



The American Society of Jalisco

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Contents

Ads	3
Calendar	4
Minutes	3
Profile	2
Quotes	3
Survey	3
Technology	2

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Photos by Dave Landes

Oh, that Chocolate!

A longitudinal study conducted in The Netherlands concluded that the regular consumption of cocoa products can prolong your life. Scientists studied 470 men between the ages of 64 and 85 for fifteen years and discovered that those who consumed the most chocolate—averaging more than four grams per day—had significantly lower blood pressure than those who avoided chocolate. They said that in spite of the increased intake of calories, the chocolate lowered the overall risk of cardiovascular and other diseases by as much as fifty percent, although the exact mechanism by which chocolate helps remains a mystery.

Reported in the Scientific American

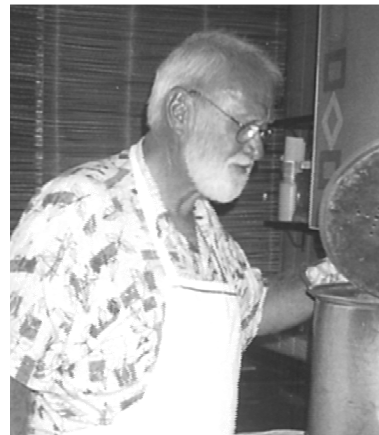
Caution: This is not meant to encourage or recommend any changes in eating habits without first consulting a medical professional.

Cat Lady on Crutches

Barbara Murray, an AmSoc member I greatly admire, devotes her life to the rescue and nurture of abandoned and maltreated cats, in spite of having been in considerable pain herself in recent years. She is currently playing “mother” to at least ten cats who are given loving care in the security and comfort of her home.

The cause of Barbara’s chronic pain was recently diagnosed and she has undergone surgery to replace a damaged hip.

We all wish her a complete and rapid recovery, and hope to see her again soon at AmSoc, free of pain. (VW)



Serious Omission

On January 2nd, Jack and Alice Sinon prepared a New Year’s brunch for AmSoc members. The brunch was a spectacular success and the food was excellent. (I’ve never tasted better pancakes!) The Voice omitted to thank Jack and Alice for their hard work, for which we apologize profusely. Know that your efforts were truly appreciated, Jack and Alice. Thank you.

Observing St. Patrick’s Day

By Dave Landes

The mood for this special holiday was set immediately upon entering the AmSoc clubhouse on Wednesday, March 15. Every wall, every table, everything was decorated with green shamrocks.

Cliff Esser (left), visiting from Washington, D.C., the chef for this occasion, was assisted by Lupita Elizando and Roscia Huerta. Together, they prepared a crisp green salad and traditional Irish beef brisket with boiled potatoes, carrots and cabbage. The sweet ending for this feast was apple crumb pie with ice cream. The palate-pleasing meal was washed down with coffee and bar drinks.

A pat on the back to volunteers: Bruce Newby and Bob Letendre, who did the shopping; Al Klob, who tended bar, and Ann whiting for manning the desk and handling the tickets. Thanks also to Jack Sinon and Frank Raimo, who cleared the tables; and to Roscio and Lupita for the decorations.

Musical entertainment was provided by Hugh Hunter at the keyboard.

Technology: How it works

VoIP

A new long-distance telephone service was recently installed at the AmSoc clubhouse. You can now make long distance calls anywhere in the world at very low cost using the computer. The technology used for innovation is called VoIP.

VoIP, or Voice over Internet Protocol, is a method for taking analog audio signals (used by regular telephones), and turning them into digital data that can be transmitted over the Internet.

This technology can turn a standard Internet connection into a medium for placing free phone calls. The practical upshot of this is that by using VoIP to make Internet phone calls, you are bypassing the phone company (and its charges) entirely.

VoIP is a revolutionary technology that has the potential to completely rework the world's phone systems. VoIP providers like Vonage have already been around for a while and are growing steadily. Major carriers like AT&T are already setting up VoIP calling plans in several markets.

There are three different types of VoIP service in common use today:

ATA - The simplest and most common method is a device called an ATA (analog telephone adaptor), which allows you to connect a standard phone to your computer or your Internet connection for use with VoIP. The ATA is an analog-to-digital converter. It takes the analog signal from your traditional phone and converts it into digital data for transmission over the Internet. You plug the cable from your phone that would normally go in the wall socket into the ATA, and you're ready to make VoIP calls. Some ATAs come with additional software that is loaded onto the host computer to configure it.

IP Phones - These specialized phones look just like normal phones with a handset, cradle and buttons. But instead of having the standard RJ-11 phone connectors, IP phones have an RJ-45 Ethernet connector.

IP phones connect directly to your router and have all the hardware and software necessary right onboard to handle the IP call.

Computer-to-computer - This is certainly the easiest way to use VoIP. You don't even have to pay for long-distance calls. There are several companies offering free (www.skype.com) or very low-cost software that you can use for this type of VoIP. All you need is the software, a microphone, speakers, a sound card, and an Internet connection, preferably a cable or DSL modem. Except for your normal monthly ISP (internet service provider) fee, there is

usually no charge for computer-to-computer calls, no matter the distance.

Both the caller and the recipient must have the program and equipment for this type of call.

Chances are good you are already making a VoIP call any time you place a long-distance call. Phone companies use VoIP to streamline their networks. By routing thousands of phone calls through a circuit switch and into an IP gateway, they can reduce the bandwidth they're using. Once the call is received by a gateway on the other end of the call, it is decompressed, reassembled and routed to a local circuit switch.

Excerpted from and article in
<http://computer.howstuffworks.com>

Member Profile: Dave Landes

Dave Landes was born in Brooklyn, New York and grew up three blocks from Ebbets Field, home of



the Brooklyn Dodgers. He enjoyed a normal childhood, playing in the streets and vacant lots with his friends. Naturally, in such an environment, he wanted to be a baseball player when he grew up. Dave was the youngest of three boys. His favorite subject in school was history. From his studies, Dave realized

that even the smartest people can make serious mistakes.

He did his military service with the Army Chemical Corp in Maryland, never leaving the state because there was no chemical warfare at the time.

When Dave married, at the age of twenty-six, he and his wife spent their honeymoon in Miami. They like the city so much, they decided to move there permanently. He lived in Miami until he retired forty years later.

As a civilian, he worked for the U.S. Postal Service in Health and Safety, trying to improve working conditions of employees and reduce absenteeism.

Dave says the saddest thing in his life was losing his parents.

He is most proud of becoming a journalist for the Colony Reporter. It happened almost by chance when Dave went on a trip organized by AmSoc and asked who was writing it up. When he realized that nobody else was writing about the outing, he decided to give it a try and his article was published in the Colony Reporter. When Sandi Hayes, who at the time was writing City Living, had to leave to

take care of her mother, the editor of the Reporter, asked Dave if he would take her spot.

The best decision in Dave's life was to retire in Guadalajara, chiefly on account of the lifestyle and the weather. If Dave had his life to live over again, he says he might have chosen a more interesting career, something with lots of travel. At the end of his life, he would like to know that he played a role in helping people.

His pet peeve is people who take seriously something that is obviously said in jest. He believes in "live and let live". (VW)

AmSoc Survey

In March, we conducted a survey of AmSoc members in an effort to find out if we could make any changes that would promote more interest in the club. The majority of those responding thought we should continue our monthly luncheons. but were divided about whether to hold them on Wednesday or Saturday We will not be making any changes at this time.

Several people expressed an interest in having more courses or presentations. The most popular subjects were health and computers.

A number of members are interested in having more day trips and made some good suggestions for destinations. One of the most interesting was the haciendas of Jalisco. We do, however, need someone to organize these trips if they are to take place.

We are looking into the possibility of closing the Bargain Boutique and leasing the space to generate some revenue for AmSoc.

You will see a few changes in the voice in future in response to the preferences expressed in the survey. The most popular types of articles are: informative, local events, profiles, and announcements/ads—so send them in.

Thank you Don Mencl, Martha, Bob Kuta, Bob Brown, and Art Wigdahl for volunteering to help with future luncheons. We'll be calling on you. In addition, we would like to thank Dave Landes for his excellent suggestions, which have been noted, and for volunteering to contribute to the Voice.

Board of Directors Meeting The American Society of Jalisco

March 14, 2006

Present: Bob Letendre, Uwe Meller, Don Mencl, Bruce Newby, Frank Raimo, Regis Soileau, Ann Whiting, Vicki Wootton, Cindy Wynne

Absent: Sergio Garcia, Walter Januszko,

Meeting called to order at 10:30

1. Treasurer reported that the net income from the February luncheon was \$2,008 pesos. Our overall income is still behind that of last year
2. Vicki presented a summary of the survey results. Anne proposed we get information from the Tourist Bureau, and their weekly itinerary of local events.
3. There will be no luncheon in April as too many people will be away.
4. Regis reported that we have lost one of the sponsors for our ad in the Colony Reporter and need to find a replacement.
5. Cindy expressed her gratitude for the availability of computers to AmSoc members and pointed out that we need a printer so that people can print their email.

Meeting adjourned at 11:05

Helpful hint for the visually impaired

If the print on your computer screen is too small to read, hold down the CTRL key and roll the mouse wheel forward. This works for email and when you are on the Internet too.

For Sale

2003 Chevy Spectra 5-door hatchback. Recently had full dealer maintenance.
\$70,000p. Call Ned eves. (33) 3133-0967

Wanted

2 BR unfurnished apartment with fridge & stove. Clean & quiet. Close to AmSoc. Not more than \$4,000 per month. Call Vicki: 3634-9421.

The Voice by email

If you would like to receive your copy of the Voice by email, please send your request to this address: la.inglesa@gmail.com

NOTICE

AA in English

Meeting times: Mon., Wed., Fri. at 6:00 pm

Address: Alcamo 3077 between Yaquis & Pablo Cassals, Col. Providencia.

Tel. Group - 3601-1179, Info. - Matt 3944-6430

Quotes

I think there is only one quality worse than hardness of heart, and that is softness of head.

Theodore Roosevelt

Imagination is a quality given to man to compensate him for what he is not, and a sense of humor was provided to console him for what he is

Oscar Wilde

April Calendar

Happy Easter!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Aerobics 9:00 Spanish lessons 11:00 Lunch 12:30	4	5 Aerobics 9:00 Spanish lessons 11:00	6 Lunch 12:30 Games 1:00 – 4:00	7 Aerobics 9:00 Mail pickup 12:00 Social Friday 7:00
10 Aerobics 9:00 Spanish lessons 11:00 Lunch 12:30	11 Board Meeting	12 Aerobics 9:00 Spanish lessons 11:00	13 Lunch 12:30 Games 1:00 – 4:00	14 Good Friday Aerobics 9:00 Mail pickup 12:00 Social Friday 7:00
17 Easter Monday Aerobics 9:00 Spanish lessons 11:00 Lunch 12:30	18	19 Aerobics 9:00 Spanish lessons 11:00	20 Lunch 12:30 Games 1:00 – 4:00	21 Aerobics 9:00 Mail pickup 12:00 Social Friday 7:00
24 Aerobics 9:00 Spanish lessons 11:00 Lunch 12:30	25	26 Aerobics 9:00 Spanish lessons 11:00	27 Lunch 12:30 Games 1:00 – 4:00	28 Aerobics 9:00 Mail pickup 12:00 Social Friday 7:00