

Manzanillo

January 2012

SUN

Manzanillo's Lifestyle E-Magazine

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Manzanillo Sun wishes you a **Happy New Year**

CALENDAR OF EVENTS



January 13 – Friday AN EVENING OF HOPE
(Noche de Esperanza)

Where: Campestre El Alazan in Chandiablo
Time : 4.p.m. Entertainment & Silent Auction 6 p.m.
Dinner choice of Beef Fajitas, Filet of Fish, or Stuffed Chicken.
All dinners 200 pesos
Tickets : Jean Scheifele 335-1064, Gunny Ruiz 335-1955, Lee Gonzales 336-4627
An evening of good food, fun, fellowship in support of community charitable projects.

January 14 –Saturday & January 20- Friday

CASA HOGAR LOS ANGELITOS 14TH ANNUAL FUNDRAISING DINNER

Where: Gran Pavilion in Valle Las Garzas
Time: 5:30 p.m.
Contact: Marge Tyler maggiet19@earthlink.net or Janice Morgan janicebmorgan@comcast.net (questions, offer to help, donations)
Liz Dillard lizbobby@ymail.com (tickets/table reservations)
Carolyn Larson cal@cwllars.com or Ramona Roberson rtrhome@frontier.com (Donate items or help with silent auction)
*** Credit cards accepted at event

January 15 – Sunday

Manzamigos A.C. Membership Get together Afternoon.

Where: 4 p.m Oasis Ocean Club, in Club Santiago.
Cash bar. Order of the menu for this event. Direct reservation with Oasis required.

Come relax and spend a nice afternoon on the Beach at Oasis Restaurant 334-8822

For more information email Linda Breun at lbgringa@gmail.com

January 21 – Saturday

CASA HOGAR LOS ANGELITOS OPEN HOUSE AND CHILD SPONSORSHIP DAY

Where: #16 Pedro Flores, Salagua – Main Casa Hogar Facility
Time: 4 to 7 p.m.
Contact: CHLA 314-334-0878 or nysfeed@comcast.net
Celebrate 15 years of caring for the children of Manzanillo and Mexico. Tour the property, meet the children and workers, enjoy refreshments and a wonderful program that begins at 5:30 p.m.

HOW DO I SAY?????

By Profra. Martha Martinez

SHOPPING FOR FURNITURE/APPLIANCES

English	Spanish
I am looking for a(n)....	Busco un(a).....
The size I want is	El tamaño que quiero es
Do you have it in (color)....?	¿Lo tienen en color
Can I place an order for it?	¿Se puede conseguir sobre pedido?
Does it have warranty?	¿Tiene garantía?
Do you have (brand) (ítem)?	¿Tiene (artículo) de la (marca)?
Do you have delivery?	¿Tiene entrega a domicilio?

Furniture	Muebles
<ul style="list-style-type: none"> Refrigerator Washer Stove Microwave Drier Freezer Bed Kitchen table and chairs Dining table and chairs Bed as a set Livingroom as a set 	<ul style="list-style-type: none"> Refrigerador Lavadora Estufa Microondas Secadora Congelador Cama Desayunador Comedor Juego de recamara Juego de sala



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BETA VERSION

KIRBY'S ZODIAC

A New Years gift to Manzanillo Sun readers from "Kirby"

Aquarius: January 20 through February 18:

You have an inventive mind and are inclined to be progressive. You lie a great deal. On the other hand, you are inclined to be careless and impractical, causing you to make the same mistake over and over again. People think you are stupid.

Pisces: February 19 through March 20:

You have a vivid imagination and often think you're being followed by the CIA or FBI. You have minor influences over your associates, and people resent you for flaunting it at your peers. You lack confidence in yourself and are generally a coward. Pisces people do horrible things to small animals.

Aries: March 21 through April 19:

You are the pioneer type and hold most people in contempt. You are quick tempered, impatient and scornful of advice. You are not very nice.

Taurus: April 20th through May 20:

You are practical and persistent. You have a dogged determination to work like hell. Most people think you are stubborn and bullheaded. You are a Communist.

Gemini: May 21 through June 20:

You are quick and an intelligent thinker. People like you because you are bisexual. However, you are inclined to expect too much for too little. This means you are cheap. Gemini's are known for committing incest.

Cancer: June 21 through July 22:

You are sympathetic and understanding to other people's problems. They think you are a sucker. You are always putting things off. That's why you never make anything of yourself. Most welfare recipients are Cancer people.

Leo: July 23 through August 22:

You consider yourself a born leader. Others think you are pushy. Most Leo people are bullies. You are a fake and dislike honest criticism. Your arrogance is disgusting. Leo people are known thieves.

Virgo: August 23 through September 22:

You are the logical type and hate disorder. This nit-picking is sickening to your friends. You are cold and unemotional and sometimes fall asleep while making love. Virgos make good bus drivers.

Libra: September 23 through October 22:

You are the artistic type and have a difficult time with reality. Chances for employment and monetary gains are excellent. Most Libra women are good prostitutes. Almost all Libras die of venereal disease.

Scorpio: October 23 through November 21:

You are shrewd in business and cannot be trusted. You achieve

the pinnacle of success because of your total lack of ethics. Most Scorpio people are murdered.

Sagittarius: November 22 to December 21:

You are optimistic and enthusiastic. You have a reckless tendency to rely on luck, since you lack talent. The majority of Sagittarians are drunks or dope fiends. People laugh at you a great deal.

Capricorn: December 22 through January 19:

You are conservative and afraid of taking risks. You don't do much of anything and are lazy. There has never been a Capricorn of any importance. Capricorn's should avoid standing still too long as they tend to take root and become trees.

NEW YEARS EVE RESOLUTIONS

- ✓ Just for today, I will not sit in my living room all day in my nightdress. Instead, I will move my computer into the bedroom.
- ✓ I will no longer waste my time relieving the past; instead I will spend it worrying about the future.
- ✓ I will not bore my boss by with the same excuse for taking leaves. I will think of some more excuses.
- ✓ I will do less laundry and use more deodorant.
- ✓ I will avoid taking a bath whenever possible and conserve more water.
- ✓ Assure my lawyer that I will never again show up drunk at a custody hearing.
- ✓ I will give up chocolates totally. 100%. Completely. Honestly....
- ✓ I will try to figure out why I *really* need nine e-mail addresses.
- ✓ I will stop sending e-mails to my wife (husband).
- ✓ I resolve to work with neglected children -- my own.
- ✓ I will stop sending E-Mail, ICQ, Instant Messages and be on the phone at the same time with the same person.
- ✓ I will spend less than one hour a day on the Internet. This, of course, will be hard to estimate since I'm not a clock watcher.
- ✓ I will read the manual... just as soon as I can find it.
- ✓ I will think of a password other than "password."
- ✓ I will not tell the same story at every get together.
- ✓ I won't worry so much.
- ✓ I will cut my hair.
- ✓ I will grow my hair.
- ✓ I will stop considering other people's feelings when they so obviously don't consider mine - if that unwashed fellow sits next to me again, I'll tell him he stinks!
- ✓ I will be more imaginative.
- ✓ I will not hang around girls - they think you love them and that sucks.
- ✓ I will not ring the stewardess button on airplanes just to get her phone number

Fish Life of Manzanillo

By Terry Sovil

Pacific Porgy

The Pacific Porgy has a black spot on its upper pectoral fin base. They belong to the family of Porgies. These fish range from depths of 10' to 100'. They are silvery gray with large white lips and chin. They have a steep snout and a smooth convex dorsal outline. Their scales are large and obvious. Porgies may display 5 body bars and bars below their eye which can be rapidly darkened or faded. They are found occasionally in the Gulf of Mexico to Panama. Generally solitary they prefer to be over sandy bottoms. They tend to ignore divers but move away if approached. Their size ranges from 7" - 11" with a maximum of 15".



Panama Graysby

The Panama Graysby has a large, dark bluish area/blotch behind the eye. They also sport nine to ten dark bars on the body and the base of the tail. They are from the family of Sea Basses. They range in water depths from 15' to 250'. They are bluish gray or greenish brown to brown; numerous orange spots on their head and their fins dark. They are common in the Gulf of California and tip of Baja to Panama. These fish are generally solitary and inhabit reefs and rocky, boulder-strewn slopes. They are shy and rapidly retreat to protective crevices or hole when approached. Their size ranges from 7-10" with a maximum of 12".



Panamic Fanged Blennie

Panamic Fanged Blennies reach a maximum length of 7" and are normally found in the first 50' of the water column around rocky reefs in the surge zone. They are diurnal (active and feed during the day), feeding primarily on algae and very small invertebrates. The blenniidae are small bottom dwelling fishes that are characterized by a combination of an elongated body and a long based dorsal fin with fewer spines than soft rays. The diet of most consists of algae. They lay demersal eggs - an egg which remains on the bottom, either free or attached to the substrate - which are guarded by the male until hatching. At present there are 29 known species of Blenniidae of which 7 are found in Mexican waters. The Panamic Fanged Blenny is the sole member of the Ophioblennius Genus.



The Panamic Fanged Blennie is from the family of Combtooth Blennies. It is generally dark brown in coloration but often has yellowish bars on the head and anterior part of the body. There is also a characteristic brown spot found behind the eyes. They reach a maximum length of 7".

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Panamic Green Moray

The Panamic Green Moray Eel is found in the first 100' of the water column around rocky reefs. It is found in most Mexican waters, including around the oceanic islands, with the exception that it is not found north of Magdalena Bay on the Baja. They come from the family of Muraenidae. They have an overall brown to green-brown coloration with a few white or yellow flecks on the rear half of the body and dorsal fin. They have large and distinct anal and dorsal fins with the dorsal origin commencing at the top of the head and well in front of the gill openings. These eels can reach a maximum length of 6'. They open and close their mouth to breathe, it isn't a threat display. They are not aggressive and will hold their position when spotted. Divers may approach but use caution and don't threaten them.

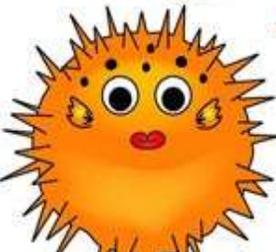


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She Came Back!

By
Suzanne A. Marshall

Last year I wrote about how thrilled I was to see the baby turtles resting in a pail of sea water for release on the beach the following day. This year, mama came back about a month earlier. Perhaps the romantic in me likes to think it's the same sea turtle returning to 'our' special location each year and I'm a bit possessive of her. Admittedly, it could be a different turtle but there are not many nesting along our beach. Again she came in at night and our staff on duty watched quietly as she found her nesting spot in front of the sea wall bordering our complex.

It continues to be such a marvel for me as my research has taught me that it takes approximately 25 years for a female turtle to mature and begin the nesting process. She may be somewhat 'promiscuous' as she will often mate with more than one male and will carry the sperm for several months until she is ready for nesting. "When she finally lays her eggs, they will have been fertilized by a variety of males. This behavior may help keep the genetic diversity in the population." Our Mexican amigos described this particular female at about 3 feet or 90 cm wide.

Because the incubation period for the eggs or clutch to mature and hatch is 48 – 60 days depending on the temperature of the sand, I estimate that the mother must have nested and layed the eggs before the onslaught of Hurrican Jova in mid-October.

One thing I noticed upon our arrival at the beginning of

November was that the level of sand on the beach near our seawall was at least 3 feet higher than last year and must have been brought in by the storm surf of Jova. That would mean that these little hatchlings would have had to dig a lot further up than usual and I would imagine they would have been exhausted. Thus, the safety of an overnight rest offered by the staff and their release the following day was a good thing.



This time my husband Allan and I were ready. Our doorbell 'tweeted' and we were summoned to the beach for the main event. Allan with his camera and me prepared to help the babies along and into the surf. This as it turns out is not as easy as one might imagine. The surf on our beach 'Playa

Salagua' or 'Playa Azul' is known for its strong undertow and a number of people have been swept out to sea and drowned here. So when the surf rushes in it also rushes out and will often collide with the next waves coming in. The result of this was that some of the babies making it into the water would be washed back up onto the sand as much as six to ten feet or so and then must take another run at it. Even part of a construction crew working next to us came running over to give us a helping hand and see the event.

So I found myself unexpectedly rushing around rescuing the ones brought back in by the surf and setting them back on track, up to my butt in water while Allan raced around trying to get some photos with his extended zoom lenses on the camera. Too bad I hadn't thought about a swim suit! At one point I wish I'd had a camera to catch Allan being swamped by a wave right over his head with the only thing visible being one arm sticking up out of the water holding the camera safely above the surf. He actually succeeded I'm happy to report!

I wish I could tell you that all these little critters made it out to sea. But, alas the deftness of some of the birds circling above proved too much for a couple of them as the birds swooped down and had them in their beaks like precision acrobats at the circus. No amount of hollering and cursing on my part worked! And of course under the water other predators lurk waiting for tasty morsels to present themselves. I felt badly, but it's a simple lesson about why only 1 to 3 percent of the hatched clutches will make it to adulthood.

We can only hope that some of these beautiful sea turtles make it far out to sea and that mama will return next year and the cycle of life will renew itself once again. It felt so special to be part of it.



BEST STEAK HOUSE



Helping the baby turtles to the waters edge



Living Healthy in an Unhealthy World

“Oh, Good. Another place to buy salty snacks, candy, and soda.” That was my reaction when we pulled up to the gates at Club Santiago, and it was said very sarcastically. When we left last January we heard rumors that an OXXO was coming, we also heard that many people were working together to fight it. I am not going to speculate on the politics that led up to the OXXO being built and I have no ill will toward OXXO as a business, I just don’t think we need yet another source for junk food, especially when we have a Kiosko one block away as well as La Vianda across the street and Eureka in Club Santiago. OXXO has over 3,000 locations in Mexico, did they really need to add one more?

In a previous article I wrote about diabetes being the number one cause of death in Mexico and a big part of this is the changes in eating habits. With candy, soda, and chips literally being sold on every street corner, how do we expect people to make good food choices? Let’s hope parents and schools take some action and we also need to take a look at how we are taking care of ourselves.

What is the BEST diet?

By diet I don’t mean low-fat, low sugar, no carbs, blood type or whatever the latest trend happens to be. When I refer to “diet” it means how you eat on a daily basis, not a fad that will come and go. I think the optimal diet is one that accomplishes these three goals:

- 1- Its gets you to or keeps you at your desired weight, whatever that might be.
- 2- It promotes health and helps stave off chronic disease
- 3- It is sustainable for the long term. It’s tough to make changes so you need to find a style of eating that works for you, that you enjoy and can live with without feeling guilty.

To be specific, the BEST diet would provide plenty of water, 35-40 grams of fiber per day, and include plenty of whole grains,



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FITNESS and HEALTH



proteins, and poly and monounsaturated fats. It would include 8-10 servings of fruits and vegetables a day, a couple servings of fresh fish a week, a few servings of dairy, and would generally be more vegetarian based than our normal fare. Added sugar, sodium, saturated and trans-fats would be limited. To keep this diet doable, treats are not outlawed but eaten in moderation.

If you are already eating like this, good for you! If not, track what you eat for a week and see where you need to make changes. I am pretty good about eating fruit and getting fiber but I make a conscious effort to eat more leafy greens and I have to make myself eat seafood as I have just never been in the habit. Now that I am back in Mexico those Emperador cookies keep jumping into my shopping cart! This is something I would never eat at home but for some reason I feel the need to eat them every day when I'm here. Four cookies have 213 calories and 5 grams of saturated fat- yikes! I need to start rationing those darn things. There are many websites that will give you the nutritional info for pretty much everything, I like caloriecount.about.com. What you don't know CAN hurt you so it is good to get the facts, it might help you keep your treats in check.

Is Eating Healthier Enough?

While eating healthier is extremely important, you still need to move around. Moving around isn't going from bed to couch to beach chair and back with a stop at the frig in between. Moving around means 2.5 hours of activity each week that is above and beyond your usual activities. It can be walking at a brisk pace, calisthenics, dancing, jogging, anything that gets your heart rate up. Don't do 2.5 hours in one day and call it done, working out 30 minutes at least four to five days a week is optimum but feel free to break it into smaller segments as your schedule permits. The beach is a perfect place for a workout and I have been testing all sorts of new moves that are quite effective- no special equipment needed. Yes, I am that gal on Playa Miramar who is doing push-ups on the wall and pull ups on the bus stop bench!

I would be happy to help you set up a weekly workout plan that combines both strength and cardio and works with your fitness level and lifestyle, e-mail me at karzlo@hotmail.com. Maybe we can hit the beach together!



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**“Share the Care Manzanillo starts
with a flourish”**
Freda Rumford

It is absolutely no secret that many people retiring to Manzanillo come initially as a couple with many then, in response to the Grim Reaper or changes in a relationship, become singles. A new life has begun but one with a totally different slant. Instead of having the helpmate alongside to share the difficulties along the way, all of a sudden lone decisions have to be made and some health problems start to seem insurmountable.

It was with this in mind, that good friends, Patty Talasy and Mary Lessig, looked at starting a “Share the Care” program. Both had been involved in similar ventures in their hometowns and seen how, when faced with a massive amount of caring for a sick loved one. Many people, now in the role of Primary Care Giver, eventually become too sick or disheartened themselves to be able to continue to tend another properly or sometimes even think of what to do next. How do very elderly people, barely able to walk, manage to look after their partner who are now in a grave health situation? With difficulty! How do people, moving to a new land or holidaying abroad, manage to cope with a major illness when away

from family and old trusted friends? Definitely with difficulty, even if young and capable! Caring for a sick or temporarily crippled person takes an enormous toll and though in many cases the caregiver can manage to get through the difficult period, they are then totally spent and worn out, now possibly too weak to resist illness themselves.

Mary & Patty broached the subject one afternoon at a Bridge Lesson. Perhaps it was not the best place to start but their suggestion did not fall on deaf ears! Initially, it was hard to grasp the concept of how to tackle the major task of organising a group of almost strangers into a team. The idea of how to relegate and delegate had already been formulated. It just need for the “Captain” and the “Coordinator” to get the various forms printed for interested persons to state what they could and would do, what they couldn’t and wouldn’t do and just how often and for how many months would they be available.

Talk is cheap! Ideas are a dime a dozen! To take a plan, run with it and have it happen with minimum fuss and bother, is a miracle. To their credit, Patty & Mary made a miracle.

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Naturally, those persons somewhat interested, needed to see if it would work. And those definitely interested in doing something to help others, to feel useful and wanted, needed to have a project to start on.

Luckily for them and unluckily for the poor guinea pig, a perfect situation fell into their laps. A lady in Manzanillo, new to the area and with few friends, had a nasty fall which then developed major complications. Many difficulties with the Mexican Health system and one very difficult doctor, prolonged the agony, Jackie D was in deep doo doo! Two friends did as much as possible but when hospitalization loomed with the 24hour required visitation, they knew they were out of their depth and desperately needed help.

After addressing two groups, Manzamigos A.C. and Mujeres Amigas plus speaking to friends, and in next to no time, Patty the Captain and Mary, the Coordinator, had 24 volunteers ready willing and able to cover the complete 4 day stay in hospital. The planning was for 2 hour visiting increments during the day, so that no-one got overtired and three full night stay-over's, with absolutely no major problems developing. Although initially, people did wonder if the full day coverage was necessary, but in a short space of time it was proven to be vital. Nursing in Mexico is not the same as in the U.S. or Canada and even bed pan duty became the standard duty of the day.

The patient is at last at home with a two week immobilisation regimen, but deeply thankful for the many people who took time out of their precious few days before Christmas, to take care of a virtual stranger and become a new friend.

This program will be continued throughout the year, with Patty & Mary training other people to become captains and coordinators in other and personal instances. It is just impossible for them to take charge of all of the requests for help personally but as in "Share the Care" they are more than pleased to "Share the Know How!". Anyone interested in learning more about the programme to either help or form their own group can contact:

Patty Talasy at pnet1972@yahoo.com or Mary Lessig at marylessig@gmail.com

To find the book "Share the Care" go to: Amazon.com. NB: It is best to have it sent to a U.S. or Canadian address and bring it down yourself or have someone else bring it down to Manzanillo for you. MBE charge an "arm and a leg" for bringing parcels from Laredo and via MexPost, the book may take longer to arrive than the patient needs help.

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Port of Manzanillo attracts investors ... Sam's Club and Home Depot, will arrive in 2012

César Hernández

Mayor Nabor Ochoa López announced, on 19th December 2011 that the land which faces the Mexican Fiesta (which usually houses the circus), on the Boulevard Miguel de la Madrid has been acquired to build the new Sam's Club for Manzanillo. He also confirmed that Home Depot will be adjacent. The building will take place very likely in the second half of next year. This important economic news will provide many jobs for Manzanillenses.

He stated that when executives of the company acquired the area of 20 thousand square meters, they planned to start building in the early months of next year but had to be delayed few months while waiting for approval by the Secretariat of Environment and Natural Resources (SEMARNAT) for the environmental impact.

"It borders the lagoon area property and steps must be taken to ensure that the natural environment will not be affected. The land has been acquired and we have already started the procedures for building permits, so only the release of the environmental impact study is needed to continue with the project." he said.

2nd Annual Fund raiser in support of Community Outreach Programs such as food distribution to the less fortunate in El Naranjo, Salagua, Bill y Bob Rehabilitation and emergency help such as food, clothing, etc. for hurricane victims and others in need.

The January 13, 2012 "Noche de Esperanza" (Night of Hope) event starts with Entertainment and Silent Auction at 4. P.M. Dinner at 6. P.M. Choice of Beef Fajitas, Filet of Fish or Stuffed Chicken. All for only \$200. Pesos.

Get tickets for this worthy cause from Jean Scheifle 314-335-1064; Ginny Ruiz 314-335-1955 or Lee Gonzales 314-336-4627

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"Hawaiana"
 Pan más grande del tamaño normal, carne sirloin, con queso manchego, jamón ahumado, piña y salsa teriyaki, lechuga o germinado, jitomate y cebolla tostada. * Después de comerla vas a querer mudarte a Hawaii **\$70**

"El Clásico"
 Carne sirloin, queso americano, tocino ahumado, lechuga o germinado, jitomate y cebolla tostada. * Tan clásica que regresaría por siempre **\$60**

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- Filet mignon glaseado de vino al tamarindo.....\$130
- Fried coconut and almonds prawns "Adriana"\$160
- Pasta linguini estilo San Fco. con camarones salteados y albahaca en salsa marinara...\$140
- Braised Prawns with exquisite walnut sauce.....\$180
- Camarones cubiertos con costra de coco y avendras, "Adriana".....\$160
- New York steak Angus Beef with chocolate "beniglace".....\$210
- Filete de pescado a la plancha en salsa "Beurre Blanc" con alcaparras y vino blanco.....\$160
- Sole fillet grilled in sauce "Beurre Blanc" with capers and white win.....\$160

Todos los platos vienen acompañados de papas cocidas y salsa de tomate. All dishes are accompanied by sautéed potatoes and potatoes cooked.

Good news for those with Colima plated vehicles

Freda Rumford



The chairman of the Communications and Transportation of the Colima State Congress, Francisco "Pico" Zepeda announced recently that all vehicles registered with Colima licence plates will now qualify for special

automatic permits for toll booths within Mexico. The electronic smart card and chips can be bought at the government office by Soriana and at a machine at a toll booth itself. In the future, extra time will also be available at banks, Oxxos and recharge kiosks in a similar manner to minutes for cell phones. The chips will be detected at special lanes to toll booths and payment automatically deducted from the card. For non chip card travellers the cost is currently 108 pesos. For frequent travelers with the prepaid card the cost is discounted to 64 pesos, a huge saving over a year.

Sr. Zepeda said that the principal benefits of this card are that it works with all compatible electronic toll systems, saving time, eliminating the use of cash, giving better control of expenses, tax-deductible payment, electronic billing, consulting balances and account movements can be found on the internet page along with required detail card application forms: www.viapass.com.mx.

Needed to purchase the Toll Card are: a copy of the Mexico voter registration card, proof of address & vehicle registration certificate. There is a minimum purchase requirement purchase of 250 pesos, and the system automatically gives the discount at the booth when used.



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Lost Your Mailbox?

By Terry Sovil

Mail Boxes Express has moved to a new location. I just found it today to mail a letter in their pouch mail to Laredo, TX. They provide many services and aren't that far from where they used to be. Heading towards Las Brisas on Miguel de la Madrid Blvd pass Soriana and keep an eye out for Banorte bank on the right. Across the street from Banorte is another financial services store, InterCam. You will find Mail Boxes Express just past Intercam, next to the pizza place. They don't have a big sign up that says "Mail Boxes Express" but they do display UPS, DHL and Estafeta banners and have boxes and other shipping materials stacked outside.

The owner told me that they had to move due to ever increasing rents. He only had contact information for regular customers but for folks that only mailed letters and packages they had no way to recover contact information. So if you've seen only the old MBE logo on their closed store, they are still here, just in a new location!

Mail Boxes Express:

Bldv Miguel de la Madrid #874, Local 10, Suite Las Palmas, Manzanillo, Colima.
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 Fax: 314-333.8229
 eMail: locisticymas@gmail.com

COMPLICATED CONNECTIONS

How to dial phone numbers Mexico.

*By Jose Angel Sanchez and Melanie Lamaga
 Cedros Outdoor Adventures Baja California*

(1) 619.793.5419 (from US) or (01) 646.193.2031 (from Mexico),

This vital information was sent to us by a friend

From your Mexican land phone:

- **To dial to a Mexican local number (same area code):**
 Dial 7 digits (no area code necessary)

- **To dial to a Mexican long distance number:**
 Dial 01 + area code (3 digits) + phone number (7 digits).

- **To dial to a Mexican cell phone number:**
 Dial 044 + area code (3 digits) + phone number (7 digits)
 (when in same area code)

Dial 045 if the cell phone is a different area code than where you are (LD cell phone)

- **To dial to a U.S. phone number:**

Dial 00 + 1 + area code (3 digits) + phone number (7 digits)

- **To dial to a 1-800 U.S. number: (international rates apply)**

Dial 00 + 1 + 800 + phone number (usually 7 digits)

- **To dial to a Mexican 01-800 number:**

Dial 01 + 800 + phone number (usually 7 digits)

- **To dial to other countries:**

Dial 00 + country code (1, 2 or 3 digits) + phone number (usually 7 digits)

- **To a US cell phone while is in Mexico (some companies have that as default):**

Dial 00 + 1 + area code (3 digits) + phone number (7 digits)

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- To dial to a Mexican local number:

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- To dial to a Mexican long distance number:

Dial area code (3 digits) + phone number (7 digits)

- To dial to a Mexican cell phone number

Dial area code (3 digits) + phone number

- To dial to a US phone number:

Dial 00 + 1 + area code (3 digits) + phone number (7 digits)

- To dial to a 1-800 U.S. number: (international rates apply)

00 + 1 + 880 + phone number (usually 7 digits)

- To dial to a Mexican 01-800 number:

Dial 01 + 800 + phone number (usually 7 digits)

- To dial to other countries:

Dial 00 + country code (1, 2, or 3 digits) + phone number (usually 7 digits)

- To a US cell phone while is in Mexico (some companies have that as default):

Dial 00 + 1 + area code (3 digits) + phone number (7 digits)

Also, to call from a Mexican cell phone while in the US to a Mexican cell phone in Mexico (believe me, it happens):

Dial 011 + 52 + 1 + area code (3 digits) + phone number (7 digits)

From your US cell phone:

You can make calls from your U.S. cell phone to Mexican numbers while you are in Mexico. The most confusing thing about this is that some US companies have arrangements with local Mexican carriers (TELCEL or MOVISTAR for example). In this case, the Mexican carrier takes over and your cell phone becomes "Mexican," so you will use the "from Mexico" option below. Other carriers have no arrangement with any Mexican company, so you'll use the "from the U.S." option below. Unless you have an international plan, it is not cheap to use your U.S. cell phone in Mexico, but some times it is necessary. Contact your cell phone company before leaving the U.S, or try to dial the following ways:

- To dial to a Mexican local or long distance landline

From the U.S: 011 52 + area code (3 digits) + ph number (7 digits)

From Mexico: 01 + area code (3 digits) + phone number (7 digits)

- To dial to a Mexican cell phone number:

From the U.S: Dial 011 52 + 1 + area code (3 digits) + phone number (7 digits)

From Mexico: Dial 01 + area code (3 digits) + phone number (7 digits)

- To dial to a U.S. phone number:

Dial 00 + 1 + area code (3 digits) + phone number (7 digits)

- To dial to a 1-800 U.S. number: (be aware: international rates will apply)

Dial 00 + 1 + 880 + phone number

- To a US cell phone while is in Mexico (some companies have that as default):

Dial 00 + 1 + area code (3 digits) + phone number (7 digits)



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OK flan lovers, I should have shared this with you before Christmas as a gift, but having left my laptop at the LA airport security on the way to Manzanillo, access to another computer has been limited. Anyway, my husband Allan is a flan 'officiando' and this is his favorite. It's mine too because it's so easy. But if your New Year resolution is to lose weight, as Tony Soprano would say 'fogedaboutit'! (Or just have a tiny piece)....Suzanne

Cheesecake Flan

Ingredients:

- ½ cup sugar (I use brown sugar packed)
- 3 tablespoons water
- 8 ounces cream cheese
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 can milk, sweetened condensed
- 13 ounces evaporated milk

Directions:

- Caramelize the sugar and water
- When caramelized, pour into a 9 inch round pan
- Preheat oven to 350 degrees F.
- Put cream cheese, eggs and vanilla in blender
- Blend until smooth
- Add condensed milk and blend again
- Add evaporated milk and blend again

Pour over caramelized sugar in pan and set in another pan with one inch of water in it
 Bake one hour
 Cool and invert on plate.
 Chill – it will last a week IF you can stay away from it.



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BETA VERSION

CERAMIC

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by Robert Hill

MURALIST - PAINTER
DESIGNER - TEACHER
Manzanillo, Colima, Mexico



Recent wall mural by Robert Hill



La Paloma - Terrace Wall Mural at Villas Del Tesoro

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POOLS - BAR TOPS
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CONTACT ROBERT AT rmayfordhill@hotmail.com



The Real Mexico

By Terry Sovil

Mexico gets more than its fair share of media sensationalism. Personally, I get tired of hearing it because the coverage often seems very slanted to me. You rarely see scenes of real life in Mexico; you are more likely to see a border crossing, at night, from a distance.

Don't you get tired of responding to questions about safety when you tell someone you head to Mexico? Well here are some things you can relay, that have a more positive spin on our new home.

Perhaps a good place to start is security. Are there problems in Mexico? Yes! Are there problems in every other country? Yes! Mexico seems to be singled out because of the drug cartels which make great sound bites. Which city do you think is safer, Mexico City or Washington, D.C.? FBI and Mexican government statistics for 2010 show the drug-related-homicide rate per 100,000 population in Mexico was one-tenth the overall homicide rate in Washington. (Most homicides in Mexico are drug related.) While parts of Mexico are impacted - 80 of the country's 2,400 "municipalities" or counties have problems - that means that 95 percent of the counties are as safe as the average tourist's hometown.

One of the problems, from my observation, is that many reporters outside of Mexico don't realize that the term "Mexico" is used here to reference Mexico City, not the entire country. Additionally, in the USA we have states divided into counties (not country) and then cities or municipalities etc. Canada has provinces and territories with various types of subdivisions with "county" used by 5 of the 10 provinces. In Mexico the term "municipality" is used to describe a "county", not a city.

So with that slight nod to security let's focus on the Real Mexico we see every day but may not fully appreciate.

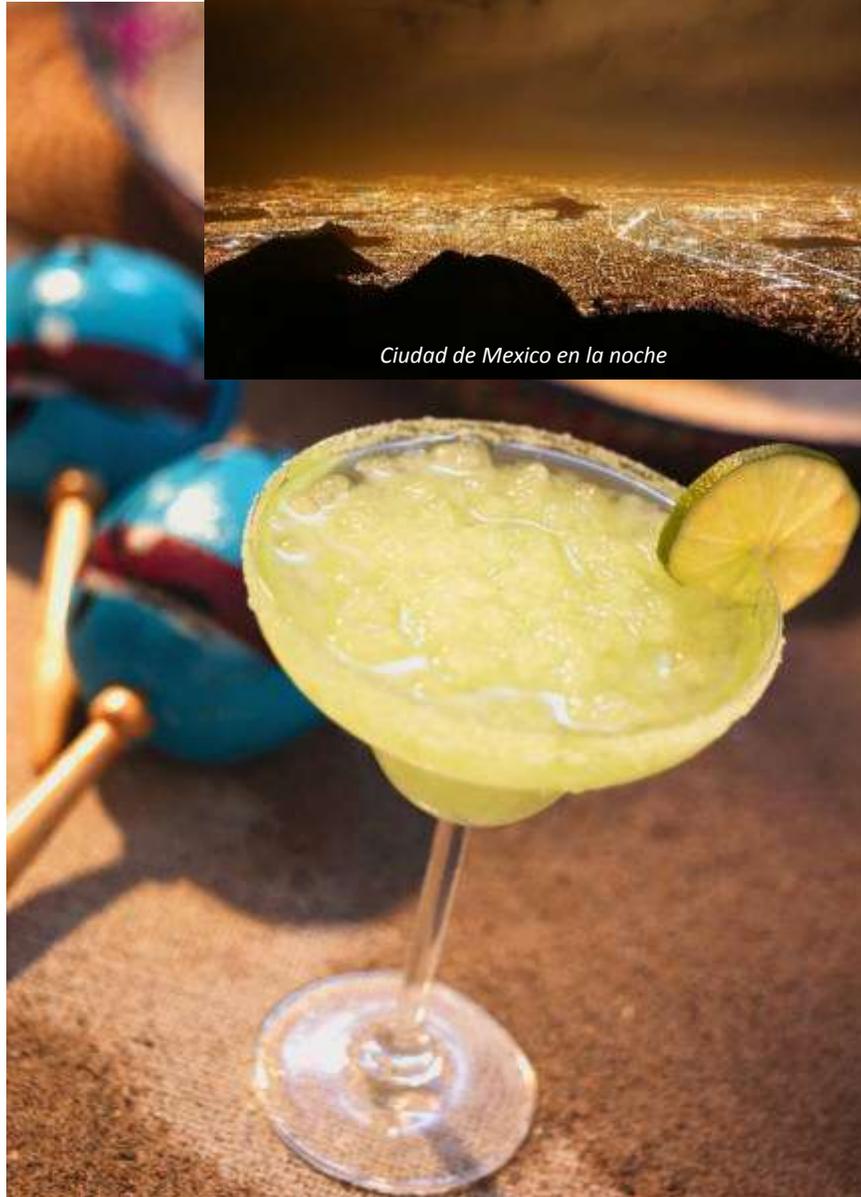
Five Interesting Points

- 1) Mexico is one of the top ten tourist destinations in the world
- 2) Mexico is the top destination for aerospace manufacturing investments in the world.
- 3) Mexico is the 2nd largest vehicle producer in Latin America.

- 4) Mexico is the leading two-door refrigerator exporter in the world.
- 5) Grupo Bimbo (pronounced "BEEM-bo") is the largest (in sales) Mexican food company and the largest bakery in the world with brands in the Americas, Europe, and China producing breads, tortillas etc. It is #4 in the world behind Unilever, Kraft Foods and Nestlé.

Mexico's Strategic Industries

Let's explore the key strategic industries in Mexico to understand their behavior in recent years and the trends that are provided for each of them.





Exports of Mexican aerospace industry grew 140% in the last five years (SE). In recent years, Mexico was ranked as the sixth supplier of aerospace products from the European Union (Eurostat) and the ninth United States (U.S. Census Bureau).

1 in 8 cars sold in America are made in Mexico (Bureau of Economic Statistics).

In recent years, Mexico was the sixth largest exporter of medical instruments and appliances, surgical, dental and veterinary (Global Trade Atlas).

In recent years Mexico was also the second largest exporter of television sets in the world (Global Trade Atlas).

Mexico is the largest producer of organic coffee in the world (SAGARPA-SICD).

The potential that Mexico has for generating wind power is 40 000 MW annually, which would be enough to illuminate Panama for 40 years (Renewable Energy Laboratory U.S.).

Mexico is the third largest producer of silver in the world and represents about 16% of world production of this metal (Statistical Yearbook of the Mexican Mining).

For two consecutive years, Mexico was ranked the best country for retirement (a total of 29 countries), based on the Annual Retirement Index "International Living".

Two Mexican companies lead the list of top IT companies in Latin America, published by AT Kearney Global Services.

Qualified Work Force - Population and Human Capital

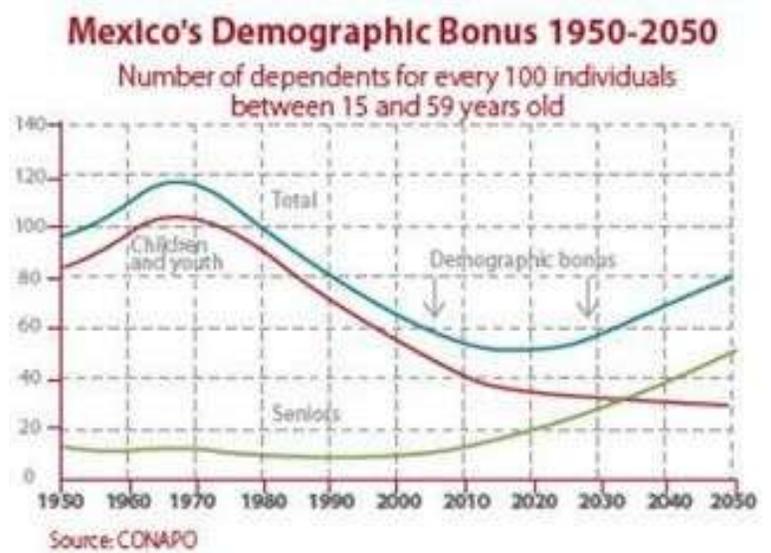
Mexico had a registered population of almost 112.3 million inhabitants in 2010.

Estimates show that in the next three decades, the number of individuals of working age in Mexico will reach 62 million.

According to ANUIES (the Asociación Nacional de Universidades e Instituciones de Educación; translated: Mexican Association of Universities and Higher Education Institutions), more than 790 thousand students are enrolled in engineering and technology programs, representing the largest pool of engineering talent in the

Americas. Every year, more than 90 thousand students graduate from engineering and technology programs. This is more than three times the number of graduates per capita in the United States, according to UNESCO.

The Mexican Higher Education System is made up of 2,539 institutions which offer educational services and, of course, international exchange opportunities.



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