

Manzanillo

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Manzanillo's Lifestyle E-Magazine

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by Howard Platt

Photo contest prize
donated by Drago Sushi



Tales of a Tail-Wagging Bird



Russet-Crowned Motmot

Momotus Mexicanus

Howard Platt

Motmots are permanent residents of the American tropics, but they appear reasonably happy to share their home with the many migrant birds that just come down for the winter, even us “snow-birds”.

They are closely related to kingfishers, and have many of the same habits.

- they sit on low branches for hours waiting to see food;
 - when they see small prey such as an insect or lizard they will dart down and grab it in their heavy beaks and return to their perch.
 - they make their nests by burrowing into banks;
- Motmots have colourful plumage and most have long tails. The barbs towards the end of the two longest tail feathers are weak, and either wear off as a result of tunnelling or fall off during preening. The effect is that they appear to have pompoms at the end of their tails.

One very unusual behaviour is that the birds will wave their tails from side to side when they see a predator such as a feral cat. Research indicates that the waving is not an alarm signal but just acknowledgement that they have seen the predator – much like saying “OK, I have seen you so you might as well hunt elsewhere as I will fly away if you come any closer”.

The major threat to them is their wonderfully coloured plumage which leads to them being trapped and sold into captivity. Perhaps the development of areas such as the Santiago peninsular into gated communities with some large homes and extensive gardens may be helpful for the survival of the Motmot. Most of the time the homes are unused and the birds have the run of the gardens, and within the gated community they are safe from hunters.

Next time you have the opportunity to walk around a wooded area, watch the branches ten to fifteen feet above the ground and maybe a wagging tail will draw your eye to a pretty bird.

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Animal Groups in Manzanillo

PATA

Diana Stevens

PATA which means "paw" in Spanish stands for *Personas Ayudando a Todos los Animales* - people helping all animals. As we all know, in some areas of Manzanillo the streets are overrun by mangy, hungry dogs and cats ferreting in garbage bags left out for collection. This is unpleasant and unhealthy for everyone whether two or four-legged.

PATA is a very active group for both elderly and young people with good support from many Mexicans who understand the need. It relies on volunteers who can make themselves useful in different ways according to their own experience and abilities.

The main concentration is on Sterilisation followed by Education. There are two main Fundraising Events per year to provide the necessary cash to carry out this important work.

The Sterilisation programmes main event is an **Annual MASH Style Clinic** running for five days in March. This takes place in the Casa Ejidal (community centre) in Salagua and the next is scheduled for **11th - 15th March** inclusive. The conditions are far from favorable but the organisers have found ingenious ways of overcoming the difficulties and the venue is on the spot for local people without transport who wish to avail themselves of the service. At least two very faithful Mexican vets attend and other volunteer vets come from the U.S. and work almost a twelve hour day operating altogether on at least fifty animals a day. Since March 2006 very nearly 2000 operations have been performed

This work is supported by the versatile volunteers. If you have nursing experience back up to the vets is always needed either in the operating area or in recovery which is



This is the second of a series of articles on how you can help the coexistence of humans and animals in our adopted city. Read about each group, investigate what catches your fancy and decide where you fit in.

where things could go wrong, but very seldom do. You could administer the free rabies shots on offer too.

Men are very welcome to help with moving large cages (or dogs) but they too can sit happily in recovery stroking an animal as it comes round. If your Spanish is good you might find your niche in registration and dealing with often diffident owners or if you want to help but really aren't happy with operations you could sterilise the instruments. All volunteers pull together and when they see a need converge to fulfill it. These kind people need a snack from time to time and many ladies are very generous with the meals they supply so work can continue right through the day. Other supporters contribute in money or in kind to the medical supplies needed for this mammoth undertaking.

Over the last two years this work has been extended into Mini Clinics in poorer and more remote areas where owners would have real difficulty transporting their pet. These are very grass roots events with great contact with the local community who are immensely grateful to particularly Doctora Gaby of Las Brisas and the small but faithful group of volunteers prepared to travel where needed. You are welcome to join them.

The Education aspect of PATA's work is carried out largely by the inspired Mexican helpers who visit primary school classes and explain the importance of responsible pet care. They talk about regular feeding and exercise, fresh water, grooming, bathing and anti flea and tic measures. Also training, play and attention are discussed with the children and usually a rejuvenated street dog is taken in to show what can be done. The powers that be in PATA don't take themselves too seriously. The person responsible for "pup-lic" relations has introduced students from Campo Verde to community service in the clinics and two are now studying towards becoming vets.

"Dr.Doolittle", the name attributed to Gaby Leyva, is the understatement of the decade, as this indefatigable young lady has made it her life's work to attend all needy animals. Her surgery is at Veterinaria Las Gaviotas at the roundabout at Las Brisas and you can recognise it by the paw prints and the dog houses outside in normal working hours.



She does free sterilisations throughout the year, and PATA pay for at least 20 of these per month at under \$200 pesos a time. She was doing it for free before.

The moving force behind PATA is now merely the "top dog" and some of her practical responsibilities have been taken over by "Mr Mefistoffeles" who has greatly extended the Mini Clinics (already around 60 sterilisations this year) and has recently founded the "Friends of PATA" fundraising organisation to help all or any of the animal groups in Manzanillo.

There are two main fundraising events. Early in the year PATA hold a Silent Auction - some unsold offers from the recent evening (are still open for online bidding - and Jim Evans has an account of the Poker Evening in this issue, for those who understand such matters. At the end of November PATA holds its Annual Dog Jog which is attended by participants of all ages, shapes, colours and number of legs (even three who was a winner!). Most are sponsored, not all actually "jog" but prefer to amble gently along and there is no need to bring Buster if you left him up north or he's feeling unsociable.

Visit www.patamanzanillo.com to find more information and links to their Facebook Group, their blog and "tweets". You can also find out more about "Friends of PATA" and what is available for all local animal groups.

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Albatross Chick on Midway Atoll



Unintended Consequences ...Plastic Island

Terry Sovil

An unintended consequence is a result that was not intended and probably not expected. These are intentional or accidental. In nature the introduction of a non-native species into an area outside its native range is a good example. Accidental introduction is usually from human movement where introduction is not a motive.

Intentional introduction is intended to provide some benefit, often financial. Once a non-native species is introduced the consequences can be disastrous rather than beneficial.

Sometimes it isn't a new species in a non-native area but a new material that ends up in places we never intended it to be. Plastic has revolutionized our lives and keeps cost down. If you are like me you visit the market and walk away with plastic bags. You save them because they are useful. When you get too many they go into a larger plastic bag that lines your garbage can. They join the empty plastic squeeze bottle, plastic tops, soda bottles and those dreaded six-pack plastic ring holders. Where does it all go? You might be surprised to hear where a lot of it ends up: The Pacific Gyre or "Plastic Island".

Have you heard that term? No one lives in the neighborhood, their beach or view isn't threatened, no shopping close by so there really aren't many people that visit. So what is it? The Gyre has become a mass of two, separate, swirling plastic garbage dumps that make up the world's largest landfills right in the Pacific Ocean. Plastic Island: twice the size of Texas and growing! These two areas, collectively

called The Gyre, are referred to as Western and Eastern Pacific Garbage Patches.

In the northern Pacific Ocean there is a slow moving clockwise spiral of currents created by wind. This area is like a desert in the ocean with only tiny phytoplankton and not many big fish or mammals. Due to the lack of large fish and the gentle breezes, fishermen and sailors don't go here. What does go here is plastic, millions of pounds of plastic that is trapped in the currents of the North Pacific Gyre. This link opens fast and the animation shows how this happens:

http://oceans.greenpeace.org/assets/binaries/trash_vortex.swf

Studies by the LA Times tell us that plastic constitutes 90 percent of all trash floating in the world's oceans. Plastic often outweighs plankton by a ratio of 6:1. The world produces about 200 billion pounds of plastic each year with about 10% ending up in the ocean according to Greenpeace. 70% of it sinks, damaging life on the ocean floor. The rest of it floats ending up in gyres or washing ashore.

Estimates are that 80% of the garbage comes from land-based sources and 20% from ships at sea. The average 3,000 passenger cruise ship produces over eight tons of solid waste weekly. The garbage ranges in size from abandoned fishing nets to micro-pellets used in abrasive cleaners. Studies have shown that debris from the west coast of North America get to the gyre in about five years, Debris from the east coast of Asia in a year or less.



Beyond The Gyre some of these long-lasting plastics end up in the stomachs of marine birds and animals, including sea turtles, and the Black-footed Albatross. In addition to consumption by wildlife, the debris can absorb pollutants from the water including PCBs and DDT. These toxic plastics are eaten by jellyfish, which are then eaten by larger fish. Many of these fish are then consumed by us at our favorite restaurant.



The garbage patches also facilitate the spread of invasive species that attach to floating plastic in one region and drift long distances to colonize other ecosystems. It is a sad case that the Albatross could be a victim but the babies are fed plastic picked up by their parents in the open sea and results are disastrous. Included is a photo of an albatross chick on the Midway Atoll. This is one of the most remote marine sanctuaries in the world, more than 2000 miles from the nearest continent. Plastic is everywhere. Plastic is forever. Please handle with care.



Recycling in Manzanillo

Diana Stevens

The wheels of recycling grind slowly but they are headed to Manzanillo. In time the whole fleet will arrive and sooner than you think.

Meanwhile **CECATI**, the adult education establishment in Salagua which gives people a second chance at Primary and Secondary education and trains students to be chefs or motor mechanics among other trades, is spearheading a drive to heighten awareness but doing this in a very practical way.

Plastics. Plastics mean 1. All soft drink bottles, squashed with their caps screwed back on. (Try squashing a bottle with the cap in place!) 2. Milk, juice, cream and yoghurt cartons (also squashed). 3. The plastic from beer six packs. 4. Transparent plastic fruit and veg. containers. **Not included are plastic bags or polystyrene.**

Your trophies can be rinsed in normal washing up water but don't run the tap especially for each bottle. Save these up in a large garbage bag and deliver them when you have two, three or more bagsful (saves gas). They are collected just round the corner to the right inside the school. Park on the street, carry your bags in and wave them at the secretary and she will show you where to put them. **Used batteries** of all kinds can be put in the large plastic bottle at the entrance to the school just opposite the secretary's window. These are very dangerous if left lying on the beach or street or are eaten by children or dogs as they leak poison.

Out of date medicines are also collected in a box at the entrance.

All these substances are passed on to proper recycling firms. At the moment the school cannot accept paper or cartons of any sort but they are working on this.

Where Turn right one block before the Jardin in Salagua. This is between "Wings Army" which has recently sprouted 25 foot palm trees on the left and Pacifo Express, the dry cleaners, on the right. Go four long blocks (count on the left) and **CECATI** is the large complex on your left on the next corner. It takes up a whole block so you can't miss it and is well marked.

When From 8.00a.m. to 10.00p.m. weekdays and Saturdays.

Why. You can help make Manzanillo cleaner and tidier, avoid adding to the vast rubbish dump where it all goes at the moment and by setting a good example. So suss it out and spread the word.



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Planting Roots In Mexico

Sago Palm, *Cycas Revoluta*



Next to the curving stairs, from our Herb Terrace to Halleconia Terrace, this Sago is healthy, full, and luxurious..

Tommy Clarkson

Family: *Cycadaceae*

Also called: Sago Palm Tree, King Sago Palm and Palm Cycad

This is not a palm tree. It is a cycad and related to conifers and Ginkgo trees. In fact, the Sago is the most commonly cultivated cycad in the world. But widespread though it may be, it is an extremely beautiful plant and rather easy to grow. If one has limited space, but wants a tropical "feel", this is the right plant to use. It looks good anywhere!

Some call this plant a living fossil as its origin can be traced back to the early Mesozoic era 200 million years ago. Fossils of this plant, uncovered on almost every continent on the planet, have been found among those of dinosaurs and shows very little evolution.

The cycad family overall is comprised of around 300 varieties. Their natural habitat ranges through Australia, East Africa, Madagascar, Southeast Asia, New Guinea, India, the southern Japanese Islands (the Sago originated in the islands of Ryuku and Satsuma as well as Southern China), Malaysia and the Philippines.

First discovered in the late 1700's, the latter part of this plant's Latin name, *Revoluta*, was given to this species because of the way that the leaflets revolute - curl back.

Though generally said to be a slow grower of only 3-6 inches per year, in tropical environs it grows much faster. A mature Sago Palm can grow erect, sturdy trunks attaining a height of as high as twenty feet and up to two feet in diameter. Some may be grown in their natural clumps or kept as a striking singular display. They prefer sun but also do well in partial shade. Water regularly in sandy, humusy, well-drained soil.

The dark olive-green, feather-like leaves are from four to six feet long, are gracefully arched and grow in a circular fashion. Trunks sometimes branch producing multiple heads of leaves. The rough trunks retain the old leaf bases. The stiff leaflets grow at such an angle from the rachis (the primary stem of a leaf composed of separate and differentiated leaflets) so as to present an attractive, trough shaped leaf. New leaflets emerge from the plant center coiled and as they open are soft and light green. The petiole (stems) bear small protective barbs that I heartily encourage avoiding when pruning.

Like other cycads, the Sago Palm is dioecious, with male and female reproductive cones (the reproductive part of a cycad) being on separate plants. Shaped like a torpedo, male cones protrude. Females are shaped like a cabbage with a color of gold or tan-yellow. The female cone slowly opens up when receptive to pollen but cannot



At the base of this, around two decades old, double-headed Sago a "pup" can be seen.
With a sharp sterile blade, these can be carefully cut and transplanted.



produce viable, fertile seed unless it is pollinated. Naturally, this can happen by wind dispersion of male pollen but is thought that most occurs through native insects. Typically plants will not cone until they are over ten years old.

The Sago produces "baby" offshoots at the base of their trunks. These bud offsets may be cut off - careful to not harm the mother

trunk - with a clean, sharp knife and planted. Treat the cut surface of both with a fungicide and some sort of sealing material like tar.

There is significant confusion of this plant with the same named sago palm, *Metroxylon sagu*, which is in the palm family. This palm is found in tropical lowland forest and freshwater swamps across Southeast Asia and New Guinea and the source of sago flour. It is traditionally cooked and eaten in various forms, such as rolled into balls, mixed with boiling water to form a paste, or as a pancake. However, Cycad Sago Palm is extremely poisonous to both humans and animals if ingested. Pets are at particular risk since they seem to find the plant very palatable.

Tommy enthusiastically grows exotic palms, plants and flora in both the Puerto Vallarta and Manzanillo areas. For advice, information or a tour of his gardens please e-mail: olabrisa@gmail.com



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Jim Evans

Last night around 6 pm, I had just finished acid washing the front bathroom tile and walked into my bedroom

I was treated to my first visit from a Mexican scorpion.

Now I am a pretty big guy, but I broke the record for short distance withdrawal. I observed the 3+ inch long critter climbing up the side of my brand new queen size overstuffed mattress, probably on his way to hide under my black comforter. Did I mention that this little bugger (literally) was also black, and his long tail with the stinger clearly visible was poised for attack, evidently he noticed my presence, and was ready to deal with me? I on the other hand was not enamoured with the idea of battling this, the ugliest of bugs. Of course I immediately reverted to my basic military training, I panicked, grabbed the comforter off the bed and shook it, ignoring the existing threat. He luckily decided to drop down the side of the mattress and make a hasty get away. "Oh S--t" I exclaimed, thinking if he gets away I will not be able to sleep here ever again. (lest you think I am kidding, on a recent road trip to Southern Mexico my travel partner convinced me that the bugs on the ceiling were scorpions, ready to drop at any moment. I spent the whole night with more than one eye open)

I managed to get control of the situation and efficiently disposed of this malignant intruder with a combination of bug spray and muriatic acid (yup, the stuff I was using to on my tile floors) it wasn't pretty and he scurried around trying to avoid the copious quantities of liquid death spewing at him from on high. He finally quit moving and I figured he was probably done for. I had used half a can of bug spray and several ounces of acid, not only did I have to dispose of his remains, but the floor was a mess and my sheets needed to be laundered. As I set about my task, I started to laugh at myself for being so silly, when I realized, "what if there are more three inch black messengers of instant death?. I immediately went on a hunt for these insidious predators, I stripped the bed, removed the mattresses and started on my closet. Several minutes later, I figured that there probably weren't any more creatures about, and if they were I couldn't see them.

(comforting thought)

What now? Simple, the internet of course.

I entered "scorpions Mexico" and anxiously awaited the results. The first site I went to indicated that not all scorpions are deadly, and being the lucky sort I knew mine was a non-deadly kind. But, the next sentence "in Mexico there are various Centruroides species which are deadly to humans if untreated" "Go calmly to the nearest hospital or clinic prepared to treat for scorpion stings".

I don't want to be treated, whatever that entails, and I don't want to go to the nearest hospital or clinic, (did I mention it is Saturday night in Manzanillo, and another fiesta is in full swing) I just want to get a peaceful nights sleep.

So of course I went to another site, this one much more technical and factual.

"Scorpion stings are a major public health problem in many underdeveloped tropical countries" That's reassuring.

"In Mexico, 1000 deaths from scorpion stings occur every year"

"A Scorpion has a flattened elongated body and can easily hide in cracks"

Good news "out of 1500 scorpion species, 50 are dangerous to humans"

He goes on to describe the various reactions ranging from a bee sting like irritation to cardiovascular collapse.

The best was yet to come. "Almost all .. Lethal scorpions "with one exception belong to the "Buthidae family"



Bravery-Scorpions

"the lethal members of the Buthidae family include ... Centruroides" ..our prevalent Mexican buddies lurking in the shadows of my closets and who knows where else.

At this point I am no longer concerned about additional scorpions, but when is the next airplane to civilization?

I decided that maybe a Corona or two would help while I made plans to find alternate shelter. I went downstairs from what a friend laughingly calls my "Penthouse" and asked a neighbor if he knew about Scorpions. After several minutes of conversation with various neighbors, including Oscar from Guadalajara. I discovered; that there is time to get to the hospital (how comforting), they usually are solitary (always an exception) and the results of any given sting are pretty much up to the individuals physiology. (fine time to be turning 68).

My Downstairs neighbor Clay and I snuck back to my "Penthouse" to dispose of the remains. Sure enough, it was still dead. I used my kitchen tongs and unceremoniously dropped the nasty critter into the toilet and we cheered as he disappeared down the drain.

I spent a rather restless night, sleeping with one eye open. My bed was covered by a single sheet and for most of the night I wore my shoes. Of course the bug spray and Muriatic acid were close.

Having survived the night I set of this morning in search of ways to deal with these sneaky beasts.

Driving by the local dive shop I noticed my friend Carlos, a former US Marine, loading his truck for a dive. I pulled up jumped from my car and breathlessly inquired, "I had a scorpion in my house last night, what can I do about them?"

To which he replied;

"Just step on them"

Jim the Brave.

Note: after regaining my senses I realized that this was the first real scorpion I had ever seen, even though I have spent a lot of my life in places like Egypt, Saudi Arabia, Philippines, Cambodia, Laos, and Viet Nam. I have been coming to Mexico regularly for over 50 years. This however does not mean I am letting the bug spray and Muriatic acid out of my sight, and maybe after a suitable period I will sleep without my shoes, but they will be close.



Manzanillo's Personality Of The Month

By Terry Sovil

Personalities, let's talk local legend in the fishing, boating and marina arena. Hugo (remember to drop the "H") has been in Manzanillo his whole life. He has been on Manzanillo waters for 29 years, starting at the tender age of 14. He is now 43. A more pleasant and outgoing personality you will never meet. Always smiling, always a "can do" attitude and wise beyond his years. Pointing out my advancing years his response was "the mountains are old but they are still green".

He started as a shark fisherman, moved to sport fishing, long lines (he got out because it wasn't fun, it was just about money), back to sport fishing and a stint at snorkel tours for a resort. Now he uses his vast experience in all areas of fishing and boating. Hugo is well-known "on the docks" and all over town.

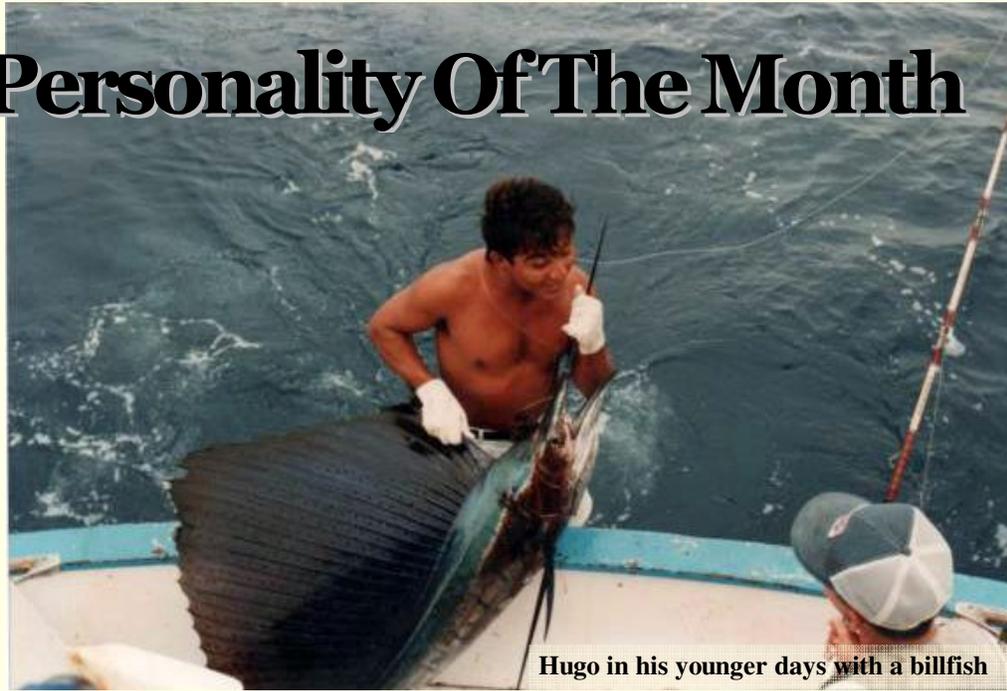
Hugo's command of English, including a lot of slang, has all been learned on the boats. When he was late teens he always carried both English and Spanish dictionaries and when needed, he would look up a word up, ask for pronunciation and help. He's done very well!

On December 31, 2007, a humpback whale somehow ended up inside the port. Hugo watched the whale along with many curious boaters. He decided he could swim with a whale just like all those folks on TV. He approached and touched the whale near its head. He describes the whale seeing him out the corner of its huge eye as it began to dive. He ended up near the tail where the whale slightly lifted him up. He has a scar on his lower left shin from the encounter but he swam with a humpback in the port of Manzanillo!

Hugo also wrestles billfish! He jumps in for marlin and sailfish as it makes the fishing tour more interesting and provides something for guests to photograph and talk about. He used to wrestle turtles and bring them to shore. He said the visitors and tourists would flock around to photograph the turtle and him.

Hugo earned his PADI Open Water and Advanced Open Water diver ratings in 2009. He is continuing and seeks a PADI Divemaster rating. He holds a Mexican Captain's license, a license that requires a class, a test and a little pride in earning it.

In addition to fishing and diving Hugo also knows about boats, engines, fiberglass, electricity, maintenance and is able to diagnose



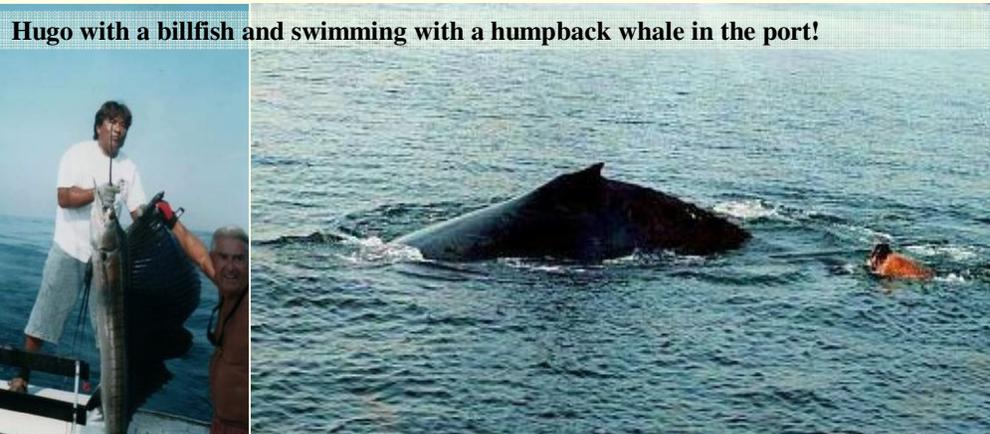
Hugo in his younger days with a billfish

Hugolino Rodriquez Martinez – A Personality of a Lifetime

and fix a variety of problems. With his many talents he is always in demand or acting in a consulting role among his peers.

When asked about fishing in Manzanillo Hugo assures me that there are fish to catch. He also reminds me that fishing is still fishing; "Sometimes you catch them, sometimes you don't." The waters still contain Spanish Mackerel, needle fish, amberjack, barracuda, dorado (mahi mahi), roosters (rainy season) and yellowtail. What has become scarce are sharks, you must go a long way offshore, perhaps 80 miles. He blames the Japanese fishing fleet for the absence of sharks. Also gone or rare are small mackerel, saw fish, swordfish and big schools of tuna and billfish. He says equipment is still pretty much the same but fishing fleets are larger, nets have larger holes and long lines are still used. The nets now catch larger fish that used to escape but are now caught around the gills. Long lines are illegal but still used and he shrugs and indicates maybe money is used if someone is caught.

One of our first SCUBA pool sessions I somehow ended up with a scorpion in my gear. People watching shouted for me to keep still as I entered the water. It was climbing my shoulder looking for higher ground. Hugo swam over, found it underneath the neck on my wetsuit, grabbed the tail so it couldn't sting and got it to the edge of pool and an untimely death. How many people do you know that would grab a scorpion by the tail? Hugolino Rodriquez Martinez did.



Hugo with a billfish and swimming with a humpback whale in the port!



Photos courtesy of Paramount Pictures.



Leo DiCaprio and Scorsese far less from shuttered

The newest psychological thriller “Shutter Island” isn’t just about telling a nerve wrecking story but to discover what happens to its main character: Teddy Daniels.

**Reviewed by Mariana Llamas-Cendon
Sponsored by Amigos805.com**

It opens in Mexico on the 12th of March

Martin Scorsese and his golden boy Leonardo DiCaprio reunite once again in “Shutter Island,” a movie based on the novel by Dennis Lehane, who’s other novels “Mystic River” and “Gone Baby Gone” had been turned also into great films.

“Moving away from the gritty, blue-collar, Boston settings for which he was best known, Lehane fashioned an intensely atmospheric, terror-filled psychological shocker set at the height of 1950s Cold War paranoia, and at the crossroads where the lines between sanity and madness, truth and delusion begin to blur beyond recognition,” reads the production notes of “Shutter Island”.

Scorsese, the director of the film, confessed that once he read Shutter Island’s scrip, which he couldn’t put down, “I was constantly surprised by the different levels of the story,” he said.

Also, the blend of genres is what attracted Scorsese.

“This picture seems to have its roots in a number of genres, primarily I guess what you call a psychological thriller with touches of gothic horror or implications of gothic horror,” he said.

According to the production notes Shutter Island “merged elements of Gothic mystery, pulp fiction, conspiracy thrillers and turn-of-the-screws, Edgar Allan Poe-style horror to create a riveting and unsettling effect.”

Behind the story

In 1954, two U.S. Marshals, Teddy Daniels (Leonardo DiCaprio), and Chuck Aule (Mark Ruffalo), are sent to an island off Boston Harbor that houses a mental prison for the criminally insane to investigate the disappearance of a patient.

“There’s a missing patient, the 67th patient, Rachel Solando and everyone is looking for her because there’s no way she could possibly escape this island when you look at the way it is fortified, the fact that she would have to swim miles and miles to shore and rough terrain and go through thick dense forest and climb down jagged rocks,” Leonardo DiCaprio said. “Teddy and his partner are there to uncover what’s really happening, and certainly the more they talk to people, the more they find information, the more things become suspicious to them and rightfully so.”

The film was shot Medfield State Hospital, in Massachusetts, that was officially shut down in 2003, which in its heyday housed around 2200 mental patients. Some say that the place is haunted due to its background.

“It was an old mental institution, I gather, with many of the original buildings still standing, very many of which had simply been abandoned and now had twisted vines totally covering them. There were giant fortified brick buildings with solid walls surrounding the wrecked remains which gave a natural eerie feeling to the atmosphere we were trying to portray,” the Hollywood beau said. “I think there was a certain haunting element to all of what we were putting on screen of these stories of a mental institution.”

The location was utterly important since according to production notes what “Shutter Island” depicts is a time - specifically the 1950’s - when the mental institutions gave way to a “new era” of powerful brain surgeries and neurological drugs. It was a time when some patients were lost in a Kafkaesque system while others were part of cutting-edge experiments that forged many of our contemporary theories about criminal insanity”.

Scorsese points out that the lighting and camera movements play a crucial role in creating what he calls “a state of mind” that is both creepy and threatening.

“A state of mind had to be conveyed, a place that was more than just a place, it was a place of being,” the director of such films as “Gangs of New York” and “The Departed” said.



Emotionally attached

Martin Scorsese thought about DiCaprio to play the role of Teddy Daniels since he feels a strong professional bond with the 35-year-old actor.

"I immediately agreed that he should do it," said the Oscar-winning Director.

DiCaprio, on the other hand, also felt allured by Daniels.

"I think here you have a character that is put into a situation where he finds out that there is a lot more to his journey that it first appeared to be," DiCaprio said. "You understand that he also has this back story of what happened to him with his wife who passed away and trying to find who he believes is the killer."

It is what happens to Teddy that is really moving for Scorsese.

Teddy, according to DiCaprio, besides being an emotionally and wrenching character to play, he "becomes way too emotionally invested in the case that he is trying to uncover."

For Scorsese this is "the kind of picture I like to watch."

The cast includes other great Hollywood actors such as Ben Kingsley as Dr. Cawley; Michelle Williams as Daniel's wife Dolores; Patricia Clarkson as Rachel Solando—the escapee—; and Max Von Sydow as Dr. Naehring.



Photos courtesy of Paramount Pictures.

Always.....Patsy Cline

"Always ... Patsy Cline" is the true story of one of Patsy's biggest fans and their unlikely friendship. The recounting of their meeting and ongoing friendship is told by Louise Seeger while Patsy sings the songs that marked the events in her life.



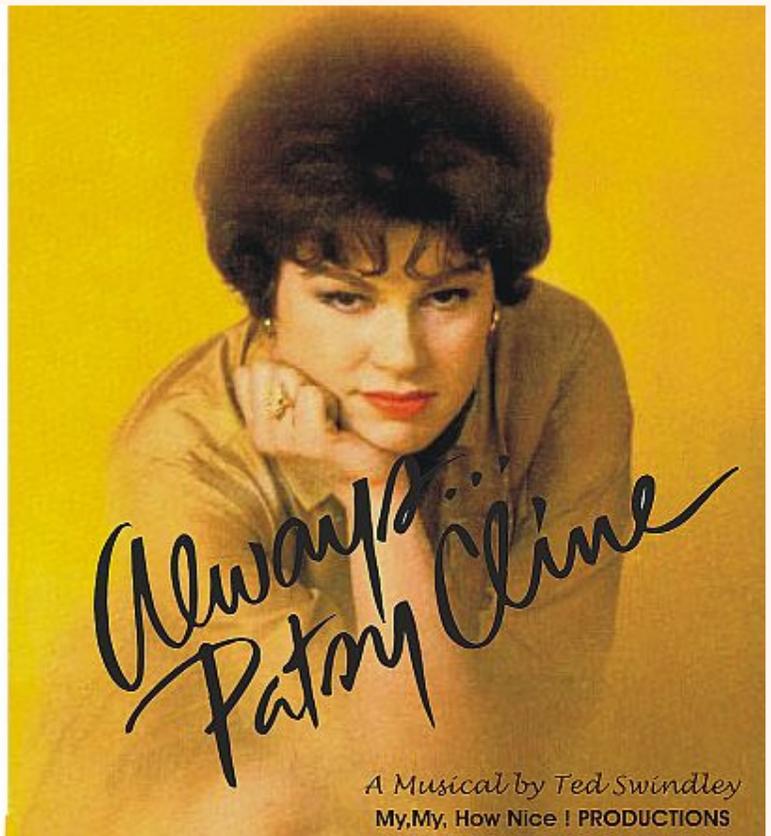
You will listen to 19 songs including "Walkin' After Midnight", "I Fall to Pieces", "Wayward Wind", "South of the Border" and "Crazy" and you get to sing along with some of the songs. Pateye Simpson sings and acts the role of Patsy Cline. While she sings 19 songs she plays Patsy as a cool, calm, relaxed show business veteran.

Pateye recently performed the role of Kate in "Kiss Me Kate" at Lakeside Little Theater. She has classical and operatic training, and jazz/Broadway experience.

Jayne Littlejohn is producer, as well as director, and plays the role of Patsy's friend, Louise, as a funny, flamboyant, Texas "broad." She is a clownish cut-up and enjoys connecting and interacting with the audience. Jayme comes from a background in professional theater in Minneapolis where she trained with the prestigious Tony award-winning Children's Theater School. Last year she directed "Office Hours" at Lakeside Little Theater in Ajijic.

Timothy G. Ruff Welch is an accompanist, vocal coach and Music Director of Los Cantantes del Lago. He has performed throughout Europe, Israel, North and South America and has participated in over 30 recordings.

For Information Potter Hanson potter40@prodigy.net.mx



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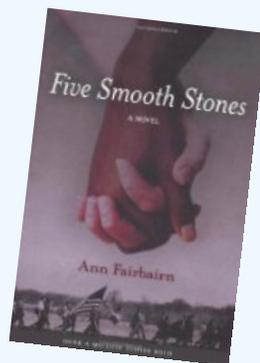
Book Review

'Book Review' is a new column in which we invite people to review a book they have enjoyed. Please send all submissions to freda@manzanillosun.com

Five Smooth Stones

Ann Fairbairn

Reviewed By Freda Rumford



This book, originally written in 1966, is rich with well drawn characters with whom the reader can empathize. The story is of interracial love and set during an era of deep shame in modern American times. In a time of such pure evil it is hard to understand that it could ever have been allowed by any normal person in this modern day world.

As a young woman, I remember hearing of these incidents but they meant nothing as at that time they were so evil as to be totally incomprehensible even after reading "The Diary of Anne Frank". Looking back on the subject now and remembering it actually happening, it is still incomprehensible. The principal characters are a young man and a young woman drawn to each other with a love which is totally unshakeable. Their friends and the people surrounding them are interesting and colourful as well as very believable. The dreadful turmoil into which they were tossed because of those times is written by a spell binding wordsmith. The young man, David Champlin is from a poor Negro family in New Orleans, who despite very humble beginnings are so loving towards him that when he meets a brilliant Danish Professor who becomes his mentor, he is able to recognise the hand held out to him for what it is worth whilst also able to know those who intend him harm. Sara Kent is his love, a small ("Smallest") white girl of very good family who has known family love and shelter all her life. How she manages to find the stamina and back bone to stay true to her beliefs and love has to be due the strength she has found within her family. Normally a bit of a skipper when reading, I could not bear to miss a single word of this novel, cheered when they cheered, laughed when they laughed and cried when they cried. It is a riveting story of intense cruelty and intense love.

The title is from the legend of the stones taken by the shepherd boy David, to slay the giant Goliath, to illustrate the similarity of the immense task of David Champlin in facing the "white giant" oppressor of his people. Now, more than 50 years after this story is written it is astonishing that so much has been achieved and that there is a black President of the United States but one can't help thinking, what do they really think? Were you there?

I have not read a story so rich in characters for many years. Still in print Five Smooth Stones is available at Amazon.com in paperback.

Letters to the editor

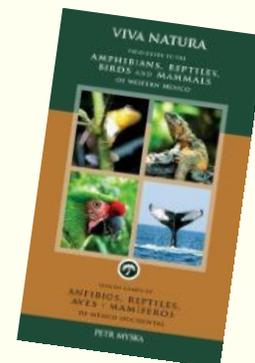
If you have any comments or suggestions regarding our magazine, please send to: freda@manzanillosun.com

Viva Natura

Petr Myska-Author, Illustrator
Cynthia Mayne Smith-Editor

Reviewed By Howard Platt

A field guide to the Amphibians, Reptiles, Birds and Mammals of Western Mexico.



Petr Myska came to Mexico as a young zoology graduate from Charles University in Prague. In spite of his training many of the amphibians, reptiles, birds and mammals he saw around Puerto Vallarta were new to him and he was unable to name them. I think it happens to most visitors to Mexico! While guides to birds exist, it is very difficult to find much information on other wild life.

Petr was not satisfied with this, so he went about taking photos and gathering information. In 2001 he launched the Viva Natura web site, showcasing his photos and information he had gathered. In 2007 he published the first edition of his field guide. He notes that the guide is designed to fit in a pocket and endure side trips in Mexico. While it is not comprehensive it will enable you to identify common species and, as he notes, be "useful for swatting mosquitoes, or propping up a camera lens while taking self-photos".

Full of colour photos and with a minimum of explanatory text in English and Spanish, it is indeed a useful companion especially for trips around the Puerto Vallarta area.



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Our Twisted Way Of Speaking - III

Tommy Clarkson

Many of us of the maturing set, (read "old cusses"), grew up hearing our parents and grandparents employ a variety of rather strange, if not incomprehensible, expressions that we picked up and have also long used. However, now years later, we all too often find that we really aren't all that sure of the exact meaning, let alone origin, of such sayings.

I well remember my mother's mother, "Grammy" – to my cousins and me, our tiny, bundle of endless love, attention and great cookies – saying, "Well, now I'm in a pickle." By its usage, early on, we were able to reasonably ascertain that this meant she was in a "quandary or difficult position". But just how did such expression come to be?

It would appear that the phrase may be an allusion regarding a "state of disarray, disorientation or confusion", such as the case would be for the variety of vegetables often included with pickles. Another source cites its origin as based on the 16th century expression, "de pekel zitten" - "pekel" being the brine or vinegar in which food was prepared. Now how or why one might come to sit in such is anyone's conjecture!

Yet another "in" expression heard much less these days is that of being "In fine fettle." "Fettle", it seems, is an old word meaning "condition, order or state". The Old English word for belt was fetel. Thus, to be "in fine fetel" meant to "gird oneself up, as for an important task".

How about that rebuke some of us received as children to "Mind your own bee's wax?"

Well, it seems that this, increasingly arcane, expression comes from the days when smallpox was a regular disfigurement. As a result, ladies filled their facial pocks with beeswax, which when faced (no pun intended) with warm weather, worrisomely, might melt. However, inasmuch as it was not proper for one lady to tell another that her makeup required attention, to "mind your own bee's wax" came into being.

A word from my youth that never fails to make me smile is "persnickety". According to Merriam-Webster's dictionary it means – heck I understood that as a five year old! – to be "fussy about small details or fastidious such as a persnickety teacher". The example of which calls to mind Miss Marsina Pettijohn, my high school English teacher, who cultivated my appreciation for writing and imbued me with a sense of appreciation for the correct utilization of my tools – the words I use. (OK, OK, so I sometimes fail on the latter!) But, before you throw a "conniption fit", let's return to the subject of this meander, those more archaic words/expressions from our early days.

Let's address that last phrase. To "throw a conniption (or hissy/hissie) fit" was, simply, the condition of a violent, emotional, verbal outburst that might be accompanied by overt bodily gestures. So, let's strive to avoid as many of these as possible, please!

One phrase still occasionally encountered is to be "flabbergasted." Simply enough, that means to be "struck dumb with astonishment and surprise" . . . like Patty did when she truly shocked me with a huge, unexpected, birthday party attended by many friends!

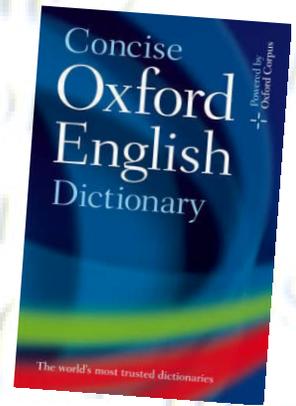
How about when we were told to "keep your eyes peeled." As a child, I understood the intent of this, but it still conjured up potential pain!

Michael Quinion, who writes about the English language, provided a good answer. Apparently, it comes from the 17th century word, "pil" that was commonly spelled *peel* which meant "to remove or strip" (in the weakened sense) an outer covering, such as from a fruit. Thus, it took on the figurative sense of keeping alert, by removing any covering of the eye that might impede vision.

Those who are familiar with our shared enjoyment of a good Texas Hold 'em game will appreciate this last phrase. "The buck stops here" was brought to the common lexicon of the US citizenry by President Harry Truman in the early 1950's. Though money was involved, contrary to what many think the dollar bill is not the object of the phrase!

It is said to have had its origin in the frontier days of poker. A marker, indicating whose deal it was, frequently was a knife with a buckhorn handle. If the player did not wish to deal he (mostly male poker players in those days ya' know) could pass the responsibility by passing the "buck." Ultimately, it came to mean a promise of no more excuses made and that the invoker of the expression meant it to show their taking of responsibility for things - rather than pass them on.

So, along with the buck, I stop here!



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Mexico...Past & Present

Pirates of the Pacific Coast

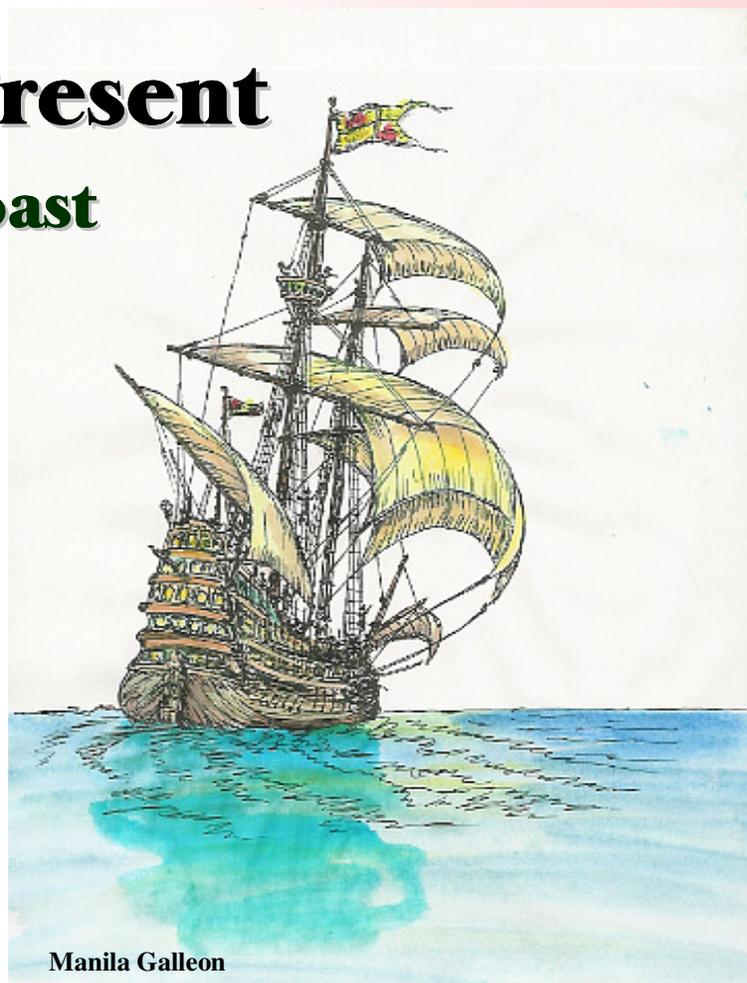
Shine Dawson

An account of the Manila Galleon and English Pirates off the Coast of Mexico

The Spanish Galleon "Santa Ana" slowly tracked the coast of Baja California in November 1587 under clear skies and favorable sailing conditions. She was four months out of Manila and only days away from dropping anchor at her home port of Acapulco. She carried in her hold an immense fortune in Oriental treasure; gold, pearls, silks from China, ginger, cloves, and cinnamon from the Spice Islands, jewels from Burma and ivory from India.

Lookouts from the Santa Ana spotted distant sails as the overloaded ship passed by Cabo San Lucas. Captain Tomas de Alzola reduced sail and ordered camouflage netting to be hung. Weapons were issued to those among the 160 passengers and crew capable of handling them. The unidentified sails grew nearer.

Precautions were warranted. Nine years earlier the English pirate Sir Frances Drake had pillaged the Spanish commercial interests in Peru and Panama and had threatened the Mexican Pacific coast. European rivalry between Spain and England was at its peak. And in an effort to destabilize Spanish power England's Queen Elizabeth 1 had authorized maritime adventures flying colours to attack Spanish merchant shipping when found.



Manila Galleon

Thomas Cavendish

The Santa Ana was part of what was called the Manila galleon, a term that referred not only to a specific vessel design then in use, but also to the round trip made by a single Spanish merchantman between Acapulco and the Spanish colony in the Philippines. The Spanish had first fortified Manila in 1571 and had fended off both Portuguese marauders and Chinese pirates to keep what was then one of the wealthiest and most strategic ports in the world. Not only did Manila connect the east and west, its rich trade contributed directly to Spanish political and religious power in Europe.

The Manila galleon was the sole means of communication between Spain and the distant Philippines colony, from the beginning administration not from Spain but through the Spanish viceroy in Mexico. Crossing the Pacific Ocean was no easy feat, especially in cumbersome ships of up to 2000 tons which the Spanish themselves called "flying pigs". Manila-bound ships out of Acapulco, laden with silver from Mexican mines at Taxco and Zacatecas, had clear sailing; the galleons simply caught the prevailing westerly's before striking Manila after a voyage of 80-100 days. But the return easterly trip to Acapulco was a different story. Galleons departing Manila had first to sail northeast into the Pacific, where at about 40 degrees north latitude they encountered favourable winds and currents which carried them to California. Following the coast in a south-easterly direction led to Acapulco the only port in New Spain authorized to handle the Manila trade.



*Aemulus aequorei, admiratorque Draconis
Commodiore via, et spacijs brevioribus Orbem
Circumagens, patriam multa cum laude reuifit;
Pluraque Neptuno et dignissima Marte peregit.
Si Mare Cretenfis nescit, tum nesciet Anglus
Oceanum, et viuet postis inglorius armis.*

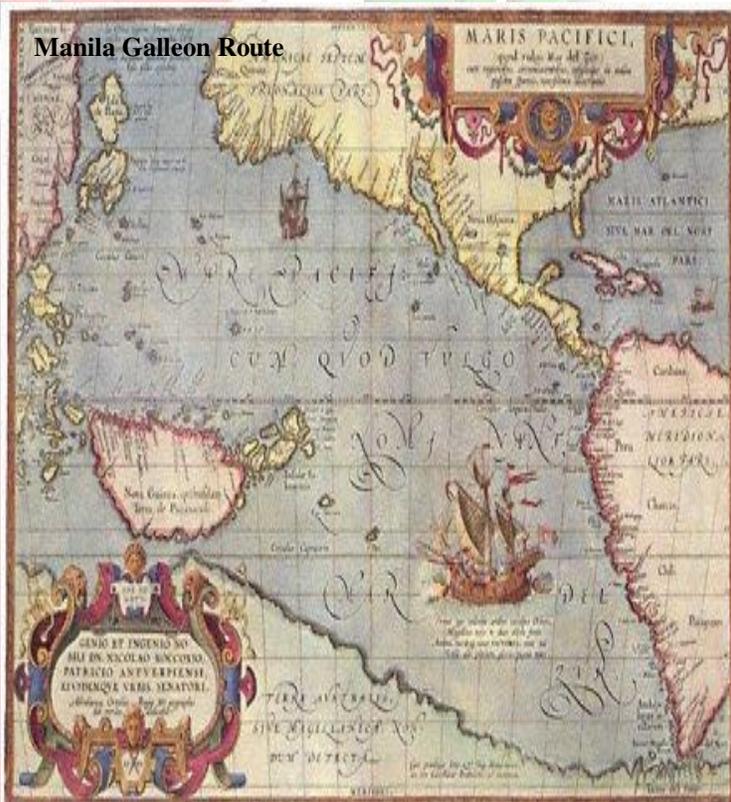


Captain Alzola of the Santa Ana had little reason to suspect the ships approaching his ship were unfriendly. The brash English had never before attacked a Manila galleon and the pirate Drake had disappeared from the Pacific. (Drake was in fact, in England, where he was to play a role in the following year in the defeat of the Spanish Armada.) What Alzola didn't recognize was that Drake had ambitious imitators and one of them, a 27 year old English Captain by the name of Thomas Cavendish, was bearing down on him with distinctly unfriendly intentions.

Cavendish had planned his ambush carefully, which was for when the Santa Ana had to pass the Cape of San Lucas and enter open water before stacking. He must have been astonished to find that his target carried no armament- the galleon had been disarmed the year before and her stripped canon added to the defenses in Acapulco!

His first attempt at boarding repelled, Cavendish drew off and peppered the Santa Ana with shot causing Alzola finally to surrender his sinking ship. Putting his prisoners ashore, Cavendish kept the Santa Ana afloat for the several days it took him to sack the ship. Before striking off westward, he returned the ship's registry to the defeated Alzola, attaching his signature in receipt of the looted cargo. The loss was the first and greatest ever suffered by the Manila galleon-600,000 pesos. A good part of the hijacked treasure ended up in the coffers of the Queen of England adding salt to the wounded economy of Imperial Spain.

The immense wealth generated by the Far East trade enabled the Manila galleon to survive this and other disastrous losses. Even as rival European powers increased their presence in Asia and competition decreased profit margins, there remained a sufficiently strong economic motive for Spain to maintain the Manila galleon for an astonishing 250 years. Only in 1815, when independence was raging in Mexico was the trade route finally abandoned. One historian notes that "...the Manila galleon was one of the most persistent, perilous and profitable commercial enterprises in European colonial history."



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PATA Poker Tournament 2010

Jim Evans

PATA held their Second Annual Poker Tournament on Wednesday February 10, 2010 at the Oasis Restaurant in Club Santiago. Originally scheduled for the third of February the tourney was delayed due to some minor flooding caused by yet another winter bout with our un-seasonal friend "El Nino"...

Tournament Director, and member of PATA Manzanillo, **Chantel Oleksin** started off the festivities around 7 pm with a reading of the rules of play followed by the customary "shuffle up and deal" to kick off the tourney. Thirty Three players of all ages and skill levels contributed NM\$ 450 pesos each to be used by PATA in their various endeavors including: "Free" Spay and Neuter Clinics, the annual 5 day clinic, and monthly mini clinics. Many members of PATA Manzanillo, including **Renee Huang, Stan Burnett, and Chris Newbold** were also on hand to lend their support before, during and after the tournament.

The dealers: **Doug Reed, Susan Corey, Sam Short, Kris Hatherell, Patty Talasay and Kenny Talasay**... all accomplished poker players, donated their time for the event.

Included in the field were last years 1st and 2nd place winners, **Benny and Grace McCormick** appropriately attired in bulls-eye t-shirts.. **Benny**, last years winner, was knocked out within the first couple of hours and by midnight the final table was set... it included **Grace McCormick** with the "small stack". **Grace** along with **Glen Brown, Bob Brown, Art Woodruff and Gerardo Valdes** battled for several more hours and finally it was down to heads up play between **Grace and Glen**.

They jockeyed back and forth for several hands and finally **Glen** pushed all his chips in with **J-9, Grace**, then the chip leader, called showing a **J-10**.. According to Dealer **Doug Reed**, the flop, turn and River Cards were "not memorable" and **Grace** took down the final pot winning the first prize: a two night stay at Boca de Iguanas Hotel and Eco-Resort in La Manzanilla for 2.

The four remaining winners in order of their finish were: **Glen Brown** - \$1,000 peso gift certificate for La Pergola Restaurant, **Bob Brown** - Massage therapy gift certificate valued at \$800 pesos, **Art Woodruff** - Brunch for 2 at Pepe's Hideaway in La Punta, **Gerardo Valdes** - Dinner for 2 at El Fogon.

Grace survived at least four "all-in" hands and at one time her stack was less than \$1600 pesos.. (One "Big Blind")... when interviewed later she admitted that it was tough going all evening ... she lauded the dealers for the great job they did, and sheepishly admitted to getting some "breaks" along the way.. But this writer thinks, while finishing at or near the top once might be considered "a lucky break" .. winning it all the very next year is indicative of a great deal of skill and certainly earns her the title of **Grace "the poker shark"** **McCormick** conferred on her by **Chantel Oleksin** ... **Great job Grace !!!!!**



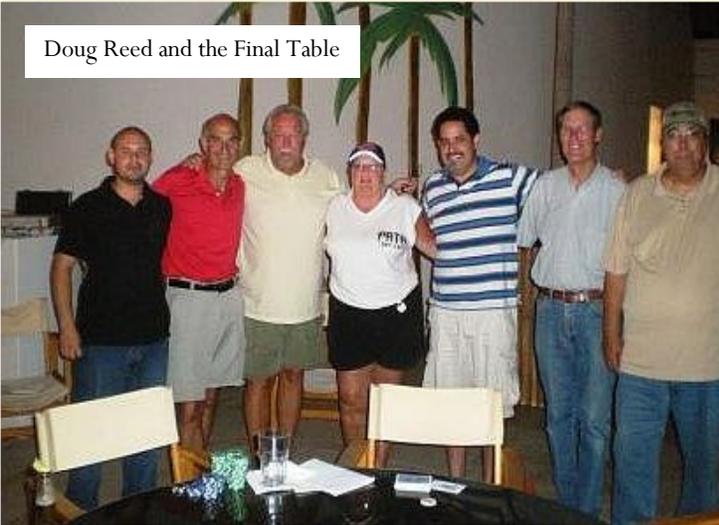
Grace, the Winner, with Chantelle



Serious Business



Doug Reed and the Final Table



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. 1.00 pm.
Contact: Candy King 044-314-103-0406
candyk@coldwellbankerbienesraices.com

WEEKLY THROUGHOUT THE YEAR

Thirsty Thursdays – Manzamigos

Where: To be announced each week. 6.00 pm.
Contact: Jack Akers manzamigos@gmail.com
To join Manzamigos: Linda Breun lbgringa@gmail.com

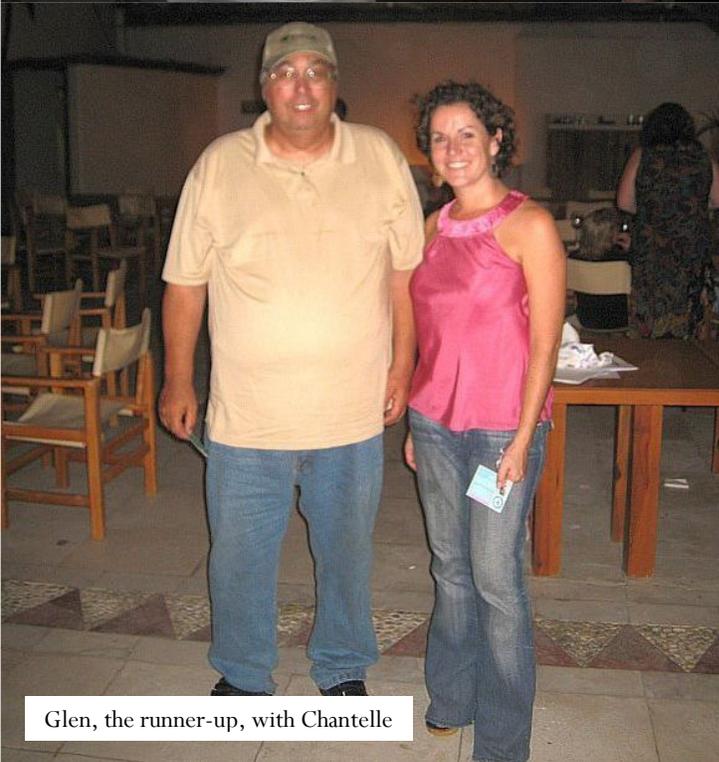
MARCH 2010

- Mar 3rd Casa Hogar Liborio Espinosa Fund-Raiser 2010 Evening of song and dance with auctions. El Tesoro Hotel 6pm onwards. Contact Frank or Joan Pavan 334 3053 - jofrapavs@hotmail.com
- Mar 6th Santiago Foundation Center Garage Sale. El Naranjo 4pm. Contact Helen Francis on 335 0497 or Glen Meisel gmeisel@yahoo.com
- Mar 6th Art Exhibit & Moroccan Night. Paul Lindemuth Guest Chef from Chicago. The Oasis Ocean Club, Santaigo. 7pm. Tel: 314 334 8822
- Mar 11th-15th PATA Annual Free Spay/Neuter Clinic Information to follow
- Mar 12th Always..Patsy Cline. St Johns Auditorio. Tickets 300 pesos from Janitos, Schooners and St. Johns School. Information: contact Potter Hanson potter40@prodigy.net.mx
- Mar 12th Artists Reception – Juan Ezcurdia. Galeria La Manzanillo 4pm-8pm. Contact- Galaria 315 351 7099 or Silver Mangini slivermx2mcn.org
- Mar 13th Art Exhibit **69**. A pictorial selection from some of Colima's young graphic artists, plus 'T's great food creations. 6pm to 9pm. Schooners Restaurant, Santiago
- Mar 13th Jazz Concert-Eugenio Toussaint Jazz Trio & Irvin Colacci. St.Johns Auditorium. Tickets from Viva Vino , Schooners and Las Brisas Hotel. Contact: Tom Wakely 314 333 8036 or tomas@vivavine.com.mx
- Mar 16th The Birthday of Benito Juarez-the famous Mexican President. Official Holiday
- Mar 18th Bellas Artes Del Pacifico – Concert. Date and performance pending
- Mar 19th Dia de San Jose – St. Joseph's Day. A religious holiday in Mexico
- Mar 28th to Apr 4th Semana Santa - Easter Week – Palm Sunday to Easter Sunday, and including Good Friday

Benny & Grace with their Bulls-Eye Shirts



Glen, the runner-up, with Chantelle



We hope that you enjoy this edition of *Manzanillo's Lifestyle E-Magazine.*

Please contact us with your comments and suggestions for future editions at: ian@manzanillosun.com



Manzanillo's Hidden Culinary Delights

simplementedeli

Terry Sovil

A new clean well-lighted place has appeared in Manzanillo. The wait staff is very courteous and the ambience is decidedly more Canadian and USA though the menu is in Spanish. Many have already sampled the wares of this new spot but if you haven't, it's well worth the trip.

The concept of a deli is well-served by the "Simplementedeli", a combination of the Spanish "simplemente" meaning simple and "deli". We have tried several items from the deli including breakfast pastries, coffee and teas, salads (Chicken Caesar), Banana Cake and most recently a Cranberry Salad, BBQ Pita and the Pink Salmon combination. We also enjoyed a Carmen Merlot from Chili that was served chilled and had a nice taste with light legs.

From a really well-done website you can view their very extensive menu at: <http://www.simplementedeli.com/index.php>. Note at the bottom that you can select either English or Spanish upon entering. You really need to visit their web site, or in person, to appreciate the extensive menu they offer including waffles and smoothies. Portion sizes are generous, especially with salads.



The concept for the deli was born in 2003 by Edgar and Luis Ramos. They lamented the lack of a good deli in Colima and thus Simplementedeli was born. They quickly rose to the number one deli spot and have opened a second location in Manzanillo.

They are opening two more locations in Guadalajara soon. They are easy to find. Right behind Starbucks, next to the Dairy Queen, snuggled in right next to Office Depot.

They have a lovely outside seating area and the inside is comfortable with nice music. On our recent visit we were hearing artists such as John Mayer and Air Supply at a comfortable volume. They serve a great coffee under a brand name of "Black Coffee" with vacuum sealed bags available for purchase. They also have a good offering of wines including Cabernet, Shiraz, Malbec and Merlot from vintners such as Carmen, BanRock Station, Woodbridge and Fuzion. Enjoy them with a meal or take away.

Their overall goal is to "offer the best service, pleasant surroundings, the finest ingredients and an innovative menu with all the necessary ingredients to satisfy the most demanding palates."

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From T's GALLEY at SCHOONERS RESTAURANT

Grilled Shrimp in Saffron and Chipotle Chile Salsa

Ingredients

- 2 pounds large white shrimp (about 36 shrimps)
- 6 bamboo skewers
- 6 limes
- 1 tablespoon kosher salt
- 1/2 tablespoon white pepper
- 1 tablespoon garlic powder
- 2 tablespoons chile ancho powder
- Saffron Chipotle Salsa

Directions

Mix the lime juice with the salt, pepper, garlic and chile ancho powder in a heavy zip-lock bag. Add the shrimp and marinate (with shell intact) for one hour in the refrigerator.

Once the shrimp have been marinated, put 6 shrimp on each skewer. Grill each skewer for about 3 minutes on each side, or until the shrimp turn red. After all shrimp are cooked, proceed to peel the shrimp and prepare to cook with the saffron and saffron chipotle salsa



PHOTO COMPETITION



Send us an original photo for one of our next editions of *Manzanillo's Lifestyle E-Magazine*.

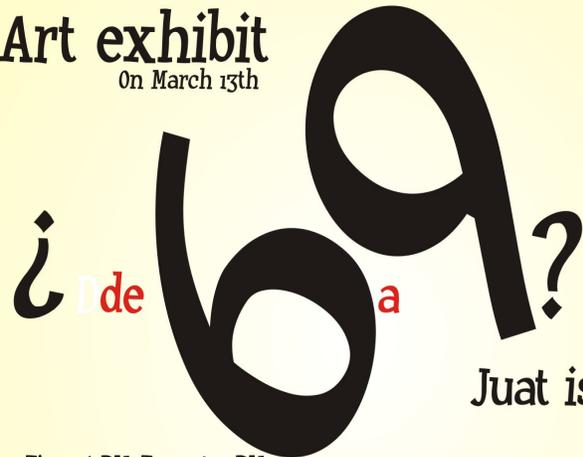
The winning selection will be used as the cover photograph on a future edition of our magazine.

Prize: Meal for 2 at Drago Sushi Restaurant

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

Art exhibit

On March 13th



Time: 6 P.M. To past 9 P.M. Number of artists 6 to 9 or more
 69 implies lots of things.... But curiosity brings crowds
 Pictorial treasures from Colima's graphic artists, of varied sexes, ages and walks of life young and white haired, but all very talented

plus T's fabulous food creations



When it comes to art, many people feel most comfortable discussing it intellectually. They keep a distance. They talk about technique, or discuss historical influences, or relate the content to a larger social context. So plunge right into it!!!

The art gets inside you: not just in your head, but down in your gut. The touch from that art might vary -- from a tickle to a wallop -- and the effect can range from all-encompassing warmth to outright alienation.



In a Pensive Mood

Freda Rumford

So now the Year is well on its way and everyone is looking forward with anticipation of the next few months. Great things are happening everywhere but also much misery and despair in war torn countries and those affected by Mother Nature's wrath. Those closer to home who have lost their livelihood due to the economic situations world wide are fearful of their families' future and many plans have been put on hold, some temporarily, some now viewed as pipe dreams. Yet others view this set back as a time of reflection, of changing direction or taking the initiative to reconsider ideas prevented previously because of "the job".

It is astonishing to watch the writhing of humanity from the safety of a permanent "paid by the government employee". I mean of course as a retiree living on a government pension. Over the years there have been many comments made by frugal savers that it was never intended that people should live on government pensions, it was merely to be a supplement and they stunted and went without to pay for the future. And how many people have since seen their life long savings disappear into thin air as unscrupulous crooks boldly stole these savings and vanished into the wide blue yonder. That many have been trapped and are now languishing in jail does not alleviate the pain and anguish of the person who struggled all their life and went without to ensure a safety net for retirement and now has had that net pulled from under them. So what is the moral of the story here? To save or not to save? To invest or not to invest? Or, in the words of the bard "to be or not to be?"

The principal answer is, I suppose, to learn the lessons throughout life that fling themselves unwanted merrily in the way. To learn frugality and how to make a meal for two into a meal for six, how to make clothes last yet another year or two at least and not to forget to stop and enjoy the sunset, smell the roses and listen to the songs of the birds. The latter are the same whether there is a penny in the pocket or a million in the bank. A puppy lick can be enjoyed by the pauper and the millionaire alike. Probably the luckiest survivors of this current world wide recession are going to be the "forgotten generation". Those of us who were children in the second world war and had nothing, be it toys, food or clothes and never had to live up to the Joneses because the Joneses had nothing

either. We watched as our mothers made incredible meals out of bones and vegetables and as they turned shirt collars, darned socks or precious nylons and padded shoes with brown paper to keep the rain out. As we played games with paper and pencil or sang as a family around a piano because there was as yet no TV, let alone the flat 56" screen TV's which are almost a necessity in most homes these days.

The "forgotten generation" looked on as the "baby boomers" took over the world, demanded and got, beautiful and luxurious things that they had never dreamed of owning. They watched as "baby boomers" took over the world and demanded and got incredible educations and travelled to places forbidden them in their younger lives. Yet who is the happier? The ones who got everything, the ones who didn't know that they were missing something, or the ones who watch as what their parents have become once more unavailable?

It is said that this is the first time in centuries that the up and coming generation will have less opportunities than their parents. The younger people are still demanding and getting, momentarily, the expensive undreamed of "must haves" but is their future any rosier than that of their grand parents and great grandparents? Have they really learnt how to make something out of nothing or to enjoy the free things that are readily available?

This really is a time for reflection, a time for new beginnings. Whatever the situation, for this year, I wish you all enough!



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Blood Donations With IMSS

Freda Rumford

Recently we were advised my husband needed a blood transfusion and there was none of his blood type available in the blood vault, would we please therefore arrange for potential donors to be available on the next working day! This being New Year and a long weekend it was three days before we could achieve this but achieve it we did.

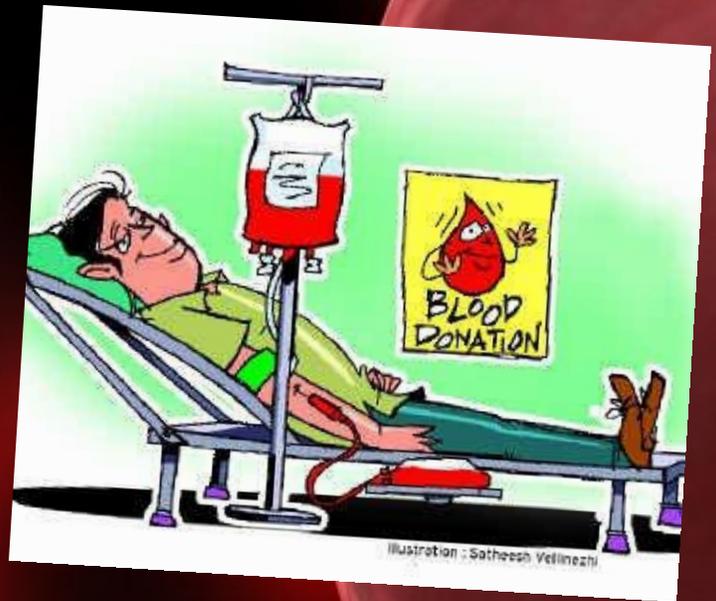
At 7 a.m. we presented ourselves at the laboratory as requested, with our four very willing donors arriving at 8 a.m. The only person they drew blood from within the next hour was from the donee, squawking loudly that he was there to receive not give! No matter, samples had to be taken and we waited again for yet another hour before two of our would-be donors were called for history and the other two advised that they could now leave. A bit stunned we watched as they left, envying their freedom to get the coffee that everyone else (on fasting) was dying to have.

Another hour goes by before yet another technician arrived to take histories once again. This time, one of our friends was accepted, the second worked right down the list of questions to be eliminated on the very last one, which probably should have been one of the first - age. The techie asked where were the other donors we were supposed to have as back up as he needed one more - long gone was the litany. Fortunately, the one was deemed a perfect match and within 15 minutes the pint of blood was taken, we were off the hook until the next appointment of 3 p.m. for the transfusion. To breakfast at last!

Eventually the transfusion was given, after much more malarkey, argument and standing our ground for another 2 hours but it did take 4 ½ hours to complete the procedure, meaning that we were at the hospital from 7 a.m. until 11 p.m. with only one meal all day.

My advice to anyone who has to go through the system (which does work howbeit not what we are used to) is to go prepared for a long day, take a good book and relax. Stick to your guns, if you have been told this procedure is required and all has been completed as requested, do not allow someone to side track you and say it isn't necessary. It seems that there are a lot of little kingdoms within the IMSS system and it is necessary to be patient, be cool and be firm.

The four key words with dealing with hospitals here are patience, perseverance, persistence and persuasion, use all four continuously as required. There is no blood bank as such, although blood is available in an emergency, so donors will be asked for. A list of requirements for donors is in this E-Magazine, Keep in with other medical papers.



Prerequisites for blood donation:

Translation thanks to Lise Rohead

- one has to be over 18 yrs old and under 65 yrs old
- weight more than 50 kg and less than 100 kg
- no solid food, nor soups, dairy products, coffee 6 hrs prior to procedure; permitted are: water, pure juice, or one fruit
- present one piece of identification with photo
- not having given blood in the past 45 days
- not come if awake or fasting for more than 12 hrs

Temporary conditions preventing a donation:

- Sick with the flu, a cough, diarrhoea, fever, herpes, cold sores, or other infection
- if a woman is pregnant, menstruating, or nursing
- having had surgery in the past 6 months
- having had acupuncture, tattoos (within the past year), or any perforation in any area of the body
- having received a blood transfusion in the past 12 months
- having lost 10% of one's body weight in the past 2 months or inexplicable diarrhoea
- having taken any kind of alcohol in the past 48 hrs
- having taken medication like aspirin, analgesics or antibiotics
- having received an injection in the past month
- smoke more than 3 cigarettes a day

Reasons for not giving blood:

- if you inhale or receive drugs intravenously
- if you've had hepatitis, convulsions, fainting spells, epilepsy, asthma, cancer, leukemia, haemophilia, diabetes, heart illnesses like high blood pressure although controlled, arthritis, or thyroid
- having had kidney failure or renal dysfunction
- having had or have risky behaviors or practices like homosexuality, bisexual practices, or having been with prostitutes, or having had more than one sexual partner in the past 12 months
- having been incarcerated in a penal or mental institution.

Your stay in the laboratory should last 2 to 3 hrs



WANTED!

Local non-profit (Amigos por un Refugio Animal en Manzanillo, A.C.) is looking for a webmaster on a volunteer basis to update our existing website (www.ara-manzanillo.org) monthly. Estimated 10 hours per month. Please contact Debi Teter at buzzndebi@yahoo.com or call 334-3335 if you can help. Site is bi-lingual, but Spanish translations will be provided to the webmaster for posting.

Have you an unwanted Fridge that works? Will come and collect. Contact Steve 314 111 2762.

Carlos Mendoza

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PHOTO COMPETITION WINNER



The Winner of the front cover photo competition for this edition of *Manzanillo's Lifestyle E-Magazine* is:

HOWARD PLATT

He wins: Breakfast for 2 at La Pergola Restaurant

Max value: 200 pesos

Prize courtesy of Wolf Hausladen

CONGRATULATIONS

LORENZO'S CORNER

.....to be continued.....

TOP REASONS TO LIVE IN ONTARIO

1. You live in the centre of the universe.
2. Your \$400,000 Toronto home is actually a dump.
3. You and you alone decide who will win the federal election.
4. The only province with hard-core American-style crime.

TOP REASONS TO LIVE IN QUEBEC

1. Racism is socially acceptable.
2. You can take bets with your friends on which English neighbour will move out next.
3. Other provinces basically bribe you to stay in Canada .
4. You can blame all your problems on the "Anglo A*#!%"



For Your Personal Folder in Mexico

When applying for any type of document in Mexico one or more of the following documents is invariably required. Make several copies of everything as many places do not need originals. Mexico is a very bureaucratic country and, despite entering the computer age, a piece of paper of some kind is almost always required. Official documents are often pieces of paper being recycled or used for a second time.

Marriage Certificate

Divorce Papers (with rubber stamp from originating Office not embossed seal)

Passport (copies should include one set of every page in book used & blank)

Citizenship card or Green Card

All papers dealing with vehicle Proof of ownership/ insurance/Mexican entry permit

Mexican Visa FMT/ FM3/ FM2

Current Bank statements of past 3 months showing names & address of applicant with minimum monthly deposits of US\$1200 per single and US\$1800 per couple

Current Telmex or Utility Bills

Showing name and address of applicant. If above not available, landlord's letter of confirmation of your living at this address

Photographs, Colored for Health care and senior cards. Black & white, no ear rings or glasses for FM3/FM2

Drivers Licence current with picture

Where you need any of this information

Immigration Office – Mexican Visas of any type

IMSS Office – Mexican Health Care

Passport renewal with Consul

To start a business

To buy property

CURP card – required for Mexican driver's license or Seniors Identity Discount card

Application for telephone or other utilities

Application for Cell phone

Application for Bank Account

To cash checks personal or travelers at Money Exchange or Bank

Application for Cable or other TV or similar services

Application to Sam's or City Club

Application for anything

Making a purchase by credit card at some stores if unknown

Countless other times that are hitherto undiscovered.



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