

Manzanillo

MAY 2011

SUN

Manzanillo's Lifestyle E-Magazine

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Letter from the Editor

Freda Rumford
Editor

This month has been especially hard on the Sun as some of our most revered writers have fallen sick, one critically so. It was with great thankfulness that we had two new writers approach us and we are pleased to welcome Suzanne Marshall and Karen Trom into our Sun family.

Even though terribly sick, both Terry and Howard sent in their articles before the deadline and this is so very much appreciated. Both love sharing the delights that they have discovered in Mexico and Manzanillo in particular with others and as always we have another great magazine awaiting you.

It is astonishing for all of us to learn that as we get older, life is far from over as we mould old skills into new shapes and discover both new interests and a whole world of new people waiting to share it with us. We still have some areas which need to be covered in the magazine, so if you are into the world of golf or soccer or darts, maybe bridge or wizard – please send us your news and views. Many people are waiting to retire in the next few years with trepidation and it would be nice to tell them how much fun we are having.

Manzanillo is being inhabited by many younger people with families also now as different industries, cottage and main stream are infiltrating our world. Starbucks, which we all thought would never make it here, is ready for another to be built as it becomes a real meeting place outside of the usual bars and restaurants. So the world is most definitely coming to Manzanillo, Mexico is a great place to live despite what the newspaper reports would have you believe. Come experience it with us if not physically within our pages.

MAY HAPPENINGS

For information on Manzamigos Thirsty Thursday events email Gerry at: manzamigos@gmail.com

Sunday, May 1st - Dia del Trabajo (Labor Day) - the day is a holiday and many workers get the day off.

Thursday, May 5th - Cinco de Mayo (Fifth of May) - celebrated the 1862 victory of the Mexican Army against French forces in Puebla. This is a civic holiday.

Sunday, May 8th - Natalicio de Miguel Hidalgo (Miguel Hidalgo's birthday). This is a civic holiday.

Sunday, May 8th - Happy Mother Day to those in Canada and the United States

Tuesday, May 10th - Happy Mothers Day (Dia de las Madres) to those in Mexico.

Sunday, May 15th - Dia del Maestro (Teacher's Day) - honors all teachers in Mexico.

Thursday, May 19th - A Belles Artes del Pacifico Concert will be held at the Salon Marbella. Three Italian Tenors with the State Orchestra of Hungary will perform at 8:30 p.m. Tickets are 500 pesos for VIP and 300 pesos general admission. Tickets available at Juanitos, Salon Marbella or at the door.

Monday, May 23rd - Dia del Estudiante (Student's Day) - honors all students in Mexico.

THE SPANISH HELPER I

This is part one of a series of phrases of use to foreign visitors to Mexico. We suggest that you print and save each lesson and practice the phrases regularly.

Sometimes, as it English, the correct phrase is not the one used locally.

Compiled by L Breun

Greetings

Good morning	Buenos dias
Good afternoon	Buenas tardes
Good evening/night	Buenas noches (after dark)
Goodbye	Adios
Hello	Hola
How are you?	Como esta (usted)?
Very well, thank you	Muy bien, gracias
See you soon	Hasta pronto
See you later	Hasta luego
That's all right	Está bien
Don't worry	No se preocupe
Enjoy your meal	Buen Provecho

Greetings

Good morning	Buenos dias
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See you later	Hasta luego
That's all right	Está bien
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Enjoy your meal	Buen Provecho

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GETTING FOCUSED IN MEXICO!

Freda Rumford

The house was tall and white and impressive. Large black railings enclose a small carport with a tiny "prie dieu" to one side. A heavy large oak door opened into a lovely marble floored salon filled with beautiful upholstered wicker furniture. There were a couple of love seats and sofas, several matching chairs, giving an initial impression of almost timeless elegance. A very large picture of a waterfall dominated the south wall, under which was an actual water fall. Not small by any means and the running water reminded me that it had been a long journey and time for a visit to the baño.

Carefully, because of a strange fog in the house, I walked towards a lady seated on an elegant chair at a glass dining room table. Dressed in a delicate mauve uniform, the receptionist, as I correctly took her to be, said that I was expected and indicated a small door (to the powder room) by the side of an imposing staircase which led up to a second floor and an imposing white balustrade. This was indeed the most different doctor's waiting room I had ever seen in my life.

Almost in bemusement I sat on one of the most comfortable chairs in all of Mexico and waited. I looked around the room to another lovely table placed in front of a wall of eye glasses and in cabinets to their sides, beautiful Lladro figurines. My goodness me! Where on earth had I come? Later on, my driving companions came back with me and decided that the beautiful room looked like a funeral home; my rather more earthy impression was (although I have never been in one of course) that it could have been like a very high class brothel!

I had come to have my eyes checked for cataracts and had been given overwhelming favourable references to two of the most qualified doctors in the state of Colima. Presently a young man walked into the room, tall, elegant and wearing a white coat, this was one of the doctors. After walking around the room shaking all of the patient's hands, he entered a small room off the salon and office hours began.

Eventually, it was my turn. I had been so enthralled with my surroundings that my usual "waiting room" book lay unopened on my lap. Now my experience of

high class Mexican medicine really began. It was decided that, yes I did have a problem and it must be seen to. The cataract in the worst eye, (the one which caused the fog) must be removed. Just one at a time though, as even in the very best of circumstances and with the very best of surgeons problems could arise. This was Friday afternoon and my next appointment set for the following Monday!

Monday arrived, and my posse and I returned at the Eye Clinic where we enjoyed more of the salon before my seeing the second doctor who announced that the cataract definitely was to come out and he could do it tomorrow morning!

Well! There really wasn't any time to think or worry about it, Tuesday morning came soon enough as we found our way back to Colima and through the windy streets to the "eye-hospital" address with no difficulty. Who said we women wouldn't make good navigators? The operation was at 10 30 a.m. by 11.15 a.m. I was able to leave and instructed to be at the office location at noon.

At twelve sharp, we presented ourselves, me walking gingerly over the cobblestones as I had one eye bandaged and the other still in a fog. By 12.15 p.m. the bandages were off, I was given instructions of how to apply the various drops and the next appointment set for one week later.

By 2 p.m. we were back in Manzanillo at "Manzamigos Games Day" - playing cards!

I just could not believe it. I could see. No fog in the right eye at least and just a very slight ache.

Having won one of the games of Wizard and feeling almost dizzy with success and excitement, I finally went home, made a cup of tea and promptly poured it all over the counter instead of into the waiting china mug.

The only hitch in the entire procedure was my inability to translate correctly the appointment day which was written quite clearly as Jueves (Thursday) and I read as Martes (Tuesday) so arrived two days early. No matter, the efficient office managed to fit me in on that very day so that we did not have to return again later that week.

I now have to go back in a month but also have to save up a few pennies to get the other eye fixed. My pair of glasses, which were new in December, had one lens popped out so that I have only one lens. But, I can actually see to drive, watch the television and read the signs outside of Walmart! (A mystery previously)

This has been the smoothest, most efficient office I have ever experienced anywhere, let alone in Mexico. This is a third world country you know! Danger lurks around every corner and this is not where one would expect to find a doctor politely shaking his patients hands and wishing them good day when he arrived at the office, on time!

Oh yes! The cost! It was approximately \$1100 CAN or US\$1150 in today's monetary exchange rate. With the three appointment and the medicines we reckon I spent a total of about \$1500. But really - I can see!! And it was done within 3 days of the original appointment!! Forget the previous 3 years of appointments and delays and discussions!! I am really looking forward to my next operation!

This truly has been a "Eureka" moment!

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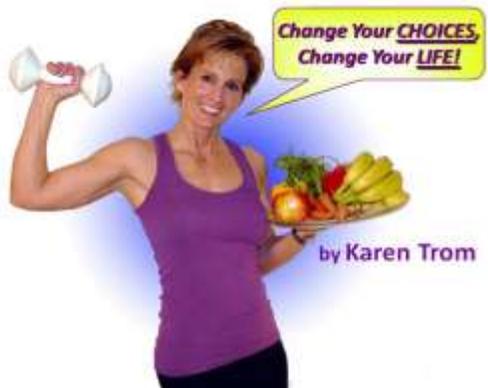
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Just when I had figured out that life really does begin at 40- it hit me. I had been told but never thought it would happen. There had been warning signs but I ignored them. Then I had my yearly physical....

“What?” I exclaimed, “How on earth have I gained 20lbs since my last appointment???” I have never had to watch what I eat and I have never been into fitness and with the exception of being pregnant, I have always been the same weight. “The scale must be broken,” I insisted. “No”, the nurse replied, this is just part of getting older.”

It was right then and there that my quest for a healthy life began. In 7 years, I went from being a person who never counted a calorie and never stepped foot in a gym to a group fitness instructor at the YMCA as well as the wellness coordinator for a chain of supermarkets. I also lost fat, gained muscle, and increased my energy. How did I do it? No gimmicks, no magic pills, just making different choices and taking it day by day.

During that time we also bought a house in Manzanillo, which was even more incentive to get in shape. In Wisconsin we are covered in layers of clothes from head to toe for 9 months out of the year so it is easy to hide any unsightly bulges. In Manzanillo, there is a lot less fabric and a lot more skin showing. Yes, vanity is a big reason why most people want to lost weight, but there is so much more to being healthy than how you look in your swimwear.

Weight gain and loss of muscle are part of aging but you don't have to just sit back and let it happen. By staying active and watching what you eat, you can help prevent or manage diseases and illnesses such as diabetes, high blood pressure, osteoporosis, and heart disease. Researchers say that approximately 50% of cancers are preventable

with regular physical activity, a healthy body weight and a nutritious diet. Of course, not smoking and wearing sunscreen will also greatly cut your cancer risk.

So, how do you go about getting healthy? Most people clear out the cupboards, fill their refrigerator with all fruits and veggies and work out like crazy. This lasts a few days, maybe a week, and then you are back to the same old habits. It took years to develop your unhealthy habits so it will take more than a week to break them.

Think about making small changes and making them a habit. An easy, no equipment workout is walking. If you haven't been physically active in awhile, start with 15 minutes, and



then add a few minutes each day until you are up to 30 minutes daily, 5-6 times per week. Walking at a medium pace for 3 hours per week can cut your risk of heart disease by almost 40%, this is about the same as vigorous exercise such as running or aerobics.

A walking routine can also improve circulation, improve lung function, combat depression, bolster them immune system and help control your weight. You should have a light snack (fruit or yogurt are good choices) an hour or two before you walk; your body needs a little fuel but not too full to get the maximum benefit. If you walk in the early morning, go before breakfast.



Manzanillo's Lifestyle E-Magazine
FITNESS and HEALTH



Walking in Mexico does have its challenges- cobblestones, broken sidewalks or holes in the sidewalk, dogs, drivers, and a host of other surprises await you, so be sure to wear sturdy athletic shoes and be aware of your surroundings!

You can also start with small changes in your diet. Many of our calories come from beverages such as soda, fruit juice and alcohol. One shot of alcohol has approximately 120 calories and it metabolizes directly to fat. Simply eliminating alcohol (or reducing intake) can cut your body fat by 2% in a month without doing anything else! Sodas and fruit juices are also very high in calories so substitute water, tea, or coffee as often as possible.

You are never too old to make some simple changes to change your life...start today and enjoy living!

Karen Trom is currently a part-time resident in Manzanillo but is hoping to make a permanent move in the near future. She would be happy to help you in your quest. to get healthy. She can be reached at karzlo@hotmail.com.

Next month...how to get strong and lean - no gym or equipment needed!

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MAGICAL MANZANILLO

By: S. A. Marshall

Lately family and friends have been quite concerned about the trips my husband and I were taking to Mexico. "Haven't you been following the news about drug gang violence there and crime in resort areas?" Yes I'd say, but I've done my research. Where we're headed, we have no concerns.

Our winter destination is the state of Colima, with one of the richest and most robust economies in Mexico. Situated amidst lush tropical hills on an expansive Pacific Ocean bay, the spell bindingly beautiful port city of Manzanillo is a popular vacation spot for Mexicans without the typical hustle of areas that rely upon American and Canadian tourists. A vacation experience here is far more authentic. Furthermore, Manzanillo is said to be the safest destination in Mexico and the seventh safest destination in the world.¹

Manzanillo offers all the amenities necessary for a successful Mexican vacation. You can languish on the sandy beaches, stroll while the surf crashes at your feet, breathing moist tropical air and enjoying a climate that averages 320 sunshine days per year. In the evenings you can watch some of the locals throw loops of fishing line into the retreating surf while pelicans dive like torpedoes after nearby schools of fish. If you're hungry, wander through the boulevards and side streets where Mexican shops, local markets, open air cafes, 'taquerias' and restaurants beckon with brightly coloured motifs, minstrels and mouth-watering aromas. On other days, try hopping on a local bus (filled with smiling moms, workers and children) to explore other markets and new areas along the bay.

Manzanillo affords all-inclusive resorts and Mexican hotels; condo and home vacation rentals; and sightseeing tours to the capital of Colima City. You can also tour fascinating sites like the El Chanal ruins or an active volcano called the 'Volcan de Colima'. For those that yearn to fish and snorkel, Manzanillo is known as the "Sailfish Capital of the World" offering various charters.

For most Canadians good health care service is important. Manzanillo has numerous hospitals, clinics

and dental offices. The prices of service there are very reasonable compared to North American standards. You can pay by cash or credit card but it's always good to have health care travel insurance. If you choose to be winter 'snowbirds' in future, Mexico offers registration for long-term visitor status as retirees, allowing access to public health insurance at a cost of roughly 600.00 U.S. per year per coupleⁱⁱ.

Recently, my husband and I purchased a lovely condominium right on the beach. If you are thinking about Mexican property for winter getaways or a rental investment, here is more great news. Compared to coastal resort properties in Puerto Vallarta, Mazatlan and Ixtapa, those in Manzanillo can be found for at least half the cost. Beach front property can be purchased via a 'Bank Trust' arrangement wherein your property deed is held by a Mexican bank. You can resell, renovate or rent depending on the property. A number of reliable English speaking realtors can provide more details about thisⁱⁱⁱ.

By Mexican law, coastal property is protected within 30 miles

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of the coast. This ensures that coastal property is not overrun with foreign development and ownership. In addition the cost of living in Manzanillo is considerably less for property taxes, utilities, groceries, gasoline and merchandise^{iv}. Considering the Canadian cost of living, we found this quite enticing.

^vAlthough we will forever be proud Canadians, Manzanillo has become our second home. It's incredible beauty, tropical climate, friendly community and 'laid back' lifestyle welcome us back each winter like great old friends. And no less importantly, we feel safe there.^{vi}

¹ Is Manzanillo Safe– Susan Dearing, Manzanillo, Colima, www.gomanzanillo.com

<http://www.gomanzanillo.com/features/survey/index.htm>

² Tourist Guide – Facts, Tips and Day Trips; www.gomanzanillo.com Susan Dearing

³ www.gotomanzanillo.com/manzanillo_health_care.php (includes Katie Couric news video)

⁴ www.gomanzanillo.com/real_estate/investing.htm article Investing in Manzanillo

⁵ Personal experience of the author

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PERSONAL WANDERINGS.

By Howard Platt

The brain has always fascinated me; it is what drew me into medical school and to dabble in philosophy over the years. Of course I did not expect any study of brain pathology and dysfunction to get so close and personal.

Since I retired I have been photographing birds, and more recently writing a short article each month for the local Manzanillo Sun E-Zine (electronic magazine). It has been lots of fun, or at least it was up to my 20 March deadline.

In April I was writing about the orange-breasted bunting. They are lovely birds, and only live here on the west coast of Mexico. I have some pretty photos to share and I was working on some notes to add a little interest to our human winter visitors.

By surprise I discovered I could not spell some simple English words. Reading was also suddenly difficult. I could see letter quite clearly, but, for example what I saw as a "T" my brain might interpret as a "W". Very frustrating! So, time to check things out.

Starting on Tuesday I went through doctors and hospitals in Manzanillo, Colima to Guadalajara. An MRI scan, chest x-ray, CT scan, abdominal ultrasound, bronchoscopy and an internal medicine specialist, neurologist, neurosurgeon, pulmonologist, and a never-ending array of support, trainees and medical students. It was all a blur, until after a week, it suddenly stopped for the Holy Week and Easter break. I have go back for a lung biopsy on April 28, to await the definitive diagnosis and recommendations for treatment.

There was one pause in the blur. On the second day, Wednesday, was a "dead day" while I waited after the first consultation and before all the rest were scheduled. Yet I already was guessing my future so there would be no more "dead days" for me. Instead we took off around Colima looking for birds. The fates blessed me with my first owl sighting in over four years of searching. The prettiest little ferruginous pygmy-owl, a wonderful day!

Once back from Guadalajara there was time for me to look at the reports they had given me (in Spanish) and access to my internet and the opportunity to work out what is happening.



So, struggling with my ability to read, but normally functioning critical faculties, I explore the information.

My quick summary. Probably Aden Carcinoma of the lung with distant spread to brain, far too advanced, for surgery or radiation. no chance to cure even with chemotherapy. Half such patients die in several weeks: possibly 20% may survive a year. Chemotherapy is miserable and may only extend survival briefly.

Another couple of weeks and the experts will be able to clear all this up for me, so then I may be able to update you... or not. For sure I will still be hunting for just a few more bird photos and I will be sure to share them.

(Thanks to my wife for proof reading)

Howard Platt

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The Orange Breasted Bunting

By Howard Platt



One of the many delights of Mexico is the orange-breasted bunting. Many other enjoyments of winter visitors to Mexico include margaritas and special Mexican foods, but upon returning home, whilst it is possible to how to deal with any Mexico withdrawal symptoms by making one's own margaritas, the buntings cannot be replaced. These little birds only live along the west coast of Mexico, from Jalisco to Chiapas, going just a little distance inland. Enjoy them in their own habitat while you have the chance.

There are a number of buntings in North America, all small birds rather like the sparrow but with the defining feature of a conical beak. This beak is perfect for dealing with various types of seed they like. Sparrows and other bunting seed-eaters, such as blue buntings, varied buntings and painted buntings feed in similar treed areas but the orange-breasted buntings concentrate on the ground.

According to my bird books, the mates are territorial in the breeding season as they try to attract the females. Unlike most buntings, the male and female orange-breasted bunting appears quite similar except that the male is brighter in colour, especially in the mating season whilst the plumage of the female and young remains quite

dull in comparison at that time. Moulting for these birds is twice a year, they have short tails, short slim legs with bills much shorter than those of the cardinals.

Once the young have fledged, territorial behaviours end and the buntings then gather and feed in groups. Preferred eating habits are of seeds in the winter and insects in the summer.



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Common Sense

By

Identity Concealed



A Deadly Mix!

I was enjoying the afternoon shopping and decided it was time for a cold drink. I wandered into this small bar sat down and ordered a beer. It was good. Ice cold!!! It went down nice and smooth. I started to relax a bit. Earlier some jalapeños had found their way into my stomach and they were starting to stage a small revolt. The music in the bar was excellent and really loud. I was tapping my foot to the great tunes and ordered another beer. Half way through the second beer, during a great guitar solo, I was tapping my foot and a bit of gas accidently passed. I was embarrassed and looked around but no one paid any attention or seemed to have noticed. Obviously the music was too loud for anyone to hear. I could feel it building again so I thought it might be safe to release a little more. The second beer was well into my head and I wasn't feeling a lot of inhibition any more. This time I sort of "timed" the release of gas to the beat of the music so it would cover any sound. I looked up again and EVERYONE in the place was staring right at me.

Then I remembered I was wearing my headphones and listening to my IPOD.

Understanding Manzanillo's Waters

Part 1

By Terry Sovil

Everyone loves the local beaches, the water movement, the coming and going of ships and the sunsets over the point. So what's the deal with Manzanillo's ocean? Where do we "fit" in Mexico and what do we have locally to set us apart?

Mexico's Beach Areas

Mexico is generally divided into three main "beach" areas, they are:

- ✚ **Gulf Coast** - This is the Gulf of Mexico where we find the large state of Veracruz. There are not a lot of beautiful beaches here but a lot of oil wells.
- ✚ **Caribbean Coast** - This coastal area is called the Maya Riviera and includes such locations as Puerto Morelos, Cancun, Playa del Carmen, Cozumel and Tulum. These are some of the biggest tourist spots in Mexico and enjoy the more temperate and clearer water than we do in Manzanillo.
- ✚ **Pacific Coast** -- Often called the "Gold Coast" it is divided into two parts: Baja California, adjoined by the North Pacific Ocean and the Sea of Cortez (Gulf of California) and the more southerly mainland. The Pacific Coast offers the greatest variety of beaches in Mexico and some of the most beautiful in the world. You may also hear the terms "Mexican Riviera" and "Costa Alegre".

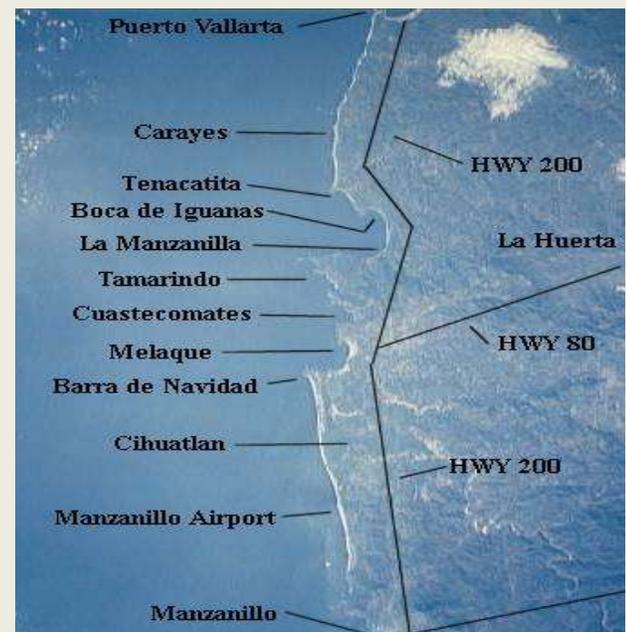
The Southern Coast runs from Acapulco to Salina Cruz. The Northern Coast runs from Mazatlan to Manzanillo. Costa Alegre (Cheerful Coast) is located from just below Puerto Vallarta to just above Cihuatlan and was created as an Ecological zone by a 1990 Presidential decree.

Temperatures

Temperatures vary with the season but are pretty consistent with air temperatures averaging 89 degrees F / 31 C for highs and 78 F / 25 C for lows. Water temperatures average 78-83 F / 25-28 C but thermoclines and upwelling can cause temperatures to go as low as 65 F / 18 C. Water visibility can average 50-80 feet / 16-27 m.

Water Movement

Water movement in our bays reflects whatever is happening on the open Pacific and includes tides, current, surge and weather created water movement.



Tides

Tides are created by gravitational interaction of the earth's rotation with the moon and the sun. Tides can either be "diurnal" – one high tide and one low tide per day; "semidiurnal" – two high tides and two low tides per day or "mixed tides" – which is what Manzanillo has. Our tides vary between diurnal and semidiurnal.

Rebales

This term refers to a strong wave action on the Pacific coast that affects all water sports. Rebales (when the sea "rebels") are most strong in April, May and June. They seldom occur in November, December and January. There is a period of "high seas" lasting 2-3 days beginning about 3-4 days following a full moon. Also, a period of lesser severity may begin 2-3 days after a new moon.

The period of rebales is usually short and swimming at beaches (cautiously) can be enjoyed most of the time.

Weather

Weather can also cause periods of high seas and big waves. We may see very big seas during hurricane season when one such passes by offshore. Often there is only rain on the mainland but the wind offshore can create huge seas that come moving into our mostly open bays. During these periods it may not be safe for swimming or boating.

The recent earthquake and tsunami which hit Japan recently, produced tsunami warnings here in Manzanillo. Schools closed for the day whilst aftershocks caused very unsettled seas for more than two weeks. On Monday March 28 the Mexican Navy issued a warning for a strong swell up 9'/3m and issued a small craft advisory.

The constant churning of the seas prevents coral reefs from developing along our coast. While we have small colonies and one area with tremendous stands of coral we do not get the large fringing reefs but we do get small colonies of coral and reef fish are abundant.

Current and Surge

The movement of water against our beaches and

shores can cause various types of currents. A surge is a fast and forceful movement of water forward or upward, followed by a less forceful flow back the other way. Currents can be created on some of our beaches when the wind and current driven waves hit the beach at angle and then flow parallel to the beach. This is a long shore current. We also have conditions where water piling up on the beach needs to return to the sea and a rip current is formed. If you have doubts watch for the flags in the beaches (red flags mark a rip current) and swim where the locals are swimming.

Next issue we will look at visibility and things that affect visibility for diving and snorkeling and some of the critters you may encounter that can cause you some pain.



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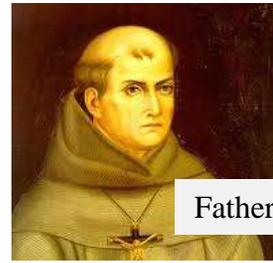
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Mexico...Past & Present

The Missions

By David Fitzpatrick



Father Junipero Serra

2. The Founding of the Franciscan Missions Fray Junipero Serra

One of the most influential religious figures in the history of Mexico was Fray Junipero Serra who contributed greatly to the development of the Catholic Church in New Spain and personally founded a number of missions in Central and Northern Mexico, many of which have continued to function without interruption to this day.

Junipero Serra, born in Mallorca in 1713, was at first destined for a career in academia. At a very early age, he was recognized for his intellectual acumen and his professors oriented him towards a university career. At the age of 17, he entered the Franciscan Order and, at the same time, was named "Lector" in Philosophy at Lullian University in Palma de Mallorca. He later completed his doctorate in Philosophy and held a chair in that discipline for many years at Lullian University.

Haunted by a feeling of not having fulfilled all his potential, and of "something missing" in his life, he made an abrupt career change at the age of 36 in 1749. Travelling to Mexico, he joined the missionary College of San Fernando de Mexico (in Mexico City), first as a professor, but later as a travelling missionary.

Arriving at Veracruz, the deeply ascetic Serra scorned the mule provided for his transportation (a considerable luxury in the context of the time) and made the 250 km. journey to Mexico City on foot. During the course of this trip, he was bitten in the leg by a snake and came very close to death. His leg never completely healed and he suffered painfully from it for the rest of his life.

After about 10 years at the College de San Fernando, he requested a transfer to the Sierra Gorda Indian Missions, about 90 miles north of Queretaro. In the Sierra Gorda, Father Serra was noted for his fervently devout and ascetic ways, denying himself all the comforts of the flesh, frequently flagellating himself and habitually wearing heavy tunics lined with metal spikes. In spite of his crippled leg, he generally undertook all journeys on foot.

As Father Superior of the Sierra Gorda, he took a deep personal interest in the conversion of the Indian populations and their spiritual and material well-being. He played a major role in the day to day teaching of the new converts, learning the language of the Pame Indians in order to teach them more effectively. During the same period, he founded five new Franciscan missions which continue their ministry to this day. They are jewels of colonial architecture and in modern times attract large numbers of tourists. (See photos)

In 1768, well past the age of 50, an advanced age for the time, Father Serra made another major career change. For political reasons, relevant in Europe but essentially unrelated to Mexican realities, the Jesuit Order was relieved of all responsibilities in the Spanish colonies and expelled from the Spanish possessions in the New World. As the Jesuits had supervised the Catholic Missions in Baja California, these missions were taken over by the Franciscans with Junipero Serra as "Padre Presidente".

As leader of the Catholic Missions in Baja California, he founded only one new mission: San Fernando Rey de España. He intended to continue his proselytizing work in Baja much as he had done in the Sierra Gorda, but once again, political realities intervened. The Spanish Crown was beginning to fear competition from the British and Russians who were exploring the west coast of North American. Under royal influence, therefore, the Church extended its territory



northwards. A combined Franciscan/Royal expedition began the colonization of "Alta California" (the present-day U.S. State of California) under the joint command of Governor Gaspar de Portolà and Padre Presidente Junipero Serra.

On July 1, 1769, Father Serra personally founded the Mission San Diego de Alcalá, the first of many missions he was to launch in the region during the next fifteen years. He then moved directly to the Monterey Peninsula in Northern California where he built Mission San Carlos Borroméo de Carmel, (the famous "Carmel Mission") which remained his home and administrative headquarters until his death.

The remaining years of his life were devoted to an intense agenda of teaching, proselytizing, ministering to the local populations and founding and administering new missions throughout the territory. He spared himself no hardship, working long hours every day and night and travelling long distances, most often on foot in spite of his injured leg. He was also very much aware of current events in the world and participated in them whenever possible. Much enthused by the republican movement in the British colonies to the east, he took up a collection in all his missions for the American rebellion. A total of \$137 was collected and duly sent off to General Washington.

In all, Father Serra established nine new missions in Alta California, including San Luis Obispo, San Juan Capistrano, San Gabriel Arcàngel, and San Antonio de Padua. In 1776, he built a tiny mission on a newly discovered peninsula in Northern California and named it after the patron saint of his Order, San Francisco de Asis (Saint Francis of Assisi). The community that developed around this mission eventually grew into the city of San Francisco

He is remembered today as a hero and spiritual ideal in three countries: Spain, Mexico and the United States. His ministry had a profound influence on the spiritual development, of both Mexico and the U.S., and played an important role

in implanting European civilization in the New World. Junipero Serra died in 1784 at his headquarters mission in Carmel, California. He is buried there under the floor of the Sanctuary.

Two centuries later, Pope John-Paul II began the canonization process to have Father Serra declared a Saint.

* * * * *



The ornate façade Mission Conca, founded by Father Serra in the Sierra Gorda



Mission San Carlos Borroméo de Carmel, Father Serra's Headquarters in Alta California



Mission San Francisco de Asis. The tiny mission built by Father Serra is dwarfed by the Basilica erected beside it. Today, the mission is in the center of the city of San Francisco.



THIS 'N' THAT

Apple Cider Vinegar

and Its Health Benefits



by Vivian Molick

Apple cider vinegar (ACV) is one of nature's great gifts to mankind; it is a truly natural product. It was an indispensable component of Egyptian medicines and was used to treat almost all ailments prevalent in ancient Egypt. Even the father of modern medicine, Hippocrates, prescribed this vinegar with *honey* for a variety of ills.

Throughout time the military has used ACV in a variety of ways; Roman and Japanese Samurai warriors used it regularly for strength and power, it was added to drinking water to kill potential infectious agents, and the antiseptic nature of ACV has been used to clean and disinfect soldiers wounds. Even Christopher Columbus and his crew had their vinegar barrels for the prevention of scurvy, as did the soldiers of the American Civil War and WW1.

The only vinegar to have such an abundance of health benefits is **apple cider vinegar**. It is made by crushing fresh apples and allowing them to mature in wooden barrels. This boosts the natural fermentation qualities of the apples, which differs from the refined and distilled vinegars found in supermarkets. When the vinegar is mature, it contains dark, cloudy, web-like bacterial foam called *mother*, which should be visible at the bottom of the bottle.

Natural vinegar that contains the *mother* has enzymes and minerals that the other (over-processed, over-heated, filtrated, 'dead') vinegars may not have, and is considered to be one of Mother Nature's most perfect foods. It is for this reason that it is recommended to use only '*natural* apple cider vinegar' for the best health benefits. (The cheap distilled vinegar can be used for household cleaning, pickling, disinfecting, and other misc. purposes.)

ACV contains powerful enzymes and life giving minerals, such as: potassium (thought to be the most important mineral for good health), phosphorus, natural sodium, magnesium, iron, sulfur, copper, natural fluorine, silicon, trace minerals, pectin and other powerful nutrients. "Potassium is so essential to the life of every living thing that without it there would be no life" ~ D.C. Jarvis, MD. It is believed that potassium is more effective used in conjunction with other associated minerals (all in the ACV) than the potassium alone.

Potassium's main function is to promote cell, tissue and organism growth. It's also necessary for replacing worn-out tissue and dead cells. Basically, it sustains life. There is no better source of potassium than vinegar – particularly apple cider vinegar. Vinegar makes potassium so effective because it presents the mineral in an acid medium, 'and nature always combines potassium with an acid'. ACV can be used for a number of ailments which usually require antibiotics and other medications (that have numbers of side effects). Just to name a few, ACV has been known to:

- Reduce sinus infections and sore throats
- Balance high cholesterol
- Can be helpful in leveling blood sugar
- Protect against food poisoning
- Fight allergies in both humans and animals
- Prevent muscle fatigue after exercise
- Strengthen the immune system
- Increase metabolism
- Improve digestion
- Alleviate symptoms of arthritis and gout
- Prevent bladder stones and urinary tract infections
- Lower blood pressure
- Remove symptoms of heartburn/acid reflux (GERD)

ACV also contains other natural acids that are important in fighting body toxins and inhibiting unfriendly bacteria growth. It has been shown to be an extremely valuable



constituent in the body's biochemical operations and an essential building block in the construction of many complex substances in the body. Acetic (*Latin word for vinegar*) acid, the principal constituent in vinegar, plays an important role in the release of energy from fats and carbohydrates and is what gives it the tart/sour taste. It is of primary importance in the body's metabolism.

For daily maintenance it is suggested to use: **2 teaspoons of organic raw apple cider vinegar and 8 ounces of water.** The average dosage is three times a day, but this formula is extremely flexible... experiment with your own ratio of ACV to water. You can also add honey for added benefits (another article) and taste. Sip, don't chug it!

This author (and now friends I told) has had personal experience using ACV with honey for GERD. (It also works well for nausea.) It was a surprising pleasant side effect from drinking the ACV w/honey for all around health maintenance. After using the ACV mixture for a number of months, it dawned on me that I had not been taking my 'heartburn/acid reflux medication'... and I hadn't been having any problems...WOW! I continue to use ACV daily and I

seldom have problems, but if necessary, I will consume another dose. It is believed best to start taking ACV and gradually decrease your medication to see how you feel. I usually mix 2 teaspoons of ACV with 1 teaspoon of natural honey into hot water and drink it like tea. It is perfectly fine to drink it warm, cool, or as an iced drink...your choice.

As usual, some claim there is not enough scientific evidence to support the use of ACV for health purposes, but its use continues to grow. Some have gone so far as to write printed material to scare people away from using it. While critics have dozens of reasons as to why it won't work, none of the reasons involve the actual study of ACV in action. Today it is used with great enthusiasm by its supporters for a wide variety conditions.

As everyone is different, there will be different degrees of success in using ACV. Of course, you should not take these words as a substitute for professional medical advice.

*Note: FYI for Manzanillo residents...there is a store in the Valle market (open Tuesday - Saturday) and also in the Santiago market (open only on Sunday) that carries the good ACV with the mother (brand is "La Tia Trini").



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THE TRIPLE WHAMMY

by Robert Hill

I love Italian food, and over the years have learned to make a pretty decent spaghetti sauce from scratch, with the right blending of beef, pork, onions, tomatoes, garlic, basil, etc.. I even have an Italian pasta machine to make a variety of pasta shapes from the semolina flour I keep in the freezer. However, such an effort requires a party, or at least a small group of pasta lovers, to justify the time necessary to clean the kitchen afterward. So most of the time I satisfy my craving for spaghetti by picking up a jar of Prego, then doctor it up with some ground beef, tomato sauce, and maybe a little extra garlic and basil. Boil some pasta, and Mama Mia !

Last week I was at La Comercial for my weekly shopping and decided to get a jar of Prego for the shortcut spaghetti sauce. There on the shelf, right next to the Traditional, Mushroom and Meat versions of Prego, were jars of Putanesca style spaghetti sauce. I could hardly believe my eyes, that here in Manzanillo the supermarket was selling jars of ... well... Prostitute style spaghetti sauce ! Ladies of the night in all Spanish speaking countries are called putas, so how is it that a spaghetti sauce would be named for them? While acknowledging that prostitution is the oldest profession on earth, Ronald Reagan was quoted as saying that politics is the second oldest, and that it bears a striking resemblance to the first. The only thing politicians could come up with are Food Stamps.

My discovery of Putanesca sauce at La Comercial brought back memories of more than a decade ago, when I came to Manzanillo with my Italian wife of 10 years, to retire and paint. She only lasted 4 months here, then headed back up north where she had a big Italian family. I tell people she didn't like my latitude, but Italians are like that. They like living in bunches, like a flock of sheep, or a herd of goats, or a covey of quail. Amelia Rose Cannatelli was not only Italian, she was Sicilian and Sicily is where the Mafia and Godfather came from.

There are 2 things I really miss about this lady; one is all the money she took with her and the other is her Italian cooking. When we put our beautiful home in Las Vegas up for sale, the realtor wanted to have a weekend "Open House" and he insisted that Amy have some of her incredible spaghetti sauce



simmering on the stove. Well, the 3rd couple to show up at the Open House wrote a deposit check on the spot, and we could have sold it 4 more times. It was a beautiful home and maybe the price was too low, but I have to believe it was the magic of that irresistible aroma wafting through the house from her spaghetti sauce.

I learned many things about Italians from Ms Cannatelli, whose grandparents immigrated to New York from Sicily, through Ellis Island. She would freak out if she heard Italians referred to as WOPS (WithOutPapers) and was proud of being an American with an Italian heritage. Our trips to New York were memorable for me, especially visiting the Little Italy section of Brooklyn, where she was born and raised. The little delicatessens and hole-in-the-wall restaurants had the best Italian food you could possibly imagine, and everyone except me spoke Italian. I tried my best to get Amy to write down her recipes, but discovered that it would be impossible.

She cooked the way I painted, having to feel what was needed in my composition, or in her skillet. Asking an Italian cook to follow a recipe is like asking an artist to do a paint-by-numbers. Creating one of her Italian feasts was an all day affair, and was always accompanied by a bottle (or 2) of Italian red wine. She had a sign in her kitchen which read, "I Love to Cook With Wine -Sometimes I Even Put It In The Food". By the time dinner was ready she was pretty well pickled, and cleaning the kitchen was out of the question until the next morning. Nevertheless, despite the lack of recipes I did manage to learn a lot about Italian cooking, just by watching.

One of the sauces Amy made from time to time was Putanesca which had a particularly pungent and aromatic blend of ingredients not normally found in a traditional spaghetti sauce, like salami, green olives, oregano, etc. She related to me the Italian lore of how Putanesca originated, which I found fascinating. Somewhere long ago in a small Italian town, there lived a lady of the night whose small apartment was on the second floor, above a cantina. She had a small balcony overlooking the street where she could lean on the railing and smile at the prospective clients strolling along the narrow street. Her provocative attire revealed her voluptuous curves as she teased the poor defenceless chaps down below into coming upstairs and parting with a few lira.

Add to this scene the sound of Italian love songs wafting up from the cantina, and she had the double whammy of sight and sound with which to lure her

prey. One evening, quite by chance, she happened to have a skillet of spaghetti sauce simmering on the stove, and she did triple the business of a normal night.

It did not take her long to figure out what she had done; she had invented the TRIPLE WHAMMY of sight, sound and smell. Seizing the moment, this entrepreneurial young lady set about modifying her sauce recipe to include even more aromatic ingredients with which to drive her clients crazy with passion. Her competitors soon discovered her secret for increasing her market share, and they too adopted the Triple Whammy. It was only a question of time before housewives and wanna-be housewives caught on and tried the Triple Whammy on the fading libidos of their men, having results similar to those of their professional sisters, and the rest is history.

So there you have it ladies; The Triple Whammy, Aisle 7 at La Comercial. 28




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Putanesca Sauce

Ingredients

Sauce

2 tbsps Olive Oil
1 large Onion (chopped)
6 - 8 Tomatoes (quartered)
4 cloves Garlic (chopped)
4 Anchovies (1/2 can) or 1/2 tube Anchovy paste (not available in Manzanillo)
1 Bay Leaf
6 - 8 oz. tomato sauce (small can or 1/2 large can)
Add more tomato sauce if required - to make 3 cups of sauce.
Capers
Black olives
vinegar

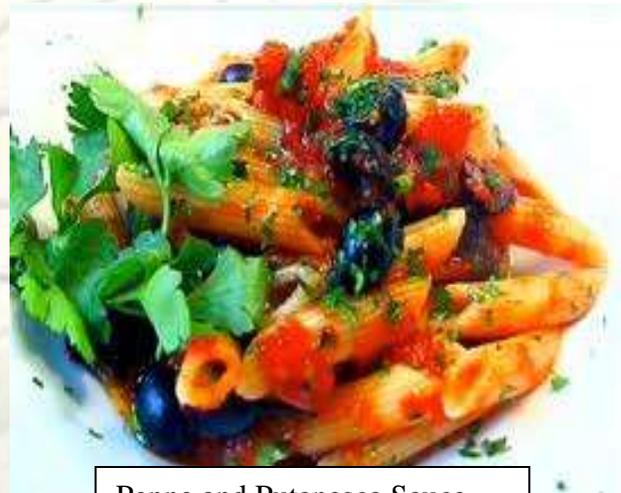
Recipe Instructions:

Heat olive oil in pan then add onions and cook until softened. Add the other ingredients (except capers, olives & vinegar) in order and simmer, slowly bubbling, for about 20 minutes. Remove bay leaf. Adjust flavorings as necessary. The sauce should be moveable but not too runny when hot

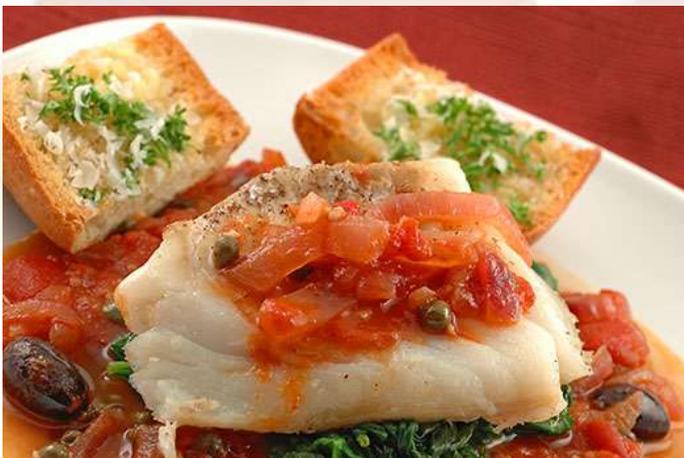
Turn heat down to simmer and add last three sauce ingredients, stir and serve hot over pasta, meat or fish.



Spaghetti and Putanesca Sauce



Penne and Putanesca Sauce



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