



Good Deeds
History and Mythology
Staying Safe
Community
Beauty in Nature
RV Travel
Nature's Wonders
On the Road
Helping Hands
Food and Drink
A Thousand Words
Technology



Beach vendor at La Boquita
near Manzanillo
Photo by John Chalmers

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The spirit of Christmas was clearly evident on December 17 when Casa Hogar Los Angelitos (CHLA), a children's home in Salagua, Manzanillo, presented its Christmas Pageant as a Christmas night under the stars, staged at Centro de Artes Los Angelitos (CALA), the open-air performance facility serving the Manzanillo area.

Following dinner, guests were treated to a three-part presentation. First was familiar Christmas music, followed by dance numbers performed by Ballet Folklórico Los Angelitos, which is part of the CHLA Expressive Arts Program, and finally a flawlessly performed dramatic pageant of music and dance told the timeless story of Christmas.



Dr. Guiber Núñez, director of Casa Hogar Los Angelitos and CHLA founder Nancy Nystrom welcomed guests to the Christmas event. The five young musicians at right provided music and song during the pageant. The CALA facility provides an ideal venue for entertainment for the staging of productions by Casa Hogar.

...A Christmas Night Under the Stars for CALA



At left on the keyboard is Alejandra Rincon, who accompanied her students as they played saxophone, clarinet and trumpets. Left to right are Alexis Duarte, Briana Chávez, Kasandra Cortés, Yamil Javier and Michel Duarte, aged 9-11. They played and sang throughout the evening, even though they have studied music for only five months!

Guest soloist, Francesco Puglisi, at right, was born in Sicily, moved with his parents to Rome at age 10, married there and moved to Houston TX in 2016. Francesco is a singer, pianist, songwriter and composer, teaching music and who sings in Italian, French, Spanish and English.



Beautiful costumes, seen above and below, and traditional Mexican dances characterize the performances of the dedicated, hard working and talented young people in the cast, in sharing the culture of their country with appreciative audiences.



Casa Hogar Los Angelitos is a unique home for children in the Manzanillo area. From toddlers to university graduates, the home provides a place for girls and boys who would not otherwise have such a home with the love and care they receive. CHLA is not an orphanage, although some orphans have made their home there.

The children have come from abusive situations or homes where parents are unable to provide care for them. Some young children have even been rescued from homelessness, living on the street. At present, 60 girls and boys from three years of age and younger, up to 21 are living at the home. Presently nine are in university or at a higher level of study.

...A Christmas Night Under the Stars for CALA



While some dance numbers are performed by beautiful young girls, and others are presented by handsome young men, both girls and boys show their skill in dancing in numbers in which both are participants.



This new dance featured beautiful, spectacular and flowered dresses worn by all the girls in the ensemble.

Smiles and enthusiasm for their participation in dancing and entertainment add to audience enjoyment.



...A Christmas Night Under the Stars for CALA



Mary and Joseph, played by Emili Padilla and Javier Duarte were met by angels in the Christmas story.



As the evening's performance drew to a close, soloist Francesco Puglisi was joined by members of the cast for his final songs and a modern dance concluded the show, with dancers then going into the audience inviting guests to dance with them.

Participating in the Ballet Folklórico presentations of CHLA provides not only instruction and participation in music and dance, but also develops self-confidence in the young performers.

At Casa Hogar, they receive 24-hour care with emotional and medical care and instruction in English that complements their education.

Two books by Nancy Nystrom, which can be ordered from The Children's Foundation, Amazon, or Barnes & Noble tell the heart-warming and inspirational stories of the founding of Casa Hogar Los Angelitos.

Each Day a Portion and *I See You* contain stories about the home and how some of the children raised there have overcome a difficult start in life but have realized success in education and work.

Donations to Casa Hogar through The Children's Foundation help transform the lives of children to something better, and serve as an investment in their future.



A lively dance by the shepherds, like all dances in the show, was characterized by precision in their performance.



The optional Expressive Arts Program of Casa Hogar Los Angelitos provides opportunity for all children at the home to participate if they choose to do so.

As well, children from the broader community have a chance to participate. Casa Hogar is established as a non-profit charitable organization which receives no funding from any level of government. Tax receipts are issued to donors for their financial support.



The girls playing the part of angels in the Christmas pageant indeed looked truly angelic with their wings and costumes.

At right, the Three Magi, played by Ernesto Rosas, Emmanuel Arzate and Fernando Alvarado approach King Herod, played by Jose Luis Segura.



In speaking to the audience, Francesco said it was a very emotional and meaningful experience for him to perform with all the young people of Casa Hogar Los Angelitos.

The children of Casa Hogar receive tutoring, education in public school and encouragement to stay in school and follow their dreams.

...A Christmas Night Under the Stars for CALA



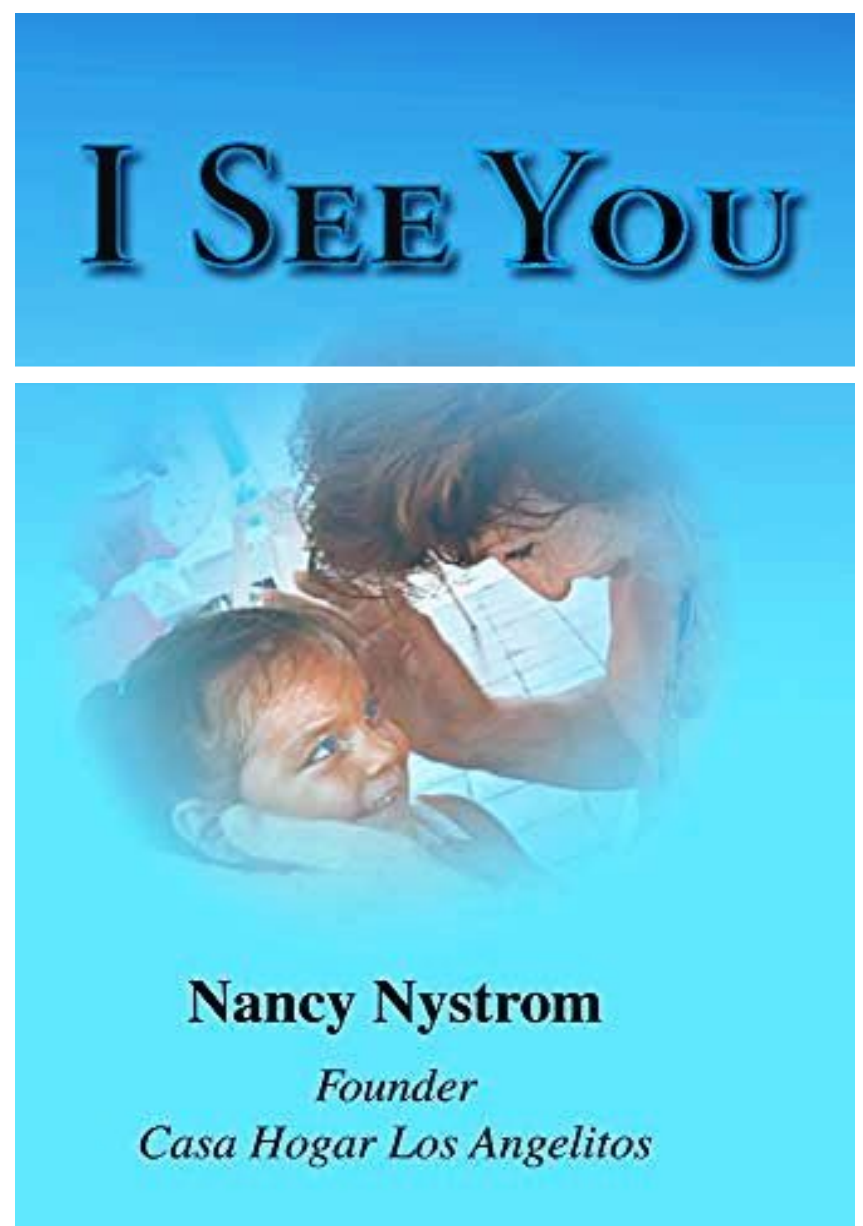
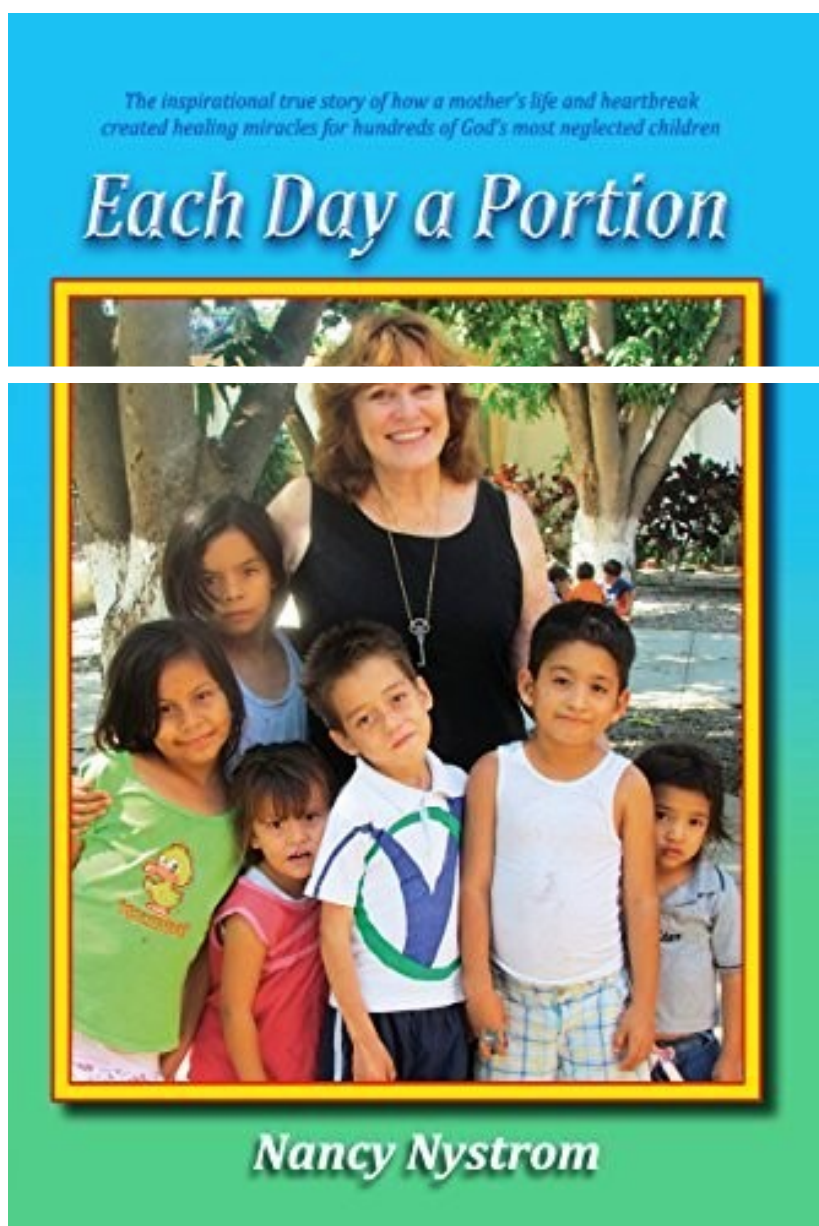
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...A Christmas Night Under the Stars for CALA



The young people of the Ballet Folklórico Los Angelitos are to be applauded for their enthusiasm in sharing their talents and skill with their audiences. Their dedication in learning the music and dances of their heritage is to be admired. How fortunate they are to have the support of artistic director Marisol Gonzalez and Juan Cruz Martinez, dance instructor and co founder of the Ballet Folklórico, who draw out the best of their young protégés.

Performances and fund raising events at CALA are vital to the financial circumstances of Casa Hogar Los Angelitos. As Nancy Nystrom says, "The COVID pandemic created problems on all levels because contributions were down approximately 50% and attendance at events was affected." Although CHLA benefits Mexican children, less than 5% financial support comes from the Mexican community.

It is donations from the United States and Canada that primarily support the cost of caring for children and maintaining the home. Operational costs are approximately \$280,000 U.S. per year, not including expenses of accounting and banking or university expenses for those pursuing post-secondary education. Two more students from Casa Hogar graduated from university in 2022.

Founded by Nancy Nystrom and her late husband Dave in 1996, with 24 children, Casa Hogar has now provided a home for over a thousand children in 27 years. "We believe that children should live in dignity and security with the opportunity for education. So we try to be an example of care, maintenance and quality," says Nancy.

Special events and shows are planned to provide opportunity to support Casa Hogar Los Angelitos. A benefit dinner on January 26 at CALA will be followed by an Open House at the CHLA facility on January 28. On February 18 at CALA a Valentine's dinner and show, "Dia Del Amor y La Amistad" (Day of Love and Friendship) will light up the stage. The event will coincide with Casa Hogar's second annual golf tournament, at the Las Hadas Golf Course on February 16, 17 and 18.

On March 18 a dinner with another lively performance on the theme of "Bienvenida La Primavera: Con Sabor a Colima" (Welcome Spring with a Taste of Colima) will herald the arrival of spring with a cultural and musical presentation. Attendance at events is a way of showing your support. For more information and details on how to donate, visit CHLA's parent organization, The Children's Foundation, at <https://www.tcfcares.org>.

Read the Winter 2022 Year End CHLA newsletter [at this link](#).

you can reach John at john.chalmers@manzanillosun.com

70" s FON FOND RAISER FORCH LA



*a Benefit Dinner and Show for
CASA HOGAR LOS ANGELITOS*

Thursday, January 26, 2023

Doors open 5:30 pm

cash bar, auctions, dinner + dance

Individual ticket

\$50us \$970pesos

or \$400 USO (\$7,760.00 MXN) for a table of 8

*SILENT AND LIVE AUCTION ITEMS TO BID
ON FROM EXQUISITE DINNER FOR 8 TO
TRIPS WITHIN MÉXICO AND ABROAD.*

We have 2 options to buy tickets: online or from Kim

kimirene@slcybeam.com

h





Please JOIN US! For the ANNUAL CHLA BENEFIT DINNER!

“Back To The 70’s”. This event is our annual fundraising effort and it is important for the annual operation of the casa Hogar, so we hope to see you there. If you are unable to attend please consider supporting the event and CHLA with your contribution.



**SAVE THE DATE of January 26, 2023
for “70s FUN AND FUNDRAISING FOR THE KIDS”**

With a great band and dancing, we are hoping to make the event more successful than ever and fun as well!

Supporters of CHLA gather together 2022 to help raise funds at the annual benefit dinner!

We are asking all of our supporters to consider donating Live and Silent auction items. If you yourself, or someone you know, has a vacation property or a business, we would love to have a few new items in our Live Auction this year! If you would like to volunteer for this year's event Contact Jacquie or Sue (emails below)
We need volunteers to organize, sell tickets, do set-up and run the event! If you have volunteered in the past, please consider doing so once again, and if you haven't – give it a try this year. Contact Jacquie McKechnie or Sue Jackson at the email below.

Event Coordinators:

Jacquie McKechnie

jacquiemckechnie@hotmail.com

Sue Jackson

firesidesue.sj@gmail.com

Ticket Information and sales

Kim Nelson

Cell # (970) 217-4975

kimirene@skybeam.com



*Thumbs up for
another great
evening!*

Three Kings Day

story by Kirby Vickery

At last, you find yourself sitting in your special chair while slowly sinking into a state of relaxation. The rush of all the special fixings, socializing with people you hardly know and don't want to, as well as all the other Christmas and New Year's holiday goings-on appear to be over for another year. Realization that everything dealing with the holiday season is put away, the kids are back in school and everything else is back on the 'normal' cycle.

You take a well-deserved sigh of relief and, as you raise your favorite mug to take another sip of coffee, a frightening thought hits the front part of your brain from someplace back in the long-term memory area. 'What are you going to do for the family gathering on "Three Kings Day?"'

Ah, El Día de los Reyes, or "Three Kings Day" in Mexico, Spain and Puerto Rico. To the rest of the world, this coming holiday is called, "The Epiphany." It is the celebration of two Christian happenings or events in over 40 countries.

The first is a celebration of the day that the three Oriental Kings, Melchor, Gaspar, and Baltazar, showed up at the manger to acknowledge the birth of the Christ child and pay homage. The second is that of Christ's Baptism. [If you're interested in a more in-depth history of the word and the events, Wikipedia does a really good job of it. Ed.]

This means that you're back up and moving to prepare for this festive event. First of all, the Christmas decorations that have been put away need to be brought out again as Three Kings Day, traditionally, is the day that they are put away, with good reason.



Image source: NurPhoto via Getty Images from Buzzfeed, Pablo Valdivia author

The 6th of January is the day that is designated for the children. They are awakened and are up out of bed very early to receive gifts. These gifts are found under the Christmas tree, which wasn't stripped of its decorations and either put away, tossed out, or cut up into firewood yet or, as in some countries, placed near the children's sandals. Then, for them, the day is filled with special family fun and feasting.

The godfather is the special guest of honor at the dinner table. He receives the traditional Rosca de Reyes (King's thread) to cut up and give out to the entire family. It is a circular- or oblong- shaped sweet bread with a hole in it.

Baked inside is a hidden small (plastic) doll (or several) baby Jesus. The loaf is also highly decorated with all sorts of dried fruits.

The fortunate and very lucky person that finds that doll in their piece of bread gets to host another festive family dinner on the 2nd of February. That is Candlemas Day. Candlemas Day is the commemoration of the Virgin Mary, Mother of God. The dinner traditionally contains a pile of tamales.

you can reach Kirby Vickery at kirby@manzanillosun.com

More Affordable Than You Think

by Christine Laberge

Let's face it, we're all getting older; therefore, health care and health care insurance is a common topic of conversation when moving to, retiring or snow birding in Barra de Navidad, Manzanillo, Melaque, Colima, or anywhere in the Costalegre area. If you have insurance coverage in the US or Canada, SkyMed is the bridge to take you from Mexico back to the health insurance coverage you already have in place and are paying for in your home country.

The flagship of the SkyMed Group of Companies, SkyMed International, has been serving the traveling public since 1989. SkyMed is a membership transport company specializing in 18 emergency travel services and organizes air evacuations literally all over the world under almost every kind of circumstance.

If a member sustains a serious illness or injury while traveling in one of the 32 countries that make up the SkyMed Service Area, he or she will be returned back to their home preference city once stabilized.

There is even coverage available for travel outside of the 32-country service area (USA, Canada, Mexico, the Caribbean, Bermuda, Bahamas), called Global Emergency Travel Service (GETS). So, unless you are located on the moon, SkyMed is there for you!

Even if you have Medicare Advantage (MA), SkyMed is an important add-on to round out your medical plan. What if the diagnosis you receive in Mexico is plain wrong or the suggested treatment plan is too invasive? Even if MA covered you in Mexico, would you want open-heart surgery when you didn't need it? Surgery for diverticulitis, when oral antibiotics and a change of diet would work? Remember, in a Mexican hospital, neither Supplements nor Advantage plans pay medical costs once you are stabilized (not dying, but still very ill). At that point, most people do want to get home. SkyMed is not terribly expensive and is worth it.

SkyMed includes so much in their emergency travel services.

Included in the Ultimate SkyMed Membership (without copays, deductibles or claim forms) are:

- Hospital to Hospital Emergency Air Transport
- Vehicle Return (Autos, RVs Motorcycles, Vessels)
- Visitor Transportation

- Transportation For Recuperation Nearer Home
- Commercial Carrier Medical Escort Flights
- Minor Children/Grandchildren Return
- Physical Remains Return
- Companion Transportation
- Return Transportation After Recovery
- Incidental Expense Allowance
- Organ Transport
- Organ Recipient Transportation
- Primary Driver Disability
- SkyMed Plus Pet Transportation / Return Commercial Flight / 24-hour Assistance
- Ground Ambulance
- Helicopter Transport
- Global Emergency Travel Services

SkyMed takes care of it all. With just a simple phone call, SkyMed rolls into action and arranges for a medical escort, ambulances, doctors and medical flight staff, lear jets, commercial flights, flies in a visitor to be at your bedside, takes your pets home, and even communicates important updates to your emergency contacts.

Some people ask: 'If I have medical insurance in Mexico, and I no longer have medical coverage in the US or Canada, is SkyMed still a viable option for me? The answer is 'Yes.' For example, if you had a serious health issue while visiting the US or Canada, SkyMed would evacuate from the US or Canada back to Mexico where you have medical insurance. Plus they would fly in a loved one to be at your bedside.

Pricing is affordable and flexible.

Do you think this service is too expensive for you? Be prepared to be surprised. SkyMed has a plan for every budget and 'accepted' pre-existing medical conditions are protected on the 91st day. SkyMed is all about saving you money. Build the SkyMed bridge to the health coverage area you already have.

If living frugally in Mexico is your aim and you have Canadian provincial health care, US Medicare, VA insurance or private health care, you need SkyMed when a Serious accident or injury occurs as the bridge to GET YOU HOME where your medical is paid for, where you have familiar hospitals, doctors, family and friends AND where you can be treated in your own language.

...More Affordable Than You Think

Sign up with SkyMed when you are as young and healthy as possible. There is guaranteed renewal (on the same level plan) and the Membership Price is Locked For Life (as long as your membership doesn't lapse.)

Remember, 'hope' is not a plan. The best way to have peace of mind, is to put emergency travel in place. The first step is to register for one of Christine's upcoming SkyMed Seminars.

Christine Laberge works as a Certified SkyMed Ambassador in Lake Chapala. Following Catherine and John Gonzales' retirement, she is offering SkyMed Seminars in the Manzanillo/ Barra/Melaque territory as well as ZOOM webinars from the comfort of your home. View the ad and contact Christine to register for upcoming SkyMed Seminars.

Christine Laberge

SkyMed Ambassador Rep #1512791

Cell: 333-661-3402

Email: christine.laberge@skymed.com

Facebook: [Ajijic SkyMed Christine Laberge](https://www.facebook.com/AjijicSkyMedChristineLaberge)

Web: <http://skymed.com/ChristineLaberge>

Read Survivor Stories here: <https://blog.skymed.com/category/survivor-stories/>

Watch this short ABC video: <https://www.facebook.com/TheSkyMedGroup/videos/244939816419057>

Ready for a travel adventure? <https://www.skymedtravel.com>

When a medical emergency occurs, you'll either be glad you have SkyMed, or wish you did! SkyMed takes YOU, your traveling companion, your car, motorcycle, boat, children, grandchildren, physical remains and even your pets all the way home!

you can reach Christine Laberge at christine.laberge@skymed.com




**SkyMed members:
Member Appreciation
Event is on Feb. 9th.
Register at
www.skymed.com**

REGISTRATION IS REQUIRED
Email: christine.laberge@skymed.com
WhatsApp: 333-661-3402

SKYMED in MANZANILLO BEACH CLUB SANTIAGO 10am-Noon Jan. 20 Feb. 10 March 17	SKYMED in BARRA de NAVIDAD CABO BLANCO 10am-Noon Jan. 18 Feb. 11 March 15
Melaque 10am-noon Jan. 19 & March 16 Location TBD	



FUN in February!

***6th annual Bocce Ball Tournament,
Silent Auction and "FUN"draiser to benefit Friends
of Mexican Animal Welfare-Animal Angels***

**Thursday
February 23rd, 2023**

- ♦ ***\$800 peso (\$35 US) entry per team***
- ♦ ***Super Silent Auction***
- ♦ ***Booze Basket & 50/50 Raffles***
- ♦ ***Music and Dancing to "The Voice",
Randy Dean***
- ♦ ***2 x1 Beers, Margaritas, House Wine and
Well Drinks (drink tickets, cash only)***
- ♦ ***\$200peso entry donation (non-players)***
- ♦ ***Fun for Everyone on the beach at
Oasis Ocean Club!***



**FRIENDS OF MEXICAN ANIMAL WELFARE (FOMAW)
Animal Angels ZLO**

For Bocce info, contact Fred, fltaylor88@yahoo.com

Silent Auction, contact Laurie, laurie.taylor88@gmail.com



Sharing Good Fortune with Goodwill in Manzanillo

story and photos by John Chalmers

Snowbirds from the United States and Canada who are fortunate in being able to spend the winter in México, or may even have escaped the rigid winters of the north to live in México full-time, share their good fortune in supporting local worthy causes in the Manzanillo area.

Through monetary donations and attendance at special fund-raising events, they have the opportunity to help improve the lives of local people. In fact, some organizations are heavily dependent upon the goodwill and generosity of winter visitors to México.



Spectacular performance and great costumes characterize the lively dance numbers performed by the girls and boys of Casa Hogar Los Angelitos at the CALA event center.



Swirling skirts, precise and fast-stepping action make for great entertainment.



Casa Hogar Los Angelitos (CHLA), which provides a home for children from infancy to university age, like many charitable operations, saw funding drop during the COVID pandemic.

Its fundraising efforts are vital to maintain the care it offers to children who have been given a loving home with educational opportunity.

From late 2022 to spring 2023, CHLA organized a number of benefit events. These included dinner and performance nights at the Centro de Artes Los Angelitos (CALA) that showcased the expressive arts program of the home. In dance and music instruction provided in that optional program at the home, the young people learn of their Mexican heritage and develop the confidence to perform on stage. Such fundraising nights provide spectacular entertainment.

...Sharing Good Fortune Through Goodwill

Three upcoming events at CALA are scheduled.

On **January 26**, a **dinner and a Ballet Folklórico performance** of the expressive arts program plus a silent and live auction will comprise a benefit night. Featured in the program will be dances from the 1970s. It will be a "Fun Fundraiser" to support the children of CHLA. A live band will be providing dance music for dinner guests. Tickets for the event are \$50 USD for the dinner and show.

On **February 16, 17 and 18**, CHLA will hold its **second annual golf tournament**, to be held at the Las Hadas Golf Club in Manzanillo. The tournament will be followed by a **Valentine dinner and show**, a "**Day of Love and Friendship**" event on **February 18**, to be held at CALA.



Girls and boys of all ages have opportunity to study dance and music, and perform in staged productions and at Open House events for visitors to the home.

On **March 18** at **CALA**, **dinner** will be followed with a very lively **dance performance** featured in "Welcome to Spring: The Flavor of Colima," highlighting Mexican culture and tradition. For details on all events, contact info@tcfcare.org.



Open House days for The Santiago Foundation showcase the work done in its two learning centers when recognition is given to all those who complete a course.

The Santiago Foundation operates two centers in the Manzanillo area that provide training and instruction in job related skills and crafts that foster Mexican culture. Participants from children to adults learn skills from carpentry to sewing, and are given a chance to develop talents from baking to learning how to play the guitar. Participants who complete a course in one of the several programs offered by the Foundation receive recognition in the form of a diploma at a graduation ceremony to recognize achievement and to encourage further success.

...Sharing Good Fortune Through Goodwill



Products displayed at Open House days are evidence of success in the classes offered in a wide range of skills.

Supported by donations of goods from the community, an annual Rummage Sale contributes to operations and will be held on March 4 at the Foundation's facility in El Naranjo. Donations of clothing, small appliances, household items and furniture are welcome.



Success in the music program is seen in performances by young musicians, Goods donated to the annual Gran Bazaar (Rummage Sale) donated from Vida del Mar are transported by VDM staff and truck to the learning center for sale.

A **fundraising social event** on **January 19** to be held at the **L'Recif facility of Vida del Mar**, combined with a silent auction, will be held to support the two learning centers. It is the major fund raiser of the year for The Santiago Foundation. With extra costs incurred in 2022 by earthquake damage to the centers, support is even more important. For more information and to order tickets, contact Joyce Murphy at joycemurph@hotmail.com.



Crops in the Manzanillo area are tended and harvested by seasonal migrant workers.

...Sharing Good Fortune Through Goodwill

Donations of food to seasonal low-paid migrant workers are provided by the **Manzanillo Migrant Mission**, supported entirely by cash donations from sources such as individuals and service clubs.

The organization is a completely volunteer organization with no connection to religious or government operations. Distribution of food has now been expanded to help local people in the area who are in need and on welfare.



While migrant workers are in the fields, wives and children are at home to receive the food donations provided by the Manzanillo Migrant Mission.



Happy to receive the bags of food, these boys took them home for the family.

Bags of food staples weighting 26 pounds include, rice, beans, animal crackers, canned tuna, sugar, salt, chiles and instant coffee are assembled for distribution. They are delivered on-site to families in the Manzanillo area who have come to work in agricultural fields where crops such as watermelons and peppers are grown.

In December 2022, there were 900 bags of food distributed. About 800 bags are expected to be distributed in **January 2023**. For more info, see www.manzanillomigrantmission.org.

...Sharing Good Fortune Through Goodwill



Several oceanside bocce courts are laid out in the sand for the annual tournament.

On **February 23, Friends of Mexican Animal Welfare (FOMAW)** will hold its sixth annual **Bocce on the Beach Tournament** on the shore in front of the popular Oasis Ocean Club. While players compete in bocce games on courts marked out on the sand, no doubt there will be a large number of family, friends and other spectators seated under the sombrillas enjoying food and drinks from Oasis.



Bocce balls fly through the air all day long during the friendly and fun-filled tournament.

Sunshine and music will fill the air on a festive occasion that is a fund raiser in support of **FOMAW-Animal Angels ZLO** to help street animals through its Animal Angels program.

...Sharing Good Fortune Through Goodwill

The program provides free spay/neuter surgeries for street animals and for low income pet owners who can not afford the cost of the professional veterinary service. Adding to the fun of the day are raffles for a Booze Basket and a 50/50 cash prize.



Women and men compete equally in the bocce games. Some teams of two are women, some are men, and some are mixed. You don't have to be a player to enjoy the game, as evidenced by the many spectators enjoying the sun, sea and sky under sombrillas.

Prizes are awarded to first, second, third and fourth place teams of two when the tournament concludes. Always accompanying the tournament has been a fine Silent Auction which adds to the success of the event. For more info about the work of FOMAW, see www.fomaw.org.



When informed about the food and toy donations at El Naranjo, townsfolk lined up to receive their welcome gifts that helped brighten the festive season for them.

Some efforts to improve the situations faced by folks in need are ad hoc operations organized to bring food staples and gifts to local people. For example, for over two years during the COVID pandemic, Kelly Smith, an American living full-time in México, organized donations of *despensas*, **bags of non-perishable food, for residents of the town of El Naranjo.**

Despensas of non-perishable foods and toys purchased with cash donations from individuals made it possible to provide gifts for families and children.

This **December, 2022**, on behalf of Santa Claus, Kelly arrived with gifts made possible from funds donated by the communities of Vida del Mar, Las Lomas, Miramar and Club Santiago.

Large bags of toys and school supplies were given to 69 children of El Naranjo, including some street kids who don't have a fixed home or attend school regularly.

The bags were identified for either girls or boys, and flagged for certain ages of the children.

...Sharing Good Fortune Through Goodwill



Despensas of non-perishable foods and toys purchased with cash donations from individuals made it possible to provide gifts for families and children.



Mothers and fathers came with their children to receive their gifts. Twelve-year old Axel and his eighteen-year old sister, Jenny, who was home for the holidays from her first year studies at university in Colima, were the hardest-working volunteers in handing out the food bags and toys.

The despensas of non-perishable food for El Naranjo in December were provided by the Manzanillo Migrant Mission for individuals who were partially dependent upon community support to meet their needs.

The large bags of food were given to 50 families that faced difficult situations. As well, a smaller bag with detergent and chicken bouillon cubes was given to each family. Another food donation is planned for townsfolk in January 2023. To learn how you can help, contact Kelly: kellyrefugee@tutanota.com.

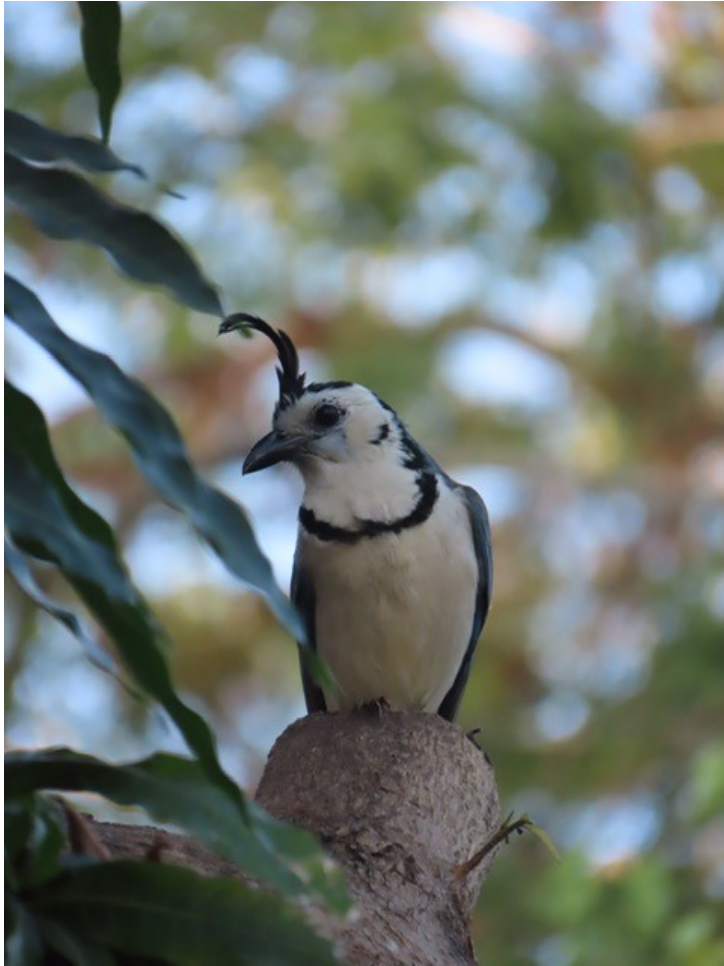
Whether at the Christmas time of giving, or at any time of year, charitable operations and goodwill strive to make life a little better for our Mexican neighbors.

Post-pandemic inflation has increased the need to help organizations carry on their good work. You can help improve the circumstances of people in the Manzanillo area and know that your support is put to good use!

you can reach John at john.chalmers@manzanillosun.com

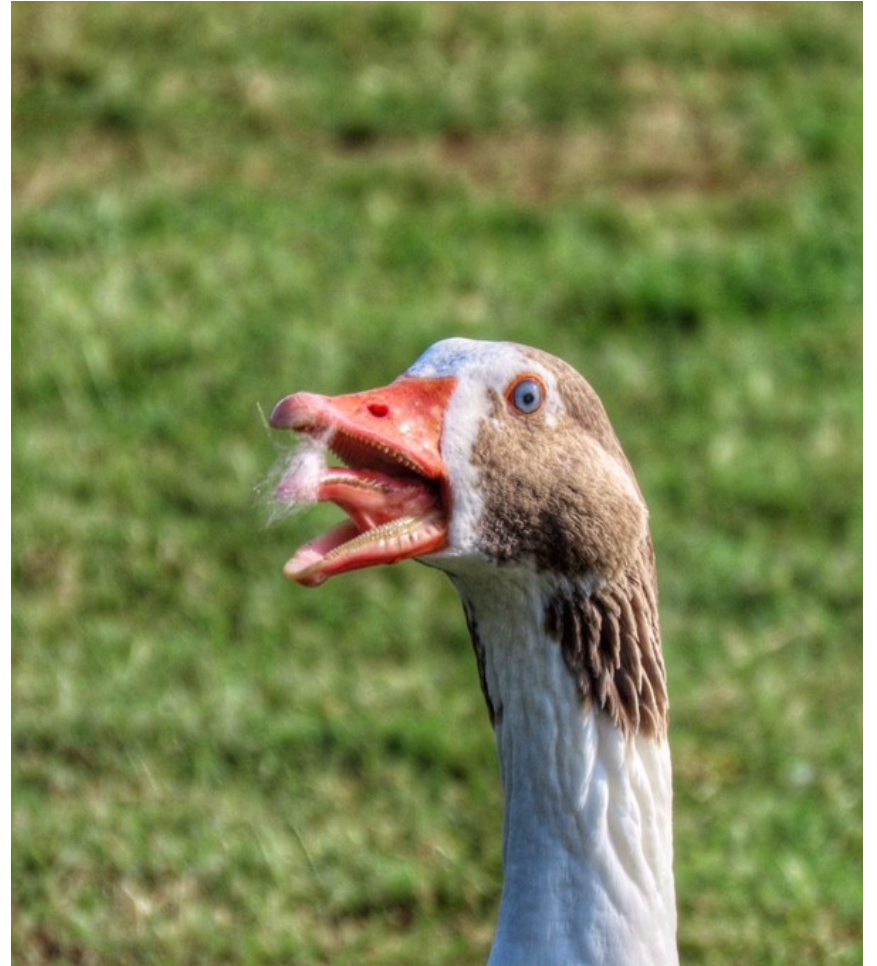
Local photographer **Marg McKenna** shares a gift of these incredible nature photos with the Manzanillo Sun e-Magazine readers

Photos on this page credits: Marg McKenna



LEFT
Black-Throated Magpie Jay
at Palma Real

RIGHT
Club Santiago Goose



RIGHT
Crested Caracara in the
Club Santiago golf course

BELOW
Egrets and Pelican in
El Centro de Manzanillo



...Beautiful nature photos from around Manzanillo

Photos on this page credits: Marg McKenna



LEFT
Frigatebirds and friends at
La Boquita

BELOW
Lining up the troops

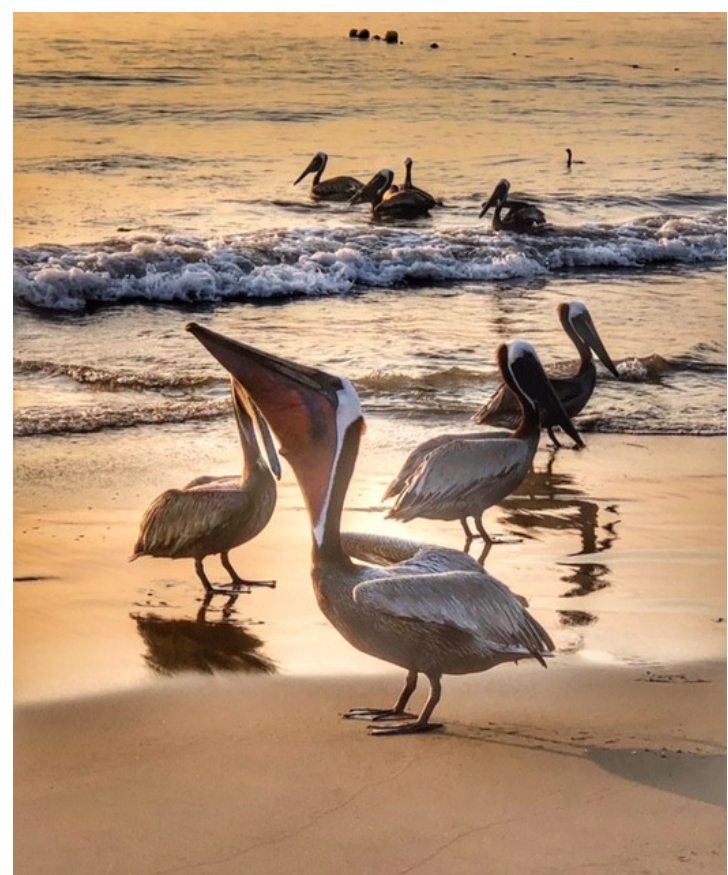
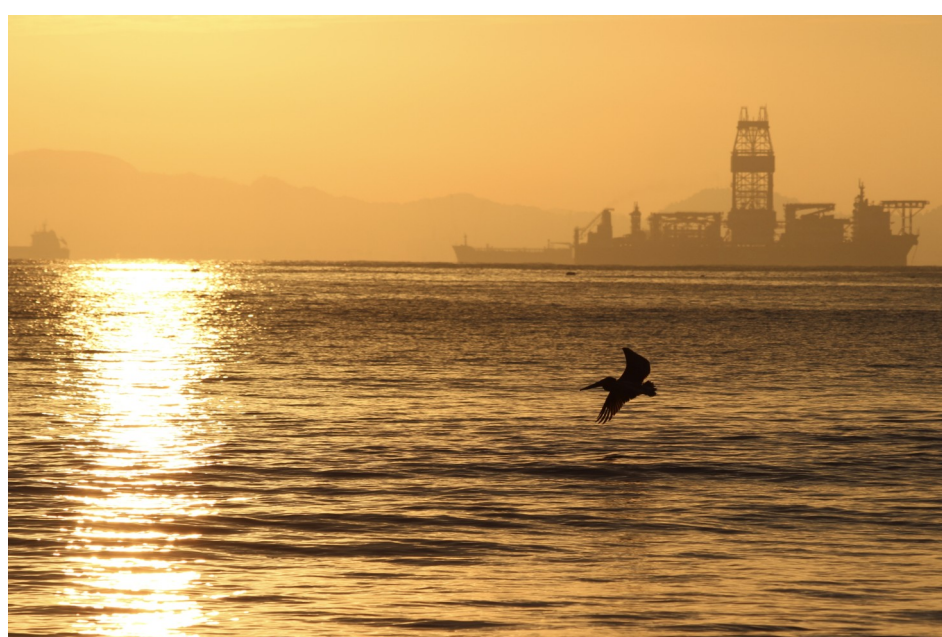


LEFT ABOVE A wading Whibrel

RIGHT ABOVE Pair of Crested Caracaras

LEFT BELOW Pelican over the bay

RIGHT Pelican with breakfast



...Beautiful nature photos from around Manzanillo

Photos on this page credits: Marg McKenna



ABOVE LEFT
Pelican in the surf



ABOVE RIGHT
Pygmy owl in the jungle

BELOW
Reddish Egret



...Beautiful nature photos from around Manzanillo

Photos on this page credits: Marg McKenna



ABOVE
Wood Stork

BELOW
Yellow-Crowned Night Heron



...Beautiful nature photos from around Manzanillo

Photos on this page credits: Marg McKenna



LEFT
Sunrise near "El Indio"
Restaurant
Miramar beach

BELOW
Sunset over Santiago



Photos on this page credits: Greg Bates

Local photographer **Greg Bates** shares these amazing photos taken near Peña Blanca



ABOVE
Whale breach

BELOW
Heron nesting on a cliff



Photos on this page credits: Greg Bates

Greg Bates shares these amazing photos taken in the Manzanillo area



ABOVE
Beautiful green iguana

BELOW
Small red crab found at the lagoon behind La Boquita



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What do I need to know to drive my vehicle to Mexico?

by Dan and Lisa Goy (Baja Amigos RV Caravan Tours) and Paul Beddows (Caravanas de México)

Details, Details, Details and more Details!

Driving your vehicle into Mexico is not like a road trip to the US or Canada. For Canadians or Americans, all that is required is a passport and a driver's license. It is also helpful to have a destination in mind.

Driving into Mexico is a very different story. First and foremost, you need to purchase Mexican Vehicle Insurance. It is always best to do that before you cross the border, online or by phone is easy. It can be for 1 day or 1 year or anywhere in-between.

Baja California, Baja California Sur, Northern Sonora

Other than your Tourist Permit, no additional permits are required in Baja or northern Sonora, specifically limited to San Carlos and Guaymas southbound. However, it is always important to have your vehicle(s) registration with you. Routinely, when you cross the border into Mexico, you will be asked for these.

Everywhere else in Mexico

Every vehicle registered outside of Mexico must obtain a "Temporary Import Permit", commonly referred to as a TIP. There are no exceptions and driving a vehicle in Mexico without a TIP can result in confiscation of the vehicle(s) and deportation of the owner.

Who is eligible for a TIP?


- A Tourist
- A Canadian or American with Mexican Temporary Residence

*You are not eligible for a TIP, as a Canadian or American, if you have Mexican Permanent Residence status

**A Mexico Permanent Resident or a Mexican citizen can drive the RV in Mexico if the owner is in the vehicle or they are on the registration and an immediate relative.


Basic TIP Details

- Cars, motorcycles, vans, SUVs and pickup trucks (personal vehicles) require a refundable deposit (usually \$400 USD) which is best paid by a credit card.
- The TIP is 180 days in length from the time of application and the cost is \$65 USD.
- The vehicle must be registered in the name of the applicant.
- In the event a lien is visible on the registration, you will require a letter of permission from the lien holder.
- This is also required if the vehicle is in a company or corporate name, even if the owner is the applicant.
- Our recommendation is to make the application in person, not online.
- You can obtain permits online, however there are no guarantees. We recently knew of an individual who secured their TIP online then was forced to purchase another TIP in person.



IMPORTANT INFORMATION PRIOR TO STARTING

- YOU MAY APPLY FOR A TEMPORARY IMPORT PERMIT 10 TO 60 days prior to entering Mexico by vehicle.
- ONCE THE PAYMENT HAS BEEN ACCEPTED, THE PERMIT WILL BE MAILED TO YOUR ADDRESS WITHIN 10 BUSINESS DAYS.
- YOU MAY ONLY REQUEST A PERMIT FOR A VEHICLE THAT IS REGISTERED IN YOUR NAME OR THAT OF YOUR SPOUSE, YOUR CHILD, OR YOUR PARENT.
- You may NOT request a permit for a vehicle weighing more than 3.5 metric tons (7,716 lbs GVRW).
- If you are a foreign citizen, before starting the application process You should go to the following webpage http://www.inm.gob.mx/index.php/page/Pre_Autorizacion.html in order to apply for your Immigration Pre-Authorization. The vehicle permit will be issued for the same period as that stated on your Immigration Pre-Authorization. Furthermore, once you've entered Mexico You should approach an immigration officer in order to exchange your pre-authorization form for the proper immigration document.
- Should any of the information you provide during the application process be found to be false, you may be subject to sanctions imposed by the Mexican authorities



INFORMACIÓN IMPORTANTE ANTES DE INICIAR

- Puede solicitar el permiso en un plazo de entre 10 y 60 días antes de su ingreso a México.
- Una vez aceptado el pago, el permiso es enviado a su domicilio en un máximo de 10 días hábiles.
- No está permitido solicitar un permiso de un vehículo que no esté a su nombre o bien a nombre de su cónyuge, hijos, padres o hermanos.
- No está permitido solicitar un permiso para un vehículo que exceda las 3.5 toneladas (7,716.17 libras) de capacidad de carga.
- En caso de que usted sea extranjero, antes de iniciar el trámite del permiso deberá ingresar a la página http://www.inm.gob.mx/index.php/page/Pre_Autorizacion.html para tramitar su pre-autorización migratoria. El permiso del vehículo se le otorgará por los mismos días autorizados en dicha pre-autorización. Adicionalmente, en el momento que ingrese a territorio mexicano deberá presentarse ante las autoridades migratorias, a fin de que se le cambie la pre-autorización por la forma migratoria definitiva que le permite el ingreso a México.
- En caso de que la información que ingrese sea falsa, puede hacerse acreedor a sanciones por parte de las autoridades Mexicanas

...What do I need to know to drive my vehicle to Mexico?

- Window stickers are now a thing of the past. You are issued a printout that you need to carry in an accessible place as you may likely be stopped and asked to produce it.
- When you get a permit, double check to ensure the VIN is correct, before you leave the Banjercito office, or you will be unable to cancel it on exit and may not be able to get another the following year or if you change vehicles.
- It is a good idea to take a photograph of all the documents and ensure the photos back up to the cloud.

TIPs for RVs– Time to pay attention!

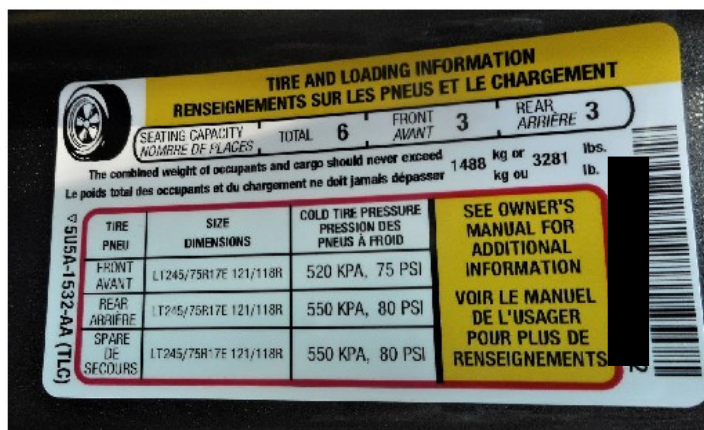
- 5th wheel trailers, travel trailers, tent trailers and motor homes (classes A, B, C) require a 10-year permit at a cost of \$65 USD (no deposit required).
- Motor homes with towed cars require a 180-day permit (including deposit and permit fee).
- Those importing an A, B or C motor home should always check to see that the name "motor home" is on the registration.
- Truck campers are often treated as cargo and can be included with the vehicle TIP.
- Separate permits for each will be required if the camper is separately licensed from the truck
- A cargo trailer may be added.
- ATVs under 350cc or motorcycles under 250cc can be added to your primary permit.
- A couple can hold one 10-year and one 180-day permit. The vehicle has to be registered or co-registered in their name.

Inglés - Tire and loading Information

Español - Información sobre neumáticos y carga

Inglés – The combined weight of occupants and cargo should never exceed: 1488 KG or 3281 LBS

Español - El peso combinado de los ocupantes y la carga nunca debe exceder: 1488 KG o 3281 LBS



Pickup trucks – “capacidad de carga” vs “cargo capacity” vs “GVWR”

Snowbirds that pull trailers regularly do so with pickup trucks. They can be ½-ton, ¾-ton or 1-ton trucks, sometime with duals. The same goes for pickup trucks with campers. In the not too distant past, obtaining a TIP for these pickup trucks was routine for tourists.

For some time, regulation has stated trucks with greater than 3500 kg cargo capacity (7710 lbs) could not obtain a TIP. Clearly all of the pickup trucks described above have a cargo capacity have far less than 3500 kg or 7710 lbs. In fact, a 1-ton truck with duals’ maximum payload capacity is less than 5000 lbs. The regulation was always designed to keep large commercial trucks from being imported into Mexico.

That all started to change a few years ago, starting on the eastern US/Mexican border in Texas and, over the years, has been migrating westward. At first, we believed that a few officials on the eastern Texas border with Tamaulipas were simply misinterpreting the regulation and did not understand “capacidad de carga” interpreted into English means “cargo capacity”, not GVWR (Gross Vehicle Weight Rating). GVWR is defined as the maximum load (cargo capacity), plus weight of the truck, including the passengers. As an example, Dan has a 2017 FORD F250 with a listed GVWR of 4491 kg and a cargo capacity of

...What do I need to know to drive my vehicle to Mexico?

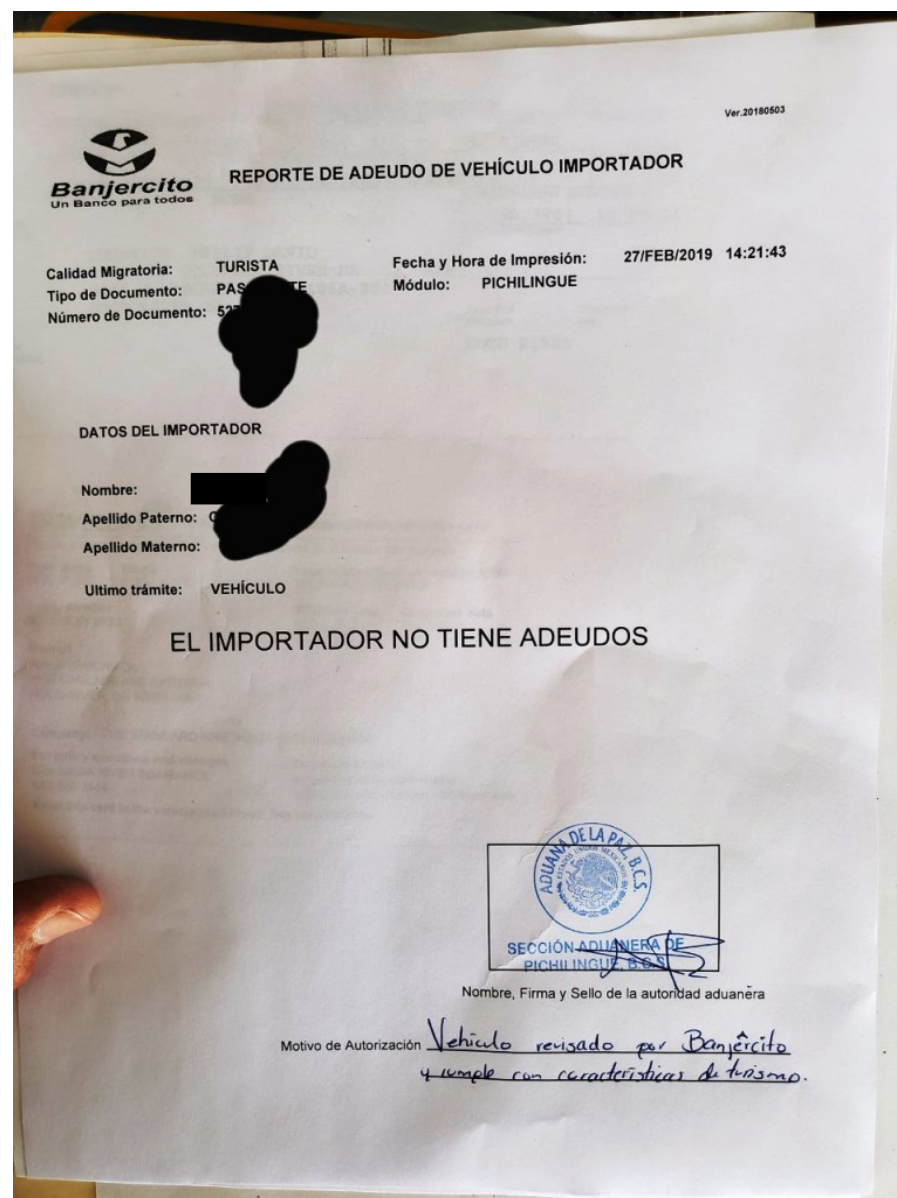
1488 kg or 3281 lbs. This is well below the 3500 kg maximum limit as stated in the Banjercito regulation.

Unfortunately, officials across the Texas and New Mexico borders with Tamaulipas, Nuevo Leon, Coahuila and Chihuahua are regularly interpreting "capacidad de carga" as GVWR and routinely refuse TIPs to pickup trucks listing the GVWR over 3500 kg or 7710 lbs, which is a ¾-ton truck and up. This interpretation has been creeping more and more into Sonora across from Arizona. We routinely cross into Mexico from Arizona at Nogales and use the Mariposa truck crossing. Further complicating the matter is the authorities responsible have now stated in writing that "capacidad de carga" is defined as "GVWR".

Interesting enough, all branches of government do not agree on this interpretation. Mexico Tourism agrees that "capacidad de carga" in Spanish means "cargo capacity" in English. Although Dan's truck has never had an issue, we have heard about plenty of pickup trucks, particularly 1 tons, that have.

Be prepared to make your case

- Remember you need your original registration or title plus copies, copies of your passport and it's a good idea to have a copy of your credit card if you intend to use that. Possibly also your driver's license.
- We have found, anecdotally, that those crossing in the fall seem to encounter more problems than those after Christmas.
- If you have a ¾-ton or larger pickup truck, take a photo of it hitched to the RV with the front plate showing and present it if they will not issue a permit.
- If staff at the Banjercito do not accept this, go see the Aduana (Customs) who will inspect RV combination, determine it is recreational and issue an exemption.
- For this reason, those with heavier pickup trucks should use crossings where an Aduana is present, which is the larger ones.



Ver: 20180503

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REPORTE DE ADEUDO DE VEHÍCULO IMPORTADOR

Calidad Migratoria: TURISTA
Tipo de Documento: PASAPORTE
Número de Documento: 523

Fecha y Hora de Impresión: 27/FEB/2019 14:21:43
Módulo: PICHILINGUE

DATOS DEL IMPORTADOR

Nombre: [REDACTED]
Apellido Paterno: [REDACTED]
Apellido Materno: [REDACTED]
Ultimo trámite: VEHÍCULO

EL IMPORTADOR NO TIENE ADEUDOS

SECCIÓN ADUANERA DE PICHILINGUE B.S.

Nombre, Firma y Sello de la autoridad aduanera

Motivo de Autorización: Vehículo revisado por Banjercito y cumple con características de turismo.

- It can also be helpful to include a photo of the specification tag from the driver's door and include the English and Spanish interpretation of the information listed on that factory-issued sticker.
- Having the actual statutes pertaining to TIPs in your possession can also be helpful.
- It is always best to engage in these discussions patiently, calmly and with determination.
- Again, we do recommend the Mariposa truck crossing. Use far right-hand lane. You get your permit at km 21 (N 31.16334 W 110.95315).

What else do I need to know?

- If you are bringing three (3) vehicles into Mexico, and intend to obtain a TIP for the 3rd vehicle in your spouse's name, you require an original marriage certificate.
- A truck permit can have 2 items added to it which can be a cargo trailer, an ATV or a motorcycle.
-
-

...What do I need to know to drive my vehicle to Mexico?



F250 has passed inspections and has crossed successfully at Mariposa crossing.



...What do I need to know to drive my vehicle to Mexico?



Heading to the Mariposa crossing
Image source: Traveling in an RV and Living in Las Vegas blog

- If you are hauling an ATV, you need the registration for that or, if from a jurisdiction with no registration, the original bill of sale.
- Larger motorcycles and ATVs may require a separate permit.
- Many snowbirds cancel the 10-year permit on exit unless you plan to leave the RV in Mexico. They are extremely difficult to cancel if you sell or write off your RV outside of Mexico.
- Remember, as the 180-day permit requires a deposit of \$400 USD, this is returned when the vehicle exits and the permit is cancelled.
- The 180-day permit may cost less for vehicles older than 2007. You have to have the original permit plus copies of vehicle registrations or titles.
- You will not obtain a TIP for an HDT (semi-tractor pulling a 5th wheel). It is considered a commercial vehicle.
- You may exit from a different crossing than you entered, but it must have a Banjercito office.

Resources

- [Specifications of gross weight of a vehicle](#) (PDF) - by Jillian O'Keeffe
- Pages from [Vehicle-Imports-SAT22](#)
- Pages from [Manual_de_Operacion_Aduanera55_56](#)

Any questions, email Dan info@bajaamigos.net or

Paul beddows1@telus.net.



Submitted by
Dan and Lisa Goy
Baja Amigos RV
Caravan Tours
www.BajaAmigos.net

and

Paul Beddows
Caravanas de México
www.caravanasmexico.com

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We simply believe RVing with a smaller group of guests, provides a much better tour experience than traveling with a group of 30 or 40 people.

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Tour includes visiting Copper Canyon, Tequila, Mazatlán, Guadalajara, Guanajuato, San Miguel de Allende, Mexico City, Morelia, Patzcuaro, Tlaquepaque, Teotihuacan and much more.

- **Offering a 2023 Fall 40-Day Baja Mexico Tour**

Tour includes visiting San Jose del Cabo Historic District, Village of Todos Santos, Los Barriles, El Triunfo, Capital City La Paz and Malecon, Pueblo Magico Loreto, San Javier Mission, Historic Mulege & Bahia de Los Angeles Museo.

- **Offering several 2024 30-Day Baja Mexico RV Tours**

Tour includes visiting Village of Todos Santos, Los Barriles, El Triunfo, Capital City La Paz and Malecon, Pueblo Magico Loreto, Historic Mulege & Bahia de Los Angeles Museo.

All itineraries include stunning beach camping on Playa Tecolote, Bahia de Los Angeles, Playa Santispac & Gonzaga Bay.

Every Tour has a Drop-Off/Pick-up Option extend your stay at no extra cost, return to the tour at a later date, pick-up where you left off.



www.BajaAmigos.net

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The Yucatan/All Mexico - Start date January 7th

Our longest and most interesting tour ranges between 85 & 90 days. Starting in Mission, TX, ending in Mazatlan. Tours are restricted to 12 RVs maximum.

Copper Canyon/Mazatlan – Start date January 10th

This 31 Day tour to Copper Canyon & Mazatlan starts in Nogales, AZ. Includes train travel, 3 hotel nights, a canyon tour, San Carlos, El Fuerte and Alamos tours.

75 Day Colonial and Copper Canyon – Start date January 31st

Following the Copper Canyon the tour continues and includes many colonial cities, an extended stay in Mexico City, the eclipse and many days on the beach.

Mexico Long Stay - Early Jan 2024 to early April 2024

This will be an extension off our early January Copper Canyon trip taking in the total solar eclipse. This extension is an option for 2023 as well.

April 8, 2024 Solar Eclipse

Planning several trips for the total solar eclipse in Durango & Mazatlan on April 8th, 2024. Some short, some longer, some including Copper Canyon, some not. Due to expected popularity, 50% payment in advance will be required.

36 Day Baja – Start date January 5th

This tour will run for 36 days and include all of Baja as well as the NE Corner. It has plenty of relaxing beach days and can include taking the ferry to Mazatlán.



www.MexicoCaravans.com



by Tommy Clarkson

A Sucker for Cycads

Suffice it to say, I really like 'em!

In the center of the entryway to our home stands a magnificent Prince Sago Palm (*Cycas taitungensis*). It sets the tone for the array of tropical plants interspersed throughout Ola Brisa Gardens. But, in spite of what no few initially think, it is not a palm (or fern, as some suppose) at all! In fact, plant characters of this unique nature are believed to be among the earliest of all of earth's seed plants.

Relative to this discussion, let's jump to the other side of the world where I'd like to introduce a quiet, kind, botanical guru, with a hint of a twinkle in his eyes, whom I admire immeasurably - Anders Lindstrom. He is the plant curator of Nong Nooch Tropical Botanical Garden in Pattaya, Thailand and, with 12,000 plant species gloriously thriving in it, one of the largest and most diverse botanical collections in the world. He is the ultimate "Go to Guy" regarding cycads!

He is also the manager of the cycad gene bank and, without question, the world's premier authority on these ancient plants - cycads. I'm firmly of the belief that he possesses more knowledge of them in the cuticle of his smallest finger than most of us could ever imagine! (*Beyond this, he graciously wrote the Forward for Volume III of our first book series, "The Civilized Jungle" which was dedicated to my life partner, book collaborator and love of my life, Patty . . . who passed away in May of 2019.*)

But, Anders is not a boring, bookish botanist. His feet have long been far in the field, from where, deep in the bowels of some very remote, tropical locales, he has amassed a personal collection of all 330 known species of the world's cycads. One would be correct in calling him the ultimate cycad sensei!



Identification comes via study and analysis of female cycad's cones!

Here in Ola Brisa Gardens, my paltry few cycad specimens pale when compared to his superlative assemblage. But they do provide good insights into "the nature of the beast" and a means to compare old and new world species.

So let's discuss some cycad basics. They are, literally, older than (some) dirt and are among the oldest plant families in the world. In fact, a fossil - *albeit, rather cold when found* - of a cycad-like plant, dating from the Triassic period (201-252 million years ago) has been found in Antarctica. . . *which has not always been earth's icebox!*

That noted, these days, cycads are renowned for their ability to survive in harsh semi-desert climates, sometimes growing in sand, or even on rocks, and capable of surviving, if not thriving, in full sun or shade, with some species being salt tolerant.

...A Sucker for Cycads



Coming from semi-arid environs, some cycads need to toughen up and fortify their leaves so as to not be a tasty snack for any passing herbivore.

As to worldwide distribution, the peak in the northern tropics is that of the genus *Cycas* in Asia and the genus *Zamia* in the New World. I've a wonderful, large Cardboard Palm (*Zamia furfuracea*) directly across from our street entry.

South of the equator, we find, again, the genus *Cycas* and *Encephalartos* in southern and central Africa and *Macrozamia* in Australia. The *Cycas* genus has a broad geographical range, probably as a result of the drier climate in these realms with somewhat cool winters.

Superficially, cycads are rather similar-in-appearance look to palms, what with their upright trunks and leaf stem scars, topped by a crown of pinnate leaves. But, for all intents and purposes, that's where the similarities stop. In lieu of flowers, cycads sport cones. They may appear "tree-like" with an upright trunk, or have one which is tuberous and underground.

And while the Quindío Wax Palm (*Ceroxylon quindiuense*), found in the Andes, can grow up to 60 meters tall, the maximum height of any cycad species may be that of the Hope's Cycad (*Lepidozamia hopei*), from North Queensland in Australia, with trunks ranging as high as 20 meters. (I'd sure like to have one of these!)

Purportedly, the most senior of palms are those in the Date family (Phoenix genus) reaching the rather mature age of around 200 years, whereas cycads are thought to live double that or, significantly, more. One of the oldest "in captivity" is an Eastern Cape giant cycad (*Encephalartos altensteinii*) in Kew Gardens in London and is, at least, 228 years old.

Another difference between palms and cycads are the latter's bulblets. Also called bulbils, these, when full-sized, may be removed and planted to produce new plants and often form on the exterior of the trunks. This is particularly so with the King Sago Palm (*Cycas revoluta*) - perhaps the most commonly grown of all cycads. (Mine is happily at home on the terrace below the infinity pool!)

Without the presence of their cones, it is not possible to differentiate between male and female cycads. "Those in the botanical know" often carefully study the structure of these cones to identify the different - otherwise somewhat similar in appearance - species.

The ensuing, brightly colored seeds - commonly ranging from yellow to a more orange hue, brown to green or from dark to bright red - are often dispersed by animals and birds.



On the terrace directly below our dining palapa, on the left, is a King Sago Palm - which we know to, actually, be a cycad.

Behind it, one can see the pinnate fronds of a Bottle Palm, behind it a cluster of Butterfly Palms, behind them, the trunks of two solitary Cuban Royal Palms on the right the trunk of a Fox-tail Palm.

With a degree of food value (but beware as some cycad parts contain dangerous toxins), various varieties of species' seeds have been ground into flour by indigenous folks, while others produced a tapioca sort of edible starch from the plant's pith. However, I'd advise that we regularly grocery store visiting, folks not try such!

Should one seek some of these beautiful - but rather slow growing - sorts around their home, remember, they like sunshine and well-draining soil.

Cycads grown indoors should be kept moist and never allowed to dry out, watering in the summer as much as twice a week, but during the colder seasons watered sparingly.

Similar consideration should be given to your outdoor specimens.

If you've space and inclination for a new tropical family member - adopt a cycad. In fact, feel free to come by Ola Brisa Gardens and if I've "pup" - what the baby starts are called - I'll be delighted to give it to you!

Get your copy of The Civilized Jungle: Tropical Plants Facts and Fun From Ola Brisa Gardens [Volume I](#), [Volume II](#) and now [Volume III](#) is here!!

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you can reach Tommy Clarkson at tommy@manzanillosun.com



9-12
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CARNIVAL MANZANILLO 2023

Vive la Magia



A Surprising Breakaway

story and photos by Suzanne A. Marshall

Even though we live permanently in beautiful Manzanillo Colima Mexico now, we love to get away every now and then and, either visit different parts of the country, or seek out an event we'd like to experience.

In this case, we decided it would be fun to head to Ajijic, Jalisco for the Annual Artisan Festival.

Not far from Guadalajara, and nestled at the foot of the Sierra Madres, is the town of Ajijic and next to it the town of Lake Chapala; the body of water that supplies the needs of Guadalajara and surrounding areas. The towns are extremely popular with Americans and Canadians, many of whom live there year round.

There is so much English spoken that one gentleman we talked to in a nearby restaurant said "If you want to learn Spanish, go to California; if you want to learn English, come to Ajijic." I found this quite hilarious. And here I must compliment the local Mexicans for speaking wonderful flawless English, which can't be said of many of us Spanish students! Anyway, back to my story.

The first surprise was discovering that the twinned highway that we must drive (and that has been under construction for years) was finally complete. When we were returning home using our car mapping screen, it showed us floating through space since the programs have yet to be updated!

A few hours later, we rolled into Ajijic and sought out our rental contact to access our AirBnB. To say that this home was beyond expectations is an understatement. Like many homes in Mexico, they are very conservative from the outside and this one was no exception; just a simple brick façade with a door on a street corner close to the main thoroughfare.



...A Surprising Breakaway



But what another wonderful surprise as we stepped inside! The home is a gallery in and of itself. Wall murals, fixtures and collectible art pieces everywhere we looked! We'd have no trouble spending time in this environment, to be sure. Stepping in the door we were greeted by a fabulous wall of rock, 12-foot ceilings and collectible "Day of the Dead" crucifixes and a tall Katrina ceramic statue, as we peered through to the main living room and the home itself. I must share more of this beautiful home we were lucky to chance upon.

Below is a hand-painted mural that fills one complete wall of our master bedroom. A similar hand-painted mural covers a complete wall in the living room as well. As we understand it, the artwork was done by a local artist.



...A Surprising Breakaway



We found a woven straw and ceramic wall hanging, I believe to represent Mayan culture. Sorry, no information on this lovely piece. It was demurely placed on the opposite wall of the bedroom.



...A Surprising Breakaway



The mural above depicts a rural farm overlooking Lake Chapala, complete with goats, corn and vegetables growing, the farmer and tiny homes of the village. It's almost a shame they provided us with a television as it interrupted the mural. Admittedly, we did watch some TV here and there as we re-energized.

...A Surprising Breakaway



I could go on about this lovely home. Suffice it to say it was a delightful stay for 3 days.

Our next adventure was to find our way to the artisan markets where we would spend an entire day gazing, learning and delighting in the amazing crafts.

And away we went with shopping bags in hand to view an overwhelming array of crafts and art pieces. As we passed many people coming back with bags full and arms stuffed with beautiful pieces, we knew we were in for a delightful afternoon leisurely cruising the displays and seeking out that special item.



Here we found a mirror with so much detail I had to take a close up of the perimeter.

At the right, you see ornate birds with wings like butterflies around the mirror. You'll not see another like it anywhere.



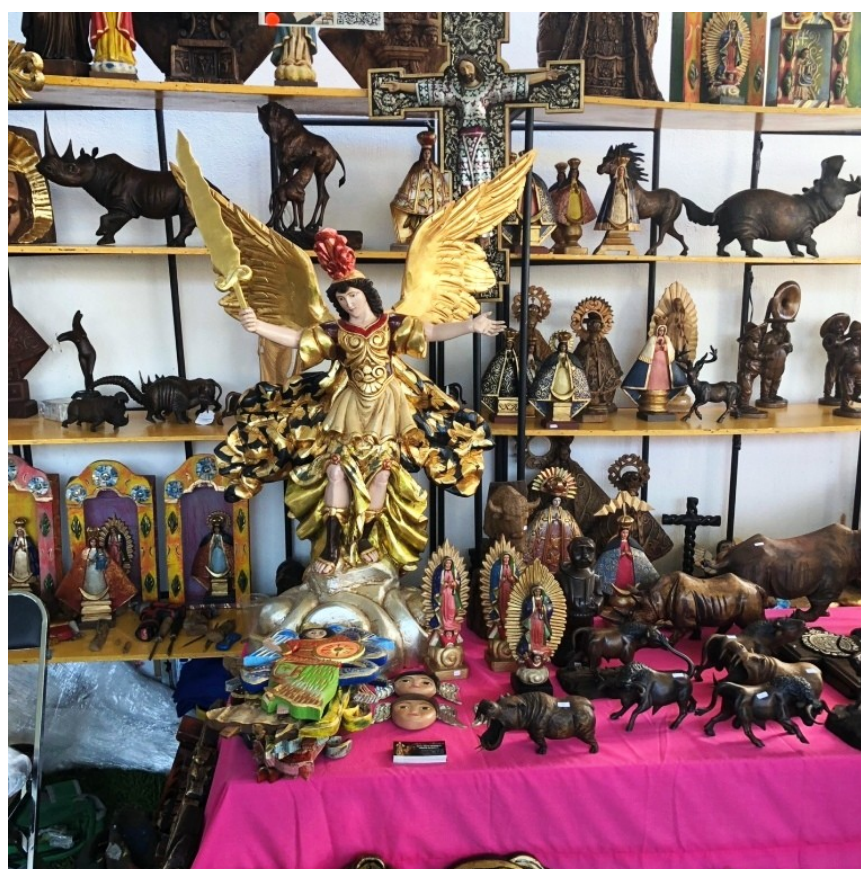
...A Surprising Breakaway



It would take a mighty big grand entrance or dining room to stage this amazing candelabra!

You may notice on the side of this photo a stage sits beside it and we were entertained with live music throughout the afternoon as well a few outdoor lunch areas where you could order small meals or ice cream. There were many local volunteers around to give directions and help us find our way around. The show was very well organized.

More intriguing ceramics.
Having lifted a lid, I can tell
you they are heavy pieces.



The archangel in all
his splendour.

...A Surprising Breakaway

I love elephants!

It was tempting, but too large for our wee condominium.



Amazing pottery. Just look at that detail. Wow!

I believe this piece, below, to be of the Mayan style.



These masks, to the left, were actually fashioned from cowhide. That's fur in between the lines.

...A Surprising Breakaway



I can't even explain this piece (left), besides its multi-layer construction and how alluring it is.

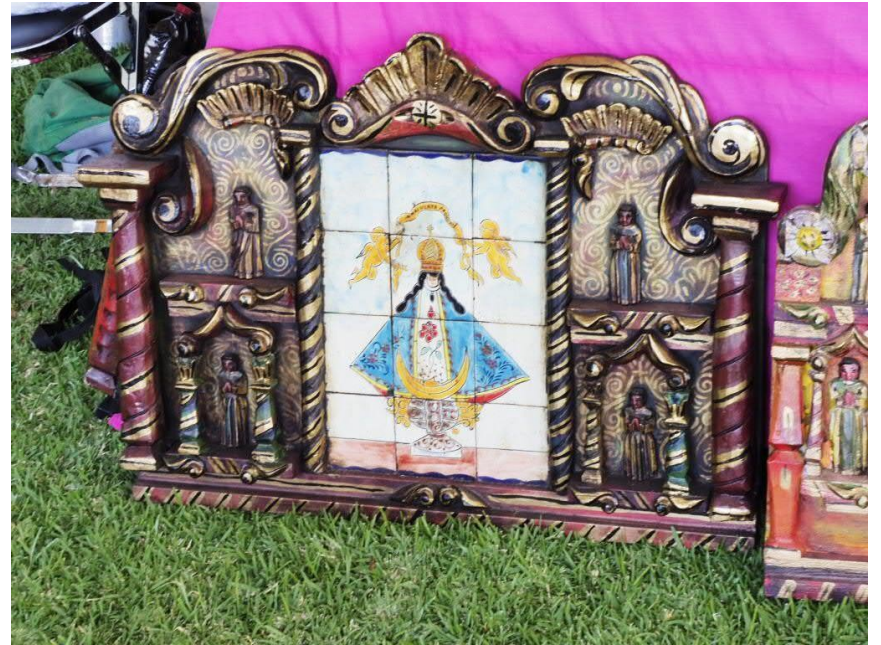
This woman (below) Paty García, is constructing various artworks from individual pieces of very thin straw. Her work was so detailed, we had never seen anything quite like it before, so this was it; we decided to take one home for our small collection of Mexican art.



This piece, by Paty García, now hangs in our home. We Love it.



...A Surprising Breakaway



We enjoyed many more of the displays.



Of course while we were there in Ajijic we did a lot of walking and dipping into various shops. We even found a painting gallery but of course we were not allowed to take photos let alone publish them. But suffice it to say Ajijic in and of itself is full of shops and painted murals on street walls and of course there are those fabulous doorways.

We'll be travelling to this area again in late January with friends where the plan is to branch out and possibly visit Morelia which we understand to be beautiful and beckoning.

More pictures of the streets of Ajijic follow.

...A Surprising Breakaway



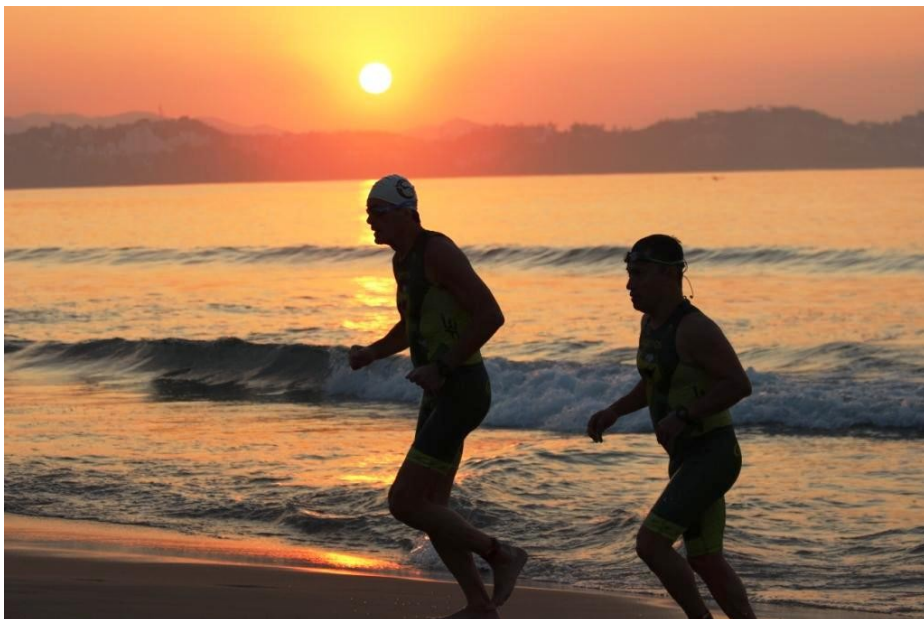
...A Surprising Breakaway

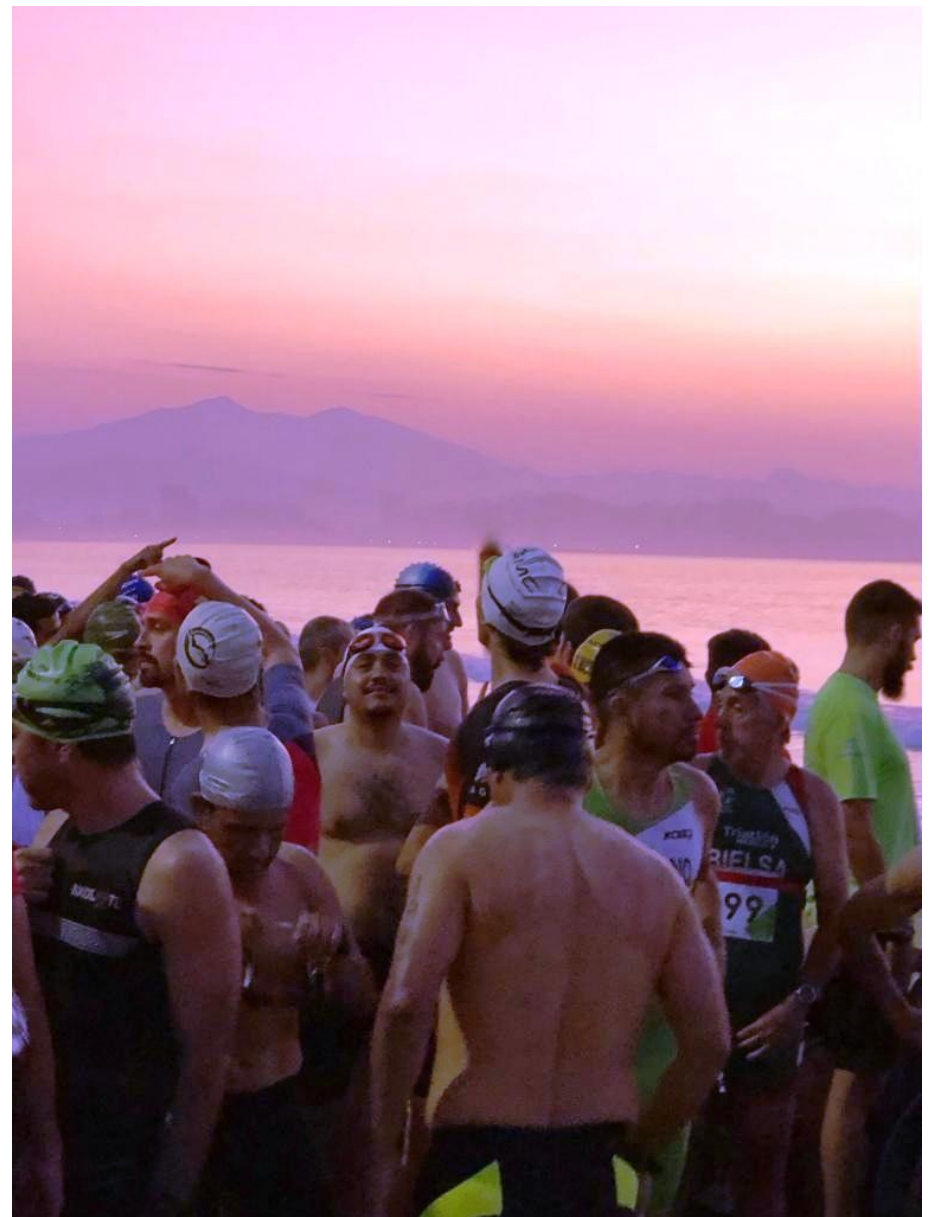


you can reach Suzanne A. Marshall at suzanne@manzanillosun.com

The December 4, 2022 Triathlon was covered by Marg McKenna who shares some action shots with us. The event kicked off at the "Curva del Indio", Miramar.

Photos on this page credits: Marg McKenna







by Tommy Clarkson

Palm Reading

As surely as one can derive data from the perusal and mental digestion of words, we can visually "read" a tropical palm and determine no little of its particular, personal nature.

Throughout hundreds upon hundreds of Ola Brisa Gardens tours, one thing has been constant – an early on, simple explanation of how to identify one palm tree from another, as experienced through viewing my nearly 200 different species from around the world.

Stop! Hold everything! Wait a minute!

From a purely vegetative standpoint, palms are not trees at all, but rather, large, woody herbs. Botanists define trees as woody plants with secondary growth. Palms, however, lack this secondary growth and have no actual "wood," but rather grow a tough, wood-like epidermis through primary thickening of a stem axis and lignification - a complex process by which the plant vascular body is strengthened. *Just trust me on this, OK?* But, before proceeding further here in the literary, botanical laboratory, might I ask us to, briefly, step next door to that of the history classroom?

Fossil-wise, late in the Mesozoic Era, palms made their appearance – some 85 million years ago. *That was a bit before the original Magnum, P.I. series with Tom Selleck and, probably, even before the Ed Sullivan Show!* The earliest palm leaf (frond) fossils are in the form of a costapalmate (explained later).

From the standpoint of recognizability, fossil research has shown that *Nypa* is one of the first genera of those still existing today with the Nipa Palm (*Nypa fruticans*) being the only palm species adapted to the mangrove ecosystem. All told, presently, there are over 2,600 different palm species of some 205 varying genera worldwide.



With all the scrapes, scratches and scars of life, this is a good example of a self-cleaning palm trunk.

(Nifty Nugget of Knowledge: Palms seem intent upon survival. In 2005, a male date palm tree named Methuselah was sprouted from a 2,000-year-old seed. It was recovered, decades ago, from an archaeological excavation at Masada – the historic mountainside Hebrew fortress and had spent years idly sitting in a researcher's drawer in Tel Aviv.)

Now, after that brief historical interlude, back to basic palm identification principles.

There are four primary differences in palm species: Palmate or pinnate; solitary or clustering; self-cleaning or not self-cleaning; and, armed or unarmed – all four of which general aspects, like we humans, have minor differences.

(Before proceeding, and at the sake of sounding like an info-commercial, all of this – and much, much more - can be even easier to see, understand and share with others, in personalized detail, with hundreds of great photographs, though our first book series "The Civilized Jungle, Volumes I, II and III." Atop these are our soon to be released Volumes I and II of "The Medicinal Jungle," going to the publisher shortly and available through various venues, including Amazon Books. Beyond these, we are working on Volume III, right now . . . the reason for our recent trek to Cuba to study ethnobotanical, herbal medicinal practices in that - though home of a few classic automobiles - poverty stricken communist state of disrepair and economic desperation!)

But, back to those initial, four palm variances.

Palmates - sometimes called fan palms - are easy to recognize. Just think of the palm of the human hand, with straight fingers aligned against each other. Such is similar in appearance to these types of palm fronds (leaves). The Mexican Fan Palm (*Washingtonia robusta*) is an example of this.

...Palm Reading

Pinnates? One need but only look at the long slender leaflets extruding on either side of the leaf stem (petiole) of the ubiquitous Coconut Palm (*Cocos nucifera*) to realize the difference between this leaf type from those of the palmates.



Silly question, but do you think this palm is armed or not?

(As opposed to palmate and pinnate, primates, on the other hand, including apes, lemurs, monkeys, tarsiers, and we – only, very slightly, more civilized – humans, are a wholly different lifeform altogether!)

In significantly smaller numbers, are bipinnate and costapalmate palms. The former has a double pinnate leaf arrangement, sometimes with ragged tips – Fishtail Palm (*Caryota mitis*), for example – and the latter looking similar to a palmate but with a shorter and more pronounced costa (midrib) and, often bifurcation (splitting) between the palmate leaflets – appearing more like a hand with spread fingers than a fan.

Solitary or clustering? Around here, one sees numerous Cuban Royal Palms (*Roystonea regia*) in the street meridians - pinnate, by the way. These are individuals of the solitary type that need no clustering pinnate partners around them!

The – perhaps more socially oriented – clustering varieties? Well, the (appropriately named) Lipstick Palm (*Cyrtostachys renda*) is clearly of this familial nature.

Now – perhaps, addressing a bit of plant, personal hygiene – how about the aspect of being self-cleaning or non-self-cleaning? Those, earlier discussed, smooth-trunked Cuban Royals are, most certainly, self-cleaning – dropping off old, withered fronds once they've died.

Conversely, Date palms can sport an attractive, diamond-like pattern once the old, limply hanging, leaf stems (frond petioles) have been abscised (cut off). And speaking of this palm family, there are more than 3,000 varieties of Dates all around the world with about 400 in Iran, 370 in Iraq, 250 in Tunisia and 244 in Morocco!



And the Lipstick Palm is a, clearly, a clustering sort.

The last major feature in the determination of palm species differences is that of being armed or unarmed. Have the petioles and - in some particularly nasty sorts - the fronds themselves, barbed hooks or thin, extremely sharp needles to discourage animals from seeking out the palm's fruit?

Of palms in general, which are we most likely to see in some functional manner, shape or form in our domestic home environs? Well, most of us are familiar with rattan furniture. *Voila!* The genus *Calamus* of the *Arecaceae* family, having many species of which are known as rattan palms with thin, reedy stems (petioles.)

Wrapping this up is a point almost guaranteed to win a bet at a bar for a beer! Palms are monocotyledons - flowering plants with an embryo bearing a single cotyledon (seed leaf) with elongated, stalkless leaves having parallel veins.

Hence, in all actuality, palms are much closer related to Bermuda Grass than Oak trees!

And now ya' know!

Get your copy of The Civilized Jungle: Tropical Plants Facts and Fun From Ola Brisa Gardens [Volume I](#), [Volume II](#) and now [Volume III](#) is here!!

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Salt Spring Lions Make Vision Screening Possible For Manzanillo Children

original Article By Emelie Peacock, Gulf Islands Driftwood



Jackie Avendaño Pires and Hector Uriostegui Moreno, members of the Club de Leones Santiago collaborate with Don and Bobbi Clifford, members of the Salt Spring Lions Club, to provide vision screening at a elementary school in the Manzanillo area.

Vision screening for over 3,000 students in Manzanillo began with a chance encounter aboard a plane from Victoria, Canada to Mexico.

Don and Bobbi Clifford, members of the Lions Club of Salt Spring Island, were on a plane to their winter home in the coastal city of Manzanillo, Colima when they noticed a person wearing a Lions logo. This chance encounter led them to spend five days volunteering in a huge vision clinic where their acquaintance, as well as Lions Club members from Alabama, were headed along with 10,000 pairs of glasses.

A total of 2,500 people had their vision examined at the clinic, 10 to 15 per cent of whom were determined to need glasses that they also acquired from the clinic. While there, Don and Bobbi met members of the Club de Leones Santiago, a Lions Club in Manzanillo.

Don asked whether the club might be interested in having the Salt Spring club's vision scanner brought down to assist in what is a key area of the Mexican club's work.

For several years, Don and Bobbi have taken part in annual fall vision screenings that the Salt Spring Lions do for elementary school students on Salt Spring Island, British Columbia using a handheld vision screener, also known as a spot scanner. The device then "goes into a filing cabinet for the rest of the year," Don said. "So we thought well, 'Okay, let's utilize it.'"

The machine is incredible, Bobbi explained, with an exam taking around 15 seconds. Photographer and friend of the Cliffords, John Chalmers, who authors a weekly blog entitled "Life in Mexico", explained the scanner tests for "myopia (nearsightedness), hyperopia (farsightedness), astigmatism (blurred vision) and eye misalignment, among other conditions."

...Salt Spring Lions Vision Screening For Manzanillo Children



Don Clifford uses the hand-held vision scanner to check the eyesight of a student at an elementary school where all children, grades one to six, had their vision checked. Photo credit: John Chalmers.

And while results are double-checked by a local optometrist, the accuracy is 99.9 per cent, Don added, Local optometrists have found it to be very accurate. The scanner can also confirm whether the glasses a child already wears are meeting their needs.

Within the elementary cohorts in Manzanillo, from 10 to 30 percent of students often need some kind of correction to their vision. The Club de Leones Santiago doesn't own a scanner, which can cost between \$5,000 and \$11,000 CAD, depending on whether it is a new or used device.

Don and Bobbi brought the Salt Spring club's scanner down to Manzanillo six years ago and have been doing so every winter since. Together with the Club de Leones Santiago, they have now screened over 3,000 elementary school students in the Manzanillo area as well as some adults and screenings done at an orphanage, some businesses and churches.



An example of the results of eye scanning shown on the screen of the scanner used by the Lions Club. Photo credit: John Chalmers.



Optometrist Rafael conducts the eye exams and fits frames and lenses for those students who, after the vision scanning at the school, have an indicated need for glasses.

In Canada, the screening is done by the Lions and the subsequent optometrist visit and fitting for glasses is generally followed up by parents. In Mexico, the Lions help students with frame fitting as well as funds for lenses, which cost around \$100 Canadian each for glasses, and for transportation to local optometrist Rafael Garcia de Leon Huerta of COPSE Optical.

Don and Bobbi credit members of the Club de Leones Santiago for their emphasis on the vision program, and especially Jackie Avendaño Pires, Hector Uriostegui Moreno, Javier Sanchez and Graciela Carabes. "That club is incredible . . . I know they dig deep into their time schedules and their pockets, if need be, to make sure these kids have glasses," Bobbi said.

The club is currently fundraising to purchase a vision scanner of their own. For 2023, they are planning a raffle of local artist donations and a Sunday brunch fundraiser in February. Ongoing fundraising will continue at the Lions' vendor table hosted by Cathy MacTavish at the monthly Mujeres Amigas luncheons at the Oasis Restaurant in Club Santiago.

...Salt Spring Lions Vision Screening For Manzanillo Children



Graciela Carabes of the Club de Leones Santiago helps a student choose a frame to their liking during a visit to Optometrist Rafael.

Vision has been a global Lions' movement focus since 1925, when they were called to do so by Helen Keller. A lifelong advocate for people with disabilities who learned sign language, Braille and later learned to speak after losing her sight and hearing at 18 months old, Keller challenged the Lions to become "knights of the blind in the crusade against darkness."

Across the world, Lions clubs have been working to prevent avoidable blindness and improve the lives of people who are visually impaired through screening, provision of glasses, seeing eye dogs, training eye health professionals and creating infrastructure for eye surgeries and treatments.

One unique example is the International Lions collection of used glasses, which happens at local clubs. The glasses are then sent to the U.S. where they are catalogued into a database and reconfigured for the needs of a new wearer.

Don said it's a "real thrill" to conduct the vision scans at local elementary grades 1 through 6 in the city he and Bobbi call home from November to April.

"It's a thrill for us to watch a person, a child who's never had proper sight before, actually get the glasses," he said. Bobbi added that teachers and other adults have also received glasses as part of the vision scanning visits. One teacher, who was instrumental in making the vision experience a good one for the children, had only been able to get a pair of drugstore reading glasses. Getting a pair of glasses "made a world of difference for her," Bobbi said.

Don recalls screening one individual in particular, an adult whose experience included using a wheelchair, being non-verbal and having some challenges with her mental capacity. "A month or so later when she got her glasses, her eyes were alert. She was concentrating ahead and looking. I thought it was fantastic, it was just a thrill," he recalled. "Her face just lit up . . ." he recalled. "She's over 50 years old, and she was actually seeing for the first time."

"We've got similar sorts of situations with kids and their smiles afterwards. Some of them look pretty cool in their frames too. They're stepping out."

What is more rare, but has occurred during their six years conducting screenings in Mexico, is sending some children on to see specialists for possible corrective surgery. In particular, Dr. Natividad Beltran of CLINICA San Angel has provided her services in this regard. "This past year, out of the scans that we did, two of them indicated some kind of neurological issues," Don said.

The Salt Spring Lions Club is currently twinned with Club de Leones Santiago, so collaboration with the Manzanillo area vision program is easily facilitated. "That's actually what, over the years I've learned, is that's the Lions spirit and they are very connected internationally," Bobbi said. The Lions motto is "We Serve," or "Nosotros Servimos" in Spanish.

If anyone has used reading glasses they would like to donate, they can drop them at the Lions' vendor table at the monthly ladies' luncheon at the Oasis. As well, Don Clifford can be reached at dadeo357@gmail.com if you are interested in fundraising efforts towards the purchase of a vision scanner for the Club de Leones Santiago.

Visit the Santiago group on [Facebook](#) and the Lions Club of Salt Spring Island at [this link](#).

Original Tijuana Caesar Salad and Homemade Dressing Recipe

As the story goes, Chef Caesar was living in San Diego, California, but working at a restaurant in Tijuana when he created his leafy masterpiece. Since its conception, there have been various reinterpretations of Caesar dressing, many of which include incorporating vinegar, commercial mayonnaise and, predictably, anchovies. The ingredients we've used stay true to Caesar's original recipe, and we assure you, after making this salad from scratch, you'll never go back to store-bought dressing.

Ingredients

- 1 egg yolk
- ½ cup of extra virgin olive oil
- 2 tbsp of lemon juice
- 1½ tbsp of Worcestershire sauce
- 1 tbsp dijon mustard
- 1 small clove of garlic
- ½ tsp freshly ground black pepper
- ¼ cup freshly grated parmigiano reggiano cheese
- 2 medium heads of romaine lettuce with the outer leaves removed
- A day old baguette or loaf of country bread
- 3 tbsp oil for croutons
- Salt and pepper to taste
- Finely minced clove of garlic or garlic salt for croutons (optional)
- Dried oregano or herbs of your choosing for croutons (optional)
- Extra parmigiano reggiano cheese to shave into the salad

Directions

1. Bring a pot of water to a rolling boil and cook the egg for 3 minutes, immediately draining and setting to cool in a dish of cold water.
2. Meanwhile, use a mortar and pestle to mash the garlic clove with the black pepper and mustard until they form a homogeneous paste.
3. Once the garlic mixture is well mashed, grind in the parmesan a bit at a time until well incorporated.
4. Transfer the paste to a large bowl and mix in the lemon juice and Worcestershire sauce.
5. In a separate bowl, separate the egg yolk (it should still be runny) from the egg white (which should have solidified), discard the egg white and beat the yolk.



6. Mix the beaten egg yolk in with the rest of the ingredients that you've already mixed together in the large bowl.
7. Finally, whisk the ½ cup of olive oil into the mixture of the other ingredients a little at a time so as to fully incorporate it into a smooth emulsion. This step will take some time and quite a bit of effort, you should feel the dressing thicken as the olive oil is incorporated.
8. If you intend to use all of the dressing at this time, cover the bowl and set aside. Otherwise, pour the dressing in a resealable container and put it in the fridge.
9. Preheat the oven to 375F.
10. Cut or tear up the bread into ½" - 1" cubes and set aside in a large bowl, you should have approx. 3 cups of bread when you are done.
11. In a small bowl, mix together the 3 tablespoons of oil (we like olive oil, but you can use whatever you prefer) with salt and pepper to taste, garlic and herbs.
12. Mix the bread with the oil, tossing until it is all well coated.
13. Spread the coated bread in a single layer over a lined baking sheet and cook in the oven, turning a few times, for 10-15 mins, until the outside of the bread pieces are crunchy and golden.
14. While the croutons cook, tear up the romaine, wash and dry.
15. When you are ready to serve the salad, toss the romaine with the dressing, mix in the croutons and top with parmigiano reggiano shavings.
16. Serve with freshly ground black pepper and enjoy!

Image and recipe source: [Partaste](#) by Jen

John Chalmers shares a collection of photos representative of life in Mexico and Manzanillo for the Manzanillo Sun e-Magazine readers

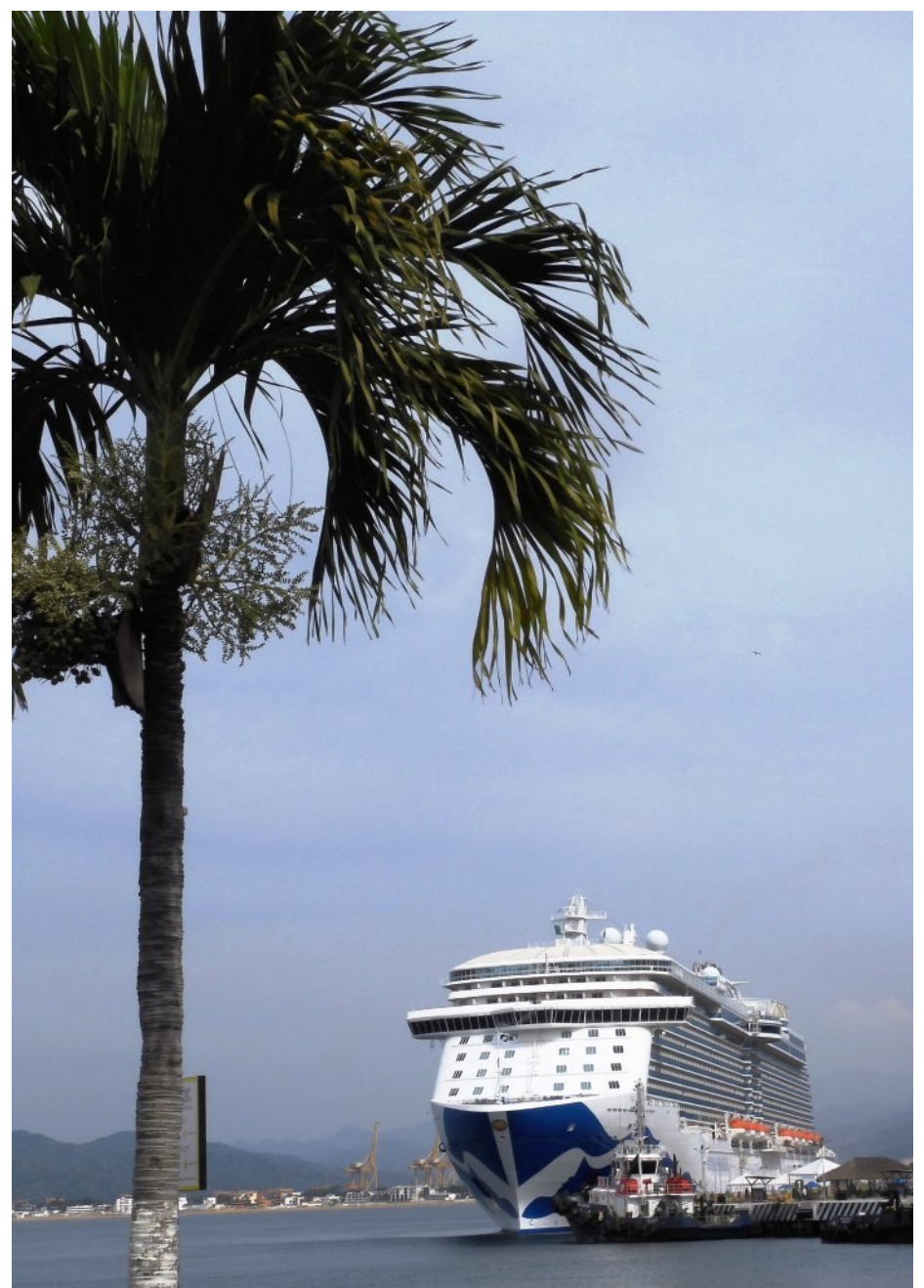
Photos on this page credits: John Chalmers



Manzanillo's iconic sailfish monument

Manzanillo enjoys a bustling cruise ship season

The Royal Princess was in port in early December



RIGHT
A morning walk on the beach at La Boquita beside Santiago Bay is a great way to start the morning.



BELOW
The 12 splendid sculptures along the Manzanillo malecón depicting Zodiac symbols at waterfront in the city are a must-see sight, along with ships and boats that are always docked in the harbour.



Useful phone apps and tech tips for use in Manzanillo

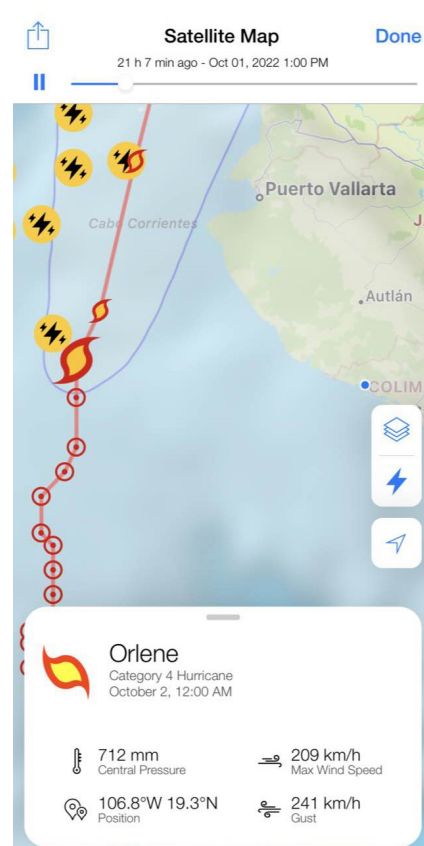
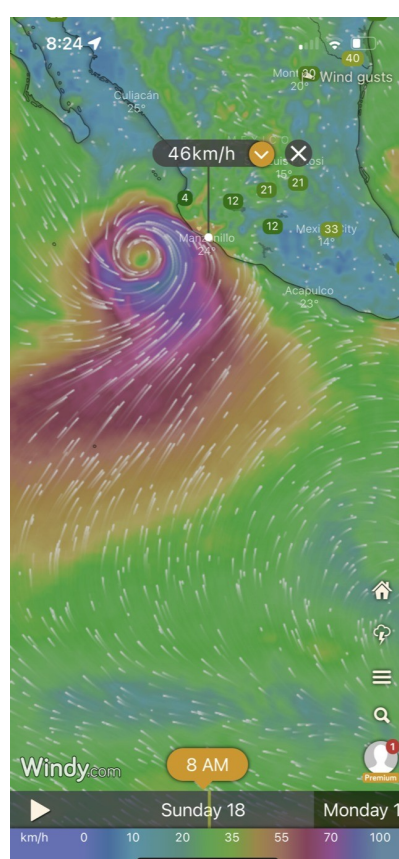
by Señor Tech

Have you ever wondered if you could do more with your smartphone? If you are retired, there is a very good chance that applications you needed in your profession are no longer applicable for your current lifestyle. Telephones used to be used solely for communicating. Now they are computers that you always carry. A smartphone can be used as a camera, video camera, GPS, music player, game console, information gathering device, as well as a communication device.

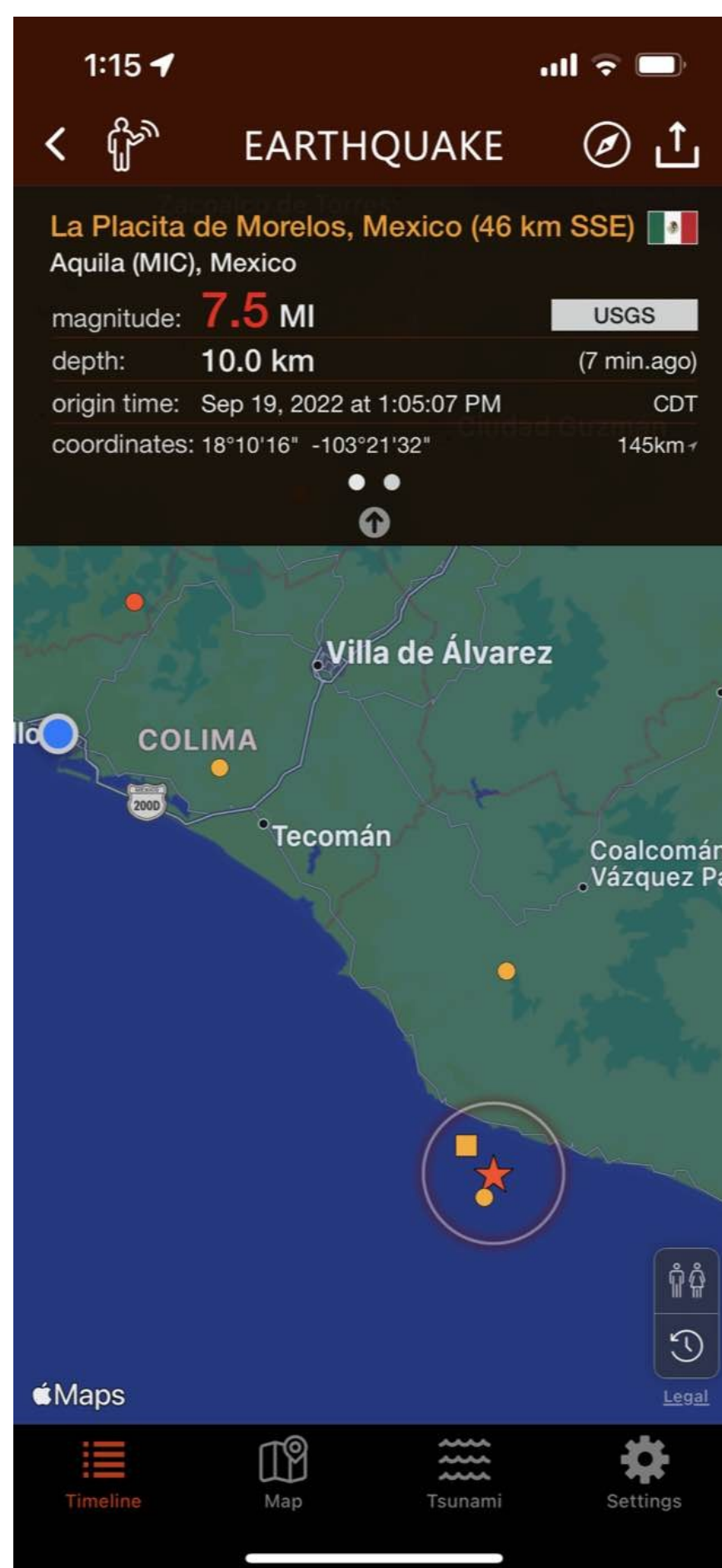
In this article I will be discussing applications that I have found to be useful as a full-time resident of Manzanillo. Education, safety, security, and entertainment applications are the topics I will focus on in this article and are available on both major platforms, iOS and Android.

For safety, I recommend apps that monitor potential major disasters: **hurricanes**, **earthquakes**, **volcano eruptions** and **tsunamis**. If you live here year-round, these or similar apps should be installed on your smartphone. There are many others in the app stores, but these are the apps that I prefer.

- Two apps, Windy and Weather Live, display the local weather as well as provide real-time detailed hurricane forecasts. The information is displayed on maps of the region and indicate the direction of the tropical storms or hurricane. The apps are free, but I have purchased the Windy Premium for \$25.49 annually. The premium version has everything you need to become an amateur meteorologist.

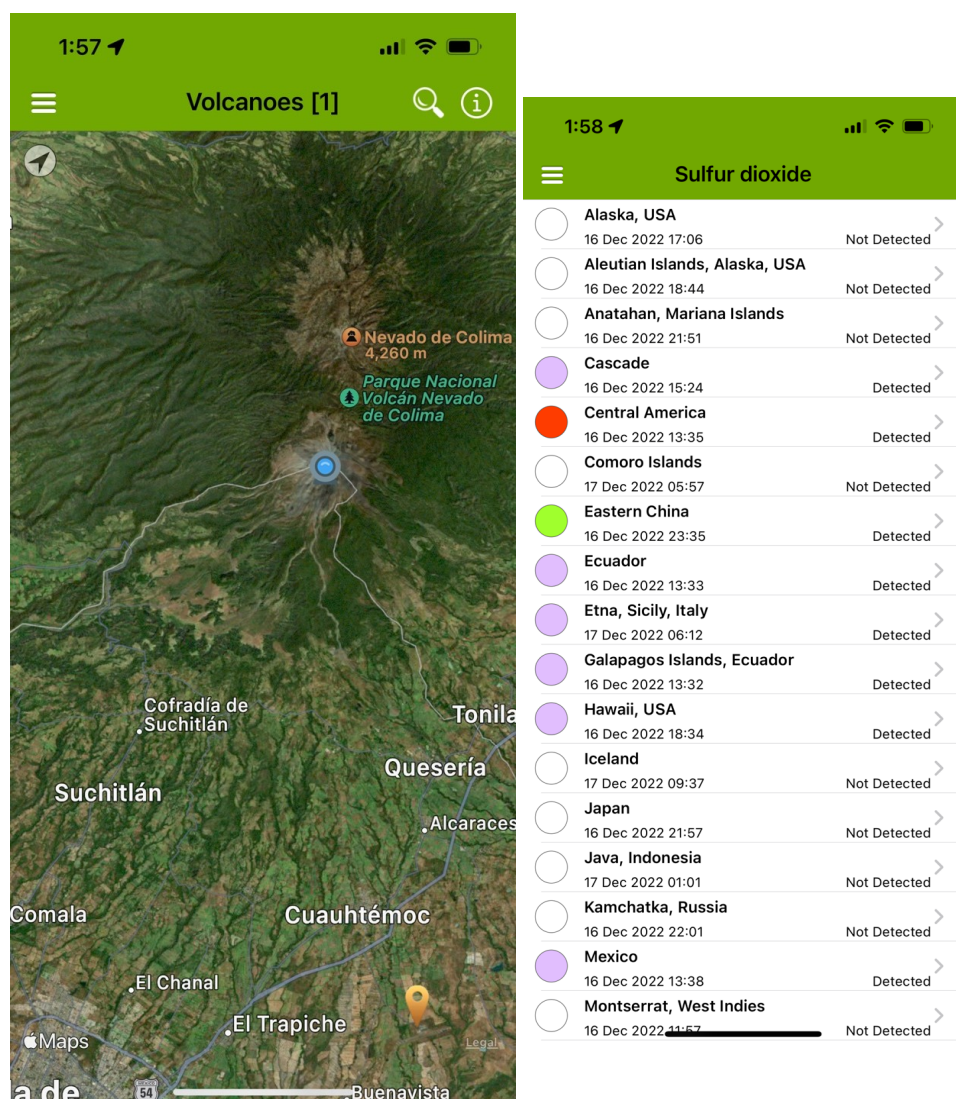


- For **earthquakes** I have purchased the PRO version of Earthquake for a \$5.49 one time fee, two years ago. This app will alert the user to earthquakes near and far. The free version works but does not allow the user to set filters. I set local filters to alert me of critical quakes within 100 Kms at intensity 4.0, Mexico is set at intensity 5.0, and worldwide any quake over 6.0 intensity. the app also provides tsunami warnings, which I think is important if you live near the ocean. All quakes worldwide are displayed as a table or graphically on a map. Additional data can be viewed by clicking on the highlighted quake. Earthquake data is usually displayed 10-15 minutes after the event. In the case of the 7.6 earthquake in Michoacán on September 19, 2022, we felt it before the confirmation arrived.



...Useful Phone Apps and tech tips

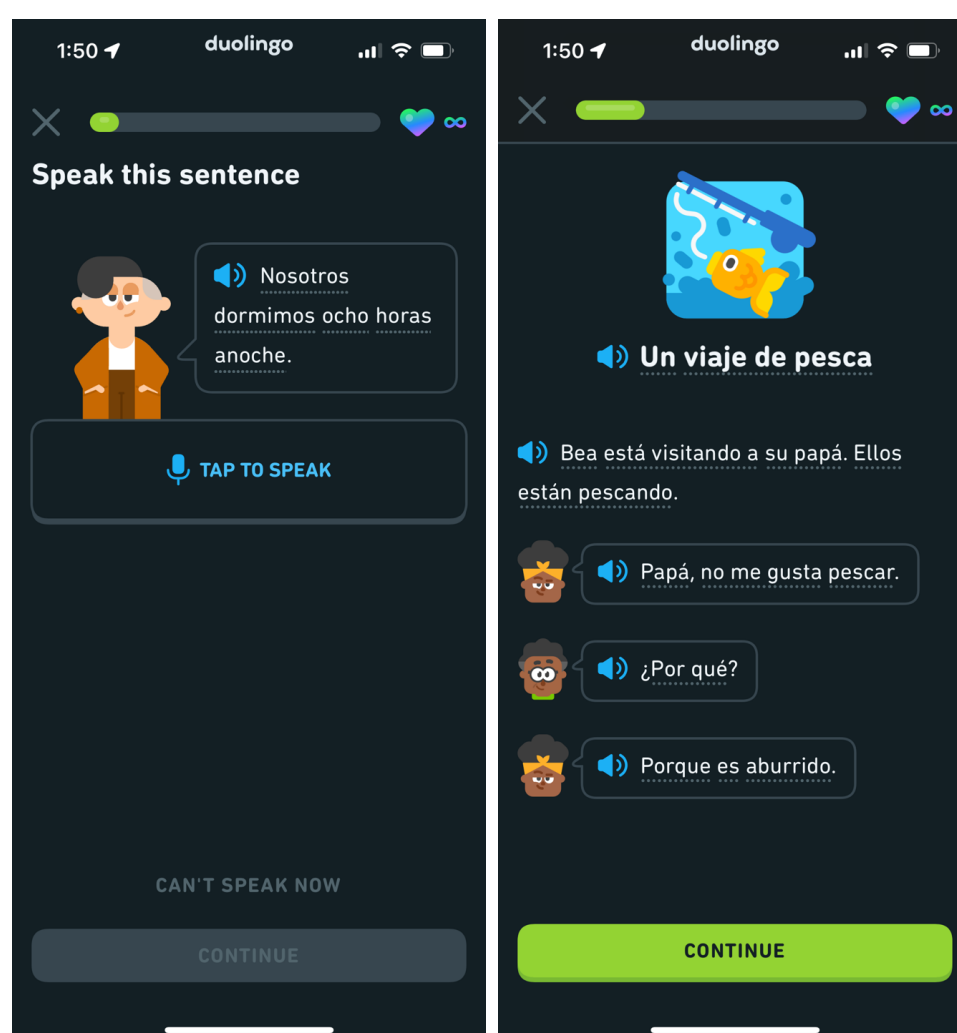
- Volcanoes can also be monitored. Manzanillo is located 87 Kms away from the Colima volcano that has a status of potentially active. I use an app called quite coincidentally Volcanoes. I purchased the PRO version many years ago. The Pro version provides ash alerts. As with the weather and earthquake apps volcano eruptions are graphically displayed on world maps.



We have been living full time in Manzanillo for six years, so it is important for us to **learn Spanish**. Although it is possible to get by only speaking English, we feel it is better to speak the local language. There are numerous language apps that are available, the one my wife and I use is Duolingo. She has a 1510 day streak, while I am lagging behind at 689 days.

I have tried a few other programs, but this is one that I have stuck with. We also pay for this app. The cost is \$149.00 annually but can be shared with up to 5 other people, essentially \$25.00 per person. The user gradually learns new words and phrases as the lessons progress. There are speaking and listening exercises that help with understanding and pronunciation.

The free version has all the same features as the paid version except the user is limited by mistakes they make. Every day, there are several hearts allotted. Once these are depleted, the program stops for the day; the user can earn additional hearts or wait until the next day to continue.



Learning another language is also a good way to keep our mental acuity as we age. The free version is a good way to determine if you want to continue with Duolingo; if it is not for you, check the Apple App Store or Google Store for other alternatives.

For **entertainment** there are millions of games for various interests. My wife likes Words with Friends which she plays with several of her friends. She sometimes has over 20 games in play. I like simulation games and poker. I am not sure how many hours I have invested over the years, but hey, I am retired! There are millions of gaming apps on either the Apple App Store or Google Play Store. Do a search for the type of game you desire and read the reviews. Most games are ad-supported which are free or pay to play without the distractions.

Social media sites like Facebook and Instagram can also provide an entertainment outlet. My suggestion for these sites is to lock down your security to only your friends. The only people that will see your posts will be your friends. It will be very hard for bad guys to hack into your account. The downside is that your posts cannot be shared to anyone except your friends. But if you are not trying to go viral with your posts, this is a small price to pay. If you are on Facebook and a site asks you to login, leave; this is one way your credentials are stolen, and your account can be hijacked. This is not 100% foolproof, if one of your friends has been hacked, the bad guy can collect all your friends' names and try to spoof you. The way to avoid hackers is not to friend someone who is already friended by you.

...Useful Phone Apps and tech tips

A good site for **entertainment** and **education** is [YouTube.com](https://www.youtube.com). Search for any topic and there is sure to be a how-to video available. There are also millions of music and documentaries for free viewing and listening. YouTube has an ad-free version for a fee, but if you don't mind the occasional interruption, the free version is okay.

If you have purchased a current model car or truck, there is a good chance the vehicle comes equipped with a monitor that will connect to either Apple Carplay or Android Auto. Once you have connected to your smartphone, you can wirelessly listen to music, get navigation instructions, and talk hands free (although I don't recommend talking while you drive).

Toll-free calling to Canada and the USA from Mexico

Calling American or Canadian toll-free lines require special numbers. As with regular long-distance calls from Mexico, you must dial 001 before the 10-digit phone number. For toll-free:

- 800 numbers--replace 800 with 001880
- 866 numbers -- replace 866 with 001883
- 877 numbers -- replace 877 with 001882
- 888 numbers -- replace 888 with 001881

You should also check the company you wish to call; some companies now have social media chats available such as WhatsApp and Messenger, or chat on their websites.

Internet Service Providers

There are five major Internet providers currently operating in Manzanillo.

- [Wizz.mx](https://www.wizz.mx)
- [Telcel.com](https://www.telcel.com)
- [TotalPlay.com.mx](https://www.totalplay.com.mx)
- [Starlink.com](https://www.starlink.com)
- [Telmex.com](https://www.telmex.com)

Telcel Internet at Home - currently has a maximum of 10 Megabytes download speed and 100 Gigabytes per month usage for \$399 pesos per month.

Wizz (formerly known as Telecable) also has 10-megabyte service for \$399 pesos a month, no cap on usage.

TotalPlay offers Fibre at high speeds, but you must be in their service area. Plans start at \$550 pesos per month for 100-megabyte service.

Starlink offers satellite service in the Manzanillo area. Download speeds are between 100–250 Megabytes. You will have to purchase their satellite kit for 8300 pesos and monthly fees currently are \$1,100 pesos monthly. But if you are in a remote area, this is a good option. Self-setup takes less than 30 minutes to have high speed internet.

Telmex advertises 50 Megabit download speeds, but actually deliver 10 Megabits, I have three years of speed tests and many hours of tech support calls to prove it. If Telmex fibre is not available in your area, choose another provider. Over the past few weeks, I have visited 4 friends and did speed tests of their service and coincidentally found they were getting the same results (less than 15 Megabytes download speeds). When I talked with the Telmex representative, he told me 10 Megabytes download speed is fine and I shouldn't complain. So, I cancelled my plan after five years.

All the apps and services I have discussed are ones I use and like. Search the app stores and you may find one that is more suited to your liking.

if you have questions or suggestions about future technology topics, email seniortech@manzanillosun.com



by Tommy Clarkson

A Glimpse into "The Medicinal Jungle"

Man does not live – nor survive – on meat alone! Vegetative material is a key component in our lives. Be it for food, clothing, household items or their health and healing applications, we need plants.

As seen through our first book series, "The Civilized Jungle," created by Patty, Steve Jackson and me, generally, we've tended to focus and write about semi-tropical and tropical plants and their part in our lives. Appropriately, our next book series, "The Medicinal Jungle" – with pictures of its plants - will soon be introduced.

As but the tiniest of glimpses, I've pulled - verbatim - five of these ethnopharmaceutical plants from the alphabetical "A" section, as ensues. (Purposefully, I have selected more commonly known species and some that are also featured in our earlier series, for those seeking expanded awareness of these plants.)

The first of these is the **African Oil Palm** (*Elaeis guineensis*) [The Civilized Jungle, Volume I](#). Also known as: Macaw Fat Tree. Family: *Arecoideae*. Origin: Angola and Gambia. Traditional, purported and contemporary uses: (*Nifty Nugget of Knowledge*:



On a trek together with my pal, Dr. Mark Olson from UNAM - and one of Mexico's premiere botanists - after years of plant laboratory, genetic analysis and scores of journeys into the "interior" he finally found "Ground Zero" where the Poinsettia species first originated. And yes, it has some ethnobotanical applications, including: the killing of bacteria, for pain, fever treatment, skin conditions, ears, toothaches and for stimulation of breast milk production. But talk to me before self-medicating.

The use of Palm oil goes back thousands of years, with the oldest record of its usage dating from 3,000 BC, as confirmed when archaeologists discovered vessels of it encased in a tomb in Abydos, Egypt.)

Palm oil is supposedly an anodyne, antidotal and aphrodisiac, as well as being used to fight cancer, headaches, indolent tumors and rheumatism. Additionally, a decoction of it can be taken orally to treat epilepsy.

In Guinea, its oil is applied to wounds as a vulnerary. The Bubi (a Bantu ethnic group) from the Island of Fernando Po make a poultice from this oil which they, also, apply to wounds. In Equatorial West African, some of its plant parts have long been used as a diuretic and as a laxative. In South Eastern Nigeria, it is used for treatment of various diseases and skin infections.

...A Glimpse into "The Medicinal Jungle"



Yep! Even the Shaving Brush Tree has medicinal uses such as for eye inflammation, ear difficulties, cuts and wounds, bowel difficulties, treatment of infantile tympanites and even night blindness!

Amaryllis (*Amaryllis belladonna*) [The Civilized Jungle, Volume II.](#)

Also known as: Belladonna Lily, Jersey Lily, March Lily, Naked Lady and Amarillo. Family: *Amaryllidaceae*. Origin: The Western Cape region of South Africa. Traditional, purported and contemporary uses.

In the Andean South America, the Mediterranean and South Africa, the *Amaryllis belladonna* is said to be used in the treatment of cancer. In the southern portion of the enclave within South Africa, Lesotho, various parts of it are used to treat colds, coughs, and as an external application or wash for hemorrhoids, scrofula and wounds. It is also used by the Zulu, Xhosa and Sotho people as a remedy for gynecological problems.

It would seem that, with the exception of its leaves, all parts of the *Amaryllis* have medicinal qualities. The bulb is purgative.

When it is crushed in water, boiled or roasted, it is used in the treatment of stomach aches. Beyond those applications, the *Amaryllis* has also been used in treatment of whooping cough and, lastly, the alkaloids within it have properties to fight against malaria. (*Nifty Nugget of Knowledge: The genus name, Amaryllis, is derived comes from the Greek word amarysso meaning "to sparkle," with their bulbs surviving and blooming for up to 75 years.*)

Angel's Trumpet (*Brugmansia x candida*) [The Civilized Jungle, Vol. III.](#) Also known as: Angel Star, Angel's Tears, Brazil's White Angel Trumpet, Cornucopia, Datura, Devil's Trumpet, Downy Thorn-apple, Hindu Datura, Hindu Thorn-apple, Hoary Thorn-apple, Horn-of-plenty, Jimson Weed, Metel, Night Bells, Purple Thorn-apple, Queen of the Night, Snowy Angel's Trumpet, Thorn Apple, Trumpet Flower and White Angel's Trumpet. Family: *Solanaceae* Origin: Southeastern Brazil. Traditional, purported and contemporary uses: (*Nifty Nugget of Knowledge: Angel Trumpets are closely related to potato, tomato, eggplant, petunia and tobacco.*)



Beyond use for shots of tequila and wonderful margaritas, even agave has traditionally been used by local pharmaceutical applications such as for cancer, constipation and even male-pattern-baldness.

Before going much further know that, for all intents and purposes, this plant is one of a rather poisonous nature. As I read on-line, "At best, eating the flower will result in terrifying hallucinations, but at worst, it can leave you dead."

...A Glimpse into "The Medicinal Jungle"



Even the ubiquitous Bougainvillea has natural healing qualities, beyond being used for diabetes, cough treatment, sore throats and hepatitis, research has divulged that it possesses anticancer, antihepatotoxic, anti-inflammatory, antihyperlipidemic, antimicrobial, antioxidant and antiulcer properties.

In spite of that, to achieve relief from their asthma, Brazilian natives have smoked the leaves. But, if the truth be known, they realize strong narcotic effects, so is the plant really medicinal in this regard?

Beyond that, deep in the jungle, it has also been used for aches, arthritis, burns, dermatitis, headaches, infections, rheumatism, skin irritation and different types of inflammations.

Of a more contemporary nature, its tropane alkaloids, such as scopolamine and atropine have actually been incorporated - in minute amounts, mind you - on patches for motion sickness.

Anthurium (*Anthurium andreanum*) *The Medicinal Jungle*, Volume II. Also known as: Boy Flower, Flamingo Lily, Flamingo Flower, Little Boy Flower, Painted Tongue, Palette Flower, Patent Leather Flower Spathe Flower and Tail Flower. Family: *Araceae* Origin: Columbia and Ecuador Traditional, purported and contemporary uses: We all have to find our own, unique [and sometimes specific] niche in the world, and such is certainly the case, ethnobotanically, for the Anthurium!

In traditional medicine - while under a blanket cover - by inhaling the steam from boiling Anthurium leaves, arthritis and rheumatism joint pain are said to be relieved. (*Tulips, petunia and roses can make no such claim, I bet!*)

Additionally, as an indoor plant it naturally and effectively removes chemicals such as ammonia and formaldehyde from the air.

Asparagus Fern (*Protasparagus densiflorus*) *The Civilized Jungle*, Volume I. Also known as: Basket Asparagus, Bushy Asparagus and Emerald Fern. Family: *Asparagaceae*. Origin: The South-eastern part of the Cape of Good Hope in South Africa. Traditional, purported and contemporary uses: Its mashed leaves may be applied to cuts and its tubers have been given to children for stomach ache. In Mexico a decoction of the branches are used for pulmonary infections and its roots used as a diuretic.

In Tanzania, a cold infusion of leaves and stem are drunk for malaria. In Pakistan, root tubers with boiled milk and sugar are used for dysentery and diarrhea.

There are indications that it may also help with breast cancer, chronic bronchitis, diphtheria, dry throat, and tuberculosis, as well as being good for both the lungs and kidneys.

Plant questions – medicinal or otherwise? Feel free to contact me at tomolabrisa@gmail.com

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The Children's Foundation International Golf Adventure supporting Casa Hogar Los Angelitos children's home. CHLA was established in 1995 in Manzanillo, Mexico to rescue and change the lives of children in extreme and dangerous circumstances.

2ND ANNUAL TOURNAMENT, HOSTED AT THE RENOWNED PETE DYE-DESIGNED COURSE LAS HADAS GOLF AND COUNTRY CLUB IN MANZANILLO, MEXICO

February 16th

Travel day and optional activities for guests include golf, ATV, or Deep sea fishing

☑ **6:30 – 8:00** ➔ Cocktail reception and Meet & Greet

[REGISTER NOW](#)

February 17th

☑ **8:00 – 1:00** ➔ Practice round

☑ **1:00 – 2:15** ➔ BBQ Lunch at golf course

☑ **2:15 – 3:30** ➔ Skills challenge vs. Division I Golf players

☑ **3:30 – 5:00** ➔ Optional visit to Casa Hogar Los Angelitos Children's Home

February 18th

☑ **8:30 – 1:30** ➔ Team event with bonus shots hit for each team by four Division I players (on course Box lunch)

☑ **6:00 – 9:00** ➔ Dinner and attend special Casa Hogar performance

Event fees are **\$465**

* Include a cocktail party, one dinner, practice round, tournament round, tournament swag, photos with celebrity host, and VIP seats for Casa Hogar Las Angelitos special performance