

# The Voice



August 2006 Revised Edition

## The American Society of Jalisco

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Please contact editor if  
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*The Voice* by email.

## AmSoc says farewell to U.S. Consul

More than forty people turned up at the clubhouse on Friday evening, July 28, to express their affection and good wishes to U.S. Consul General, Sandra J. Salmon, who is retiring in August and returning to the United States with her husband, Larry.

Ms Salmon has been active in the Foreign Service for thirty-five years and has held posts in many countries, including South Africa, Hong Kong, Germany, Guatemala, and the Azores. Before coming to Guadalajara, she was in Caracas, Venezuela. Sandra speaks several languages including French, German, Portuguese, and Spanish.

Born in Dothan, Alabama, she grew up in a bilingual household—her mother was a Belgian war-bride. The family moved to Panama City in Florida where she attended high school. She met her husband, Larry, while she was serving in Germany. He was in the military, from which he retired a few years ago and joined her in the foreign service.

The Salmons have built a house in Taos, New Mexico for their retirement. Sandra is looking forward to doing all the things she hasn't had time for in her busy career: traveling, skiing, and seeing more of her two grandchildren.

We wish the Salmons much happiness, and many years of healthy, active retirement. They will be missed in Guadalajara.

The new Consul General, Edward Ramotowsky, will arrive with his wife, Jemile (Jemmy) Bertot, and their two sons, aged three and nine, in mid-August.

*Special thanks to everyone who contributed to the magnificent buffet. The food was outstanding! (VW)*



*AmSoc President, Ann Whiting presents certificate of appreciation to Consul General, Sandra Salmon,*

## President's Message

Dear Members and friends of AmSoc:

I hope that all of you have had a wonderful summer and we look forward to seeing everyone at our "FIESTA LUNCH" in September. We were honored to have our Consul General, Sandra J. Salmon and Larry Salmon to our Friday Night Social on the 28th of July to say Goodbye and wish them well in their new life back in the States in September. They have been wonderful friends to AmSoc and the Community. Larry was the best Santa ever and we are grateful to him. We are looking forward to meeting our new Consul General, Edward Ramotowski, who will arrive in mid August. Many thanks again to all of our members who support us in all of our efforts for the Communities.

Best wishes to all,

Ann Whiting, President



Regis and Maria Soileau at Amsoc Reception

fenders, even going so far as to allow them to pay for the right to pollute!

## The Health Hazards of Pollution

Exposure to air pollution, agricultural pesticides, and contaminants such as lead and mercury can cause serious health problems, including asthma, cancer, giardiasis, hepatitis, cholera and other water-borne diseases, and neurological and developmental problems. Other pollutants can cause birth defects, fertility problems, aggravate conditions such as asthma and emphysema, weaken the immune system, disrupt the endocrine system (hormonal activity), and damage the nervous system..

Children are at greater risk than adults because they are exposed to proportionally larger amounts of pollutants than adults.

The following chart illustrates some of the hazards

## Discovery

### Ristorante da Massimo

Regis Soileau reported that this is an excellent restaurant and highly recommends it. It is located on **Avenida de las Americas 1213** next to the Hotel Country Plaza (between Jacaranda and Romanos). Tel: 3633-5101 or 3656-8403

### Quotes

Youth is when you blame your troubles on your parents; maturity is when you learn that everything is the fault of the younger generation.

*Bertolt Brecht*  
(Thanks, Dave)

Take my word for it, the silliest woman can manage a clever man, but it needs a very clever woman to manage a fool.

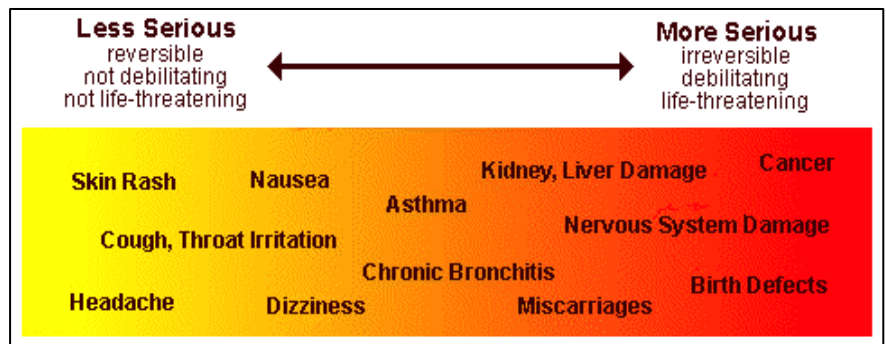
*Rudyard Kipling*

## World in Crisis: Pollution

Pollution has been a public issue ever since Rachel Carson's memorable book "Silent Spring" was published in 1962. In her book, she took on the powerful chemical industry with her condemnation of the wholesale use of DDT. Since then, numerous events have occurred underlining the hazards of the indiscriminate use of chemicals.

Chemical contaminants spread insidiously through water, soil, the air, and even the food chain, affecting everything in their path. It is probably safe to say that in much of the world, it is almost impossible to buy uncontaminated meat, fish, or poultry, and yet we continue to consume it by the ton.

Legislators have been very weak in their response to the problems of pollution, frequently bending to pressure from the industries that are the worst of-



## Plastics

### Quick Facts on Plastic Pollution

- A plastic milk jug takes 1 million years to decompose.
- A plastic cup can take 50 - 80 years to decompose.
- Recycled plastic can be used to make things like trash cans, park benches, playground equipment, decks, and kayaks.
- Special fleece-like fabrics used in clothes and blankets can be made out of recycled plastic bottles.
- Americans use 2.5 million plastic bottles every HOUR.
- Plastic bags and other plastic garbage thrown into the ocean kill as many as 1 million sea creatures every year.
- Recycling plastic saves twice as much energy as burning it in an incinerator (which releases more toxins).
- Today, Americans generate 10.5 million tons of plastic waste a year but recycle only 1 or 2 % of it.
- An estimated 14 billion pounds of trash, much of it plastic is dumped in the world's oceans every year.

- Every year we make enough plastic film to shrink-wrap the state of Texas.
- Nearly every piece of plastic EVER made still exists today.

## Global Warming

The biggest producers of air pollutants are power plants. They release 63% of the sulfur dioxide, 33% carbon dioxide (the major cause of global warming), and 28% of the Mercury in the air. Transportation is the runner-up. The common denominator is fossil fuels: coal, oil, and gas. We must find alternate sources of energy.

## What can we do about it?

Pollution and the environment became catchwords in the sixties, and we have made some progress since then, but it is not nearly enough. The situation is getting worse every year. It has now reached the point where the very survival of the planet is in question. We *must* do something.

- **Invest wisely.** Be more discriminating about your investments. Don't invest in companies that pollute. It is fairly easy to discover who they are and to find ethical alternatives. It just takes a little time. Invest in companies that are trying to solve the problems, not those that are creating them.
- **Recycle.** I know it is hard to recycle in Mexico, but here's something you can do: put plastics, bottles, and cans in separate bags for pickup. Even if the garbage collectors throw them in with everything else, there are people who make their living picking over the dump sites and salvaging things to recycle. Make their job a bit easier.
- **Boycott.** Don't buy anything produced by companies that continue to release products that are hazardous to health and damage the environment. Many companies sell products in third-world countries that are outright banned in the United States, things like pesticides and herbicides, and medicines.

## Notices & Announcements

### AA Meetings at AmSoc

Starting Monday, July 31, Friends of Bill W. AA meetings will be held in the Parrot Cage at AmSoc on Mondays, Wednesdays, and Fridays at 6:00 pm.

### Apt. For Rent

1BR apartment, furnished or unfurnished, Las Fuentes (nr. American Legion). In quiet compound with beautiful garden. \$3000 pesos/mo. Call Guillermo Pulos (33) 3631-1576 for more information

## The Memorial Society

Information desk open Mondays at AmSoc from 11:00 am to 1:00 pm.

**Enrollment:** AmSoc Members: \$250 pesos  
Non-Members; \$300 pesos

### Costs of Services:

Donation of remains to Med School \$400 US  
Cremation: \$500 US

**Funeral Home:** Capillas San Miguel

**Notary:** Ruben Alberto Santana

**AmSoc Representative:** Chuck Parsons

*The Memorial Society needs volunteers to work the information desk on Mondays.*

## August Luncheon.

There will be no luncheon this month.

## The Voice by email

If you would like to receive the Voice by email, please send your request to this address:

[la.inglesa@gmail.com](mailto:la.inglesa@gmail.com)

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L-R Ann Whiting, US Consul General Sandra Salmon, Larry Salmon, Pat and Debbie Haskins



Christopher Daw and Carmen Newby at AmSoc Reception

## Dave Landes

Dave "Scoop" Landes was admitted to del Carmen Hospital on after collapsing last mid-week while picking up his mail at Mail Boxes Etc. He is currently in stable condition although he is still in Intensive Care. Apparently Dave has a damaged heart valve and may require surgery. Charlie Paris, who has visited Dave a couple of times, says he is in good spirits and enjoyed the visits and conversation. He is being released on Friday.

Speedy recovery, Dave, and we hope to see you back at AmSoc soon.

## English Lessons Lecciones Inglés

Every Tuesday and Thursday starting September 5 from 7:00 to 8:30 PM. Enrolment forms available at AmSoc desk.

Comienza 5 de Septiembre. Clases martes y jueves, 7:00 - 8:30 p.m. Inscribirse en AmSoc 10:00 a.m. - 2:00 p.m., Lunes a Viernes o a la primera clase. Tel. 3647-6232 para mas información.

## Cost of Living Adjustments

*Ed. Note: This article was referred to me by Frank Raimo who thought the information would interest AmSoc members. Thanks, Frank. You can find more information of interest to seniors at the website of The Senior Citizens' League, [www.tscl.org](http://www.tscl.org).*

### Trustees Estimate 2007 COLA 2.3% - Medicare Premiums To Increase 11% - TSCL Calls For Slowing the Rise Of Part B Premiums - July 2006

Medicare premiums will increase at least 11% in 2007 and are expected to far out-strip Social Security Cost-of-Living Adjustments (COLA). According to the most recent Social Security Trustee report, benefits will only rise by about 2.3% in 2007. In addition, for the first time next year, Medicare Part B premiums will be determined by income. Seniors with incomes below \$80,000 will pay about \$98.20 for their monthly Part B premium, an increase of \$9.70 per month. But seniors with incomes over \$80,000 will pay much higher "income related" or "means tested" premiums. Based on information from the 2006 Medicare Trustees Report, here are estimates of what premiums could look like over the next three years:

Income: Individuals	Income: Couples	Monthly premium in 2006	Monthly premium in 2007	Monthly premium in 2008	Monthly premium in 2009
Under \$80,000	Under \$160,000	\$88.50	\$98.20	\$109.98	\$123.18
\$80,000 - \$100,000	\$160,000 - \$200,000	\$88.50	\$111.28	\$139.28	\$172.45
\$100,000 - \$150,000	\$200,000 - \$300,000	\$88.50	\$130.92	\$183.27	\$246.36
\$150,000 - \$200,000	\$300,000 - \$400,000	\$88.50	\$150.56	\$227.26	\$320.27
Above \$200,000	Above \$400,000	\$88.50	\$170.20	\$271.25	\$394.18

*Source: Estimates by Mary Johnson based on 2006 Medicare Trustees Report, May 1, 2006.*

Few details are yet available on how the government will determine and collect the means tested premiums. The law requires that the Social Security Administration use information from tax returns. TSCL believes that higher Medicare premiums are a cut in benefits. Premiums are already escalating at double-digit rates. Since 2001 monthly premiums have increased from \$50 to \$88.50. Once means testing starts, TSCL believes that Congress may try to expand it. Income levels could be lowered to affect more seniors, or Congress could impose "income relating" for deductibles and other Medicare costs.

TSCL endorses "The Medicare Part B Premium Fairness Act," introduced by Representative Nita Lowey (NY), that would repeal means testing. TSCL believes that more can be done to slow the rise of Part B premiums for the program as well as for beneficiaries, and is working with Members of Congress to support such measures. (*Sources: "It's Not About The Trustees," The New York Times, April 6, 2006. 2006 Social Security & Medicare Trustees Reports, May 1, 2006.*)

# AUGUST CALENDAR

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>
	<b>1</b>	<b>2</b> Aerobics 9:00	<b>3</b> Lunch 12:30 Games 1:00 – 4:00	<b>4</b> Aerobics 9:00 US Mail pickup 11:00 Social Friday 7:00
<b>7</b> Aerobics 9:00 Lunch 12:30	<b>8</b>	<b>9</b> <b>Board Meeting!</b> Aerobics 9:00	<b>10</b> Lunch 12:30 Games 1:00 – 4:00	<b>11</b> Aerobics 9:00 US Mail pickup 11:00 Social Friday 7:00
<b>14</b> Aerobics 9:00 Lunch 12:30	<b>14</b>	<b>16</b> Aerobics 9:00	<b>17</b> Lunch 12:30 Games 1:00 – 4:00	<b>18</b> Aerobics 9:00 US Mail pickup 11:00 Social Friday 7:00
<b>21</b> Aerobics 9:00 Lunch 12:30	<b>22</b>	<b>23</b> Aerobics 9:00	<b>24</b> Lunch 12:30 Games 1:00 – 4:00	<b>25</b> Aerobics 9:00 US Mail pickup 11:00 Social Friday 7:00
<b>26</b> Aerobics 9:00 Lunch 12:30				