

Manzanillo

September 2011

SUN

Manzanillo's Lifestyle E-Magazine

IN THIS ISSUE

General Interest

Calendar of Events - September

Mexican Celebrations

Lycra Spandex and the Ageing body

Did you know?

Office Bytes - Cap lock

Elaine Parker

Suzanne Marshall

Freda Rumford

Vivian Molick

Health

Obesity

Karen Trom

History

Streets of Manzanillo - Ignacio Zaragoza **Terry Sovil**

Living in Manzanillo

What surprised you after moving here? **Cheryl Weaver**

Manzanillo Sail Fish Capital of the World **Manzanillo Sun Reporter**

No idle retirement here! **Tommy Clarkson**

Tales around the table - The Storm and Palms **Freda Rumford**

Living in Mexico

New Laws of Immigration

Spanish Lesson - The LL words

Good News at last

A word to the wise

Help wanted to drive down

Banditas News - Stephen Fry

Martha Martinez

Manzanillo Sun reporter

Manzanillo Sun reporter

Manzanillo Sun reporter

Nature

Fish Life in Manzanillo

Terry Sovil

Food

Baked Beans

Manzanillo Sun Kitchen

Vida del Mar

*Cover Photo courtesy of
Sun Roving Reporter*



MANZANILLO – SAILFISH CAPITOL OF THE WORLD

The Port of Manzanillo is the number one employer and industry of the State of Colima, followed by Farming and then Tourism. It is quite unexpected for the growth of the latter to ever reach that of Cancun or even Puerto Vallarta. This is good news for those who like a quieter life in a slower pace setting. This is not the place to find good shopping, high class night life, or any or the other trappings that go along with a high tourist destination. The Federal government gave permission for the State of Jalisco to expand tourism down the coast as far south as Barra de Navidad and for the State of Colima to continue that trail to Playa D' Oro but there is no evidence as yet of any commencement.

Geographically located halfway down the Pacific Coast, Manzanillo is Mexico's principal deep-sea port for shipping containers. The port covers 437 hectares and operates with world-class navigational and cargo equipment. The port facilities are privately owned and operated by API. There is a double-stowage train service that moves its high volume of container cargo within the port on 8.4 miles (13.5 kms) of tracks privately owned by FERROMEX (Ferrocarriles Mexicanos.)

The port of Manzanillo came into its own during the handling the higher than usual cargo traffic through

Manzanillo to all points north. It is now under mammoth strike by stevedores on the West coast of the United States a few years ago, when it was proven capable of reconstruction and expansion.

(See the 3 articles by Terry Sovil in the Manzanillo Sun in spring 2010.)

Long distance railways carry containers to Mexico City, Guadalajara and Aguascalientes and then on to the southern USA cities. Port activity is a significant factor in Mexico's industrial and commercial corridor carrying goods from Aguascaliente, Querétero, Morelos, Zacatecas, Nuevo León, Coahuila, Mexico City, Mexico State, Hidalgo, Nayarit, Durango, Michoacán and Colima. Internationally, the port has shipping lanes to Japan, South Korea, China, Hong Kong, Indonesia, Australia, New Zealand, Canada, the U. S., Guatemala, Costa Rica, Colombia and Peru. It also handles agricultural grains, plant and animal fluids, cement and raw materials, and has cold storage for perishables. A massive Pemex refueling station dominates the southwest curve of the port's bay.

A portion of the port is reserved for fishing. The corporation, Marindustrias, operates a tuna fleet that can catch up to 20,000 tons of tuna a year and includes other vessels to catch species such as giant squid and shark. The company's processing plants are located within the port area.

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What Surprised You After Moving Here?

Cheryl Weaver

Government entities run pretty efficiently.

Foreigners that move here long term go through "trial by fire". Much of it, our own doing.

There is NO evidence of drug use, except taxi drivers that seem addicted to speed.

Teenage Girls will surrender their seats on the bus to you

The "mañana" syndrome is **NOT** the norm.

Retribution and grudges are an accepted part of the culture

No enchiladas

Margaritas cost the same as in the states

There are no degree markings on oven knobs

The rudest people are a few taxi drivers and bus drivers

Some stuff you decided to bring, you don't need, and the stuff you left behind is what you do.

A new meaning for the word "frugal".

The physical demands of daily life

The simplest of tasks can easily turn into monumental projects involving several people and much time.

Walking extensively does not affect weight loss.

Outright lying is not disguised, explained, or a source of embarrassment

Nothing is as straight-forward as it seems to be or could be - and that can be a source of frustration

It's quiet at night.

Boney dogs do not dominate the streets.

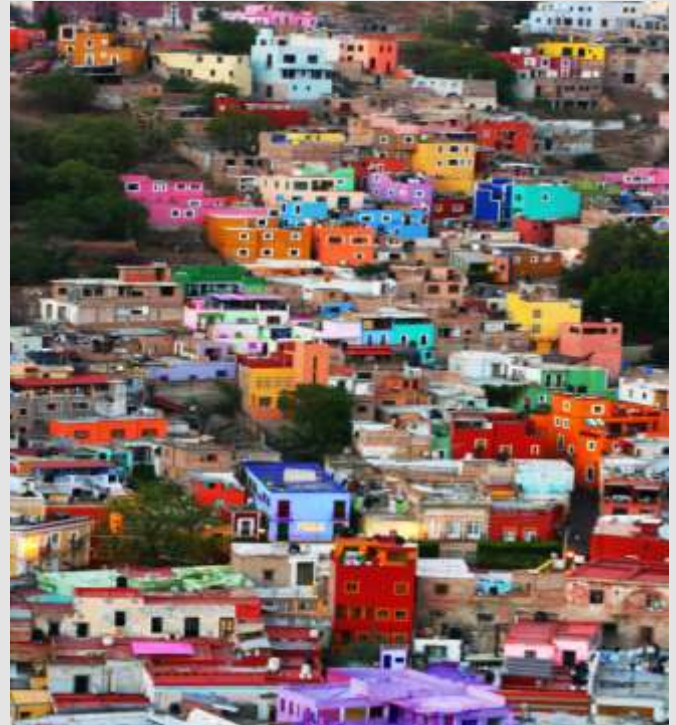
Timeshare hounds are a rarity.

Mariachis are not on every corner - neither are beggars or children selling "Chiclets"

Top 40 Pop Hits still have romantic lyrics

Pet cats are 3 times less than dogs.

Life is simpler without confidentiality laws.



Petty theft by opportunity is common.

You are solely responsible for yourself about everything - from crossing the street to counting your change.

It is hard to find used stuff for sale.

Ingenuity here is an art.

Strangers openly stare and will ask personal questions.

"Out of Stock" at one vendor doesn't mean it's not at the shop next door.

"No" means ask in a different way - or somebody else

Academic graduates show genuine pride in their accomplishment and do not take education for granted.

Even little kids are well-behaved as a rule and appear content.

Most cars on the street are clean.

Things seem to just "work out" if you have the time and grace to let them.

I have broken more things, and more things have needed repair in 7 months than in the last 10 years put together.

Getting together with people you hardly know is a very common occurrence.

Each day is a surprise - you rarely know what to expect.

The best: People help each other.

Fish Life of Manzanillo

By Terry Sovil

The Cortez Angel

The Cortez Angelfish can be found at depths from 10-100'. They are gray becoming charcoal at the rear of their body. They are found along the Baja down to Panama. They are usually solitary but frequently can be seen in pairs.

The juvenile Cortez Angelfish has six curving yellow bands from snout to tail with narrow blue bands between. In transition from juvenile to adult there is a mix as shown in the photo. The juvenile is 1-3" in length and the transitional stage they are from 4-7".

These fish are generally not concerned with divers and are often curious. You can approach them if you move slowly and in a non-threatening manner. They are in the family of Angelfishes. They feature a yellow body bar bordered by black bars behind the pectoral fin. Their size is 8-14" with a maximum size of 18"



Cortez Rainbow Wrasse

The Cortez Rainbow Wrasse inhabits rocky reefs and slopes most commonly between 10-40 feet. They are abundant to common in the Gulf of California and southern Pacific Coast of Baja down to Panama. They can be somewhat wary and will usually move away but can be approached by moving into their direction of travel. They are from the family of Wrasses.

Their features include a Terminal Phase with wide yellow saddle patch behind the head and above the pectoral fin base and a blue to purple head. Their body varies from violet reddish green; blue dorsal, anal and tail fins. During this phase they are solitary and mate one on one with females.

Their Initial Phase has a bright yellow mid-body stripe.

In their Juvenile Phase they display a yellow with wide black lateral stripe and another on their back below their dorsal fin. They display a dark upper body and pale pinkish underside. Both sexually mature females and males cluster in large aggregations near reef tops where they spawn in large groups by suddenly rushing upward and forming into a tight ball just before releasing white puffs of gametes. During this phase they also clean other fishes of parasites and debris



Cortez Stingray

The Cortez Stingray is common in the Gulf of California and coast of Baja. They are solitary and inhabit sand, mud and rubble bottoms, often near reefs. They feed primarily on worms and crustaceans. They tend to ignore divers but will bolt when closely approached. They can be found in depths from 0' to 100'.

They are from the family of Round Stingrays. Their features include a brownish disc covered with large black spots and light buff circular blotches. Whitish pupil cover of their eye has a three pronged shape.

Tan to brownish gray with scattering of small dark spots. Their size varies from but is commonly 16.5" through the disk.



The Giant Damsel

The Giant Damsel fish have a large, somewhat elongated, disk-shaped body. They are bluish gray to gray. Breeding males fore bodies are silvery gray. These fish are common in the Gulf of California and the southern Pacific coast down to Panama. They are generally solitary and inhabit boulder-strewn reefs and slopes with good water movement and algae growth. They are territorial and will attempt to chase away intruders. They are especially aggressive when guarding nests during breeding season. They can be seen most commonly in depths of 10 to 25'.

They are part of the family of Damsel fishes.

Their features include long, trailing tips on dorsal, anal and tail fins, often with thin, pale blue to white borders. Juvenile have a few scattered brilliant iridescent blue spots on back and nape. They grow from 6 to 10" with a maximum of 12",



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No idle retirement here!

By: Tommy Clarkson

Recently, for 107 days, with my once Manzanillo sun-burned nose placed against the proverbial grindstone and formerly retina-detached eye struggling for focus on the ball, I was back in the yoke of work. And though this time constituted grueling seven day work weeks of 12+ hour days, it was wonderful!

I did so, once again, as a team member of the U.S. Army Corps of Engineers (USACE). Patty, my life's co-pilot, and I had been professionally associated with this great group of soldiers and civilians in Iraq back in 2005-06 and then, a year later, in Louisiana, post Hurricane Katrina.

Absent now, however, were the roadside IEDs and snipers of the former and the whiney, finger pointing and political edginess of the latter.

This time, it was back in the U.S. heartlands - Omaha, NE. Our task was that of engaging the surging, roiling effects of unprecedented rainfall and mountain snowpack melt that had caused the record setting Missouri River flooding.

Instead of a leisurely cup of "Morning Joe" under the palapa at 7:30 AM, the days began - reminiscent of early barracks bound Army days - rising at 0530 hours in order to be at my duty station by no later than 0645!

In lieu of late afternoon cocktails on the terrace, it was intense participation in the daily late afternoon CODEL (Congressional Delegation) call with federal, state and local officials and then fielding a barrage of questions from the media from the eight states abutting the river's upper basin.

Soon, Fridays could have been Mondays and Sundays, just another day. One on top of another, Fourth Estate queries, often short-fused, clarified from numerous phones or slipped in more quietly via e-mail. Rumors -



Omaha Nebraska skyline

sometimes to the point of ridiculous ("Is the Corps going to blow up the dams?") to be corrected - some, instantly, via the social media of Twitter, YouTube, Flickr and Facebook.

There was data to be disseminated and press releases to be researched, written and forwarded. In the Joint Information Center phones rang, fingers flew across keyboards, and huddled heads muttered aspects of The Strategic Communication Plan. For an old writer and media relations guy - at the sake of

redundancy - it was wonderful!

There were energetic, enthusiastic young folks to mentor, middle aged, mid-leveled bureaucrats to gently admonish and nudge work-wise and an occasional, senior - who'd, arrived at their post through political "correctness" or intrigue - with whom to contend. Thankfully these were few in number.

Over here, national outreach or response to the Wall Street Journal, FOX News, NPR and Associated Press; over there, regionally, multiple daily questions from newsman Tony Mangan of KCCR radio in Pierre South Dakota; interjected in-between, earthy, practical questions by senior journalist Marshall White of the St. Joseph (MO) News Press; and then, third among the most heard from reporters, crisp, multi-faceted and incisive inquiries from Nancy Gaarder of the Omaha World Herald.

All addressed from within a windowless room on the third floor of a federal building not far from the angry waters of the Mighty Mo, the Big Muddy.

This space - called "Mr Jic" for the acronym of the Missouri River Joint Information Center - buzzed with activity. On the rear wall, large, permanent, brushed aluminum letters proclaimed this to be the U.S. Army Corps of Engineers, Northwestern Division, Omaha.

On the opposite wall, more functional and ever changing lists

under heads of Current, In Queue and Ongoing had been hastily printed on large white boards that sandwiched a calendar of "X" ed out dates since commencement of the natural disaster. Elbowing for acknowledgment, blue marked, daily water release statistics – today, "160,000 cubic feet per second" – for Oahe Dam and reservoir crowded phone numbers for state emergency operations centers, departments of transportation and FEMA.

Intently laboring on my left sat a fellow "Old Coot", also brought back to active ranks as a "Rehired Annuitant." He's Steve Wright, a federal service veteran of thirty-five years and who had preceded me into the Arabian sandbox. On my right sat, Thomas A O'Hara III, who we'd collectively mentored, with whom we'd both served "over there", and for whom we shared a fierce, paternalistic pride. Beyond his present Flood Fight duties he is, today, the USACE Omaha District's Executive Officer.

The experience harkened to mind a line – and no few other memories - with which we three could well relate: "One Army. One Fight."
Serving with friends in a challenge of consequence. . .

What a great break from retirement!

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Tales around the table

By Freda Rumford



Those Darned Palms.

One very elderly lady, whom I only remember as "Grace" absolutely hated the palms in her back garden. The palms were messy, had to be cleaned often to avoid conking a passer by with a falling coco, and nothing seemed to be able to grow beneath them. In vain she tried for 30 years to persuade her husband to get rid of them, but he was adamant that they stayed.

One day, many years after his death, she sat in her living room alone, watching as a great storm brought high waves crashing into her garden. They kept on coming, climbing over each other in a crazy attempt to reach land and eventually reaching and flooding her house. Eventually she saw one massive wave approaching, this was the big Kahuna, the one that she knew would be the death of her. She watched in helpless horror, screaming for help as the huge wave approached.

The only things that stood in its path were those five hated palm trees. The huge wave moved on relentlessly, crashing through the palms and into the pool. "Those hated palms had broken the wave into segments", Grace said later, she had looked on in amazement, as the huge wave fizzled into just a mighty froth but the hated palms stood strong, proud and erect. More huge waves followed and the palms still stood firm and held their ground.

Eventually, the storm exhausted itself, waters gradually receded and the resulting damage could be safely inspected. The palms still stood proud but one by one they listed and eventually toppled, their job was done.

The very first thing Grace had her gardeners do in the clean up after the storm, was to replace all of the five palms!

The Big Storm



Tropical Storm Norman 2000 Tracking map.

It is well known that no Hurricanes have hit Manzanillo since the 1959 due to the protection by a point of land known as Cabo Corrientes (gomanzanillo). However, there are many tales told by residents of the town at the time who were caught in the Tropical Storm Norman in the year 2000.

The storm originated off the coast of Africa on 16th September and entered Pacific waters on 20th September, travelling up the coast from the South Pacific at a wind speed of 50 miles an hour and seemingly going towards Cabo San Lucas. The storm veered in its path and touched land in Michoacán causing several deaths. Many miles out to sea from Manzanillo, it stalled for 3 days, not causing major problems initially but whipping the ocean into an absolute frenzy. Waves climbed on top of each other in their haste to reach land and residents of Manzanillo watched in horror as waves in excess of 35 feet crashed into the Bays of Manzanillo and Santiago. In this storm the famous restaurant "Willy's" was lost as well as the front three apartments of Casa Mañana, numerous swimming pools, seawalls and a beach house along the Las Brisas shore line. This was the worst storm for years.



A SHORT LESSON ON SPEAKING SPANISH.

By Martha Martinez

Usando las letras "LI".

The sound of the letters "LI" is very much like the sound of the "J" in Jump.

Manzanillo	(manzanijo)	
Bello	(bejo)	beautiful
Camello	(camejo)	camel
Callejón	(cajehon)	alley
Llave	(jave)	key
Llueve	(jueve)	rains
Llavero	(javero)	key chain
Llanta	(janta)	tire

Sometimes when we speak our Spanish words fast, the "LI" is heard like "iyo".

(Martha is presently teaching, Group Conversational Spanish classes for adults on Mondays and Wednesdays. Any level welcome. Email Freda@manzanillosun.com to join. (One on one lessons by appointment only.)

A word to the wise!!

Should you be considering the incredible coloured NOOK as an alternative to other E-Books available, be advised that Barnes and Noble will not allow a person to download book outside of the US or Canada. Magazine have been received but not a book. I even tried downloading it to the computer as a NOOK for PC, that wouldn't work either. Other ways are being explored as we speak, but nothing to report as of yet. The operator at B & N was quite snooty and I was overly polite in return!! Please let us know the experiences of the other E books so we can let travellers know what to expect. Quite probably this is a governmental thing to overcome.

New Immigration Laws signed by President Calderon on 34th May 2011



These are in place mainly to protect Mexico from illegal immigrants from the countries to the south of Mexico: Guatemala, Belize etc.

Although the laws now say that travellers from the U.S. United Kingdom and Canada no longer require a Visa (FMT) for visits of up to 180 days, they must have a passport which will not expire within 90 days of entry in the country and several blank pages in their passport. (It is recommended that 6 months to expiry is preferable.)

GOOD NEWS AT LAST

Sent by R. Hill (23Aug11)

Finally, some positive press from the US. This is from Sunday's edition of the San Francisco Chronicle. The article leads off with this:

"Quick !!- Which national capital has the higher murder rate: Mexico City or Washington, D.C.?

If you answered Mexico City, you'd be in good company - after all, Mexico is a war zone, isn't it? But you would be wrong, on both counts.

Based on FBI crime statistics for 2010 and Mexican government data released early this year, Mexico City's drug-related-homicide rate per 100,000 population was one-tenth of Washington's overall homicide rate - 2.2 deaths per 100,000 population compared with 22. (Drug violence accounts for most murders in Mexico, which historically does not have the gun culture that reigns in the United States.)

Read the rest of the article here: [www.sfgate.com]

Here is the link to the chart referenced at the end of the article: [www.sfgate.com]



The Streets of Manzanillo

Terry Sovil

Ignacio Zaragoza Cinco de Mayo



During the War of the Reform (1857-1860) the struggle between conservative forces and liberal forces led by Benito Juárez saw Zaragoza participating in a number of military engagements. In April 1861, Juárez appointed Zaragoza minister of war and navy in the parliamentary ministry. Three months later Juárez declared a two-year moratorium on Mexico's European debts. Needless to say, that wasn't well received in Europe; in December a fleet of Spanish ships accepted the surrender of Veracruz and Spain was soon joined by France and England. Zaragoza resigned the ministry to lead the Army of the East. In February 1862, just one month after his wife's death, he began work on the defence of Puebla.

The Spanish and English withdrew in early 1862 but French forces attacked Puebla in a battle that lasted the entire day of May 5, 1862, now famous as Cinco de Mayo. Zaragoza knew his men and what would motivate them, how hard they would fight and put this knowledge to good advantage. The troops were well-trained and they forced the withdrawal of the French from Puebla to Orizaba.

Ignacio Zaragoza

March 24, 1829 – September 8, 1862

Ignacio Seguín Zaragoza was born on March 24, 1829 outside the walls of the Presidio La Bahía in the state of Coahuila and Texas, near present Goliard, Texas. The second son of Miguel G. Zaragoza of Veracruz, Mexico and the Maria de Jesús Seguin of Bexar, he eventually became a general in the Mexican army.

With Mexico's defeat in the Texas Revolution, Miguel Zaragoza moved his family from Goliad to Matamoros where Ignacio attended the school of San Juan. Miguel, an infantryman, was transferred to Monterrey in 1844 and Ignacio entered a seminary there and from where, feeling he didn't have a strong vocation, he left. When the United States invaded Mexico he volunteered as a cadet but was rejected. Then, in 1853, he joined the militia of Nuevo León as a sergeant. His unit was incorporated into the Mexican army and he was promoted to captain.

Zaragoza sided with the liberal forces favoring the Plan de Ayutla, Mexico's first serious effort to establish a democratic and constitutional government. On January 21, 1857, while on a critical army assignment, he was unable to attend his own marriage. His brother, Miguel, served as proxy. Zaragoza and his wife had four



The number of French killed ranges from estimates of 476 to 1,000 depending on the narrator. Many of their troops were already ill from their stay in the low coastal areas. Mexican losses were estimated at only 86. While the French did capture Mexico City the next summer, the delay at Puebla was a sufficient setback



to shorten the French intervention in Mexico and changed the outcome. The French had planned to aid Confederate forces in Texas during the Civil War.

The battle renewed the spirit of independence in the Mexican people and in mid-August, Zaragoza went to Mexico City as a hero. When he returned to his troops in Puebla he got typhoid fever and died there on September 8, 1862.

A state funeral was held in Mexico City and Zaragoza was laid to rest at the Panteón de San Fernando. On September 11, 1862, Juárez issued a decree to rename the city from Puebla de los Angeles to Puebla de Zaragoza and made Cinco de Mayo, a national holiday.

Zaragoza became a national hero of Mexico. Songs have been written about him and schools, plazas and streets have been named either Zaragoza or Cinco de Mayo. Each May 5, Zaragoza societies meet throughout Mexico and also in a number of Texas towns including La Bahia and Goliad. In the 1960's a State Historic Site was established near Goliad to commemorate Zaragoza's birthplace.

In 1980, representatives from the United States, Texas, and Mexico attended the dedication of a ten-foot bronze statue honoring Zaragoza. The work was commissioned by Alfredo Toxqui Fernández de Lara, governor of Puebla, as a gift to the people of Goliad and Texas and placed in the Goliad State Historical Park.

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Ley de Migracion para Mexico (Immigration Laws for Mexico)

Info from *Banderas News* - Stephen Fry. Yucanlandia

Those people currently in Mexico with the previous visa are still covered until the current visa expires. No more FM2's or FM3's, no more stand-alone Non-Inmigrante & Inmigrante categories, and there's a tweaked Inmigrado category. Tourists and other Visitors descriptions have not changed much.

There are 4 new categories:

Visitante: 6 Types: Non-Working Visitors (tourist), Working Visitors, and Visitors for Adoptions, Humanitarian, etc. 180 day limit. See Chapter 2, Article 52, Items I - VI of the Law for descriptions of all 6 types.

Residente Temporal: Covers the old "No Inmigrante" (old FM3), 4 year limit per visa, Work Permit possible, Leave and Re-enter as many times as desired. This also seems to include the old "Inmigrante" FM2 "Rentistas". See Chapter 2, Article 52, Item VII

Residente Temporal Estudiante: Covers Student Studies, Research, Training, including working on university degrees. See Chapter 2, Article 52, Item VIII

Residente Permanente: Several types: Covers the old "Inmigrado" and a few special "No Inmigrantes" (the old FM3s for asylum seekers & refugees), and it appears to cover working "Inmigrantes". It allows indefinite stays, no need to renew, and includes the right to work. See Chapter 2, Article 52, Item IX and Transitorios, Sexto, I - VI.

PERMANENT RESIDENCY CHANGES TO THE LAW

Permanent residency can be granted after just 4 years of Temporary Residency.

Permanent residency can also be granted after 2 years of marriage or common law relationship with Mexican citizen, (with such marriage also recognized by the Mexican Government by successfully registering a foreign marriage with your Registro Civil). Such Permanent Residency also depends on the applicant successfully completing 2 years of Temporary Residency (concurrent with the marriage). Article 55, Item II

Permanent residency can also be granted to concubines after 2 years of Mexican bliss (as a part of the 2 years of Temporary Residency). Article 55, Item III

Permanent residency can be awarded with less than 4 years of residency, if the applicant qualifies under the new Points System. Article 57

There will be new ID cards, called "Tarjeta de Residencia" (as "Temporal" or "Permanente"). Article 28, Item XXVIII

Mexico will be introducing a new Points System for permanent resident applicants who would like to be granted residency before the standard 4 year temporary residency requirements. The Points can be awarded based on level of education, work experience, skills in areas related to the development of science and technology, international surveys, and the skills to develop activities that are required by Mexico: Article 57 Item II.

Since it took nearly a month for local and regional INM offices to digest and implement the far-less-dramatic May 2010 changes, and some of last years immigration policy changes were not fully worked out until the following August, we suspect that it may take another 6 months before most of the dust settles on this round of changes. This would fit with the new law's requirement that the INM issue implementing regulations within 180 days from the May 25, 2011 publication of the Law.

There have been no formal announcements yet of when the new changes will take effect, but in the meantime the Transitorios section (described below), should govern INM processing of new applications filed after May 25. All current applications and renewals filed before May 26 fall under the old rules, just like they did with applications and renewals filed before the May 2010 changes. All current Inmigrado and No Inmigrado visas (FM2's & FM3's) will remain valid until their expiration dates (see your "Vencimiento" on page 7 of FM2's - Fecha de Caucidad,) and people holding current FM2's and FM3's will only have to comply with the new rules when they apply for renewals under the new system.

In addition to the official Gob. de Mexico link supplied above, they also have a copy of the same new law at this website:

http://dof.gob.mx/nota_detalle.php?codigo=5190774&fecha=25/05/2011

We offer both links because El Gobierno de México regularly and abruptly shuts down some their new web pages. The web version of the new law is 25 pages long, which means it will take some time for the legal beagles to sniff-out all the implications.



Additional information on how the new categories line up with parts of the old categories:
The Diario Oficial website has been updated and is up and running. The Transitorios section (listed after Article 162) govern the period between May 26 and whenever INM issues and implements the new regulations.

On the issue of "Permanente Residente" / old "Inmigrado",
the new law's Transitorio section reads: (After Article 162) *"Transitorios, Sexto: VI. Los extranjeros que hayan obtenido la calidad migratoria de inmigrado, se equiparán al Residente permanente."*
This translates to: *"VI. Foreigners who have obtained the immigration status of inmigrado, are deemed equivalent to Permanent Resident status."*

Continuing on the issue of "Permanente Residente" / and some "No Inmigrantes" (some of the old FM3's), the new law reads: After Article 162: *"Transitorios, Sexto: IV. Los extranjeros que hayan obtenido la calidad migratoria de No inmigrante, dentro las características de asilado político y refugiado, se equiparán al Residente permanente;"*
This translates to: *"IV. Foreigners who have obtained the immigration status of "No inmigrante" (old FM3), who meet the characteristics of political asylum and refugees, are deemed equivalent to Permanent Resident status."*

Going to the issue of "Temporal Residente" / some "Inmigrantes" (some old FM2s, including "Rentista"), the new law reads: After Article 162: *"Transitorios, Sexto: V. Los extranjeros que hayan obtenido la calidad migratoria de Inmigrante, dentro las características de rentista, inversionista, profesional, cargo de confianza, científico, técnico, familiar, artista y deportista o asimilados, se equiparán al Residente temporal,"*
This translates to: *"V. Foreigners who have obtained the immigration status of Inmigrante (old FM2), who meet the characteristics Rentista (financier), investor, professional position of trust, scientific, technical, family, artist, sports athlete or similar, be equated to Temporary Resident status. Note that Inmigrante Rentista, Inmigrante Científico, etc have special legal meanings as, typically people who are not working, or are working as unpaid professionals."*

These refined sub-categories and definitions make some sense, and offer some continuity with past categories and more definitions within the new law. *This article is meant as a public service announcement, not as legal advice, and this article will be updated as understandings and interpretations of the new law develop.*

NEWS FLASH – HELP WANTED IN DRIVE DOWN

Despite several people driving down through Mexico with no difficulty this summer, after having had some scary experiences on the way out, one or two people are a little worried about making the journey back down by car this fall on their own.

If you are travelling to Manzanillo at the end of October and would like to make a "caravan" of cars or wouldn't mind shepherding, please let the editor of this magazine know as soon as possible, so that you can be connected.

Usually, the people most worried, take the following route but they have no objections to crossing at another border post if necessary.

"We usually come straight South from Denver to Las Cruces, New Mexico then head East toward Juarez but turn to a small crossing called Santa Teresa, New Mexico. This is a small crossing and easy to get through. We then head straight South through Chihuahua, first stop is Jimenez, still in the State of Chihuahua. We then spend a night in Aguascalientes and home to Manzanillo the next day. Our whole trip takes about 3.5 days. We would not be opposed to crossing in Nogales if that is the way most people go, so if you hear of someone we would really appreciate it."

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Lycra, Spandex and the Aging Body in the Tropics

By
Suzanne A. Marshall

On my first lengthy winter sojourn to Manzanillo, I packed every summer tank top and shelf-bra I owned and of course the bathing suits and beach wear that have travelled with me on many resort vacations. But this was not a vacation per se rather a transition to our second home and quite a different lifestyle than at the resorts. By the time we returned to Canada in the spring, I had learned a great deal about dressing for a tropical climate and trundled most of what I had brought with me back to the dry climate it belonged in.

Flashing back to the 1970's and 80's many a young woman and rock band musician will be forever grateful for the introduction of a new fabric 'stretch denim' by British fashion designer Peter Golding who would ultimately be invited to Buckingham Palace (2004) to be recognized by The Queen for his contribution to British design¹. Ever since then, a person could actually sit down in a tight pair of jeans and not injure some internal organs or contend with chapped knee caps and thighs! You didn't even have to lie down flat on the bed to pull up the zipper anymore!

I don't think it's an exaggeration to say that stretch fabric has become entirely common place these days and if you wanted to avoid it, it's darn near impossible especially for women. Never before have so many bodies of varied shapes and sizes been encased in so much Lycra or spandex. If you're a size zero, in your teens or twenties and have no body fat you might look good in it. For the rest of the masses, not so much!! It is so unfortunate that the world of fashion dictates trends to us that are simply not flattering for the average person. And so everywhere one goes we see 'muffin top' syndrome on so many women who want to be fashionable (or can't find the right styles) and force themselves into skinny bottoms. But one unofficial rule of science is 'if there's too much being pushed in or harnessed, it's going to pop out somewhere else'. Thus the term muffin top seen so commonly above hip hugging pants that ride below the navel.

And of course there are those of us who are trying to age gracefully by wearing suitable pieces for our years while attempting to be comfortable and stay cool in the heat. But wouldn't you know it; the stretchy 'beast' has caught



up with us too. So there we are, looking at tank tops and shelf bras that look like they may fit a tiny elf and the label reads extra- large. Why? Because it stretches!! The same goes for under wear, swim suits and T-shirts. Sometimes we are left with very little choice causing some of us to look like

slumping layer cakes. (Still tasty but out of the fridge for too long).

Now if all of that isn't bad enough, the worst problem has not been touched upon. These materials are usually combined with polyester, rayon or nylon for example and are akin to wrapping your body in plastic wrap. They might be insular for harsh winter climates but not the tropics. They do not allow the skin to breath nor are they absorbent. Perspiration has nowhere to go and just basically trickles down our bodies wherever it may. It's a terrible feeling. These products will eventually disintegrate from the salt air, humidity and heat. You should expect to turn over your lingerie items every two to three years and swim suits will suddenly just give out.

Here are some personal solutions that have improved my comfort in the tropics. Check the labels on everything. I have actually found shelf bras, tank tops and undies that are 98% cotton and 2% Lycra. Cotton is our saving grace. It breathes and is absorbent. I realize they still stretch a little and may not be as flattering as we would like but cotton takes care of half the problem.

Now we can top these off with loose flowing colourful tops, shawls, big shirts and such and feel so much better. I have been able to find capris with the same cotton combination and if the waist is elasticized, swallow your pride and opt for a size larger and a looser fit. I have also taken to longer flowing skirts that are not elasticized at the waist. They are much cooler and more comfortable than pants or shorts. In some of the higher end stores in Manzanillo and vacation boutiques back in Canada and the U.S. there are some really wonderful 100% cotton clothes that are a bit of an investment but worth it as they can be a staple item in your wardrobe forever. They have very nice shirts, shorts and long casual pants for men as well.

As for swim wear, my personal experience is that you may



as well opt for cheaper brands and bargains because quality will not delay the deterioration. I was very sad to have to throw out my favourite and very expensive swimsuit found in Florida years ago. I will shed no tears over the next ones that I found on deep discounted sales and in discount stores. And if you have that wonderful evening dress you just can't part with I suggest an air-conditioned taxi to an air-conditioned restaurant or club.

So the bottom line for me is this: it's not just about comfort, even as we age we can give it 'attitude' be creative and still feel good about ourselves!! I've stopped shopping at stores that cater to the young mods knowing full well you can't stay young forever but you can feel terrific and look attractive too.

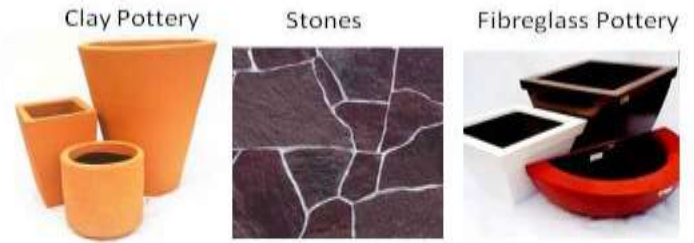
¹ http://en.wikipedia.org/wiki/Peter_Golding



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I received a few e-mails after last month's article from readers asking why they should be concerned about what they eat as we are all going to die anyway. Yes, we are all going to die, but how you treat your body now will greatly affect your quality of life until then. I want to be active and energetic until one day my heart just slowly stops and I peacefully slip away. I know, many other things can happen but I am trying to stack the deck!

The Standard American Diet (SAD is the perfect acronym) is high in fats, sugar, sodium, and processed foods. This also applies to the Canadian diet so it is no surprise that the top two causes of death in these countries are heart disease and cancer. While genetics and environment can be a factor, it is our unhealthy diet and lack of exercise that are the main causes.

Research has shown that most of the contributors to heart disease (High blood pressure, high cholesterol, blood clots, and blockage) can be prevented by watching what you eat and getting regular aerobic exercise. Most health experts believe that as much as 50-60% of cancers are due to poor diet and another one-third of cancers are caused by tobacco (cigarettes, chewing tobacco, and pipes). Every year, about 1.3 to 1.4 million people in the US and Canada are diagnosed with cancer.

Think about that for a moment. That means that if everyone ate well and stopped using tobacco, about 1 million of these cancers never would occur. That's how much power we all have over our own health! This does not mean that what you do or don't eat is directly related to your cancer risk. Cancer is such a complicated disease that we can never know for sure what may have caused cancer to occur in any one person. But these numbers still are useful. They help

us to realize that you do have power over your health. Eating well is not a guarantee that you won't get cancer or heart disease, but it sure will put the odds in your favor!

There are no downsides to eating healthfully. And fortunately, the diet that best reduces cancer risk also helps fight heart disease, diabetes, stroke, hypertension, Alzheimer's disease, and most of the other diseases that plague our modern society. We have nothing to lose and everything to gain by making smart nutrition choices.



What about Mexico? The top causes of death in Mexico used to be infectious diseases, traumatic injuries, and hunger. In the past decade, these have been replaced by diabetes, heart disease and liver/kidney failure. Normally considered a rich countries' disease, diabetes is growing fastest in poor countries, often in tandem with obesity - a rising problem in developing countries and especially in junk food-obsessed Mexico.

While it is encouraging that deaths from infectious diseases have greatly diminished, diseases that are linked to unhealthy lifestyles are reaching epidemic proportions. Mexico is now the second fattest country in the world and might take that dubious honor away from the United States within the next ten years if current trends continue. A sedentary lifestyle combined with poor nutrition has taken hold in Mexico and will continue if not addressed quickly. Rather than the fresh



Manzanillo's Lifestyle E-Magazine
FITNESS and HEALTH



fruits, juices, and vegetables that used to be standard, a trip to OXXO or Kiosko for soda, chips, and cookies is the norm. (this way of eating is also adding to the litter problem, but that's a topic for another day).

Tortillas have never been classified as a health food, but as part of a diet filled with homegrown meat and produce, body weight and obesity were never a problem in Mexico until the past decade.

While we can't change society as a whole, we can look at ourselves and our choices. I hope that if enough people say no to junk food and empty calories, teach our children and grandchildren that healthy food is good food and encourage them to get some exercise we can start turning the tide for future generations. As for you? Well, it's never too late to make changes, no matter what your age!

Next month I'll take a look through the grocery aisles and pick out the Always, Sometimes, and Never eat items to help make your shopping trip easier and more nutritious.

Your feedback, questions, and comment are welcomed!
 E-mail me at karzlo@gmail.com



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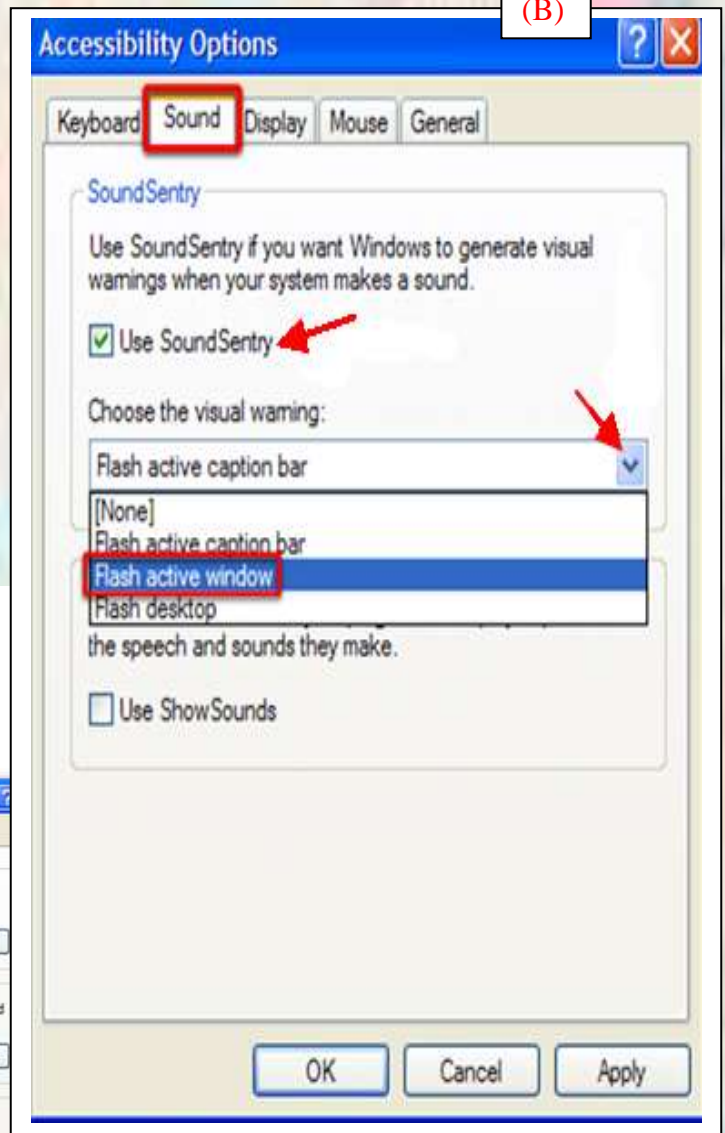
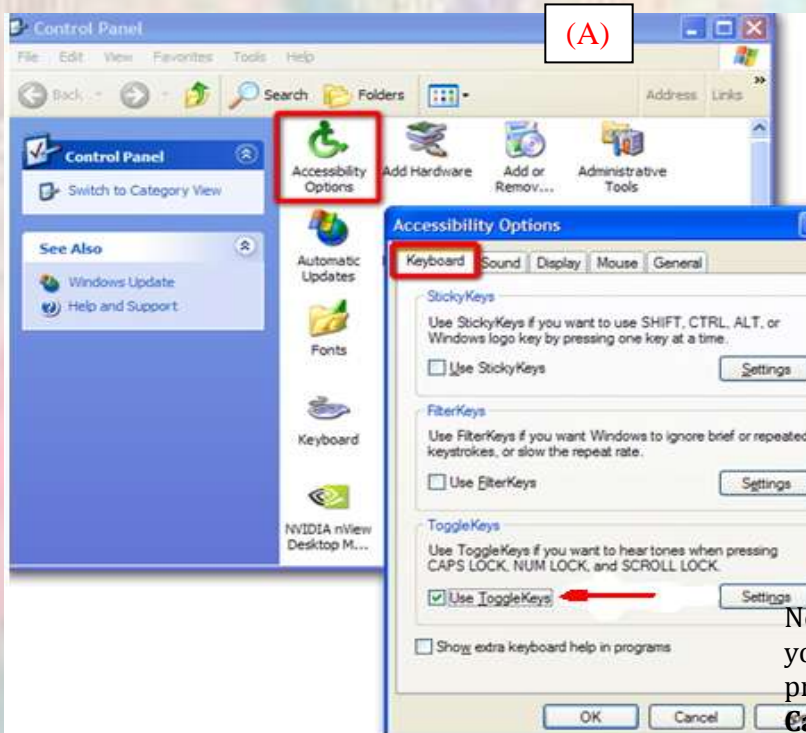
Office BYTES!

Caps Lock Alarm

by Vivian Molick

Have you ever been typing along in a document for a few sentences, only to find out that you had accidentally hit the Caps Lock key? Isn't that a bummer? (I can't count how many times I've done that!) Wouldn't it be great if you could set up your computer so it alerts you when one of your pinky fingers slips off and taps the Caps Lock key without your knowledge? In this article I am going to show you exactly how to do that so you can make your computer beep and flash the next time that happens.

For Windows XP users, click the **Start** button, then the **Control Panel**. When the **Control Panel** opens click on the **Accessibility Options** icon. (If your Control Panel is in 'Category' view, you must click to switch out of that view so you can see ALL items.) Then, on the **Keyboard** tab click on the **Use Toggle Keys** checkbox. (A)



Now click the **OK** button and continue to click the **OKs** until you are out of all the windows that have popped up during this process. Now open your favorite word processor and hit your **Caps Lock** key. Pretty cool, heh?

That's all there is to it for the 'beeping' part. Next you can make your screen flash you... I mean, flash **at** you. From the **Accessibility Options** screen, click the **Sound** tab and then click in the **Use SoundSentry** checkbox. Just under that you will see 'Choose the visual warning:'. Move over to the down arrow, click on it and when the options open, click on 'Flash active window'. (B)

If you have Windows 7 you will have to do this a little different. First, hold the Windows key and press U (Win+U). (The Windows key is usually on either side of the space bar area and has the little Windows logo flag on it.) This will bring up the **Ease of Access Center**. The options will be under the heading 'Explore all settings'.



Explore all settings
When you select these settings, they will automatically start each time you log on.

- Use the computer without a display
Optimize for blindness
- Make the computer easier to see
Optimize visual display
- Use the computer without a mouse or keyboard
Set up alternative input devices
- Make the mouse easier to use
Adjust settings for the mouse or other pointing devices
- Make the keyboard easier to use** (1)
Adjust settings for the keyboard
- Use text or visual alternatives for sounds
Set up alternatives for sounds (2)
- Make it easier to focus on tasks

To add sounds, click on the 'Make the keyboard easier to use' option (1). Look down until you see the option of 'Turn on Toggle Keys' and click to make a check-mark in the box.

Make the keyboard easier to use

When you select these settings, they will automatically start each time you log on.

Control the mouse with the keyboard:

- Turn on Mouse Keys
- Use the numeric keypad to move the mouse around the screen.
- Set up Mouse Keys

Make it easier to type:

- Turn on Sticky Keys
- Press keyboard shortcuts (such as CTRL+ALT+DEL) one key at a time.
- Set up Sticky Keys
- Turn on Toggle Keys
- Hear a tone when you press CAPS LOCK, NUM LOCK, or SCROLL LOCK.
- Turn on Toggle Keys by holding down the NUM LOCK key for 5 seconds

Next, for the visual notification, back in the 'Explore all settings' window, choose 'Use text or visual alternatives for sounds' (2). Under 'Use visual cues instead of sounds' you will click in the box that says 'Turn on visual notifications for sounds (SoundSentry)'. Below that, under the 'Choose visual warning' heading, click in the circle 'Flash active window'. That's it! Again, that's pretty cool, eh?

Of course, if you decide you do not like one or the other of these features, you can always go back, follow the same procedure, but change the choices back to the original settings.

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Mexican Celebrations for September

Elaine Parker

There are several special days in September

Tuesday, September 13th - Dia de los Ninos Heroes

Boy Heroes or Heroic Cadets this is a civic holiday. The day is celebrated but not a holiday. The day celebrates the Battle of Chapultepec during the Mexican-American War of 1847

Thursday, September 15th – Grito de Dolores

Cry of Dolores this is a civic holiday. The day is celebrated but not a holiday. The day celebrates an event that marked the start of the Independence war against Spain on the eve of 1810.

Friday, September 16th - Dia de Independencia

Independence Day this is a federal holiday. The day commemorates the start of the Independence War by Father Miguel Hidalgo y Costilla in 1810.

Tuesday, September 27th - Consumacion de la Independencia

End of the Independence War this is a civic holiday. The day celebrates the end of the Mexican Independence War in 1821, 11 years after Father Hidalgo started it.

Friday, September 30th - Natalicio de Jose Ma. Morelos y Pavon

Morelos' Birthday this is a civic holiday. The day commemorates the birth in 1765 of Father Jose Maria Morelos y Pavon, one of the founding fathers of the modern Mexican nation



Recipe of the Month Baked Beans



Ingredients

- 1 pound beans
- 1/3 cup molasses
- 1/3 cup apple cider vinegar
- 1 teaspoon dry mustard
- 1/2 cup dark brown sugar, firmly packed
- 1/4 teaspoon freshly ground black pepper
- 1 large white onion, quartered
- 1/4 pound ham or bacon cut into 1 1/2-inch chunks

Directions

1. Place the beans in a large bowl. Add enough water to cover. Let stand at least 10 hours. Drain and transfer to a large saucepan. Add just enough water to cover. Let simmer, adjusting the water level so the beans remain just covered, until the skins open readily, about 1 hour.
2. Meanwhile, whisk together the molasses, vinegar, mustard, sugar, pepper, and 2 tablespoons of water.
3. Drain the beans. Place the onion in a deep casserole dish and add the beans top with the salt pork or bacon. Pour in the molasses mixture and cover mixture. Cook in low temperature oven checking often, until the beans are tender, the meat is falling apart, and the liquid is thick and bubbly, about 6 hours. Add more water if the beans start to dry out.
4. Alternatively, instead of using the oven, use a crock pot.

Hint: Having no molasses, I tried to replace it with Barbecue sauce. It wasn't a bad flavour but also hadn't soaked the beans as the crock pot was being used and they were a little tough.

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by Robert Hill

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We're Going Where?!

Mary Lessig

This is a tale of how Spencer and I ended up as one of you, residents of beautiful Manzanillo, Mexico. You could say we took the long way round ...

I remember I was sitting in my Grandmother's kitchen sorting through baking dishes when the phone in my pocket buzzed and then trilled Spencer's ring tone. Putting aside the crockery I crossed my fingers and took the call. He had been waiting to hear about a job in Seattle and was to join me in Florida for a visit the next day. I knew this had to be good news if it couldn't wait 24 hours.

"Hello?"

"Are you sitting down?"

This would not be the last time Spencer phoned me up to ask me if I was sitting down. Months later I would be in our home in Southern Vietnam and the phone would ring again, bringing me across another ocean. But, I am getting ahead of myself!

"Yes. I'm sitting on the counter in Grandma's kitchen.

What's up?"

"How do you feel about Vietnam?"

"Vietnam?"

"Yes, Vietnam."

To be perfectly honest I wasn't sure how I felt about Vietnam. What a few history lessons and the movies of Kubrick, Ford Coppola and Stone had told me about Vietnam was pretty unsavory. But then again I do like Phở and Bánh mì ...

"Vietnam?"

"Yes, Vietnam! They've offered me a job only thing is it's in Vietnam."

"Where?"

"I said Vietnam."

"I heard that part, where in Vietnam?"

"The South, maybe the North too. They have two projects. I think I'd start in the South though."



Mary and Spencer at a park on Western NYE

That was July 2010. By October, Spencer was on his way first to Manzanillo, then Panama and finally Saigon, now known as Ho Chi Minh City. I met him there and thus began our tenure as strangers in a strange land. I'd say we're both pretty accomplished travelers. He's seen more than a few remote parts of the world by motorcycle and I've explored one or two on foot. We're not afraid of new places or people, even when we don't speak the language. This was just another adventure, a notch on our belts so to speak. We can do this. It will be fun!

Getting off the plane at Tan Son Nhat International Airport was exhilarating but I was not fully prepared for the crush of people waiting outside the Arrivals gate. Only passengers are allowed inside the airport, outside it was like a zoo. Families waiting for relatives, taxis, tourists, tour operators. I followed the crowd like a salmon on the Columbia River. The sidewalk was hot, the air smoggy and all the signs were written in a foreign although familiar looking script. In short, I loved it.

Saigon is almost two cities in one. One side is full of old, crumbling French buildings and the other new, sleek high rises. The Bitexco tower dwarfs the city, standing as a symbol of the emerging markets of South East Asia. It boasts over 7 million residents. I was amazed at the number of bodies,



motorbikes, rickshaws, trucks, chickens all swirling around on the roads in an orchestrated dance of smog, soot and noise. Even with all the hustle and bustle I was most struck by how comfortable I felt. That first day walking the streets of the city center, I was reminded of Buenos Aires. It has the same feeling, old and new crammed together on a busy river upstream from a delta dotted with modern industry and old world charm.

town of approximately 80,000. Our best guess is that was divided 79, 995 Việt, 3 other, 2 American. Plans were being made to merge Bà Rịa and Vũng Tàu, the coastal city to the south, to form a large municipality that would become the new provincial capital. The area is being developed to house new, modern ports so that the current Port of Saigon can be moved out of the city limits and allow for more development along the Saigon River.

Motorbikes on New Year's Eve in Ho Chi Minh City



Bà Rịa was the perfect size to get us comfortable with living abroad. There was a central market, modern grocery store, cafes and restaurants, a movie theatre and the crowning jewel – a Kentucky Fried Chicken! How can you go wrong when you have the Colonel!? Oddly enough KFC was one of few Western food chains in SE Asia. In Saigon we found a Carl's Jr and a few pizza chains but no Starbucks, no Burger King, not even a McDonalds! It was actually quite refreshing.

My crash course in Vietnamese hadn't done much good but I could say hello, good bye and thank you. By the end of our 6 months I could manage basic shopping and conversation. A small victory over a language with 29 letters said 6 different ways each. Learning to cross the street with confidence was another feat. The only thing you have to worry about are the lorries, everything else will part like the Red Sea! Walk slow and steady and don't make eye contact with the drivers, just wait for a safe distance to the next truck/bus and go!

When we made the decision to leave to Seattle we knew we'd be giving up some things, in particular the familiar food carts. We're street food people; we'll take plastic and paper over silver and china any day. Friends cautioned us against the street food but we ended up eating most nights at the street market in the center of town. You really get an idea of a place when you sit elbow to elbow

We lived about 4 hours from Saigon near the coast in Bà Rịa, in the province of Bà Rịa–Vũng Tàu. Bà Rịa is a quiet



Local market near our house in Ba Ria

Xin chào	(SEEN chow)	Hello
Một	(mawt)	One
Bốn	(bUHn)	Four
Tạm biệt	(taahm BEE-ut)	Goodbye
Hai	(high)	Two
Năm	(nAahm)	Five
Cảm ơn	(gahm uhn)	Thank you
Ba	(ba)	Three

with the locals and share a meal. We'd spend a few minutes walking the aisles inspecting the various food carts before settling down at a metal table on a short metal stool. I'll always associate Vietnam with rows and rows of low metal stools. Our favorite carts sold Cơm tấm, broken rice with grilled meats and vegetables. In the beginning we'd just point to what we wanted before we took a seat. Usually this meant some quiet conferring about the origin of a particular grilled item – what did it



Statue of Ho Chi Minh in front of the People's Committee Building in Saigon/HCMC

say, before it ended up on that stick? As we got more confident we'd ask questions about the items and ask for our favorites by name.

Everyone was friendly and excited to help us. Right from the get go people knew we were outsiders; there was no hiding that fact. But no matter where we went someone was eager to help, even if a language barrier prevented a conversation. We learned so much from the people we met. The women in my neighborhood market would teach me the names of the fruits and vegetables and in turn I'd teach them the names in English. Children would come up to practice English on the street. Shopkeepers would try to help in the universal language of mime. Our neighbors were our best teachers. They opened their home to us and made us feel like we were a part of the community. From the moment we moved in it felt like they were looking out for us. We had the honor of celebrating Tết with them and sharing traditional meals for family milestones.

Sadly our time was cut short. No sooner had we settled in then the phone rang ... **"Are you sitting down?"** Off we were on our next adventure, with all of you here in Manzanillo!!

If you would like to read more about our time in Vietnam please visit my blog at:

<http://notacotrucks.wordpress.com>

In the coming months I will be sharing travel stories about my trips to Vũng Tàu, Hanoi, Hạ Long Bay, Hội An and Da Nang.

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DID YOU KNOW??

- ✚ --- Feeling locked in?? because most people have headed north for the summer and there is not too much to do in the rainy season. Did you know that a group of happy people are gathering each Tuesday afternoon to play cards? Mainly "Wizard" Check it out - La Huerta from 2 p.m. till about 4.30 p.m.
 - ✚ While we are talking about cards, we have been having fun with "learners bridge" with a great teacher. Wednesday afternoons from 1 p.m.. For more information contact: Patty at pet1972@sbcglobal.net or Freda at this magazine. freda@manzanillosun.com
 - ✚ Also just starting are Spanish Conversation Classes with Profesora Martha Martinez. Monday and Wednesday from 5.30 - pm to 6,30 p.m. These classes are just 50 pesos per session. For more information contact Ian at this magazine ian@manzanillosun.com
 - ✚ Did you know that if you are having problems downloading to the NOOK, it is just a breeze to do at Starbucks. For some reason it seems that TelMex is somehow blocking the signal to some regular internet addresses even though we have wireless internet. When you buy coffee at Starbucks, on the receipt is the password and user name for doing this.
 - ✚ September 16th is the Memorial day for the declaration of Mexican Independence. Initially it was led by Mexican-born Spaniards, Mestizos and Amerindians who sought independence from Spain. It started as an idealistic peasants' rebellion against their colonial masters, but ended as an unlikely alliance between Mexican ex-royalists and Mexican guerrilla insurgents. (Wikipedia) The days leading up to 16th September are the only days that Mexican flags are sold in the streets.
 - ✚ The next official commemorative celebration (besides the days of the dead on 1st & 2nd November) is November 20th. *Observance*: Third Monday of November.
 - ✚ The banana plant reaches its full height of 15 to 30 feet in about one year. The trunk of a banana plant is made of sheaths of overlapping leaves, tightly wrapped around each other like celery stalks.
 - ✚ If you discover that you are having strange bouts of Moctezuma's revenge, have you been eating bananas lately or frequently? In recent discussion one worried person was stating that there was a possibility of an amoeba, it seems that others had discovered a banana problem. Check it out before dashing off to the Farmacia for more pills.
 - ✚ Although most of the visiting North Americans do not like the local sweet corn, preferring that grown in cooler climates, this was in fact the origin of corn and Columbus took it back to Europe after one of his South American expeditions. It is grown as far south as Peru.
 - ✚ In Mexico the green tomatillo is referred to as a *tomate*, and the red, round tomato as *jitomate*.
 - ✚ The Conquistadors also found the Potato in the new world mistaking the name "Batata" which the Incas used for the sweet potato and transferred it to the ordinary Potato which was grown on the Andean mountains in Peru. They were introduced to Europe in the early 1600's but were generally disliked and initially used mainly as cattle food.
 - ✚ Another mistaken name occurred when settlers asking the name of the place they had landed were told "Kanata" meaning "village". Thus we have Canada. Some village!!
 - ✚ Mexican tacos have chopped cooked meat in them rather than the ground beef used in the north. The meat is simmered slowly in a crock pot for several hours before being "slivered" for the tacos. Flavourings are added during the cooking as desired. The flavourings used on exactly the same cuts of meat are what determine the name and nature of the dish.
 - ✚ In Mexico, "Lima" is the name for Lime and "Limón" is lemon and much more rare in the markets here. Entirely different although both citrus fruits, the small lima is very like the Key Lime we have been told and makes a really good Key Lime Pie and, of course, Margarita.
- Know more, little known, off the deep end, little quirky tidbits..... feel free to email them in to the editor.
Email: Freda@manzanillosun.com



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