

**Manzanillo**

NOVEMBER 2009

# SUN

*Manzanillo's Lifestyle E-Magazine*

**Premier Issue**

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Tortilla soup

photo by Steve Jackson



## MANAGEMENT TEAM MANZANILLO SUN



**Ian Rumford**  
President  
manzanillosun.com  
ian@manzanillosun.com

Over 30 years in travel, hospitality and tourism industry. Graduated from ITA course with honours. Won many awards for advertisements and design following Architectural & Interior Design studies at Mount Royal College, Calgary, graduated with honours. Professional Pipe Drafting, graduated with honours.

Was voted College volley ball MVP in Alberta and was on the winning National Canadian College Championship men's volleyball team. Plays a mean game of snooker and has also been in the International 8-Ball Tournaments in Las Vegas several times.



**Steve Jackson**  
Accounts manager/Feature  
writer  
steve@manzanillo.com

After studying for a degree in Graphic Design, went into the tourism industry. Spent nearly 20 years working for some of the biggest Tour Operators in the UK, rising to Brochure Production Manager & Commercial Director. A keen footballer who played competitive league soccer for 28 years many of those as senior amateur level. Now currently "surviving" in sunny Manzanillo.



## MANZANILLO SUN PHOTO COMPETITION



Send us an original photo for our next edition of Manzanillo's lifestyles E-Magazine. The winner's photo will be used as a cover photograph on a future edition.

Prize: Dinner for 2 at Schooners Restaurant  
Max value: 250.00 pesos  
Prize courtesy of Manny at  
Schooners Restaurant, Santiago

(We reserve the right to use all submitted photos for the use of ManzanilloSun.com SA de CV)

**The photo of the month** will be a regular feature in our magazine. For this month, the entry should be featuring Manzanillo at Christmas time. The winning photograph will be on the cover of our December issue and the photographer will win a dinner for two at "**Schooners**" restaurant. Cut off date for entry is 24<sup>th</sup> November, any photos received after that date will not be entered into the competition. Email entries in jpeg format to [freda@manzanillosun.com](mailto:freda@manzanillosun.com)

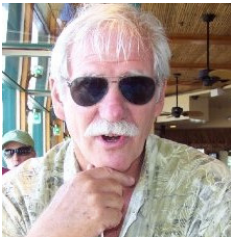
# OUR CONTRIBUTORS THIS MONTH



**Tommy Clarkson**  
Feature writer

"An oft published writer, journalist and author since the 60's, Tommy Clarkson also loves to root in the dirt! Now semi-retired, he and his

wife, Patty have, savored, explored and traveled throughout Mexico for several years, residing, full-time, in Manzanillo now for nearly three. Prior to this grand adventure, he has lived in Hawaii, Germany, the Marshall Islands, Viet Nam, Thailand and Iraq. He enthusiastically grows exotic palms, plants and flora in both the Puerto Vallarta and Manzanillo areas. For advice, information or a tour of his gardens, contact him at: olabrisa@gmail.com."



**Jim Evans**  
Feature writer

University of Hawaii '62  
Miami Dade '70  
San Jose State '59

Writer for several magazines

and periodicals. Always has a tall tale to tell. An aviator since 1956, several major airlines worldwide. Small business owner including real estate company, and mortgage company



**Mariana Llamas-Cendon**  
Co-editor/Feature Writer

Mariana Llamas-Cendon is a bilingual journalist, who lives and works in between California and Mexico. She worked as a

Managing Editor for Mi Estrella, the bilingual publication of the Ventura County Star newspaper; as Entertainment Editor for Hoy Newspaper and Life and Style Editor for La Opinion, in Los Angeles, among others. Currently, she is for hire and contributes to various publications and websites in both English and Spanish, and spends a lot of time in Manzanillo, a place she loves.



**Freda Rumford**  
Co-editor  
Feature writer

Founding member of Manzamigos. Previously columnist for Guadalajara Reporter. Editor/writer for Manzamigos Messenger. Many years spent as regional representative for International cosmetic and perfume companies in Canada, responsible for training, advertising & promotions.



**Terry Sovil**  
Feature writer Short Bio:

Computer related work for many companies, including GE, Target, Honeywell, from 1973-2005.

Acted as one of four field-based corporate trainers for Target's Loss Prevention team on the west coast of the USA from 2005 to 2008. Currently a partner in the new PADI Resort Facility, Aquatic Sports & Adventures, dive shop in Manzanillo. PADI Master Instructor, USCG 50 ton master's license (captain's license), Emergency First Response Instructor and a Specialty Instructor in 12 areas. Love sailing, diving, photography, music, movies and books.

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## The Town Crier

The Guadalajara Reporter is one of the two Newspapers available in English and available at several locations in Manzanillo. The Newspaper Shop in the Comercial Mexicana is one outlet, as is Mail Boxes Etc. Unfortunately the availability is a little spasmodic but even old copies are worth picking up as they could contain some very useful information on what is happening in regard to changes in laws, immigration or tourism. As we all know, things change so quickly and without warning but the Guadalajara Reporter is usually there first. Darcy Reed will be writing for the reporter on occasion from now on, so make sure to get your copy and see what she has to say. Knowing Darcy, it could be very interesting.

## Personality of the Month

*Each month, we will choose a person or persons, living in Manzanillo who have made a distinct mark in the lives of many others living here. Many of these people have worked behind the scenes for so long it will be our pleasure to introduce them to you and to acknowledge them for what they do.*

Dr. Blanca Alvarez-Buylla, founder and director of Bellas Artes del Pacifico, has the distinction of being the Manzanillo Sun's first Personality-of-the-Month. It is our way to showcase individuals in our community who do more than their share in making life a little better for all of us. Concerts have been presented many times over several years but never with the support of an organized group from Manzanillo. The University of Colima would occasionally come to us but the turn-out was always a bit dismal. However, during all of the those concerts and all other musical events from the University, Dr. Blanca was there to help with arrangements for housing, food, and flowers in appreciation – mostly at her own expense. Her goal was to make the musicians feel appreciated and to feel that they were making a difference in someone's life - even if for only a few short hours.

Her love of classical music and her determination to have regular seasons with professional musicians performing well known, and not so well known, classical music has driven her to partner with Dr. Anatoly Zatin, Director of the University of Colima Orchestra, in creating Bellas Artes del Pacifico that will bring further events to our city. On August 18, Bellas Artes will present Chamber Music by Czech musicians as well as a soprano, a baritone, and a tenor who will be singing arias from works by Verdi Donizetti, Verde, and others.



**Cant find a Doctor, Lawyer,  
Mechanic, Ladies Clothing Store,  
Translator etc.**

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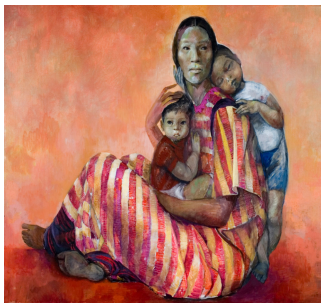
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# Three for one: art invasion at the beach

By Mariana Llamas-Cendon

Three contemporary Mexican artists: Luis Morales, Jorge Diaz and Josefina Barroso will present their latest production at ContemXarte, an art show open to the public that will take place at the lobby of the Camino Real Hotel from December 1 to 15. Approximately 21 works of art will be shown, with an average price from \$1,000 to \$3,000 USD.

## The “combo”



Luis Morales, a painter from the state of Oaxaca, a graduate from La Esmeralda –one of the most recognized art schools in Mexico, which as founded by Diego Rivera among other important artists- is a renowned artist who has exhibited his artwork all over the world in such places as: China, Italy, Peru, and Iran, to mention a few. The City of New York also boasts a mural painted by Morales on Fifth Avenue in what used to be the headquarters of the Mexican Banco Somex.

Luis’s art is rich in colors and textures, but it’s the content of his paintings what makes him unique. Morales is an observer of human life, where he finds his inspiration through the array of emotions and feelings, which range from the basic –as he expresses on his collection of paintings dedicated to maternity- to the most tortuous ones. Maybe that is the reason why one of Morales’s passions is to stroke the essence of a person on canvas.

“Portrait allows me to discover someone. Portrait allows me to discover someone else’s essence and capture it eternally on a canvas,” Morales said”. Besides constantly creating a plethora of paintings, Luis is currently working on an erotic



Luis Morales

theme box collection. Eroticism as Morales perceives it has nothing to do with the exaltation of sex or the emphasis on sexual organs: It is an attitude common to all of us. For instance, some of the “erotic” symbols he uses are watermelons and cats.

“Eroticism can be shared with everybody. The genital part of it gets commercialized and its intention is to provoke the sexual arousal with a profit in mind,” Morales said. “The wonder of eroticism comes from the fact that one can travel to countries you have never been to, meet characters you have never seen before but you make them current”.



Juan Diaz

Along with Luis Morales, Jorge Diaz will display part of his vast artwork. Diaz, originally from the state of Michoacan and also a graduate from La Esmeralda, has dedicated his life to turn simple stones into symbolic art.

This distinguished sculptor has found his personal signature by adding a cosmic reference entwined with an erotic element to his work.

It was after becoming a witness of a total solar eclipse in July of 1991 that the universe changed his work. "I started working on what is today a great part of my art work: eclipses, suns, moons, etc. ...," Diaz said. But he also recognizes that the erotic element of his work is, by no means, evident or coarse; it is actually symbolic and represented through lights, orifices and shadows. "I try to drill holes through which the light will cross, reaching certain spots within or without the sculpture," Diaz said.



Jorge Diaz at work

"The light, therefore, is turned into an erotic element". Nevertheless, his sculptures are decorative and functional while also allegorical. "My pieces are able to spin around so the light can go through. They can be moved daily, following the Earth's movement," says Diaz. "It is planned and designed in such a way that a moon halo or something else gets lit. It is a way of playing with the shape, the content, things, or just to say something".

The last but not least is Josefina Barroso, a photographer from Mexico City and an alumna of Brooks Institute -one of the most famous photographic schools in the U.S., who was reluctant to give up her life to photography because of the bad financial reputation this career has. Nowadays, Josefina, known by her friends as "Finu", is now a flourishing artist behind the lens thanks to what she calls "impossible landscapes," which are images loaded with symbolism, emotions and feelings that live within the human soul.



Josefina Barroso

"I have a picture that I love, in which a friend is on the beach inside a prison.

To achieve it I first had to take photos of the chain and then of my friend, to thereafter play with photoshop possibilities," Barroso said.

Josefina is not at the point where she can live at large from her artwork, so part of her work is dedicated to commercial and product photography. "I would like to have a broader personal work, but on a day to day basis I am trapped between rent and expenses," she says.



"The mask"

Furthermore, Barroso is currently experimenting with different techniques: One of them includes submarine photography.

"I saw a lot of possibilities, and it is really hard to get the right exposure while fighting the surf."

The Camino Real Hotel is located on Calle Paraíso 11 in Colonia Residencial Salagua in Manzanillo.  
Tel.: (314) 33-11-740. Website:  
[www.caminoreal.com/manzanillo\\_i/index.html](http://www.caminoreal.com/manzanillo_i/index.html)

We hope that you enjoy this, our Premiere Edition of Manzanillo Sun E-magazine. Please contact us with your comments and suggestions for future editions. [ian@manzanillosun.com](mailto:ian@manzanillosun.com)

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**Office:** San Pedrito, Manzanillo  
Tel/Fax: 332-7399

**Contact person:** Silvia Jimenez  
**Presidente Club Deportivo Pesca**  
Jose Luis Gonzalez Magana

### **TOURNAMENTS**

#### **November International Tournament**

(All Saints Festival)

19, 20, 21, November 2009

Entry fee 5000 pesos per fishing rod

**December** Usually last weekend.

Not yet announced - Check dates with Office

#### **National Tournament**

1<sup>st</sup> weekend February

Entry fee: 2000 pesos per rod

#### **Children's Tournament**

Last Sunday in April (Children's day)

Open to Children 5 yrs. – 11 yrs.

No charge

#### **Torneo Fiestas Mayo**

Check dates with office

2000 pesos per fishing rod

## **FISH IN SEASON**

### **November to February**

Black Marlin  
Blue Marlin  
Dorado  
Marlin Rallado  
Medregal  
Sailfish  
Wahoo

Yellow Fin Tuna

### **March to May**

Blue Marlin  
Marlin Rallado  
Swordfish  
Yellow Fin Tuna

### **June to August**

Bull Tuna  
Marlin Rallado  
Roosterfish  
Swordfish  
Yellow Fin Tuna

### **September to November**

Sea Bass  
Swordfish  
Wahoo

### **All Year**

Amberjack  
Bonefish  
Bonito  
Damsel fish  
Dorado  
Drum  
Giant Manta Ray  
Giant Needlefish  
Grouper  
Jack, Crevalle  
Lookdown  
Mojarra  
Moray eel  
Mullet  
Parrotfish  
Pompano  
Portugese man-of-war  
Rock Grouper  
Sea Catfish  
Sea Trout  
Triggerfish

## **Costa Alegre Travel Guide**

[http://www.costalegre.calFish\\_In\\_Season.htm](http://www.costalegre.calFish_In_Season.htm)

## MANZANILLO SUN'S PERSONALITY OF THE MONTH

### Manzanillo's classical music scene leaps from strength to strength.

Darcy Reed

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Dr. Blanca Alvarez-Buylla had a dream. A practicing physician during the day, she is a music enthusiast who decided that Manzanillo was ready to support a regular concert season. For years Blanca had been promoting any concert coming to Manzanillo, always available to help house musicians and make sure they were fed and feted with flowers, mostly at her own expense. She began to foresee a program that could be a sustainable one, financed through ticket sales, business advertisement sponsorship, and private donations. Two years ago she asked Anatoly Zatin, director of the University of Colima Orchestra, to partner with her in creating Bellas Artes del Pacifico.

Dr. Blanca Alvarez-Buylla works tirelessly to promote classical music in Manzanillo.

Zatin and Vlada Vassilieva, acclaimed individual pianists also known as Duo Petrov, agreed to appear in the first Bellas Artes del Pacifico concert. On January 8, 2008 in the Salon Marbella, everyone felt they were part of something new and exciting.

With Zatin's stewardship and his role as artistic director, there has been movement toward a solid winter program with artists who have thrilled audiences with their wide appeal. Funding these programs is always a nightmare but Blanca has relentlessly pursued corporate sponsorships and is in the throes of putting together a patronage program for individuals as well. In order to bring in full-size orchestras and some "name" performers, the need for revenue beyond ticket sales is necessary for its survival. No state or federal funds are dedicated to the success of Bellas Artes del Pacifico.

Love of music has always been a theme in Blanca's life but as her daughter, Mariana Dominguez, progressed at the piano with amazing interpretations, her dedication took on new meaning. Why not other children besides her own? Why not bring classical music to parents and children alike – to people who have never had the experience of sitting in a space surrounded by live classical music performed by real people? Would that not encourage others to dream? Blanca's hard work has delivered such a gift to Manzanillo with a great deal



Dra. Blanca Alvarez-Buylla

of help from others but none of it would have happened without her determination, her fortitude, her feistiness and her charm.

The benefits from specific donations can already be measured. In April, St. John's Colegio donated the use of its new theater and bussed enough children from Manzanillo schools to fill it twice. The solo pianists, together for the first time, were four gifted teenagers, including Mariana Dominguez (yes, the same) and Ramsés Peña from Manzanillo; Vladimir Petrov from San Luis Potosi and Santiago Lomelín of Guadalajara rounded out the program. These four nationally award-winning young artists have already agreed to repeat the free concert this season and St. John's Colegio has again agreed to sponsor it.

Now in its third year, Bellas Artes del Pacifico is presenting a pre-season Milan Opera Gala Concert on Wednesday, October 28, 8 p.m. in the Salon Marbella. The program includes artists from the Czech Republic, Italy, Argentina and Slovakia and promises an evening filled with color and content with tributes to Rossini, Donizetti, Verdi, Puccini and others. Tickets can be purchased by contacting Daniela Torre (bilingual) at :

[danielatorreherrera@gmail.com](mailto:danielatorreherrera@gmail.com)

or at cell. (314)102-2488.

Tickets are 250 pesos if purchased before the evening of the concert or 300 pesos at the door.





**The Spanglish Imposition** is a comedy troupe, founded in early 2006, based in the Lake Chapala area of Mexico. We are the only English-speaking improv comedy group in Mexico, and very likely in all of Latin America.

We primarily do improvisational humor, although we also feature sketches, song parodies, etc., written by our group members. Our shows are often compared to those of "Second City" and the popular television show "Whose Line Is It, Anyway?" We draw suggestions from the audience to construct our material on-the-spot. As we love to point out, "We NEVER do the same show twice." ... "We CAN'T !! – it's *improvised!*"

Our Director, Michael McLaughlin, performed professionally in improv comedy groups in California for over 20 years, and other cast members have varied backgrounds in the performing arts, including theatre, music, dance, comedy, etc.

We have performed dozens of shows at Ajijic's renown La Nueva Posada, and dozens more for various charitable organizations, including just recently our *second annual* Standing-Room-Only event for the Lake Chapala Jewish Congregation. We have also played to audiences in San Miguel de Allende, and plan to travel to other English-speaking areas in Mexico as well.

CONTACT: Jim Griswold (376) 765-6663  
 [After 8/1/09: (387) 761 – 0138]  
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**COMING TO MANZANILLO 21<sup>ST</sup> JANUARY 2010**

Contact Linda Breun: [lbgringa@gmail.com](mailto:lbgringa@gmail.com)  
 For more information and tickets

### Helpful Hint of the month

**Q. Is there a green, nontoxic way to banish ants when there are pets in the household?**

Phyllis Glidden  
 Rochester, New Hampshire

**A. Although the more effective ant-killer solutions have some amount of chemicals in them, not all are dangerous for pets.** Before you buy, check product labels carefully and avoid anything with arsenic, which is dangerous for both pets and children. Instead, look for products with boric acid, such as Terro Ant Killer liquid (prices vary, [terro.com](http://terro.com) for stores), which has a low

toxicity that is harmful to ants but safe for pets. You can also make an at-home pest-control formula by mixing ½ teaspoon of boric acid with a scoop of fruit jelly in a bowl. The jelly contains both sugar and water, which will attract ants. The key is to place the bowl along the ant trail, as well as safely away from the reach of pets, such as in a cabinet or up on the counter. —*Nykia Spradley*

### douglisztlo

douglisztlo is offered to the Manzanillo community as a free and simple way to advertise items (For Sale and Wanted), services (Offered or Needed), and a place to post public announcements about events and meetings.

[www.douglisztlo.com](http://www.douglisztlo.com)

### AN AUSTRALIAN LOVE POEM

*Of course I love ya darling,  
 You're a bloody top notch bird -  
 And when I say you're gorgeous,  
 I mean every single word.  
 So ya bum is on the big side -  
 I don't mind a bit of flab;  
 It means that when I'm ready  
 There's somethin' there to grab.  
 So you're belly isn't flat no more,  
 I tell ya, I don't care,  
 So long as when I cuddle ya  
 I can get my arms round there.  
 No Sheila who is your age  
 Has nice round perky breasts;  
 They just gave in to gravity  
 But I know ya did ya best!  
 I'm telling you the truth now I never tell ya  
 lies,  
 I think it very sexy  
 That you've dimples on ya thighs!  
 I swear on me nanna's grave now  
 The moment that we met,  
 I thought you was as good as  
 I was ever gonna get.  
 No matter wot you look like,  
 I'll always love you, dear.  
 Now, shut up while the footy's on  
 And fetch another beer!*

Sent from down-under by Derek Heselden



## **Ponytail Palm**

*Nolina (Beaucarnea) recurvata*

Family: Agavaceae, Lilaceae, or Ruscaceae

(Also known as an Elephant's Foot Tree, Nolina or Bottle Palm)

**Tommy Clarkson**

Professionals quibble about to which of the three botanical families this plant belongs, hence the three cited above. Additionally, just like its common name differences, there is disagreement as to its Latin name. In the US the name most commonly used is *Beaucarnea recurvata*, while in Europe *Nolina recurvata* has been preferred.



"A one year old Elephant's Foot"  
- or Ponytail Palm."

Very slow growing, though called a palm, these almost prehistoric looking plants are not in that family nor are they even closely related. In reality, these unique and interesting looking succulent perennials are indigenous to Mexico with the entirety of the genus comprised of but six species. Kin to yuccas and century plants, a professional peer describes these plants as looking "a little like a palm, and a little like a big onion sitting on the ground with a single stalk growing up and sporting a parasol of drooping, straplike leaves" – a very correct and appropriate picture he word paints!

As a result of its swollen trunk base, many call this intriguing looking plant an Elephant's Foot. This inflated trunk stores water and, as a result can live through extended drought.

One of the remarkable aspects of this tree is that, with age, each grows personally unique branches rendering itself wholly different from all others - hence no two appear alike.

The pendulous leaves of the *Beaucarnea recurvata* grow up to six feet in length, are less than an inch wide, narrow, sharp edged, grass-like and are bunched in large, dense terminal rosettes. However, this ancient looking tree will always remain sparsely branched if compared to other – more conventional looking – ones.

Interesting looking even when young, its base then appears more bulbous and is tan in color. But with age, the trunk darkens to a grayish hue and the bark becomes fissured and wrinkled and a bit gnarly – not unlike some of us!

These ravages of life in the wild are well attested by gouges, scrapes and scars on a 120 year old, transplanted, specimen in front of the author's home. One telling mark, attesting to the havoc wrought by life in the wild, is that of distended bark grown over barb wire, long ago affixed to one of its five upright branches.

Over a long life, this interesting plant can reach heights up to thirty feet.



"The 120 year old Pony tail Palm, as seen on the author's calle terrace."

After reaching maturity, panicles of small, creamy white flowers comprised of six petals may appear but no seed will be produced unless a tree of the opposite sex is nearby.

Though in the succulent family - and, as a result, rather drought tolerant - they are most appreciative of water. Propagated in the wild by seed, their preferred home is in sandy, humusy and well drained soil. While capable of growing in partial shade, these plants prefer bright sun.





## TORTILLA SOUP

This is generally found on most menus in Mexico, occasionally under the name of Aztec soup but whatever name it goes by it is delicious and satisfying.

### Soup

- 1 large can chopped tomatoes with liquid
  - 1 onion, chopped
  - 1 garlic clove
  - 3 cups chicken broth,
  - 1/2 teaspoon chili powder
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/4 teaspoon ground coriander
  - 1/4 teaspoon ground cumin
  - 1 tablespoon chopped cilantro
  - 1/4 cup canola oil
  - 6 tortillas
- Slice tortillas into 1/4 in strips and fry in hot oil until slightly brown but crisp
- Bulk or sour cream, Queso Blanco or grated cheddar, sliced avocado.

### Soup

Put tomatoes, onion and garlic in a blender; cover and process until smooth. Transfer to a large saucepan. Add chicken broth and seasonings. Bring to a boil. Reduce heat; simmer, uncovered until heated through. When serving add fried tortilla slices, queso blanco, avocado and top with a large dollop of cream. Serves 4



Manzanillo's Lifestyle E-Magazine



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## Living with the devil

Freda Rumford

Over the past few years I have spoken to or been asked to speak to, several people who have learnt that although I have the same chronic condition that they are suffering I do not seem to be so affected as themselves.

The condition I am referring to is “FIBROMYALGIA”. At one time known as the “Yuppy Disease” it was relegated to the “It’s all in your head” file. Many doctors stated that “they didn’t believe” in this illness. How, when an individual didn’t know anything about this condition initially, the name even the zillion symptoms or wretched feelings, could a doctor not believe?

In my own case I was extremely lucky. Many many times, the sufferer does not have a good support team behind them or a sympathetic doctor who knows that they are not malingerers. Many did not have a husband and a family who helped every step along the way. Fibromyalgia has so many symptoms that it seems initially as the body is just breaking up as aches & pains hit absolutely every where in no particular sequence and often several places at ones. One of the worst symptoms generally is the extreme exhaustion. Going upstairs is impossible as energy runs out only part way up.

There is no known cure currently for this condition, nor any particular event which causes the onset, although researchers in Australia are ahead of the rest of the world in trying to resolve it. It seems to be caused by anything that could be a shock to the system, a fall, an operation, an illness, a car accident, anything it seems can loose the condition from wherever it is it slumbers within the body. Once awake, there is no going back; it is going to make your life miserable. Fortunately, although extremely painful and debilitating, it is not a killer like some of the conditions it mirrors, (Lupus and MS are just two,) but unfortunately there is very little medicinal help to ease the symptoms let alone cure it. The only known factors that aid in the slightest are gentle exercise, rest and a good night’s sleep. Try telling someone who can barely walk three steps that they have to exercise, or a person so riddled with pain and exhaustion they are beyond tired that they must sleep.

So why is my story so different that people wish to speak with me? I had reached the end of my tether; we were by now looking for a vehicle which could haul a wheel chair as despite exercising twice a week, aqua sizing once a week & having physiotherapy twice a week my condition was worsening. My sympathetic doctor told me that I was doing everything right and there was nothing more she could do, we had reached crunch time. What to do! Was this the end of my useful life; was I to be virtually a cripple to the end of my days? Not a happy picture. So what did we do? We distributed our stuff between our three kids and ran away from home!

There was no real plan of action, just a thought that perhaps there would be somewhere in the sun where at least I could enjoy sitting around a little more than I had. I had done exhaustive research on the Mexico Pacific through to central Mexico and there seemed to be some possibilities.

Several weeks and many hilarious escapades later we arrived in Manzanillo which was still under repair from the previous year’s earthquake. Deciding to stay put over the Christmas Holidays, we settled down in a tiny casita that was both ridiculously cheap and priced within its worth.

Almost immediately we met some delightful people and began to enjoy our days on the beach. Every day I would entrench myself on the beach with my beach chair and book whilst my husband would go off for a walk to explore and meet people, several hours later returning with his exciting story of whom he had met and I would tell of the lovely people who had stopped by to chat.



When we got back to Canada that first April, the extreme discomfort returned and we could hardly wait to go back to Manzanillo where I had started to feel more human & like my old self.

Life in Manzanillo continued with more swimming in the beautiful warm pacific, more laughter with our delightful new friends and more of the incredibly delicious fruit, vegetables and fish that Manzanillo had to offer.

It is now over twelve years that we have been in Manzanillo and the amount of my achievements has been incredible. From forgetting my alphabet, I have written a weekly column in an English language newspaper. From not being able to produce a meal on my own, I now entertain several people at once to dinner. From not being able to make up my mind, I organize events. The list goes on and on as I regain my health & strength. Over time almost all of the problematic symptoms which caused so much anguish have almost disappeared.

There are still things I cannot do but the many things I can more than make up for this loss. I will never again be a

competitive ballroom dancer but can enjoy it on TV knowing that once upon a time I could do that too.

I have taught myself about using a computer, researched and put together two books and am planning a third. I have met many wonderful people who have helped me with their friendship and I have in turn have offered mine. From feeling spent, I now know I can make a difference.

What really has happened is that in living in Mexico we have normalized the negatives and turned them into positives. Instead of having to take a rest in the afternoons after my medically advised exercises, I take a siesta after my swim or walk. I can sit on the beach and enjoy watching the local people play with their children, soak up the warmth of the sun and enjoy the wonderful view of the warm local waters. I do still have to be careful to say "no" to things that take too much energy but if I get overtired it is because I have enjoyed doing something and the tiredness is earned and good. FR

## CALLING ALL COOKS

Just a reminder. While you are packing for your return trip to Manzanillo, or if you know folks coming down this upcoming season, ARA will be holding its **5th Annual Christmas Bazaar and Bake Sale on Dec. 11** (and probably the 12th too if we don't sell out in one day again as we did in 08) in the **Wal-Mart parking lot** on the north side. Donations of your "gently used" items or new things will be greatly appreciated and accepted any time. Items that are popular are inexpensive gift items, toys, jewellery...(no appliances or furniture, thanks anyway)...house hold things. Think Rummage Sale. We will also have food and beverages for sale. With your help this will be our best and most successful Bazaar yet.

We are also looking for bakers to make tasty cookies, dessert bars, breads and the like. If you would like to make something for donation, we will gladly provide you with plastic containers to sell them in. Email ARA at [ara.mzlo@yahoo.com](mailto:ara.mzlo@yahoo.com) to let us know what you'd like to whip up. THANKS!!

Your donations help fund ARA's **FREE Sterilization Certificate Program** that offers spaying and neutering to families in town who otherwise cannot afford it, *all year long*. Our collection location for donations is at Debi Teter's in Pedro Nunez (Santiago). Just email or give her a call at 334-3335 to arrange drop off.

If you have friends coming down, please advise them in case they would like to make a donation. Thanks on behalf of los animales.

## CALENDAR OF EVENTS

*Compiled by Darcy Reed*

### MONTHLY THROUGHOUT THE YEAR

#### Mujeres Amigas Luncheons

When: First Wednesday of each month  
Where: El Caribe Restaurant, Las Brisas  
Time: 1.00 p.m.  
Contact: Candy King 044-314-103-0406  
[candyk@coldwellbankerbienesraices.com](mailto:candyk@coldwellbankerbienesraices.com)

### WEEKLY THROUGHOUT THE YEAR

#### Thirsty Thursdays – Manzamigos

When: To be announced each week  
When: 6.00 p.m.  
Contact: Jack Akers  
[manzamigos@gmail.com](mailto:manzamigos@gmail.com)

To join Manzamigos: Linda Breun  
[lbgringa@gmail.com](mailto:lbgringa@gmail.com)

### NOVEMBER - DECEMBER 2009

Nov. 1<sup>st</sup> Day of the Dead - children  
Nov. 2<sup>nd</sup> Day of the Dead - adults  
Nov. 1<sup>st</sup> Anticipated Opening of Oasis Restaurant  
Nov. ? Anticipated opening of Rooster's, Melaque  
Nov. 20<sup>th</sup> Revolution Day – National Holiday  
Nov. 19, 20, 21. Sports Fishing Assoc.  
International Sailfish Derby  
Enquiries: Silvia Jimenez  
Tel/Fax: 332-7399  
Entrants must be registered by 31<sup>st</sup> October  
Nov 26<sup>th</sup> U.S. Thanksgiving Day

Dec. 1<sup>st</sup> to 12<sup>th</sup> Feast of Virgin of Guadeloupe  
Dec. 1<sup>st</sup> to 15<sup>th</sup> Art Invasion on the Beach,  
Camino Real Hotel  
Dec. 11<sup>th</sup> ARA Christmas Bazaar & Bake Sale  
Contact Debi Teter 334-3335  
December 13<sup>th</sup> Mujeres Amigas Christmas Party  
Contact Lydia Bevaart 334-0002

**Multiple Christmas Events to be  
announced in next month's Manzanillo  
Sun Magazine**



Watch out! I'm coming soon.

# Uniqueness that is Manzanillo

A day in the yard...

Terry Sovil

Fortunate? I think so. Life in the corporate world in Minneapolis followed by more corporate work in Los Angeles makes my time in Manzanillo cherished. I haven't been here a full year so my big city corporate pace in trying to get a new business going hasn't slowed too much. Still the culture here seems to enforce some down time every day.

There is so much here to see and appreciate. The diving is some of the best I've seen anywhere plus the plants, the birds, the iguanas, crabs, trees, butterflies, toads, lizards, bugs and the timeless ocean. I'm fortunate to be next to an empty lot to the north and a huge empty area to the east. There are critters aplenty.

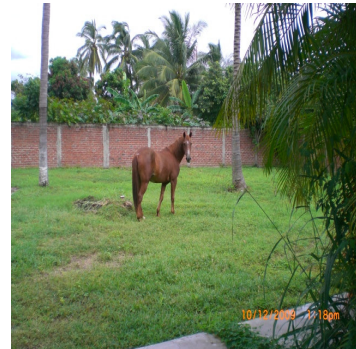
My fascination wasn't so great with scorpions. The empty lots seemed to feed a steady stream of visitors that crept indoors. A serious do-it-yourself fumigation program helped fix that in short order but we did see a huge variety of scorpions in terms of size and color. We learned a lot about scorpions. Interesting in their own way but something about them makes me want to shake my shoes and clothing with regularity.

We have seen a huge variety of animals including stray dogs. For some reason the strays seem to fight the local, resident packs at night; creating what sounds like a horrific dog war on the streets of Privada Los Naranjos. In the morning when I open the big gate there are usually piles of reminders strewn in the drive and the sidewalk. While not pleasant at least I'm out cleaning the streets and helping the folks get to the church next door without stepping in doggie land mines

Just to take a breather I pulled the camera out today and kept it close at hand. It was a good and rewarding day as we had our share of special guests. I did get some night-time photos of a raccoon that visited. They didn't turn out well but the raccoon was pretty entertaining to watch. I growled at it and it growled back. Not sure that's a good sign.

A horse came wandering in to eat the grass. It was a beautiful, well-maintained horse with a good weight, unsure of the sex I liked the horse and was hoping it would stick around so I could name it RANDY but RANDY got spooked and ran away before I could get him a carrot or anything.

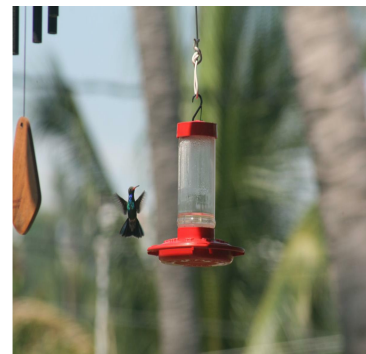
We have new hummingbird feeders and they are beginning to attract some of those fascinating little creatures that can hover.



The horse who came to visit

We see black and green iguanas with great regularity. I've found they are on the move most days around 3 pm. There were 3 in the yard shortly after RANDY, the horse, left.

There was a woodpecker in a coconut palm most concerned with a black iguana that crawled into its hole. The woodpecker finally won that battle and got his home back. We have a hybrid black/green iguana that seems to live in the handle of the wheelbarrow and in close proximity to it. It made some interesting photos for sure. The ants here come in large numbers and sometimes their night time missions create small ant super highways that actually wear away vegetation and leave a nice path to and from their destinations. It is awesome to watch them on the march.



Hummingbird pays a visit to the feeder

We have several coconut palms and they always seem to be sprouting and creating new coconuts that have to be cut down before they fall and create havoc with a windshield or someone's head. But the blooms attract insects including those big black wasps that like the sweet nectar. I am fascinated to just watch the coconuts grow and mature.



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## WANTED/ FOR SALE

### wanted

Is there anyone that has a car for sale, or knows someone reliable I can buy from. I will be coming down January 9th 2010. Please send information about the car. make, model, year, mileage, condition, number of owners, price. Bill Blair

[redhead040839@yahoo.com](mailto:redhead040839@yahoo.com)

### for sale

New HP laptop Pavilion dv6500 with warranty. Windows Vista Home Premium, 1014 MB ram, 140G hard drive, Intel Celeron CPU 530@ 1.73 GHz. Paid \$950, now \$500 USD. Call Scuba Shack 333-3678, or stop by to see.

## A FEW GOOD TIPS

1) To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.

- 2) For a cool brownie treat, make brownies as directed. Melt Andes mints in a double broiler and pour over warm brownies. Let set for a wonderful minty frosting.
- 3) Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic
- 4) Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 for 15 minutes!!! Serve alone or with vanilla ice cream.
- 5) To Reheat Pizza. Heat up leftover pizza in a non-stick skillet on top of the stove, set heat to med-low and heat till warm. This keeps the crust crispy.



## Cold vs H1N1 - know the difference

<u>Symptom</u>	<u>Cold</u>	<u>H1N1 Flu</u>
<b>Fever</b>	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
<b>Coughing</b>	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
<b>Aches</b>	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
<b>Stuffy Nose</b>	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
<b>Chills</b>	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
<b>Tiredness</b>	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
<b>Sneezing</b>	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
<b>Sudden Symptoms</b>	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
<b>Headache</b>	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
<b>Sore Throat</b>	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
<b>Chest Discomfort</b>	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

### **Cowabunga Surf Extravaganza**

On October 31, 2009 Manzanillo will be host to the Cowabunga Surf Extravaganza Tournament. The event is aimed at surfing children and families. It is a local event hosted by Team Santiago with support from Secret Spot, Mi Paraiso, Juanitos and SOL. Activities will include some free surf lessons, music, vendor stands by SOL, food, t-shirts, prizes and a lot of happy faces. It will be held at Salvavides Beach (right behind the Open Air Market space in Santiago). Start time is 9am and runs until about 6pm with awards and prizes at the end. The day will include various heats (competitions) in categories such as Best Costume (last year saw Spiderman and Superman surfing to wins) as well as the "Best Wipeout" etc. The day should be filled with photo opportunities, a chance to watch Manzanillo's rising surfers and to enjoy some time near the sand and water. Bring the family!

### **Manzanillo Skim Fiesta**

Manzanillo will also be hosting a National Tournament event on 11/14-16/2009 on the beach in Salahua. There will be radio and TV coverage of this event along with participation of National Brand Names. This event promotes surf and skim boarding activities among high school students. There will be competition at the Intermediate and Advanced levels.

This event in the past has drawn observers and participants from Cabo, Puerto Vallarta, Mexico City, Oaxaca, Melaque, Acapulco and Guadalajara so it's an event that will be of interest to all Manzanillo residents. Manzanillo Real Estate Professionals are one of the many sponsors of this event in addition to helping support two local surfers and a skim boarder. Other sponsors include Squalo and Victoria Skim boards.



# ME, ANGELA AND JIMMY BUFFETT

Jim Evans

One Saturday night a couple of years ago my daughter Angela and I attended Jimmy Buffets "End of the World 2006" concert in Las Vegas. The moment we entered the MGM Grand parking lot we felt an indescribable energy which of course had nothing to do with the middle aged fat men in coconut halters and grass skirts, or short stumpy ladies with everything from blenders, salt shakers, to 3 ft inflated sharks atop their straw hats.

There were people in aloha shirts that made my extensive collection look mundane and conservative, thousands of people of all ages, sizes and types trooping through the casino. People at the blackjack tables with inflatable shark hats, parrot head caps, a veritable plethora of over dressed gaudy costumes everywhere. The atmosphere was filled with intoxicating positive energy, and anticipation. We were on our way to see the man who always thanks his audience for allowing him to pursue his " summer job " for the last 46 years.



The first order of business was to get a libation.. after all Buffet music is drinking music...we found some gigantic blended concoctions at an open bar in the hallway and proceeded to the arena. The mood just kept getting happier the excitement building, even as it became more and more crowded. I am not a big fan of crowds, but this was obviously different. We met people who had attended every Buffet concert this year.

We met people who like me were at their first Buffet concert (what a waste). The MGM Grand Garden Arena is a huge venue and in itself amazing, but walking through the doors we got an even bigger surprise. Imagine if you will several thousand kids of all ages swatting hundreds of beach balls in every direction, while the crew is on stage launching \$50.00 t-shirts at the audience from air cannons. As one of the oldest kids in the room I immediately got busy whacking and batting incoming beach balls.

A couple of libations later the stage darkened and the crowd went crazy, a 60 year old balding bandy legged" Son of a Sailor "dressed in a blue t-shirt and yellow

shorts was about to take us barrel rolling into the sun. He sang all his best, most of my favourites and a few new creations.

The breaks were short with Jimmy and a couple of other band members staying on stage, entertaining always entertaining. We were treated to over three hours of raucous bawdy beach music, ballads of the sea, Caribbean Reggae, sprinkled with country, and what can only be described as drinking music. We were treated to a glimpse life in the last hundred years along the Gulf coast and in the Caribbean islands. He sang of Space ships, Juicy Fruit Gum, Pirates, and "Heroes and Crooks". His music touched the child in us all, especially us " over forty victims of fate".

We danced, screamed, laughed, shed a few tears, waived our arms pumped our fists and screamed some more. We did it all. " I did it all." in the end we were exhausted, my daughter and I, our faces hurt from smiling and laughing.....In the beginning Jimmy Buffet admonished us with " DON'T pace yourself". We didn't and we were rewarded with what I can only describe as a singular experience, to think I wasted 25 years as a Buffet fan and had never been to a concert.

Angela, my youngest daughter and an old concert hand, describes that performance as the best she has ever seen. There were no obnoxious people, rowdy sure, but no altercations and even the ushers, having given up trying to keep us in our seats, were singing and dancing in the aisles.

We had so much fun we were still smiling at each other two days later.. My voice was gone, my feet hurt from standing and dancing for over three hours, even my shoulders were sore... but I would go back and do it all again tonight if I could, and again. I guess there are still a lot of thrills left for a 66 year old youngster who is still a pirate at heart," where's my eye patch and my rum and coke? "



[www.manzanillosun.com](http://www.manzanillosun.com)

## SCUBA SHACK TOURS

Scuba Shack is having a special for your readers When 3 snorkelers go on a tour, the 4th is free. The same deal is with all tours, including waterfall and turtle sanctuary.

## TURTLE SANCTUARY

### *Protecting an endangered species*

Sea turtles are graceful saltwater reptiles, well adapted to the underwater world. With streamlines bodies and flipper-like limbs, they are able to swim long distances in a relatively short time. When they are active, sea turtles must swim to the surface to breathe every few minutes. When they are resting, they can remain underwater as long as 2 hours without breathing. How did they become endangered?

Although sea turtles live most of their lives in the ocean, adult females must return to land in order to lay their eggs. It is at this time that



the poachers have a field day. Though adept in the marine environment, on land turtles are slow and easy to capture. All a turtle thief has to do is lay in wait on a beach that is known to be a nesting area. Each turtle can lay up to 500 eggs during a single season, and by being patient, a poacher can have his turtle and the eggs, too. If he's lazy, all he had to do is wait until morning, walk the beaches, and follow the footprints leaving the ocean to a mound of sand where the female has laid her eggs.

The Turtle Tour takes you to the large sanctuary in Cuyutlan where turtles of several species and different sizes are held in numerous cement pools until they can be released in the wild. The Center also protects alligators and iguanas, also in residence. The eggs of both species are also incubated at the sanctuary, and once the babies reach a size where they are likely to survive, are released.

The trip also includes a 40-minute boat ride through the 32-mile-long Cuyutlan lagoon where you'll be treated to an incredible vista, and great photographic opportunities of all the wildlife in this protected wetlands area. Also included is visiting the salt flats and the salt museum, stopping off to see how bricks are made by hand, and lunch at a seaside restaurant.

Other available tours are to:

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### A BIT OF LE PETIT

#### Xali Salad

Lettuce with balsamic vinegar dressing, bacon, parmesan and almonds.

#### Savoury Crepes

Mushrooms with white wine sauce.

Spinach with poblano chili sauce.

Dantagruel Smoked sausage with apple.

#### Sweet Crepes

Apple with cream cheese and cinnamon.

Blueberry with cream cheese and white chocolate.

Apricot with brandy, chocolate syrup and dark chocolate.

Le Petit Crêpe with homemade blackberry sauce, chocolate syrup and white chocolate.

#### Crêpes Suzette

Two orange-flambe crepes with vanilla ice cream.



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## The Golf Corner

### Doug Reed

Golfers who visit Manzanillo frequently or who maintain a residence here know well our two local golf courses. Las Hadas offers an 18 hole experience with challenges galore, especially if you like sand. It also features a signature “island” 18<sup>th</sup> hole for those who may have a few balls left, at the end of the round, Pacific. Club Santiago is a nine hole course comprised of a back nine and a front nine located in different locations to provide a full 18 holes. Small lakes, narrow fairways, and jungle assure you will need your best game to complete your round with only a few lost balls.



In this first issue of the Manzanillo Sun, we will introduce you to the social aspect of the game here in Manzanillo. For those who are looking to share the experience or meet new people, there are several golf groups that call Club Santiago their home course. They play frequently and always welcome new “members” or those who are just visiting for a little fun on the course. It is important to know about these groups for a couple of very good reasons. (1) When they play, they typically “own” the course for several hours during their tournaments (2) Because they are very welcoming of newcomers, they can be source of a golf cart ride when sufficient member carts are available—thus saving the rather steep cost of renting.

Before going into greater detail, it is important to know that each of these groups has members with relatively low handicaps, and members with, well let’s just say, handicaps they choose to not talk about much. They all golf for fun. And, most understand it’s just a game—albeit sometimes that’s hard to bring into focus when you’re hitting five off the tee.

For the men, there are two “competing” groups—each with names that have some significance to the members. These two groups are:

(1) The Mafia. The Mafia is a long standing golf group at Club Santiago. They tee off every Monday, Wednesday, and Friday at 9:30 a.m.. They play for a few pesos in prize money, but use handicaps, not raw score, to dish out the winnings. The Mafia always plays 18 holes

(2) The “Sin Nombres”. The No Names play twice a week. They tee off at 2:00 p.m. on Monday and 10:00 a.m. on Thursday. They also play for a few

pesos, but use a “quota” system—a modified stapleford system—for scoring. The Sin Nombres play nine holes, but encourage members who wish to play 18 to do so by playing another nine before or after each tournament.

For the ladies, there is a ladies group that tees off at 9:30 each Tuesday. The ladies group typically schedules nine holes, but many members often play 18.

If you enjoy a little mixed golf occasionally, you can join with the Mamas and Papas who tee off at 10:00 each Sunday morning.

As you can see, golf is an active social activity here in Manzanillo. We encourage you to show up, join with a group, and have some fun. A 30 minute arrival before tee times will assure some time for introductions and socializing, as well as pairings. One last bit of information may be of value. It is best to bring your own clubs and plenty of balls. The availability or acceptability of the local offerings may not be up to your standards. On a lighter note, it is not too difficult to find a niño or two on the course who may be willing to sell you some balls donated by previous players.

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