

# The Voice

Newsletter of the American Society of Jalisco



## May Events

### Kentucky Derby

Saturday, May 27th

*Come and join us at AmSoc clubhouse!*

Doors open 4 p.m. Food at served 5 p.m.

#### Menu

*Chicken salad sandwiches and Derby pie*

*Cash bar with mint juleps*



*Derby Hat contest and other events*

### Parent's Day Luncheon

*Honoring Mother's Day and Father's Day*

Saturday, May 14th

#### Menu

BBQ ribs or chicken with salad and dessert

Doors open 12:00, Lunch served at 1:30

Members \$120 pesos, Guests \$140

Tickets available at AmSoc clubhouse



### Light Exercise Classes

Monday, Wednesday and Friday, 10 a.m. to 11 a.m.

On Wednesdays, Spanish Classes from 10 a.m. to 1 p.m.

May 2011 Edition

The American Society  
of Jalisco A.C.

La Sociedad Americana  
de Jalisco A.C.

Avenida San Francisco 3332  
Colonia Chapalita  
Guadalajara, Jalisco, Mexico

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Members: \$30 pesos monthly  
Yearly \$300

Non-Members: \$50 monthly  
Yearly \$500

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## Quotations

*Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened.*  
Winston Churchill

*Sanity calms, but madness is more interesting.*

John Russell

*There are two means of refuge from the miseries of life... Music and cats*  
Albert Schweitzer

*No permitiré que ningún hombre rebaje y envilezca mi alma haciéndome que lo odie.*  
Booker T. Washington

### Funny quote

*After twelve years of therapy my psychiatrist said something that brought tears to my eyes. He said, "No hablo ingles."*

## AMSOC BOARD MEETING MINUTES March 09, 2011

### Present

Ann Whiting, Jim Watkins, Jim Anderson, John Griffin, Regis Soileau, Jerry Dankner, David Ruiz.

1. The meeting was called to order at 10:26 am with a quorum in attendance.
2. Treasurer's report: John will generate a financial plan including estimated monthly expenses, amounts to be set aside for employees, unpaid expenses already incurred (e.g. remodeling of bathrooms), and a recommendation for balances to be maintained in immediately available funds, and a balanced investment portfolio. The account at Banco Actinver (formerly Lloyd Actinver) is to be closed and the funds transferred to the O'Rourke account. John will determine the requirements for the deposit and Ann Whiting will have a check issued by Actinver for deposit at O'Rourke. John and Lupita will work toward a more useful monthly financial report, to include accrued (committed but unpaid) expenses and clearer comparisons of income and expenses to budget. The report was approved by unanimous vote

### Committee Reports:

The Friendship and St Patrick's Day/AMSOC Anniversary luncheons were both successful with 37 and 55 attendees respectively.

### Old Business:

1. The bathroom faucet and valves were replaced.
2. Both bathrooms have new floor tiles.
3. The upstairs ceiling repair was completed.

### New Business:

1. It has been brought to our attention that the Toastmasters and AA groups are not cleaning up the facility after their meetings, including spillage of liquids on the floors. A cleaning deposit from both groups was proposed and approved.
2. As reported some months ago, some groups are not adequately locking the doors when they leave. The consensus is to rekey the entry doors and provide keys as necessary with signatures for their receipt, preceded by a letter to all members and groups that use the facility regarding this plan. Rekeying to be coordinated by Bruce on his return.

3. Additionally, a significant amount of flatware is missing, even after scouring the garbage for pieces that have been thrown out. A reasonable suggestion was to have a container with soapy water available for people to deposit their flatware after its use.
4. John pointed out that we do need some addition kitchen utensils, such as a good vegetable peeler and chef's knives. The board approved checking with Lupita for what is needed, first checking with the gas company for what's available with points and subsequently spending a maximum of \$2,000.
5. CODE is a state government organization (via the Secretary of Education) that provides a facility to encourage sports activities for youth and also has several swimming pools available to the public. Kliff Harrison presented a proposal to help them, especially with respect to facilities for the handicapped. We will write a letter to the director, on AMSOC letterhead, explaining who we are and stating that Kliff wishes to provide assistance - consulting based upon his construction experience, money and small materials such as toilets/toilet seats.
6. Overseas American Project - an organization that helps foreign residents register to vote. We will pass their E-Mail to Vicki to put in the Voice so that those members who wish to contact them may do so.
7. New AMSOC brochure. Jerry will coordinate with Vicki who was unable to attend today due to an accident.

### Event Schedule:

1. A Kentucky Derby event is planned for Saturday, May 7 <...>
2. Mothers Day and Fathers day will be celebrated Saturday May 14th. <...>

The meeting adjourned at 11:25 AM.

## Diabetes Health tips

So many of my friends and acquaintances are diabetics, I have assembled this information for you. I'm sure many of you know all this, but it does no harm to review it once in a while.

One of the things diabetics have to watch out for is minor injuries, especially to your feet. A small cut or contusion can quickly develop into a major problem if it is not taken care of right away.

### Good footwear is very important.

- Avoid shoes with pointed toes, and thong-styles.
- Don't buy shoes with heels that are too flat or too high because they don't allow for even distribution of foot pressure.
- Look for styles that have soft insoles.
- Choose leather, canvas, or suede styles to allow adequate circulation of air. Plastic or other materials don't allow the shoe to "breathe."
- Look for such features as laces, buckles, or Velcro. These make it easier to adjust the shoe
- Don't wear shoes that are too tight or too loose; you don't want to raise blisters

### 1. Don't walk around barefoot.

Take a minute to put a pair of slip-on shoes and socks near the door so you aren't tempted to go outside

barefoot. Make sure your slippers or house shoes are in a handy location too, so you'll remember to wear them inside to avoid injury.

## 2. Do a Quick Body Scan

As you dry off from your shower each day, inspect your body head to toe. Look for dry, red, or sore spots that could become infected. Don't forget the places where moisture can hide and bacteria can grow. Use a mirror to help you see all over and treat injuries quickly.

## 1. Prepare Emergency Snack Packs

Always carry glucose tablets or some hard candy—real sugar—with you when you go out in case hypoglycemia—low blood sugar—strikes. When blood sugar drops below 70 milligrams mg/dL, you may feel, dizzy, hungry, or shaky.

## 2. Take a 2-Minute Test

Put your glucose monitor on your nightstand to remind you to check blood sugar first thing in the morning and before bedtime. Target range before meals is between 90 and 130 mg/dL. Before bedtime, between 110 and 150 mg/dL.

## 3. Make Insulin Work for Your Lifestyle

If your schedule is fast-paced and meal times are unpredictable, ask your doctor about rapid- or fast-acting insulin. These rapid-acting insulins can be taken just before eating and have an effect on your blood sugars within 30 minutes.

## 4. Power Up Your Diet (See list below)

Print the American Diabetes Association's list of 10 super foods. Post the list on your refrigerator so it's ready when you make your shopping list, plan meals, or look in the refrigerator for something to eat.

## 5. Drink Some Water

High glucose causes your body to lose fluid, and your skin can get dry. It may get itchy or crack and that can lead to infection. Drink plenty of water and other fluids to help your skin stay moisturized and healthy.

## 6. Remember Your Medical Alert Bracelet

Putting your medical alert bracelet or pendant near the things you wear every day or near your keys may help you remember to put it on. In an emergency, if you're confused or unable to speak, it can save critical time by letting others know about your diabetes.



## 7. Exercise in spurts

Exercising 30 minutes a day is an important part of managing your diabetes. But it can be difficult to fit into a busy lifestyle. Break it up into three 10-minute spurts instead.

## 8. Assemble a First-Aid Kit

Diabetes complications can turn minor injury into a major problem. Take a few minutes to gather these supplies:

- hydrogen peroxide for cleaning wounds
- triple-antibiotic cream for dressing cuts and scrapes

- sterile gauze for covering wounds

## Top 10 diabetes superfoods.

All of the foods in this list have a low glycemic index or GI and provide key nutrients that are lacking in the typical western diet such as: Calcium, potassium, fiber, magnesium, vitamins A (carotenoids), C, and E.

- Beans
- Nuts
- Citrus Fruit
- Sweet Potatoes
- Berries
- Tomatoes
- Fish High in Omega-3 Fatty Acids
- Dark Green Leafy Vegetables
- Fat-free Milk and Yogurt



[The American Diabetes Association's book What Do I Eat Now?](#) provides a step-by-step guide to eating right.

## My Word!

I was born in Derby (pronounced *Darby*) in England, so the name always catches my attention. I am particularly interested to see the Kentucky Derby event at AmSoc includes Derby Pie and am curious to know what it is. I can't think of anything specific to my hometown, but in the county of Derby (Derbyshire) there is a lovely little town called Bakewell, which is famous throughout the UK for its *Bakewell Tart*. It is truly delicious and a great favorite of mine. For you dedicated cooks, here's the recipe:

### Bakewell Tart

#### Ingredients:

Pie shell. If you want to make it from scratch, the authentic crust includes a little icing sugar and the ingredients are bound together with beaten egg yolks instead of water.

#### Crust

Roll out the pastry and put it in an 8" pan (a layer-cake pan is good). Line the crust with greaseproof or waxed paper and fill with baking beans (to keep its shape). Bake in 170°/375F oven until it is a light golden color. Remove from oven, take out beans and waxed paper, and wrap in cling-wrap; chill for 15-30 minutes.

#### Filling

- 2-4 tbsp raspberry jam
- 1 1/2 sticks butter
- 3/4 cup superfine sugar
- 3 medium eggs plus 1 yolk, beaten
- 1 1/2 cups ground almonds
- Zest of 1 medium lemon (optional)
- 2 tbsp almond flakes

*Spread jam in bottom of crust before adding filling.*



## Method

Cream the butter and sugar together until color lightens. Add the beaten eggs and egg yolk, a little at a time. Gently fold in the ground almonds and lemon zest.

Pour the mixture in to the pastry case and gently level the surface to ensure the whole case is filled. Bake for 20 minutes. Sprinkle the flaked almonds on to the surface and bake for a further 20 minutes or until golden and set.

Cool before eating. (VW)

## More about health

### Stroke-CVA (Cardio-Vascular Accident). What are the signs?

Remember these four indications if you suspect someone may be having a stroke; (falls down, for example, or has trouble speaking).

S - Smile. Ask the person to smile.

T - Talk. Ask person a question.

R - Raise. Ask person to raise both arms.

T - Tongue. Ask person to stick out the tongue. (Tongue would be crooked.)

If he or she has trouble with ANY ONE of these tasks, call emergency number (066 in Mexico) immediately and describe the symptoms to the dispatcher.

## Notices and Announcements

### 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

## 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 AmSoc library every Saturday 11 a.m. - 12 noon. Contact: Daryl 33-3507-4746

### Alcoholics Anonymous - Chapalita

Friends of Bill W. AA Group have 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 meetings at Mexicaltzingo 1238 corner of. Pavo in el 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.

## AMSOC FRONT DESK

AmSoc has an opportunity for a member who enjoys meeting people, taking phone messages, providing information, and helping members. Excellent opportunity to keep up on the goings-on at AmSoc and to make new friends. Call Reggie or Lupita 3121-2395

## Weekly Calendar

### Monday, Wednesday & Friday

Breakfast	9 a.m.
Aerobics	8:30 a.m.
Light exercise	10 a.m.
Beginner's Spanish	11 a.m.-1 p.m.
AA Meeting	6 p.m.

### Tuesday

Breakfast	9 a.m.
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### Thursday

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

### 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

## Hogar de los Niños Donations

Thanks to Regis Soileau, a donation box for the Salvation Army children's orphanage has been placed on the front desk at AmSoc. It will be left there year-round for donations, handy for you to get rid of all that change that's weighing you down! The orphanage is always in need of financial help and these small donations can make a difference, and be a welcome addition to the Christmas donation from the American Society.

**HOUSE TO SHARE  
3 BED/3 BATH**

Downtown Guadalajara - 5 blks from Teatro Degollado

Fully furnished, including washer & dryer

Prefer mature woman, no children.

Includes: water, wireless internet  
maid service 2x per week,

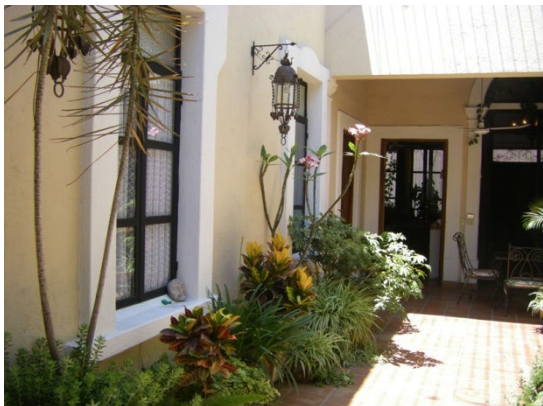
Owner, a 67-year-old woman,  
will share house July 1-Nov 15th.

Rent: Nov 16 - June 30 \$8,000,  
July 1st - Nov 15th \$5,000.00

Limited street parking.

Please call Jo Anna at 33-3613-4566 or  
Cell 331-074-9116

Email lamoraina@yahoo.com



*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*

**Lists**

*The cheapest places in the world to live*

You can live in these places for around \$500 a month

- Thailand
- Cambodia
- The Philippines
- Costa Rica
- Belize



*Belize*

*The most polluted cities in North America*

- Pittsburg USA
- Windsor Canada  
(downwind of Detroit)
- Mexico City



*Windsor*

*The most livable cities in the world*

1. Vancouver Canada
2. Melbourne Australia
3. Vienna Austria
4. Toronto Canada
5. Calgary Canada
6. Helsinki Finland
7. Perth and Adelaide Australia
8. Auckland New Zealand

*Adelaide*



# Supplement

## Overseas Voter Foundation

This message is brought to you at the request of the AmSoc board of directors.

March 28, 2011

Dear Sir or Madam:

Overseas Vote Foundation (OVF) is a non-partisan, non-profit organization dedicated to the civic participation of overseas Americans. Our programs include voter support and outreach, technology development and analysis, and electoral research.

As you are probably aware, the US census does not include the counting of citizens living abroad. This impedes the effectiveness of the Federal Voting Assistance Program (FVAP), the governmental entity responsible for facilitating military and overseas voter participation pursuant to the Uniform and Overseas Citizens Absentee Voter Act (UOCAVA), as well as the work of other agencies and organizations who are concerned with the activities and policies that involve US citizens abroad.

It is estimated that 4 to 6 million Americans live overseas; however, no one has been able to validate this number in recent years. The FVAP has decided to embark on a comprehensive, international research project to produce an up-to-date overseas citizen population figure based upon multiple sources, including membership organizations like yours. As you can imagine, it is vital for the provision of services and programs, by non-profit and governmental organizations alike, that we have an accurate picture of Americans overseas. Therefore, the FVAP has engaged OVF, together with LexisNexis, to ascertain the number of American citizens living overseas.

The outcome of this project will not only provide the data and insight that the FVAP needs to effectively fulfill its mission, it will also help other organizations and entities provide meaningful assistance and services to the oft-overlooked overseas American community.

Although our overseas population is thought to be in the millions, overseas citizens are rarely considered when U.S. policies and programs are created. Knowing these numbers could help U.S. citizens abroad understand their position in relation to the population in the U.S. in general.

Unfortunately, many citizens living outside the U.S. are unaware of their voting rights and the impact that their participation could have.

Due to the lack of knowledge regarding the present-day number and location of American citizens abroad, American overseas citizens are often viewed as disconnected, or "separate" from Americans who reside stateside. This project gives us a profoundly important opportunity to transform our understanding of the overseas community as well as raise awareness of their needs and the obstacles they face.

We are contacting you in the hope that you can help us with this overseas citizen count. This project is a first-of-its-kind effort and with your support, it can be successful. The final report will be publicly available and of value to American citizens and organizations worldwide.

It is our understanding that your organization has members who are American citizens. If you are willing to participate in this project, and to make sure that your members are not overlooked, we ask that you please contact us at your earliest convenience for further details. As a next step we would be happy to set up a telephone call with you to discuss the project.

Below you will find a statement of support from Bob Carey, the Director of the FVAP. Mr. Carey and the FVAP guarantees, as do we, that participation in this project will not compromise the privacy of your members in any way.

To learn more about OVF, our mission and the work that we do, please visit our site at

<https://www.overseasvotefoundation.org/about-what-we-do>.

If you have any questions or concerns about this project and/or your participation, please feel free to contact me directly or OVF's President, Susan Dzieduszycka-Suinat at [susan@overseasvotefoundation.org](mailto:susan@overseasvotefoundation.org) or +1 202 470 2480.

Thank you for your time and consideration. I look forward to hearing from you at your earliest convenience.

Respectfully,

Sheri Flynn

Overseas Vote Foundation

[citizens-count@overseasvotefoundation.org](mailto:citizens-count@overseasvotefoundation.org)

Statement of Support from FVAP Director Bob Carey

As the Director of the Federal Voting Assistance Program (FVAP), I am charged with implementing programs that provide our citizens living abroad who wish to vote in our elections with the tools and assistance they need in the voting process.

A critical element in my ability to assist overseas citizens is to know where large clusters of our citizens reside, and their relative size. This enables my office to more accurately allocate and direct resources and voter assistance programs. In order to update our current databases, we are requesting the cooperation of a variety of organizations to ensure that we have the most accurate count of citizens living abroad. These organizations include: U.S. and international organizations, associations, clubs, businesses, non-profits, and U.S. and foreign governments.

Your cooperation in this effort is crucial and I appreciate any assistance that you might offer to estimate the number of Americans in your organization and their geographic location. I can assure you that any data that you provide will not be released in any form that will include identifiable elements for any Americans living abroad. The security and privacy of U.S. citizens is of high importance and we are taking extensive security measures in the collection and storage of all project-related data.

If you have any questions regarding this effort or the Federal Voting Assistance Program, please feel free to contact my office.

**Overseas Citizens Count Project Overseas Vote Foundation** [citizens-count@overseasvotefoundation.org](mailto:citizens-count@overseasvotefoundation.org)