

The Voice

The American Society of Jalisco
San Francisco 3332 • Tel: 3121-2395

July 2005 Edition

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DISCOVERIES

By Sandra Hayes

Bahia Coma

This restaurant has been closed for a long time but it was worth the wait. It is mariscos with ambiance at the corner of Lopez Mateos and Lazero Cardenas. It will remind you of a yacht club in Florida, no less, an open concept that makes you feel as if you are on the water. The elegant menu ranges from Oysters Rockefeller to fish filet Florentine. Open until 9PM.

Parilla Argentina

If you wonder, "where's the beef?" you can find it at this restaurant just off the Glorietta Minerva on Fernando Celada 176. According to Walter, you wouldn't believe how great is everything they prepare. Argentinian restaurants and beef just go together.

Carnes Torreon

This is where you go if you want to cook it yourself. They offer restaurant grade Sino-ran beef, aged cuts flash frozen. It's recommended by everyone on the Januzko house as it is just around the corner on Calle Alvarez between Alcalde and Federalismo.

The House of Chang

We all get those cravings that only Chinese food can satisfy so it is nice to hear that there is a really good Chinese restaurant that just opened at Av. Patria 260, La Estancia Centro Comercial Bach, between Johann Sebastian Bach and Hector Berlioz. The Weissmans tried it out and are raving about the food. There is an extensive menu with

several package choices. They went for the 49 peso Lunch Express with a choice of main course and fried rice. You can order iced tea, which is delicious and made with jasmine, and the egg rolls are wonderful - as is the air conditioning! Highly recommended.

Has anyone been to Restaurant 88 on Vallarta? Any report?

SHOPPING TIPS

Superama

This is an upscale Wal-Mart located not far from Plaza Terranova, go down Manuel Acuña (away from Lopez Mateos) and you will find it on the first glorieta. Hottest items were corned beef and pastrami - both from Mexico City and there were lots of imported items. It is a large, lovely store and well worth a visit.

Alcalde Market

Downtown, 2 blocks east of Alcalde on Alguno, it has naturally aged cheddar cheese from Navaro, which sates Walter's Dutch taste buds. Cheddar Cheese is another of those things that we really, really miss so try this out.

Commercial Mexicana

Speaking of Manuel Acuña, one of my favorite supermarkets has closed. The Commercial Mexicana on Americas is gone and will be missed.

Quotable Quotes

“The old believe everything: the middle-aged suspect everything: the young know everything.” *Oscar Wilde*

“A happy childhood has spoiled many a promising life.” *Robertson Davies*

July Events

US Independence Day will be a joint celebration with the American Legion on Sunday July 3 at American Legion Post 3 (on San Antonio in Las Fuentes). There will be a traditional July 4 picnic, games, a raffle, and entertainment. **Canada Day (July 1)** will be recognized at this event, so come on, all you Canucks, join the fun!

July Calendar

Mon	Tue	Wed	Thu	Fri
				1 Social US Mail pickup
4 Lunch	5	6	7 Lunch Games	8 Social US Mail pickup
11 Lunch	12 Board Meeting 10:30	13	14 Lunch Games	15 Social US Mail pickup
18 Lunch	19	20	21 Lunch Games	22 Social US Mail pickup
25 Lunch	26	27	28 Lunch Games	29 Social US Mail pickup

June Board Meeting

AMERICAN SOCIETY OF JALISCO BOARD OF DIRECTORS' MEETING

June 7, 2005

Present: Ann Whiting, Bruce Newby, Sergio Garcia, Regis Soileau, Al Klob, Walter Januszko, Ruth Rentz, Don Mencl, David Landis, Shirley Wardzinski, Vicki Wootton

Absent: Frank Raimo, Jack Sinon, and Bob LeTendre

- I. Quorum declared at 10:37
- II. May minutes accepted
- III. Treasurer's report accepted without last year's comparison
- IV. Old Business
 - a. July event, raffle tickets, prizes and contributors discussed - list of prizes to be advertised
 - b. AmSoc brochures in process
- V. New Business
 - a. Tarps to be installed over entrance
 - b. Electric bill analyzed for cost of tenants or separate circuit for tenants and 15% discount from electric company
 - c. Board voted to retroactively adjust staff wages and to place wage review on AmSoc calendar with staff vacation schedule
 - d. President's report included October fest, Lake clean-up and AmSoc joining AmSoc International
 - e. August event to be announced. September 6 board meeting 10:30, Grito Party Sept. 14, Sale of Sales tentatively set for October 15
 - f. Red Cross bracelets discussed

Next board meeting July 12

Meeting adjourned at 11:55AM.

Submitted by Secretary Walter Januszko

Happy Birthday, Bernard! (July 21)

Recipe of the Month

Devilish Roast Potatoes

Ingredients:

Potatoes, butter or margarine, powdered garlic, chili chipotle molida (Cayenne pepper), salt.

Method:

Cut potatoes into bite-size pieces, then boil for 5 to 7 minutes. Drain off water and add remaining ingredients (more red pepper means more devilish). Replace lid and shake until potatoes are completely coated. Place in flat baking pan and roast in the oven at about 400° (220°c.) until brown.

Make yourself feel good

- Focus on the beauty around you
- Treat with kindness and courtesy the people you encounter in your daily life.
- Forgive—resentment is a heavy burden to carry around
- Try to bring harmony into everything you do
- Really listen to what people say to you
- Strive for understanding; put yourself in the other person's shoes
- Try to be a better person today than you were yesterday, but don't punish yourself if you don't always meet your own expectations
- Focus on the positive
- Smile at old ladies
- Remember, rainy days make gardens grow
- Count your blessings
- Give voice to a sincere compliment instead of just thinking it
- Know there is One who will always love you unconditionally
- Forgive yourself
- Do the things you dislike first, then you can reward yourself with those you enjoy

- Try something different once in a while
- Give a little more than is expected of you
- Give at least one person a hug each day
- Remember, oxygen is more important than money; you can't live without it.

CURVES

Maybe you have noticed several of these "ladies' gyms" opening around the town. They are everywhere in the states, with more than 7,000 locations. So they must be doing something right.

Lety and I have been going to the little branch located directly behind Plaza del Angel and like it a lot. The premise is that you exercise for ½ hour at a time on 10 exercise machines and 10 "tablas" where you do aerobics. The machines and aerobics work all the muscle groups. The amazing part, in my mind, is that I have never been sore, from the first day. And I have been pretty sedentary. I feel more flexible and just better.

According to Ruth, who really did it seriously in the states, you cannot expect to lose weight but Lety and I find we are losing a few grams where it counts.

You can pop in anytime of day, there are no class times, and work out at your pace.

They have a *No Children* clause!

There is an inscription cost of 400 pesos and the monthly cost is about 400 pesos with occasional special offers. They have a basket of good apples to grab on the way out. (S.H.)