



# The Voice

Newsletter of the American Society of Jalisco, A.C.  
November 2009 Edition

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

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## AmSoc Thanksgiving dinner

Thursday, November 26

Doors open 12:30 p.m.  
dinner served at 1:30p.m.

### Menu

Home baked turkey with  
dressing, sweet potatoes, gravy,  
salad, cranberry sauce  
Traditional pumpkin pie with  
whipped cream for dessert.

Members \$200, guests \$225 pesos  
Seating limited to 150, no exception  
*Must have reservation and prepay  
before Friday, November 20*

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## Health in the news

### US President has declared HINI a national emergency

*The White House reported President Obama signed the proclamation concerning the 2009 H1N1 outbreak on Friday evening [October 23]. BBC News.*

## What can WE do about it?

Everyone is concerned about the H1N1 virus, but we don't have to be intimidated by this menace. We have a much better chance of fighting off infection, or alleviating symptoms, if we adopt a few common-sense and easy-to-implement practices that cost very little or nothing.

### Diet: Immune System Boosters

Eat these foods regularly to help boost your immune system and help it fight off infections and other health problems.

1. **Eat more fish.** The omega-3 fatty acids in fish and in other foods such as walnuts, flaxseed and canola oil are known to boost the immune system and reduce inflammation by increasing the activity of white blood cells called macrophages, which engulf and digest dangerous microorganisms.
2. **Include plenty of colorful fruits and vegetables in your diet.** Eat them raw, steamed, or partially cooked so as not to destroy their nutrients. They are a great source of vitamins and minerals that help boost your immune system. For example, red bell peppers contain more vitamin C than almost any other food, including oranges.



3. **Eat nuts instead of potato chips,** especially sunflower seeds, almonds and Brazil nuts, which contain Vitamin E, powerful anti-oxidant. Avocados are also a good source of Vitamin E

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The cost of ads and notices in The Voice is a donation to AmSoc of \$25 pesos per month for members or \$50 for non-members.

*Photo of Teatro Degollado  
by Vicki Wootton*

4. **Citrus fruits** contain vitamin C. Drink refreshing lime juice in water, and sweeten it with honey instead of sugar
5. **Garlic and onions** help boost activity of helper and killer T-cells
6. **Eat more protein.** Good sources of protein are chicken and turkey breast, fish, cheese and low-fat dairy foods and soy products.
7. **Yogurt.** Researchers found that yogurt increased the production of a substance called gamma interferon, which helps reduce virus reproduction.

### What to Avoid

1. Being overweight
2. Refined sugar
3. Animal and other saturated fats.
4. Constant stress
5. A sedentary life-style
6. Smoking
7. Social isolation
8. NEVER use any sort of plastic in a microwave oven. That includes cling-wrap.
9. Chocolate and coffee. They are two of the worst things you can do for your immune system and your health. (A small amount of unprocessed, dark chocolate can be taken as an antioxidant.)
10. *Antibiotics are ineffective against viruses and they destroy essential bacteria in your body*

### Food Supplements

Zinc, selenium, and Vitamins C and E are immune system boosters, so make sure, if you take multi-vitamins, they contain these ingredients.

### Other Helpful Activities

1. Get enough exercise
2. Include anti-oxidants in your diet. Green tea is an excellent source, especially with a squeeze of lemon or lime juice, but without sugar.
3. Get plenty of rest and relaxation
4. Laugh a lot
5. Get together with friends
6. Drink lots of water, about 2 liters a day (8 cups) is the recommended daily amount for healthy adults.

*Consult your doctor about the amount you should drink if you have heart or blood pressure problems,*

It is gratifying to note that the foods listed above are also credited with having anti-aging properties.

#### Disclaimer:

*None of the above is intended to be taken as medical advice. (N. Wootton)*

## November Lunches

### Thursday, November 5

Chicken breast with orange sauce, carrot soup and pineapple upside-down cake.

### Thursday, November 12

Beef Stew, spinach soup and strawberry cake.

### Thursday, November 19

Fish, zucchini soup and brownies.

### Thursday, November 26

Thanksgiving Dinner

## Guadalajara Outings

### Parque Agua Azul



The park is located in the south-central section of the city. This lovely park is divided into two parts, connected by a bridge.

It has large green areas, a bird house (Aviario), a butterfly house (Mariposario), and an orchid house (Orquidario), as well as various entertainment venues, some especially for the kids.



Aviary

The large outdoor auditorium is known as La Concha Acústica where regular cultural events take place. Cultural activities include: Periodic exhibitions, classic and traditional dance, guitar classes, and classes in sculpture and painting

Local musicians often perform along an area known as Musicians Boulevard. All in all, it is a great place to relax and escape the city, for a while. In addition, a state run crafts store is located within the park and is well worth a visit. It sells only high quality local merchandise,

Adjacent to the park is the Archaeological Museum of Western México, housing exhibits of pottery and other artifacts used by the ancient peoples of the surrounding area.



Orchids in the Orquidario

#### Cultural Activities:

#### Location:

Calzada Independencia Sur # 973. Zona Centro-Sur, Guadalajara, Jalisco. Tel. (33) 3619-0328, 36

**Hours:** Tuesday to Sunday from 10:00 a.m. a 6:30 p.m. Closed on Mondays ... next page

**Entrance:** \$ 4.00 adults \$ 2.00 children. (Prices may have changed so check first.)

## Quotes of the Month

*War is a cowardly escape from the problems of peace.*

Thomas Mann

*When I was born I was so surprised I didn't talk for a year and a half.*

Gracie Allen

*The presence of a friend enhances all beauty and exalts every goodness.*

The Urantia Book

*Una pulgada de oro no compra una pulgada de tiempo.*

Proverbio chino



# Junior League Opening

Great news from our tenants, the Junior League of Guadalajara! They are opening a thrift shop in the old Parrot Cage. **Their Grand Opening takes place on Tuesday, November 10 at 10:30 a.m.**

They will be selling high-end recycled and new clothing and other items at very reasonable prices.

Let's give them our support and come out for this event. You never know what you may find; maybe something you've been looking for all over town!

The Junior League also accepts donations of good quality clothing that is clean and undamaged; however, they are not able to accept shoes or intimate garments.

## Welcome, New Members!

We would like to express a sincere welcome to the following people who joined AmSoc this year:

*Victor Alesi, Laura Arias  
Roger Beaulieu, Ana Rosa Carillo  
Jerry Dankner, Gabriella Fernandez  
Charlene Forsythe, William Fox  
Kay Gentry, Clara Gonzalez  
Irma Gonzalez Zambrano  
Emery Green, Sandra Jimenez  
David Kalke, Kenneth Knittel  
Susanne Kort, Christian Martinez  
Isabel Mathuca, Eliza Osha  
Adriana Peña, Nora Plonsky  
Sary Puente, Sharon Reuss  
Catherine Russell,  
Suzanne Salimbene  
Hector Solano Gonzalez  
Leone Unger, Jan Urbanowicz  
Art Wigdahl*

## The Humble Cucumber Fanciful ways to solve common problems.

- Cucumbers contain Vitamins B1, B2, B3, B5, B6, and C, plus Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
- Cucumbers can provide that quick pick-me-up that can last for hours.

Maybe this is why in England, they serve cucumber sandwiches for tea

- Try rubbing a cucumber slice along a bathroom mirror will eliminate the fog from showers and provide a soothing, spa-like fragrance.
- Take a cucumber slice and rub it along a squeaky hinge, and voila, the squeak is gone!
- Place a few slices of cucumber in a small aluminum pie pan to eliminate pests. The chemicals in the cucumber reacts with the aluminum to give off a scent undetectable to humans, but which drives garden pests crazy and drives them away.
- Try rubbing a slice or two of cucumber into wrinkled skin or cellulite areas for a few minutes; the chemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer.



- Eat a few cucumber slices before going to bed after celebrating and wake up refreshed and headache-free.
- Cucumbers have been used for centuries by European trappers, traders and explorers for quick meals to thwart starvation.
- Rub a freshly cut cucumber over leather shoes for a quick and durable shine that not only looks great but also repels water.
- Cut up an entire cucumber and place it in a pot of boiling water. The steam, creating a soothing, relaxing aroma that has been shown to reduce stress
- To eliminate bad breath, press a fresh slice of cucumber to the roof of your mouth with your tongue for 30 seconds
- Clean the surface of water taps with a slice of cucumber. Not only will it remove years of tarnish and bring back the shine, it won't leave smears.
- Unpeeled cucumbers can be used to erase marks made by pens, crayons and markers.

• Cucumbers repel cockroaches  
*Adapted from an article in the New York Times*

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## Ads – Anuncios

*The cost of ads and announcements in The Voice is a donation to AmSoc of \$25 pesos per month for members and \$50 for non-members.*

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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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## The Memorial Society

*The Memorial Society office hours are **Mondays** between **9:30 am- 12:00 pm**. Be sure to bring your current FM-2 or FM-3 along with your Passport to either enroll or make any changes.*

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## 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*

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**Terapeuta: Leticia (Lety)  
Rodriguez**

**Tel: 044-333-103-2528**

**San Francisco 3332, Chapalita**

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## Wanted to Rent

Two-bedroom house or apartment, unfurnished, within 3 Km of AmSoc. Must be quiet and receive plenty of light. Rent under \$4,000 pesos.  
**Call Vicki at 3647-6232**

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## 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

## 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

**Tel. 3659-8017**

**cells. 044-33-3806-4719**

**044-33-3153-9888**

Email: caruche@hotmail.com

www.caruche.com

## Weekly Activities Calendar

Monday	Aerobics 8:30 am
Tuesday	Coffee with friends
Wednesday	Aerobics 8:30
Thursday	Lunch 12 - 1 pm Games until 4:00 pm
Friday	Aerobics 8:30 am Social 7:00 p.m.
Saturday	English group 1:00 Toastmasters 1:00

## FOR RENT

**House:** Calle Paulino Navarro 2631, Colonia Seattle, 2 BR, 1.5 baths, kitchen with cabinets, large entry hall, stationary gas tank, parking, 5 min. from Plaza Patria, **\$4,000 pesos/mo.**

**House:** Calle Rinconada de Almería 1452, Fracc. las Alamedas, 2 stories, 2 BR, 1.5 baths, kitchen with cabinets, stationary gas tank, parking, 20 min. from Plaza del Sol, **\$3,800 pesos/mo** - available late November.

*All these rentals require 1 month's rent plus deposit, a co-signer with property, and personal local references.*

Call: **Judy Becker at 3684-8480**

or **Jerry Dankner at 3133-6520**

## Traditional Mexican Holiday

### *The Day of the Dead (El Día de los Muertos or All Souls' Day)*

The Day of the Dead is a holiday celebrated in Mexico and by many Latin Americans living in the United States and Canada.

The holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died.

The celebration occurs on November 1st and 2nd in connection with the Catholic holiday of All Saints' Day which is on November 1st and All Souls' Day which is on November 2nd.



Traditions include building private altars honoring the deceased, using sugar skulls, marigolds, and the favorite foods and beverages of the departed, and visiting graves with these as gifts.

Scholars trace the origins of the modern holiday to indigenous observances dating back thousands of years, and to an Aztec festival dedicated to Mictecacihuatl, one of the Aztec goddesses.

*From Wikipedia*

November 1 is traditionally the day for remembering deceased children, while November 2 is dedicated to adults.



## More Activities

### November Programs at the Teatro Degollado

**Clausura de Fiestas de Octubre**  
*Obertura La gran pascua Rusa de Rimsky-Korsakov*  
*Danzas Polovetsianas del Príncipe Igor de Borodin*

*Concierto para violín y orquesta de Tchaikovsky*

Noviembre Domingo 8, 18:00 hrs.  
(Plaza Fundadores)

Héctor Guzmán, director titular  
Coro del Estado / Sergio Hernández, director

*Admisión \$80.00 - \$150.00*

### Desde el Mediterráneo

*Los Esclavos Felices de Arriaga*  
*Canciones de España*  
*Sinfonía No. 4 "Italiana" de Mendelssohn*

Viernes Noviembre 13, 20:30 hrs.  
Domingo Noviembre 15, 12:30  
Enrique Radillo, director asistente  
*Admisión \$80.00 - \$150.00*

### Zarzuela: Luisa Fernanda de Federico Moreno Torroba

Viernes Noviembre 27, 20:30 hrs.  
Domingo Noviembre 29, 12:30  
Héctor Guzmán, director titular  
Producción Cultura UDG  
Ernesto Álvarez, director de escena  
Coro del Estado / Sergio Hernández.

*Admisión \$240.00 - \$450.00*