



# The Voice



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May 2017

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## An Update From Joan & Alejandra

Two weeks ago I had a bone marrow biopsy which shows I am still in remission. yoo-hoo!

My treatments stopped last June. Recovery took until December. My atrial fibrillation got worse, due to the chemo, so I had my heart shocked back into rhythm at the end of December. And I had an afib/aflutter ablation at the end of January. It takes three months to improve, but I feel so much better already. I think I am ready to travel again. Our first stop is Alaska.

Alejandra is currently getting checkups every six months. So far so good. When the government drops insurance for pre-existing conditions, we will have to go to Mexico for treatment. The chemo drugs will be imported from the US, so their cost may go thru the roof, though.

Alejandra has 1½ years until she has been here three years to qualify for citizenship. After that, going back to Mexico is back in the picture. Before we choke on car emissions, coal dust, and water pollutants.

I hope you all are fine. We miss the good old AmSoc.

Joan

## Schedule of Activities Review

**May 4: 10:00 AM, Spanish Book Club Meeting - "El viejo que leía novelas de amor,"** (1989) by Luis Sepúlveda. Discussion in Spanish, everyone welcome! **Movie at 1:15 pm "The Old Man Who Read Love Stories"** 1991 (2 hours) with Richard Dreyfus (in English with Spanish subtitles.)

**Also at 10:00 AM on May 4th, Drop-in meditation Class. This week's theme is "Discover your real potential."**

**May 4: 12:00 Noon, Lunch @ AmSoc -** Salad bar, grilled paprika chicken breast, potato salad and birthday cake to celebrate those born in May!

**May 18: 10:00 AM, Book Club Meeting - "Dreams of My Russian Summers"** (1995) by Andrei Makine. Discussion in English, everyone welcome! **Movie at 1:15 pm, to be announced.**

Go to the Calendar of Events on page 5 for more information.



**"We want to extend our heartfelt** thanks to **Patricia Meiszner** and **Patricia Becerra** for volunteering in our kitchen to help keep our **members happy and healthy."**

## Spanish/English Oddities

by Bette Drummond

Uses for the Word Up (continued from April)

Torn up – often used of roads when the surface is broken or removed. “Manuel Acuña is all torn up.”

Up – in revolt or rebellion “She was up in arms about being grounded to her room for a week.”

Up – in a state of agitation “Beware of the boss when his temper is up.”

Up – cheerful, optimistic, spirited, happy, exuberant “He is very up about his wedding.” “The gym instructor has a very up personality.”

Up – productive, profitable “This has been a string of up months for the company.”

Up – afoot or amiss “Her nervous manner told me that something was up.”

Up – in a state of enthusiastic or confident readiness (usually followed by “for”) “The team was definitely up for the game.”

Up – resolved in an unfavorable or undesired way “They knew that their game was up.”

Up – higher than formerly in cost, amount, degree “The price of limes was up.”

Up (of age) – advanced (usually followed by “in”) “He is very active for a man so up in years.”

Up – active “The captain wanted to set sail as soon as the wind was up.”

Up – in a legal proceeding as defendant “He is up for murder.”

Up – ready to be used “The lights in the theater are up.”

Up – living or located inland or on elevated ground “They live in a town two miles up from the coast.”

As a noun: a time of good fortune “Life has many ups and downs.”

Up – begin something “That is a new start up business by the gas station.”

Up – appears “The topic came up at the monthly meeting.”

Up – raise your voice “She is always the one to speak up in behalf of the poor.”

Miscellaneous: “New curtains brighten up a room.” “If you want a job, you can polish up the silver.” “Tomorrow we can warm up the leftovers and have turkey again.” “Clean up the kitchen when you are done.” “I locked up the house when I went on vacation.” “Dad’s hobby was fixing up old cars.” “John is someone who always stirs up trouble.” “Line up by the wall and get your tickets.” “Help with the constructions project and

you will work up an appetite.” “Henry is always thinking up excuses to get out of work.” “To be dressed is one thing, but to be dressed up is special.” “To find out what up means, look the word up in the dictionary. It takes up almost a quarter of a page and can add up to about thirty definitions. It will take up a lot of your time, but don’t give up because you may wind up with more definitions.”

Confusing: “A drain must be opened up because it is stopped up.” “We open a store up in the morning but we close it up at night.” When it threatens to rain, we say it is clouding up. When the sun comes out we say it is clearing up.” “When it rains, it gets muddy and messes things up and when it doesn’t rain for a while, things dry up.”

Now I’ll wrap it up because my time is up, so it is time to shut up! ☺



### It's OK to Be an Introvert

1. There's a word for people who are in their heads too much; "Thinkers."
2. Solitude is a catalyst for innovation.
3. The next generation of quiet kids can and must be raised to know their own strengths.
4. Sometimes it helps to be a "pretend" extrovert. There's always time to be quiet later.
5. But in the long run, staying true to your temperament is the key to finding work you love and work that matters.
6. One genuine new relationship is worth a fistful of business cards.
7. It's OK to cross the street to avoid making small talk.
8. Quiet leadership is not an oxymoron.
9. Love is essential; gregarious is optional.
10. In a gentle way, you can shake the world. ☺



## Five Lessons About the Way We Treat People

### ◆ First Important Lesson - Cleaning Lady

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one:

"What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely, " said the professor.. "In your careers, you will meet many people. All are significant.. They deserve your attention and care, even if all you do is smile and say hello.."

I've never forgotten that lesson.. I also learned her name was Dorothy.

### ◆ Second Important Lesson - Pickup in the Rain

One late night, an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car.

A young white man stopped to help her (generally unheard of in those conflict-filled 1960's.) The man took her to safety, helped her get assistance and put her into a taxicab.

She seemed to be in a hurry, but wrote down his address and thanked him. A few days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached, it read:

"Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's' bedside just before he passed away... God bless you for helping me and unselfishly serving others."

Sincerely, Mrs. Nat King Cole.

### ◆ Third Important Lesson - Always Remember Those Who Serve

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired.

By now more people were waiting for a table and the waitress was growing impatient.

"Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left.

When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies...

You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

### ◆ Fourth Important Lesson - The Obstacle in Our Path

In ancient times, a King had a boulder placed on a roadway, then he hid himself and watched to see if anyone would remove the huge rock. Some of the King's wealthiest merchants and courtiers came by and simply walked around it. Many of them loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. When the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand...Every obstacle presents an opportunity to improve our condition.

### ◆ Fifth Important Lesson - Giving When it Counts

When I worked as a volunteer at a hospital, I got to know a little girl who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister.

Without hesitation, he said, "Yes I'll do it if it will save her." As the transfusion progressed, he lay in bed next to his sister and smiled when he saw the color returning to her cheeks. Then his face grew pale and his smile faded.

He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?"

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her. 😊

## English/Spanish Food Dictionary by Pauline Van Havere

## AmSoc Board Meeting Minutes April 4, 2017

I received this e-mail from Pauline and saw that this would be a very helpful list for anyone that likes to cook, but struggles with the language. She wrote: I was updating my recipe book today and ran across the attached file I had created here in Mexico to help me with my shopping and thought I would offer it up for the Voice.

### Sauces, Pastas, Etc.

Ginger: <i>jengibre</i>	Soy Sauce: <i>salsa de soya</i>
Cornstarch: <i>maizena</i>	Honey: <i>miel de abeja</i>
Bouillon: <i>caldo de res</i>	Oyster Sauce: <i>salsa ostión</i>
Olive Oil: <i>aceite de oliva</i>	Vegetable Oil: <i>aceite vegetal</i>
Ketchup: <i>catsup</i>	Mustard: <i>mostaza</i>
Vinegar: <i>vinagre</i>	Flour: <i>harina</i>
Cocoa: <i>cacao</i>	Macaroni: <i>codos de pasta</i>
Noodles: <i>pasta or fideos</i>	Rice: <i>arroz</i>
Pearl Barley: <i>cebada periada</i>	
Mustard Powder: <i>polvo de mostaza</i>	
Sesame Oil: <i>aceite comestible puro de ajonjolí</i>	
Worcestershire Sauce: <i>salsa tipo inglesa</i>	
Balsamic Vinegar: <i>vinagre balsámico</i>	
Red Wine Vinegar: <i>vinagre de vino tinto</i>	
Hot Dog Relish: <i>pepinillos con mostaza</i>	

### Spices

Allspice: <i>pimiento de Jamaica</i>	Basil (sweet): <i>albahaca dulce</i>
Bay Leaves: <i>hojas de laurel</i>	Black Pepper: <i>pimiento negro</i>
Cayenne: <i>pimiento de cayenne</i>	Celery Salt: <i>sal con apio</i>
Cinnamon: <i>canela molida</i>	Cloves: <i>clavo</i>
Cumin: <i>comino molido</i>	Garlic Powder: <i>ajo en polvo</i>
Marjoram: <i>mejorana entera</i>	Nutmeg: <i>nuez moscada molida</i>
Onion Powder: <i>cebolla en polvo</i>	Parsley: <i>perejil</i>
Red Pepper: <i>pimiento rojo</i>	Rosemary: <i>romero</i>
Sage: <i>salvia</i>	Savory: <i>hierbas de olor</i>
Tarragon: <i>estragon</i>	Thyme: <i>tomillo molido</i>

### Homemade Poultry Seasoning

3/4 teaspoon sage, crumbled  
1/4 teaspoon leaf thyme, crumbled  
1/4 teaspoon pepper  
dash marjoram  
dash cloves, optional



Combine all ingredients. If you make extra, store in an airtight container. Use for poultry stuffing or dressing, as a rub for chicken, or as seasoning for other dishes.

Call to Order: The meeting was called to order at 10:25am, with a quorum present.



In Attendance were Board members : Ann Whiting, Fred Hanna, Cam and Cliff Esser, Maria and Regis Soileau, Patricia Meiszner, Eliza Osher, Marion Leith, and Bruce Newby.

**Treasure's Report:** AmSoc is solvent and doing well.

Old business:

1. Cliff made the suggestion that we evaluate special luncheons one by one. If enough people are interested, we will go ahead.

2. **It was decided that Mother's Day on May 4th will be a luncheon with regular prices but with some special touches.**

New Business:

1. Ann Whiting attended a meeting with officials of the Jalisco government office for civil associations (IJAS) to **decide if AmSoc should renew its membership.** Ann's opinion to the board is to opt out of membership with IJAS.

2. Ann agreed with SAT (state tax office) to pay for the following four years.

3. The board would like to thank everybody for participating in the Garage Sale project.

4. The Board extends its our heartfelt thanks to Patricia Meiszner and Patricia Becerra for their volunteer help **in our kitchen to prepare meals more within members' tastes.**

The meeting was adjourned at 10:49 am. ☺

### WHAT'S IN ZAPOPAN?

Our house is in Zapopan,  
**and it's for SALE!**

E-mail for more details...

[me@terisaya.com](mailto:me@terisaya.com) or call

011-916-524-0540

# May 2017

Sun      Mon      Tue      Wed      Thu      Fri      Sat

	1 Light Exercise 10 am AA meeting 6 pm	2 AA meeting 6 pm	3 May 4th: Drop-in meditation class 10 AM → Light Exercise 10 am AA meeting 6 pm	4 Spanish Book Club Meeting, 10 AM AmSoc Lunch  12:00 - 1:30	5 AA meeting 6 pm	6 English class 12 to 2
7 AA Meeting 11:00 am	8 Light Exercise 10 am AA meeting 6 pm	9 AA meeting 6 pm	10  Full Moon Light Exercise 10 am AA meeting 6 pm	11 Drop-in meditation class 10 AM AmSoc Lunch  12:00 - 1:30	12 AA meeting 6 pm	13 English class 12 to 2
14 AA Meeting 11:00 am	15 Light Exercise 10 am AA meeting 6 pm	16 AA meeting 6 pm	17 May 18th: Drop-in meditation class 10 AM → Light Exercise 10 am AA meeting 6 pm	18 Book Club Meeting, 10 AM AmSoc Lunch  12:00 - 1:30	19 AA meeting 6 pm	20 English class 12 to 2
21 AA Meeting 11:00 am	22 Light Exercise 10 am AA meeting 6 pm	23 AA meeting 6 pm	24 Light Exercise 10 am AA meeting 6 pm	25 Drop-in meditation class 10 AM AmSoc Lunch  12:00 - 1:30	26 AA meeting 6 pm	27 English class 12 to 2
28 AA Meeting 11:00 am	29 Light Exercise 10 am AA meeting 6 pm	30 AA meeting 6 pm	31 Light Exercise 10 am AA meeting 6 pm	↑  New Moon		

**AmSoc Volunteer Jobs Opening:** Looking for someone that is computer literate and knows something about publishing. We need a new editor and publisher for the weekly "Blast" and the monthly "The Voice." Also needed is someone to update the [website](#). Please contact [Teri](#), [Ann](#), and/or [Cam](#).