

The Voice

The American Society of Jalisco S.A. ★ La Sociedad Americana de Jalisco S.A.
Avenida San Francisco 3332, Chapalita, Guadalajara, Jalisco, México

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September 2014

September Events

Mexican Independence Day

Saturday, September 13th at 1:00 p.m.

Home Made Tacos and Flan for Dessert

Tickets: \$90 pesos

There will be a 50/50 Raffle



El Grito de Dolores por Juan O'Gorman

A Taste of AmSoc

SATURDAY September 27th at 11:30 a.m.

For any of you foodies who are unable to join us during the week, this is your chance to come and taste some great food and meet the group. The **September entrée theme** is a catch-all.

Comfort Food, German, or
Cooking w/wine or alcohol.

Dessert

Anything with Berries

For reservations email tasteofamsoc@gmail.com, or call Gail Early (cell) 33 3968 6072

August meeting

Oh did you miss some good food! Ribs prepared in a Japanese style BBQ by Steve Hite, a fantastic Mexican Pork Stew fixed by John Griffin; with Libby Evan's down home style corn casserole on the side. We finished the tasting with dessert, including a Cream Cake from an old Southern recipe prepared by Diana Golz. My mouth is watering just remembering all the yummy tastes. *Gail.*

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Ice Cream Social & Games

August 2014



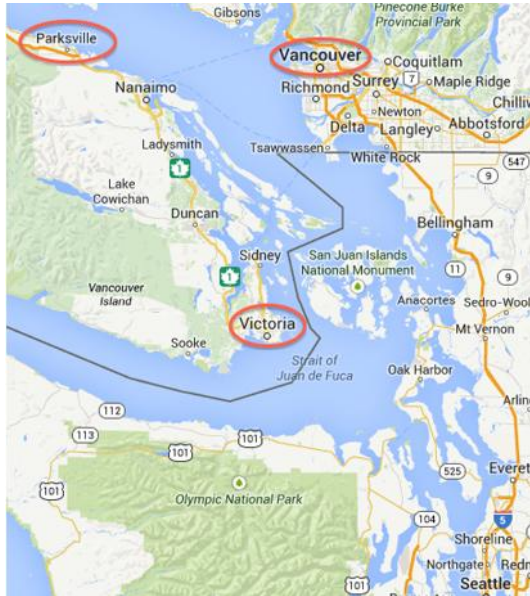
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On The Road Again

© Pauline Van Havere



Before I get into details of my trip to Vancouver Island in July of 2014, I must make reference to the map above here. Somehow I always thought that the city of Victoria, on the southern tip of Vancouver Island, was more or less WEST of Vancouver. But no! On the map it's almost straight SOUTH of Vancouver. The Canada / U.S. border zigzags around so that the tip of Vancouver Island remains in Canadian territory. (*And, if you look south-east from Vancouver, you'll see Abbotsford where Vicki lives.*)

I was delighted to learn that you can catch **Pacific Bus and Ferry** at the railway station in downtown Vancouver. The bus takes you right onto the ferry at Tsawwassen. You get off the bus when it has parked inside the ferry; go up and snack or whatever; go back and re-board the bus before the ferry lands; and then sit back as the bus drives you right to



the heart of Victoria.

We (my new friend Bonita and her granddaughter Bea) arrived in Victoria around 2:00 p.m. and just dumped our bags at the desk of the **Days Inn - Victoria on the Harbour** on 427 Bellevue Street, just 3 blocks west of the bus depot, which is just across the street from the Royal BC Museum. We could hear the throaty barrooms of the cruise ships from

time to time, but it was essentially a quite place. Another great advantage to the location is that the Hop-On-Hop-Off bus tour stops right at the front door. I highly recommend a trip on this bus.

The entrance to Chinatown, the largest one in Canada, is most impressive. There is a legend about the lions at the Gate of Harmonious Interest: the lions will roar if an honest politician walks between them. Thus far they've been pretty quiet. It was a good thing that the guide alerted us to tiny "Fan Tan Alley" which at just 5 feet wide can be easy to miss.

As we continued north we got into a lovely residential area. Fabulous Tudor style houses and beautiful flowerbeds and manicured lawns became the norm. Some of the grander houses had been converted into apartments.

Our guide commented that Victoria was known for many things; its beautiful flowerbeds; the large number of newlyweds there for a honeymoon; and the high percentage of elderly residents because it has such a mild climate for retirees. A cryptic shorthand description for all that becomes: *flowerbeds, newly weds, and nearly dead.*

Carrying on through residential areas, we came to the posh neighbourhood of Oak Bay, so named because of the 400 year old oak trees there. Oak Bay is home to houses costing \$10 million each. The views are spectacular looking out at the *U.S. Olympic Mountains* just 60 miles away across the *Straights of Juan de Fuca*.



We enjoyed a very leisurely start to the day on July 10th because our reservation for **High Tea at the Empress** was at 11:30 a.m. *Yes indeedy!* We were going to high tea at the renowned Five-Star Empress Hotel in Victoria.

High tea nowadays at the Empress is "a perfect thing". I made that up because I cannot think of even one miniscule negative about any part of it. It cost \$60 each and was worth every last centavo of that. The food, the elegant ambience and the service were simply off the scale.



We started off with individual China dishes of tiny strawberries and fresh cream. My, oh my!! They were perfect. An elegant three-tiered china service came next. We started with the second level that had raisin scones and little individual pots of English jam and whipped butter. We took our time buttering and jamming our scones, thoroughly

enjoying the moment. Bonita's eyes popped wide open on first bite as did mine! They were the best scones either of us had ever tasted. We continued to take our time, savouring every mouthful and crumb. It was a highlight of our trip.

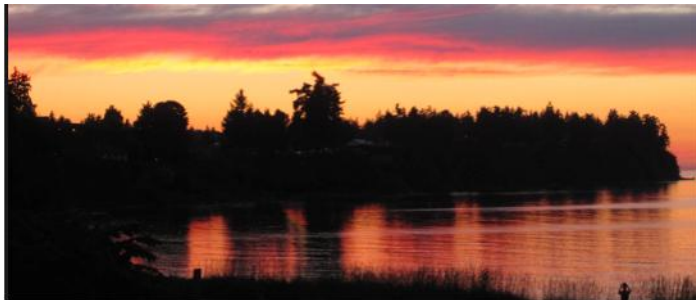


However just walking around the harbour in pretty Victoria is a treat. Horse drawn carriages and hanging plant pots suspended below enchanting streetlights surround the fabulous grounds of the Legislative Buildings.

Victoria is also home to the famous Royal BC Museum with its marvellous dioramas of British Columbia

scenes. There are forest enclosures with deer and elk and bear; coastal enclosures of birds and sea lions; and homesteader enclosures showing pioneers' farmyards. There is even a diorama of an ancient giant mammoth towering regally over gawking visitors. And that's just one part of the museum! There is also the enclosed Heritage Village, the First Nations area, the Decades Display and much more. Plan on spending the day.

We spent a bit of time another day shopping and checking out the quaint stores downtown before packing up for a jaunt up the coast to Parksville, a resort area by the sea. But that's another story. I'll just end here with a photo of one of the fabulous sunsets we enjoyed up there.



Libby Evan's Corn Casserole

Ingredients

- 1 can whole corn (including the liquid)
- 1 can cream corn
- 1 small can green chilies chopped
- 1 stick butter 4oz
- 1 cup sour cream
- 1 box corn muffin mix (Jiffy)

Method

Melt butter, Put all ingredients in a bowl, add melted butter and stir until well mixed. Pour into a 9x12 baking dish. If using a metal pan spray with Pam.

Bake for one hour and 15 minutes at 350 F

Quotations

That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong. William Boetcker

The surest defense against evil is extreme individualism, originality of thinking, whimsicality, even, if you will, eccentricity.... Evil is a sucker for solidity. It always goes for big numbers, for confident granite, for ideological purity, for drilled armies and balanced sheets. Joseph Brodsky, Poet

The nice part about being a pessimist is that you are constantly being either proven right or pleasantly surprised. George F. Will

Las tristezas no se hicieron para las bestias, sino para los hombres las sienten demasiado, se vuelven bestias. Miguel de Cervantes

Salud Integral

Ubicación: Club de AmSoc
San Francisco 3332 Chapalita
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Massage Therapy Rehabilitation
Sciatica · Sprains · Reflexology
Bioenergetics
Pain management · Post-surgery therapy
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Emergency house calls
Terapeuta
Leticia (Lety) Rodriguez
044-333-103-2528



AmSoc Board Meeting Minutes

The meeting was called to order at 10:35AM with a quorum in attendance.

Present: Sergio Garcia, Ann Whiting, Diane Golz, John Griffin, David Ruiz, Regis Soileau, Alejandra Vielma, Joan White, Fred Hanna and Cliff and Cam Esser (visitors)

Treasurer's report:

Read and accepted.

New Business:

1. Carmen has been released from Thursday service due to lack of attendance. She will be employed when needed.
2. A committee of John Griffin, Cliff and Cam Esser will advise Lupita in regard to menus and recipes for Thursday.
3. Rent increase – David suggests a review of rents in the area.
 - a. Jose Luis Tadeo wants to rent the main floor space for 5 hours on Mondays and Tuesdays.
 - b. AA is paying \$600 pesos for 32 hours/week.
 - c. Committee to review rents – David R., Fred H., Bruce N. Tuesday,
4. September 16 is a Mexican holiday – Lupita and Rocio will be off.
5. A lake side insurance broker wants to come here to sell insurance – against our policies to allow sales here. We will rent him space if available.
6. A potential new member wants to volunteer for the Saturday English group. Fred and Frank will interview him to decide whether he can volunteer on Saturdays.

Event Schedule:

1. Mexican Independence Day will be celebrated on Saturday September 13th with a taquiza. Price \$90 pesos
2. Our Oktoberfest celebration is planned for Saturday, October 4th. The menu consists of German veal sausage, sauerkraut, potato salad and dessert. Doors open at noon and the meal will be served at 1p.m. at a cost of \$120 pesos
3. In October, we will celebrate Halloween on Thursday the 30th.
4. Thanksgiving celebration on Thursday the 27th of November, at which time AMSOC officer and Board of Director election ballot collection will be finalized.
5. The date for our December Posada has not been finalized

Meeting adjourned at 11:20 AM.



Grandma Gail is in her kitchen
cooking your favorite food from north of the border

Sept 6th - Dinner @ 6:00
French and German style pork roasts,
mashed potatoes & gravy plus more

Cell 33 3968 6072
<https://www.facebook.com/GrandmaGailCooks>

Call GG to hear what she will have available for pickup each Thursday at AmSoc.
On vacation from the 11th - 25th

Learning 2nd language slows brain aging

Learning a second language can have a positive effect on the brain, even if it is taken up in adulthood, a University of Edinburgh study suggests.

A previous study suggested that being bilingual could delay the onset of dementia by several years.

The big question in this study was whether learning a new language improved cognitive functions or whether individuals with better cognitive abilities were more likely to become bilingual.

Dr. Thomas Bak, from the Centre for Cognitive Aging and Cognitive Epidemiology at the University of Edinburgh, said he believed he had found the answer.

Using data from intelligence tests conducted on 262 Edinburgh-born individuals at the age of 11, the study looked at how their cognitive abilities had changed when they were tested again in their seventies. The research was conducted between 2008 and 2010.

Strong effects

The findings indicate that those who spoke two or more languages had significantly better cognitive abilities compared to what would have been expected from their baseline test.

The strongest effects were seen in general intelligence and reading.

The effects were present in those who learned their second language early, as well as later in life.

Dr Bak found "meaningful" improvements in attention, focus and fluency could not be explained by original intelligence.

"Our study shows that bilingualism, even when acquired in adulthood, may benefit the aging brain."

But he admitted that the study also raised many questions, such as whether learning more than one language could also have the same positive effect on cognitive aging and whether actively speaking a second language is better than just knowing how to speak it.

This research paves the way for future causal studies of bilingualism and cognitive decline prevention.

Excerpted from BBC Health article, June 2014