



The Voice

Newsletter of the American Society of Jalisco, A.C.

February 2010 Edition

The American Society celebrates its 65th birthday in March 2010!

**The American Society of Jalisco,
A.C.**

**La Sociedad Americana de
Jalisco A.C.**

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Photo on p.3 courtesy of J. Brennan

Announcements and Notices:

*Members, \$25 peso per month
donation to AmSoc*

Non-members, \$50 pesos/mo

New board of directors sworn in

A new Board of Directors was sworn in on January 16, 2010. Most of the 2009 Board members were returned to office in the November, 2009 election. They are:

Ann Whiting	President
Bruce Newby	1 st Vice President
Sergio Garcia Gil,	2 nd Vice President
Jim Armstrong,	Treasurer
Louise Mattos	secretary

Directors

Jerry Dankner	Mikki Frech,
Jason Hartwell	Patricia Olarte
David Ruiz	Regis Soileau
Jim Watkins	

Honorary Board Members

Clifford Esser	Chuck Parsons
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St. Valentine's Day Dinner & Dance



Saturday, February 13th, 2010

Menu

Lasagna, garlic bread, salad
and strawberry shortcake.

Doors open 5:30p.m.

Dinner 6p.m. Dance 8p.m.

Tickets \$: Dinner and dance \$130 pesos

Dinner only \$90 • Dance only \$45



The U.S. Consul General, Daniel Keller officiated at the swearing-in ceremony. He was accompanied by his wife Mingchen.

About fifty people attended the event and enjoyed a traditional Mexican meal of tacos with a large selection of fillings, prepared and served by Marco Antonio Cortez Jimenez and Maritza Saldaña of Taquizas "Doña Inez".





On The Road Again **Pauline van Havere**

Viajes Ajijic staged an “all-inclusive” jaunt to Guayabitos for American Thanksgiving in November, 2009. Never having been on a tour of this type, nor having ever celebrated American Thanksgiving (being a Canadian), I decided to find out what this was all about. Transportation, food, meals, drinks, and accommodation were all included in the price of \$3,350 pesos for a single. The excursion was for 5 days and 4 nights.

I joined a group of Americans and Canadians outside the Viajes Ajijic office on the Carretera in Ajijic to board a big ETN bus (not first class, but quite comfy) and set out for the coast. Our destination was Rincón de Guayabitos, a resort town north of Puerto Vallarta. It didn't seem long before we arrived at the Royal Decameron Resort Hotel.

To say it was colorful is an understatement! The Hotel is composed of a group of buildings, restaurants, and bars. Fortunately our group was given rooms in the area right on the beach. Although my room was immediately beside one of the bars, I had no trouble sleeping because the bars close at 11:00 pm.

The rooms weren't 5-star but were quite comfortable and clean. The food had its ups and downs; the oriental dinner and the traditional turkey dinner were well done. The bars were busy but handled it extremely well so waits were minimal. All of the hotel, restaurant, and bar staff were helpful and friendly.



© *Pauline van Havere*

The bay at Guayabitos is lovely, with a gentle surf and fine sand. One night I opted to walk up the beach about 10 minutes to enjoy a shrimp dinner at Salvador's, a local seafood restaurant. It was a memorable walk along the shore with the sounds of the surf echoing all around me.

The hotel had several pools, a volleyball court, and some regular outdoor activities. There was also free water equipment available such as snorkel gear and kayaks. In addition, just near the hotel there was a stable for horse treks up in to the hills behind the beach. The horses were *excellent*; gentle yet responsive. The tack was good and the guide very proficient and attentive. The route up the hill climbed along a gentle slope but once at the top, provided phenomenal views of the bay below. It was the highlight of the trip for me.



© *Pauline van Havere*

A Profile: John Brennan

Suggested By Bob Fields

John Brennan has been a member of AmSoc since 1964. He became the member-for-life in 1975 when AmSoc bought the present building.

John is also a paid-up-for-life member of the American Legion Post 3 where he has been a member for more than twenty years. He was on the executive Board for several years.



John with his children and grandchildren at AmSoc's Thanksgiving Luncheon in November 2009

The son of a doctor, John was born in Akron, Ohio in December, 1928. After graduating from school in 1948, he joined the army and spent part of his service in Tokyo as a military policeman where he reached the rank of sergeant.

After the army, John attended Miami University in Oxford, Ohio and received a bachelor's degree in

Economics. He went on to represent several international corporations in Africa, living first in Accra, Gold Coast (now Ghana), Lagos, Nigeria, and Mexico City where he learned Spanish. He is proficient in Spanish and is mostly self-taught

John met and married Lorena Bourdon in 1967. She was a medical technologist who had her own lab in Guadalajara.

Realizing that, as an employee, he could easily lose his job, John recalled his father's words, "*Son, get yourself a profession then if you ever lose your job, you can always hang out your shingle and go into business on your own.*" He decided to go to the University of Guadalajara and study law after several long talks with his wife. Lorena supported the family on her income from the lab while John was in university.

He graduated in 1976. He feels that this was his most rewarding accomplishment. He didn't speak a word of Spanish when he first came to Mexico in 1957 and yet he was able to obtain his law degree—with an overall average of 89—after five years of studying extremely abstract material. After graduating, John went into general practice with fellow law school student, Jose Francisco Vidaurri Ramirez.

Sadly, John and Lorena were divorced soon after he left law school. Lorena passed away in 1992 following a battle with breast cancer.



L-R John, James, Jennifer, Michelle, Cynthia, Liza, Kathleen (seated) John and Lorena (taken in 1992)

The couple had seven children, two sons and five daughters of whom John is rightfully proud. They all lived up to his personal philosophy—*Be an Achiever!*—and are now successful in their chosen professions. He declares he will continue to encourage his grandchildren with the same ideal.

"I am the luckiest guy in the world because I have something to live for and something which keeps me on the straight and narrow."

Games Day at AmSoc

Everyone is invited to join us for an afternoon of table games and friendly competition. Games day has been a tradition at AmSoc since the early 1990s. It started with

bridge, but eventually other games were added for people who weren't interested in playing bridge. Over the past eighteen or so years, dominoes, Mexican Train—a variation of dominoes—poker, and Skip Bo have been popular. *Remember, we also serve a delicious low-cost lunch on Thursdays.*

Health News

Cutting salt is as beneficial to your health as quitting smoking

Cutting salt intake by just half a teaspoon a day would prevent up to 92,000 deaths, 99,000 heart attacks, and 66,000 strokes in the United States.

"The benefits of reduced salt intake are on par with the benefits of population-wide reductions in tobacco use, obesity, and cholesterol levels," says Kirsten Bibbins-Domingo, PhD.

And here's the best part: To get the benefit, you don't have to do anything. Of course, there is a catch. Food manufacturers would have to stop putting so much salt into processed foods.

The U.S. Department of Agriculture says that 77% of the salt in the American diet comes from processed food. Only 6% is shaken out at the table, and only 5% is sprinkled during cooking.

Would we miss that salt in processed foods? Not if we're like the British.

"In the United Kingdom, a population-wide reduction in dietary salt of 10% was achieved in four years without a reduction in sales of the food products included in the initial effort and without consumer complaints about taste," the researchers report.

There's more good news. Once people cut back on salt—whether or not they know they are doing it—they begin to prefer less salt in their food. This happens in a matter of weeks.

The bad news is that food makers probably won't do it without pressure from consumers. Although some manufacturers already are putting less salt in their prepared foods, others are adding even more.

Regulation likely would be opposed by industry. New York City is trying already to regulate salt in prepared foods; the effort is opposed by the Salt Institute, a trade association representing the salt industry.

It would be very beneficial to your health to buy less processed food and eat more fresh products. Think of the calories you can burn up preparing meals!

The Bibbins-Domingo study was published in the Jan. 20 online issue of the *New England Journal of Medicine*.

WebMD Health News Reviewed by Louise Chang, MD

Quotations

The human mind treats a new idea the same way the body treats a strange protein; it rejects it. P.B. Medawar

You don't stop laughing because you grow old. You grow old because you stop laughing. Michael Pritchard

A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved. Kurt Vonnegut Jr.

No hay un talento mas valioso que el de no usar dos palabras cuando basta una. Thomas Jefferson



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January 13, 2010 Board meeting

[Highlights]

- Sponsorship of a child at the Salvation Army is still in question. At AmSoc's front desk there is a bucket for donations for the orphanage.
- Blaine (BAR) Rutenbeck requested use of the facility after hours for the Bridge Group yet it was not determined who would be responsible for the facility and the keys. At this time permission is denied.
- Bruce and Cliff will try fixing the existing refrigerator at the orphanage [Hogar de los Niños]; however it is not energy efficient. A new one would cost \$1,000 U.S. However they now have hot water in the kitchen and working bathrooms and showers. A suggestion was made to give AmSoc's share of the 50/50 raffle to the orphanage. To be considered at next meeting.
- AmSoc's 65th birthday and St. Patrick's Day will be celebrated together in. (*More information on this next month*)

Weekly Calendar

Monday	Breakfast 9:00 Aerobics 8:30 a.m.
Tuesday	Breakfast 9:00 a.m.
Wednesday	Breakfast 9:00 Aerobics 8:30 a.m.
Thursday	Breakfast 9:00 a.m. Lunch 12:30 p.m. Games until 4:00
Friday	Breakfast 9:00 Aerobics 8:30 a.m.
Saturday	Breakfast 9:00 a.m. English conversation group Toastmasters 1 p.m.

Salud Integral

Club de AmSoc

Physiotherapy • Massage Therapy

Stress Management • Rehabilitation

Sciatica • Sprains

Reflexology • Bioenergetics

Pain Management • Post-surgery Therapy

Rehabilitación post-cirugía

Masaje relajamiento • Manejo del dolor

Reflexología • Depilación laser

Terapeuta: Leticia (Lety) Rodriguez

Tel: 044-333-103-2528

San Francisco 3332, Chapalita

Recovery Corner

Friends of Bill W. AA Group has moved their meetings into the main AmSoc building from the Parrot Cage. Meeting times are the same: Monday, Wednesday & Friday from **6:00 PM - 7:00 PM.**

Lunch and a Meeting AA Group now meets at Mexicaltzingo 1238 esq. Pavo in Centro on Tuesday, **Thursday & Saturdays from 12 - 1:00 PM.** The location is 1-1/2 blocks from the Mexicaltzingo light rail [Tren] station, between La Paz & Ninos Heroes

NOTE: We'll gladly publish announcements of upcoming events at AmSoc if you send written information by the 3rd week of the month

Over-eaters Anonymous

12-step program for compulsive eating. The group is self-supporting from member contributions. No fees or dues. Meetings are upstairs in Louise Mattos's office.

Every Saturday 11 a.m. - 12 noon

The Last Word: *Personal Opinion*

I've noticed lately that the photos taken at AmSoc events have been spoiled by the white name tags stuck on everyone's chest. Are they really necessary? Surely we know one another well enough that we do not have to go around displaying our names so conspicuously. If we must have

them, why not stick them on people's backs where they will not mar the photos, but can still be read? V.W.