

The Voice



May 2013 Edition

May Events

Mother's Day

Thursday, May 16 at 12:30 p.m.

Get ready to celebrate this important day with us!

Menu: Salad, Chicken Milanese with Potatoes and Vegetables, and cake for dessert.

\$120 for Members,

\$140 guests and at the door the day of the event.

Painting by American impressionist painter, Mary Cassatt, one of the world's finest painters of mothers and children.

Mary was born in Allegheny City, Pennsylvania. After studying at the Pennsylvania Academy of Fine Arts, she went to Paris where she took private art lessons. She befriended Edgar Degas, became acquainted with the French impressionists, and exhibited her paintings alongside theirs. Mary lived most of her adult life in France.



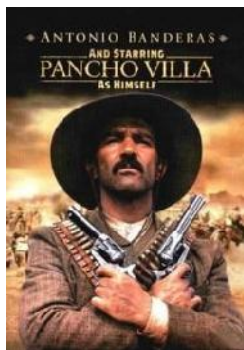
Book Club

Thursday May 16 at 10:00 a.m.

This month's book will be

Villa and Zapata: A History of the Mexican Revolution by Frank McLynn

Excellent photos add interest to this fictional historic novel of larger than life figures in the Mexican Revolution.



A movie called "**And Starring Pancho Villa as Himself**" with Antonio Banderas will be shown at 2:00 p.m.

Mexican revolutionary Pancho Villa finds himself without adequate funding to finance his war against the military-run government. He is also at odds with the Americans because of the Hearst press campaign against him. To counter both of these, he sends emissaries to movie producers to convince them to pay to film his progress and the actual battles. Producer D.W. Griffith becomes interested and sends Frank Thayer with a film crew to develop film reels. (Plot information from the Internet Movie Data Base - www.imdb.com)

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Advertising Rates

Members: \$30 pesos/mo. \$300/year.
Non-Members: \$50/mo. \$500/year
Half-page one-time Ad \$120

Visit our website for more event photos and lots of other information

Website:

www.amsocguadalajara.org

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*The 14th century
Cathedral of All
Saints in my home-
town, Derby.
I walked down this is
street at least once a
very week as a child.*

VW



Earth Day Celebration



Photos above and below © Carlos Ruiz Checa, April 2013



Annual Bazaar

Our annual rummage sale (Bazaar, en español) was a success! it took place before and after our regular lunch on Thursday, April 25. Thanks to all the members who donated and bought items. We could not have done it without you. We sold roasting pans, casserole cookers, crock pot, speakers, games, a web cam, cell phone, reusable food containers, lots of jewelry, glassware, doo-dads and assorted keepsake boxes. It was a great thing to do for the Earth, recycling to celebrate Earth Day. We will try to sell the leftovers (glass candle holders, mens size 11-12 suede boots with steel toes, a space heater, two ionic air cleaners, games, a microwave oven, folding chairs, lots of jewelry, and cables: phone, coax, speaker, power) at the Mother's Day celebration, May 16th, of course at a discount price.

Joan White

On The Road Again: Baja California

Article and photos © Pauline Van Havere

I love exploring Mexico so this winter I decided to discover Baja California Sur. The three major cities seemed to be La Paz, on the inner or east side of the peninsula, Cabo San Lucas and San José del Cabo at the southern tip. I learned that Cabo San Lucas and San José del Cabo are generally referred to simply as "Cabo" and "San José". The body of water between the peninsula and the mainland is the Sea of Cortez. Todos Santos is a little Pueblo Mágico on the west coast.

Having established the lay of the land I set out via a 1 ½ hour VivaAerobus direct flight from Guadalajara to La Paz. I'd hoped to take some whale watching and cave art tours but the malecón shops all seemed to be dominated by the very LOUD music from the bandstands set up for Carnaval. However I did catch some pretty sunsets at the seashore and enjoyed time in a fascinating city park near my hotel.

Wanting to see the countryside, I took the 2 hour bus trip from La Paz to Cabo. Some people don't like desert, but I do, especially when big cactus plants are involved. With the desert and the distant hill range it was a pretty drive.





Cabo was much more to my liking. It's the hot spot of the peninsula because all the cruise ships dock there. The huge harbour is filled with expensive yachts, glass bottomed boats, water taxis, big and small cruise ships, and even pirate ships. Yes pirate ships! I took a whale watching tour on one. We didn't attack anyone but we did see several mother whales with their frolicking calves.

I was surprised that the whales swam so close to shore but our young guide, who was a fountain of whale information, explained. Apparently killer whales like to speed up from the depths and smack into the baby whales to stun them before killing them to eat. A much less gruesome whale tidbit is that the mother's milk is apparently exceedingly rich, so much so that dolphins like to poach a slurp from the milk globules excreted by the mothers for their calves.



After a morning on the bounding main it was time to explore the posh shops and restaurants around the harbour. Sergio Bustamante's whimsical artistic works are always a delight to admire. Häagen-Dazs ice cream tided me over till an endless meat supper at the Brazilian Steak House. (Notice the seamanlike metaphor?)

Another day I took a sunset cruise on the "Caborey" liner. After sailing up and down the shore to admire all the extravagant coastal hotels, our pilot stopped for us to admire a beautiful sunset at "Land's End", the lovely rock arch formation so distinctive of Cabo. The sunset cruise also included a scrumptious dinner and a delightful after dinner show by Mexican and Argentinean dancers.

Before I booked my cruises, I learned that there are many different kinds of cruises. Alex, the owner of my Siesta Suites hotel, was extremely helpful in sorting out exactly which cruises would suit my tastes. I highly recommend Alex and the hotel <http://www.cabosiestasuites.com> if you

plan a jaunt to Cabo. I had a lovely room complete with kitchenette and bedroom. The hotel is an easy walk from the harbour and is surrounded by good restaurants and some marvelous Mexican artisanal shops.

The hotel staff helped me arrange a day trip up the west coast to Todos Santos. Although it has been awarded the "Pueblo Mágico" rating, I didn't find it as charming as some of the other villages that are included in that group. However it was "cool" to see the Hotel California referred to in the 1977 rock and roll hit.

Next in my plan was a visit to San José only a few kilometres east of Cabo, along a hotel rich coastal strip of land known as "The Corridor". My goal was a little hotel right in San José; I wanted to be within walking distance of everything. Hotel Colli <http://hotelcolli.com/> fit the bill perfectly. There was a French patisserie right next door; the plaza was only a block away, and the Art District was just two blocks away.



I was surrounded by restaurants - excellent restaurants. It's said - justifiably - that San José has become known as something of a food Mecca. Baan Thai (the duck is a must), Baja Brewing (awesome burgers), Molly's on the plaza (BBQ ribs), Morgan's Restaurant (the lamb - my oh my!), and La Dolce (cuatro focaccia pizza), are among my favourites. I'm drooling in my keyboard just typing about it.

San Jose's other claim to fame is its small but intriguing Art District. The streets, the shops, the cafes, and the art were all charming. I missed the Thursday Art Walk so that's a good reason for a return visit. Here is a view through a shop window of a whimsical group of cement marchers.

So in summary, did I enjoy the trip? I'd answer a qualified "yes". There just wasn't enough going on in La Paz for my likes. Perhaps more of the boat tours would have run had it



not been Car-naval. But all Carnaval meant to me was a great deal of noise.

Cabo was much livelier, almost a little too much so in the harbour although it was fascinating to ogle all the boats. But it was fun; I'd return but not for quite so many days.



San José was my favourite. It was quieter but still had the shops. Also there was the Art District to explore and all those great restaurants. So I would return there as well but not for quite so many days.

Quotations

It is not worth an intelligent man's time to be in the majority. By definition, there are already enough people to do that

G. H. Hardy

In a country well governed, poverty is something to be ashamed of. In a country badly governed, wealth is something to be ashamed of.

Confucius

A bank is a place where they lend you an umbrella in fair weather and ask for it back when it begins to rain

Robert Frost

Viviré contento, seguro de que he sido creado para ser feliz no solo en el más allá, sino también en esta vida.

Pope Juan XXIII

Humorous Quote

The cat could very well be man's best friend but would never stoop to admitting it.

Doug Larson

Health tip for high blood pressure

Beets can lower blood pressure

Drinking 8oz (1cup) of beet juice can cut high blood pressure readings by 10mm of mercury (mmHg) in a study of 15 patients, bringing some into the normal range, the journal Hypertension reports.

Most marked after three to six hours, the effect was detectable a day later.

Scientists say the nitrate in beetroot widens blood vessels to aid flow. And many people with angina use a nitrate drug to ease their symptoms.

Nitrate is found naturally in soil, where it is taken in by vegetables through the roots to help them grow.

Researcher Dr Amrita Ahluwalia said: "We were surprised by how little nitrate was needed to see such a large effect.

"Our hope is that increasing one's intake of vegetables with a high dietary nitrate content, such as green leafy vegetables or beetroot, might be a lifestyle approach that one could easily employ to improve cardiovascular health."

AmSoc Board Meeting Minutes

April 09, 2013

Present:

Ann Whiting, Jerry Dankner, Diane Golz, Bruce Newby, Regis Soileau, Alejandra Vielma, Jim Watkins, Joan White.

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

Treasurer's report:

The treasurer's report was reviewed and accepted by unanimous vote. It was noted that because of the large expenditures for the solar electricity system and the kitchen stove, oven and extractor, we should redo the budget for the year.

Committee Reports:

1. The Oscar previews and parties turned out well. Thanks are due to Gail and Diane for the flowers and appetizers. Thanks are also extended to Bruce for the Oscar movies and Joan and Alejandra for organizing the events as well as to all for the excellent job cleaning up.
2. Both versions (Jerry and John) of the proposed modifications to the By-Laws and policies will be resent out to the AMSOC board members so that they may review them and vote on them at the following board meeting. One of the many changes proposed is that the \$300 peso per year student membership apply to all students and not be restricted to the Saturday English class students.
3. The St. Patrick's Day and AMSOC birthday party was successful, with 64 in attendance.

Old Business:

1. The Junior League plans to be up to date this month.
2. There was a comment that the side of the oven next to the stove gets very hot. If some heat protection is needed, Lupita is to arrange for it.
3. The Internet site has the new membership applications.
4. Please contact Cliff Esser or Bruce Newby if you would like to donate for a solar electricity system for the Salvation Army home for children.

New Business:

1. A suggestion box is now available on the front desk. It was suggested that we be especially careful of the items donated for the rummage sale: so noted.
2. We will put a note on the computers reminding people to log off so that their personal information is not available to others.
3. Wednesday May 1st is a Mexican holiday.

Coming Events:

1. The rummage sale is scheduled for Thursday the 25th of April, starting at 10 AM.
2. Mother's Day celebration Thursday May 16th.
3. Father's Day celebration Thursday June 13th.
4. Fourth of July and Canadian Independence celebration Saturday the 6th of July.
5. October-fest celebration Saturday the 5th of October.
6. Halloween and Day of the Dead celebration Thursday the 31st of October
7. Thanksgiving celebration Thursday the 28th of November.

8. Christmas Posada tentatively scheduled for Saturday the 21st of December.

The meeting adjourned at 11:05 AM.

Notices and Announcements

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

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

Weekly Calendar

AA Meetings	
Mon, Tues, Wed, Fri.	6 p.m.
Thursday	
Book Club (Movie 2:00 p.m.)	10 a.m.
Lunch	12:30 p.m.
Games	11-4 p.m.
Saturday	
English conversation	2 p.m. - 4 p.m.

Recovery Corner

Alcoholics Anonymous - Chapalita

Friends of Bill W. AA Group have their meetings in the main AmSoc building.
Monday, Wednesday & Friday from 6:00 PM to 7:00 PM.

Lunch and Meeting Group - Open Meetings

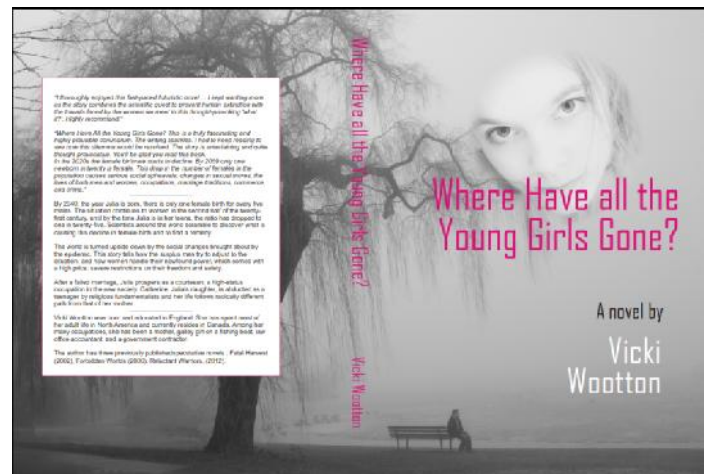
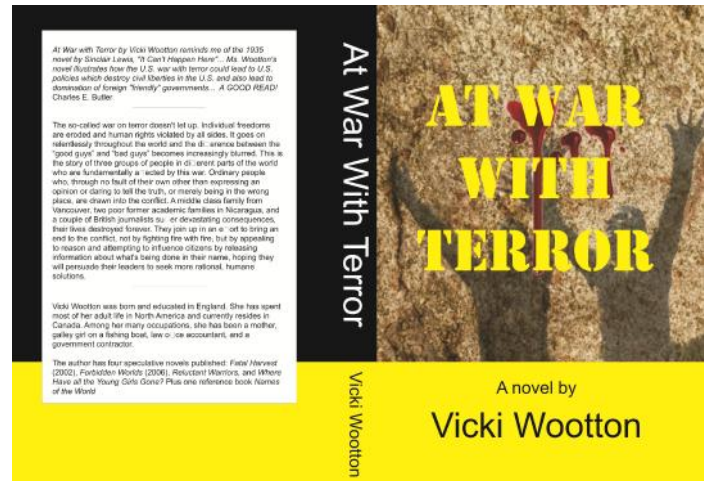
Annex of San Antonio de Padua Church

Lázaro Pérez 1410, between Escorza and Rayon
 One block south of Niños Héroes and one block east of Enrique Diez de Leon. **Tuesday, Thursday and Saturday from 12 noon to 1 p.m.**



In Print!

Two novels by Vicki Wootton, will be available in print for the first time on in May 2013. Check them out on Amazon.com!



Also be available as eBooks for Kindle and other eBook readers

Last Word

I was strangely draw to the photos I used for the cover of *Where Have all the Young Girls Gone?*, especially the foggy scene of the young man sitting under a willow tree. There was something ethereal about them that spoke of loneliness and longing for something lost. When my publisher told me I needed to get permission to use the photos, I embarked on a challenging search to find the photographers. The girl's face was easy; it was a by young woman photographer from England who was happy to give permission for its use on my cover.

The foggy one was more difficult, but with persistence, I found the photographer. Imagine my surprise when I discovered he lived in Vancouver! I spoke to him one the phone and he told me the picture was taken in Stanley Park on the banks of Lost Lagoon. No wonder I was so drawn to it. I used to live across the street from that very spot! VW