

Manzanillo

February 2010

SUN

Manzanillo's Lifestyle E-Magazine

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by Terry Sovil



BEACH BUMS

Howard Platt

Imagine spending all day wandering along the beach, picking up snacks whenever you feel like it, and just generally having a good time. I think that is what Willets and Whimbrels do all day.

They love the wide open beaches of Playa Azul in Manzanillo, and they love the Pacific Sand Crabs. This is a Willet with a crab.



This is the little crab they like to eat. They live on the tide line and rapidly burrow into the sand as the water retreats – moving backwards, just like the ocean! They are about one and a half inches long and you can find them just under the surface where the ripples are on the beach. Around Manzanillo they are called Chocolopas but every area seems to have its own name for them.



I get confused identifying birds on the beach, so here is a shot of three different species all at one spot. The down-turned bill belongs to the Whimbrel, the short straight bill is a Willet and the upturned bill is a Marbled Godwit. Easy, right? Now, will I remember that next time – probably not!



Whimbrels appear to me to be more solitary, and like to make sure they have their crabs to themselves! I often see them running off so they can be alone with their meal.

Continued on next page.



BEACH BUMS..cont

Howard Platt



The Willet are sometimes a little sociable, and will travel in small groups. That has advantages – here is a Willet having a nap while buddies keep watch.

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ANIMAL GROUPS IN MANZANILLO

Amigos para un Refugio Animal

Diana Stevens

This is the first of a series of articles on how you can help improve the coexistence of humans and animals in our adopted city. Read about each group; investigate what catches your fancy and where you fit in.

ARA is a non-profit organisation whose mission is to create awareness for the needs of animals. The main goals are threefold: for sterilisation of animals, education and the long-term aim of eventually founding a permanent Refuge for ownerless animals. The streets of Manzanillo are over populated with mangy, underfed and very unhappy dogs. The cats are less obvious but probably far more numerous. This is miserable for the animals concerned and a serious health hazard for the human population.

ARA has taken the realistic decision to concentrate on offering free sterilisation for pets for families who cannot afford to pay for this but understand its importance. With an ARA certificate obtainable from a dedicated vet the pet can be operated in Dr. Alejandro Garcia's "Mundo Animal" Hospital situated downtown at Hidalgo no. 284. Patients can also be dropped off and collected from Dr. Alejandro's pet shop at 2001-L-B, Paseo Las Gaviotas, very near the corner of the main Las Garzas road.

Phone number: 332 7597 or cellular 044 314 357-0884.



Sterilisation is fundamental to improving the animal situation in Manzanillo. Less than ten years ago packs of street dogs used to roam the city and run wild on the beach. This hazard has been greatly reduced by the activities of all the animal groups. On ARA's excellent web-site they highlight the urgency of the problem. You see a picture of a sweet little kitty aged five months. Beneath one can read the hair-raising statistic of her potential fecundity. She is now capable of having three litters a year and within seven years she and her offspring could have produced 420,000 more sweet little felines. The mind boggles!

To pay for these operations ARA organises fundraising events throughout the year. Much effort goes into these and help or donations from members and non-members are very welcome. In the last few years ARA has organised massive and very well attended Pig Roasts, a thrilling Chili Cook Offs on the beach, Dinner Dances with a Diva and a very popular Pre-Christmas Bazaar - excellent for buying last minute presents for children. Each of these entails a good deal of organisation and more hands will make the work much lighter for those involved. The board are always open to new ideas so if you have previous fundraising experience and are keen to share this do share your expertise with the ladies. This way you will help to clean up Manzanillo, prevent much needless suffering to the animals and have fun making new friends in the process.

The second string to ARA's bow is Education. People who have their own pets usually look after them to the very best of their ability but are often limited by financial problems. But sometimes the difficulty is ignorance. An Education program for children in their last year of primary school has been run in cooperation with the University of Colima whose students explain the need for cleanliness, correct feeding, clean water, vaccinations, exercise, play and kindness. There are articles about these topics on the web-site and include the all important point about picking up after your dog.

ARA does not rush in where angels fear to tread but bears in mind that they are working in a very unfamiliar country. They are fully aware of liability risks should someone's beloved pet escapes or in the unlikely event of death - even if due to previously undisclosed conditions. For this reason the policy is for the owners to be "proactive" and take the initiative. They or the vet transport the animal who can the undergo surgery in a fully sterile operating room. For the same reason ARA does not go hunting for apparently "ownerless" street dogs or cats who could later turn out to belong to someone who did not authorise surgery!

Continued on next page.



Amigos para un Refugio Animal..com

Some of the street animals suffer from horrible diseases which are very probably contagious, not the least of which are mange and a Sexually Transmitted Disease (STD) (Note: Dogs and cats do NOT get AIDS, Cats get an autoimmune disease similar in that it is contagious but more like leukemia than AIDS – however it is sometimes referred to, incorrectly, as Feline AIFS) ARA believes that such cases are best handled by a trained professional in the right conditions.

ARA meets on the third Wednesday of each month at 11.30a.m. at Playa de Santiago Hotel at pool level so you are warmly invited to come along and see how ARA conducts business and see where you can help. Members of the board are democratically elected and agree on actions to be taken and fundraising.

The Board makes its plans when it has raised a realistic sum and pays Dr. Alejandro \$350 pesos for each operation he performs. From September 2007 to the end of last year a grand total of 561 sterilisations had been performed.

Apart from events ARA has published a beautifully illustrated Cookbook written in both English and Spanish. It would make an excellent present for folks back home or yourself. The many enticing recipes were contributed by supporters here in

Manzanillo. This book is about to go into its second edition but there are still some originals left.

The next meeting on 17th February, is the Annual General Meeting and not the best time to visit, but check the web site at www.ara-manzanillo.org to find out more about ARA, order your copy of the Cook book, make a contribution or volunteer to help. Questions or comments may go to ara-mzlo@yahoo.com

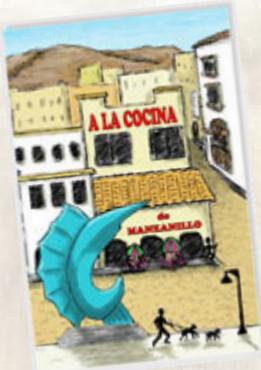


PHOTO COMPETITION WINNER



The Winner of the front cover photo competition for this edition of *Manzanillo's Lifestyle E-Magazine* is:

TERRY SOVIL

He wins food & drink for 2 at **simplementedeli** Prize courtesy of Louis & Edgar

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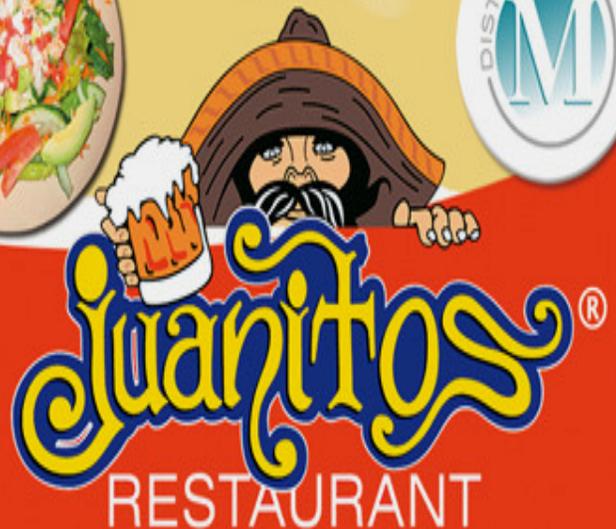
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THE UNIQUENESS THAT IS MANZANILLO

Scorpions Escorpions

Terry Sovil

I love shipwrecks! And in researching local wrecks I came across an article that specifically mentioned scorpions in connection with the 1959 hurricane that sank several ships including one at LaBoquita. Quote: "Category 5 storms are extremely rare ... making the Mexico hurricane one for the record books ... 162 mph winds, it took at least 1,500 lives ... destroying one-fourth of the homes in Cihuatlan (Jalisco). A massive landslide near Minatitlan (Colima) alone killed 800. Venomous snakes and scorpions uncovered by the slide killed still more in the aftermath."

There are over 100 species of Mexican scorpions, six are dangerous. One is known as the Colima Scorpion which is highly poisonous. Common sense says the species doesn't matter, see a Doctor ASAP! Concern is for anaphylactic shock (severe allergic reaction).

Scorpions only react in self-defense. They are not laying traps for you. Most Manzanillo folks have rarely seen a scorpion not to mention never stung. Keep it in perspective. Most pests around your home aren't a physical hazard but consider bees, mosquitoes (dengue), wasps, fire ants and termites. The scorpion is just another pest.

Part of the spider family; scorpions are nocturnal (active at night). They have poor eyesight in spite of their 2-12 eyes. Scorpions have a three part body comprised of the head, their main body or trunk which has 7 segments and their tail, which has 6 segments. The last segment of their tail works like a universal joint with a stinger attached. Scorpions can move their tail in any direction and though most think of their classic "C" (stinger over their head) scorpions will sting anyway possible when in danger. Scorpions have 8 legs along with a set of pinchers which are quite strong and agile. They use the pinchers for hunting prey, self defense, grooming and maintaining offspring.

Scorpions bear live young of 25-50 in a litter. These babies climb onto moms back where they feed and grow for 1-3 weeks then move off and into the real world.

The average scorpion will molt several times during the first few years of life and reach maturity after 3-4 years. They will then live another 5-10 years.

Continued on next page.





Scorpions Escorpions..cont

Predatory by nature, scorpions feed on insects and are fierce, effective hunters. Active mainly at night, scorpions choose to rest and hide during the day. Prime locations for nesting or hiding: under rocks, mulch, wood chips or compost, logs, flower bed coverings and weed reducing material, railroad ties, patio slabs and just about anything found in and around the landscape. In a garage or storage area they are attracted to boxes stored on the floor. Their prey includes roaches, ants, grasshoppers and other ground dwelling insects. Scorpions tend to be attracted to areas which are moist, shady and full of insects.

If you think you have a problem, get professional help. By maintaining outside populations you reduce the risk of them moving inside. The scorpion's flat body allows it to crawl under most any object, into small cracks and crevices which makes it a common invader. They are great climbers and will scale brick, wood, stucco and most any siding on a house. If they are active outside some will move inside. They often enter on the second level or attic where they may go unnoticed for a long time. Once inside they bear young which may move into a living area.

If you suspect you have scorpions take precautions to avoid getting stung. Be especially careful at night. Since scorpions are nocturnal you are likely to encounter them at night. Try to wear footwear (shake them first and keep a small flashlight handy) to minimize being stung. Stepping on a scorpion is a common way to get stung. Really concerned? Get a BLACK LIGHT. Scorpions reflect the light making them very visible and easy to see.

If you see one or two scorpions inside over the course of a year, it is probably due to an outside population. However, if you are seeing a lot of small, young scorpions or if you see one or more adults a month, you most likely have an active inside population needing immediate attention.



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PROJECT AMIGO, COLIMA

Project Amigo, a US 501 (c)(3) non-profit, is at work in Colima helping children from poor rural communities achieve dreams of higher education. Three lawyers, a nurse, a physician, and several business administration and accountant professionals have graduated from the University of Colima and are at work in their fields – finally, the first generation to break the cycle of poverty their families have lived in for generations before them. Thirty additional students are currently studying at the University, and sixty five more are on their way – in junior high and high school, thanks to sponsors from the US and Canada who support their efforts and their scholarships. Volunteer opportunities at Project Amigo include service work weeks in the months of November through March each year.

For **Volunteer** information please go to:

http://www.projectamigo.org/pa_workweekschedule.html



To be part of helping children succeed and change the future for themselves, their families and their communities, and to **donate**, Go to http://www.projectamigo.org/pa_index-3.html





PLANTING ROOTS IN MEXICO

Lipstick Palm

Tommy Clarkson

Lipstick Palm, *Cyrtostachys renda* (or lakka)

Family: *Areceae*; Sub Family: *Arecoideae*; Tribe: *Areceaceae*

Also called: *Red Sealing Wax Palm, Sealing Wax Palm or Rajah Palm.*

Above this palm's graceful, slender gray to light brown trunks are eye catching scarlet red to orange-red, three foot long, crownshafts. Simply glorious in appearance these colors are among the rarest colors found in any palm trunks. This short, clustering palm is the proverbial "show stopping, eye popping, wowie-kazowie looker"!

Its scientific name is derived from the Greek word "Kyrptos" which means "curved" and "stachys" meaning "ear of grain" that describes the curved inflorescence. Beyond the obvious lipstick coloration of the crownshaft, appropriately, one of its other common names, Red Sealing Wax Palm, comes from its very similar color to Chinese sealing wax.

The genus consists of eight to nine varieties originating in the coastal swamps and forests of Malaysia, Indonesia, Borneo, Sumatra, the Solomon Islands and Southern Thailand and can live up to 80 years. In those wild environs, this exquisite, thin trunked, feathering palm can grow to a height exceeding thirty feet but as a domesticated palm it grow to but half that height. Above the colorful crownshafts, its pinnate (feather shaped), green to light yellow-green, leaves, around four feet in length, are gracefully arched.

Be aware, however, that this beauty does not care for drying winds, may become damaged, and even killed, if the temperature drops below 40 degrees Fahrenheit and handles drought not at all. As regards this palm disliking cold, there are some who say that there is a fungus – *Gliocadium* – that may reside on it and which becomes active when the temperature drops below 70 degrees. Such being the case it is recommended that a fungicide be applied late in November or December (even here in Mexico) just in case.

In addition to loving - make that needing - water and high humidity, it prefers direct sun. However, it can handle some shade though rich, moist, humusy, and well drained soil is a must. Inasmuch as they grew naturally in swamps they can even grow in standing water.

With a tendency to clump next to each other it is similar to a Bamboo Palm and great for screening areas. They are also beautiful on patios and around swimming pools.



"Quite rare, the Lipstick Palm is a most striking addition to one's home or garden - as can be seen by this one, next to which Paco stands, in our entryway"

It is a slow grower with young plants sometimes remaining but a few inches tall for up to three years – though such has not been the case with ours, growing most profusely in our entry terrace. It should receive monthly feedings of tropical plant food (we also regularly throw on dried cow manure) and is best propagated by carefully dividing the root clusters as its seeds are very slow to germinate taking from three months to a year to germinate.

It has no major pest or disease problems. It is monoecious which means that the pollen and ovules come from separate flowers on the same tree and pollinates itself.

Because of their rarity and slow growing nature these stunners are generally quite costly . . . but, as any who owns, or has seen, these will attest, they are well worth it!

Tommy enthusiastically grows exotic palms, plants and flora in both the Puerto Vallarta and Manzanillo areas. For advice, information or a tour of his gardens please e-mail: olabrisa@gmail.com



MEXICO...PAST & PRESENT

THE PIRATE'S REALM

Shine Dawson

The carrack or nao was a three-or-four-masted sailing ship developed in the Mediterranean in the 15th century. It has a high rounded stern with an aftcastle and a forecastle and bowsprit at the stern. It was square-rigged on the foremast and mainmast and lanteen-rigged on the mizzenmast.

Carracks were the first proper ocean-going ships in Europe; large enough to be stable in heavy seas, and roomy enough to carry provisions for long voyages. They were ships in which the Spanish and Portuguese explored the world in the 15th and 16th centuries. In Spanish this type was called carraca or nao, while in Portuguese it was called nau (both of which meant simply "ship"). In French it was nef.

English military carracks were called great ships.

The carrack was the high seas beast of choice and had been described as the "perfected transport ship",

- it offered the space for crew, provisions and also cargo
 - it was virtually impregnable to attack from small craft, which was often a problem in the East Indies .
 - their ability to carry cargo and provisions made them independent of ports en route, and so they had a longer range using the most effective route.
 - the combination of four sails allowed for a fair degree of flexibility- the large square sails provided propulsion, but were reduced in size during storms. The smaller sails at bow and stern allowed for manoeuvring, and the lanteen sails allowed for sailing across the wind.
 - the stable deck allowed for placement of guns, thus making the vessel an effective gun platform this fact would greatly assist the Portuguese in convincing non-compliant rulers like the Samoothiri Raja in Asia.
- However, the large superstructures of these ships made them prone to toppling in strong winds.



Pirate Carrack

Before the galleon, the Spanish and Portuguese sailed huge carracks on their trade routes. These well-armed three masted ships were the biggest around and could reach over 1100 tons. A carrack ship could most always fend for itself against pirates.

ref; Wikipedia contributors (2006). Carrack, Wikipedia, The free encyclopedia. Retrieved 22:16 , October 1 2009 from carrack/oldid 50252321.



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All over the Christian world, people gather to celebrate Carnival, Mardi Gras, Shrove Tuesday or Pancake Day, depending upon which country they are currently living on the Tuesday before Lent. The next day is Ash Wednesday and the start of a time of penance and atonement so the day before is known as "Whooppee Day".

In England, a small town called Olney, Bedfordshire, has an Annual Pancake Race, where competitors charge down for a 100 yard dash, tossing (and catching) a pancake three times as they go. The dress code is strictly enforced and consists of pinny (apron), headscarf, skirt and the all important frying pan. This race originated in 1445 and was re-enacted in the early 1950's eventually reaching international status when the small town of Liberal, Kansas challenged the ladies of Olney to beat - if they could. Since then, the title of Pancake Queen has journeyed back and forth across the Atlantic with the time to beat being established last year at 68 seconds in Olney. Each town has their own prize and title for the local winner with the International title going to the winning town.

In Rio de Janeiro, Brazil, the town goes literally mad, revellers parade through the main streets which are closed to all traffic and Samba schools vie for the title of Mardi Gras King and Queen. There are huge competitions for individual and Samba school costumes which often are on the drawing board for the next year immediately the current parade is over. Bigger, wider, briefer, higher, more scandalous and more colourful is the name of the game. New Orleans, Louisiana, also celebrates Mardi Gras or "Fat Tuesday" and parades throughout the streets take over for a massive celebration. Costumes vie for brevity and strings of beads are thrown to pretty girls with the cry "Show us your tits." The winner is weighed down by the most beads. Even the most conservative people get caught up in whirlwind around them.



CARNAVAL, MARDIS GRAS, PANCAKE DAY

Freda Rumford



The Littlest Mermaid at the Parade?



**CARNAVAL, MARDIS GRAS,
PANCAKE DAY..cont**

Manzanillo, Colima, Mexico is not to be outdone. Tractor trailers decorated with palm trees, giant shells, effigies from favourite TV shows and lovely costumes are prepared throughout the day. In many cases it is impossible to tell the sex of the people on the float and the most beautiful "girls" are not really! The parade starts at 5.30 p.m. give or take a half hour or so, and then 16 or so floats set off from the Cinco de Mayo Fairground and wend their way to the Boulevard Miguel de la Madrid from Kentucky Chicken and then down the street for about 2 miles to the Las Brisas Crucero, then back so that the crowds lining both sides of the road can have their chance of waving at their friends. Everyone knows someone on a float but scream and wave even if they don't. One of the plainest but most noisily welcomed entrants to the parade is the bus holding members of Manzamigos, who throw out about 70 kilos of candy en route to the waiting children who know what to expect. The music is loud to louder and dancing continues for the 3 or 4 hours that the parade takes to arrive at the final destination. Where do they get that energy???

The parade last year was cancelled officially due to the economy but the grapevine said because the beautiful "girls" were copying Manzamigos but throwing out condoms instead of candy! This year the Parade will be back on February 16th 2010 and the mad scramble to find sufficient candy is now on! If you can help, please contact Gerry at 335-1343



Manzamigas before the Parade



The Oaxaca Float at the Carnaval Parade

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THE STATUES OF MANZANILLO

Freda Rumford

Pictures contributed by Director of Tourism for Manzanillo, Edgar Lepe.

Along the sidewalk by the ocean in central Manzanillo (the Malecon) are statues donated to Manzanillo by the Governor of the State of Colima over the past few years. These are a series of monuments dedicated to the oceanic way of life of the people living in the Port City of Manzanillo and given in appreciation of the important part that Manzanillo plays in the economy of the state of Colima. There is no single individual portrayed, as in the case of the various statues of dignitaries also in the downtown core.

Whilst enjoying the views of ocean and moored boats in the harbour, take a moment to read the inscriptions on the monuments and consider the lives depicted.

Monument the Fisherlady

A Gift of his sculpture

“The Fisher Lady”

was given to the people of Manzanillo By Master Sculptor, Roger Von Guten.

Manzanillo, Col,
September 2000



El Estibador

“El Estibador” (The Stevedor) a work of sculptor Ruben Hernandez Guerrero, was presented to the citizens of Manzanillo to commemorate the founding of C.R.O.M on 23rd May 1919, by Colima State governor Jesus Silverio Cavazos Ceballos in the company of Mayor of Manzanillo C. Virgilio Mendoza Amezcua and C. Cecilio Lepe Bautista General Secretary C.R.O.M- U.E.J.P (Union of Stevedors) .
August 2009



Monument Tugboat “Scorpion”

In honour of the professional and volunteer crew of the tugboat “Scorpion, who endangered their lives on March 13th when the tanker “Mary Ellen” was threatened by imminent engulfing flames after leaving the PEMEX dock. Thanks are also due to the oilers at the PEMEX wharf who immediately shut off the pipelines.

Manzanillo,
Colima 1997



Monument the Fisherman

This sculpture “The Fisherman”, a work by sculptor Ruben Hernandez Guerrero, was given to the people of Manzanillo by the Governor of the State of Colima Lic. Jesus Silverio Cavazos Cballos on behalf of the State Government in the presence of C. Virgilio Mendoza Amezcua, Mayor of Manzanillo and Lic. Sergio Marcelino Bravo Secretray of Tourism for the State of Colima.

February 25th 2008





Monument Merchant Sailor

The State Government of Colima gifted this monument "The Merchant Sailor" to the people of Manzanillo in tribute to the hard work of their seamen and the development of the Port of Manzanillo. It was given on behalf of the State by Governor Jesus Silverio Cavazos Ceballos in the company of C. Virgilio Mendoza Amezcua, Mayor of Manzanillo, Sergio Marcelino Baravo, Secretary of Tourism for the State of Colima and Harbour Master Enrique Casarrubias.



Huntress of Stars

"The Huntress of Stars" is a monument to represent the huntress rising out of the sea onto the shore of Manzanillo in Colima and then catches ten stars which denote the municipalities therein. This is the work of sculptor Ruben Hernandez Guerrero and was donated on December 29th 2006.



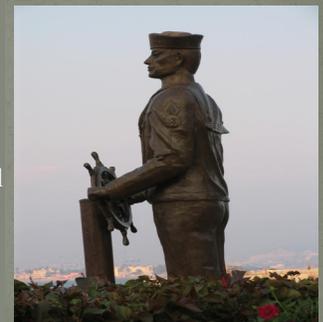
MONUMENT DANCING WATER FOUNTAIN

The Monument "Dancing Water Fountain" was presented to the citizens of Manzanillo by the Governor of Colima, Jesus Silverio Cavazos Ceballos in the company of C. Virgilio Mendoza Amezcua, Mayor of Manzanillo and Sergio Mareclino Bravo Sandoval, Secretary of Tourism for the State of Colima. October 2008



Sailor Monument

This tribute to "The Sailor" by sculptor Ruben Hernandez Guerrero, was presented to Manzanillo by Governor of Colima, Jesus Silverio Cavazos Ceballos with witness of Honour Commander General Admiral Mariano Francisco Sayne Mendoza, Staff College Graduate and Sergio Marcelino Bravo Sandoval, Secretary of Tourism for the state of Colima.



June 1st 2007

Monument Pilot Boat

National maritime Pilots Association of Manzanillo.

This boat saw duty as a life boat on the German ship "Haviland" which sheltered in the port of Manzanillo during the second world war, was watched by the American Battleship "Eerie" but escaped under cover of night. The lifeboat was renovated in 1942 by Capt. Juan Abaro, maritime pilot of Manzanillo and used as a pilot boat until January 2000 when it was decommissioned from ocean duties.



Watchtower /Watchman Monument

The "Watchman" by sculptor Ruben Hernandez Guerrero, was presented to Manzanillo by Governor of Colima Jesus Silverio Cavazos Ceballos.

December 2006





SANTIAGO FOUNDATION CHANGING LIVES IN MANZANILLO

Mariana Llamas-Cendon

Whether you are a full or part-time Manzanillo resident, I bet at least once you have attended the Santiago Foundation Benefit gala that usually takes place at the beginning of each year. You might also be aware that the event is a fundraiser to help improve local residents' lives, but what else do you know about this non-profit organization that started locally in 1983? No, don't try to Google the Santiago Foundation because no information will be retrieved since they don't possess a website, at least not yet.

Santiago Foundation is a non-profit organization, no doubt about it. What really distinguishes it from others around is the fact that all their efforts go towards education as a tool for changing people's lives. The organization that was created in 1983 by Dr. Luis Bejar and Robert Johnson now has two educational centers: One in El Naranjo and the other in Francisco Villa.

The center located at El Naranjo was acquired in 1994 through Beatriz Burton, and built by engineer Juan Culin "with a lot of donations coming in from different people," said Glenda Meisel, one of the board members of the foundation.

These centers, according to Susan Hess, another board member, survive thanks to "goodwill and good interest".

Nowadays, the foundation can count 13 salaried teachers, and some volunteers, either American or Canadian, who also teach English.

"We do have a financial budget that we have to meet each year," said Susan Hess, although she stressed that most of the efforts come in the form of volunteering.

Both centers specialize in trade education for work, regardless of age or sex, or to improve their skills to get a better paid job and therefore, enhance their quality of life even just by learning a second language such as English.

"They have beauticians, arts and crafts, sewing, and the carpenter shop. There is always a need for carpenters," said Glenda Meisel.

"For us, as donors and participants, when we spend a lot of time putting it together, we really get to see what this is about," Susan Hess said.

The Santiago Foundation also has a scholarship fund that "awards 7 scholarships, not large scholarships to students here and we do have a couple of donors that contribute to that," said Meisel.

These scholarships are intended for a one semester college course at Colima State University and anyone can apply.

The carpenter shop was made possible by donations from Dick and Sally Fitzgerald, Bill and Ruth Kurtz, and Beatriz and Walter Burton through the Rotary Club of Vancouver, in Canada.

"Overall, an average of 600 students attend the centers each year," says Susan Hess.

Classes follow a semester format, and "we do have graduation celebration coming up on February 3 in the building at El Naranjo at 4 p.m., and they will issue diplomas," Glenda Meisel added.

Graduation is the time when students display their newest acquired knowledge, even the English class children participate. To see a little kid at the store that speaks a little English and when you ask 'where did you learn English?' and they reply 'the Santiago Foundation' is very heart-warming," said Glenda Meisel.



Continued on next page



SANTIAGO FOUNDATION CHANGING LIVES IN MANZANILLO..com

The Benefit

On February 9, 2010, takes place the Dinner and Auction Benefit for the Santiago Foundation at the Tesoro Hotel. Yes, you may have heard about it as the best place to see and be seen, but also it is also the main fundraising of the foundation so your participation is vital for the nourishment the upcoming year's programs, including the Food Distribution one intended to assist the less fortunate, mostly single mothers or the unemployed. "The bottom line is that there never is enough money to fill all the needs,

" Susan Hess said. "What is so appealing to me is that the money goes directly to changing people's lives. You can actually see the results of that". But hold your thoughts, this year's benefit besides having the usual attractions such as the live and silent auctions, and the dinner has also a twist.

"We have done it for a number of years," Hess said. "This year we are changing things: We are going to do a take off on Dancing with the stars".

Three couples have been already selected among those two are well-known around: Juan Culin and his wife along with Jesus and Maria Carreño. The third couple is mostly a mystery, although we can only say that the male counterpart is a priest.

"They all do their dance and we'll be selling votes. We'll be selling the opportunity to vote for your favorite dancer," Hess said.

A call for volunteers

As happen on any other non-profit organization, the Santiago Foundation is always in need of helping hands, able to donate either their time or their talents or both as a volunteer.

Volunteering is "based on interests and time," said Susan Hess. "They teach English or handcrafts".

There aren't any requirements of age, sex, religion, color... to become one, just the will. If interested, please contact Glenda Meisel (glmeisel@yahoo.com) or Susan Hess (sbhess@verizon.net).



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DAY OF THE CHILDREN

Tommy Clarkson

Oh how Mexicans do love their children!

Yes, most parents feel that they care for and about their children . . . but ounce for ounce, few can hold a candle to the intensity of how the majority of Mexican Moms and Dads dote on - and take pride in - their offspring.

A class case in point is the recently completed *Dia del Nino* -"The Day of the Children." The three colonias of Pedro Nunez, Abelarda L. Rodriguez and La Cruz combined efforts for an afternoon wholly for the children of these communities.

For a visiting Gringo couple, the laughter filled event and familial togetherness harkened of wonderful memories from their small, rural, Midwest community activities of their youth in the late 40's and early 50's....before the seeming loss of open eyed innocence wrought by crass commercialism and the popular media.

The totally enjoyable activity was coordinated by some ten area adults for 220 -300 children aged 3-12. Under colorful pink, white and yellow banners, numerous pinatas were the object of ferocious swings, strikes and misses. A trampoline – with a net guard around the sides - was another highpoint of the activities as were numerous drawings for money and gifts of plastic balls and candy.

Jamaica – sweet, dark red punch made from Hibiscus flowers – complemented bowls ladled full of hot and delicious pazole.

What an afternoon!



"Mayor of Santiago, congenial and gentlemanly Santiago Presidente Ismael Chaves preparing to give out plastic balls."



"When it comes to piñata bashing the heavy hitters come out!"



"Waiting patiently" Even piñata parts can be fun with which to play!"



" Mothers and fathers alike actively took part in making the day the great success that it was."



"Maternal pride was evident at every turn"



"Good manners and courteousness seemed to be the prevailing attitude of the participating children."



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“MANZANILLO'S HIDDEN CULINARY DELIGHTS”

Terry Sovil

SINAYUCA

8:00pm– 11:00pm 314-333-1594

This little treasure is tucked neatly on a street corner down in the Las Brisas area. If you know where Coco Loco Café/Hotel is, you will find this on the corner on the other side of the street. Travel to the big roundabout with the sailboat sculpture and go 1 kilometer past that. Look to the left at the 3rd stoplight and you should be looking at Sinayuca. This is about 1 block before the divided Blvd ends and turns into a 2-way street.



The service is good and the food is exceptional considering the low price. Two can eat a dinner with a beer and walk away for under \$100 pesos. Sinayuca serves breakfasts (more expensive than their dinners) that are tasty and good. They do eggs, omelets, molletes, tortas, quesadillas, fresh fruit, juices and a specialty is the machaca.

Their dinner menu is a treat with pozole a speciality priced at \$22 or \$25 pesos. I'm not a big pozole fan but I've tried their flautas, tacos dorados, sopes, sopitos and enchiladas all priced at \$21 pesos. Their tostadas are also good and priced at \$19 pesos. I've eaten there many times and never been disappointed. Well worth a visit!





From T's GALLEY at SCHOONERS RESTAURANT Carne Adobada - Marinated Pork

Ingredients

- 4 Pounds (2kilos) of pork meat (loin, ribs, chops or any other cut)
- 2 Tea spoons of salt
- 3 crashed garlic cloves
- 2 Tea spoons of whole leaf oregano
- 1 Quart of blended chili sauce (6 mid size tomatoes, one garlic clove, half a medium size onion and two chili anchos , cook in two cups of water and blend).

Directions

Sprinkle meat with sauce, add garlic and oregano to blended chili sauce-
 Pour over meat and marinate in refrigerator for 6-8 hours or overnight-
 Cook slowly on top of the stove or at 350C in oven for one hour or until meat is tender, thick slices of potatoes can be marinated and cooked with the meat.
 Slice, chop or cut into little pieces and fill your tacos with meat, beans, onion and parsley and any salsa you can get your hands on and enjoy!!!!



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MANZANILLO SUN'S PERSONALITY OF THE MONTH

WOLFGANG HAUSLADEN

Jim Evans

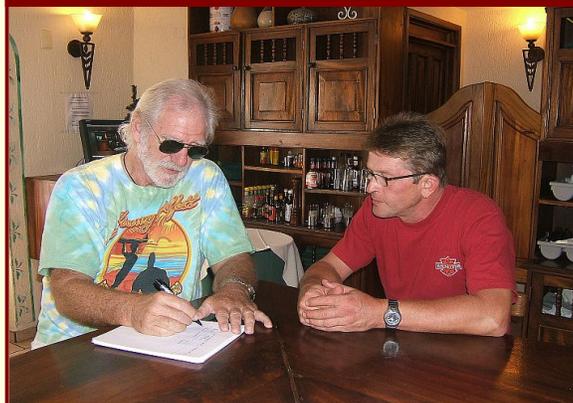
Many of us know our personality this month as the affable always smiling manager and Chef of one of our finest Restaurants, La Pergola. He can be found most mornings shopping in Commercial Mexicana. His engaging smile and pleasant manner is always evident as he takes time from his busy day to chat..

Born in Bavaria, the Beer and Culinary section of Southern Germany, Wolf attended the highly regarded Kerchensteiner school in Regensboro whose graduates have gone on to become Chefs in some of the finest restaurants in the world. He began his career by acquiring his professional knowledge working in major 5 Star Hotels and restaurants throughout Europe and the Arabian peninsula. Some worthy of note are, the Hotel Schloss Buhlerhohe, Buhl, and The Hotel Four Seasons, Rengonburgo, both in Germany... it wasn't long before he discovered his true passions... a love of travel and an enthusiasm for extreme sports... Over the next few years he worked in The Hotel Suvretta House in St. Moritz, Switzerland, followed by hotels in Agno, Italy, Sanaa, and the Republic of Yemen. He also worked in one of Stockholms finest Gourmet restaurants, the Stallmastregarden. All the while indulging in extreme sports from Downhill Skiing in the Swiss and Italian Alps to Windsurfing along the treacherous Arabian Coast. He has also worked in Sheraton Hotels in Cairo, Nairobi, Dubai, Bermuda, Italy and Bangkok. Wolf admits to speaking English, Spanish, and German fluently and has more than a passing knowledge of French, Italian and Swedish.

Wolf 's move to Mexico was precipitated by two major events, the 1998 bombing by Al Qaeda of the



" Machaca and eggs... Great Breakfast "



" I was born at a really early age "



"Lift Off "-Wolf and Parrot-Friends Forever

Sheraton Hotel in Yemen where he was working, and a job offer as Head Chef and restaurant manger in a brand new Restaurant/Hotel La Pergola here in Manzanillo.

An avid diver and Motorcyclist his passions also extend to his six Parrots and five Monkeys... This writer was fortunate enough to be on hand when the veterinarian came to examine his prize possession, a baby Blue Parrot... The Vet reached into the container holding the scraggly featherless baby with an oversized head and bulging eyes to remove it for examination causing not only the youngsters, Mom and Dad to squawk vociferously, but also setting up a screeching cacophony amongst the four other parrots and two Toucans housed nearby.. The loudest of these complainants was " Donto " (dork) a green Military Parrot who seemed to have some pretty strong objections to the baby being handled ... Wolf's love for these birds could be measured by the increased twinkle in his blue eyes as he gently caressed the frightened baby parrot until it calmed...

Wolf admittedly started as a Chef to see the world, but seems to have found his niche in our Manzanillo, he loves the climate and of course the people. He rides his 2003 Anniversary " V-Rod" almost every day, and scuba dives all along the coast of central Mexico when time permits. Is he done traveling for adventure, when asked he ran his hand through his raven colored hair and with his slight German accent and cadence, said, " I think so "... One can only wonder, but for now we have in our midst a true Gentleman and Purveyor of " Haute Cuisine" in his inimitable " Humberto Style" his own creation...

Photographs by Tommy Clarkson



DAY TRIPPING

Lorenzo Llamas – Writer & Photographs



Carved out of the Pacific Coast, almost exactly half way between Manzanillo and Puerto Vallarta, is the Bahía de Chamela. Studded with eight or nine various sized rocky islets, it is an idyllic setting to get 'away from it all' for the day, a weekend or even a week. The village of Chamela is toward the southern end of the bay. A bit further along Highway 200 is a larger town named San Mateo, a kilometer or two from the ocean. But the gem of this picturesque bay, I think, is at the northern end of the Bahía de Chamela, about three kilometers off the highway from the turnoff, and it is called Punta Pérula.

It appears to be little more than a sleepy Mexican village from what I can tell the couple times I have visited. There's not really much of anything around more than blissful solitude, sand, sea and sunshine. During my last trip, however, I did notice quite a bit of construction going on. It was hard to tell if it was mainly residential or commercial, but maybe 'something' is headed Punta Pérula way. Now might be a good time to enjoy and explore this pleasant seaside hideaway.

Punta Pérula is a two and a quarter hour, give or take, drive north of Manzanillo along Highway 200; 45 miles/72 kilometers north of Melaque. The highway from Manzanillo to Melaque is quite a nice drive and well maintained, but several kilometers after passing the Melaque cutoff, as you veer to the left, the roadway slims down to a two-lane highway with many curves, and rises and falls in elevation. I like to travel this section of the highway with the benefit of daylight.

PUNTA PERULA, JALISCO - PARADISE FOUND



Something must go on in Pérula, but I am hard pressed to say exactly what that something is. Maybe 500 folk populate this beachside pueblo. Maybe there's more. Maybe there's less. It's the northern terminus of the Costa Alegre. There are several small hotels and RV parks in Punta Pérula so I would assume it gets some sort of action. Sometime. Maybe during the Christmas and Easter breaks. Or things might pick up over summer vacation and weekends. I know both Canadians and Americans that used to winter in Vallarta have bought land or casitas there. This is how my sister and her husband, who vacation each year in Vallarta, had come to hear of Pérula. An amigo in Vallarta who had bought some property in Punta Pérula suggested they check it out, and inspired by the description of this quiet, little beach town, they were serious enough to consider buying a vacation/retirement casa in Punta Pérula. Last year we all met there to scope it out. We all realized that it really is in the middle of nowhere. There is no La Comercial. No Home Depot or Sam's Club. No theaters. No banks. No hospital. It has the usual little corner stores here and there, a farmacia, a little plaza. It is a lovely, lovely spot, but I could never imagine my sister and brother-in-law, used to north-of-the-border creature comforts, being happy and comfortable so far off the beaten track.

Continued on next page



PUNTA PERULA, JALISCO..cont

I returned to Pérula again this past month. This time just to hang with two of my sisters, their husbands, and several of my amigos (with the 'wheels' for transport) from Manzanillo. I have only been there during the week, and only for a day each time, so I don't have good knowledge of what goes on in Punta Pérula. Truth be told, it seems undiscovered, near deserted, and what doesn't go on might be easier to identify and list. Gentle waves break on the shore. It's beautiful, no doubt about it. Tranquil, quiet, calm. There are miles and miles of clean tan sandy beach that run along the edge of the Pacific for just about as far as the eye can see. One website I checked when I was first checking out exactly what and where this Punta Pérula was, said there were ten miles of beach, another said five...I'd be inclined to agree more with the latter.

There is a handful of beachside restaurants. My sister's PV friends had told her about Mariscos Chee-Chee so that's where we have met up both times we have had our 'Costa Alegre Reunion'. It's a very pleasant, clean restaurant; your basic ramada with decent, fresh food, good service (it would take a lot to have bad service when you are just about the only clients in a place), and reasonable prices. You're right on the beach under a palapa with people bringing you food and drink. I mean...

Our November jaunt up the coast ended up being a 'reunion' of nine people. The five Manzanillo delegates arriving before those from Vallarta. We set up shop at Chee-Chees around 10.30am. We ate, we snacked, we drank a variety of beverages from coffee to sodas and cervezas. We played in the surf, walked along the beach, took lots of photos. We even did a little fishing, my brother-in-law had brought along three rods and reels. If more than 20 people passed by Mariscos Chee-Chee while we were there I'd be surprised. Around 5.30pm, after settling our bill, we started back for Manzanillo. Our total check for the day was a shade under 1000 pesos. Not bad at all for a very pleasant and enjoyable day at the beach. Far, far, far away from any sort of maddening crowd. Punta Pérula really is almost like being in heaven on earth; who ever said that paradise was lost?

For a closer look at Punta Pérula and the Costa Alegre area, the website I found most informative, though it may need a bit of updating (as one of the hotels in Pérula is listed to be "Closed/Jan. 2009"), is: <http://www.costalegre.ca/perula.htm>



CALENDAR OF EVENTS

Compiled by Darcy Reed

MONTHLY THROUGHOUT THE YEAR

Mujeres Amigos Luncheons

When: First Wednesday of each month
Where: El Caribe Restaurant, Las Brisas. 1.00 pm.
Contact: Candy King 044-314-103-0406
candyk@coldwellbankerbienesraices.com

WEEKLY THROUGHOUT THE YEAR

Thirsty Thursdays – Manzamigos

Where: To be announced each week. 6.00 pm.
Contact: Jack Akers manzamigos@gmail.com
To join Manzamigos: Linda Breun lbgringa@gmail.com

FEBRUARY 2010

- Feb 2nd Annual Casa Hogar Los Angelitos Golf Tournament. Isla de Navidad Golf Course
Contact Jack Babcock 314 335 0032 or jackbabcock@comcast.net
- Feb 2nd 'Dia de la Constitucion' Official Holiday commemorating Mexico's Constitution
- Feb 3rd 5th Annual Charity Silent Auction & No-Limit Texas Hold 'Em Charity Poker Tournament
Oasis Ocean Club Restaurant 7pm-10pm.
Contact Chantel Oleksin 314 109 5836 or chanteloleksin@yahoo.ca
- Feb 6th Annual Enrique Corey Garcia Scholarship fund dinner, dance, free show and raffle 7 pm
Contact John or Susanna Corey
juanitos@prodigy.net.mx
- Feb 7th Third Annual Rotary Club Chili Cook-Off
Contact Don Merriman
merriman.don@gmail.com
- Feb 9th 'Dancing with the Stars' 28th Annual Santiago Foundation Dinner and Auction.
Tesoro Hotel, Las Hadas
Contact Glenda Meisel glmeisel@yahoo.com
- Feb 12th Artists Reception – Ernesto de la Pena Folch
Galeria La Manzanillo 4pm-8pm
- Feb 12th to 16th Carnival celebrating Catholic Lent, with Feb 24th being an Official Mexican Holiday
- Feb 19th to 21st Costa Alegre Wine and Jazz Festival
Viva Vino Jazz Club. Information at:
www.costaalegrewinejazzfestival.org.mx
- Feb 24th Flag Day. National Holiday honouring the Mexican flag
- Feb 25th St. Petersburg String Quartet. 8 pm
Venue to be announced. Information at:
www.bellasartesdelpacifico@gmail.com
- Feb 27th Mese Annual Breakfast. Benefit for street children. 10 am. Contact Mapy Seidel
mapyseidel@yahoo.com.mx
- Feb 28th San Luis Potosi Symphony Orchestra (over 70 musicians). Celebrating Mexico Independence (1810) and Revolution (1910). Marbella Salon
Information: tel 314 334 1838. Ticket sales:
Juanitos Restaurant, Hotels Colonial & Marbella



A BETTER PERSONAL ATTACK ANSWER THAN PEPPER OR MACE SPRAY

Wasp Spray

The wasp spray can shoot up to twenty feet away and is a lot more accurate, while with the pepper spray an attacker has to get too close and could overpower you. The wasp spray temporarily blinds an attacker until they get to the hospital for an antidote. Val Glinka teaches self-defense to students at Sylvania Southview High School. For decades, he's suggested putting a can of wasp and hornet spray near your door or bed. Glinka says, "This is better than anything I can teach them. "Glinka considers it inexpensive, easy to find, and more effective than mace or pepper spray. The cans typically shoot 20 to 30 feet; so if someone tries to break into your home, Glinka says "spray the culprit in the eyes". It's a tip he's given to students for decades. It's also one he wants everyone to hear. If you're looking for protection, Glinka says look to the spray. "That's going to give you a chance to call the police; maybe get out." Maybe even save a life.

Paint Class by Maestro Efren Gonzalas, International oil painter is coming to Manzanillo.

February 7 - 12 at the Art Studio next to the Farmacia in Las Brisas, (Lazaro Cardenas and Constituyentes).
9 a.m. until you are too tired to paint (about 3 p.m.).
Cost 3,500 pesos, includes all materials and as many paintings as you can paint.
Class limit - 10 persons.
Call or e-mail Joyce or Maria to leave a 50% deposit for the class.
Joyce: j.metcalfe@shaw.ca or phone 314-333-2702
Maria: maria.volk@sasktel.net

Letters to the editor

If you have any comments or suggestions regarding our magazine, please send to: freda@manzanillosun.com



PHOTO COMPETITION



Send us an original photo for one of our next editions of *Manzanillo's Lifestyle E-Magazine*.

The winning selection will be used as the cover photograph on a future edition of our magazine.

Prize: Breakfast for 2 at La Pergola Restaurant

Max value: 200 pesos

Prize courtesy of Wolf Hausladen

(We reserve the right to use all submitted photos in ManzanilloSun.com SA de CV)



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ALCOHOL TROUBLESHOOTING

SYMPTOM	FAULT	ACTION
Feet cold and wet.	Glass being held at incorrect angle.	Rotate glass so that open end points toward ceiling.
Feet warm and wet.	Improper bladder control.	Stand next to nearest dog, complain about house training.
Drink unusually pale and tasteless.	Glass empty.	Get someone to buy you another drink.
Opposite wall covered with fluorescent lights.	You have fallen over backward.	Have yourself lashed to bar.
Mouth contains cigarette butts.	You have fallen forward.	See above.
Alcohol tasteless, front of your shirt is wet.	Mouth not open, or glass applied to wrong part of face.	Retire to restroom, practice in mirror.
Floor blurred.	You are looking through bottom of empty glass.	Get someone to buy you another drink.
Floor moving.	You are being carried out.	Find out if you are being taken to another bar.
Room seems unusually dark.	Bar has closed.	Confirm home address with bartender.
Taxi suddenly takes on colourful aspect and textures.	Alcohol consumption has exceeded personal limitations.	Cover mouth.
Everyone looks up to you and smiles.	You are dancing on the table.	Fall on somebody cushy-looking.
Drink is crystal-clear.	It's water. Somebody is trying to sober you up.	Punch him.
Hands hurt, nose hurts, mind unusually clear.	You have been in a fight.	Apologize to everyone you see, just in case it was them.
Don't recognize anyone, don't recognize the room you're in.	You've wandered into the wrong party.	See if they have free alcohol.
Your singing sounds distorted.	The drink is too weak.	Have more alcohol until your voice improves.
Don't remember the words to the song.	Drink is just right.	Play air guitar.

Carlos Mendoza

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LORENZO'S CORNER

.....to be continued.....

TOP FIVE REASONS TO LIVE IN SASKATCHEWAN

1. You never run out of wheat.
2. Your province is really easy to draw.
3. You can watch the dog run away from home for hours.
4. People will assume you live on a farm.
5. Daylight savings time? Who the hell needs that!

TOP FIVE REASONS TO LIVE IN MANITOBA

1. You wake up one morning to find that you Suddenly have a beachfront property.
2. Hundreds of huge, horribly frigid lakes.
3. Nothing compares to a wicked Winnipeg winter.
4. You can be an Easterner or a Westerner depending on your mood.
5. You can pass the time watching trucks and barns float by.



Advantages of having an FM3

Freda Rumford

- 1 Not having to leave every 6 months.
- 2 Not having to take a foreign plated car out of the country every 6 months, or upon leaving. You are permitted to come and go without your vehicle as you wish.
- 3 You may keep a boat here for up to 10 years.
- 4 If you drive home in your vehicle and your FM3 has expired, you will have 2 months to enter the country again and 15 days to arrive in Manzanillo to renew your FM3 with the Department of Immigration.
- 5 Generally if you are late in reapplication for FM3 there is a penalty of minimum days pay, times the number of days late (currently 53 pesos a day in 2009 – 53 pesos times 30 = 1766 pesos for one month).
- 6 With acceptable sponsors (according to Mexican Law) and fulfilling the requirements, you can obtain various types of "Working Papers". You may work or own any business you desire.
- 7 With an FMT (Tourist Visa), upon entering Mexico, you cannot rely on a specific issued time allowance and may have to request an extension of stay from the Immigration Dept. They can only extend the visa for an inclusive stay of 180 days.
- 8 You are not subject to the \$15 US tourist fee.
- 9 An FM3 is an official document and is recognised as having higher validity of personal identification than the regular Tourist Visa.
- 10 With the FM3 you may apply for IMSS health care or a CURP card (needed for Mexican drivers license or other credentials such as seniors card – INSEN issued from age 60, that permits discounts on a variety of sources. Eg: Bus Airfare, Department stores etc.



Advantages of having an FM2

- 1 The FM2 is for foreigners living in Mexico on a year round basis, who do not intend to leave the country for a period longer than 3 months but may leave as many times as wished for up to that period of time.
- 2 After 5 years of application for the FM2 status, you will be requested to file for "Inmigrado" status. Being able to speak Spanish is a requirement.
- 3 Upon filing for "Inmigrado" status, you will have most of the rights of a Mexican Citizen, with the exceptions of voting and owning oceanfront property or within certain limits (by law, 30 miles from ocean or 50 miles from an international border). For this purpose you will retain your "Fideicomiso" or "Bank Trust" status.
- 4 Upon receiving the "Inmigrado" status, the need for renewing papers to live in Mexico will cease.
- 5 You may work or own any business you desire.
- 6 You are entitled to the "Insen" card, Government Planning Program for Senior Citizens, issued from age 60, that permits discounts on a variety of sources. Eg: Bus, Airfare, Department stores etc.
- 7 You can live in Mexico indefinitely without having to leave.
- 8 However, upon application of the "Inmigrado" status, you cannot keep a foreign plated vehicle in Mexico that is registered in your name. BUT you are exempt of paying owners tax (tenencias) on Mexican plated vehicles.

UCLA STUDY

A study worth sharing with friends both male and female:

A study conducted by UCLA's Department of Psychiatry has revealed that the kind of face a woman finds attractive on a man can differ depending on where she is in her menstrual cycle.

For example: if she is ovulating, she is attracted to men with rugged and masculine features.

However, if she is menstruating, or menopausal, she tends to be more attracted to a man with duct tape over his mouth and a spear lodged in his chest while he is on fire.





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