
The Voice

June 2014

The American Society of Jalisco S.A.
La Sociedad Americana de Jalisco S.A.
Avenida San Francisco 3332,
Chapalita, Guadalajara, Jalisco, México
Tel: (33) 3121 2395 • Email: amsoc@megared.net •
www.amsocguadalajara.org

June Events

Fathers' and Mothers' Day Celebration

Thursday June 12th

Menu: beef or turkey meat loaf,
scalloped potatoes

chocolate brownie strawberry shortcake

Tickets: \$130.

Photography Club

Our next meeting will be in the fall.

A Taste of AmSoc

The meeting is June 10th
Set-up at 12:00, eat at 12:30

June's theme is **Italian**

Roasted Tomatoes with Fresh Basil Fettuccini
and Parmesan, or the selected group recipe,
which could be Italian Meatball Sliders with
Fresh Tomato Sauce, or...?

Some people who want to participate in the monthly Tastes of AmSoc have requested help with preparing their dishes, so I have decided to invite them to join us in the kitchen preparing various dishes. If your cooking skills are rusty, you don't like to cook alone, you don't have the right utensils, or you don't want to buy a whole bottle of a spice and only use 1 teaspoon, this might be just the place for you.

Join us at 6:00 p.m. on the 2nd Monday of the month as we prepare food for the Tuesday get-together. We meet in a private home—two blocks off Avenida Patria, on the #632 bus line—which has a large well stocked kitchen. There is a good variety of pots and pans available, plus you can raid the spice rack and herb garden.

The group works together so each person has help preparing a dish for Tuesday's meeting. Bring your own recipe, or join others as they prepare recipes selected to fit that month's theme. All cooking skill levels are welcome.

If you can't attend the Tuesday meeting you are more than welcome to take your dish home with you, after we take a little taste. The only cost is for your basic recipe ingredients. You may do your own shopping, or the ingredients can be purchased and you can pay on the night of cooking.

The only requirement is that we need to know you are coming. To place your reservation, or if you have questions, please email tasteofamsoc@gmail.com or contact Gail (cell) 333 968 6072



US Independence Day

Will be celebrated at AmSoc Saturday on July 5 this year.

Contributions Welcome

We always welcome articles and pictures from our readers, however, due to the restricted space in the newsletter, contributions should be limited to no more than 700 words and 3 to 4 illustrations (more pictures, less text). If you are using MS Word, you can see how many words you've written on the bar at the bottom of the screen. Please do not embed pictures in text; send them as attachments.

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Editor/Writer: Vicki Wootton
Typesetting/Distribution: Vicki Wootton
Email: inglesa.37@gmail.com
Home phone: 001-604-855-0875

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Travel: Cholula, Puebla and Tlaxcala

Bette Drummond with input from Jane Pierpoint

I had been invited to visit Michael and Jane Pierpoint, formerly of Guadalajara (and AmSoc) in Cholula, Puebla, and finally went in April. They have a beautiful rental house in Cholula, and are perfect hosts.

Though I had visited the city of Puebla a couple of years ago on a tour, this trip gave me a more comprehensive view of the area. Puebla apparently was settled next to Cholula by the Spanish in order to establish a Spanish presence and overshadow Cholula, which was an important religious center. An unintended consequence was that the indigenous people retained more of their culture. The difference between the two cities is apparent. To my mind, Cholula, which is divided into two municipalities called San Andrés and San Pedro, was more interesting and more welcoming.

The first morning we walked to the market which is about halfway to the Zócalo. The market is superb, everything so fresh looking, and all on one floor. We walked around a long time with my camera clicking constantly. They pointed out local traditional food, and I was already trying to decide what to have for lunch even though we had just finished breakfast.

When we finally ate at Cemitas Lupita, a restaurant inside the Cholula market which they recommended, we were serenaded by a man with a nice voice singing and playing a guitar. I ordered the most talked-about traditional food, a delicious sandwich called a cemita that is so tall I could hardly get my mouth around it. I saved half of it for breakfast the next day.

I discovered here that pansies or violas are traditional at Easter, at least in Cholula, which they spread in front of their houses.

We walked to the Zócalo on well kept pavements browsing among the vendor stands. The state of Puebla is serious about Pueblo Magico and has built matching wooden stands for the street vendors.



The exterior of the church and ex-convent of San Gabriel was like a castle with pointy crenellations on top of the walls around the grounds, not surprising since it was founded in 1530. There was a little museum to the side that had a

few of the things that had been taken out of the cathedral when it was redecorated (apparently a somewhat frequent occurrence). One golden figure of a man was so striking I couldn't imagine why someone would want to remove it. There were old books, too. Most interesting were LARGE books of the songs placed on stands for the singers.

We caught a cab outside the Market and drove around looking at other churches for hours. Cholula is notable for its 365 churches, though that may not be the exact number. My dentist here in Guadalajara said that they are counting

each cupola and not individual churches. One we saw was on a hill south of town. We drove up there and noticed that the road had deep diagonal incisions in the concrete to help with traction. It was worth the trip. Besides the beauty of the church, there was a great view of Cholula and Puebla.



The next morning we went to Puebla to see the Talavera factory that gives tours in English. While we were waiting for the tour to start (only the 3 of us), I took photos of everything in the showroom. The manufacturing process, mostly by hand, is

long and involved and very interesting. Once again my camera was busy. This factory mostly manufactures usable dish sets and decorative pots, etc. I was especially interested in the painting process and took photos of the artisan's hands doing the finely detailed painting. I bought a small pot with a lid that had a traditional design in Cobalt Blue and a softer, lighter blue.



Afterwards, we walked around the Zócalo. Puebla is famous for chili en nogada, a chili stuffed with meat, and fruits with cream and pomegranate seeds on top, but the taxi driver had told us that it was not available anywhere out of season. Fortunately, I saw a sign on the wall in one of the restaurants that advertised it, so I asked. Even though it was early for lunch, only 12:00, I was ready to eat.



Then we went to the cathedral where I took another zillion photos, inside and out. It is an AWESOME church. I sat down several times to take photos overhead or from unusual angles, for which my feet and legs were thankful.

From there, we walked to Casa del Dean, which had formerly been the home of the dean of the cathedral. There were murals dating back to 1580, when the house was completed in the two rooms we were allowed to enter. These two rooms are the only ones that survived the centuries unaltered. Another fascinating photo op.

... To be continued next month.

Discovery

Sugar Substitute

Zyla™ (zylitol) comes packaged as a white crystal that looks like sugar and can be used like sugar. Zylitol is a naturally occurring alcohol found in most plant material, including many fruits and vegetables. It is also extracted from birch wood to make medicine. Zylitol is not a new sweetener; it has been used in some European countries for over 100 years. This particular brand is made from North American hardwood.

Zylitol is widely used as a sweetener in candy and chewing gum.

Some of its side benefits are the prevention of ear infections, prevention of tooth decay (it does not convert into acid as sugar does in the mouth), and a mild laxative effect. It is safe for diabetics because it is metabolized independently of insulin.

The major negative effect is its toxicity for dogs.

I believe this is a far healthier product than artificial sweeteners, many of which are neurotoxins. It can be used as a sweetener for beverages and in cooking. One teaspoonful has 10 calories, sugar has 16, but the sweetening value is the same. A one pound package of sugar-like crystals costs \$7.50 (CAN).



AmSoc Board Meeting Minutes

May 13, 2014

The meeting was called to order at 10:30 AM with a quorum in attendance.

Present:

Ann Whiting, Jerry Dankner, Diane Golz, John Griffin, Fred Hanna, Bruce Newby, Regis Soileau, Alejandra Vielma, Jim Watkins and Joan White.

Treasurer's report:

John reported that the known required repairs are completed and paid. Because the water was left running all weekend last month in the main bathroom and there was a water leak outside the office the water bill was high: the bathroom faucet was replaced with one that turns off automatically and the outside leak was repaired. Some structural damage was found in the upstairs front window. This will be evaluated by the architect when he comes on Thursday morning. The treasurer's report was reviewed and accepted by unanimous vote.

Committee Reports:

1. Our spring luncheon had 28 attendees.
2. The Saturday English conversation group is well attended and has generated several new memberships.
3. Meal costs appear to be OK with the cost of food, labor and gas included.

Old Business:

1. Building security plans are pending the recommendations of the architect.
2. The philodendron plant in the back has been trimmed.
3. David will get an estimate for translation of our modified constitution and after it's translated Ann will get it notarized –pending David's return.
4. The integration of our sound system continues to be deferred.

New Business:

1. Unfortunately, the new refrigerator needed a lock because food has been disappearing, a rather sad occurrence.
2. Because the lights are often left on in the bathrooms, motion sensors will be evaluated.
3. A non-member sent a request for sale of his book "Planning for the Inevitable". Jerry will send a response requesting an evaluation copy.
4. Someone has expressed interest in purchasing the pool table – Alejandra is in charge of the negotiation and sale.
5. Carlos Slim has offered to match donations to the Red Cross. If you wish to participate, call*6565 and your donation will be added to your telephone bill.

Event Schedule:

1. Our Father's Day luncheon (now combined with our deferred Mother's Day celebration) is planned for Thursday June 12th. The menu will consist of beef or turkey meat loaf, scalloped potatoes and the dessert is chocolate brownie strawberry shortcake. The price is \$130.
2. Our annual 4th of July celebration is planned for Saturday the 5th of July with a choice of beef or chicken hamburgers, potato salad and ice cream at a cost of \$100 pesos.
3. On the 9th of August we plan to have an ice cream social, with games – thanks for the suggestion Diane.
4. US Labor Day and the Mexican Grito de Independencia will be celebrated on Thursday the 11th of September.
5. In October, we will celebrate Halloween on Thursday the 30th.
6. Thanksgiving celebration on Thursday the 27th of November, at which time AMSOC officer and Board of Director election ballot collection will be finalized.
7. The date for our December Posada has not been finalized.

The meeting adjourned at 11:05 AM.

On The Road Again

© Pauline Van Havere

Seven years ago when I moved from Canada to Mexico, I jumped through many bureaucratic hoops with the Mexican consulate in Canada to ensure that my personal goods - my *Menaje de Casa* - would not be taxed by Mexico on entry to the country. This year when I prepared to return to Canada, I was prepared to follow all necessary procedures to ensure that the Canadian government did not tax me on goods I had acquired in Mexico.

As it turned out all I had to do was complete a single page form provided for me by the Canadian Consulate in Guadalajara. I was told to hand in this form at Canadian Customs along with a list of the goods I was shipping. And that was it! I handed the paper to the Customs officer when I got off the plane and was on my way! I'm still very impressed that this worked like clockwork. Moving is enough of a hassle without doing battle with bureaucracy.

Right: View from living room

So here I am in a large one-bedroom apartment on the 22nd floor of a high-rise right on the main drag in Burnaby, which is the closest suburb to Vancouver. (Just as Zapopan borders



on Guadalajara, the Municipality of Burnaby is right beside Vancouver. They run into each other seamlessly.)

It's a corner unit with a balcony and a spectacular view of the mountains to the north. It's carpeted and freshly painted a delicate pale green. There is an indoor pool downstairs beside the gym. Pizza Hut, a Greek restaurant, and a coffee shop are just out the front door. It is two blocks from a good-sized mall and 4 blocks from the biggest mall in British Columbia. Two blocks the other way is an enormous park filled with green space, gigantic pine trees, and a pitch-and-putt golf course.



View across the street with roof gardens

My books and travel memorabilia really make the apartment a home. My trophy wall is an eclectic collection including African spears, an Ecuadorian blow dart gun, Olmec heads, Huichol art piece, a Zapotec mask, a

Guerreran jaguar head, a Yucatan Chac Mool, and Guatemalan Maya warrior, which emphasize the marvels of so many wonderful cultures.

Money Matters

January 1, 2014, pennies (1 cent coins) were taken out of circulation in Canada. The smallest denomination is now the nickel (5 cent coin). This means that all prices in stores are rounded up or down to the nearest 5 cents.

Canada stopped using \$1 bills in 1987 and replaced them with coins known as *Loonies* so-called because of the loon on the face of the coin, which is the Canada's national bird. The \$2 bill was replaced in 1996 by the *Tooney*. When the Toonie first came out, some people started removing the centre part to make into jewelry, so a law had to be passed forbidding the defacing of coin currency. It now costs a Loonie to rent a shopping cart at most supermarkets. Handy, eh?



Quotations

Some are born great, some achieve greatness, and some hire public relations officers.

Daniel J. Boorstin

Health nuts are going to feel stupid someday, lying in hospitals dying of nothing.

Red Foxx

Sometimes I think the surest sign that intelligent life exists elsewhere in the universe is that none of it has tried to contact us.

Bill Watterson

La oración tranquilidad

O, Dios, danos la fuerza para aceptar con sosiego las cosas que no podemos cambiar, el valor para cambiar las cosas que debemos cambiar, y la sabiduría para poder distinguir las unas a las otras. Reinhold Niebuhr

Salud Integral

Ubicación: Club de AmSoc
San Francisco 3332 Chapalita

Stress Management
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Massage Therapy
Rehabilitation
Sciatica · Sprains · Reflexology
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Leticia (Lety) Rodriguez
044-333-103-2528



Some of the nicest city parks in the world
In alphabetical order.

- Central Park, New York
- Golden Gate Park, San Francisco
- Park Güell, Barcelona *
- Hibiya Park, Tokyo
- Hyde Park, London
- Kew Gardens, London
- Lumpini Park Bangkok
- Luxemburg Gardens, Paris
- Stanley Park, Vancouver

I assembled the list by visiting several websites and narrowed it down to those that were mentioned on every site, although I cheated on one; I couldn't help adding Kew Gardens because it is so beautiful and has one of the most comprehensive collections of flora in the world. I couldn't resist an opportunity to display some pretty pictures.

The ones I would like to visit, in addition to **Kew**, are **Park Güell** in Barcelona because it was designed by the Catalan architect Antoni Gaudí, whom I consider one of the most fascinating and colorful designers in the world; and **Hibiya** in Tokyo, because there are scores of domestic cats wandering around the park. Apparently, the Japanese love cats and keep them well fed. A park I regret having missed is **Golden Gate Park** in San Francisco, although I've driven by it many times.



Hibiya cats

* Park Güell is its real name

Photos from various websites and Google Images.
Top left: Central Park, Right: (1, 2) Kew Gardens;
(3) Japanese garden, Golden Gate Park; (4) Park Güell, Barcelona.