

The Voice

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

September 2005 Edition

Written and edited by Sandra Hayes and Vicki Wootton

Discoveries

By Sandra Hayes

New places and people are hard to come by this month. However, there are a couple of recommended restaurants.

CHINA IN A BOX

This restaurant was highly recommended by Robert Moody and I rushed off to try it - and never found it. With better details it is on Av. Patria just before Naciones Unidos. It would be on the right side and there is parking in front. Robert raves about the orange chicken and his friend ordered a vegetarian dish that he found wonderful. They serve portions in boxes but supply plates, etc.

YAKITORY

This is reported as a direct quote from Walter J. "Yakitory, the Best Japanese Restaurant in Town"

The monthly birthday celebrants met here and much to our pleasant surprise the large new Yakitory on Tepeyac garnered two thumbs up. The elegant décor matched the fine cuisine without the sushi sting. It was made even more enjoyable with the fine company of Ruth, Bill, Debbie, Martin, Alma and Chuck." In addition I was told that the tempura appetizer was up to here, light as a feather and could serve as a main course.

HOW'S YOUR PRESSURE?

The American Society is bringing back blood pressure monitoring. We have a monitor, which anyone can use upon request. Many of us have used the machine at home so it isn't necessary to have a medical training to do it. If anyone needs help, you could ask Vicki Wootton, who has some medical (RN) training. Vicki is at AmSoc Monday and Friday mornings.

September Events

International Friendship & Mexican Independence Day Luncheon

Wednesday, September 14

We are combining the August Friendship Lunch with Mexican Independence Day (September 15) for a celebration of international friendship and goodwill

Bar opens at noon; Luncheon served at 1:30

Menu: Taquitos with a variety of fillings, followed by Mexican dulces

Join us, and bring a friend!

Quotable Quotes

Being a woman is a terribly difficult task since it consists principally in dealing with men.

Joseph Conrad

Boys are beyond the range of anyone's understanding, at least when they are between the ages of 18 months and 90 years.

James Thurber

Board Meeting

August 9, 2005

Present: Ann Whiting, Bruce Newby, Sergio Garcia, Regis Soileau, Walter Januszko, Ruth Rentz, Frank Raimo, David Landes, Vicki Wootton

Absent: Shirley Wardzinski, Bob Letendre, Don Mencl, Jack Sinon

- i. Quorum declared at 10:33
- ii. July minutes not available due to email problem
- iii. Treasurers report accepted with last year's comparison
- iv. Old business
 - a. August luncheon cancelled. Tickets sold can be used for September event
 - b. September Luncheon planning committee of Bruce, Regis and Vicki
 - c. To celebrate International Friendship with Mexican Independence at September theme luncheon
 - d. Soft-drinks cooler serviced. New cooler being investigated by President
- v. New business
 - a. Mary Salazar to recommend new charity at September meeting
 - b. President reports Guadalajara Philharmonic to honor the American Society with concert this season.
 - c. Board voted to install Al Klob as life member in recognition of his contributions to AmSoc.
 - d. Sale of Sales to take place on Saturday October 15th from 10am to 5pm. To be advertised in the Colony Reporter, Mural, other local papers. Flyers to be posted locally. Brandy and Walter to organize volunteers. Carry-out food to be sold in parrot cage. Friday night social on October 14th to be members' preview of sale.
 - e. Board proposed inviting Salvation Army Children's Choir for September Luncheon. (Note: Choir not available)
 - f. Frank Raimo has taken on the responsibility for organizing AmSoc bulletin board
 - g. Next board meeting: Sept. 6th.

Meeting adjourned at 11:27

Recipe of the Month

Baked Stuffed Fish

Ingredients

600 - 800 gr. (2-3 large filets) *linguado* (sole) or other white fish
400 gr. frozen spinach (about half a packet)
1 cup or small can sliced mushrooms
½ cup rice
1 cup water
½ vegetable bouillon cube or 1 ½ tsp powdered bouillon
A little vegetable oil
Pepper
Dried parsley

Method

Cook rice in water flavored with bouillon. Remove from heat before it is completely cooked. Pour few drops of oil in bottom of casserole and rub it around the interior. Place a layer of fish filets in bottom and cover with layers of spinach, rice and mushrooms. Lay remaining filets on top and rub with a little butter or oil then sprinkle with parsley and pepper. (Don't use salt because the bouillon is quite salty).

Cover casserole and cook in oven at 190°C (375F) for about 40 minutes, until fish is tender but not dry. Makes 4 - 6 servings.

This is a very tasty low-calorie/low-cholesterol dish and makes a complete meal.

Speaking of fish, I got some excellent flounder at the Alcalde Market recently. It was being sold as *linguado* and was as tender and flaky as halibut. (VW)

Bouillon

Most supermarkets carry a selection of bouillon in both cube and powder form. I use vegetable flavor (Caldo de Verduras) but you can get several chicken flavors (Caldo de Pollo) as well as beef (Caldo de Res). It can usually be found around the meat department and among the spices. In addition to flavoring gravies, soups, and casseroles, it makes a tasty drink dissolved hot in water, but only use half a cube to a mug of water as it is very salty. In the days of the great ocean liners, they used to serve beef bouillon (beef tea) mid-morning to avert sea-sickness.

Dentists

We received a query recently about dentists from one of our members. (It's good to know what information people are seeking.)

Here is short list of Guadalajara dentists, all of whom speak English, collected from AmSoc members and associates:

Dra. Livia Fano de M. Phone: 3122-7195
Zumárrago 375, Chapalita

Dr. Abe Waxstein 3615-1041/3260
Av. Mexico 2309-1

Dr. Jorge Eduardo Velasquez D.
3616-0366
Francisco Javier Gamboa 236 (Next to Santo Coyote) (Dr. Velasquez grew up in Washington, DC)

Dra. Falita Rafaela Aguilar 3813-1911/1902
Tarascos 3385, between Homero y Lacandones, Col. Monraces
Root Canal Specialist also a teacher at one of the Dental Colleges, and formally at a university in Pennsylvania

Dra. Lupita Cortes Ornelas 044-331-110-3805
Rafael Camacho 1821 A, between Chihuahua y San Juan de Ulua
Specialist in Prosthodontics.

Dra. Patricia Olarte 044-333-116-6048
Speaks fair English. Specialist in periodontal care. Has an office in Chapalita
E-mail Address = ola_pat_o@hotmail.com

Dra. Cintia Zepeda 044-333-842-6551
-044-333-902-2564
Currently taking advanced training at the U. of GDL in oral surgery and dental implants.

Special thanks to my neighbour, Clay Johnston, for much of this information, however, I take full responsibility for any errors. (VW)

Welcome, New Members

Jason & Carol Dormady

Kevin Henderson & Carol Hill

Larry Kristich

Arnold Petersen & Adalid de Petersen

Herbert Royce

This Month in History

September 1, 1939 Germany invades Poland, precipitating World War II

September 2, 1945 Japan surrenders

September 6, 1972 Israeli hostages killed at Munich Olympics

September 8, 1941 900 Day siege of Leningrad begins (causing over 1 million Russian casualties before it is lifted)

September 9, 1971 Riot broke out at Attica prison

September 11, 2001 Attacks on the World Trade Center and Pentagon.

September 13, 1993 Israeli-Palestinian peace accord signed

September 14, 1812 Napoleon enters Moscow

September 15, 1940 The Battle of Britain reaches its climax. The battle this day convinces the Nazis to postpone their invasion of Britain.

September 16, 1620 The Mayflower leaves England. **1810** Mexico's struggle for independence from Spain begins with Father Miguel Hidalgo's "Grito".

September 17, 1978 Camp David accords signed between Israel and Egypt

September 18, 1961 United Nations Secretary-General Dag Hammarskjöld dies in plane crash in Africa

September 19, 1955 Juan Perón deposed in Argentina.

September 20, 1946 First Cannes Film Festival.

September 21, 1938 Great New England hurricane.

September 22, 1927 Jack Dempsey loses heavyweight title to Gene Tunney on long count.

September 24, 622 The prophet Mohammad completes his *Hegira*, or flight, from Mecca to Medina to avoid persecution.

September 25, 1957 Central High School in Little Rock, Arkansas integrated.

September 28, 1066 William the Conqueror invades England from Normandy (the last time England was conquered).

September 29, 1758 Birth of Lord Nelson.

September 30, 1938 British and French prime ministers sign Munich Pact with Germany, hoping for "peace in our time".

AmSoc September Calendar

Mon	Tue	Wed	Thu	Fri
			1 Lunch 12:30 Games 1:00	2 Aerobics 10:00 Spanish Lessons 11:00 US Mail pickup 11:30 Social Evening 7:00
5 Aerobics 10:00 Lunch 12:30 Labor Day	6 Board Meeting 10:30	7 Aerobics 10:00 Spanish Lessons 11:00	8 Lunch 12:30 Games 1:00	9 Aerobics 10:00 Spanish Lessons 11:00 US Mail pickup 11:30 Social Evening 7:00
12 Aerobics 10:00 Lunch 12:30	13	14 Aerobics 10:00 Spanish Lessons 11:00 <i>"El Grito" Luncheon. Bar - 12:00</i> Lunch - 1:30	15 Lunch 12:30 Games 1:00	16 Aerobics 10:00 Spanish Lessons 11:00 US Mail pickup 11:30 Social Evening 7:00
19 Aerobics 10:00 Lunch 12:30	20	21 Aerobics 10:00 Spanish Lessons 11:00	22 Lunch 12:30 Games 1:00 1st day of Autumn	23 Aerobics 10:00 Spanish Lessons 11:00 US Mail pickup 11:30 Social Evening 7:00
26 Aerobics 10:00 Lunch 12:30	27	28 Aerobics 10:00 Spanish Lessons 11:00	29	30 Aerobics 10:00 Spanish Lessons 11:00 US Mail pickup 11:30 Social Evening 7:00