



# The Voice

Newsletter of the American Society of Jalisco, A.C. March 2011 Edition

The American Society of  
Jalisco, A.C.  
La Sociedad Americana de  
Jalisco A.C.

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## Advertising:

Members, \$30 peso per month  
donation to AmSoc or \$300/yr  
Non-members \$60 pesos/m or  
\$600/yr

## March Events

### Grand Celebration

### Combination St. Patrick's Day and AmSoc's Birthday

Thursday, March 17 at 1:30 PM (Doors  
open 12:00)



### Menu

Boiled Brisket or Smoked Turkey with  
Cabbage & Carrots, Potatoes, Salad and Birthday Cake

*Come on everyone—join the fun!*

Tickets: \$120 peso donation, guests \$140

### AmSoc Book Club

Thursday, March 24

Book: *To Kill a Mockingbird* by Harper Lee

10 am Discussion

12 noon Lunch (optional)

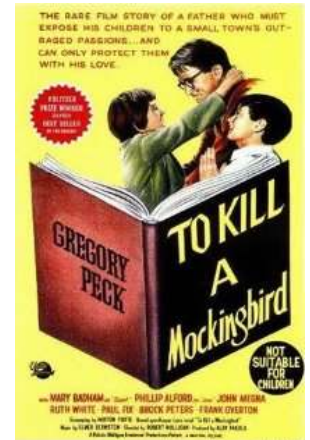
2 pm Movie starring Gregory Peck

\$20 peso donation

The book is a gripping drama centered on racial inequality in the Deep South that goes to the roots of human behavior as seen through the eyes of the author as a young girl.

Many of us saw the movie for the first time when we were young, although fewer of us have read the book. Now, fifty years later, having lived through the 60's and 70's when civil rights were hotly contested in the United States, we can bring those perspectives bear when we re-analyze the book and movie. Have the book and movie retained the qualities that made them landmark media sensations when they were both issued? Is the message as relevant now as it was then?

Join us even if you haven't read the book, although you may have time to read it between this notice and the meeting. It's not a thick book, and sells for \$7.99 U.S. in paperback. One copy available at Sandi's English Book Store. Due to the peculiarities of the author (which in itself is another story), the book is not available on Kindle. Contact Cam Esser at cesser@cox.net for more information.



### New Activities starting in March

**Light Exercise** classes start Monday, March 7th. Monday, Wednesday and Friday from 10 a.m. to 11a.m. First week free, thereafter \$25 pesos per class.

**Beginner's Spanish** Monday, March 7th to Friday, April 1st. Classes will be Monday, Wednesday & Friday 11a.m. to 1p.m.

Instructor Alejandra Vielma, native Spanish speaker.

Donation appreciated: \$15 pesos members, \$20 pesos non-members

# Health News

Source: Daniel J. DeNoon, WebMD

Jan. 31, 2011 -- For the first time, new U.S. dietary guidelines do more than tell us what's good for us: They spell out how to avoid specific foods and lifestyle choices that make us fat and sick.

The new guidelines come with an astonishing list of the foods from which Americans are getting most of their calories. And for the first time, they address the environmental factors—such as neighbor-hoods crammed with fast-food restaurants—that are a major part of the obesity epidemic.

The new dietary guidelines focus on two major themes:

- Watching calories to achieve and maintain a healthy weight.
- Tipping the balance of calorie intake: More calories from nutrition-rich foods, fewer calories from solid fats, sugars, and refined grains.

There's also a focus on getting children to adopt healthy lifestyles.

Change eating habits.

- Enjoy your food, but eat less.
- Avoid oversized portions
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals - and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Eat this



Instead of this



*So what should the new American diet look like?*

The new guidelines suggest:

- Eat more seafood -- at least 8 ounces a week.
- Eat more fruits and vegetables.
- Substitute healthy oils for solid fats (e.g., lard).
- Avoid fast foods.
- Exercise more.
- Read food labels.
- Substitute whole grains for refined grains.
- Eat more beans and peas.
- Get plenty of fiber, potassium, and vitamin D.
- Eat/drink more nonfat or low-fat dairy products.
- Replace high-fat meats with lean meats.
- For some Americans, drink less alcohol.
- Get off your SoFAS. (Avoid extra calories from **S**olid **F**ats and **A**dded **S**ugars.)

# Quotations

*God loved the birds and invented trees. Man loved the birds and invented cages.*  
Jacques Deval

*The desire to take medicine is perhaps the greatest feature which distinguishes man from animals.* Sir William Osler

*Don't walk behind me; I may not lead.*

*Don't walk in front of me; I may not follow.*

*Walk beside me; that we may be as one.*

Native American (Ute) Proverb

*No se puede ser feliz a solas; la única cosa que se puede hacer para ser feliz es la de crear las condiciones para que los demás sean felices, o sea entregárseles de manera desinteresada.*  
Ratzinger

## Discovery

### A Sushi Surprise

On Sunday, because the sushi place we wanted to visit was closed; we stumbled on a very nondescript looking place called La Casa del Sushi on Patria near Cruz del Sur (northwest corner).

The restaurant is unassuming, with two tables and four counter chairs but the sushi is really good, ample and inexpensive. It is made to order so it takes a bit of time. Three good size sushi rolls plus two soft drinks cost less than 200 pesos and we had to take quite a bit home. The cooks and waitress are young, pleasant and the service is good. Unlike a sushi restaurant that we visited several time in Santa Tere, they provide Japanese Wasabi mustard. The music was terrible (my taste) but they immediately turned it down on request.

They are open from 12:30 to 11:00 PM and advertize a home delivery service. Telephone: 3133-4612.

Jerry Dankner

## Profile: Bette Drumond

Bette was born on July 24, 1939 in Columbus, Nebraska. Her great-grandfather helped settle and name the nearby town of Nehawka and was listed in an agricultural who's-who publication. She said he planted more trees in Nebraska than J. Sterling Morton who founded Arbor Day. She has one brother and sister and a half-sister.



She attended school in Bancroft, Nebraska but graduated from Prairie Bible High School in Canada. She completed one-year at Rockmont College in Colorado and one-year at Prairie Bible College in Canada. Bette loved learning; she craved knowledge. While in high school and college she worked for her father who owned a John Deere store in Bancroft.

She was married in 1959. She and her husband had four children, three boys and one girl between 1960 and 1970. They were sharecroppers, raising hogs and crops which she enjoyed. Because her husband liked to move and change jobs and she found herself living in Southern California a couple of times. But with no friends or family there and being allergic to smog she found a way to get back to Nebraska.

After owning a profitable radiator shop in Alliance, Nebraska, for ten years, Bette and her husband separated

and were later divorced. In 1989 she moved to Denver, Colorado where she was employed for 19 years at the Regional Transportation District as a Budget Analyst. After retiring in 2005 she took off on a solo three-month tour of Europe staying in youth hostels. Her favorite place was Estonia with Italy a close second.

In 2007, she took a one-semester course in Spanish at CEPE in Guadalajara. She already knew Spanish but needed to learn more because she wanted to go on mission trips with her church. She fell in love with Guadalajara and after several more visits sold her Colorado home in 2010, and moved here permanently.

Bette's hobbies are reading—she likes adventure, science fiction, political thrillers and spiritual books. She also likes to do embroidery, needlework, and jigsaw puzzles. Her interests are writing, teaching Bible studies and English. For sports, she likes to walk and is a pretty-fair volleyball player.

The highpoint of her life was in 1956 when she accepted Jesus Christ as her personal savior. She's also proud to have had her short stories, articles and poetry published in a regional magazine. She had one famous friend, the child actress, Margaret O'Brien, who was her neighbor in Encino, California. Because of this brush with fame Bette had her name printed in the Denver Post.

Bette also likes to talk to people and you often see her at AmSoc chatting with her friends or new acquaintances.



*New board members sworn in by the U.S. Consul, Daniel Keller*



*Guests at the swearing-in luncheon*

**AMSOC BOARD MEETING MINUTES:  
February 2011**

Present:

Ann Whiting, Bruce Newby, John Griffin, Jim Watkins, Regis Soileau, Jerry Dankner, Cliff Esser.

1. The meeting was called to order at 10:30 am with a quorum in attendance.
2. The treasurer's report was reviewed and approved. John will investigate moving some funds into investments.

**Committee Reports:**

The Inauguration luncheon was successful. Consul General Daniel Keller administered the oath of office to the new board members.

**Old Business:**

1. Lupita arranged for a welder to fix the front gate - done.
2. Replacement of the asbestos *tinaco* (roof top water tank) with a plastic one for \$3,500 pesos was approved - this includes a metal base plate and replacing the main water valve.
3. Cleaning via wet sanding and polishing the floors (including the kitchen, main bathroom and stairs) for \$7,500 pesos was approved. This is the first time that the floors will be cleaned and polished since AMSOC occupied the building.
4. Blankets were donated to the Tarahumara Indians.
5. Bathroom repairs, including faucets, remain to be defined and priced.

**New Business:**

1. Salaries for Lupita and Rocío were increased by inflation plus 1%.
2. A light exercise class will begin on March 7<sup>th</sup> at 10:30 AM with the intention of providing heart-strengthening exercises for our members. The classes will be held on Monday, Wednesday and Friday from 10:30 to 11:15 AM. The first session introductory and free. Thereafter the cost is \$25 pesos per session.

The meeting adjourned at 11:00 AM.

**Humor**

***The LAPD, the FBI and the CIA***

The LAPD, the FBI, and the CIA are all trying to prove that they are the best at apprehending criminals. The President gets tired of the bickering and decides to give them a test. He releases a rabbit into a forest and each of them has to catch it.

The CIA goes in. They place animal informants throughout the forest. They question all plant and mineral witnesses. After three months of extensive investigations they conclude that rabbits do not exist.

The FBI goes in. After two weeks with no leads they burn the forest, killing everything in it, including the rabbit, and they make no apologies. The rabbit had it coming.

The LAPD goes in. They come out two hours later with a badly beaten bear, who is yelling: "Okay! Okay! I'm a rabbit! I'm a rabbit!"

**Books**

***Bobbye Trotter comments on two books about the British Royal Family***

On AmSoc's Biography shelf I saw two books about the Duchess of Windsor. Even though they're older books and written about a woman belonging to another era they caught my eye because British royalty is back in the limelight. We're captivated by the news of Prince William's upcoming wedding, and the movie, *The King's Speech* which has garnered the most nominations at this year's Academy Awards.

In 1936, King Edward VIII abdicated so he could marry the twice-divorced Wallis Simpson. They later became the Duke and Duchess of Windsor. King Edward's brother, Prince Albert, assumed the throne and became King George VI, the father of Queen Elizabeth. He didn't want to be king as he felt ill prepared for the position. He found public speaking painful because of his pronounced stammer. The movie, *The King's Speech*, is based his struggle to overcome this problem.

The marriage of the Duke and Duchess of Windsor changed the course of British history so the unique story of the woman from Baltimore for whom a king gave up his throne makes for compelling reading. One book *The Woman Who Would Be Queen* by Geoffrey Bocca, written in 1954, much closer to the actual events. *The Story of Wallis Warfield Windsor*, written in 1981, by Stephen Birmingham after the deaths of both Windsors, deals with their 35-year marriage.



## Announcements

### Recovery Corner

#### *Over-Eaters Anonymous*

A 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

#### *Alcoholics Anonymous - Chapalita*

Friends of Bill W. AA Group has their meetings in the main AmSoc building. Monday, Wednesday & Friday from 6:00 PM to 7:00 PM.

#### *Alcoholics Anonymous - Centro GDL*

Lunch and a Meeting (Open) AA Group 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 a.m.
Aerobics	8:30 a.m.
AA Meeting	6 p.m.

### Tuesday

Breakfast	9 a.m.
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### Wednesday

Breakfast	9 a.m.
Aerobics	8:30 a.m.
AA Meeting	6 p.m.

### Thursday

Breakfast	9 a.m.
Lunch	12:30 p.m.
Games	11-4

### Friday

Breakfast	9 a.m.
Aerobics	8 a.m.
AA Meeting	6 p.m.

### Saturday

Breakfast	9 a.m.
Overeaters Anon.	11 a.m.
English conversation	1 p.m.
Toastmasters	1 p.m.

## Salud Integral

Club de AmSoc  
Stress Management  
Physiotherapy · Massage Therapy  
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

## 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

English speakers call:

044-33-1220-2715

## 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



Best Leading Actor:  
**Colin Firth,**  
The King's Speech



Best Supporting Actor:  
**Christian Bale,** The Fighter



Best Picture: **The King's Speech**

## *The 2011 AmSoc Academy Awards Gala*



The first Oscar Gala at the American Society was held on Sun. Feb. 27, 2011. After everyone arrived— sans a red carpet—a sing-along of Academy Award winning songs began. From Moon River to Raindrops Keep Falling on My Head, Bar strummed his guitar while voices were raised.

Pizza, popcorn, drinks and other movie snacks were served.

Once the red-carpet activities in Hollywood began the attendees sat down at tables beautifully decorated in black and gold.

Ballots were passed out.

Sue Hurst picked the most winners. Second place went to out-of-town guest, Sandra Pattillo, for picking the fewest winners. They each received a set of past Academy Award winning movies.

During the commercial breaks, the good or bad merits of this year's nominated movies were discussed.

A number of books from the AmSoc library were on display that included biographies of award-

winning actors, actresses and directors. We hope this "Gala" becomes an annual event.



Best Leading Actress:  
**Natalie Portman,** Black Swan



Best Supporting Actress  
**Melissa Leo,** The Fighter



Best Director: **Tom Hooper,**  
The King's Speech