

The Voice

March 2014

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March Events

Saint Patrick's Day & AmSoc 69th Birthday March 13th

Menu: Salad, Filet Mignon, Potatoes and Dessert. Open bar.
Donation: \$145 pesos.

Photography Club

The AmSoc photo club will meet on March 6th at 10:30. Eve Smith will show pictures taken on her trip to China and share tips for taking travel photos. Members will share photos taken at the GDL zoo. Members are asked to bring any pictures that they would like to have included in a display at AmSoc. Contact Gail Early if you have any questions

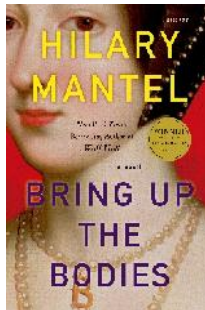


Book Club

Thursday, March 20, 2014 at 10:00 am

Book: **Bring up the Bodies**

This is a historical novel by *Hilary Mantel* and sequel to her award-winning *Wolf Hall*. It is the second part of a planned trilogy charting the rise and fall of Thomas Cromwell, the powerful minister in the court of King Henry VIII. The time period for this book is just over a year, but what a tempestuous year it is in English history. A film (TBA) highlighting this period will be shown at 2 pm.



Coming Events

Earth Day Thursday April 10th
Menu: Barbecued chicken or ribs, salad, corn, mashed potatoes, and dessert. \$130 pesos.

Mother's Day celebration Thursday May 8th

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Saint Valentine's Day



AmSoc's New Board 2014



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Quotations

The mature human being soon begins to look upon all other mortals with feelings of tenderness and with emotions of tolerance Rodan

Things fall apart; the centre cannot hold; Mere anarchy is loosed upon the world, The blood-dimmed tide is loosed, and everywhere

The ceremony of innocence is drowned; The best lack all conviction, while the worst Are full of passionate intensity. W. B. Yeats

An eye for eye only ends up making the whole world blind. Mahatma Gandhi

Ah. A man with a sharp wit. Someone ought to take it away from him before he cuts himself Peter da Silva

Español

La juventud es sólo un momento, pero encierra una chispa que se lleva en el corazón para siempre

Raisa Gorbachova

Welcome Spring



On The Road Again

© Pauline Van Havere

Acapulco has been "on my list" for years. Finally in January I decided I hopped on a plane for a short trip. Parts of the drive from the airport had an almost Las Vegas feel and others a Baja California Sur feel. It was a good introduction to the city.

Finally we got to the Zócalo area where my hotel was. Now about my hotel: Hotel Misión. I knew that at \$100 pesos per night - ~\$16CDN - I couldn't expect a lot. I've stayed in cheap little hotels near Mexican zócalos before, but never in one quite so "charming" in a very rustic way. It had the old Richard Burton *Night of the Iguana* movie written all over it.

The painted red cement floors were strikingly set off by white-washed brick walls. So many layers of white-wash have been applied over the decades that no sharp edges or deep crevices remain. It almost looks like white frosting on the bricks. No glass panes covered the windows, only screen and sheer curtain panels that fluttered in the breeze beat out by the wobbling overhead fan.

A/C? Surely you jest! TV? Ditto. No concern about serial re-runs here! Internet - Wi Fi or any other variety - just wouldn't make sense in this time capsule. I felt lucky to have electricity and an almost separate bathroom. Oh wait! I take that back about the electricity. The *room* had electricity but I did not. On closer examination I discovered that there were no electrical outlets anywhere. The bed-side lamp was wired directly into the wall. Yes, two brave little wires tunneled directly into the frosted bricks.



Beside the toilet a large sink was set into a long countertop suspended from the wall. It was colourfully and artistically embellished with beautiful Mexican coloured tiles in navy, brown, and green geometric patterns. In contrast, the towel bar was a bent length of construction re-bar driven firmly into the frosted brick wall behind the toilet. The bar itself has received many coats of the white-wash used on the bricks.

I couldn't help but feel fascinated by it. It's seen so much care and attention for so many years; decades really. The hotel courtyard was delightful. Plants and trees were everywhere along with lava stone wishing wells. Best of all, it was only two blocks from the Zócalo. What a bargain!



The zócalo was large and rambling with giant Banyan trees and many worn old fountains testifying to days of former glory in the city. There were lots of stone benches everywhere, and a lovely cooling breeze from the ocean. The church seemed downright modern after the old cathedrals I'd seen in last month's trip to San Luis Potosí. It was quite a bright church because of all the white walls and the yellow and white ceramic tile on the domes of the twin bell towers at either side of the roof.

I spent most of my time in Acapulco just knocking around the Zócalo. I bounced around between the Internet site (air-conditioned), beer bars, the Chinese food restaurant, the Italian food restaurant, Sanborn's (air-conditioned), and Woolworths (also air-conditioned). In the evenings I took my earphones and mini PC to plug in by the lobby so I could watch movies.

One day I walked over to the old Fort up on the hill overlooking the harbour. It was *most* impressive. Gun turrets studded the entire perimeter of this big white pentagon. A huge deep moat surrounded it all.

It had been turned into a museum which consisted of air-conditioned display rooms all around an empty courtyard where a very tall flagpole had been planted. The nautical theme was prevalent in all of the display rooms. A most impressive scale replica of a Spanish galleon sailing ship was centre front in the first room.

From the many bilingual signs you get the story of the Manila Galleon. In 1565 a Spanish navigator-priest, Father Adrés de Urnadeta, discovered northern Pacific trade winds to get from the port of Manila in one of the Philippine Islands (then the Spanish East Indies) to Acapulco in New Spain.

Acapulco was then designated by Spain as the only authorized commercial centre for the trade goods from The Far East. It retained that position for an astonishing 250 years.

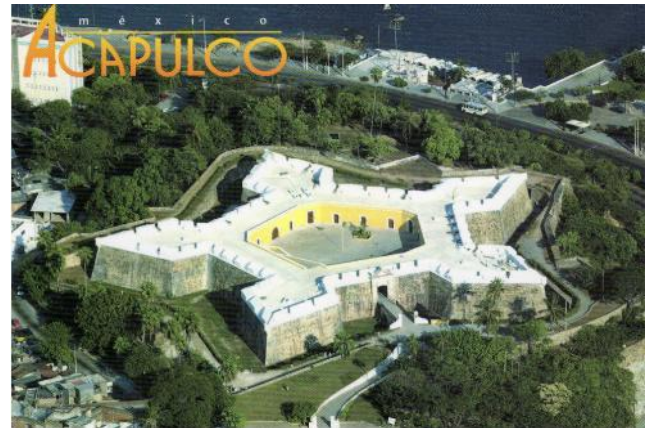
Acapulco became the distribution point for goods in Mexico, while Manila became the Eastern collecting point for goods from places such as China, Japan, Korea, Thailand, and Cambodia.

The trip from Manila was no small feat for sailing galleons because calm seas could leave the big sailing ships stranded in the middle of the ocean until their limited supply of food

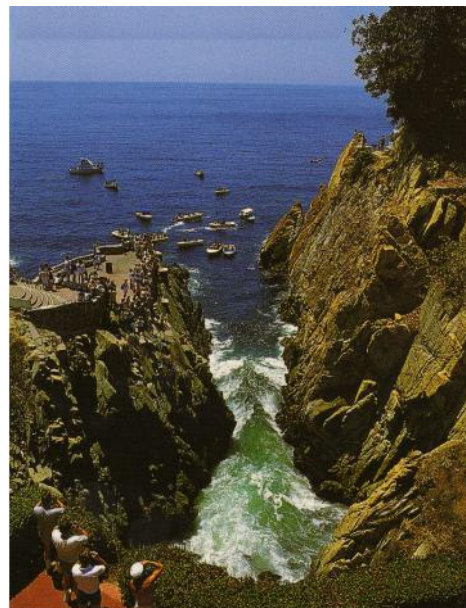
and water was depleted. It's said that one galleon finally drifted up to the California coast with only skeletons left on board.

When the Manila galleons arrived in Acapulco there was a veritable feeding frenzy as merchants from all over New Spain came to trade for the exotic foreign goods. The much coveted goods included spices, porcelain, ivory, lacquer ware, and silk.

Needless to say this attracted pirates of all kinds from all over the world, especially England. The need for a strong fort guarding the harbour was obvious. The Manila Galleon ships continued in service until the time of the Mexican Revolution when insurgents such as Father Morelos attacked Acapulco.



When I'd enjoyed a good stroll through the air conditioned fort museum I snagged one of the hordes of white VW bug taxis that swarm around the Zócalo area and headed for La Quebrada. This is the famous cliff side that the divers leap from to dive into the rough sea waters below.



They dive from about half way down the cliff but that's still a long, long way up! They have to study the wave action below very carefully so that the moment they dive, the gorge is at the highest water level possible. After a few nights at Hotel Misión I decided to move on along the coast to another unique but more "modern" hotel - Hotel Los Flamingos for my last night. I also moved

forward in time by a few decades from my turn of the century digs near the Zócalo. I now had electrical outlets, a TV with 4 local channels, a toilet seat, a purple sink, and most surprisingly in-room WiFi Internet connection.

Photos in the lobby bore witness to famous guests in the hotel's heyday such as John Wayne, David Janssen of The Fugitive TV series, and the original Tarzan. The hotel was not

on a hill side; it was on the cliff side with nothing in front but China. I was sure I could see the Chinese coastline from my room. It was a good way to end the trip.

How's the economy?

A few years ago, I did a review of the economy in The Voice. One thing that interested me at the time was Bitcoins. This is what I wrote about them:

I was intrigued by the idea behind Bitcoins and their rapid increase in value. Until June 2011, they looked as if they could be an option for more daring investors, however, their server was hacked in June and some people lost a considerable amount of money. People are still investing in Bitcoins, and hackers are still attacking. It would be better to avoid this option until it becomes safer and more stable, unless you like to live dangerously. (Sept. 2011)

Since then, an amazing change has taken place. Bitcoins began to rise around January 2013 from where it had fluctuated for a couple years between \$5 and \$14 US. Once it took off, the value increased rapidly until, by the end of 2013, it had reached \$1159. It is currently fluctuating around \$620. Some daring investors have made fortunes with it, but it is still a bit of a gamble.

Here are some more—mostly minor—changes. It looks from these numbers as if things have been quite stable with the biggest drops being in precious metals. (Long decimals may be rounded up)

Commodity	Jan 31, 2011 US\$/oz.	Jan 31, 2014
Silver	\$34	\$20
Gold	\$1,664	\$1,250
Currency	Unit Cost in US\$	
Euro €	\$1.37	\$1.35
UK £	\$1.60	\$1.65
Aus \$	\$0.977	\$0.87
Japanese ¥	\$0.012	\$0.010
Can \$	\$0.997	\$0.89
Mex \$	\$0.082	\$0.075
Chinese Yuan	\$0.15	\$0.165

Library Corner by the library volunteers.

An oldie but goodie. Though relatively unknown, the book *The Fraternity of the Stone*, is by a well-known author, **David Morrell**. You might not recognize his name, but you will recognize his most famous book, *First Blood*, the novel that created the character Rambo. It has a story line not seen before in spy/assassins literature. The book has many twists and turns reminiscent of Dan Brown and similar works. The back cover draws a compelling picture of the story within.

Scapel: A clandestine, government-sanctioned operation named for the purpose: precise surgical removal. Assassination. Drew MacLane was a star agent—until the day the killing had to stop. He withdrew and for six years lived the life of a hermit in a monastery. But someone has tracked him down, leaving a trail of corpses. Someone who knows all about him—who will stop at nothing to kill him. In a novel of astonishing suspense, a former killer is drawn once again into that electrifying world where no one is as he seems—where life's most horrifying, harrowing game is played.

This reviewer, a person difficult to please, was riveted by the compelling story and could not put it down until the final page.

Losing weight

I recently watched an interesting documentary* about food and picked up a few tips about losing weight. (VW)

High Protein Diet

After testing the efficacy of several different weight loss programs, including a carbohydrate diet, a vegetable and fruit diet, and high protein diet, scientists discovered that a high protein diet is the most effective. The sources of the protein should, however, be low in fat content, so that eliminates red meat—beef, pork, and lamb. Sea food and poultry are good if you can't bear to give up meat completely. Turkey breast is the animal source highest in protein is.

The best vegetable sources of protein are nuts, grains, seeds, and legumes, but all vegetables contain protein. According to the World Health Organization, it is possible to obtain all the protein required from just vegetables.

Small Portions

One of the most effective ways to cut down the amount of food you eat is to serve smaller portions. Put away all your dinner plates and large bowls and use smaller dishes. The idea is to be able to pile food on a salad plate or soup bowl so that it looks like a big meal. It's psychological. Serve your dinner on a plate that is nine inches or less in diameter, your desert in the smallest bowl you have, and soup in a cereal bowl.

You can cut down the calories when baking by halving the amount of sugar called for—you won't miss it. It is also wise to substitute honey or raw sugar for refined sugar, or add raisins or chopped dates for sweetness.

Dairy Products

A recent Danish study has shown that the calcium in dairy products could counteract the effects of dairy fats by raising the level of lipid metabolism and increasing the excretion of fatty acids. It is advisable to limit high fat dairy products such as butter and cream, however. Best products are aged cheese, low fat yoghurt, skimmed milk, and low fat cottage cheese.

Satiety

Feeling satisfied and remaining satisfied after eating is an important element in losing weight. One may feel virtuous about eating a salad for lunch, but it doesn't do much good if you're hungry half an hour later and have to reach for a snack. The ideal solution is to eat a small balanced meal that will satisfy you until the next mealtime.



My Lunch

Many people drink water with their meals. While water does stretch the stomach and make it feel full, it doesn't stay in the stomach very long, resulting in any empty feeling soon after you finish eating. Research has found that people get much more satisfaction if the water is mixed with the vegetables and lean meat and eaten all together. Chop up your slice

of chicken with the vegetables and put them in a pot; add the water and you have soup. People who did this were able to go much longer before they started to feel hungry again.

What not to do

Do not drink diet beverages. Some artificial sweeteners have been found to be neurotoxic; in other words, they damage the neurons in your brain. It's best to avoid soft drinks altogether. They are nothing more than empty calories with no nutritional value whatsoever. I think of them as sugar water, and you know that sugar is not good for you.

Summary

- Eat plenty of low-fat protein
- Serve smaller portions.
- Avoid buffets and self-serve venues because they encourage you to gorge in order to 'get your money's worth'.
- The calcium in low fat dairy products helps flush out the bad fats in your system.
- Avoid diet soft drinks.
- Reduce the amount of sugar in recipes and beverages.

* From: *BBC, The Truth about Food, Series 2 Episode 4*

AMSOC Board Meeting Minutes

February 18, 2014

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

Present:

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

Treasurer's report:

John presented a list of items requiring maintenance with a proposed cost from Javier. John will get a second estimate. The treasurer's report was reviewed and accepted by unanimous vote.

Committee Reports:

Saturday conversation groups: David suggested that we acknowledge the volunteers via articles in the Voice, Guadalajara Reporter and Jim suggested the Mural with a dual purpose: increase the attendance and bring in more new members. These groups are bringing us new members and more attendees at Thursday luncheons and special events

Old Business:

1. The Junior League is current in their donations. Bruce and John will contact them as to their preference on the best method for paying their percentage on sales.
2. Ann will get our recently approved constitution translated and notarized.
3. The integration of our sound system continues to be deferred.

New Business:

The January and February electric bills were less than \$500 pesos each, which is reasonable considering the cloud cover.

Jerry will analyze the cost of food in comparison to the cost of our Thursday meals. In the meantime, the price of the main course will be raised from 55 to 60 pesos, based upon the ever increasing cost of food.

We agreed that the American Legion Post 3 may hold one more meeting at AMSOC facilities, after which we will evaluate longer term arrangements.

The maintenance estimate includes: fixing the leaky skylights, roof repair, possible additional lighting in the main lunch area, cleaning the tinaco and replacing the filter.

Event Schedule:

1. AMSOC will be open, similar to last year, for Oscar night on Sunday March 2nd. Please bring appetizers for the appetizer contest. The bar will be open and there will probably be candy. Pizza will be ordered in on demand.
2. The St. Patrick's Day and AMSOC 69th birthday celebration is scheduled for the 13th of March. The menu is: salad, filet mignon, potatoes and dessert with a price of \$145 pesos.
3. Our annual spring and Earth Day celebration is planned for Thursday April 10th. The menu consists of salad, Bar-B-Que chicken or ribs. Corn, mashed potatoes and dessert. The price is \$130 pesos.
4. Our Mother's Day celebration is planned for Thursday the 8th of May.

The meeting adjourned at 11:10 AM

Salud Integral

Ubicación: Club de AmSoc
San Francisco 3332 Chapalita

Stress Management Physiotherapy
Massage Therapy Rehabilitation
Sciatica · Sprains · Reflexology

Bioenergetics

Pain management · Post-surgery therapy

Rehabilitación post-cirugía

Masaje relajamiento Manejo del dolor

Reflexología · Depilación laser

Emergency house calls

Terapeuta

Leticia (Lety) Rodriguez

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