



# The Voice

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

January 2010 Edition

## Happy New Year • Feliz Año Nuevo

### A New Decade

A whole decade of the 21<sup>st</sup> century has passed and what a disaster that decade was: a worldwide escalation in violence; an increase in world hunger; negotiation between states replaced by confrontation and naked aggression, often by the most powerful nations; economic disasters, and environmental calamities—the weather went haywire.

Let's hope the people of the world will come to their senses in the coming decade, stop being so selfish, and try to reconcile their differences peacefully. It looks as if the United States has already got off to a promising start with the new administration.



The very survival of the planet now rests on how we behave in the coming decade. We need to be more compassionate, think about how our actions affect others and try to see and understand other points of view. Instead of thinking "how does this affect *me*?" we should try "how does this affect *everyone*?" When we point the finger, we need to be looking in the mirror.

My sincere wish is that we can look forward to a new era of peace and the promise of a better future for our descendants.

Happy New Year! Vicki Wootton

### Christmas Posada 2009

By all accounts, the food served at the Posada was excellent thanks to Cliff Esser, Rocío Huerta, and Lupita Elizondo, Cam Esser and other volunteers. This year, the performance of the Salvation Army children's choir from the *Hogar de los Niños* was all in Spanish and everyone was invited to sing along.

Thanks to Carlos, we got so many good pictures of the Posada it's hard to select just a few (*there are more ahead*).



Although there was a small turnout, around fifty-four guests, everyone left smiling.

AmSoc gave \$5,000 pesos and a collection was taken from the guests to donate to the Hogar, which is severely pressed for funds at this time.

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#### Contents

Acronyms	2
Activities Calendar	4
Announcements	4
Fewer Heart Attacks	2
Happiest States	2
Quotations	3

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Announcements and Notices:  
Members, \$25 peso per month  
donation to AmSoc

Non-members,  
\$50 pesos/mo

# Southern States Are the Happiest

*Six of the top ten States in a Happiness Study Are in the South*

There may be something to be said for southern hospitality and sunshine. A new study shows that Southern states are the happiest while coastal rivals New York and California are at the bottom of the list.

Researchers ranked the happiest states (plus DC) on self-reported measures of happiness as well as objective measures like sunshine, congestion, and housing affordability and found six out of the top 10 happiest states were in the South.

Louisiana topped the list—notwithstanding the damage done by Hurricane Katrina—with Hawaii, Florida, Tennessee, and Arizona rounding out the top five.

New York ranked dead last at number 51 and California fared only slightly better at number 46.

"We have been asked a lot whether we expected that states like New York and California would do so badly in the happiness ranking," says researcher Andrew Oswald of the University of Warwick in Coventry, England, in a news release. "Many people think these states would be marvelous places to live in. The problem is that if too many individuals think that way, they move into those states, and the resulting congestion and house prices make it a non-fulfilling prophecy."

They used information from a 2005-2008 nationwide life satisfaction survey of 1.3 million Americans and a 2003 study with objective happiness indicators for each state, such as how much rain and sunshine each state received, the number of hazardous waste sites, commuting time, violent crime, air quality, spending on education and highways, and the cost of living.

## State Rankings for Happiness

### Top 10

Louisiana  
Hawaii  
Florida  
Tennessee  
Arizona  
Mississippi  
Montana  
South Carolina  
Alabama  
Maine

### Bottom 10

Rhode Island  
Massachusetts  
Ohio  
Illinois  
California  
Indiana  
Michigan  
New Jersey  
Connecticut  
New York

The District of Columbia was 27<sup>th</sup>

When they compared the tables side by side, they found a very close correlation between how happy people said they were and objective quality-of-life measures.

"We wanted to study whether people's feelings of satisfaction with their own lives are reliable, that is, whether they match up to reality—of sunshine hours, congestion, air quality, etc.—in their own state. And they do match," says Oswald. "When human beings give you an answer on a

numerical scale about how satisfied they are with their lives, it is best to pay attention. Their answers are reliable. This suggests that life-satisfaction survey data might be very useful for governments to use in the design of economic and social policies."

Oswald says he's confident the results are a true reflection of how happy the people in each state are.

*Source: WebMD Health News*



*Kelly Tasker with S.A. Major Manuel Padilla*

## Fewer Heart Attacks

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

### CONCLUSION

Eat and drink what you like. Speaking *English* is apparently what kills you.

*This came to me in an email. I'd like to thank the person who sent it. VW*

## Acronyms

We live in a world of acronyms. There seem to be several hundred added each year, so how do we keep track of them all and know which are important?

I remember when I first came to North America in the 1950s there was a finance company in Canada called Household Finance Corporation (HFC). We just called it Hank, Frank and Charlie. There were a few others like the RCAF (Royal Canadian Air Force), my husband's employer, the CBC (Canadian Broadcasting Corporation), and woe

betide anyone who did not show the proper respect to Canada's most sacred institution, the NHL (National Hockey League), which at the time was mostly Canadian. Knowing these few, we could survive.

The U.S.A. is packed with them, but there is one that stands out above all others, of which every citizen seems to live in terror: the IRS.

In Mexico, we encounter a whole new batch. Here are a few that may be useful to know and which we may have to confront at one time or another.

- **CFE**, *Comisión Federal de Electricidad* - Federal Electricity Commission.
- **IMSS**, *Instituto Mexicano del Seguro Social* - Social Security Institute. (Responsible for hospitals and healthcare services for workers)
- **PEMEX**, *Petróleos Mexicanos* - National Petroleum Company
- **INAPAM**, *Instituto Nacional de las Personas Adultas Mayores* - National Institute for Senior Citizens. An INAPAM card can—available to anyone over 60 who has an FM2 or FM3—opens the way to all kinds of discounts including half-price bus fares.
- **SAT** *Servicio de Administración Tributario* - The Income Tax Service (also known as Hacienda)
- **SIAPA** *Systema Intermunicipal para los Servicios de Agua Potable Alcantarillado* - The National Water Administration.
- **DF** Distrito Federal (Similar to DC in the States).
- **INFOMEX** *Pleno del Instituto Federal de Acceso a la Información Pública* - Federal Public Information Institution.
- **EMME** *Emergencias Medicas*/Medical Emergencies Private ambulance service—available by annual subscription—with emergency doctors who come to your home.



Rosario Daw

## Quotations

- We make a living by what we get; we make a life by what we give.*  
Winston Churchill
- It is better to deserve honors and not have them than to have them and not to deserve them.*  
Mark Twain
- The very purpose of existence is to reconcile the glowing opinion we have of ourselves with the appalling things that other people think about us.*  
Quentin Crisp
- La libertad depende del grado de nuestro conocimiento; la calidad del conocimiento que poseemos determina el grado de nuestra libertad*  
Debiens



Chuck Parsons and Carmen Newby.  
How can anyone resist Carmen's lovely smile



Lupita Hoskins and Lucy Neale

## Salud Integral

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**

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## Bilingual Service & Information

Comprehensive help for visitors and newcomers to Mexico  
Assistance with government agencies  
Rental or purchase of property  
General maintenance and repairs  
Moving furniture

**Carlos Ruiz Checa**

\*AmSoc Member

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[www.caruche.com](http://www.caruche.com)

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## 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

Contact: Daryl 33-3507-4746

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## Weekly Calendar

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



I've finally found a place where I feel at home. It's a beautifully restored old house with terrific landlords.  
*Above is the view from my kitchen door.*

## 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

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

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*Helen Flatbush and Dean Burk*