

January 2014

Manzanillo SUN

Manzanillo's Lifestyle E-Magazine

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FELIZ AÑO NUEVO!!

Photo submission by
Norma Alejandra Arvizu de la Cerda



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JANUARY 2014
CALENDAR OF EVENTS
MANZANILLO

January 31 – Friday

CASA HOGAR LOS ANGELITOS FUNDRAISER 2014
“Changing Lives, One Child at a Time”
Where: Pavilion at the fairgrounds
Time: 5:30 pm - Silent Auction
7:00 pm - Dinner
Cost: \$45.00 USD

Contacts: Marge Tyler maggiet19@earthlink.net
JaniceMorgan janicebmorgan@comcast.net
Jan Mabey janmabey@hotmail.com - Silent Auction
Liz Dillard lizbobby@ymail.com - Ticket
Alice Arsenault alicearsenault@hotmail.com
Tickets Barra Navidad/Melaque
Jack Babcock jackbabcock@comcast.net
Event Sponsors

February

February 5 – 8 Wednesday to Saturday
EFREN GONZALEZ 4 DAY OIL PAINTING
WORKSHOP

Where: To be announced
Time: 9:00 am to 4:00 pm
Cost: 3800 pesos
Contact: brigitteyc@aol.com
Reservations accepted immediately
All painting supplies are included in cost.

February 13 – Thursday
SANTIAGO FOUNDATION LUNCHEON & STYLE SHOW
“Hats Off to Valentines”

Where: El Oasis
Time: 1:00 pm
Cost: 500 pesos
Contact: Tickets – Bobbie Stehbens 335-0850
Deanna Slack 335-0008

February 19 – Wednesday
LIBORIO ESPINOZA CHILDREN’S ORPHANAGE
FUNDRAISER

“An Evening at the Copacabana”
Contact: Kenda Farnsworth farnsworth55@msn.com
Entertainment by David Weber.
Brazilian food & cocktails.
Reservations taken now for full tables. Book early for best seats.
Looking for items to be donated for auction.

February 23 – Sunday VIDA DEL MAR ART SHOW

Where: Vida del Mar office
Time: 2:00 – 4:00 pm
Contact: Sue Duda sueduda@ymail.com
Paintings, batik on silk, fine art prints, pottery, shell art, masks, purses.

March

March 4 – Tuesday PATA POKER TOURNAMENT

Where: Oasis Beach Club
Time:
Cost: 500 pesos registration/buy in
Contact: Facebook page to come
Silent auction, art exhibit, raffle – custom designed quilt made by Chris Newbold

March 27-31 – Thursday to Monday
PATA STERILIZATION CLINIC

Contact: [mailto: info@patamanzanillo.org](mailto:info@patamanzanillo.org)



Location: Beach side at the lovely “VIVALDI” in Las Brias – Watch for the Balloons

Time: 5:30 Silent Auction and Cocktails

Dinner @ 7:00, Entertainment and Dancing to follow
Cost: 500 pesos (roughly \$ 38.00 US)
We are all looking to make this a fun Event and support these Children in terrible need – We look forward to seeing you there !

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Tickets, Donations or Auction items kindly contact:

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Linda - lbgringa@gmail.com 334 7927
Shelly - shelleyreid@prodigy.net.mx
Patty - pnet1972@yahoo.com 333 8085
Peg - epslick@yahoo.com
Cathy - jcmact@rogers.com



If ever there was a "Look at me" tropical flower, the Bird of Paradise is it!



Bird of Paradise, *Strelitzia reginae*

Family: Strelitziaceae

(Also known as a Crane Flower, Crane's Bill or Ave de Paraiso.)

"Flamboyant" has been used to describe the Bird of Paradise. Native to the southern and eastern parts of the Cape Province and northern Natal in South Africa, I can think a no more apt word than that! Its showy flower resembles the head of an exotic bird with an orange crest with a head and bill of blue. It is the quintessential floral essence of the tropics!

Its stunning bloom is magnificent whether in the wild, poolside (a good location as it is virtually litter free), in a terrace pot – but don't let them become root bound, orchestrated as a landscape plant or merely enjoyed inside as part of a cut floral arrangement.

It received its common name after the colorful New Guinea bird and its Latin name was in honor of Charlotte of Merklenberg-Strelitz who was the German queen of King George III of Great Britain and who lived at the Kew Botanical Gardens for several years.

Perhaps the best known of the four different *Strelitzia* varieties is this one - the orange and blue flowered *S. reginae* that grows to around a meter in height. *Strelitzia reginae* plants consist of clumps of greyish-green leaves, with long stalks and broad oval blades, arising from an underground stem (rhizome).

The blue and white Giant Bird of Paradise - *S. nicolai* - looms up to several meters. The *S. reginae* grows in a spiral arrangement, hence differentiating it from the large Travelers' Palm (which isn't a palm at all) with its two foot (61 cm) in diameter white-brown flowers!

A slow grower of the trunkless *Strelitzia* plant genus, it is a rather close kin to the magnificent array of *Heliconia* varieties, the aforementioned Traveler's Palm and Bananas. You can see the family resemblance as its foliage resembles small banana leaves with long petioles.

Its stiff and leathery, paddle shaped leaves are arranged in two ranks to form a fan-like crown of thick, waxy, glossy-green foliage. These leaf blades are around six inches wide and eighteen inches long. Emerging from a stout spathe, the bi-sexual flowering structure is borne atop long scapes (stems growing from the crown of the roots) that grow to five feet (1.5 meters) or more looming high to show off the radiance of its blooms. It is comprised of a series of highly colored bracts that are formed into green, red, and or purplish canoe-like structures. Depending upon the age and size of the plant these may vary anywhere between four to eight inches long (10-20 cm).

Each Bird of Paradise flower has three upright orange sepals and three vivid blue petals. Two of the petals are joined together in a structure resembling an arrowhead with the third petal forming a nectary ("Yum" say the birds!) at the base of the flower. Each bract contains two or more protruding florets of bright yellow or orange elongated petals and a bright blue tongue. The female part of the Birds of Paradise flower is the long extension of the blue tongue, which is extended well away from the stamens.

(Whew! Now that's probably way more than you'll ever need - or want - to know about the intricacies of this plant but I felt a compulsion to share it!)

With a moderate tolerance for wind, salt and drought, the blooms occur best in mostly full sun (though they like a bit of shade from the hottest afternoon sun), planted in rich moist soil - but let it dry out between waterings. (In the hotter climes, the leaves stay nicer in partial shade.)

When a pollinator comes searching for nectar, the anthers are levered clear of the flower and deposit pollen on the breast of the bird so when it flies to another plant, this pollen is transferred to the stigma of the new flower - ingenious that! The resulting fruit is a leathery capsule containing numerous small seeds with a red aril (exterior covering) at the base - possibly also to attract birds.

Plant them in good peat-based, organically rich, potting soil. Feed your Birds of Paradise every other week during spring and summer with a liquid Plant Food or a water-soluble fertilizer.

After they've bloomed for a year or two you can carefully divide them, but remember this will preclude your plant from flowering again for several years. You can also propagate them by seeds - but soak them before planting.

Every tropical garden should have at one!



Yellow and light purple Allamandas provide a colorful backdrop, this Bird of Paradise appears to proudly peruse our Grand Terrace



This variety of *Heliconia* is mistaken by some folks as a Bird of Paradise. However, they're in the same family!

For back issues of "Roots", gardening tips, tropical plant book reviews and videos of numerous, highly unique eco/adventure/nature tours, as well as memorable "Ultimate Experiences" such a Tropical Garden Brunches and Spa Services, visit www.olabrisagardens.com."



On one of our "Sites and Sights" sojourns, (check it out on our web site) we came across this magnificent group of Candlebushes!



Candlebush, *Senna alata*

Family: Fabaceae

(Also known as a Candelabra Bush, Empress Candle Plant, Candletree, Christmas Candle, Emperor's Candlesticks, Empress Candle Plant, Popcorn Senna, Candelillo, Ringworm Bush or Acapulco)

Around here, for all intents and purposes, this is the veritable, "ubiquitous wild bush of magnificence" while in some other locales it is considered an evasive pest! We see them regularly in ditches, along streams and out in the fields during our treks of exploration in search of new plants for the gardens.

When looking at these somewhat dazzling flowers, one has but to barely imagine them as fat yellow candles – even sporting a flame! It is uncommon for a single species to be so naturally widespread but these certainly are, found thriving in Africa, Southeast Asia, the Pacific Islands and tropical America.

In the bean family, this shrub has become a favorite and is now commonly cultivated and planted by many who, like us, enjoy their happy, year around blooms. These are atop terminal racemes (floral cluster inflorescence in which the flowers are borne on short stalks along a long main stem) with each flower comprised of five, obvate – to nearly round - petals of bright and brilliant orange or yellow. These flower clusters are made up of open flowers at the bottom and unopened flowers with waxy coverings at the top. Ultimately, these blooms give way to winged bean-like seedpods that are fifteen to twenty cm (6-8" long) - providing yet more ornamental interest.

Growing to four meters (13 feet) in height, its leaves remind one of the cycad called a Cardboard Palm. As Robert Lee Riffle said, "The leaves are glorious enough to warrant cultivation for their sake alone."

They are in the form of oblong leaflets (six to thirteen pairs per stem with each seven to twenty-one centimeters (three to eight inches) in length. Folding together at night, they are slightly notched at the tip and are even-pinnately compound. Confirmed via scientific study, these leaves are laden with chrysophanic acid and can be used to treat ringworm and other fungal skin infections. In the Philippines it is a common ingredient in soaps, shampoos and lotions.

Additionally found in the *Senna alata* is saponin - a laxative which also expels intestinal parasites. The boiled leaves are used to treat high-blood pressure in Africa. In Saint Lucia its leaves are crushed with those of the Kasialata and placed in water as a bathing cure for itchy skin. Beyond the previously mentioned treatment of skin diseases, in South America, it is used to treat stomach problems, fever and asthma, as well as snake bite and certain venereal diseases.

Loved by bees, butterflies and birds, the Candlebush likes sunny, well-draining soil and can grow up to an altitude of 1,200 meters (3,937 feet). It has no serious insect or disease problems and another plus to this plant is that its roots add nitrogen to the soil!

Attractive to Sulfur Butterflies, the Candlebush may occasionally be defoliated by their caterpillars. Worry not and don't run for toxic chemicals. This is merely Nature's way of pruning, is not harmful to your plant and birds find those caterpillars quite the juicy delicacy!

If enough space is available, it looks spectacular in a mass planting or can be used in patio containers or tubs. We have but one showcased as a specimen plant on our second terrace - not yet open to the public, but clearly visible from our entrance - below the Calle Terrace across the street. Its cheerful blooms fairly shriek to be seen as they loom over purple and green Moses-in-the-boat plants between a Buccaneer Palm and the earlier mentioned Cardboard Palm.

It is short lived - perhaps three years - so, if you enjoy it, be prepared to re-plant! As a result of its fast growth, folks up north sometimes use it as an annual.

Want to grow some of your own from seeds? If so, first harvest some of those weird looking pods and dry them for four to six months. Then, pop open them open, soak the seeds overnight in warm water and plant. Not all that difficult is it?



OK now. Squint, Turn your head just so and they look (sorta) like candles, right?

Some still call/classify this shrub as a *Cassia alata* and as a result don't be surprised if you see such a name in some nurseries or retail outlets. But, regardless of what you call it - one of its many common names or either Latin designation - if you've the right location, its brash and blaring brightness can, most certainly add color to your yard, garden or patio.



These beauties flourish on one of our new - being enveloped - terraces across the street!

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A Noble Warrior

By Kirby Vickery

I am 67 and, as most people my age, have seen death take friends, family, and strangers both peacefully or with violence. We each get involved to some extent or other depending on the many aspects of each death. We're told by highly educated people that dwelling on them isn't good for us and that's probably really good advice.

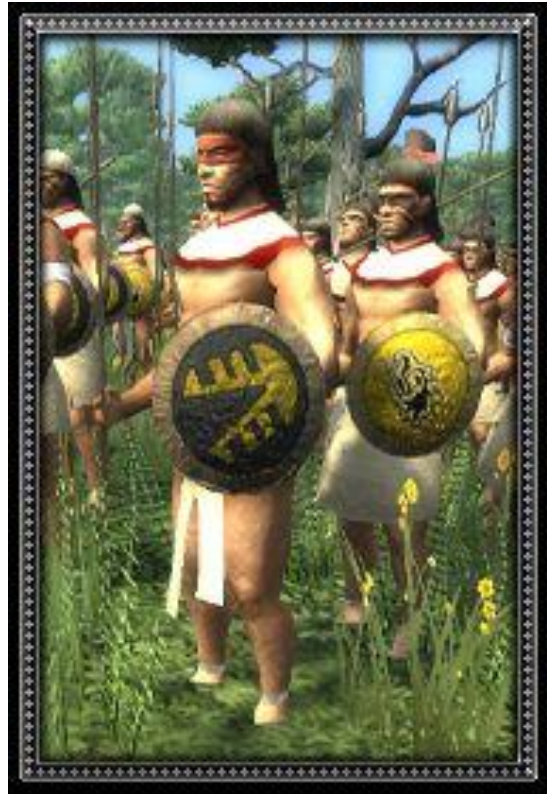
We learn that for every culture there are some twists and turns concerning each societal view of death be it religious, social, personal, or slightly demented. I found this story which provided elucidation to some of the Aztec's views on the subject. Is it a true story or just something fabricated by the all powerful priests of that culture and time which glorifies their views? You decide.

Just before the arrival of the Spanish the Aztec under Montezuma were considered war-like and just plain vicious. Part of that was true and was being generated by the priest hierarchy as a means to keep the populous opinion of them in check and allow them the power they needed to stay on top. As crude as it sounds to us they would put the call out for more sacrifice every time things settled down to engage the people and obtain more control.

The Romans did it as did Hitler and others throughout western history. The end result was that the Aztec priesthood kept and gained their power and the Aztec nation grew through war and plunder. As may be imagined regarding a community where human sacrifice was rife, tales concerning those who were consigned to this dreadful fate were abundant.

Perhaps the most striking of these is that relating to a noble Tlascalan warrior named Tlalhuicole. He was captured in combat by the troops of Montezuma by guile rather than straight fighting. [I'll have to find that story. Ed.] War had broken out between the Huexotzincans and the Tlascalans.

The Aztec nation was an ally of the Huexotzincans so they fought on that side. Tlalhuicole was so renowned for his fighting prowess that the mere mention of his name generally deterred any Mexican hero or want-to-be from attempting his capture. But captured he was



Tarascan Warrior

and taken to Mexico in a cage. He was presented to the Emperor Montezuma, who, on learning of his name and renown, gave him his liberty and overwhelmed him with honors.

Montezuma thought so highly of this warrior that he even gave him his freedom and permission to return to his own country. This was never heard of before for any captive. The warrior Tlalhuicole refused all of this saying that he would prefer to be sacrificed to the gods, according to the Aztec custom. Montezuma, on the other hand flatly denied this request because of his regard for this warrior.

At this time war broke out between Mexico (the Aztecs) and the Tarascans who controlled the land west of Mexico City all the way through the present state of Colima to the Pacific ocean. At this juncture, Montezuma announced the appointment of Tlalhuicole as chief of his expeditionary force. He accepted the command, marched against the Tarascans, and, after having totally defeated them, returned to Mexico laden with an enormous booty and crowds of slaves.



The city rang with his triumph. Montezuma begged him to become a Mexican citizen, but he said that any such move on his part would prove that he was a traitor to his own country and he wouldn't do it. Montezuma then once more offered him his liberty to return home to Tlascalala, but this was also strenuously refused. He kept telling Montezuma that having undergone the disgrace of defeat and capture that he should be terminated. He begged Montezuma to end his unhappy existence by sacrificing him to the gods. This would end the dishonor he felt in living on after having undergone defeat, and at the same time fulfilling the highest aspiration of his life which was to die the death of a warrior on the stone of combat.

Montezuma, a strong proponent of Aztec chivalry, was touched by his request. He agreed with him that he had chosen the most fitting fate for a hero, and ordered him to be chained to the stone of combat, the blood-stained Temalacatl. The most renowned of the Aztec warriors were pitted against him, and the emperor himself graced the tournament with his presence.

Tlalhuicole bore himself in the combat like a lion, slew eight warriors of renown, and wounded more than twenty. But at last he fell, covered with wounds, and was hauled by the exulting priests to the altar of the terrible war-god Huitzilopochtli, to whom his heart was offered up.



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on the boulevard next to Godzillas and Bar de Felix

THIS 'N' THAT

by Vivian Molick

"Pass the Buck"

Do you ever wonder where or how these types of phrases originated? I do, so I to check it out.

Today the meaning has come to mean "trying to avoid blame or responsibility by passing it on to someone else". But, of course, that is not the origin of how or where it was used.

If you look up 'buck' in the dictionary you will find quite a few assorted nouns, verbs and adjectives listed. The most common use of the word these days is as the slang term for the American dollar. But, that is not what was meant by 'buck' here though. If you look a little further down the list you will find the definition... 'buck: an article used in a game of poker'... and that's the buck that was first passed.

Poker became very popular in America during the second half of the 19th century. Players were highly suspicious of cheating or any form of favoritism, and there's significant folklore depicting gunslingers in shoot-outs based on accusations of dirty dealing.

In order to avoid unfairness, the deal would change hands during sessions. The person who was next in line to deal would be given a marker. This marker was often a knife, and knives often had handles made of buck's horn – thus, the marker became known as a 'buck'. When the dealer's

turn was finished he 'passed the buck'.

Later in history, silver dollars were used as markers and this is probably the origin of the use of 'buck' as a slang term for dollar.

The earliest mention that could be found of the literal use of the phrase in print was from the *Weekly New Mexican*, July 1865: "They draw at the commissary and at poker after they have passed the *buck*". This seems to be around the time the phrase was coined and there are several such printed notations in the following years.

The figurative version of the phrase (a usage where no actual buck is present) begins around the start of the 20th century. For example, this article in the California newspaper *The Oakland Tribune*, from May, 1902: [Oakland City Attorney] Dow – 'When the public or the Council "pass the buck" up to me I am going to act.' The writer's use of quotations marks around *pass the buck* is an indication of its recent coinage as a figurative phrase, or at least one that the paper's readers might not have been expected to be familiar with.

Probably the best known use of *buck* in this context is 'the buck stops here', which was the promise made by US president Harry S. Truman, and in which he kept prominent in his own (and his elector's) mind by putting it on a sign he placed on his desk.

Thus, the term... "pass the buck".



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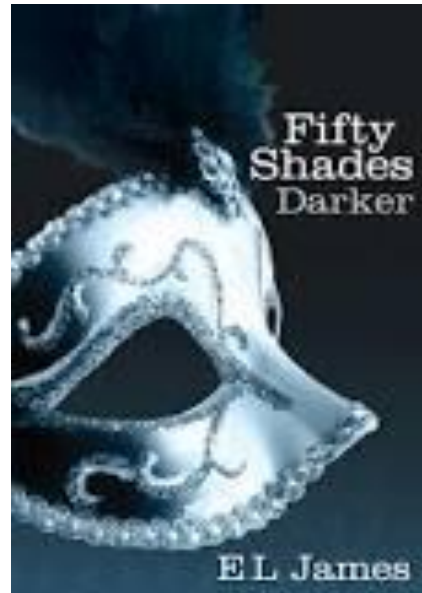
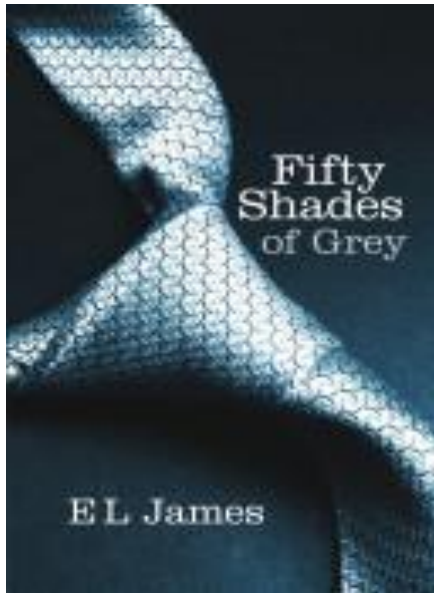
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50 Shades of Grey – A trilogy

E.L. James

Review by Freda Vickery



These books were all of the rage last year and many people were agog at the content. I was advised absolutely that I must read it. The ladies of a wedding shower that I attended were totally emphatic on that. I finally bought my editions one by one at Costco where the books were decidedly cheaper than elsewhere.

The story is on a subject basically unheard of usually. In years gone by, "Lady Chatterly's lover" by D.H. Lawrence was considered pornography and banned for many years. (I did, in fact, read that book when it was first deemed acceptable and wondered what all of the fuss was about.) This book concerned a very different view of sex from anything I had previously read or knew of. It is concerned with 'S & M' (Sadomasochism) which concerns the sex with one partner deliberately hurting the other usually with their permission.

The male in the story, Christian Grey, a billionaire who needs sex frequently, for some obscure reason cannot enjoy sex unless the woman is tied up and then possibly whipped or beaten. The young woman he has currently in his clutches, Anastasia Steele, has simply taken the place of a friend unable to meet with the previously unknown Mr. Grey at this time. To her shock she is introduced to a room full of equipment used for flagellation and other forms of torture and refuses to

comply. After being plied with wine, she eventually agrees to his suggestions and the decidedly kinky games begin. This young woman is a beautiful, virginal, university, student and this virginity is most rudely taken.

For some reason, obscurely and insufficiently explained for me, she falls in love with Christian Grey but manages to persuade him to behave more normally in his sexual behaviors. Eventually he agrees to this and they become husband and wife after a brief separation when he realizes he cannot live without her.

This has now taken us through two of the books and I had just started the third, when I decided that I was totally bored with the whole scenario, I did not find it titillating to any degree, not very well written and I have put the third book on one side until such time when I have nothing else to do or read.

I have been told that the third book is the best of all but I am not able to pick it up at this time.

There is now to be a film made about these books as well as countless similar stories appearing on the market. This is most definitely not on my "need to see" list.

My love for a sport

By Freda Vickery

I have always been a huge fan of Andre Agassi. I enjoyed watching him play whether he won or lost his match. The friendly rivalry between he and Pete Sampras always produced a thrilling match for tennis aficionados to watch. So it was a real surprise to me to read that really they weren't friends, just very respectful adversaries.

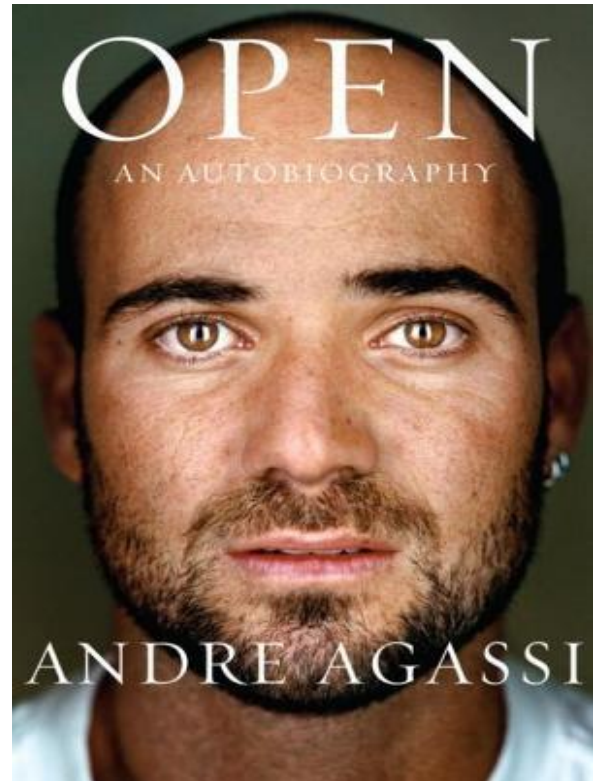
My children were very young when I first discovered "Wimbledon" on our new television set. The complete matches of 1962 being the first year of many that I inveigled time to watch. As TV was a very new thing for us then, I had never switched it on during the day and I quickly found all of the chores I could do whilst watching the sport, ironing, mending, making outfits for my small boys and baby daughter with occasional silver cleaning.

As the years came and went, I purposefully arranged my time so as to be able to watch Wimbledon every year. Unfortunately it was not until we retired and were living in Mexico that we were also able to watch the entirety of the Big Matches of the tennis world, thus inviting individual players to become almost members of the family. We would refer to them by their first name, as though actual friends.

What had once been a hobby for me had transferred to my husband Nigel. By then we both enjoyed watching the battles, triumphs and tragedies of our particular favorites. In general, we found some of the very unsporting and arrogant manners of various players completely unwarranted and disliked those players totally. If they won the match both of us felt quite aggravated.

For a time we found ourselves watching the 'slam bam' era of the players, like Philippoussis, and Ivanisovich, who only had massive serves which did not produce a good game of serve and volley to watch. That was when we switched our preference to the women's game where there was actual tennis played. Firstly we watched Evonne Goolagong and Billy Jean Moffat. Then along came great players like Steffi, Martina, Chrissie and Monica. Some of the other good female players had too many tantrums or hissy fits to be worth continual watching or following.

I was, however, delighted to see that the player I had watched since he was just a teenager and enjoyed most of all through the years had written his autobiography.



Books read recently - reviewed

Open - Autobiography of Andre Agassi

Book review

This book, I found to be very well written and gripping to the end. The various characteristics of some of the supposedly great players in that period covering decades were unabashedly described. I was pleased to realize that many of the people I personally disliked (Jim Courier) were actually unpleasant people and others, equally disliked, were in fact good people who did good things for the tennis world and up and coming players (John McEnroe).

In reading Andre's book which I have reviewed below, I discovered that he also disliked a lot of the "sportsmen". In many cases it was a total joy to him when he eventually decimated them while others he did his best to avoid playing as much as possible.

I also learned, although I had heard it rumored, that he disliked playing tennis immensely. It was only when, after more than a decade and a half of playing and winning, that he realized that the money he earned could make a huge difference in many children's lives. He had now found his reason to play. His much acclaimed school for disadvantaged children was born and is flourishing in his home town of Las Vegas. I almost wish I were able to attend this school myself after reading his description of the curriculum.

He addresses his dalliance with drugs, his almost nonexistent home life, his love for three of the most notable women of the times, Barbara Streisand, Brooke Shields, wife number one and Steffi Graf, wife number two. His mother and sister were adored and his Iranian father feared.

It is his obvious deep love for his wife, whom he calls Stefanie, his two children, his elder brother, Phil, his coaches; Brad Gilbert and Darren Cahill, trainer Gil Reyes and best friend Perry shine through the story like a beacon. Those who know him and understand his self-motivation and the initial fear of his driven father, helped sieve through the torments of this man who was educated at school only through grade nine. Despite this, he became one of the most respected and revered sportsmen of the day.

I absolutely loved his story and what he told of himself was pretty much what we recognized in him during his matches. A man born with spondylolisthesis (displacement of vertebrae), who would have been considered too crippled for any other sport he overcame his condition and produced both a living for many people who depended on him and a hope for many who otherwise may have had no hope.

The lack of quotation marks throughout the book was initially disconcerting and would have helped immensely had they been there. Perhaps this was for a reason but I failed to see it.

This is a book of triumph over immense difficulties and I place it amongst the best that I have read. Literature? No, but a darn good and uplifting story!

This book is available not only in print form but in electronic books through Amazon and Barnes and Noble also.



Stefanie Agassi



Pete Sampras



With Brooke Shields



Andre Agassiz and Stefi Graf at the winners ball several years before they married

AT THE MOVIES

Suzanne A. Marshall

2 Guns

Starring: Denzel Washington, Mark Wahlberg

Directed by: Baltasar Kormaker

Running Time: 109 minutes

A DEA agent and an undercover Naval Intelligence officer who have been tasked with investigating one another find they have been set up by the mob -- the very organization the two men believe they have been stealing money from.

I enjoyed this movie and had a few good laughs too. I am a fan of Denzel and Mark. They can deliver lines with great comedic timing. Yes, it's violent here and there but it is a crime thriller/comedy/drama so you can expect that. The movie is fast paced and there is never a dull moment.

I'm not sure why the ratings are coming in at slightly under 7 out of 10 but it may be that unique crime stories are hard to come by these days. I know my network of friends would really enjoy this one.



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Saturday Market, and approximately 2 blocks North

The Hobbit - The Desolation of Smaug



Starring: [Martin Freeman](#), [Ian McKellan](#) and many more
 Directed by: [Peter Jackson](#)
 Running Time: 161 minutes

“After successfully crossing over (and under) the Misty Mountains, Thorin and Company must seek aid from a powerful stranger before taking on the dangers of Mirkwood Forest--without their Wizard. If they reach the human settlement of Lake-town it will be time for the hobbit Bilbo Baggins to fulfill his contract with the dwarves. The party must complete the journey to Lonely Mountain and burglar Baggins must seek out the Secret Door that will give them access to the hoard of the dragon Smaug. And, where has Gandalf got off to? And what is his secret business to the south?”

J.R.R. Tolkien fans won't be disappointed in this movie, the art direction, color, music and costumes are incredible and consistent. I always find the hobbits rough and funny while the Orcs are about as ugly as one can imagine. Still they render the story with great tribute to the characters.

The movie is quite long but not uncomfortably so. For those who have read the books, I am given to understand that the presentation holds true.

The Peter Jackson fans will not be disappointed with this film. It is rated at 8.9/10. That's pretty hard to beat. It is also rated at PG13, so small children could be frightened out of their skin without proper prepping. Enjoy this amazing cinematic feat.

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Have A Question?

ASK AN EXPERT

LOCAL FLAVOR TOUR

by Suzanne A. Marshall

In Manzanillo there exists a really wonderful group of people called 'Manzamigos'. For a token annual fee, the group is pretty much open to anyone living in Manzanillo but it serves to bring many permanent and semi-permanent people from outside Mexico largely (but not exclusively) from the USA and Canada. Every week there is an opportunity to meet for Thirsty Thursdays in various locations for cocktails, socialization and dinner. There you can meet the loveliest people and develop a network of friends. There is also an exchange of information on current events, news and local activities.

In response to a member survey last fall, Manzamigos has begun to coordinate with the help of various members, some local tours of business establishments and sights of interest in the area. There are a number of tours in 'the works'. In November I took part in a tour of L'Arte del Gelato.

Truthfully, most of us think we know what gelato is. But this two hour tour of the main production facility in Plaza San Pedrito beside the Zar Hotel demonstrated the care and detail that are part of producing a really great product. And the sampling of many delicious flavors was a real bonus too.



Rosamelia Garcia, Director General L'Arte del Gelato

Meet Rosamelia Garcia, Director General and owner of L'Arte del Gelato. Rosa is an outgoing and animated personality, adding great fun to viewing and hearing



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NEW LOCATION

about what it really takes to create a product she is very proud of. From the additional power requirements to support production, including a water purification system and processing equipment to well trained staff, Rosa explained how all of the equipment and the ingredients for making the Gelato are imported to Manzanillo from Italy.

But if you are paying attention to what you are consuming as many of us do these days, the best news is how healthy this delicious treat really is. Comparing an equal serving of regular ice cream to this Gelato, your calorie intake is chopped in half! Watching the fat? This Gelato is 4-6% natural fat, while ice cream is between 18 - 22% fat. And having personally tasted almost every single flavor in the cooler my opinion is that there is simply no contest. (And of course I've calculated that I can eat twice as much!)

L'Arte del Gelato has four locations in Manzanillo:

- 1.- Plaza San Pedrito (next to the Hotel Zar)
- 2.- Plaza Las Palmas (next to Wing's Army)
- 3.- Marina de Las Hadas (by the Hotel Las Hadas)
- 4.- La Audiencia (next to Kali Spa, in front of the Golf Course)

Thanks for a great tour Rosamelia!



Rosa makes pistachio Gelato- fabuloso

L'Arte del Gelato
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for us to produce it, taste it and offer it, is our Passion!

PLAZA SAN PEDRITO Hotel Zar	LAS HADAS MARINA	PLAZA LAS PALMAS (Wing's Army)	AV. LA AUDIENCIA by La Catrina
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BATERIAS A MITAD DE PRECIO



Our First New Year's Celebration in Manzanillo

By Freda Vickery

We had celebrated New Year in Mexico in 1983 when we had our introduction to Mexico. Then Nigel and I with our friend Hilary journeyed to Acapulco to take over somebody's time share. There we had our first intimation that all was not going to be well on this trip. Arriving at the Best Western hotel at the edge of town, we were shown to our room which had been reserved for three people a few weeks prior.

Ha! It had one double bed! "Not suitable" was the refrain from all of us in harmony to the consternation of the maid who spoke little English. Back to the reception desk we went with her, explained that we had booked and required a room with 2 beds and were then promptly shown a somewhat grubby but two bedded room. Well, it was only for one night and it was New Year's Eve so would suffice.

We were tired after a long two-day journey via Dallas where we had spent the night en route. Although we had asked for an early call in order to catch an early bus to the airport, the hotel had omitted to call us. Fortunately I awoke to realize that it was 6.55 and we had just five minutes to catch the bus to the airport at seven a.m. With no time to do anything but scramble into our clothes, we made it to the lobby and the plane in the very nick of time.

When we arrived at Acapulco, all of us were dying for a refreshing shower. One look in the bathroom and we groaned. The only towels available were two skinny threadbare pieces of cloth which may have been towels at one time. Back to the reception desk we trooped to get at least one more towel. Mission accomplished we returned to the room and a lovely shower in COLD, cold water! No matter, we were on holiday and would get dressed and go out for a nice dinner.

Not so fast, fair travelers! This was New Year's Eve and the restaurant in the hotel was now closed to enable the staff to have the evening off, as were all of the nearby restaurants. It was 7 p.m. and all was certainly not well. I cannot remember what we ate that evening I think one of the other guests in the hotel who joined us at the pool found some cookies and we opened our Duty free liquor.

With our new found friends we sat and chatted the evening away until midnight. Then after wishing and kissing everyone nearby, we headed groggily to bed. From that ominous starting point matters went from bad to worse and when we finally left Mexico 20 days later, we vowed never to return!

Fast forward fifteen years and time finds us in Mexico once again but this time in Manzanillo. We had made many friends in Las Brisas when we were living at Bungalows Angelica amongst the Canadians and Americans who lived in Manzanillo during the winter months. New Year's Eve was fast approaching and we all wanted to go out for a nice evening together. Not knowing where to go, Nigel consulted with Coty and Manolo Cordera, our hosts, for a low down on what was available. As they had not heard of anything that year, they checked with friends who were owners of the Colonial Hotel in Downtown Manzanillo.

Initially not intending to open on New Year's Eve, once the owners learned that there was a fairly large party wishing to celebrate, they rapidly changed their minds and not only offered a full meal but hired a band for dancing. Word of this party spread and when we arrived at the hotel at the specified hour we found it bursting at the seams with revelers. The dining room was sold out for the evening. Our party had increased as we finally booked for 26 people. Two did not arrive without offering explanation and it was just as well as the table we were given was a very tight squeeze for the twenty four of us who arrived ready to 'Partay' the night away!

We had a great evening. The band played what was deemed to be Mexican Cowboy music and we jigged the night away. It was a huge amount of fun. It was the first time that we had seen Mexican people dancing and having fun along with us and that alone was worth going to the Colonial for. Our dinner was -- well -- fair to middling: Not particularly well cooked, and as we found out later; to be the norm, half cold. It was edible however and we were in good company that was all that mattered. The big hitch came when we came to pay the bill at the end of the evening. Everyone was given their own bill but Nigel and I had an extra bill. It was for the two people who had not shown up. Although we had



added to the party by four additional people, they had us registered now for twenty six and twenty six must be paid for.

There was quite an argument about this and eventually we went to Manolo Cordera and told him what was happening. Aghast, he immediately went to his friend, the owner, and was in conference with him for a good ten minutes. What was going on we did not know. There was lots of gesticulations and talking back and forth. After much waving hands in the air there was finally a shaking of hands and a couple of back slaps and Manolo returned to the table smiling. It was settled. In fact it had been settled almost immediately and the balance of the conversation had been nothing but story and joke telling.

Trying to get back home at the end of the evening was another fun experience. Because we knew we would be drinking only two cars had designated drivers whilst the rest of our party had come to the hotel by Taxi. That was a real trial for them now as there were absolutely no taxis to be found. Almost all of the available cabs had been previously booked. Eventually we came to the conclusion that the two cars we had would be ferrying people back and forth but we would all finally meet

together at Art & Lydia's apartment for a final good night drink.

Fortunately, as we arrived at their residence, we were followed by two or three cabs who discharged the remainder of our party. The cabs had returned to the downtown sector almost as we had left, so they were fortunate enough to have nabbed them prior to others who now had to wait longer. As always the evening ended on a high note and we eventually went our merry way after having a great night cap to follow the fun filled evening. Next year we would know the ropes and be prepared!

The next year we had other problems arise, but that is another story. The problem mostly encountered here is that very little has advance planning. Manzanillo people do most things at the last minute and then there is a mad scramble. One thing about Mexico is a certainty however, do not think that you can anticipate and prepare for all eventualities! It changes every time! Nothing is so constant as change!

Happy New Year to all of our friends in Manzanillo and to all the friends we haven't yet met.

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The Children's Foundation International

WISHING YOU A WONDERFUL HOLIDAY SEASON AND BLESSED CHRISTMAS!

As we come to the end of this year and look forward to the new year, 2013 seems to have brought many disasters and tragedy all around the world. At times we feel overwhelmed by all the suffering... then I am reminded to look deeper at the sometimes small, but powerful, examples of great compassion and change happening around the world, and I am re-energized with that thought. I hope you will be also.



This past April six very sad, bedraggled, extremely neglected and hungry children walked through the doors of Casa Hogar Los Angelitos. Several of the children were crying, all were afraid, apprehensive and confused. Like all the children who come to the Casa Hogar, these children were received with hugs, food and compassion.



One week later, a family of three were brought in by the social services agency; less than two weeks later, police brought a family of five to our doors in the middle of the night. Over the next three months we received twenty more children in desperate situations, some for temporary care, some to remain permanently. Each frightened and suffering, experiencing the trauma that comes from abuse, abandonment and neglect.

With seventy-five children at that time, our beds were full, but we would not turn away these children. During the following months, Casa Hogar Los Angelitos was a haven and secure place of healing for each of these precious lives.

Ninfa, our social worker, spends a tremendous amount of time working with the courts, social services and police making sure that paper work is completed and each child is protected. Elena, our community public relations representative, works overtime looking for extra donations of food, milk and clothing to meet the expanded needs. The house mothers begin immediately to help each child assimilate into their new home, attending to their medical and physical needs, and our teachers begin tutoring the children so they can enter school as quickly as possible.



2013 found long-time CHLA residents Brenda, Andres and Artemio living their dream as University students through your generous support.



Young people are going from darkness to light because of the hope, opportunities and tools you have helped provide.

We all work together to give the children a place of love and security to help them create a different ending to their story. Our model has a proven record of success!

An investment in developing and educating children and youth is one of the most important investments we can make. It is an investment in the future of our world!

I hope you will include The Children's Foundation and Casa Hogar Los Angelitos as part of your year-end giving and take advantage of the opportunity to invest in the lives of children through the arms of Casa Hogar Los Angelitos!

This season, on behalf of children everywhere in the world, let us pray for world peace and an end to child abuse.

Nancy Nystrom 2013

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At Casa Hogar Los Angelitos, the goal is to RESCUE, HEAL and DEVELOP the whole child. To truly change a child coming from extreme poverty and trauma, basic needs must be met; emotional and mental health, academic development and abilities, spiritual strength, physical health, and the potential for financial security. The rescue, care and education program at CHLA is unique in the healing and overall development of each child.

EDUCATION fosters self-esteem, self-discipline, and is a bridge out of poverty!

We believe in hope for children, and the success of this program!

The average cost to rescue, care for, and truly change the life of each child is approximately \$2700 per year.

The average cost for University education is \$700 per student, per month. In 2013-2014 we will be supporting 4 University students.

To expand our current facility and purchase a connecting property, we can increase the number of children we can care for from 75 to 125. The purchase cost is \$150,000.

If you believe in what we are doing, partner with us to rescue and change the lives of more children!

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Is it Time For You to Drop the Losers in Your Portfolio? *by Yann Kostic*

For many investors, a solid mutual fund performs in line with its benchmark; for others, it's a fund that zooms ahead of the market. But these aren't necessarily the best ways to judge a fund.

Mutual funds, like the stocks and bonds they hold, are subject to market cycles. Sometimes they perform well and other times they perform poorly. Some investors try to "time the market," by moving in and out of a fund, but this can be costly. The market moves quickly; you could easily end up selling low and buying high, triggering a higher tax bill.

Portfolio managers also haven't the flexibility to adjust their portfolios to meet changing market cycles; a bond-fund portfolio manager is usually required by the fund's prospectus to invest in bonds - even when the bond market is down.

A diversified portfolio based on your goals, risk tolerance, and time horizon can minimize market concerns. It won't eliminate risk, but a diversified portfolio can help provide you a cushion in a downturn.

When some funds perform poorly, others may be performing well. This balances your overall return.

Just as goals, risk tolerance, and time horizon help you create your portfolio, these factors should also guide you in deciding when to change it.

In creating your portfolio, you were required to consider how much volatility you can tolerate. If your portfolio begins to exceed your volatility tolerance, re-examine it. You may want to consider dropping losers.

However, this can be a difficult decision; ask your advisor for help.

Yann Kostic is a Financial Advisor (RIA) and Money Manager with Atlantis Wealth Management specializing in retirees (or soon to be), self-reliant women and Expats in Mexico. Yann works with TD Ameritrade Institutional (the custodian of client's assets). He splits his time between Central Florida, the Central Pacific Coast of Mexico and Lake Chapala. Comments, questions or to request his Newsletter "News You Can Use", contact him at Yannk@AtlantisWealth.com, or by phone in Mexico (376) 106-1613 or in the US (321) 574-1529.



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Recipe for a New Year's Party in Mexico

As indicated in WikiHow.com

Prepare the food

- **Tamales with guacamole dressing.** This is a traditional dish in Mexico and it takes several hours to prepare. There are different types of tamales that can be prepared and you can have a combination of the ones you would like to eat.
- **Frijoles a la charra** (beans in a pot). They are a very popular side dish served in Mexico. There are different ways that they can be prepared (different ingredients can be added to make them have a different flavor); it is up to you to decide how you want to cook them.
- **Menudo.** This is a Mexican soup served before, after, or during the meal. It can also be eaten the morning after the New Year's celebration, because it can cure any hangovers that one might have.
- **Buñuelos.** They are a very popular dessert in Mexico; especially made during this holiday. It is a, fried, sweet tortilla that will leave you wanting more.
- **Pan de campo.** It is a, famous, sweet type of bread served as a dessert that the Mexican culture prepares during this holiday

Hire the Mariachi.

They can be found online or in phone books and they will play while the guests are eating. The mariachi is very big in the Mexican culture, but it is not necessary to have them.

Hire a band, a DJ, or just play a CD.

This is to keep your guests entertained. Make sure that it is Spanish music and if you do not know how to dance to it find someone to teach you (this will make the party more fun). Find a place with enough space to dance. It is easy to dance in most places that have a floor no bigger than a postage stamp.

Have fun

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SEÑOR TECH

Señora Notsotechie Speaks Out

There was a crisis in the family this December. Señor Techs' father of 85 years passed away on December 21st. In such circumstances living in beautiful Manzanillo can present challenges especially at Christmas time when one must quickly return to Canada.

So this is an opportunity for me to step in for Señor Tech. Now there is a reason that he calls me Senora Notsotechie. I am definitely not nearly as PC literate and I have not made a career out of the computer technology business. Actually, I am the self-appointed psychologist in the family and without me, I fear that Señor Tech could well turn into one of those 'Wall-E' people from the movie, where centuries from now, the people are living on a spaceship and have become little floating blobs with stubby arms and legs, due to lack of use (or necessity?). Over the generations they have evolved into new shapes more suitable for life completely managed by computers, robotics, and automation which no longer depends on the ancient human touch. They only need to give voice commands and push the odd button.

I am exaggerating just a bit, but many of those jokes like 'gluing an iPhone to his forehead' so I can pretend he's talking to me, kind of hits home. The fact is that I'm more familiar with the back of his head or perhaps the top of his head because he spends so many hours with computers or his iPad. OK, OK I understand that it's all a paradigm shift and this is where the world is going.

But honestly it's moving faster than the world can safely and securely master in my opinion. I realize that amazing things are happening, science is speeding ahead; communications are faster and broader than I would have ever dreamed of; I can talk on my phone face to face with my family and friends; I've learned so much from the Hubble Telescope about the universe; I watch Canadian television programs in Mexico; I check the weather at home and stay current with the news via technology; and I can work and craft my writing from pretty much anywhere in the world along with the internet to do my research.

Also I am savvy enough to operate PC's and telephones (sort of). Here I admit I've become lazy and since I have a 'techie' under my own roof, I just let him run everything

and do all the problem solving for me because it's his life's work to keep up with all the changes and developments that are taking place. (Plus I really have no idea what all the wiring, bleeps, lights and such are doing)

Since we could only get Señor Tech on the plane, I've stayed behind. Suddenly, I have control of everything. OK!! So I go to turn on the television and realize I've never bothered to learn how! There are two gigantic remotes sitting there. Which one do I try first? That's a nice way of saying I never get the chance because he's so fast with all this stuff, I just hand it over. However, to my credit I have listened and learned somewhat and after about 15 minutes of hitting buttons, I did get the thing on.

Then the internet phone isn't working. Well what do I do now? No problem, Señor Tech is on the iPhone to me and I follow his instructions, try rebooting the cable modem, then go into the other room and reboot the Linksys which sends the signal to our phones. Phew! It worked.

Suddenly, I can call him on the 'Canadian' line again or call anywhere in Canada with free long distance. This is good since my kids live at opposite ends of the country and I



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Map showing location at Naranjos 36a, Salagua. Text: "We service all makes of vehicles, but specialize in Volkswagen"

Naranjos 36a, Salagua

I must keep up with my friends. I fear without Señor Tech around I'd be a very frustrated person or, I'd be a very old fashioned gal with very limited communications.

So now I'm going to give all you techies a few tips on how to keep your spouse a bit mellower about all the electronics:

1. Hide the wiring. We hate those balled up messes of 'spaghetti' wires ruining our décor and occupying good storage space. They are unsightly and ugly and we can't clean all the dust balls collecting if we're actually allowed in the room. (I will be delighted when it's all wireless but we have a ways to go.)
2. Please take the time to show us how to operate the basics. Look what happened to me. We like our independence and we hate to feel stupid. A little practice would take us all a long way. Maybe one evening a week we could control the remotes so we really learn how and the techies will learn a little patience.
3. If you work from home, set a start and stop schedule. No work after supper. We need some time with you. Otherwise you could turn into one of those 'Wall-E' people. Besides, you really need some practice with good old fashioned conversation.
4. Try not to change things around on us. Example: we have three phones here, local Mexico, intercom, and internet phone. For whatever reason, the handsets got changed and I was running around answering the wrong phones because we organized and efficient partners are creatures of habit. We simply juggle too many chores and it's very dangerous for your health.
5. When you're doing things together, like yard work, home projects, cleaning the garage etc. etc. get rid of the ear buds. It ruins spontaneity, kills conversation and impromptu thoughts and eventually mutes your partner. You'd be better off with something that you can both listen to and share.

And lastly,

6. Remember that if you're bringing home the newest 'must have' electronic gadgets and such, it's only fair that there are no complaints when we come home with little items for the house or perhaps our wardrobes.



Have a **FANTASTIC** New Year!!

from your friends at Manzanillo Sun E-Magazine

