



Manzanillo **SUN**

coastal Mexico's lifestyle magazine

November 2016

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E-MAGAZINE

a publication of Manzanillo Sun
www.manzanillosun.com

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To send submissions for possible inclusion in the magazine, please send to the editor by 15th of each month. We are always looking for writers or ideas on what you would like us to see as topics for the magazine.

Article submissions:

- Preferred subjects are Manzanillo and Mexico
- All articles should be 1000 words or less or may be serialized or 500-750 words if accompanied by photos
- Pictures are welcome
- Comments, letters to the editor, articles, photos and advertisements are always welcome

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"The Civilized Jungle"

Beckoning Doorways

by Suzanne A. Marshall
with photos by Allan Yanitski

Several years ago I wrote about my first experiences traveling to various and interesting cities not far from Manzanillo. Some of these included Ajijic, Lake Chapala, Tonalá, Tlaquepaque and San Miguel de Allende, to name a few. This is when I began to notice the long streets of concrete walls and interesting doorways so common in many areas of these centers. I found myself peering through their doorways to see inside and caught glimpses of the private courtyards and sheltered homes of the shopkeepers and owners. These interiors were surprisingly large and inviting. Some displayed beautiful potted plants and bubbling fountains.



A shop in Tlaquepaque

On a first visit to Ajijic we were invited to lunch in a restaurant along a side street. Honestly, once parked and walking to a doorway with a small sign, I really had to wonder what was awaiting us inside and why this was a favorite spot. Once again I was 'blown away' by an unexpected interior. Once past a

small entry and a few outbuildings we entered an open garden space that was a good square city block in size. What a gorgeous sight it was, replete with pergolas, creeping vines, tables below and vast expanses of lawn and shrubs. You could also sit at tables out in the sunshine and enjoy the roaming hens and roosters as well as a few stunning peacocks who even gave us an expanded view of their tail feathers while we enjoyed our meals. I had never experienced such a unique setting and ambience before. Yet again those walls had hidden the treasures awaiting inside.



A greeter at a tequila shop

By comparison, in Canada and the US we tend to spend a good deal of time impressing everyone with our open and outward displays of yards, gardens and flowers. The price for that is often our privacy. Not that more secluded properties don't exist; but, if you look down a suburban road, it's very likely

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(Beckoning doorways - Continued from page 1)



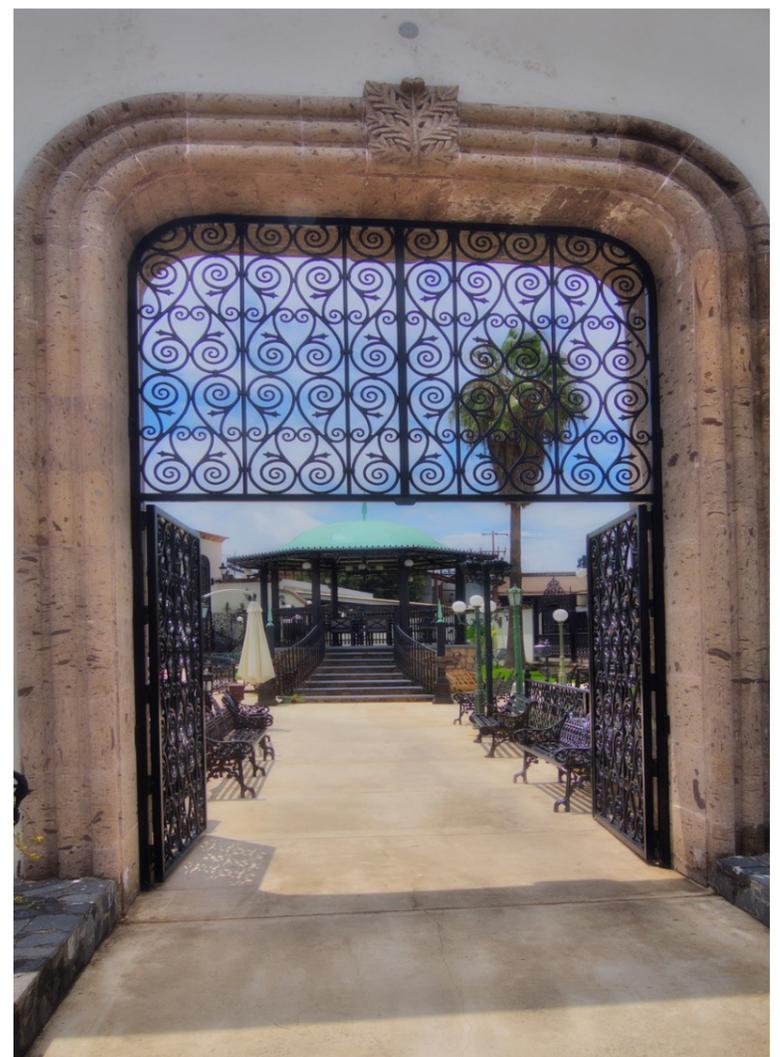
Ajjic - something special awaits...

you'll see vast distances of manicured lawns and walkways leading up to each home. Sometimes there are picket fences and decorative gates but, for the most part, everything is on display. In Mexico, they tend to create havens from the hustle and bustle of the streets, perhaps for privacy and quiet, but also creating a special oasis for family to gather and children to play. It isn't unusual for shopkeepers to live and work on the same property with shops full of wares at the front and the living areas tucked in and unseen behind.

When you find yourself walking through the many streets of shops, art studios and artisan studios in these towns and cities, one is struck by the



Inviting hotel front in Manzanillo in el Centro



Fundidos

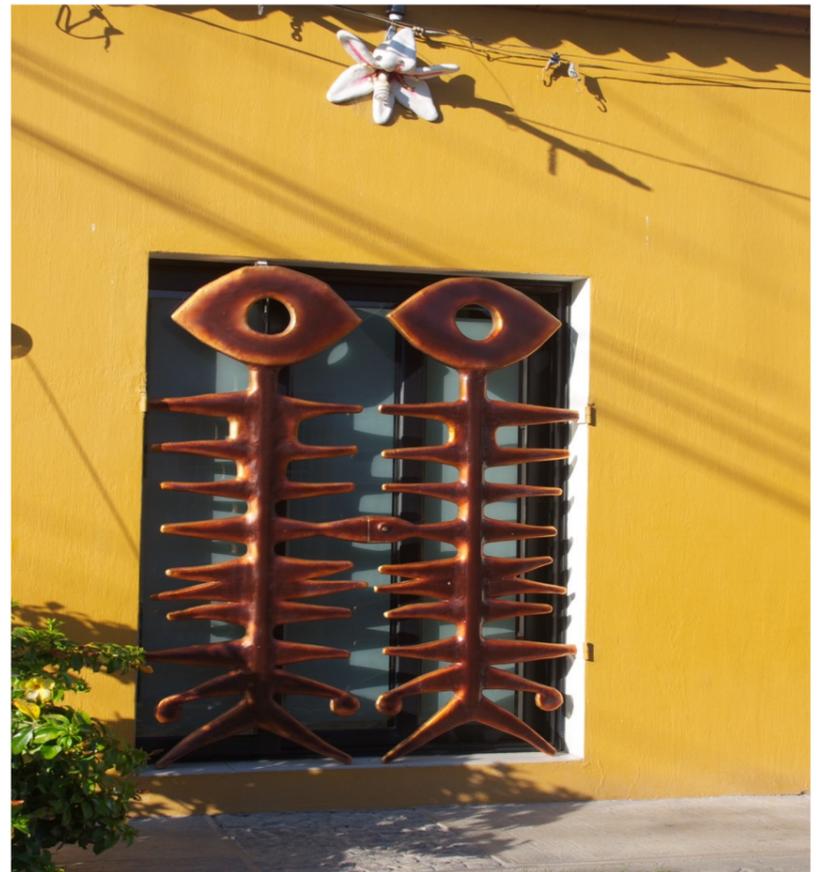
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(Beckoning doorways — Continued from page 2)

creativity of many of the doors and entryways. Since you can't really see much from the street, many of the shops have created the most beautiful doors, entrances with walls of artwork that catch your eye and beckon you to come in and see more. And of course, we did just that!

Typically, I find that these towns and cities have beautiful central squares with benches, gazebos, shrubs and flowers often near or in front of a beautiful church. This, I presume, is where the neighbors gather and mingle or celebrate the various traditional celebrations. Bands and entertainers perform from the central gazebos and the fiestas may last an entire weekend. I often wonder how so many Mexican locals can manage to sing and celebrate until dawn and then show up at work the following day. Perhaps it's those siestas they take in the mid afternoon.

I've shared a number of photos of some of these unique and engaging entries and doors that were just crying out for a photo. I hope you enjoy them!



Beautiful artistic window

you can reach Suzanne A. Marshall at suzanne@manzanillosun.com



Galería doors



by Tommy Clarkson

Dwarf Pineapples, *Ananas cosmosus*

Family: *Bromeliad*

Also known as: Pygmy Pineapple or Miniature Pineapple

The bromeliad genus of *Ananas* is comprised of fewer than ten base species, but now has, hundreds of cultivars. Foremost of the genus, in case we've forgotten, but as Andrew Steens notes in his book *Bromeliads for the Contemporary Garden*, is "the classic bromeliad of commerce, the pineapple."

Among these are some particularly prickly and petite ones. These, some say, are all but inedibly acidic. Yet others claim that, cleaned, these pineapples can be eaten to - and including - the core. These intriguingly, diminutive pineapples aren't sought for succulence or sweetness on one's tongue but, rather, for their delight upon our eyes! They are those of the dwarf or miniature species. About these, frustratingly, little of depth or consequence seems to have been written . . . well, beyond the fact that they look great in flower arrangements and can be used as exotic drink stirrers!

In *Ola Brisa Gardens* we have three of these small-fruited variants: a white and a pinkish red - both with fiercely armed margins of unforgiving hooked barbs, and a Pindo Pink with smooth, unarmed, maroon leaves. The white (*Ananas cosmosus* var. *ananassoides*) and the Pindo Pink (*Ananas cosmosus* var. *bracteatus*) sport pineapples of only two to three inches (5.08-7.62 cm) tall. The pinkish-red plant has larger fruit - around four to six inches (10.16-15.24 cm). Its Latin designa-

tion is *Ananas cosmosus* var. *variegatus*. (Please make no plans to take those Latin names to the proverbial botanical bank, as my ability to fully confirm them has been marginal, at best!)



The small, white *Ananas cosmosus*, var. *ananassoides* are not particularly "touchy-feely friendly"!

These are native to Suriname and northern Brazil and - much like Patty and me - care not a tiny bit for environs where the temperatures drop below 60° F (15.56 C).

Regardless if grown inside or out, the miniature pineapple needs as much direct sunlight as possible. At least six hours of sunlight every day (*including holidays*) helps not only to warm the soil, but also to keep its foliage firm and well-shaped. (*Maybe that's what I need!*) Too little amount of sunlight can cause your plant to become leggy, its leaves to

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(Dwarf Pineapple — Continued from page 4)

be too thin and is more than likely to reduce the chance for flower stalk production and the subsequent, sought after, fun-looking fruits.



This *Ananas comosus*, var. *variegatus*, has a bit larger fruit - about the same size as a super sweet *Miel Piña* (Honey Pineapple)

It grows best in a well-draining fertile, humusy soil. Sand-based soils with compost and mulch are the most ideal of growing conditions, if kept evenly moist during the growing season. Avoid heavy clay soil or any that remains soggy after rain or watering.

Water freely during the growing season and when the flowering stalk is present - with the soil kept moist from spring to autumn. Literally shower your Dwarf Pineapple allowing water to run through leaf gaps and crevices to the soil below. In the cooler season, reduce watering, keeping soil barely moist and allowed to dry out between waterings. Too much fertilizer can cause overly fast growth and limit the plant's ability to create a flower stalk.

When the miniature pineapple begins to mature a bit (*you know all the signs: argumentativeness, picking fights with younger siblings, refusal to do assigned household chores, beg-*

ging to stay out past curfew) the center of its rosette of spiny leaves will produce a flower stalk. The stalk will elongate and rise above the foliage revealing a rounded cluster of lilac to red flowers with yellow bracts. Ultimately, this will look - very much - like a colorful pine cone! After these flower, it will create a small pineapple fruit with a large, sharp-tipped, crown of foliage. Consider staking that stalk in order to maintain erect attractiveness. Continue to water it during this period so as to ensure that the flower and fruits do not wither and die prematurely.



The Pindo Pink (*Ananas comosus*, var. *bracteatus*) sport fruit of only two to three inches (5.08-7.62 cm) tall

Once the Dwarf Pineapple produces fruit, it's destined to die. (*Karma's a bit of a bear!*) But the family lineage can continue! The top of the small fruit can perpetuate the family line by being replanted. Beyond that, the mother bromeliad also will have developed small new plants - called pups - at her base. As this plant parent slowly declines in health, her pups increase in size. Once the mother plant has passed to the Great Garden in the Sky (*or compost bin*), cut it off at its base, but don't damage the young pups. Then, on their own, they will grow quickly. Within a year, they'll be ready to flower and fruit, and continue the Circle of Life.



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What should you do with a financial windfall?

by Yann Kostic

When it comes to investing a windfall - such as an inheritance or retirement-account rollover (IRA, 401K, etc.)- you'll likely find a large number of different options being discussed in the financial media. But which one of these many approaches is best for you?

Dollar-cost averaging, or investing the new money a little at a time, is a fairly common approach. The reason: By dribbling your money into the market, you'll invest some at lower prices and some at higher prices, averaging out the risk over time. So, for example, if you have \$250,000 to invest, you'd move \$20,833 each month (\$250,000 divided by twelve) from a savings account to a portfolio of stocks and bonds.

However, this ignores the fact that the longer it takes to obtain the mix of stocks and bonds that is consistent with your goals and risk tolerance, the longer it will be before your money is invested the way it should be.

Another strategy is to decide on an allocation of stocks and bonds that will help you meet your financial goals, and then invest the total amount based on that allocation. So, for example, you might invest 70% of your \$250,000 in stocks (\$175,000) and 30% in bonds (\$75,000). This will allow you to reach your target allocation quicker (because the money isn't sitting in your savings account for a year).

Which approach is better? It depends on your individual goals, time horizon and tolerance for unknown risk. The reality is that no one knows what stock or bond prices will do in the future, especially in the short term.

So, if you're unsure how to invest your windfall, or you just can't bring yourself to invest all of your money at once, why not talk to your advisor about combining approaches? For example, you either might limit the period over which you gradually invest, doing it over three or six months instead of twelve or change the frequency, doing it quarterly instead of monthly.

Yann Kostic is an Investment Advisor (RIA) and Money Manager with Atlantis Wealth Management. Yann specializes in retirees (or soon to be), self-reliant women and expats in Mexico. Atlantis Wealth Management has relationships with international custodians allowing multiple foreign currencies in a single account. Yann splits his time between the Lake Chapala area, Manzanillo and Central Florida. Comments, questions or to request his newsletter, "News you can use" contact him at yannk@atlantisgrp.com, in the US at (321) 574-1521 or in Mexico, (376) 106-1613



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by Tommy Clarkson

Flaming Torch, *Billbergia pyramidalis*

Family: *Bromeliaceae*

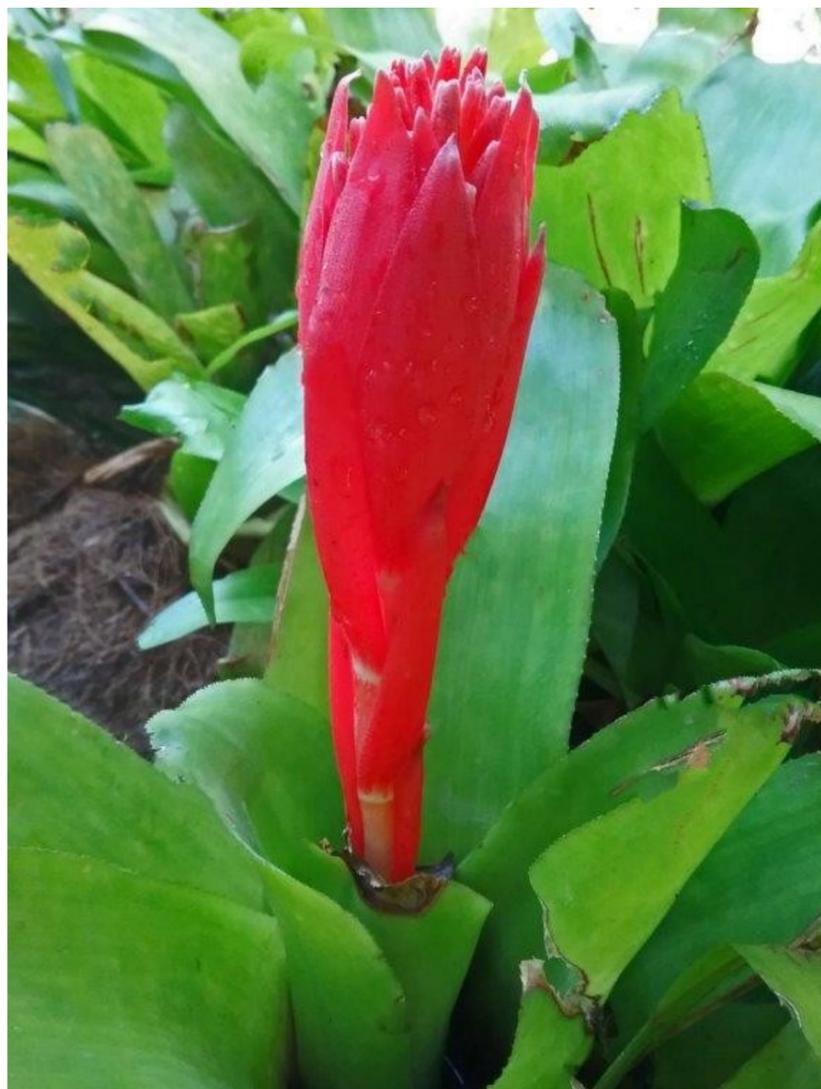
Also known as: Foolproof Plant, Summer Torch Billbergia, Red Torch, Red Flame, Queen Tears, Billbergia, Bubble Gum Blossom, Candy Blossom or Hurricane Bromeliad

(Though one of the hardier bromeliads, these are a bit picky about where they will most happily reside. As a result, in striving for the perfect specimens, I've struggled with finding just the right combination of sun and shade. So keep that in mind when looking for the proper locale for yours.)

The genus is named after Gustav Johannes Billberg, (1772-1844), a Swedish botanist, zoologist and anatomist. *Pyramidalis* means "like a pyramid" – an upside-down shaped variety of which the flower might be loosely compared! *Billbergia* is one of the forty or so genera constituting bromeliads and, itself, has around sixty species, primarily native to Brazil but ranging north to central Mexico.

Indeed, the genus-whole originated in temperate south Brazil, with rosettes of five to eight leaves usually forming a tubular, or urn-shaped, upright growth. Propagation is generally accomplished by removal of pups (rooted offsets) from the original plants. These occur from the rhizomes at the base of the leaves. These pups should not be removed from the litter (*a little canine humor there*) until they reach at least a third of the height of the original urn. Once ensconced in the soil, a small amount of coconut coir (shredded husk) is helpful - if put on

the soil around the roots. . . *But I may be getting ahead of myself!*



This Torch has yet to fully "Flame" but will open shortly

The leaves of the Flaming Torch are leathery, somewhat gray-green, and broad, forming a beautiful, open-vase shaped rosette, twenty-four inches (60.96 cm) across. Its compact, brush-shaped inflorescence is an erect and densely set cluster of scarlet flowers with bluish-purple tips bursting out of red bracts rising on a flower stalk emerging from the central tank. Each flower head is two inches (5.08 cm) wide and ten inches (25.4 cm) long, with rather blunt tips. (The *Billbergia pyramidalis* variant '*striata*' has a combination of those beautiful flowers plus pale green and white foliage.) Sadly, these attractive flowers are not very long-lived. In their original environs, they grow low on trees, in the leaf, twig and branch litter on the ground and, even on rocks in the heavy shade of forest trees.

It's important to remember to not overwater them as this is a sure-fire course to that plant scourge, root-rot! (*But, interestingly, they love high humidity.*) Other than overly zealous wa-

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(Flaming Torch — Continued from page 7)

terers, they have no other enemies.

Like that neighbor from the days of your youth who was one flower short of a bouquet, Bromeliads live life a bit differently from others. *(Well, for them it's a plant life, for us - more humanesque!)* Most are epiphytic with their roots being little more than used for support, while their leaves do the preponderance of the "hunting and gathering." In areas with seasonal high rainfall, the leaves form a tank-like configuration to collect and hold rainwater and dew. These tanks also catch tree-discarded leaves.

As that detritus decays, the bromeliad leaves absorb the nutrients. These leaf tanks should also be regularly flushed to avoid stagnate water which can result in pests and diseases. *(If you do so, listen carefully and you might hear quiet little plant voices say "tanks a lot!")*

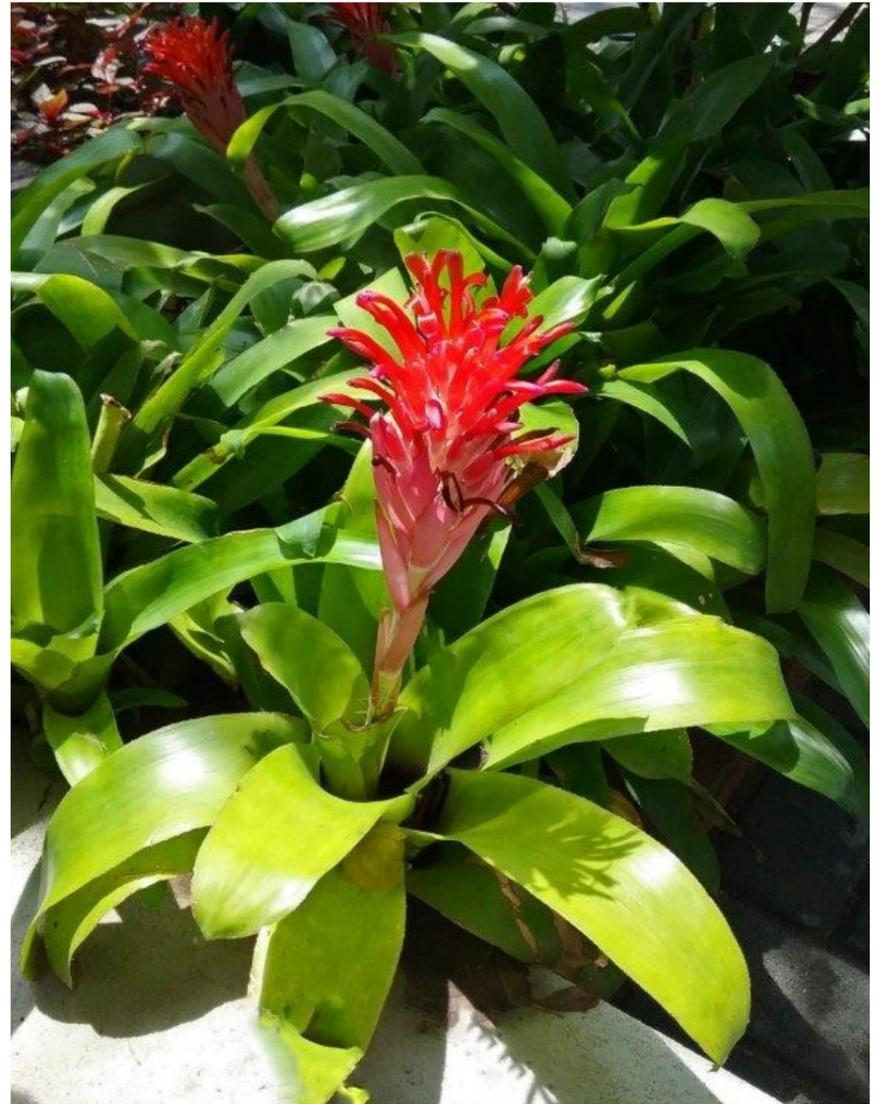


Its compact, brush-shaped inflorescence is an erect and dense set cluster of scarlet flowers with bluish-purple tips bursting out of red bracts rising on a flower stalk emerging from the central tank.

Adaptable sorts, in desert areas, the leaves have scales that catch dust and dew. Beyond that, like cacti, they absorb carbon dioxide at night, storing it as malic acid so that when the sun rises, it can be released and converted to sugars. *(Adaptable and resourceful characters, aren't they!)*

Concerning care and maintenance, I'd advise the occasional removal of leaf litter from that central "leaf tank." Long tongs are a good tool for that! As to food – perhaps some water soluble 20-20-20, diluted about 1/3 strength, carefully poured into in

their tanks once or twice a month. Dilute this to 1/4 or 1/2 the strength recommended dosage. Beyond that - by this time it should be apparent - it's best to have planted them in deep or partial shade, allowing them diffused sunlight.



Its leaves are leathery, gray-green, and broad, forming a beautiful, open-vase shaped rosette.

Though I've not tried it, I recently came across this suggestion: If your Flaming Torch plant is growing, but won't flower, wrap it in a plastic bag with a couple of ripe apples for a few days. The ethylene gas released by the apples should induce flowering.

(If not, the sheer shame of being seen by its plant neighbors, with such around it, may embarrass it into blooming!)



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Vacations and Water

Part 2 of 2

by Terry Sovil

In the last article we talked about Dry Drowning and Secondary Drowning. This time we'll talk more about prevention, safety and drowning. Like most emergencies, we want to try to focus more on the prevention aspects but you must be ready to respond if something should happen. Here is a big list of basic tips. Feel free to print them, put them on your refrigerator door and review them from time to time like a checklist:

- ✓ Be attentive, close supervision, no distractions like reading, talking or cocktails
- ✓ Keep your pool area free of visible toys that may attract children
- ✓ In Manzanillo the lifeguard means YOU
- ✓ Never let people swim alone
- ✓ Enroll in water safety classes
- ✓ Learn CPR and basic first aid
- ✓ Use Coast Guard, or similar, approved life jackets
- ✓ Inflatable or foam pool toys are NOT substitutes for life jackets
- ✓ Locations of drownings:
 - Most children ages 1-4 drown in home swimming pools
 - In natural water settings, including oceans, drownings occurred among those 15 years and older 57% of the time
- ✓ Avoid alcohol around water as it is involved in up to 70% of deaths associated with water
- ✓ Seizure disorders: if this includes you or family members, know how to deal with them
- ✓ Know the meaning of colored beach flags
- ✓ In Manzanillo:
 - RED indicates a rip tide or other hazard
 - YELLOW means conditions are rough
 - GREEN all clear (have never seen a green flag, no flag means "OK")
- ✓ Watch for rip tides: if you are caught in a rip current, swim parallel to shore

Who is most at risk?

Males: Nearly 80% of people who die from drowning are male

Children: Children ages 1 to 4 have the highest drowning rates



Drowning

Drowning is the act of dying by submersion and inhalation of water or another liquid. It is essentially death by suffocation. People that are at, or close to, drowning, are unable to keep their head elevated and above the water, so they are not able to breathe properly. Because they cannot breathe, they are unable to shout or cry out. When you lack air, your body cannot perform the physical actions involved in waving or trying to attract attention.

Many think this is what drowning looks like. Splashing and thrashing is a sign of distress but a person like this can still take part in their own rescue. They can, and will, grab onto something. But if assistance doesn't come Instinctive Drowning Response will start automatically as they tire and breathing becomes harder.

Instinctive Drowning Response involves flapping or paddling with the arms attempting to raise the mouth to breathe by tilting the head back. This is an instinctive reaction, it is NOT consciously thought about or under control. When a person is not getting the air they need, they become oxygen deprived. Without a good breath they are not able to talk or call out. This takes place for about 20-60 seconds during drowning and sinking underwater. Compare this to a person who can still shout and keep their mouth above water. They are in distress but not in immediate danger or drowning. They still need help however, so get them assistance. Reach. Throw. Row. Go.

This is what you need to look for in a drowning where Instinctive Drowning Response has begun:

- ✓ Head low in the water, mouth at water level
- ✓ Head tilted back with mouth open

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(Vacations and Water — Continued from page 9)

- ✓ Eyes glassy and empty, unable to focus
- ✓ Eyes closed
- ✓ Hair over forehead or eyes
- ✓ Not using legs—vertical
- ✓ They make no progress in the water
- ✓ Hyperventilating or gasping
- ✓ Trying to swim in a particular direction but not making headway
- ✓ Trying to roll over on the back
- ✓ Appear to be climbing an invisible ladder or put their arms straight out at their sides and push down on the water



Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up. One way to be sure? Ask them, "Are you alright?" If they can answer at all – they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents – children playing in the water make noise. *When they get quiet, you get to them and find out why.*

The following link will take you to a short video clip on drowning. It's short because this process only takes 20-60 seconds! After watching this first clip on YouTube, there is a second one that is not an actual video but a simulation that shows in detail how this process works.

Click this link for the "Recognize the signs of drowning". It is 43 seconds long.

<https://www.youtube.com/watch?v=9fyvtNewabM>

This second video is "What Does Drowning Look like?" It is 1 one minute 21 seconds.

<https://www.youtube.com/watch?v=YL9wb4tUlhl>

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public service announcement



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Contact the organizers at pata@manzanillosun.com

PATA Manzanillo

by Karen Trom

I first visited Manzanillo 12 years ago on a house-hunting mission. Real estate prices looked reasonable so we decided to check it out. Our first impression was fantastic. The ride from the airport was great and we were already making plans to move here. But, as we drove through El Naranjo, Miramar and Santiago we were ready to turn around and go back to Wisconsin. Why, you ask?



This lucky dog is in very capable hands

Street dogs. Yes, street dogs everywhere. We had seen this before but the sheer numbers of skinny, sickly and injured animals was overwhelming. How could we move to a place where so many dogs were running the streets? Not only was it inhumane, it's also a health hazard to people; especially for children that are exposed to feces and disease.

We did end up buying a home in Club Santiago and with each visit, the decrease in the number of animals is incredible. While dogs and cats living in the streets still exist, their numbers have gone down thanks to the efforts of many selfless people and organizations that have given their time, money and lots of hard work. Education, along with providing free or reasonably-priced sterilization and health care, has been key in reducing

the population and improving quality of life for animals of Manzanillo.



Everyone is excited when their animals are returned home

Last year was my first experience at the [PATA Sterilization Clinic](#) and it was amazing. The building was hot, the days were long and I was peed on more than once (those darn cats!) but I cannot wait to volunteer again this year!



The author (in green) with just a few of the "crazy cat ladies!"

I met so many wonderful people and saw first-hand how we can all come together to help this great cause. Locals came from far and wide, many of them bringing all the animals they could fit into homemade cages, buckets or simply a rope around the dogs neck. I had no idea what I was doing but quickly learned how to check vital signs, pick ticks as well as cleaning and clipping ears. Never in my life have I had such a feeling of accomplishment and camaraderie as I did after those 4 days.

(Continued on page 12)

(PATA Manzanillo - Continued from page 11)



Volunteers collected animals for their trip to the clinic

If you would like to get involved, PATA is looking for volunteers as well as monetary and food donations for the clinic that is being held November 18-20 at the Lions Club in El Centro.

For more information, check out their [website](http://patamanzanillo.org) (patamanzanillo.org) or [Facebook](#) page.

Other opportunities to help with humane efforts in Manzanillo include [Friends of Mexican Animal Welfare](#), [Alianza Clinic](#) and [Animal Angels of Manzanillo](#).

All of these wonderful organizations rely on your donations (of time and money) and adoption efforts in order to continue the work they do, keeping our animals healthy and safe and increasing the overall quality of life for all of us that live either full-time or part-time in this beautiful area.



Trained volunteers help with immunizations

Inferno

by Suzanne A. Marshall

Starring: Tom Hanks, Felicity Jones, Irrfan Khan

Director: Ron Howard

"Academy Award® winner Ron Howard returns to direct the latest bestseller in Dan Brown's (Da Vinci Code) billion-dollar Robert Langdon series, Inferno, which finds the famous symbolologist (again played by Tom Hanks) on a trail of clues tied to the great Dante himself. When Langdon wakes up in an Italian hospital with amnesia, he teams up with Sienna Brooks (Felicity Jones), a doctor he hopes will help him recover his memories. Together, they race across Europe and against the clock, to stop a madman from unleashing a global virus that would wipe out half of the world's population."

I'm a big fan of Ron Howard movies and Tom Hanks is usually a guarantee of an engaging story and performance. And it was, sort of. For some reason the movies of late seem to be using gratuitous 'over-the-top' special effects and action scenes that I assume must be popular with many of the viewers or else why bother? But for me and some of my friends, it clutters up the story line and leaves the art of suspense and emotional involvement behind. The movie becomes an unending series of ghoulish visions, running, jumping, hiding, blowing things up amidst all kinds of special effects. It's just too much and leaves me wanting something more thought provoking and simmering. There's no time to think.

What it does have, of course, is amazing editing of all this action, super special effects, great sound editing, music score (Hans Zimmer) and glorious vistas of the scenic locations

throughout the movie. For those reasons, the movie is still quite enjoyable but don't expect to be spellbound and you may find yourself overwhelmed by the unending action.

IMDB has rated this movie as 6.5/10 based on 14,017 viewers.



you can reach Suzanne A. Marshall at suzanne@manzanillosun.com

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O.J. Simpson: Made in America

(Crave TV.ca - ESPN Network)

Documentary - Five Part Series

by Suzanne A. Marshall

Featuring: Interviews and archive footage with: Bea Arthur, Marcia Clark, A.C. Cowlings, David Gascon, Robin Greer, Peter Hyams, Robert Kardashian, O.J. Simpson, Peter Weir, Peter Zucker

Director: Ezra Edelman

"It is the defining cultural tale of modern America – a saga of race, celebrity, media, violence, and the criminal justice system. And two decades after its unforgettable climax, it continues to fascinate, polarize and develop new chapters."

"ESPN tackles the subject of O.J. Simpson in an in-depth documentary start from his football career to his L.A. life to the trial and finally his conviction in a different case. After the compelling American Crime Story, this is a great way to provide the context. This is not simply a sports doc or a doc about the trial. This digs into the pervasive racism in the LAPD and the history of race conflicts in the area.

It's also very in-depth in its examination of O.J.'s personality. This doc lays it all out very well. The trial itself is less in-depth but it's interesting in a couple of ways. There are two of the jurors as well as a harrowing explanation and pictures of the crime scene.

They really bring out more reality out of the trial. This fills out everything surrounding the case. The ACS is a fun pseudo-reality drama. This doc is great at filling out the actual reality."



This is a compelling must-watch series. There is not much more I can add except that the information and depth of this story is truly remarkable. It aired in June 2016. I would not be surprised to see this nominated in next years' line up for Oscar awards.

IMDB gives this film a rating of 9/10 and Metacritic has given it a stunning 100%.

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Huitzilopochtli The God of War

by Kirby Vickery

In modern society, we have two magic numbers out there that have a constant effect on our very being in dealing with physical science. One of the numbers is Pi which is 3.14, something, something, something. The other is 37 or 73 which I see cropping up all over the place, mostly in books I read dealing with history and physical measurement from the Megaliths to the Phoenicians.



The magic number for the Aztecs was 52. They believed in the five worlds of creation. Each world lasted 52 years. The Aztecs knew that this world we live in would also last only 52 years. But, if the god Huitzilopochtli is kept really happy through worship and sacrifices, then he/she would extend it for another 52 years.

Huitzilopochtli was one of the major gods in the Aztec pantheon of gods. Principally, he was the god of war, closely akin to Mars, the Roman god of war and the guardian of agriculture. The Greek goddess of War, Athena, was also the goddess of wisdom, courage, inspiration, civilization, law and justice, mathematics, strength, war strategy, the arts, crafts, and skill in ancient Greek religion and mythology. This was just a little too broad-based for the Aztecs.

Where Mars was born from Juno, a Roman god, Huitzilopochtli was born to a widow woman called Coatlicue. She was said to be very pious and the mother of the Centzonuitznaua tribe. Coatlicue, also known as Teteoinnan (also transcribed Teteo Inan the "The Mother of Gods"), is the Aztec goddess who gave birth to the moon and stars. She is also known as Toci, ("Our Grandmother"), and Cihuacoatl, ("The Lady of the serpent"), the patron of women who die in childbirth. The word "Coatlicue" is Nahuatl for "the one with the skirt of serpents". She is referred to by the epithets as "Mother Goddess of the Earth who gives birth to all celestial things", "Goddess of Fire and Fertility",

"Goddess of Life, Death and Rebirth" and "Mother of the Southern Stars.

When Coatlicue was on her way to offer prayers to all the Aztec gods, she was surprised by having a ball of really bright-colored feathers fall on her. She was impressed by their hue and color and placed them in her bosom so she could offer them up to the sun-god. What she found out later was that she had become pregnant. (Some versions of the story tell that she was a virgin yet she had several other children who were already grown.) When her sons found out they intended to humiliate her and started to abuse her.



She was afraid and full of anxiety when the spirit of her unborn child called out to her and reassured her that everything was okay. It was at this time that her sons decided to murder her to save face of their race. They dressed up in their war costumes, armed themselves with darts and lances, then trooped out to find and kill her.

One of them, Quauitlicac, turned back and spoke to his unborn brother, Huitzilopochtli, he cried, "O brother, hearken attentively to what I have to say to you. I am fully informed of what is about to happen."

"Mark well where they are," replied the infant god. "To what place have they advanced?"

"To Tzompantitlan," responded Cuauitlicac.

Then he asked, "Where may they be now?"

"At Coaxalco," was the reply.

Once more Huitzilopochtli asked to what point his enemies had advanced.

"They are now at Petlac," Quauitlicac replied.

After a little while, Quauitlicac informed Huitzilopochtli that the

(Continued on page 16)

(Huitzilopochtli - Continued from page 15)

Centzonuitznaua were at hand under the leadership of Coyolxauhqui (his sister - leading the group). At the moment of the enemy's arrival Huitzilopochtli was born, holding a shield and spear of a blue color. He was painted, on his head was a helmet, and his left leg was covered with feathers. He shattered Coyolxauhqui with a bolt of lightning, and then gave chase to the rest of them, whom he pursued four times round the



mountain. They did not attempt to defend themselves, but fled incontinently. Many perished in the waters of the adjoining lake, to which they had rushed in their despair. All were slain save a few who escaped to a place called Uitzlampa, where they surrendered to Huitzilopochtli and gave up their arms.

The name Huitzilopochtli signifies "Humming-bird to the left from the circumstance that the god wore the feathers of the humming-bird, or colibrí, on his left leg hence the humming-bird totem. The explanation of Huitzilopochtli's origin is a little deeper than this, however. Among the American tribes, especially those of the northern continent, the serpent is regarded with the deepest veneration as the symbol of wisdom and magic. From these sources comes success in war. The serpent also typifies the lightning, the symbol of the divine spear, the apotheosis of warlike might. Fragments of serpents are regarded as powerful war-physic among many tribes. Atotarho, a mythical wizard-king of the Iroquois, was clothed with living serpents as with a robe, and his myth throws light on one of the names of Huitzilopochtli's mother, Coatlantona (Robe of

Serpents). Huitzilopochtli's image was surrounded by serpents, and rested on serpent-shaped supporters. His scepter was a single snake and his great drum was of serpent-skin.



The fifth sun

In American mythology, the serpent is closely associated with the bird. Thus, the name of the god Quetzalcoatl is translatable as "Feathered Serpent," and many similar cases where the conception of bird and serpent has been unified could be adduced. Huitzilopochtli is undoubtedly one of these. We may regard him as a god, the primary conception of whom arose from the idea of the serpent, the symbol of warlike wisdom and might, the symbol of the warrior's dart or spear, and the humming-bird, the harbinger of summer, type of the season when the snake or lightning god has power over the crops.

Strangely enough, when the absolute supremacy of Tezcatlipoca is remembered, the high-priest of Huitzilopochtli, the Mexicatl Teohuatzin, was considered to be the religious head of the Mexican priesthood. The priests of Huitzilopochtli held office by right of descent and their primate exacted absolute obedience from the priesthoods of all the other deities, being regarded as next to the monarch himself in power and dominion.

you can reach Kirby Vickery at kirby@manzanillosun.com

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"The time has come," the Walrus said, **"To talk of many things:** of Cell Phone plans and currency exchange..." (apologies to Lewis Carroll)

by Señor Tech

We live in Manzanillo, but our main bank accounts are in Canada, so we use Intercam Bank to convert our Canadian dollars to Mexican Pesos. Our account manager, Carlos, gives us a better exchange rate than those posted at the other banks. I write a cheque drawn on my Canadian bank, and pesos are deposited to my account or I can take cash. Visitors on tourist visas can also use their service. The cost is \$109 pesos per transaction for any amount that has been approved to transfer.

If you prefer to transfer funds from your bank account and pick up Pesos, xoom.com (paypal.com) is an online site offers that service. XOOM advertises fund transfer to over 53 countries. There is a \$4.99 US service fee per transaction. All transactions are based on US currency. Currencies other than US will be converted to US dollars then to the currency desired. To use the service, an account is required.

If you have a PayPal account, you are able to log in using your PayPal credentials, otherwise you must sign-up using your email address and password. An email will be sent to your email for verification. Click on the verification link and you are ready to use the service. Once the account is set-up, bill pay-

ments, funds transfer into a foreign bank account or cash pickup is possible. Approved locations for cash pick-up are listed as you complete your transaction.

XOOM currently has an iOS App, but it is only available in the US store. If you want to transfer funds from your iDevice (iPhone, iPad, or iPod), setup an account in the US store, then download and install the Xoom App.

This past year my wife and I both setup our iPhones on monthly cellphone plans with Telcel. Not the pay-as-you-go cards, but a monthly plan that also includes data. For a monthly cost of \$199 pesos, there is unlimited calling and texting within Mexico and to the USA and Canada. If we travel to the USA or Canada, we can make unlimited calls or texts back to Mexico, at no additional cost. Also all calls made to Canada or the USA, while traveling in Canada or the USA are also without any additional costs. The \$199 peso plan also includes 1 gb of data, which also can be used in Canada or the USA, without roaming fees. If you require more than 1 gb of data, they offer other plans up to 12 Gigs of data per month (\$1,349 pesos monthly).

Telcel is not the only cell provider to offer great plan. AT&T in Mexico also has similar plans at similar cost.

The drawback on monthly plans is that they require either a Temporal or Permanente Visa, as well as an electric bill or Tel-



(Continued on page 18)

(The time has come...Continued from page 17)

mex bill and 3 references in Mexico. I think it was easier to get my Permanente Visa than my cellphone plan.



If you have either a Temporal or Permanente Visa, a monthly cell plan should be a no brainer! Our cell plans with Rogers in Canada cost us \$126.00 CDN per month for 5 gbs of shared data and unlimited calling in Canada (the plan was a special deal negotiated years ago and that plan is now \$30.00 more monthly). We pay \$598 pesos (\$40.00 CAD) for 4 gbs of data with no roaming charges and unlimited calls and texts which can be used within either the USA, Canada or Mexico.

If you only visit 4-6 months per year, eliminate your Mexican landline with a cell phone that can be used when you are back in Canada or the USA. As long as you pay your bills, you will not lose your phone number. The phone can be used to make unlimited toll-free calls and text messages to Mexico, the USA and Canada for \$2,388 pesos per year (\$170 CAD or \$128 USD - Oct 2016 exchange rates).

To roam in Canada and the USA will require an unlocked smart phone that operates on the cell phone frequencies used by Canadian and US cell companies (iPhones, Android and Windows phone models available in the USA will work).

I contacted Rogers to unlock my wife's iPhone. They usually charge a \$50.00 fee, but I reminded them that our contract was up and the phone was paid for so the fee was waived.

If you are visiting Mexico on a tourist visa, you can get a cell phone, but only on a pay-as-you-go plan. The minutes on these plans expire in 60 days, so if you forget, your telephone number could be re-assigned. These plans are limited for use in Mexico.

if you have questions or suggestions about future technology topics, email me at seniortech@manzanillosun.com



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Teotihuacán

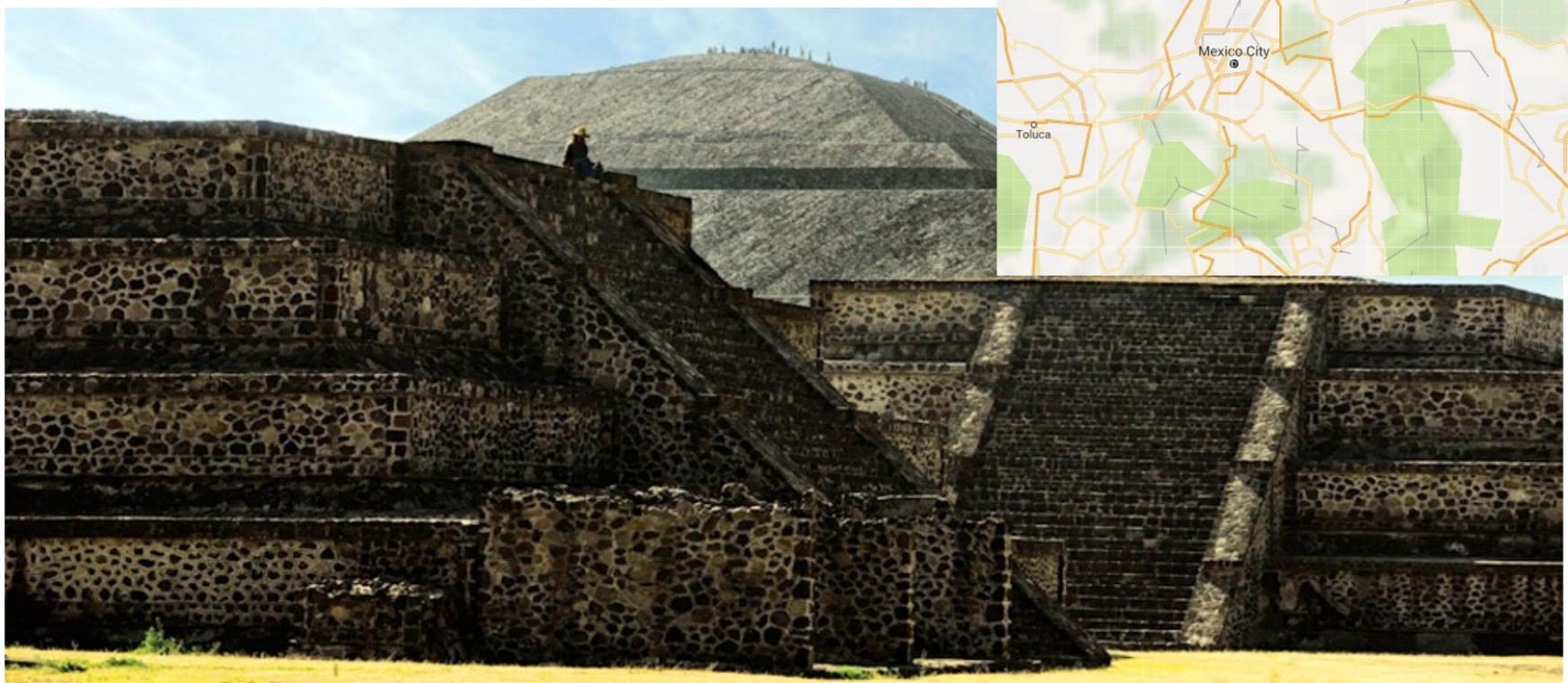
from the Path to Citizenship series

The so called City of the Gods, Teotihuacan, preserves the remains of one of the most important civilizations in Mesoamerica. Regardless of where you will be starting your tour, you will be amazed by the beautiful constructions and by the mystery kept within the wall of the Pyramid of the Sun, the Temple of Quetzalpapalotl, the Avenue of the Dead and the buildings surrounding them.

Start your tour at the majestic Pyramid of the Sun, the highest construction in the complex. Its structure involves five construction phases. Climb its 243 steps and when you get to the top, at its location, in perfect synchronization with the axis where the sun sets every evening, you will be able to charge your body with energy. What is more, according to the city's legends, you can make a wish.



The building complex making up the city of Teotihuacan is held together by the Avenue of the Dead. It could be said that this avenue is the backbone that connects the Pyramid of the Moon, the Pyramid of the Sun and various buildings. Its length of almost 2.5 miles is the main access to all the temples in the archaeological zone.



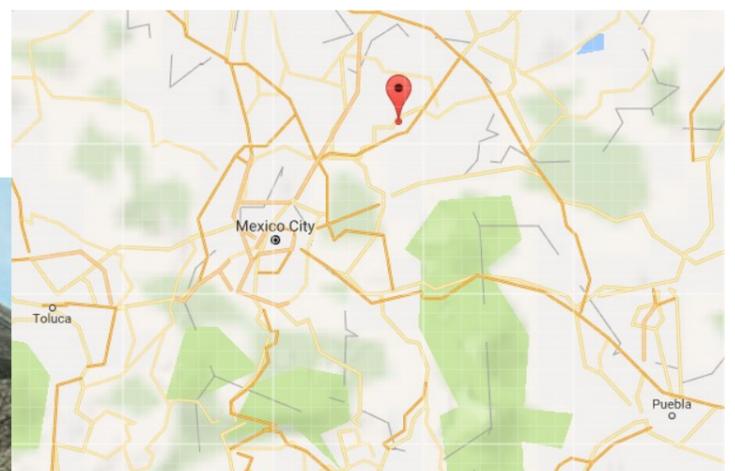
North of the Pyramid of the Sun, walking along the Avenue of the Dead, the Pyramid of the Moon is waiting to amaze you. Its structure rises 135 feet above the ground. In front, a staggered four-body construction with sloping walls stands out from the rest of the mound. In addition to the importance of this pyramid, the human remains and the offerings of jewelry, jade, obsidian, shells and pottery, as well as human burials are worthy of your attention.



Although the Pyramid of the Sun stands out because of its size, the Pyramid of the Moon stands out because of the number of beautiful buildings that surround it. There, you can visit the Palace of the Jaguars, one of the few buildings that was not a temple, and which was reconstructed by the archeologists. Very close to the Palace of the Jaguars, you will find one of the most beautiful and best preserved temples in the archaeological zone, the Palace of the Quetzalpapalotl, "divine butterfly", whose image is carved on the pillars of the court and represent a butterfly with the body of a quetzal.

source: VisitMexico.com

To see more about this article series, visit us at [Path to Citizenship \(P2C\) online](#)



Celestún, Yucatán - a hidden seaside treasure

By Dan and Lisa Goy, exclusive to Manzanillo Sun

After spending 3 days in Mérida, we ventured off to Celestún, (which means "painted stone"). Though not on the original tour itinerary, it became clear we could not pass up the opportunity to make this stop. The draw was the flamingos and, as we learned later, there was much more to see. The town of Celestún is in the northwest corner of the state, just north of the border with the state of Campeche, on the Gulf of Mexico coast.



Downtown Celestún

In 2000, it had a population of just under 6,000 people; however, the population swells to 10,000 during the octopus hunting season. This is mostly a fishing town, with a 19th-century lighthouse (as well as a more modern one) and an abandoned historic hacienda and, besides fishing, Celestún also produces salt, as it has done from pre-Columbian times. As was evident with our arrival, tourism is also making up an increasing portion of the town's economy, as the community has many kilometers of sand beaches and abundant wildlife.



The gang at Celestún restaurant



There are no camping facilities in or around the town, so we simply parked at the public dock parking area at no charge. This is where we also booked a tour of the vast estuary for the following morning. We walked into town a short distance away, had lunch at a seaside restaurant, walked on the beach and strolled thru a couple of markets.



After heading back to the RVs, we had a Happy Hour before retiring for the evening, looking forward to our tour the next morning. We were up early and met our guides at the docks as scheduled for 8:30 am. Our group was divided into 2 boats of 6 with a guide.



Our Celestún guide

(Continued on page 21)

(Celestún — Continued from page 20)

Daniel operated the boat we were in, a very pleasant young man in his 20s that spoke little English which was not a problem given Rafael, on our boat, is Spanish by birth.

This is what we came to see as surrounding the town is the 147,500-acre (600 km²) Parque Natural del Flamenco Mexicano (also known as the "Celestún Biosphere Reserve"), a wetland reserve that is the winter home to vast flocks of flamingos, as well as many herons and other bird species. This location is set within the Petenes mangroves ecoregion. In addition, more than 200 species of birds pass through on migration or live there. Celestún's ecosystem is unique because of a combination of fresh water from the estuary and salt water from Gulf of Mexico.



The reserve also has two types of pelicans - large white Canadian and smaller gray Mexican ones. Celestún is also known as a hatching ground for endangered sea turtles. Wildlife conservationists have an ongoing project to protect the sea turtles from encroaching modernization. The boat tour took about 4 hours and was a real highlight to our 90-day Mexico mainland tour. The flamingos were fabulous as was the mangrove forest and we saw so many birds, some very rare. If you are ever in the area, make sure you make arrangements to visit Celestún.

Celestún Biosphere Reserve Facts

Location: 56 miles west of Mérida, Yucatán (route 281) and/or 134 miles to the north of Campeche, Campeche (route 180) towards the western tip of the Yucatán Peninsula in the Gulf of Mexico.

Size: 59,130 hectares (146,000 acres) shared by two states: 25,000 hectares belong to the state of Yucatán (Municipio de Celestún) and the rest, 34,130 hectares, to Campeche (Municipio de Calkin).



Status. On July 19th, 1979, the Federal Government decreed the Celestún Wildlife Refuge. Because of its importance as the main feeding area for the American Flamingo, and countless species of waterfowl and shorebirds, its status was upgraded to that of a Special Biosphere Reserve in 1989. The Special Biosphere Reserves are representative zones of one or more ecosystems that haven't been altered by humankind. These areas are the habitat to endemic, and/or species, threatened with extinction. Today, Mexico has 44 National Parks, 13 Special Biosphere Reserves, 16 Biosphere Reserves, 8 Protected Areas, 3 Natural Monuments and 2 Marine Parks.



Freshwater spring mangroves

Climate: Warm and semi arid. The annual mean temperature is 26.5 °C, with May being the hottest month with 29 °C on average, and the coolest, January with 23 °C. The annual precipitation goes up to 777 mm. The highest monthly average rainfall is in September with 166 mm and the lowest in March with 5.2 mm. More than 80% of the precipitation occurs during the months of June to September.

Habitat

Coastal dune scrub (11%): You can distinguish two big groups of vegetation in this zone: 1) the coastal or halophilous dune vegetation that grows near the beach and is tolerant to extreme conditions such as high salinity, strong winds and tides, and 2) the spiny thicket that is less tolerant to sudden environ-

(Continued on page 22)

(Celestún — Continued from page 21)

mental changes and thus grows inland. In Celestún, you can find an interesting mixture of tropical savanna, low tropical subdeciduous forest and tular vegetation and find exotic species of palm trees, cactus, bromelias and orchids.



Lisa in Celestún

Estuary (9%): The "Ria Celestún", as the estuary is locally called, is 22.5 km long and has an average width of 1.25 km. It displays an exceptional landscape created by the unusual combination of natural resources, flora and fauna that constitute an ecosystem representative of the dry tropics. Its shape is rectangular and stretches out from northeast to southwest. The communication with the Gulf of Mexico is through a narrow mouth, 0.46 km. wide, in the farthest southern part of the lagoon.



Rare bird in the mangrove jungle

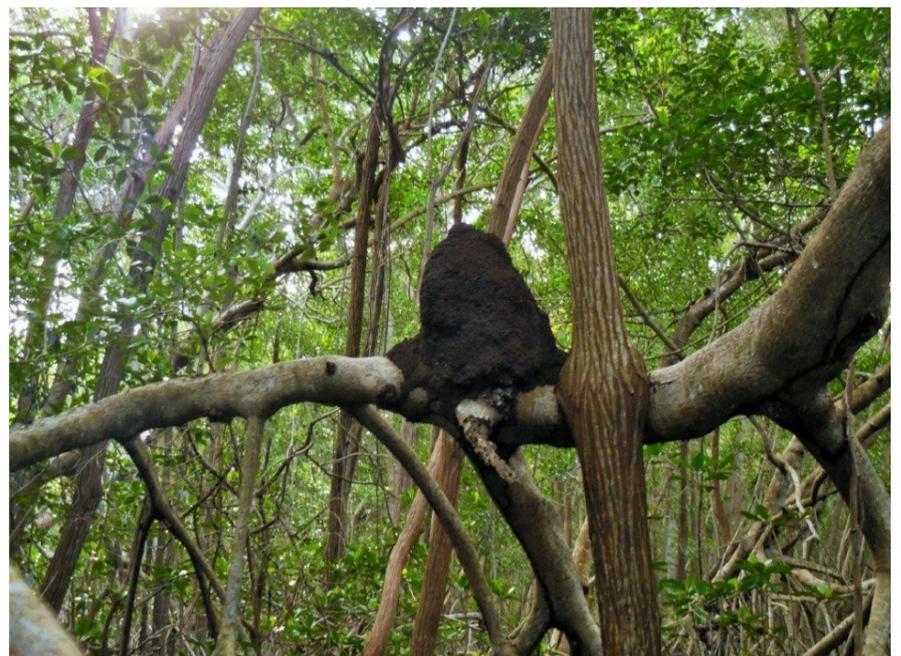
Mangrove forest (59%): These mangrove swamps are among the most productive ecosystems on earth. The mangroves are highly efficient converters of sunlight into organic material. This material, in turn, feeds countless invertebrates, which are themselves consumed by numerous fish, bird and mammal species. Mangroves are resistant to salt water, and thus prosper where other plants cannot. They are also uniquely adapted to anaerobic (oxygen poor) soil conditions. The black mangrove (*Avicennia germinans*) sends up straw-like shoots that bring

oxygen to its roots; the red mangrove (*Rhizophora mangle*) has similar "breathing holes" in its arching, aerial roots.



The other half of the group

Petenes or "hummocks" (2%): Ecosystems by themselves, hummocks are "islands of vegetation", endemic only in three parts of the world: the Yucatán Peninsula, Cuba and southern Florida. The life of these ecosystems turns around a cenote or sweet water spring. They are home to many species of wildlife and its main characteristic is the presence of precious hardwood like Chicle (*Manilcara zapota*), Chaca (*Bursera simaruba*), Tulipán (*Malvaviscus arboreus*), Cedar (*Ficus tecolutensis*) Anona (*Annona glabra*) and Sabal (*Sabal yapa*), among others, that can grow 25 meters high or more. The fact that they only exist in three relatively-small regions of the world awards them an extraordinary value that justifies the demands of guaranteed conservation.



Termite nest in the jungle

Marshes (5%): The reed marshes of Ria Celestún are an important haven, breeding, and feeding grounds for a wide variety of fish, mollusks and crustaceans, which are the basis of fishing, one of the principal productive activities in the area. Some key

(Continued on page 23)

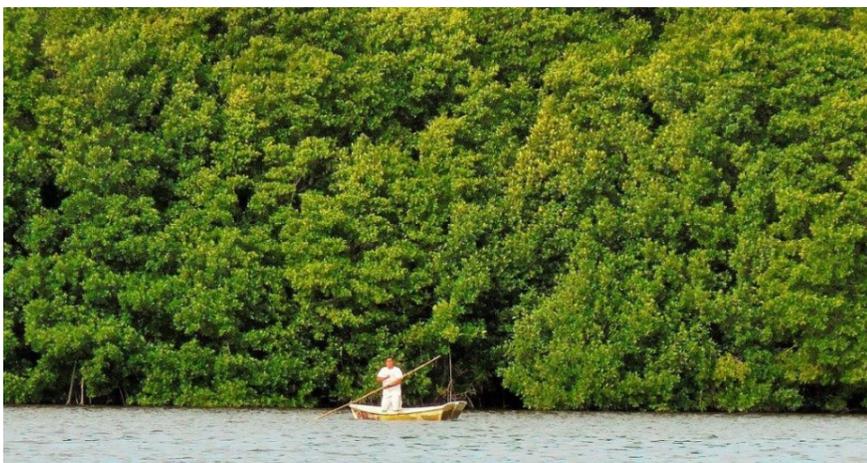
(Celestún - Continued from page 22)

species for trading purposes are shrimp (*Farfantepenaeus* spp.), octopus (*Octopus maya*), blue crab (*Callinectes sapidus*), Mayan cichlids (*Cichlasoma urophthalmus*), catfish (*Arius melanopus*) and mullets (*Mugil* spp.). Species such as sea bass (*Epeniphelus morio*), durophagous stone crab (*Menipe mercenaria*) and octopus (*Octopus maya*) are being over-extracted through the use of non-regulatory equipment and failure to follow established fishing bans (Gío 1996).



The adventurers

Wildlife: Main wintering area for greater flamingos, nesting beaches for endangered sea turtles, endemic plants and birds in coastal dune scrubs; estuary "nurseries" for countless fish and marine species; highly-productive mangrove communities; two endangered crocodile species; migrant and wintering waterbirds, shorebirds and songbirds.



Celestún fisherman

Birds: Over 300 bird species can be found in Celestún's Special Biosphere Reserve: cardinals, orioles, motmots, woodpeckers, hummingbirds, flycatchers, kingfishers, cormorants, magnificent frigate birds, herons, egrets, white ibises, wood storks, ospreys, hawks, vultures, sandpipers, roadrunners, owls, pelicans, etc. There are some endemic birds such as the Yucatán Wren, the Black-throated Bobwhite and the Mexican Sheartail Hummingbird. Celestún is considered the fourth largest wintering ground

for ducks in the Gulf region. In winter, you're likely to observe over 13 migrant duck species. But surely the most popular bird and the most sought-after is the Pink Flamingo (*Phoenicopterus ruber*).



Crab fishing

Flamingos: This is one of the most graceful and spectacular birds, but also one that depends on a fragile ecosystem - hypersaline lagoons - for survival. The Northern Hemisphere's only mainland flamingo population lives along the North and West Coast of the Yucatan Peninsula. The flamingo feeds and nests in flocks of several thousand birds huddled together in knee-deep water or wading along muddy salt flats. It feeds on small organisms that it filters from the water through a complex mechanism in its large, specially-adapted bill.



Reptiles

Turtles: From the 8 species surviving in the world, 7 exist in Mexico and 4 nest in the coasts of the Yucatan Peninsula: Green Turtle (*Chelonia Midas*), Loggerhead Turtle (*Caretta caretta*), Hawksbill Turtle (*Eretmochelys imbricata*) and Leather-

(Continued on page 24)

(Celestún - Continued from page 23)

back Turtle (*Dermochelys coriacea*). They spend their whole life in the water except for the brief moments the females come onto land to nest and lay their eggs. A female sea turtle arrives offshore at her nesting beach at night in the months of April, May, June or July.



Canadian white pelicans

She might nest two or four times during a single nesting season. Though she is fast and well suited to the water, she is slow, awkward and in danger on land. She drops about one hundred white eggs that look like Ping-Pong balls into a hole that she previously scooped out using her back flippers. When she finishes, she covers the nest with sand and slowly lumbers back to the sea. The eggs are ready to hatch about two months later.



Blue heron

Unfortunately all eight species are endangered or threatened. They are killed for meat and leather; their eggs are taken for food and aphrodisiacs. Their nesting sites go for development. They are ground up by dredges, run over by pleasure boats, poisoned by pollution, strangled by trash and drowned by fish-line and net.

Crocodiles: There are two crocodile species in Mexico, the American crocodile (*Crocodylus acutus*) and the Moreleti crocodile (*Crocodylus moreleti*). The latter is found in the Celestún

estuary. Despite their armor, which protects them from most predators, all crocodilians are threatened with extinction. Hunting of their skins for luxury leathers and destruction of their habitat have made humans responsible for their precarious situation.



Swimming hole, comes with a croc

The order Crocodylia includes 3 families of the largest reptiles living today. They are a living vestige of a group called archosaurus of the Mesozoic Era, 225 - 65 million years ago. Their most characteristic features are internal. Despite their ancient history, they are the most advanced reptiles, having an enlarged brain and cerebral cortex indicating their increased ability to learn.



The shop, dockside

Other important reptiles can be found in the region such as land turtles, boa constrictors, iguanas and geckos.

Submitted by Dan and Lisa Goy
 Owners of Baja Amigos RV Caravan Tours
 Experiences from our 90-day Mexico RV Tour: January 7-April 5, 2016
www.BajaAmigos.net

you can reach Dan and Lisa Goy at thegoys@manzanillosun.com

Mexico's indigenous and folk art comes to Chapala

by Ruth Hazlewood of Experience Mex-Eco Tours,
exclusively for Manzanillo Sun

Each year Experience Mex-ECO Tours promotes a trip which we call the 'Chapala Arts and Crafts Fair', but this is much more than just a shopping trip; so what's it really all about?

The **Feria Maestros del Arte** (Masters of Art Fair) is the name given to this annual event in Chapala, and is also the name of the non-profit organization which puts in an incredible amount of work to make it happen. In 2002, an amazing lady called Marianne Carlson came up with the idea of bringing some of the artists and artisans she came across in rural Mexico to Ajijic to sell their high-quality, traditional work.



After a successful first fair, with 13 artists, being very well received by the public, Marianne decided to make this an annual event. Providing an outlet for traditional Mexican artists and artisans to sell their work, the Feria Maestros del Arte has provided many families with the opportunity to continue creating their important cultural representations by allowing them to pursue this as a career, rather than seeking alternative employment.

Here is their mission as a non-profit organization:

"To preserve and promote Mexican indigenous and folk art. We help preserve these art forms and the culture that produces them by providing the artists a venue to sell their work to galleries, collectors, museums and corporations. We promote regional and international awareness to the value of these endangered arts."

The efforts made by the Feria committee and its many volunteers mean that the artists and artisans not only have a chance to generate more income in a few days than they may otherwise generate in a year, but also the chance to be recognized by buyers and collectors from around the world. On top of this, there are no fees to partake in the fair, no percentage of sales

to be paid, transport costs are covered and local families provide accommodation for participants.



Although this concept sounds relatively straightforward, this is one immense task to undertake. Indigenous and folk art in Mexico originates in rural areas and the process of selecting potential participants requires research, time and a lot of dedication. The selection committee and state representatives look for high-quality, hand-made products, whose production requires skills/techniques passed down from generation to generation. Some of the artists at the fair are already nationally, and some internationally, recognized and others are there to be discovered. One thing is for sure, there is bound to be something that will catch your eye, and with a shipping company on-site, you can go as big as you wish!



Products at the fair this year include Oaxacan alebrijes (wooden carvings of mystical animals painted with natural dyes), baskets from the state of Sonora, ceramic figures (including catrinas from Michoacán, clay animals from Chiapas and more), ceramics from 5 different states, textiles/clothes from 7 different states, cloth dolls from the Women's Prison Project, hand-woven hats from Campeche, hammocks from the Yucatán, straw art from Jalisco, wooden furniture, hand-blown glass from the state of Mexico, Huichol art and jewelry from Jalisco, silver, cloth and amber jewelry from 4 different states, Lacandon art

(Continued on page 26)

(Indigenous and folk art, Chapala — Continued from page 25)

from Chiapas, hand-crafted leather products from Chiapas, masks from Colima, Jalisco and Michoacán, metal work, paintings, paper maché, woven footwear from Oaxaca, Tarahumara baskets from Chihuahua (Copper Canyon), woven toys from Chiapas, woven rugs from Oaxaca and Guanajuato and wooden carvings from 5 different states.



By attending the fair, your \$50 pesos entry fee goes towards the continuation of this fantastic event and you can also support the Red Cross by purchasing raffle tickets, with prizes donated by the artists and artisans. Other ways the event is funded include a sponsorship program for individual artists,

general sponsorships/donations and through the Feria's "cash for trash" partnership with TerraCycle.



The dates of the Feria this year are November 11 to 13; it is always in November, but the dates vary slightly from year to year. The event is held in the Lake Chapala Yacht Club, with a fantastic view over Lake Chapala. Experience Mex-ECO Tours offers 2 nights' accommodation (November 11 and 12) in the 5 star Hotel Morales, a tour of Guadalajara's historic centre, transport to and from the fair on November 12 (9am – 5pm) and shopping/free time in Tonalá and Tlaquepaque, all for just



(Continued on page 27)

(Indigenous and folk art, Chapala — Continued from page 26)

\$3,900 pesos per person, with departures from Melaque, Manzanillo, Puerto Vallarta and Bucerías.

You can reach Ruth at www.mex-ecotours.com, or by email at: info@mex-ecotours.com.

Please note that the photos are from previous ferias, and not necessarily representative of this year's participants.



Dan and Ruth established Experience Mex-ECO Tours in 2005 after meeting on a sea turtle conservation programme in Tomatlán, Jalisco. With University degrees in marine biology (Dan) and zoology (Ruth), both of them quickly fell in love with the conservation work and decided to stay in Mexico and start Experience Mex-ECO Tours. The company was established in 2005 with the aim of supporting community and conservation projects through a series of short trips in the Costalegre area. Eleven years on, whilst still running local community tours, they now take groups all over Mexico, giving people the chance to experience the country's cultural, historical and natural highlights with professional local guides.



Experience Mex-ECO Tours

A series of multi-day tours to Mexico's cultural, historical and natural highlights

Mexican Hot Cocoa

Ingredients

- 2 cups reduced-fat (2 percent) evaporated milk
- 1/2 cup whole milk
- 1/2 cup chocolate liqueur
- 1 teaspoon vanilla extract
- 1/4 cup sugar
- 1 tablespoon unsweetened cocoa
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ancho chili powder
- 10 cinnamon sticks
- 1 dried red chile
- 2 1/2 ounces bittersweet chocolate, broken into pieces
- 1/4 cup heavy whipping cream

Whisk evaporated milk, whole milk, liqueur, vanilla, sugar, cocoa, 1 teaspoon of cinnamon and chili powder in a heavy saucepan. Add 2 of the cinnamon sticks and chile and cook gently over medium-low heat until warm. Add chocolate and cook, whisking until melted. Gently bring to a high simmer; reduce heat and simmer until liquid thickens and reduces slightly, whisking often, 10 minutes. Combine heavy cream with remaining 1/2 teaspoon cinnamon and beat until peaks form. Ladle 1/3 cup hot cocoa into each of 8 teacups; top with 1 tablespoon whipped cream and garnish with a cinnamon stick.

Nutritional analysis per serving: 218 calories per teacup, 7.8 g fat (4.8 g saturated), 20 g carbs, 1 g fiber, 2.3 g protein



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PLAZA SAN PEDRITO Hotel Zar	LAS HADAS MARINA	PLAZA LAS PALMAS (Wing's Army)	AV. LA AUDIENCIA by La Catrina
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Manuel (Manolo) López Pérez

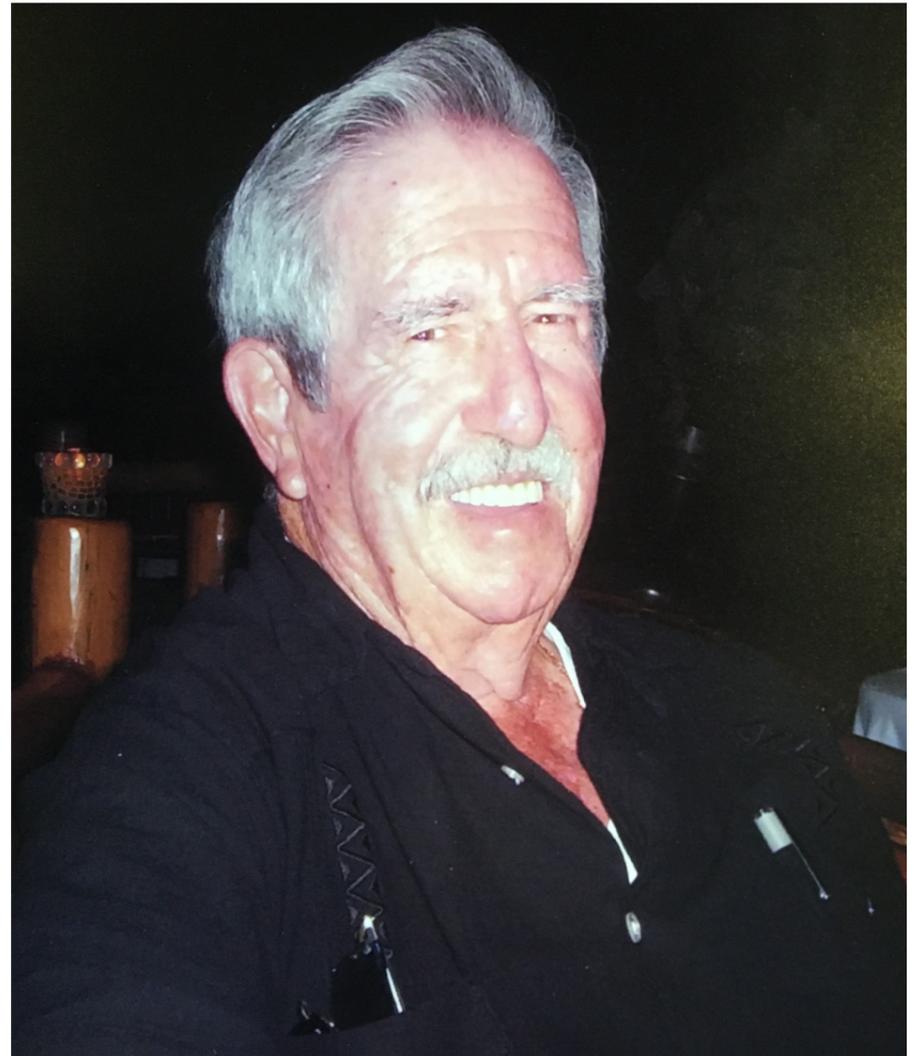
Sadly, Manzanillo lost one of our finest residents on Sunday, October 9. Manuel López Pérez died early Sunday morning in Guadalajara after a short illness. Manuel or as he was known to some, Manolo, had lived in Manzanillo for over 40 years, first as general manager of Las Hadas.

In the following years he was known and loved by many as the owner and operator of Manolo's restaurant, his wife, Juanita, by his side. He was known, respected and loved by many.

Manuel was preceded in death by the loss of his beloved wife, Juanita. He is survived by 6 children. His sons, Manolo, Chuck, Mike and Luis survive him as well as his daughters Lulu and Karla. Karla and her son, Ignacio, are residents of Manzanillo.

He is also survived by several grandchildren in the United States, all of whom he loved dearly.

A mass was planned, to honor his life, at the church in Santiago. He was a dear friend to many and kind to all of the people he ever knew. He will be dearly missed. May he rest in peace.



shared by Candy King



Crossword

solution posted in next month's edition

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

Across

- 1 lake
- 3 (I) was falling, collapsing (you/usted) were falling, collapsing
- 7 (he, she) used to be (I) used to be
- 8 an end
- 9 market
- 13 (he, she) carries, takes
- 15 to be (in essence, identified as)
- 16 used to encourage or challenge, go!; let me see (1,3)
- 17 six

Down

- 1 to read
- 2 serious
- 4 actually, even, indeed
- 5 there, away from the speaker and the listener
- 6 official officer
- 10 from, since
- 11 soul
- 12 gray
- 14 that, that one, those

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by Eudofone.com

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Consular agencies and services while abroad

Consulate of **Canada** in Guadalajara

Jurisdiction: State of Jalisco (except the coast)

Address, phone, fax, email

Consulate of Canada

World Trade Center

Av. Mariano Otero 1249

Piso 8, Torre Pacifico

Col. Rinconada del Bosque

44530 Guadalajara, Jalisco - Mexico

Telephone: (33) 1818-4200

Fax: (33) 1818-4210

E-mail: gjara@international.gc.ca

Hours of operation, Monday - Friday: 10:00 am - 2:00 pm

Consular Agency of **Canada** in Puerto Vallarta

Jurisdiction: Coast of Jalisco and States of Colima and Nayarit

Address, phone, fax, email

Consular Agency of Canada

Plaza Peninsula, Local Sub F

Boulevard Francisco Medina Ascencio 2485

Zona Hotelera Norte

48300 Puerto Vallarta, Jalisco - Mexico

Telephone: (322) 293-0098 / 293-0099

Fax: (322) 293-2894

E-mail: pvrta@international.gc.ca

Hours of operation, Monday - Friday: 09:00 am - 1:00 pm

<http://www.canadainternational.gc.ca/mexico-mexique/consul/visas.aspx?lang=eng#Entering>

Registration of Canadians Abroad is a free service that allows the Government of Canada to notify you in case of an emergency abroad or a personal emergency at home. The service also enables you to receive important information before or during a natural disaster or civil unrest.

<https://travel.gc.ca/travelling/registration>

Tip: get a police report if your passport is stolen and check if your travel insurance will cover the delay or possible change of flight.

The **US Consulate** in Guadalajara provides consular services to residents of the states of Aguascalientes, Colima, Jalisco, and Nayarit.

Guadalajara

Progreso 175, Colonia Americana

Guadalajara, Jalisco C.P. 44100

Phone: (52) (33) 3268-2100; (52) (33) 3268-2200

Make an appointment for U.S. Citizen Services.

<https://mx.usembassy.gov/u-s-citizen-services/making-an-appointment/>

<https://step.state.gov/step/>

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

If your tourist card was lost or stolen in Mexico, go to the nearest Immigration office in order to obtain a replacement or an exit permit (depending on your date of entry). If it was stolen, you will be asked for a police report so be sure to do that first.

According to the Mexican National Institute of Immigration (INM), you should file a police report to document the loss or theft of your tourist card, then head to the nearest INM office with your passport or other identification, police report and travel documents.

You will be asked to fill in a form, then you will have to go to the bank to make your payment for the replacement of your tourist card, and return to the INM office with proof of payment to complete the process and receive your replacement tourist card.

If your time in Mexico is short you may decide that the time involved in completing this process eats too much into your precious vacation time.

In that case you may decide to wait until you're leaving the country and pay a fine at the airport for failure to present a tourist card (around \$40 USD).

A practical tip is to lock up your passport and tourist card in a safe place and just carry a copy around.

Consular agencies and services while abroad

British Embassy Mexico City

British Embassy
Río Lerma, No. 71,
Col. Cuauhtémoc, CP. 06500
Mexico City
Mexico

Switchboard +52 (55) 1670 3200

General enquiries
ukinmexico@fco.gov.uk

<https://www.gov.uk/government/world/organisations/british-embassy-mexico-city#contact-us>

Office access and opening times

Find information about office access and opening times

British Embassy in Mexico City

Embassy Hours (GMT):

Mon-Thurs: 14:00-22:00 Fri: 14:00-19:30 Access to the Embassy for people with a disability is via Rio Sena.

Consulate Hours (GMT):

Mon-Thurs: 15:00 to 17:30 Friday: Closed

Honorary British Consulate Cancun

The Royal Sands Resort Blvd. Kukulcan KM 13.5 Hotel Zone
Cancun CP 77500 Cancun Q. Roo. Opening Hours to public:
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Marina Hotel Las Hadas Local 2. Teléfono: 01 314 336 5006

Horario: Lunes a Sábado, 17:00 - 00:30 hrs.

