



The American Society of Jalisco S.A. • La Sociedad Americana de Jalisco S.A.

December Events



Christmas Posada



Saturday, December 14, at 1:00 p.m.

Entertainment by the Salvation Army Children's Choir

Menu: Chicken á l'orange, couscous pasta, green beans and dessert

Tickets: \$120 pesos for members
\$130 pesos for guests and at the door.

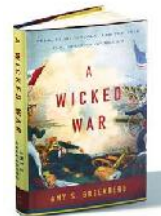


AmSoc Book Club

Meeting 10:00 a.m. December 12

A Wicked War: Polk, Clay, Lincoln and the 1846 U.S. Invasion of Mexico by Amy S. Greenberg. The name says it all really.

Movie T.B.A.



The American Society Photography Club

Meetings the 1st Thursday of the month at 10:30 a.m.

The club meeting is held on the first Thursday of each month @10:30 a.m. There are informational activities, two field trips each month and a monthly topic for members to shoot on an individual basis.

Holiday Schedule for AmSoc

Thursdays

Only one Thursday lunch will be served in December, on December 5. Game Days will still be every Thursday in December and on January 2. Thursday lunches will resume on January 9.

Christmas Day and New Year's Day

The tradition of pot-luck lunch continues for Christmas Day and New Year's Day. Doors open at 10 am and food will be served by 12:30 pm. Please bring a dish to share. All are welcome.

Daily Hours for Christmas week and New Year's week. The AmSoc library will be open 9 am to noon. Books and DVDs may be checked out at this time. Newspapers will still be offered for sale, but they observe a holiday printing schedule as well.

Light Exercise is still being offered on Mondays and Wednesdays 10 a.m. - 11 a.m. for \$50 pesos per class per person. These classes will be suspended for Christmas week and New Year's week.



Avenida San Francisco 3332,
Chapalita, Guadalajara, Jalisco,
México

Tel: (33) 3121 2395

Email: amsoc@megared.net
www.amsocguadalajara.org

INSIDE

Ads	5
Board minutes	4
Calendar	5
Football	4
Halloween photos	2
Health: Antioxidants	3
Mark Twain tips for life	3
Photo Club photos	2
Quotations	2
Thanksgiving photos	6
Snippets	4

Editor/Writer: Vicki Wootton

Email:

inglesa.37@gmail.com

Home phone:

001-604-855-0875

Advertising Rates (Pesos)

Members: \$30/m. \$300/an.

Non-Members: \$50/m. \$500/an.

Half-page one-time ad \$100



© 2013 Carlos Ruiz Checa



Photos above © Carlos Ruiz Checa

Halloween 2013

Photos below Courtesy of Gerry Dankner



Below: Cold beer on a hot afternoon in Tlaquepaque and 'Catrina' by Donna Early. AmSoc Photography Club



Quotations

It could probably be shown by facts and figures that there is no distinctly native criminal class except Congress.

Mark Twain

There are those who look at things the way they are, and ask why... I dream of things that never were, and ask why not?

Robert Kennedy

Eagles may soar, but weasels don't get sucked into jet engines.

John Benfield

La gente le echa la culpa a las circunstancias por su propio situación. Yo no creo a las circunstancias. La gente a la que le va bien en la vida es la gente va en busca de las circunstancias que quiere, y si no las encuentra, se las fabrica.

George Bernard Shaw

Sanity calms but madness is more interesting.

John Russel

Health

Free Radicals and Antioxidants

We hear a lot about antioxidants and free radicals these days. Without going into great detail, here is a brief explanation of their significance to our health.

Definitions

Free Radical: An atom or group of atoms that has at least one unpaired electron and is therefore unstable and highly reactive. In animal tissues, free radicals can damage cells and are believed to accelerate the progression of cancer, cardiovascular disease, and age-related diseases.

Antioxidant: Any substance that reduces the damage caused by oxidation, such as the harm caused by free radicals

Sources of free radicals

Many free radicals have their source in the normal functions of our own bodies. They are released by cell metabolism, the production of energy. As they come into existence, they are freed into the blood stream and roam around in our circulation.

Other sources are: air pollution, tobacco smoke, household chemicals, unhealthy oils, and many of the unhealthy chemicals used in the production of highly refined foods. Emotional stress also produces free radicals.

Damage caused by free radicals



They can damage blood vessels by initiating bouts of inflammation in vascular tissue, leading to hardening of the arteries and heart disease. They can also damage other tissue causing inflammation and degenerative diseases such as cardio-vascular disease and cancer.

They are not all bad

Free radicals do perform some beneficial functions for our bodies; they can also damage viruses, bacteria, and harmful substances that make their way into our blood; in these instances, free radicals act as important parts of your immune system, and serve to protect the health of your tissues

How to combat excessive free radicals

One of the most effective ways of removing excessive free radicals is to make sure your diet contains sufficient antioxidants. A proper diet is essential to maintaining health and inhibiting the effects of aging

Avoid

Hydrogenated oils, fried foods, and highly refined foods - all of which are typically rich in free radicals.

Charcoal-grilled meats and animal products that have been cooked at high temperatures are also abundant in free radicals.

Overeating: Since free radicals are produced by your regular metabolic activities, overeating results in excessive free radical formation in your cells; these free radicals can spill out into your circulation, and eventually damage tissues.

Do eat

Fresh fruits and vegetables that are rich in antioxidants, blueberries, pomegranates, blackberries, raspberries, apricots, strawberries, cherries, watermelon, citrus fruits, papayas, mangoes.



Fresh vegetables, especially leafy greens, tomatoes, carrots, corn, broccoli, garlic, onions and asparagus.

Tea is very beneficial, especially green tea.

Healthy oils such as safflower, olive oil, omega 3, 6 oils, and other non-hydrogenated oils.

Sources: Mayo Clinic Health Letter, Dr. Ben Kim, Wikipedia, various dictionaries.



Rocio's Birthday in November

Lucky lady, pizza and carrot cake, two of my favorite things!

Photo by Joan White

Mark Twain's Tips for Living a Good Life

"It's no wonder that truth is stranger than fiction. Fiction has to make sense."

"Let us live so that when we come to die even the undertaker will be sorry."

"When your friends begin to flatter you on how young you look, it's a sure sign you're getting old."

1. Approve of yourself.

"A man cannot be comfortable without his own approval."

You need give yourself approval and allow yourself to be who you want to be. Not look for the approval from others, but from yourself. Let go of self-sabotaging tendencies. This

2. Your limitations may just be in your mind.

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

It is seldom too late to do what you want to do.



3. Lighten up and have some fun.

"Humor is mankind's greatest blessing."

"Against the assault of laughter nothing can stand."

Humor and laughter are amazing tools. They can turn any serious situation into something to laugh about. They can lighten the mood just about anywhere. When you are more light-hearted and relaxed it often easier to come up with the solution to a problem and to implement it.

4. Let go of anger.

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."

If you feel angry with someone for days recognize that you are just hurting yourself. The other person may not even be aware that you are angry with him or her. So either talk to the person and resolve the conflict or let go of anger as quickly as possible and make your life more pleasurable.

5. Release yourself from entitlement.

"Don't go around saying the world owes you a living. The world owes you nothing. It was here first."

It is up to you to shape your own life and for you to work towards what you want. You are not a kid anymore, waiting for your parents or the world to give you something. You are in the driver's seat now. And you can go pretty much wherever you want.

6. If you're taking a different path, prepare for reactions.

"A person with a new idea is a crank until the idea succeeds."

Worrying about what other people may think a waste of energy. Once you've shown that your way is just as valid and effective as theirs is, others will probably accept you and might even admire you. If they don't, who cares? Their lack of imagination is not your problem.

7. Keep your focus steadily on what you want.

"Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it."

What you focus your mind on greatly determines how things play out. You can focus on your problems and dwell in suffering and a victim mentality. Or you can focus on the positive in the situation, what you can learn from it, or focus your mind on something entirely different.

8. Don't focus so much on making yourself feel good.

"The best way to cheer yourself up is to try to cheer somebody else up."

One of the best ways to feel good about yourself is to make someone else feel good.

9. Do what you want to do.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

Source: Henrik Edberg, positivityblog.com, Sep 29, 2013

I would like to send everyone my best wishes for a joyous holiday season.

Vicki

Go Riders! Go Green!

© Pauline Van Havere

The *Saskatchewan Roughriders* have done it again! They've won **The Grey Cup** - the Canadian national football championship. And they did it in their home town of Regina, Saskatchewan. (Former home of yours truly.)



Canada only has eight teams and our season is relatively short, but we take our football seriously, especially the diehard fans in Saskatchewan. (Third from the left in the map; Regina's at the bottom of the province.)

What's the difference between Canadian and American football? Well both are derived from rugby but the Canadian field at 110 by 65 yards is larger than the American 100 by 50 yard field. Canadian teams have 11 men on a side, one more than American teams.



We put the goal posts on the goal line whereas they're put on the end line in American fields which really baffles Canadians. The big difference in play is that there are only three downs in Canadian football as opposed to four in American football. There are other rules that confuse the players coming up from the States to play in the Canadian league but the most shocking difference is the temperature at the time of the Grey Cup, the final game of the season in November. The worst on record was -17 Celsius or 2 Fahrenheit. How's that for an ending?

AMSOC Board Meeting Minutes
November 12, 2013

Present:

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

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

Treasurer's report:

The electric bill was high this time because the painters for the Junior League turned off the solar system and forgot to turn it back on; the Junior League is paying half of the bill. Also, the gas bill is higher this time because a leak was repaired and the tank filled up. The treasurer's report was reviewed and accepted by unanimous vote.

Committee Reports:

Our Halloween and Day of the Dead event was a success with 42 attendees and some great costumes.

Old Business:

1. Bruce made the medicine cabinet and its painting is pending .
2. Newcomer information is pending Diane's return from the states.
3. Bruce purchased an interphone system in the states, installation is pending a second receiver.
4. Installation of an upstairs mailbox is pending.
5. It was agreed that additional sound deadening is not required.
6. Jerry is responsible for investigating the integration of our studio speakers with the TV and microphone.

New Business:

1. Results of the Thursday luncheon survey:
 - o 70% of those who attend the Thursday luncheons eat an entrée
 - o almost everyone eats chicken and turkey, and most will eat ground beef and fish
 - o about 40% avoid spicy food, somewhat less avoid mayonnaise and some avoid milk and Mexican style food
 - o mashed potatoes are preferred over rice and any pasta other than angel hair pasta is preferred
 - o most regulars attend on Thursdays for social reasons
2. Lupita asked for time off without pay for the 10th thru the 17th of January so that she may travel. This was unanimously agreed to.
3. Voting for the AMSOC Board of Directors has started and will continue until the annual General Assembly scheduled for Saturday November 30th at 10 AM (ballots and the ballot box are available in the reception desk area).
4. Monday, November 18th is a Mexican holiday.

Event Schedule:

1. Our Thanksgiving celebration will be on Thursday the 28th of November. The cost for our Thanksgiving event will be \$200 pesos for non-members and at the door, \$180 pesos for members and \$100 pesos for children 10 and under.
2. Christmas Posada on December 14th. The Salvation Army confirmed their attendance on December 14, 2013 at 1:00 PM. The suggested menu for this year is chicken a la orange, couscous pasta, green beans and dessert with a cost of \$120 pesos for members and \$130 pesos for guests and at the door.

The meeting adjourned at 11:07 AM.

Thank you to all the people who have contributed towards making it possible to continue publishing The Voice this year: Bette, Cam, Carlos, Jerry, Joan, Lupita and Pauline. If I've forgotten anyone, my apologies; you never know when you can trust and aging brain. Vicki

Weekly Calendar

AA Meeting (Mon, Wed, Fri.)	6:00 p.m.
Thursday	
Book Club (3 rd Thursday)	10:00 a.m.
Photography Club (1 st Thur.)	10:30 a.m.
Games	11:00 a.m.
Lunch	12:30 p.m.
Saturday: English Conversation	2:00 - 4:00 p.m.

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

044-333-103-2528

Bilingual Services and Information

(SINCE 1980)

Problems with Immigration?

If you require assistance with immigration, we have the experts to help you. All nationalities

Send us an E-mail

www.caruche.com

caruche@hotmail.com

caruche.bsi@gmail.com

Guadalajara, Jalisco, Mexico

English-speaking Dentist

Dra. Olga C. Sanchez Vergara

Diplomado Ortodoncia y Cirujano Dentista

Cleaning \$450p - Filling \$550

X-Ray \$70 - Crown \$1,200

Calle Juan Alvarez 672

2½ blocks east of Federalismo

Tel: 33-3614-3890

Cel: 044-33-1220-2715

Thanksgiving 2013

AmSoc would like to thank:

Joan White, Alejandra Vielma, Carmen Gil and Bruce Newby for all their help during the preparation of the Thanksgiving Dinner this year.

Thanksgiving Turkey Dinner

AmSoc held their annual Thanksgiving Dinner and boy, was it a hit! They rolled back prices to the 2011 level, and with some mathematical magic were able to offer 115 seats, instead of the usual maximum of 110. The dinner was a sellout. Everyone said the food was absolutely delicious.

Afterward, the 50/50 raffle was spiced up with some great additional prizes: A 4-course dinner for two at La Noche Azul that specializes in fondues, three (count 'em!) food baskets, and two prizes of a free ticket to the AmSoc Christmas Posada on December 14, one Panettone bread and a tin of butter cookies. The grand prize of \$2410 pesos was won by Elvira Klob and the dinner for two was won by Jerry Dankner

Special thanks to Lupita, Rocio and Carmen in the kitchen for contributing to the success of this major event. By insuring just the right amount of prepared food, AmSoc was able to satisfy all who came and also make this a successful fundraising event. *Joan W.*



Preparing for the Thanksgiving Feast. Photo by Joan White



Starting top left: The Quinns, Clotilde G Collins & Anaita Rossler, David & Chata Cubb, Gloria & Tanos Apostolides, Martha Payne & Delia Fesler, Etna Cortez & Bill Rogers, Frances & Frank Raimo, Sandra Ibanez & Imelda Rubio, John Brunner's table, Bob Field's table, Bette Drummond's table, Bruce serving the food, Gretchen Coffey

Photos above © Carlos Ruiz Checa

Photos on the right courtesy of Jerry Dankner