



# The Voice

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

July 2010 Edition

## *Celebrating 65<sup>th</sup> years of activities in Guadalajara*

### 4th of July at AmSoc

The American Society of Jalisco,  
A.C.

La Sociedad Americana de  
Jalisco A.C.

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#### **Announcements and Notices:**

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

*Non-members \$50 pesos/m*

Photos clipart



*Editor's note: unfortunately our regular photographer was not available for this event so we've taken the liberty of using these photos from the AmSoc website. [www.amsocguadalajara.org](http://www.amsocguadalajara.org)*

## Hotel key cards: Are they safe?

You may have received an email recently containing following message:



*"Ever wonder what is on your magnetic key card?"*

*The answer:*

- a. Customer's name*
- b. Customer's partial home address*
- c. Hotel room number*
- d. Check-in date and out dates (sic)*
- e. Customer's credit card number and expiration date!..."*

You will be relieved to know this is not true.

The rumor was started when a detective from the Pasadena Police Department sent an email to fellow police officers warning them of a potential fraud risk.

A spokesperson for the PPD stated, "As the investigation into this potential fraud risk continued, the information was shared with other members of the Pasadena Police Department and personnel chose to share it with others before we could correctly evaluate the risk. This has caused a chain reaction of probably thousands of people being given this information before the risk was evaluated thoroughly.

"As of today, detectives have contacted several large hotels and computer companies using plastic card key technology and they assure us that personal information, especially credit card information, is not included on their key cards. The one incident referred to appears to be several years old, and with today's newer technology, it would appear that no hotels engage in the practice of storing personal information on key cards. Please share this information with anyone who has a concern over the initial information send out to others as a precautionary measure.

"Hotels generally have no practical or functional reason for wanting to encode customers' personal information on their room key cards; most of them have databases that store the very same customer data, so they have no reason to encode anything more than basic information (e.g., room number, access code, activation and expiration dates) on the key cards themselves. In fact, even that basic information isn't really stored directly on the cards themselves—it's encoded as a serial number which a door lock read, decodes, and uses to determine whether or not the inserted key is authorized to open it. We verified all of this with the Vice President of Loss Prevention for the Hilton hotel."

Source: [www.snopes.com](http://www.snopes.com)

## Humor

Three sisters, Maggie aged 92, Clara aged 94, and Silvia aged 96, live in a house together. One night Silvia draws a bath. She puts one foot in and pauses then she yells down the stairs, "Was I getting in or out of the bath?"

Clara shouts back, "I don't know. I'll come up and see." She starts up the stairs and pauses then she calls out, "Was I going up the stairs or down?"

Maggie is sitting at the kitchen table having tea and listening to her sisters. She shakes her head and says to herself, "I sure hope I never get that forgetful." She knocks on wood for good measure. She then replies, "I'll come up and help both of you as soon as I see who's at the door."

## Discovery

### El Italiana

This beautiful restaurant is on Avenida México. Everything about it is pleasing, the ambiance, the service, and the food. Many of the staff are bilingual and some also speak Italian. We arrived at the restaurant around 2:00 p.m. and although there were plenty of customers, it wasn't overcrowded. The atmosphere created by the terra cotta-tiled floors, comfortable wooden furniture, and beamed ceilings was mellow. There were no blaring music and noisy children to make conversation difficult and the servers were courteous without being obtrusive.

As none of us was starving, we ordered antipasto. I had vegetables with Portobello mushrooms and eggplant, grilled to perfection; two of my companions had incredible salads which were a meal in themselves; one had minestrone soup; and one a chicken dish called *pollo campagno*. The food was perfect and served promptly so everything was the right temperature. By the time we left, we were quite full. The prices may be a little high, antipasto items just under \$100 pesos, and entrées between \$100 and \$200. I would highly recommend this restaurant for a special celebration or for entertaining out-of-town guests. **Location:** Avenida Mexico 3130 (It's on your right if you are going west, about 2 blocks before Plaza Mexico). V. Wootton

## AmSoc Board Meeting Minutes

*June 9, 2010*

Members present: Ann Whiting, Bruce Newby, Jerry Dankner, Jim Armstrong, Jim Watkins, Regis Soileau, Patricia Olarte

Guest: John Griffin, who with his extensive banking and bank software development experience, has offered to assist in the association's financial areas.

The meeting was called to order at 10.35am with a quorum in attendance.

1. The treasurer's report was reviewed and approved.
2. Bank balance as of May 31, 2010 \$249,709.72
3. Bank balance as of May 31, 2009 \$204,792.46

### *Old Business:*

4. Ann asked the US Consul General to distribute the AMSOC website address and he kindly agreed to do so.
5. Bruce placed an ad about AMSOC in the Denver Post, at his own expense, but at this point there has not been any response.
6. The mothers and fathers day celebration was successful.

### *New Business:*

7. The board unanimously appointed John Griffin to assist the treasurer.

8. There will be a 50-50 raffle at the 4<sup>th</sup> of July celebration.
9. Jim A. suggested inexpensive paper window blinds for the front window and covering the two front skylights to help cut down on the heat, which was accepted.
10. On July 17<sup>th</sup> there will be an English conversation group and English Toastmasters event, starting at 8:30 pm. All are invited to participate.
11. It was agreed to dispose of the old decayed desk on the upstairs patio.
12. Future events: 4<sup>th</sup> of July celebration on the 3<sup>rd</sup> of July. No events planned for August. September 6<sup>th</sup> Labor Day to be determined. October Halloween party to be planned.
13. Ann suggested giving a note of thanks to Lupita and Rosie, which she will make up. Suggestion well received and accepted.

## Quotations

*Any fool can criticize, condemn, and complain—and most fools do.*  
Dale Carnegie

*Always get married early in the morning. That way, if it doesn't work out, you haven't wasted a whole day.*  
Mickey Rooney

*Because we don't think about future generations, they will never forget us.*  
Henrik Tikkanen

*Los hombres risueños, generalmente, son sanos de corazón. La risa es la sal de la vida. La alegría inocente de los niños se desborda una catarata cristalina que brota a plena garganta.*  
Rubén Darío

## Recipe: Shrimp Pasta Salad

### Ingredients (Serves 4)

- 1/2 package small seashell pasta
- 1/2 small green bell pepper, chopped
- 1/2 small red bell pepper, chopped
- 2 green onions, finely chopped
- 1 large celery stalk, chopped
- 12 large pitted black olives, sliced
- 1 cup small cooked shrimps
- 1/2 cup mayonnaise or Ranch dressing
- 1/2 teaspoon prepared mustard
- 1 teaspoon apple cider vinegar

### Directions

Cook pasta in water al dente, then drain and rinse in cold water. Mix vegetables together with shrimps. Blend salad dressing with mustard and vinegar. Mix dressing and the salad together. Cool in the refrigerator before serving.

## Happiness comes with age

Despite the aches and pains of aging, and the decrease of vigor, people over the age of fifty report feeling happier as they get older.

The telephone survey carried out in 2008, covered more than 340,000 people nationwide (U.S.) aged from 18 to 85. The subjects were asked various questions about age and sex, current events, personal finances, health, and other matters. The survey also asked about “global well-being” by having each person rank overall life satisfaction on a 10-

point scale, an assessment many people may make from time to time, if not in a strictly formalized way.

Finally, there were six yes-or-no questions: Did you experience the following feelings during a large part of the day yesterday: enjoyment, happiness, stress, worry, anger, sadness. The answers, the researchers say, reveal “hedonic well-being,” a person’s immediate experience of those psychological states, unencumbered by revised memories or subjective judgments that the query about general life satisfaction might have evoked.

The results, published online May 17 in the Proceedings of the National Academy of Sciences, were good news for old people, and for those who are getting old. On the global measure, people start out at age 18 feeling pretty good about themselves, and then, apparently, they start to feel worse and worse until they hit 50. At that point, there is a sharp reversal, and people keep getting happier as they age. By the time they are 85, they are even more satisfied with themselves than they were at 18.

In measuring immediate well-being—yesterday’s emotional state—the researchers found that stress declines from age 22 onward, reaching its lowest point at 85. Worry stays fairly steady until 50 then sharply drops off. Anger decreases steadily from 18 on, and sadness rises to a peak at 50, declines to 73, then rises slightly again to 85. Enjoyment and happiness have similar curves: they both decrease gradually until we hit 50, rise steadily for the next 25 years, and then decline very slightly at the end, but they never again reach the low point of our early 50s.

The study was not designed to figure out which factors make people happy, and the poll’s health questions were not specific enough to draw any conclusions about the effect of disease or disability on happiness in old age. But the researchers did look at four possibilities: the sex of the interviewee, whether the person had a partner, whether there were children at home and employment status. “These are four reasonable candidates,” Dr. Stone said, “but they don’t make much difference.”

Could it be that after the age of fifty, we have finally grown up enough to become more tolerant? The things that annoyed and upset us earlier in life aren’t taken so seriously, and we become resigned to accept things we cannot change. And the kids have finally left home.

*Based on an article in the New York Times*

### *Cirugía Plástica*

*Dr. Rodrigo Navarro*  
*Equipo de cirugía plástica*

*Cirugía Oral*

*Odontología Cosmética*

*Consultas*

*Bilingual English/Spanish*

Mobil: 044-33-1285-5124

IMPLANTES – LIPO – LASER

\*AmSoc Member



## Announcements

### 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

### Good Dentist

who speaks English

Dra. Olga C. Sanchez Vergara

Cleaning \$450p

Filling \$550

X-Ray \$70

Crown \$1,200

Calle Juan Alvarez 672  
2½ blocks east of Federalismo)

Tel. 3614-3890

**Francisco 3332, Chapalita**

## Over-eaters Anonymous

12-step program for compulsive eating. The group is self-supporting from member contributions. No fees or dues. Meetings are held in the library every Saturday 11 a.m. – 12 noon

Contact: Daryl 33-3507-4746

## Hypnosis & Psychotherapy

Stop smoking    Lose weight  
Stress            Self confidence  
Insomnia        Depression  
Memory         Concentration

**Patricia Dygula    3632-5723**

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

## 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 & Niños Heroes.

## Weekly Calendar

|           |  |
|-----------|--|
| Monday    | Breakfast 9:00<br>Aerobics 8:30 a.m.<br>AA Meeting 6:00 p.m.   |
| Tuesday   | Breakfast 9:00 a.m.  |
| Wednesday | Breakfast 9:00<br>Aerobics 8:30 a.m.<br>AA Meeting 6:00 p.m.   |
| Thursday  | Breakfast 9:00 a.m.<br>Lunch 12:30 p.m. Games until 4:00   |
| Friday    | Breakfast 9:00<br>Aerobics 8:30 a.m.<br>AA Meeting 6:00 p.m.   |
| Saturday  | Breakfast 9:00 a.m.<br>Overeaters Anonymous 11:00 a.m.<br>English conversation group 1:00p.m.<br>Toastmasters 1 p.m. |

## Bilingual Service & Information

Comprehensive help for visitors and newcomers to Mexico

### Experienced with the new immigration online application system for FM3/FM2 renewal

Assistance with government agencies  
Rental or purchase of property  
General maintenance and repairs  
Household moving

**Carlos Ruiz Checa**

\*Member of AmSoc

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**044-33-3153-9888**

Email: [caruche@hotmail.com](mailto:caruche@hotmail.com)

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

## House for rent

Beautifully restored 19<sup>th</sup> century house in El Centro. Within walking distance of Teatro Degollado, Alcalde Market, and many cultural facilities. Great shopping all around!

2 bedrooms, 3 baths, den.  
Fully furnished including linen and dishes.  
Fully equipped kitchen, washer & dryer  
Also includes bi-weekly maid service.

**\$775 US per month for min. 6 mo. rental.**

*Rate negotiable for longer term*

**Call: Jo Anna at 01 322 297-0674, or**

Vicki (33) 3647-6232 (between 8 a.m. and 7 p.m.)

Or email: [lamoraina@yahoo.com](mailto:lamoraina@yahoo.com)