

The Voice

Newsletter of the American Society of Jalisco



April 2011 Edition

Saint Patrick's Day & AmSoc's 65th Birthday

The annual St. Patrick's Day luncheon had a very good turnout this year and all the tables were filled with happy revelers wearing their best green. The U.S. Consulate was represented by Eugenia Davis, vice-consul responsible for citizen services. Born in New Orleans, Eugenia now makes her home in Kent, Ohio when she is not posted abroad. She has also served in Honduras and El Salvador.



L. Eugenia Davis with Ann Whiting R. Bobbye Trotter



L. the wearing of the green R. David Ruiz joins Ann welcoming guests



*Left: Bette Drummond and Cam Esser
Right: Sue Hurst, Tom McDiarmid, Bobbye Trotter and Ken Knitell*

Photos courtesy Bobbye Trotter and Jerry Dankner

©The American Society of Jalisco, A.C.

La Sociedad Americana de Jalisco A.C

Avenida San Francisco 3332
Colonia Chapalita
Guadalajara, Jalisco, MX

Tel. & Fax (33) 3121-2395

www.amsoguadalajara.org

Tel. & Fax (33)

Contents

Announcements	4
Board Minutes	3
Danger in the kitchen	2
eBooks	3
Health news	3
Living will forms	3
Profile - Jerry Dankner	2
Quotations	2
Recipe - baked fish	2

I'm trying out a new design this month. If you don't like it, let me know. If I don't hear objections from anyone, I'll keep using this design until I get a better idea. Vicki

Editor/writer Vicki Wootton
email: la.inglesa@gmail.com
Phone: 3647-6232

Advertising Rates

Members: \$30 pesos/mo
\$300/yr
Non-members: \$50/mo
\$500/yr
*All advertising payments
are donated to AmSoc*

Quotations

The greatest danger to our future is apathy. Jane Goodall
The conventional view serves to protect us from the painful job of thinking. John K. Galbraith
*O, how this spring of love resembleth
The uncertain glory of an April day!* William Shakespeare
La mejor cura para el cuerpo es tranquilizar el espíritu. Napoleón Bonaparte

Profile: Gerald Dankner by Bobbye Trotter

Gerald Sheldon Dankner, who has served on the American Society Board for two years, was born on February 22, 1942 in Buffalo, NY. He has two sisters; one in Buffalo and one in Boca Raton, FL. Jerry graduated from Bennett High School in Buffalo in 1959 and attended Case Institute of Technology in Cleveland where he received his BS in Mathematics in 1963. In 1990 he received his MBA from Laverne University in Calif. After graduating from Case he worked for Vitro Labs in Silver Springs, MD.



After President Kennedy's assassination in 1963 he felt called to join the Peace Corps. He served in India from 1965-67 as a high school teacher in math, physics, chemistry and biology. It was a memorable experience because the Indian students were good and disciplined. He traveled all over India and also in Nepal, Malaysia, Thailand, Japan and Hong Kong.

In 1968, he moved to Huntington Beach, CA. He had been offered a job with Interstate Electronics in Anaheim, CA where he worked for 22 years. His jobs included being an analyst, group leader, project manager and marketer for such projects as military technology for nuclear submarines. His company worked on the first military GPS receiver under a U.S. Air Force contract..

In 1990 he retired early and moved to Puerto Vallarta where he lived for six years before purchasing a home in Guadalajara.

He had a good childhood, liked being an Eagle Scout, and doesn't wish he had done anything differently. Events he remembers vividly were the practiced blackouts they had in Buffalo during WW II. His mother was a survivor of the WW I pogroms in Ukraine and when his father worked nights his mother, two sisters and he (at age three) all cried and huddled together in the front room.

Jerry speaks Spanish fluently and a little Hindi, French and German. One of his interesting experiences was acquiring a piece of the Berlin Wall. He enjoyed traveling in Europe and feels Budapest and Prague are two of the most beautiful cities. His interests include computers and gardening. His favorite author is Andre Gide, French author of fiction. Regarding his spiritually, Jerry agrees with mathematician, Pierre-Simon Laplace, who in response to Napoleon's statement, "I heard you don't believe in God," said "I find the hypothesis unnecessary."

Recipe: Baked Fish

Ingredients

1/2 k or 1lb thin filets of white fish
4 medium potatoes parboiled (almost cooked)
4 tbsps sautéed onions (optional)
Chopped parsley
1/2 cup strong cheese, grated (Monterey Jack, Cheddar, or Manchego)
1 tbsp olive oil
Black pepper



Method

Line a baking pan with aluminum foil. Pour some olive oil into the pan and swirl it around until the bottom is covered. After washing and drying the filets, place them in the bottom of the pan. Sprinkle the sautéed onions and some pepper over the fish. Slice the potatoes and lay them on top of the fish, then spread a little butter over them. Sprinkle the grated cheese on top and bake in a 200° (395°F) oven until the cheese topping is melted and lightly browned. Garnish with chopped parsley. Delicious served with lightly cooked green peas. Enough for 3 or 4 people.

Danger in the Kitchen

Did you know that 80 million people in America get sick from food-borne illnesses each year? And of those 9,000 die.

Some experts call the kitchen "the dirtiest room in the house". This has a lot to do with the preparation in sinks and on countertops of raw meat products, which can carry E.coli, salmonella, and other bacteria and viruses.



How germs spread (under UV)

Kitchen sponges and dishrags are among the dirtiest things in the kitchen. Used to mop up countertops and cutting boards, they pick up an abundance of fecal bacteria and other microbes. The more you try to clean a countertop with a sponge or wet rag, the more germs you spread around. When you leave the wet sponge after using it, you are allowing it to become a reservoir of bacteria and other organisms which multiply rapidly in the moist environment. These then go on to contaminate everything the rag or sponge touches. Many manufacturers of dishwashing detergent are now producing anti-bacterial detergents but, although they help, they aren't strong enough to battle all the microbes produced in the kitchen.

What can you do about it?

Here are a few solutions which can be used singly or in combination.

- Dip the sponge in a solution of bleach and water before wiping down surfaces. Bleach the cheapest germicide money can buy. I keep a spray bottle of chlorine solution by the sink and use it to spray the

sponge every day as well as the cutting board and sink.

- Allow the sponge or dishrag to air-dry after use. Dryness kills microorganisms.
- Put the sponge (non-metallic) in the microwave for a minute or two each week to keep the bacteria from building up. Place the sponge in a dish with a little water to allow the heat to spread evenly and kill the bacteria. *Be careful; it will be hot when you take it out!*
- Keep the sponge in a container of bleach solution.
- You might prefer to use disposable dishcloths such as J-Cloth, which you can replace frequently.
- You could also stop using meat products!

Hand washing



The first practice lab we had in nursing school was hand washing. We were told that, in order to remove bacteria, you must scrub or rub them off your skin. (We had to scrub for three minutes with pink hospital soap.) In other words, holding your hand under the tap

and making lather with soap is less important than rubbing them briskly under running water.

I heard on CBC radio a long time ago that wood contains a natural germicide and that wooden cutting boards are much safer to use than the plastic ones. VW

AMSOC BOARD MEETING MINUTES March 09, 2011

Present:

Ann Whiting, Bruce Newby, Jim Armstrong, Jim Watkins, Regis Soileau, Jerry Dankner

The meeting was called to order at 10:20 am with a quorum in attendance.

The treasurer's report was reviewed and approved

Old Business:

1. The *tinaco* will be replaced Sunday - water will be drained on Saturday. At the same time, the faucets and supply valves will be replaced in the lady's bathroom.
2. The floor polishing was completed and looks great.

New Business:

1. The upstairs ceilings repair estimate is \$4,700 pesos - approved.
2. The estimate for new tiles for the lady's bathroom is \$1,500 pesos - approved.
3. The 21st is a Mexican holiday so the employees will be off.

Event Schedule:

The Mother's day luncheon is planned for Saturday the 14th of May with a menu of BBQ chicken and ribs, mashed potatoes, corn, salad and dessert. The price is \$120 pesos for members and \$140 pesos for non-members.

The meeting adjourned at 10:40 AM.

Important notice for AmSoc members

AmSoc now has legal **Living Will/Advanced Directive** forms in Spanish & in English in **2 parts**. They do not have to be notarized but must be dated and signed by two witnesses

Statement of Authorization - specifying a proxy for you should you become incapacitated temporarily or permanently and are unable to express your desires about the type of medical care you should receive.

Directive for Care - specifies exactly what kind of treatment you want, for example "do-not-resuscitate" under certain circumstances.

Pauline Van Havere provided these forms to AmSoc for distribution and we thank her very much. *Jim Watkins*

eBooks

During the past few years eBooks have become a universally accepted way of publishing and reading books. The major publishers have joined the cause and are now listing their publications as eBooks as an alternative to their printed list.

There are eBook readers on the market to fit any taste and budget, the most popular and versatile being *Kindle*, by Amazon, closely followed by Barnes and Noble's *Nook* and *Ipad* from Apple.

What are the advantages of eBooks?

- You can store a whole library in a device that is smaller than one paperback book.
- You can adjust the type to any size to enable you to read without magnifying glasses or special lenses.
- Many eBook readers are lighter than a paperback book and fit in a pocket. They are great for reading in bed.
- Millions of books are available to you in many languages, including bestsellers by your favorite authors, classics, non-fiction, fiction, newspapers and magazines. All you need is an internet connection by which you can download them directly from online bookstores.
- They remember (bookmark) where you stopped reading.
- They cost per eBook much less than print books.
- eBooks save space; you don't need bookshelves—although shelves of books make delightful decorating elements.
- Finally and most importantly, unlike print books, eBooks don't use paper; you can save a few forests and still buy new books. VW.

Health news

Microwaves

"Microwaved plastic wrap has 10,000 times FDA limits of carcinogens!"

This is one of the scary headlines you will encounter when trying to find out the potential dangers of using microwave ovens. There is a wide range of opinions between "Get rid of it," and "It's harmless" so what is the truth? It depends on whom you ask.

An award-winning study done by Claire Nelson, a California high-school student, demonstrated that di(ethylhexyl) adipate (DEHA), considered a carcinogen, is

found in plastic wrap. She also learned that the FDA had never studied the effect of microwave cooking on plastic-wrapped food. Claire tested four different plastic wraps and "found not just the carcinogens but also xenoestrogen was migrating [into the oil the used in the experiment]." Xenoestrogens are linked to low sperm counts in men and to breast cancer in women.

Another alleged problem with using plastics in microwaves is the release of the deadly chemical Dioxin into food. "Dioxins ... are some of the most toxic chemicals known to science." www.ejnet.com (Environmental Justice)

To be on the safe side, here are some things to keep in mind when using a microwave oven:

- Most takeout containers, water bottles, and plastic containers made to hold margarine, yogurt, etc., are not microwave-safe.
- Don't microwave in plastic storage bags.
- Don't defrost frozen foods without removing them from their plastic wrapping.
- Wax paper, kitchen parchment paper, or white paper towels are alternatives you can use to cover food.
- Transfer food to glass or ceramic containers labeled for microwave oven use.

I never put plastic in the microwave and the only thing I use it for is heating leftovers and soymilk for my coffee.

Another hazard is that microwaved liquids are often much hotter that you realize and can blow up in your face if you are not careful, causing serious burns.

Notices and Announcements

Recovery Corner

Over-Eaters Anonymous

A 12-step program for compulsive eating. The group is self-supporting from member contributions. No fees or dues. Meetings are held in the library every Saturday 11 a.m. - 12 noon. Contact: Daryl 33-3507-4746 **Alcoholics Anonymous - Chapalita**

Friends of Bill W. AA Group has their meetings in the main AmSoc building. Monday, Wednesday & Friday from 6:00 PM to 7:00 PM.

Alcoholics Anonymous - Centro GDL

Lunch and a meeting (open) AA group meetings at Mexicaltzingo 1238 esq. Pavo in Centro on Tuesday, Thursday & Saturdays from 12 - 1:00 PM. The location is 1-1/2 blocks from the Mexicaltzingo light rail [Tren] Station, between La Paz & Niños Heroes.

Names of the World

A newly published eBook by Vicki Wootton, containing more than 95,000 names from every part of the world.

Available from Amazon www.amazon.com/kindle, and Barnes & Noble at www.barnesandnoble.com/nook

Salud Integral

Club de AmSoc

Stress Management

Physiotherapy · Massage Therapy

Rehabilitation

Sciatica · Sprains

Reflexology · Bioenergetics

Pain Management · Post-surgery Therapy

Rehabilitación post-cirugía

Masaje relajamiento · Manejo del dolor

Reflexología · Depilación laser

Terapeuta: Leticia (Lety) Rodriguez

Tel: 044-333-103-2528

San Francisco 3332, Chapalita

Weekly Calendar

Monday, Wednesday & Friday

Breakfast	9 a.m.
Aerobics	8:30 a.m.
Light exercise	10 a.m.
Beginner's Spanish	11a.m.-1 p.m.
AA Meeting	6 p.m.

Tuesday

Breakfast	9 a.m.
-----------	--------

Thursday

Breakfast	9 a.m.
Lunch	12:30 p.m.
Games	11-4

Saturday

Breakfast	9 a.m.
Overeaters Anon.	11 a.m.
English conversation	1 p.m.
Toastmasters	1 p.m.

Cirugía Plástica

Dr. Rodrigo Navarro

Equipo de cirugía plástica

Cirugía Oral

Odontología Cosmética

Consultas

Bilingual English/Spanish

Mobil: 044-33-1285-5124

IMPLANTES - LIPO - LASER

*AmSoc Member