

**Manzanillo**

**March 2012**

# SUN

*Manzanillo's Lifestyles E-Magazine*

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Green Iguana  
photo by  
Greg Bates - Winnipeg



## Gmail Calling Stays Free Through 2012

Once again, Google will extend free Gmail calls for another year, which will allow desktop users to call any domestic number within the United States or Canada through the end of 2012.

To initiate a call, Gmail users can click on the "Call Phone" option from the chat menu on the left side of the screen, and then dial any domestic number. Google Voice users can also accept incoming calls through desktop Gmail at no charge.

The main difference between Gmail and Skype is that Google allows users to call mobile phones and landlines for free, whereas Skype only allows free calls to other Skype accounts. Skype, however, offers mobile apps for calling other users. Google doesn't offer any free voice calling on mobile phones. Both services charge for international calls.

Google added phone calls to Gmail in August 2010, saying at that time that it would start charging for domestic calls in 2011. Later that year, Google extended its free Gmail calling offer through the end of 2011. Now, the company is extending the offer for yet another year.



It seems that we always have too many lemons at any one time here. **Real Simple Magazine** has some really neat tips for using them up and helping us out.

1. Skip the bleach—add 1/4 to 1/2 cup of lemon juice to the wash cycle to brighter up those fading whites.
2. Relieve a sore throat. Cut a lemon in half. Skewer one half over a medium flame on a gas stove or an electric burner set on high and roast until the peel turns golden brown. Let cool slightly, then mix the juice with 1 teaspoon of honey. Swallow the mixture.
3. For subtle highlights in blond hair, simmer two sliced lemons in water for one hour (add more water if needed). Strain, and then pour into a spray bottle.
4. After shredding soft cheese or other sticky foods, go over both sides of the grater with the pulp side of a cut lemon to get rid of any residue.
5. Decorate on the cheap. Fill a glass bowl with lemons for a sunny centerpiece. Or display a row of them along a windowsill.
6. Collect used toothpicks at a party so you don't end up with them all over your tables, seats, and floors. Stick one in the lemon ahead of time to give guests the hint.
7. To remove tough food stains from light wood and plastic cutting boards, slice a lemon in half, squeeze onto the soiled surface, rub, and let sit for 20 minutes before rinsing. The best part? You'll have a house that smells like a lemon grove rather than chemicals.
8. If you have a garbage disposer you can put slices of lemons down it and let them grind it up and it will smell fresh, run your water while doing this too.

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**NEW BUSINESS IN TOWN**



Friends of the Sun, Steve Carano and Theresa Bolen-Carano, have opened a new business, just a few doors north of Juanitos.

Custom made T-Shirts, Advertising signs, and Auto Graphics. Using their expertise from Vancouver Island, and with help from Cinthia Fragoso, they ventured to start up in front of Hotel Torre Victoria in Santiago. They also sell items they forage from their many trips to Guadalajara, and pass the savings onto you. Check the prices; I think you will find their art and printing...very reasonable.



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 has become the country we have grown to love. The people, the quirkiness its lack of authority, the countryside the natural beauty. We like to make fun of items that...well tickle our funnybone, or make us go WOW, or awww how sweet!

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All photos submitted will become the property of Manzanillo Sun, which has the sole and exclusive right to use all such photos in all advertising, promotional and other media in all advertising means, and may be eligible. Judging will be done by Zona Grafica X-Trema, Manzanillo Sun SA de CV or Manzanillo Sun. We will announce the final list photos on April 8, Manzanillo.

# Another way South!! THE BAJA!!

Tijuana to Manzanillo



Ensenada Malecon



**A chance of a lifetime!!** A trip I wouldn't be able to do and now can say....I did it. To drive the Baja and the best thing, no cost to me. I was asked to bring a vehicle from Ensenada to Manzanillo.. the big guy, a Ford Excursion V10, the biggest SUV that was produced! Getting 10.5 miles to the gallon, it should not be a vehicle of choice for a person on a budget. A visit to the gas station is a way to make your wallet thinner, over 1200 pesos to fill (100.00+ USD / CAD to give you perspective).

But barring the obvious choice of vehicle to travel, it was comfortable to drive and the heavy duty suspension means, potholes look out! A Jeep CJ/Wrangler would be fun!

I bussed it to Guadalajara, to catch the plane to Tijuana and from there, another bus to Ensenada. Here I am, a city I haven't clue about (imagine that!) It was easier than I thought, the bus station is connected to the airport, and there is a bus every 30mins to 1hr (180.00 pesos) and 90 minutes later, I am in Ensenada, a nice town unlike the predecessor, and I am awaiting the delivery of the Ford. My first of 5-6 fill-ups!! \*shudder\* But it wasn't my money so gas worries weren't a problem.

1pm and I am on my way, driving, towards La Paz to catch the ferry to Mazatlan. I was told 12 hrs drive, was I in for a surprise.. 950 miles..20 hours. I had a bit of a race on, as I had to catch a ferry at 6pm the next day. Originally I thought no problem, but the extra 8 hours drive made it a

challenge. Tom-Toms make driving a breeze! There wasn't really any worry as if I missed it; there would be another one tomorrow.

The Baja was a delight to travel, wide open varying terrains of rocks, sands, cactus and ... quaint picturesque seaside stops. I was in a bit of a rush and didn't take the time that everyone driving the Baja should take. Take 7 days and drive, stop, explore... you will be amazed at the scenery. The states of Baja and Baja Sur, which meet in the middle of the Baja de California, are two completely different visions. The south seemed to have more picturesque towns and more desert-like. The north, rougher, rockier and seemingly more inhospitable terrain but that is its beauty.

Doing this trip, you can understand why the Baja cross-country road races were the toughest in the world, and make you wonder how they ever did it. Without that highway I can only imagine it would have been the toughest trek a vehicle could make. That is, IF, they went the full length from north to south. Once you hit the deserts of the Baja Sur, I think it would have been fun, but still very challenging.

I was rushing, and just in awe of the rough terrain, the valleys and the views of the Pacific and the Sea of Cortez, simply amazing views. Just when you thought it couldn't get any better... one more around the bend. Beaches with views of islands in the distance, and rows of RV's and trailers parked within stepping distance of the water. Obviously this is the custom, as the setup is all geared for this and these people know something the rest of us don't. Enjoy yourself, relax...take your time, take it all in. Have fun!

Make it into La Paz, just in time, to catch the Ferry. I went to the sales office (which you drive past the loading area and make a left, 100yds up the road to your left, is their office) and I bought my ticket - \$2450 pesos, for a passenger AND the largest SUV. It's a pretty good deal that includes dinner and breakfast, in a cafeteria. Not the Ritz, but comparable to any high school cafeteria - edible. They had 3- 52" wide-screens TV's (plus another 3 in cafeteria) playing nonstop movies in English, with Spanish subtitles, until 1am, and back on at 8am. For an extra 700 pesos I could have had a cabin with shower. But due to my last minute reservation, all were taken.

The loading started at 4pm, and the ferry would disembark at 6pm. Passenger vehicles first, then all the semi-trailers, and finally the full rigs. Packed! We left, maybe 30 minutes late; this is Mexico, nothing ever seems to go be on time! I reclined in my seat and just relaxed and watched movies. Everyone told me, 12 hours to get across, it was approximately 16-18. Disembarkation was smooth, and orderly.

You will arrive around noon the next day. Mazatlan to Manzanillo is as everyone expects same ol', same ol'. If you have a chance, drive the Baja. You won't be disappointed. I only wish I could have driven further south. Perhaps if I had missed the ferry that day, I would have done just that.

I WILL DO IT AGAIN!!



Campers



Wonderous shorelines



Baja Sur



Baja Ferries



# Real Mexico

By Terry Sovil

In this article we continue our look at the Real Mexico and some of the fantastic reasons Mexico is not only a good place to do business but a good place to be! Everyone in Manzanillo appreciates the beauty we have here. Let's look briefly at the Natural Resources, Cultural and Arts and the Aerospace industry in Mexico.

## Natural resources

Mexico is ranked as the fourth country in the world for biodiversity with a wide range of species and ecosystems. The country borders on the Pacific, the Caribbean/Atlantic and spans deserts, mountains and tropical areas. Wildlife conservation and protection are priorities. There are 174 federal natural areas with more than 25 million hectares of land (1 hectare is 10,000 square meters or 2.5 acres).



Iron Ore

Category	Number	Area km <sup>2</sup>
Biosphere reserves	41	12,652,787
National parks	67	1,482,489
Natural monuments	5	16,268
Protected natural resources areas	8	4,440,078
Protected flora & fauna areas	35	6,646,942
Santuaries	18	146,254
<b>Total</b>	<b>174</b>	<b>25,384,818</b>

Source: CONANP

The diversity of ecosystems allows growth and production of a wide range of agricultural products. This includes limes grown near Tecoman, to fine coffees grown near Vera Cruz and north in Jalisco. The agave cactus allows production of tequila and in Manzanillo there are tuna fisheries.

Mexico is focusing increasingly on wind energy as an alternative to oil. Potential for Wind Energy includes: generation of wind power estimated at 71,000 megawatts; hydroelectric power estimated at 53,000 megawatts and geothermal energy estimated at 2,400 megawatts. Alternatives to fossil fuel help Mexico's natural resources.

Mexico has standing traditions in mining which supports the economy, mainly in the industrial sector. Mineral production includes copper, bismuth (a metal

used in manufacturing low melting solders, low toxicity bird shot and fishing sinkers; also used to make some pharmaceuticals like Pepto-Bismol), zinc, lead, arsenic and especially silver.

This makes Mexico the worlds:

1. Second largest silver producer
2. Fifth largest cadmium producer
3. Fifth in terms of mining potential (from sampling 72 economies, countries and provinces per The Fraser Institute in Canada)

## Culture and Arts

Mexico is known for its historic and current cultural wealth. The cultural environment is known globally. While the Dead Sea scrolls were being hidden near Palestine and Europe was mostly backwoods Mexico had cities, complex calendars and great arts. Mexico is the leader in the Americas for UNESCO World Heritage sites. Mexico ranks third globally, behind Italy and Spain, with ten cities that are World Heritage. There are more than 42,000 archaeological sites in Mexico and close to 110,000 Historic Monuments built between the 16<sup>th</sup> and 19<sup>th</sup> centuries. Mexico is famous for Pre-Hispanic and modern art collections exhibited in 1,044 museums.



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It is also notable that Mexico:

1. Ranked fifth in the world's film box office in 2010
2. Six percent of the country's Gross Domestic product comes from the cultural sector
3. Over three million people are directly employed by the cultural sector
4. The Conaculta or National Culture and Arts Council supports close to 34,000 artists and creative individuals through its programs
5. Conaculta recognizes 22,000 arts/culture promoters and managers

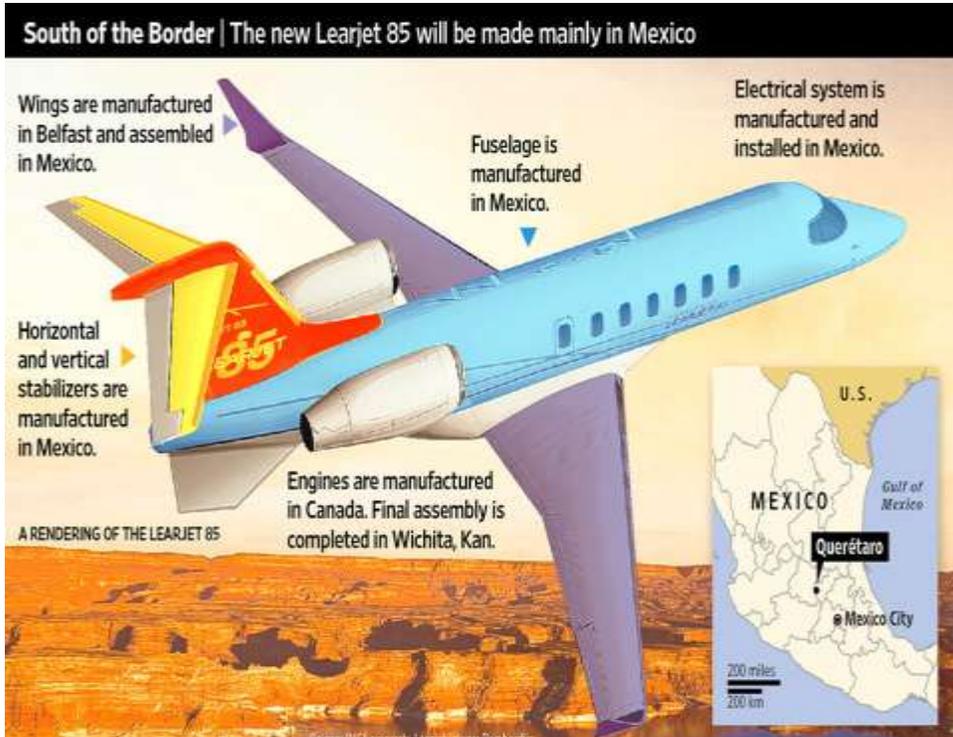
### The Aerospace Industry

Mexico's aerospace industry is formed of companies that can manufacture, provide maintenance, adapt, engineer and design or provide services such as training centers and test labs for both military and commercial airplanes.

Mexico's aerospace industry is growing rapidly. Exports tripled in six years and in 2010 exports were 3,266 million dollars. This is a 16.5% growth rate. Imports reached 2,865 million dollars thus sustaining a positive trade balance.

### Companies in Mexico

There are over 190 aerospace companies working in Mexico, including leading firms such as Bombardier, Goodrich, Safran Group and Honeywell, employing over 30,000 Mexican workers.



### Foreign Investment

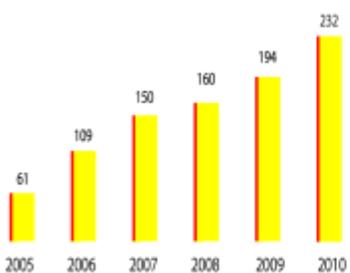
Mexico has become one of the most attractive investment countries for aerospace manufacturing and the sixth largest for investment in research and development. This places the country in a relevant position as a Manufacturing and Innovation Center.

### Strengths of Mexico's Aerospace Initiative

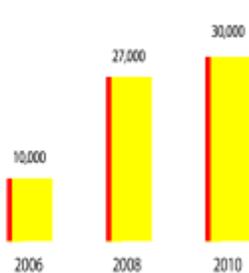
Mexico's location joins two of North America's most important aerospace manufacturing areas in the USA and Mexico. Access to Asian and European markets helps make Mexico a logical choice as a manufacturing hub. Mexico's past experience in developing electric-electronic auto industries has created an infrastructure and knowledge base coupled with a manufacturing platform that enables Mexico to optimize supply chains and support programs.

Mexico is a trustworthy partner in handling intellectual property and working with sensitive technologies. The United States granted five percent of total permits for high-tech military gear to Mexico. With Mexico's partnerships with international trade groups, the ability to

Companies in the Mexican Aerospace Industry, 2005-2010



Employment in the Mexican Aerospace Industry, 2006-2010



Source: Ministry of Economy, 2011

Source: Ministry of Economy, 2011



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continue to garner high-tech projects will increase. According to a KPMG (global network of firms for Audit, Advisory and Tax services) study, Mexico is up to 22% more competitive than current industry leaders in terms of costs for aerospace projects.

According to ANUIES (The National Association of Universities and Higher Education Institutions, Spanish: Asociación Nacional de Universidades e Instituciones de Educación), more than 790,000 students are enrolled in engineering and technology programs. This is the largest talent pool in the Americas. More than 90,000 students graduate from engineering and technology programs annually.

Mexico is one of the few countries to form agreements with the USA on adherence to aeronautical certification systems. This includes the BASA (Bilateral Aviation Safety Agreement) and the Federal Aviation Administration (FAA). Companies have certified their processes to ISO-9001, AS 9100 and NADCAP industry standards.

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# CERAMIC

## TILE ART

by Robert Hill

MURALIST - PAINTER  
DESIGNER - TEACHER  
Manzanillo, Colima, Mexico



Recent wall mural by Robert Hill



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# Fish Life of Manzanillo

By Terry Sovil

## Red Saddled Snake Eel

The Redsaddled Snake Eel, like the Tiger Snake Eel, is often confused for being a sea snake. It is not, it is part of the Snake Eel family. These eels have close-set dark spots of about equal size on their head. They are similar to the Pacific Snake Eel and the Tiger Snake Eel.

This eel features a tan head and body with large red-brown darkish saddles across the back. They have a conical overhanging snout. Notice tiny pectoral fins, no larger than diameter of eye. They range from being seen occasionally in the Gulf of California and central Pacific Coast of Baja to Panama. They are solitary and often burrow into gravel and rocky rubble mixed with sand and move beneath the surface, occasionally resting with heads exposed. They are wary and will generally bury beneath the surface when approached.

Occasionally they will allow a close approach. They range in size from 1 ½ to 2 feet with a maximum of 2 ½ feet.



## Seahorse (Pacific)

These magnificent fish are found at depths from 10-60 feet they have numerous fine, light and dark line markings radiating from their eye and on the body. They are occasional (but rarely observed) in the Gulf of California and Pacific Coast of Baja down to Panama. This is the only seahorse in the eastern Pacific. They tend to ignore divers, but move away when approached. If you spot one they will allow a close approach and rarely move, but tuck their heads and turn away.

They are from the family of Pipefishes and Seahorses. Their colors are highly variable but include shades of gray, brown, yellow, red and gold. They are solitary. They curl their tail around branches of gorgonians and black coral trees, camouflaging within their branches. Occasionally float free or lie on the bottom. They grow from 4" to 8" with a maximum of 12".



## Spottail Grunt

The Spottail Grunt is common in the Gulf of California and the southern Pacific Coast of Baja down to Ecuador. They typically form large aggregations but can be seen solitary. They inhabit rocky and coral reefs. Aggregations often drift in grottos and other protected areas of the reef. They appear unconcerned with divers; usually make a slow and non-threatening approach to get closer. They range in depths from 5' to 100'. They are from the family of Grunts. These fish feature white scale centers form narrow horizontal stripes. They have a dark patch on their tail base. They look similar to Latin and Cortez Grunts. Coloring is gray to brownish gray. They grow from 6 to 10" with a maximum of 12".



**Spotted Boxfish**

The Spotted Boxfish have a box-like exoskeleton. Males often display a gold band between eyes; they have black to reddish brown or gold; no spots on head. Females are navy blue to black. They are uncommon on mainland Mexico. They are solitary or in pairs. They generally lurk in shaded, protective recesses in rocky reefs, boulder-strewn slopes and along walls. Around divers they are shy and retreat to protective recesses when approached. Often they will return to peer out where they can be more closely observed.

They are from the family of Boxfishes and feature gold and/or dark spots on blue sides. They also have bright white spots on their back. The female has white spots that cover head and body. They grow in size from 4 to 6" and a maximum of 7".



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Manzanillo's Lifestyle & Magazine  
**FITNESS and HEALTH**



We just returned home to Wisconsin after spending two months in Manzanillo. We really didn't want to leave the sunshine and warm weather, but I really didn't want to push my boss to let me stay away any longer. Let's hope we can stay longer next year.

I have lots of random thoughts this month, most having to do with health and fitness, some are just things I observed during our time in Mexico.



- ✚ We did not have a car and depended on our feet, the bus, taxis, and some really nice neighbors to get us around town. In Wisconsin, we spend about \$350 a month for gas in two cars, that's a whole lot of bus fare! Not only does it save money, walking is a great form of exercise. If your trip is less than 2 miles- walk.
- ✚ Speaking of exercise, paddle boarding is not as difficult as you would think. This is a great total body workout and lots of fun, I highly recommend it.
- ✚ My hair grows faster in Mexico. According to researchers, hair may grow only 0.05 inches more in warmer weather-a rather insignificant amount but it sure seems like a lot! It is believed that this small amount of extra growth is due to hormonal changes that come with more physical activity.
- ✚ My fingernails grow faster and don't break when I'm in Mexico. Furnace air wreaks havoc on my skin and nails so be thankful for humidity. Remember this in August!

- ✚ Speaking of nails, everyone should treat themselves to a pedicure now and then. Not only does it feel great, your feet and nails say a lot about your overall health so give them some attention.
- ✚ Ceiling fans do not cool the room; they cool the people in the room. It is a waste of energy to have a fan on in unoccupied rooms so turn it off when you leave. This was a big dispute at our house but some internet searching proved that I was correct. Of course.
- ✚ I just paid \$4.99 for a pineapple and \$4.29 for a pound of strawberries at our local supermarket. Produce is fresh, plentiful, and inexpensive in Mexico so eat lots of it.
- ✚ I was pleasantly surprised to find almond milk was readily available. Why drink almond milk? It is very low in saturated fat and cholesterol. It is also a very good source of Vitamin A, Vitamin D, Vitamin E and Calcium. Almond milk also has fewer calories than cow's milk and is great for people who are lactose intolerant. Start by using

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- ✚ Pets are good for you. I rescued a starving kitten on the first day of our stay and he was so much fun. I was fortunate to find him a great home in Manzanillo as my three cats in Wisconsin would not have welcomed him. There are lots of cats and dogs who would love to keep you entertained and healthy. Just be prepared to leave a bit of your heart behind if you don't live in Manzanillo year around.



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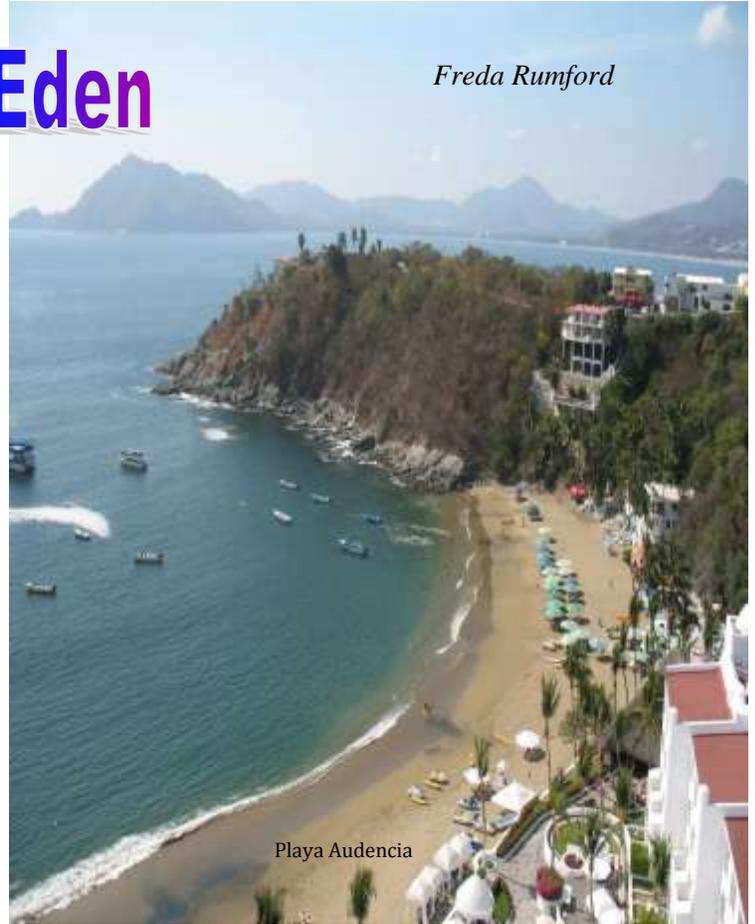
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# Manzanillo still an Eden

Freda Rumford



Playa Audencia

The bad news keeps on pouring in. Mexico is dangerous do not go! Canadians are becoming a target in Mexico. US citizens are unsafe everywhere in Mexico. On and on it goes.

In the meantime, those of us already in Mexico are all enjoying the beaches, the warmth of the Mexican welcome as well as the unseasonably cold weather this year. The latter does not detract from our pleasure and most of us can still sit around the pool even though they may be just a little cool to jump into.

What the continuing bad press and calls for extreme caution is doing, is actually deterring holiday makers from venturing south and people looking for retirement homes from considering Mexico as a haven from the annual northern chills. Is this a deliberate move by governments to stop people from spending money outside of the northern countries, namely Canada and the United States? Certainly the other constant bad news of job loss, pension schemes floundering or going broke and an unstable domestic housing market does not make for ease of mind in making an out of country purchase. Here, in Manzanillo, where we

all feel safer than in our home towns, there are absolutely tremendous bargains to be had.

North American's principal reason to sell their condos south of the border is because their prior needs have changed. Now they want to move to single family housing where their pet can run in the garden rather than the patio. Their families are growing older and with fond memories of holidays in Manzanillo now want to either visit more often or buy their own eventual retirement property.

Currently the buys here are just phenomenal. Beautiful homes of all descriptions are available at prices way below those to be found in the north even in the depressed market. A two suite condo with golf course views and grounds boasting 6 large swimming pools is available for under \$200,000. Another similarly appointed and overlooking beautiful Manzanillo Bay is very little more, just under \$220,000 and single homes range from a little over \$100,000 in safe Mexican neighbourhoods to large secure estate homes of \$1000, 0000 plus. In many areas a single lot ranges from \$25,000 depending on view, convenience and gated communities with security.



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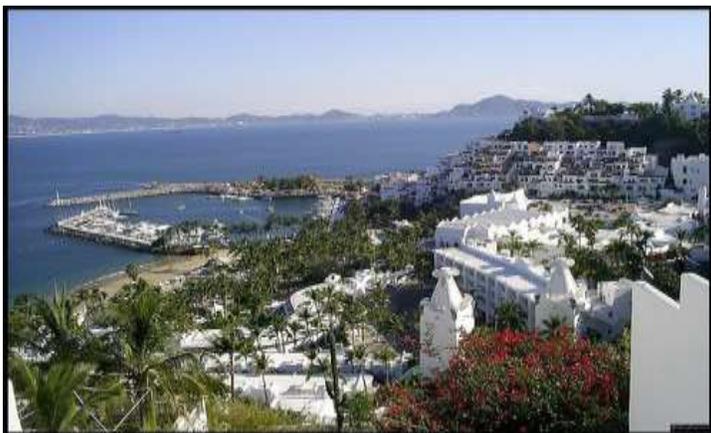




Naturally, those on the beach are more expensive but as all beaches are easily accessible from anywhere in town, not the only good choice available.

Wondering whether to leap or wait? The old saying "strike while the iron is hot" has never been better advice than right now. Why wait until prices start to rise, as they will, after the U.S elections of this next November. Can't afford one on your own? Join with friends and have a shared ownership arrangement. By forming a limited company this is possible and an extremely good way of easing into the good life.

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# Ode to April

By Kirby Vickery

The month of April finds us looking forward to the springing of spring in most geographic areas. For example in Arizona they have already had their 'springing' and would like the seasonal changes to stop right where they are. Their next step into spring will be summer for the rest of the country and for them, well, they're looking at air conditioner running all night long just to catch up to the comfort levels which got lost at 10AM yesterday.

In Mexico April marks the month that foreign Yankee friendly invaders start thinking about leaving the land of warmth to get to colder climates before the heat in Mexico turns nasty. In the more Northern Latitudes the rites of spring are being unraveled from their storage bins of fall and winter. Somebody gets into the storage shed or nearby barn to re-locate last year's Maypole and unravel the woven ribbons that wasn't done last year because of rain. Memories of last month's Waffle Day are starting to fade from the collective Canadian mind as plans for Victoria Day are put into the more active places up in the frontal cortex of the brain. These people need a little more heat in their sky's to contemplate Canada Day. I sometimes wonder why Queen Elizabeth II birthday (April 12<sup>th</sup>) is honored at the "Trooping of the Colour" in mid June .

Americans being Americans have April covered of course: All Fool's Day, Daylight Savings Time, Palm Sunday, Passover, Good Friday, Easter, Easter Monday, Earth Day, Administrative Professionals Day, Arbor Day, Cancer Control Month and Alcohol Awareness Month are all celebrated to some extent. One would wonder but that's just how that group is. Labrador and Newfoundland's big holiday which is the day they became part of the Canadian Confederation comes on the 31<sup>st</sup> of March but its so cold up there that they preserve the celebration until April or May when people can actually go outside.

On a happier note, here are some things which

have happened in April: Alfonso V succeeded his father as king of Aragon in 1416 and I bet you really appreciate knowing that one now too. In 1930 the first Bermuda airplane flight lands in Bermuda. That just goes to show you that those folks on the East coast were doing it backwards even way back then. I'd figure that with the weather starting to warm up they'd want to fly the airplanes the other way and not be bringing folks to the island. In 1918 the Royal Flying Corps was replaced by the Royal Air Force. In 1826 Samuel Morey patented the internal combustion engine. For all of you former American Navy guys; the rank of Chief Petty Officer was created in 1893. Apple Computer was formed by Steve Jobs and Steve Wozniak in 1976.

Foolishness is the mark of the April Fool Day passing. France got into it with their making the first of January the first of the year in 1564 by decree of Charles IX. There was a lot of gift giving in that country during those times on the first of the year. The old first of the year was the first of April. When Charles moved the

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date, the gift giving and partying stayed on the first of April. In Scotland the custom was known as “hunting the gowk,” i.e. the cuckoo, and the April-fools were “April-gowks.” The cuckoo meaning there, as it is in many countries, a term of contempt. I keep trying to connect that to the phrase, “Crazy as a loon.” But, I haven’t had much success yet. Again in France the person fooled in known as poisson d’avril. This has been explained from the association of ideas arising from the fact that in April the sun quits the zodiacal sign of the fish. A far more natural explanation would seem to be that the April fish would be a young fish and therefore easily caught. The French traditionally celebrated this holiday by placing a dead fish on the back of friends. Today the fish is substituted by a paper cut-out.



In 1957 the respected BBC news show Panorama announced their thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil took place which allowed Swiss farmers to enjoy a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in, and many called up wanting to know how they could grow their own spaghetti trees. To this question, the BBC diplomatically replied that they should “place a sprig of spaghetti in a tin of tomato sauce and hope for the best.”

In 2005, Estonia’s TV 3 broadcasted a news story where the station claimed that thanks to a new technology, they know exactly how many were

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viewing them at the moment. They also asked viewers to put a coin against the TV screen if they liked the running broadcast.

On a personal note, I built a buzzer from a block of wood, some nails, and a broken piece of band saw as a child once. When I tried it out I found that it sounded just like the buzzer in my parent's newly installed built-in oven. My bedroom was over the kitchen and with very little work I was able to pull up some of the floor boards and drop this buzzer down in the wall behind that oven. It was on the first of April that I attached it to my old electric train transformer. It was also about two in the morning. I could see what was going on beneath me through a grating in the floor so I could turn it on or off depending on

what my sleepy father was doing to shut off the oven's timer alarm. Next morning he had that oven spread all over the kitchen and the dining room. Needless to say he wasn't a very happy camper and I believe to the best of my knowledge that buzzer is still hanging between those walls right where I had tied it off that very night.

Regardless of whether you've been the victim or a planner/executer of an April prank, it is that one month of the year that marks the coming of spring and the even warmer days of summer in all latitudes of the northern climate. Outside is the place to be while experiencing nature's refurbishment of her domain. So stop reading all this glop and get yourself out there wherever you are and take in the marvels of this wonderful month.



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# Carne Guisada Recipe

Serves 4

## Ingredients:

- 3lb. chuck roast
- all purpose flour to dredge (coat) roast
- sea salt
- pepper
- 1 tbsp. vegetable oil
- 1 med yellow onion chopped into chunks
- 1/2 to 2 chipotle peppers in adobo sauce, chopped
- 3/4 tsp. ground cumin
- 1/4 cup tomato paste
- 4 cloves garlic, minced
- 1/4 plus 1/8 tsp. ground cloves
- 4 to 5 cups beef broth
- 1/4 cup red wine
- 1 cup canned diced tomatoes with basil and herbs if you can find it
- 1 can black beans, drained
- 4 carrots, cleaned and cut in half

## Directions:

Have all ingredients measured out and prepared.  
Use a heavy stock pot or dutch oven with a tight fitting lid.

Add 1 tbsp. of oil and heat over medium high heat.  
Salt and pepper the roast on one side. press the salt and pepper into the meat. Then repeat on second side.

Coat seasoned meat with flour.

When the oil is hot, carefully place the roast in the pot to sear. Let the roast sear for about 2 1/2 to 3 minutes on a side. Don't move it around. Then turn the roast over. After you have browned all sides of the roast, take it out and set aside on a plate.

With the temperature still on medium high, add the onion, chipotle pepper, and cumin and saute for 1 1/2 to 2 minutes with the flour residue in the pot. Add the tomato paste and stir frequently for a minute or two. Until carmelize and a dark red brick color. Add the garlic and stir 2 minutes.

## To deglaze.

Pour 1/2 cup of beef broth into the hot pan and stir to help loosen everything stuck to the pan  
Add the roast back to the pan, along with the wine, black beans, carrots, diced tomatoes, cloves, 1/2 tsp. salt, and enough beef stock to cover at least half of the roast  
Using a crock pot will work fine. Put the lid on, lower the temperature to low/simmer and relax. 3 to 3 1/2 hours or until cooked.

Adapted from Rockin' Robin's Mexican Cooking Web page



## Temblor de Tierra

By Suzanne A. Marshall

There are many who have the opinion that Canadians are obsessed with the topic of weather. Well actually, it's quite true! When you're raised in a country where the weather determines what you will wear to work today or how early to leave allowing for 'weather' it's just a fact of life. And of course, life time habits die hard. Even though the weather in Manzanillo has proved to be remarkably consistent I still check the weather on the internet regularly and we 'sling in' the local news from Canada to stay on top of that too.

Over and above the practicalities of readiness I find it fascinating and just plain interesting to see and observe the amazing things that occur around our globe. It wasn't long ago that we had very little information beyond our own borders. But now, with the giant leap of communications technology, it's just mind-boggling. You can't help wondering where the planet is headed with this amazing perspective. For example, in this year alone: the canals of Venice are frozen (what?); several feet of snow fell on the Vatican; fifteen feet of snow deluged Romania (picture this!). In Canada, the Prairie Provinces are very shy of snow and the eastern seaboard provinces and down through the U.S. have been inundated. A few weeks ago earth tremors were felt on the bald prairies of Saskatchewan, which is nowhere near typically active seismic zones. And this falls on the heels of hurricane Jova, the earthquakes in Japan, and endless monsoon rains in several Asian zones and so on.

I've been doing a lot of thinking about all of this, and being able to look back on a relatively long life (thus far) it's quite ridiculous that I find myself thinking, isn't that crazy? Or that's not normal, or this is not the typical weather I remember from my youth, or what is going on with the world! Notice the use of adjectives such as crazy, normal, typical. The earth is 4.54 billion years old so these words have no place in vocabulary about the weather. The impact of an average lifetime is probably less than a grain of sand in the Sahara desert. We can't possibly know what is typical! That's what I find so fascinating about it all. My new perspective now is 'expect the unexpected'. This leads me to events that have taken place right here in Manzanillo.

My husband and I managed to miss two fairly remarkable earth tremors in the past two winters. We were actually here, but as fate would have it we were riding the local buses at exactly those times. Now if any of you have ridden the local buses I need not explain. But for the others, all I can say is cobblestone streets, humongous topes (speed bumps), road construction, over stressed shock absorbers and springs lend to a ride with vibrations that can crack your teeth. And whatever you do, don't sit at the back. You can literally rise two feet in the air. Still a lot fun though. Really.

So we heard about rattling dishes and swaying movements and since our Spanish is getting better over the years, our condo maid managed to give us some details of tremors that took place about 3 weeks ago. A few days later, I am down by the pool in a chaise lounge visiting with our friends when I tell my husband to stop shaking the back of my chair. As I turn around, I realize he isn't there and my friends have a very quizzical look on their faces. Like what was that? Yes, indeed my first experience with a tremor in Manzanillo. And so, with my curiosity peaked, off I go to the internet world of communications to learn more about this experience.

Manzanillo is situated in the areas known as The Ring of Fire. This is where a large number of earthquakes and volcanic eruptions occur in the basin of the Pacific Ocean. It is a horseshoe shape 40,000 km long and is associated with a nearly continuous series of oceanic trenches, volcanic arcs and plate or belt movements. The Ring of Fire has 452 volcanoes and is home to over 75% of the world's active and dormant volcanoes. ii

About 90% of the world's largest earthquakes and 89% of the world's largest earthquakes occur along the Ring of Fire. The Ring of Fire is a direct result of plate tectonics and the movement and collisions of lithospheric platesiii. The famous and very active San Andreas Fault zone of California is a transform fault which offsets a portion of the East Pacific Rise under southwestern United States and Mexico. The motion of the fault generates numerous small earthquakes, at multiple times a day, most of which are too small to be felt. The active Queen Charlotte Islands, British Columbia, Canada, has generated three large earthquakes during the 20<sup>th</sup> Century: a magnitude 7 event in 1929, a magnitude 8.1 occurred in 1949 (Canada's largest recorded earthquake) and a magnitude 7.4 in 1970.



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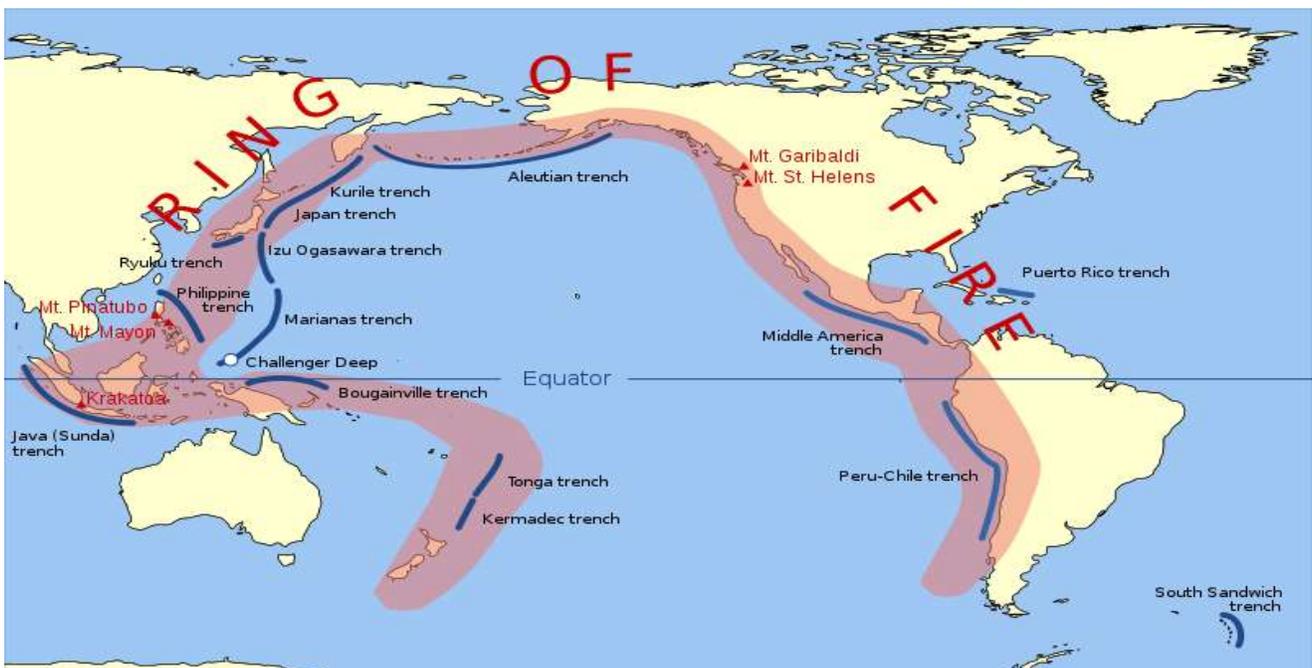
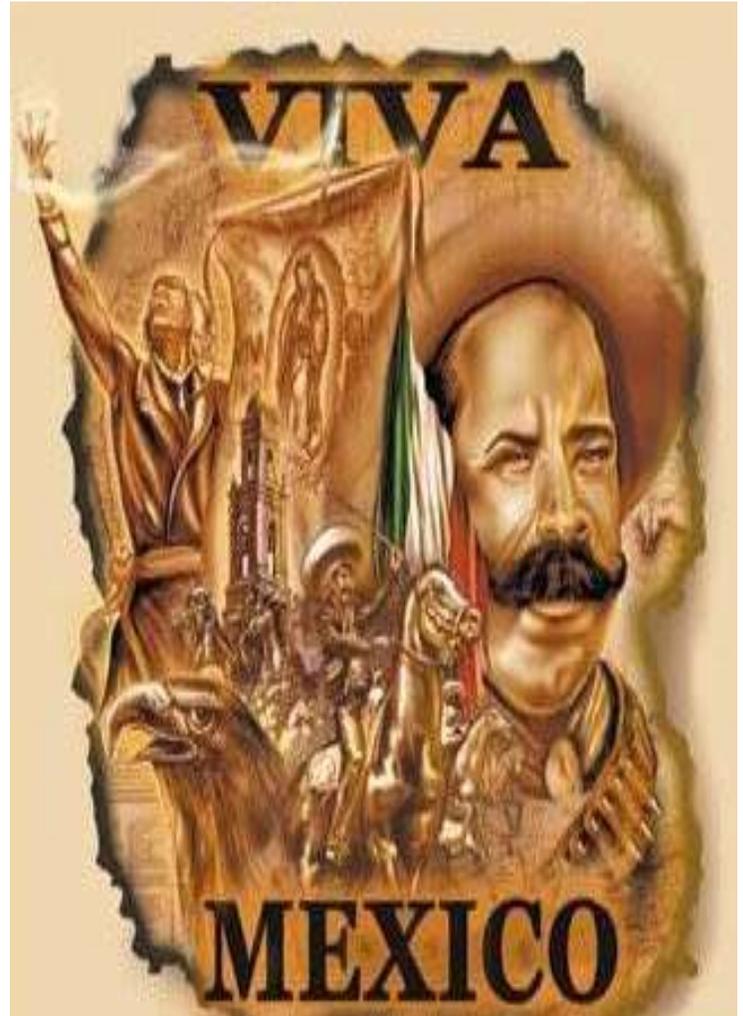
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Volcanoes of Mexico are related to subduction of the Cocos and Rivera plates to the east, which has produced large explosive eruptions. Most active volcanoes in Mexico occur in the Trans-Mexican Volcanic Belt, which extends 900 km from west to east across central-southern Mexico. Popocatepetl lies in the eastern half of the Trans-Mexican Volcanic Belt which is the second highest peak in Mexico after the Pico de Orizaba. It is one of the most active volcanoes in Mexico, having had more than 20 major eruptions since the arrival of the Spanish in 1519.<sup>iv</sup>

The more a person reads about the structure of the earth the more you begin to understand its complexities. Looking at the diagram on tectonic plates gives me the impression that every part of our world is kind of floating on large pieces of land formations that literally bump into each other with edges creeping over and sections being pushed down. Is it any wonder we feel the 'bumping and grinding' of these occurrences? It seems pretty obvious to me, that we can't do much about this force of nature but be properly informed and prepared.

Members of Manzamigos have access to various links on emergency and safety concerns through the Members Only section of the website. For those readers who are not members but live in the Manzanillo area, you are welcome to join at any time or surf the internet for more information. It is a great idea for all of us to review these emergency measures and be ready for the unexpected.



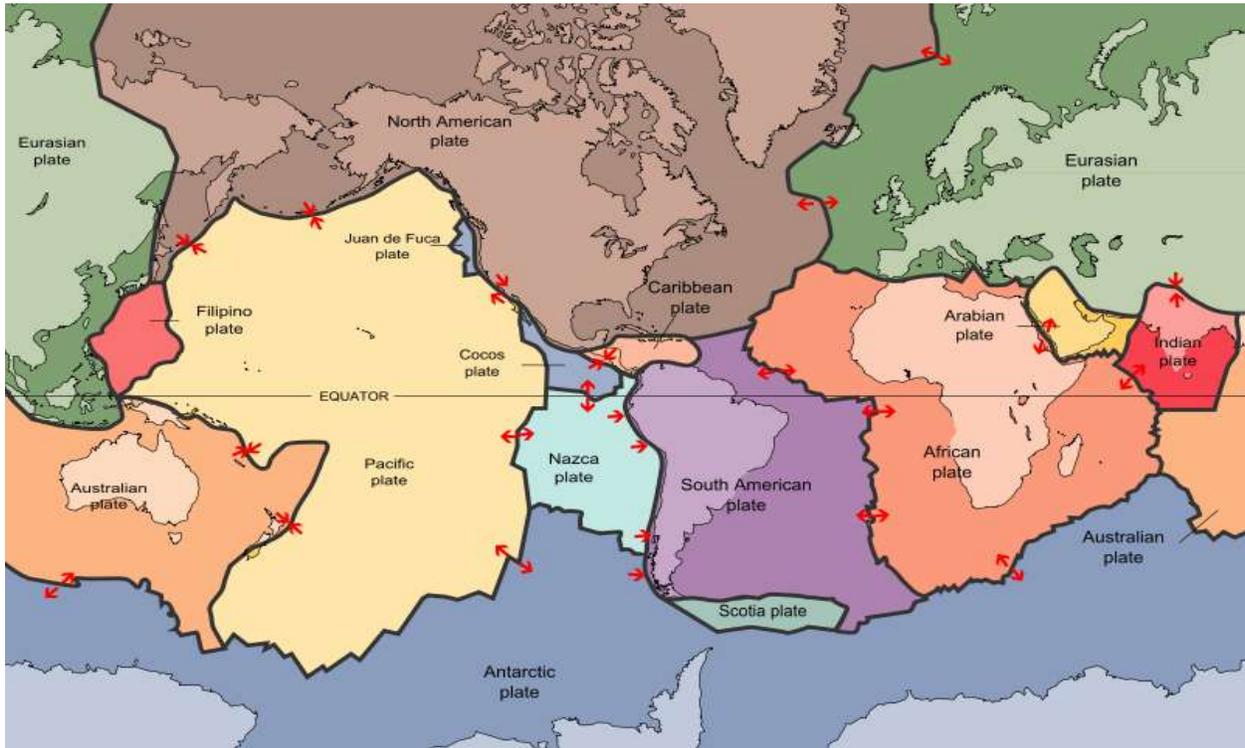


Diagram 2 – Tectonic Plates of the World

## Major Volcanoes of Mexico



Topinka, USGS/CVO, 2003, basemap modified from CIA 2003, volcanoes from Simkin and Siebert, 1994



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MANZANILLO**

**March 5 – Monday SCOTT KUNKEL BENEFIT CONCERT**

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**Time:** 6:00 pm to 7:30 pm  
**Cost:** Voluntary donation – suggest 100 pesos  
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**March 8 –Thursday 5<sup>TH</sup> ANNUAL CASA HOGAR LOS ANGELITOS GOLF DAY**

**Where:** Isla de Navidad  
**Contact:** Jack Babcock [jackbabcock@comcast.net](mailto:jackbabcock@comcast.net)  
 Details to follow

**March 16 – Friday PIANO CONCERT**

**Where:** Marbella Salon  
**Time:** 8:00 pm  
**Cost:** 300 pesos  
 Gary Schmidt, Daniela Liebman, Joshua Lynn Cote, Fernando Ramses Pena Diaz and Mariana Dominguez Alvarez-Buylla.  
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**March 22-26 – Thursday to Monday PATA ANNUAL CLINIC**

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