature.

From dawn to dusk the melodies spread until music covered the earth. The wind god was pleased. So was the sky god. The musicians were happy with their new home. And ever since that day, the earth has been filled with music.

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**Kicks4Kidz delivers dozens of shoes to orphanage in Manzanillo, Colima, Mexico**

*Local High School Student's non-profit works to make a difference in the world one pair of shoes at a time*

Manzanillo, Mexico-- The Children's Foundation, a U.S. based non-profit that works to bring awareness and raise funds for the children's home and orphanage Casa Hogar Los Angelitos, was excited to receive the gift of shoes from Kicks4Kidz, a non-profit based in Morgan Hill, California that was started by high school student Matthew Gamez. Kicks4Kidz recently delivered dozens of shoes to Casa Hogar Los Angelitos, to excited children.

"My trip to Manzanillo was an experience unlike any other. Helping others is the most uplifting feeling that anybody can have. It made me feel like I was serving a good purpose, and was helping those in need. This is a trip that I would love to do again.

Sharing my passion of sports with the children at Casa Hogar Los Angelitos through shoes, allows me to really help those who are in need. Additionally, providing a pair of shoes helps to promote better health and hopefully give a child hope in a different way," said Matt Gamez, founder of Kicks4Kidz.

The Children's Foundation and Casa Hogar Los Angelitos helps to rescue and change the lives of children in Manzanillo, Mexico who come from horrible situations of poverty, abuse and neglect. The organizations work to break the cycle of poverty though love, encouragement and education.

"We are always thrilled to look for new partnerships that allow our children to have new and exciting opportunities. The work Matt Gamez does with Kicks4Kidz is a great compliment to the work that is done to change children's lives at Casa Hogar Los Angelitos.

We are thrilled that Matt and Kicks4Kidz came to the children's home, and look forward to future partnerships with their organization," said Melanie Kolb, Project Development Coordinator at The Children's Foundation.

## 'La Ruta del Peregrino' (Pilgrims Route) by Suzanne A. Marshall

While wintering in Manzanillo I have had the pleasure of joining 'the ladies' for lunch a few times. Having a network of local friends that I can call or e-mail, my 'Manzanillo life' is evolving with interesting events and places to visit that I wasn't always aware of. These lunches were with an association called Las Mujeres Amigas. Roughly translated it means *women friends*.

I would estimate because of the busier winter season, that there were up to one hundred women in attendance enjoying a lovely lunch at Club Oasis and being treated on different occasions to a roster of speakers on various topics from gardening to government regulation changes for foreigners in Mexico. It was and is, very interesting and helpful.

But on this particular day we are being treated to a lovely man willing to stand in front of all these women and give us tips on shooting photos with the ever changing modern technology we pack around in our pockets and purses.

These would be iPhones, Androids and a whole host of products offering cameras as an option. In the course of providing some great tips on framing a photo properly in one-third dimensions, lighting and tools to edit and photo shop our subjects, he began to tell us of his recent experience with local friends on a pilgrimage to Talpa de Allende and to share some of the photos he had captured on this journey.

The hush in the room as he spoke underscored the reverence, admiration and emotion that he expressed about the dedication and sacrifice that so many Mexicans demonstrate by taking this difficult journey of a lifetime as a demonstration of true faith and love in honor of the legend of the Virgin of Talpa.

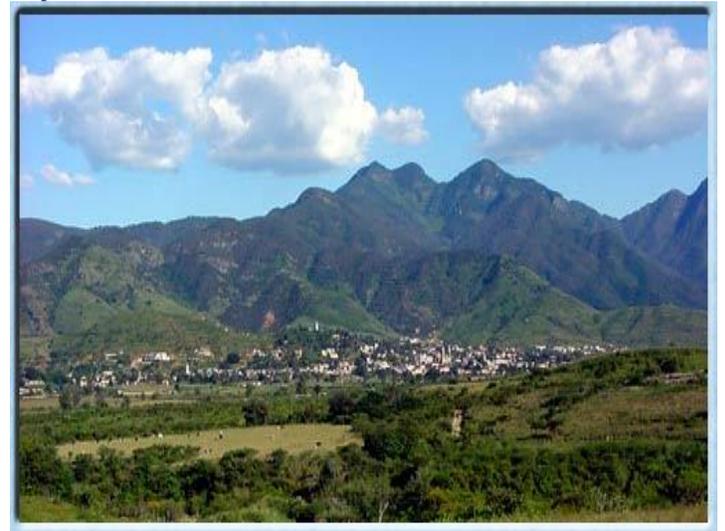
Many of us were very moved by his obvious emotions and for me; it was a rare occasion to be exposed to such open feelings and vulnerability. I was very moved by this for I come from a world of control where expressing deep emotions is difficult and often frowned upon. I really admired this man and I was left with a desire to learn more about this pilgrimage.

La Ruta del Peregrino stretches out on a distance of 117 kilometers. Approximately two million people participate each year in this religious phenomenon coming from different parts of Mexico to walk through the mountain

ranges of Jalisco starting in the town of Ameca, ascending to el Cerro del Obispo at an altitude of 2000 meters above sea level, crossing the peak of Espinazo del Diablo to descend to its final destination in the town of Talpa de Allende to meet with the Virgin of Talpa as an act of devotion, faith and gratitude. This religious voyage has taken place since the 17<sup>th</sup> century, for the pilgrims the act of faith is carried to a penitence, the conditions of the route are harsh. This sacrifice carried with austerity is an essential part of the promise or offering that becomes the ritual of purification.



Talpa de Allende Church



Vista of Talpa de Allende, Jalisco

Festivities begin in Talpa every year on March 24<sup>th</sup> to commemorate a day upon which the Virgin was unearthed and continues for three months. The statue of the Virgin was discovered in a small chapel, was restored and taken away to a church in a distant town. The next morning however, the Virgin was back in Talpa. The journey overnight was impossible and the faithful saw it as a miracle. Over the years there have been many miraculous healings attested to by letters and cards in an adjoining room bearing witness and giving thanks.

As is often the case, the legend of the Rosario de Talpa (Virgin) takes on various stories that twist and turn through the centuries and no one can say for sure if all of these are attributable. But the fact remains that the faithful believe, and their experience is one of pure joy and submission. We have all heard that faith can move mountains. So be it. I love Mexico and its people.

The link below takes you to a fascinating Mexican news story in English of the travelling Virgin taken to local peoples and ranchers. It is another view of the ceremony that exists around the legend and the faithful who believe and honor her.

<http://www.banderasnews.com/0810/to-virgindetalpa.htm>



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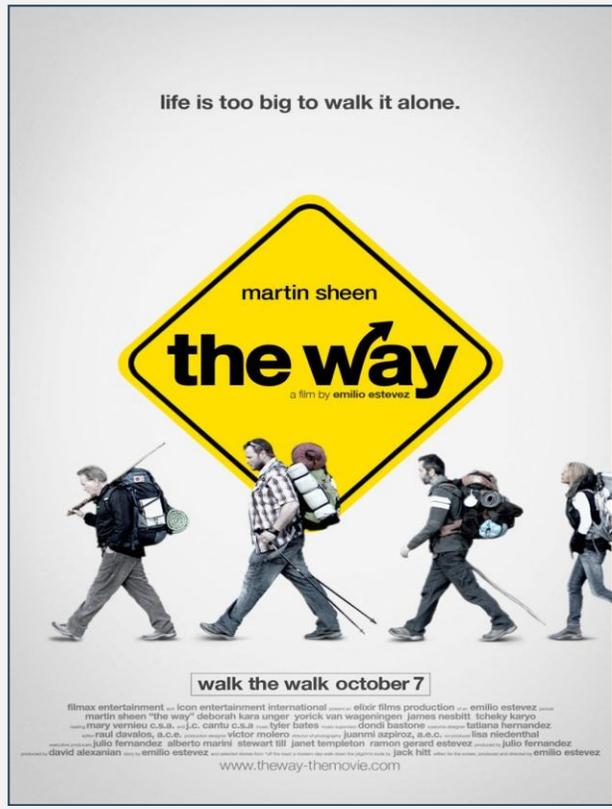
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**Suzanne Marshall - AT THE MOVIES**

As an adjunct to this article, since I attended this luncheon and found more information about my article, my husband and I happened to choose a movie one evening on **Netflix** titled **"The Way"**. We really enjoyed this little movie and I couldn't help but relate this to the story of the Talpa pilgrimage.

It stars Martin Sheen and is directed by his son Emelio Estevez. A father heads overseas to recover the body of his estranged son who died while traveling the "el Camino de Santiago" in Spain and decides to take the pilgrimage himself in his sons' footsteps.

It's a lovely story and a quiet thoughtful movie. It was released in 2010 and IMDB rated it a 7.3 out of 10. If you have Netflix, enjoy! It may be available on video as well.



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## From the Mujeres Amigas Newsletter

Elaine Parker

### SEPTEMBER HAPPENINGS

**Saturday, September 13th** - Boys Heroes or Heroic Cadets - Dia de los Niño's Heroes celebrates the Battle of Chapultepec during the Mexican-American War of 1847. This is a Civic Holiday

**Monday, September 15th** - Cry of Dolores - Grito de Dolores celebrates the event that marked the start of the independence war against Spain on the eve of September 16, 1810. The event took place at a church chapel in Dolores Hidalgo, Guanajuato led by a Creole Catholic priest Miguel Hidalgo y Costilla. This is a Civic Holiday.

**Wednesday, September 15th** - Independence Day - Dia de Independencia commemorates the start of the Independence War by Father Miguel Hidalgo y Costilla in 1810. This is a Statutory Holiday

**Saturday, September 27th** - End of Independence War - Consumacion de la Independencia celebrates the end of the Mexican Independence War in 1821, 11 years after Father Hidalgo started it. This is a Civic Holiday.

**Tuesday, September 30th** - Morelos Birthday - Natalicio de Jose Ma. Morelos y Pavon commemorates the Discovery of the Americas in 1492 by Christopher Columbus. This is a Civic Holiday

### SAD TO REPORT

Long time Manzanillo resident Raymond Alley passed away Wednesday, August 28th after a short stay in the hospital. Thanks to everyone in Manzanillo for rallying so quickly to donate blood and help Nyla. Our thoughts and prayers go out to Nyla, his daughters and many other family and friends.

### FOR YOUR INFORMATION

**Important information** - Attached is information that is need to donate blood in Manzanillo and Colima. Thank you to Beverly Woods for translating the Spanish document. This is great information to have handy if there is an emergency call for blood donations.

**Mex ECO tours** have released some of the tours they will be conducting during the 2013/2014 season. Check out the web site <http://www.mex-ecotours.com/> or [info@mex-ecotours.com](mailto:info@mex-ecotours.com) for more information.

A new restaurant has opened in Las Brisas. **Gorditas ALECUCU** is located on the road that runs along the beach behind Kiosko. A variety of Gorditas and Quesadillas fritas are served. Chili Rellenos with shrimp, fish, cheese or picadillo are also served. The shrimp chili rellenos were reported to be delicious. Chilaquiles and huevos al gusto are available too. Sounds like a good restaurant to visit.

A message has been received from the Co-Chairs of the 2014 Casa Hogar Los Angelitos fundraiser, "Changing Lives, One Child at a Time", which will be held on January 31, 2014. The committee is looking for donated items for their silent auction and live auction. They are also looking for donated Marriott points for a hotel stay to tag on to two round-trip tickets on WestJet to fly wherever they fly and Alaska airline points to get two tickets to tag on to a 4.5 star hotel/resort in Anchorage. You can also become a sponsor for the event.

If you can help Casa Hogar Los Angelitos with any of the above items or want more information contact the Chairpersons

Janice Morgan at [janicebmorgan@comcast.net](mailto:janicebmorgan@comcast.net),

Marge Tyler at [maggiet19@earthlink.net](mailto:maggiet19@earthlink.net) or

Sue Jackson at [firesidesue@aol.com](mailto:firesidesue@aol.com)



Technology advice from Señor Tech

## My photos, My data! Oh \$#!£!!!!, it's lost!



Sooner or later you will hear yourself mutter that sentiment or words to that effect. If you have a computer, one thing is for sure, at some point your hard drive will probably crash and your data will be lost.

In 2007 Google conducted a study on the failure rates of HDDs (hard disk drives). They tested over 100,000 HDDs over five years and found a failure rate of over 30%. [Click here to read the Google study.](#) In our household; my spouse, Señora Notsotechie, lost her data in two hard drive failures and I have had three hard disks fail.

I have used digital cameras since 1999, and have collected over 70,000 photos. I use my computers to store these photos of friends and family, and numerous vacation memories as well as business and personal correspondence and financial records. You probably store similar data on your computer. So how do you protect precious data?

**Data Back-up!** In the past, backing up computer data was as much fun as riding a unicycle in a blizzard. It was tedious, time consuming, and was usually never repeated after the first time.

But if your HDD crashes and you cannot access your data, the panic and despair you will undoubtedly experience will make you long for the pleasure of backing up your data.

Data from a failed disk can be recovered, but the cost can run into thousands of dollars.

### Data Back-up Strategies

- Back-up data onto a DVD
- If you store all your documents and photos in your Documents directory, you can 'burn' that data onto a DVD.



1. If the data is over 4 gigabytes, you will need one DVD per 4 gigabytes
  2. In order to protect your data, this should be done weekly
- Back-up data on another HDD
    - On an Apple computer, you can use time capsule to immediately back-up each file.
    - On a PC, there is a back-up feature built in to Windows 7 and 8

These options address one aspect of data protection, but do not cover catastrophic situations such as; floods, fire, theft, etc. A few years ago, famous filmmaker Francis Ford Coppola lost 15 years of computer data during a burglary at his Argentinean home.

He said, "They stole our computers; they got all our data (including back-ups), many years of work. If I could get the back-up back, it would save me years--all the photographs of my family, all my writing."

It is not enough to religiously back-up your data; the data should also be stored offsite. Store your data in "the cloud" (companies on the internet provide data servers for storage). There are a number of options from free to inexpensive. If you have between two gigabytes and fifteen gigabytes of data, here are some free options.

To use these services for backing up data, click on the following links [Google Drive](#), [Microsoft SkyDrive](#), [Apple iCloud](#), [Dropbox](#). Once these apps are installed, your data will automatically sync and will be accessible with other devices you choose to link to your account. I would recommend starting with Google Drive, if your data grows larger than 15GB, install Microsoft SkyDrive and upgrade to 27 GB for \$10.00 per year. *Please remember to make sure that you store all your data in the Documents folder, and link that folder to the cloud service.*

I use a cloud back-up service named Carbonite. They



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Add 50 GB	\$25	\$100	n/a	n/a
Add 100 GB	\$50	n/a	\$60	\$99

have a number of plans but the basic Home plan for \$59.99 per year works fine for me. My photo and data back-up is 331GB and has 108,333 files. The \$59.99 annual plan allows for unlimited storage from one computer. Back-up occurs continuously in the background and does not impact computer speed. If you inadvertently overwrite a file with a new version, you can go online to get the previous version from the restore file option. This feature is not possible with the other cloud options (unless you have not saved the file; once saved, the file is synced and the older version lost). I like this service because once setup, I do not have to think about data back-up, it just happens. After Señora Notsotechie had her drive fail, she started using Carbonite. When her second drive crashed, she was able to quickly restore her data and get back to work. To start a free trial for 2 weeks, go to [Carbonite Plans](#).

Any of the above options will allow you to migrate your data to a new computer or to restore data if you

experience a HDD failure. The cloud services have the advantage of being offsite, so if anything happens to your computer, you still have access to the valuable data.

.... and you will not have to utter **Oh \$#!£!!!!, my data is lost!!!!!!!**

One other thing before I sign out. In the February 2013 issue, I wrote an article about **telephone scammers** calling about computer viruses. I still get at least one call a month.

**PLEASE NOTE!** If you receive a telephone call and the caller claims that you have a virus on your computer **HANG UP!**

If you didn't have a virus before the call, you certainly will have one if you give them access to your computer.

*If you have a topic you would like covered, or require further information on this topic, please contact Señor Tech at [techguy@senortech.ca](mailto:techguy@senortech.ca).*



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# TAMALES!!!

## INGREDIENTS:

### Tamale Filling:

- ✚ 1 1/4 pounds pork loin
- ✚ 1 large onion, halved
- ✚ 1 clove garlic
- ✚ 4 dried chile pods
- ✚ 2 cups water
- ✚ 1 1/2 teaspoons salt

### Tamale Dough:

- ✚ 2 cups masa harina
- ✚ 1 (10.5 ounce) can beef broth
- ✚ 1 teaspoon baking powder
- ✚ 1/2 teaspoon salt
- ✚ 2/3 cup lard
- ✚ 1 (8 ounce) package dried corn husks
- ✚ 1 cup sour cream



## DIRECTIONS:

- ✚ Place pork into a Dutch oven with onion and garlic, and add water to cover. Bring to a boil then reduce heat to low and simmer until the meat is cooked through, about 2 hours.
- ✚ Use rubber gloves to remove stems and seeds from the chile pods. Place chiles in a saucepan with 2 cups of water. Simmer, uncovered, for 20 minutes, then remove from heat to cool. Transfer the chiles and water to a blender and blend until smooth. Strain the mixture, stir in salt, and set aside. Shred the cooked meat and mix in one cup of the chile sauce.
- ✚ Soak the corn husks in a bowl of warm water. In a large bowl, beat the lard with a tablespoon of the broth until fluffy. Combine the masa harina, baking powder and salt; stir into the lard mixture, adding more broth as necessary to form a spongy dough.
- ✚ Spread the dough out over the corn husks to 1/4 to 1/2 inch thickness. Place one tablespoon of the meat filling into the center. Fold the sides of the husks in toward the center and place in a steamer. Steam for 1 hour.
- ✚ Remove tamales from husks and drizzle remaining chile sauce over. Top with sour cream. For a creamy sauce, mix sour cream into the chile sauce.



## Tommy's Tummy

# “Pizzas, Calzones and More – Oh My!”

By Tommy Clarkson



And what of she who is the operating brains behind this establishment? Rebeca has lived and worked in the U S – California and New Hampshire (the latter her favorite). But she had to return home to have her father, Johan, a baker and owner of Panadera La Abuelita –Pan dulce Mexicana, teach her how to make this outstanding fare.

(By the way, her father’s pastries can be purchased right across the street from Rebeca’s at her mother’s business, Abarrotes Lucy, where I often stop anyway for beer and water when heading up into the mountains to explore.)

The massive, ore laden trucks passing by can be a bit noisy every once in a while and – if the kids are not in school, their TV babysitter entertainment can be a little taxing. But neither are any reason whatsoever to not give this unique establishment a try! I believe you will enjoy it as much as do we and, like us, regularly return.

The small community of Comatlan – about ten miles away from Manzanillo on the old Minatitlán highway – is not the Land of Oz. Though, for those making the trip a first time, the trek may seem a bit enchanting what with the twisting, winding road and lush green overgrowth and, at times, even be a bit reminiscent of Oz’s Gugu’s Forest. Nor were my traveling companions a tin woodsman void of heart, a scarecrow desiring a brain and a lily-livered lion. But the lunchtime dining experience my longtime pals and I enjoyed was nearly as other worldly as had it of been with Dorothy and Toto in the Emerald City itself!

Plain named – “Rebeca’s Pizza & Café” – the food was far from basic, simple or ordinary. We had two wholly different (but both equally superlative) calzones sliced in eight large pieces and two medium pizzas – also presented as eight sumptuous slices each. These were a thin crusted pepperoni (agreed by all as one of the best we had ever had) and a spectacular “Especial” . . . suffice it to say it was wonderful.

Oh, and for desert – *chocoflan* – one half succulent, moist and mouthwatering chocolate cake, the other a wonderfully delicious flan. It alone, was almost worth the trip over!



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