

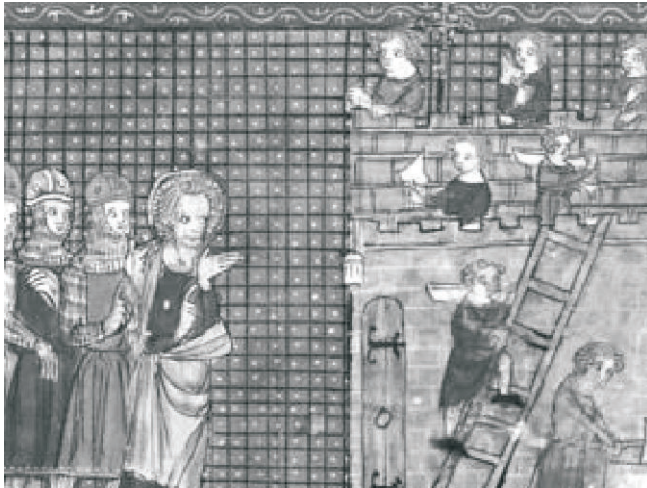


# Tropical Topics

February 2007 Issue

The Monthly Newsletter of the International Women's Club of Cancun

I hope that you all enjoy the February issue of Tropical Topics. Remember that this and past 2007 issues are available on our web site at: <http://www.iwccancun.com/newsletter/> Thanks go to Anita for her help with this month's Newsletter ~ Enjoy, Kim



*Saint Valentine of Terni and his disciples*

## Saint Valentine ~

Saint Valentine or Saint Valentinus refers to one of at least three martyred saints of ancient Rome. The feast of Saint Valentine was formerly celebrated on February 14 by the Roman Catholic Church until the revised calendar 1969.

His birth date and birthplace are unknown. The feast of St. Valentine was first decreed in 496 by Pope Gelasius I, who included Valentine among those "... whose names are justly revered among men, but whose acts are known only to God."

The creation of the feast for such dimly conceived figures may have been an attempt to supersede the pagan holiday of Lupercalia that was still being celebrated in fifth century Rome, on February 15.

As Gelasius implied, nothing is known about the lives of any of these martyrs. Many of the current legends surrounding them were invented in the late Middle Ages in France and England, when the feast day of February 14 became associated with romantic love.

~ From Wikipedia: <http://en.wikipedia.org>

## Upcoming Events

~ February 2007 ~

**Wed. 14th - Valentine's Day Lunch**

2 pm - 4 pm - Members meet at Dolcemente restaurant for lunch. Next to Casa Maya hotel.

**Sun. 18th - Sunday Brunch**

11 am - 1 pm - Members, spouses & guests meet at Marakamé restaurant for brunch. Sm19, Ave. Xpuhil Sur.

**Every Friday - Friday Night Out**

8 pm - Members and spouses meet at El Pabilo, inside the Xbalamque Hotel on Yaxchilan Avenue.

~ March 2007 ~

**Sat. 3rd - General Meeting**

**Thurs. 8th - Women's Day Lunch**

**Sat. 10th - Annual Book Sale**

Our calendar is on the web at:  
<http://www.iwccancun.com/events/>

## Member Birthdays

~ February 2007 ~

16th - Jeannie D'Amato

16th - Estelle Kimsey

19th - Hilda Navarro

26th - Joanne Hexom

If I missed your birthday please let me know, thanks!

# Community Service & Planning

## Ciudad de la Alegría ~ City of Joy

### Hogar de los Ancianos: Resident Spotlight ~

**Full Name:** Cristina Islas Velazco

**Age:** 80; her birthday is on 8th September.

**Born In:** México D.F.

**Family Situation:** Cristina was referred to the Home by a local lady who found her wandering in the streets. Cristina came to Cancun years ago and was a cook (either in hotels or in a house, we're not sure) but apparently lost trace of all her family. Time in the Home for the Elderly: Cristina has been in the home for a year and a half now and all agree that she brings a certain "je ne sais quois" to the atmosphere!

**Likes:** Cristina is a consummate attention seeker, loves being involved in all activities and as unofficial hostess for the Home, is always especially courteous to handsome male visitors! She also loves having her hair dyed, usually to match her shocking pink nails!



*Cristina Islas Velazco*

**Dislikes:** Being ignored, or at least receiving less attention than the rest of the ladies.

**Why Visit Her?:** Although temperamental, due to the onset of slight dementia, on a good day, Cristina is a laugh a minute, and her finely tuned sarcasm has to be heard to be appreciated.

### Visits to the Home for the Elderly

Please remember that IWC members visit the home for the elderly at the Ciudad de la Alegría on the first and third Thursdays of each month. We meet at Restaurant California on Kabah, next to Costco and we car-pool from there.

**Our Next Visit: Thursday, February 15th - 9:30 am**

### IWC Meetings

Our general meetings take place on the first Saturday morning of each month. Our board meetings usually take place the Monday before. We set the agenda for our general meeting at the preceding board meeting.

### Fashion Show

The annual Fashion Show and Hat Contest are being planned for June this year. Members are needed to join the Fashion Show Planning Committee.

# Good Stuff

## Which is the hottest part of a chili? ~

A generation of television chefs has had us believe that the hottest bit of the chili pepper is its seeds. Not so.

It is the central membrane to which the seeds are attached. The membrane contains the highest levels of capsaicin, the colourless, odourless compound that gives chilies their distinctive heat.

Chili heat is measured using the Scoville Scale, created by American pharmacist Wilbur L. Scoville in 1912. In his early tests, Scoville mixed a range of chili extracts dissolved in alcohol and diluted in sugar water. He asked a panel of testers to consume a range of concentrations of various chilies until they ceased to taste hot. A numerical scale was then devised according to the heat of the chilies.

A jalapeño pepper, for example, is said to have 4,500 Scoville Heat Units (SHU), because it has to be diluted 4,500-fold before it loses its heat.

The hottest chili in the world is from Dorset, on the south-west coast of England. Michael and Joy Michaud's Dorset Naga naga is Sanskrit for 'serpent' was grown on a plant from Bangladesh.

It was tested by two American laboratories in 2005, and came in at a palate-torching 923,000 SHU. Even half a small Naga would render a curry inedible, and consuming a whole one would mean a trip to hospital. Despite this, 250,000 Nagas were sold last year.

To put it in perspective, pure capsaicin powder delivers 15-16 million SHU. It is so hot that pharmacists who experiment with it must work in a filtered 'tox room' wearing a full protective body-suit with a closed hood to prevent inhalation.

There are an estimated 3,510 varieties of chili.

Source: *The Book of General Ignorance*. (2006). John Lloyd and John Mitchinson. Faber & Faber. London.

## Frank Sinatra's ~ My Funny Valentine ~

Written by Richard Rodgers and Lorenz Hart

My funny valentine  
Sweet comic valentine  
You make me smile with my heart  
Your looks are laughable, unphotographable  
Yet you're my favorite work of art

Is your figure less than greek  
Is your mouth a little bit weak  
When you open it to speak, are you smart

Don't, baby don't  
Don't change you hair for me  
Not if you care for me  
Stay little valentine stay  
Each day is valentine's  
Each day is valentine's day

Stay little valentine stay, stay, stay  
Each day is valentine's  
Each day is valentine's day  
Valentine's day

## 2007 IWC Board

**Nancy Myers ~ President**

Email: [president@iwccancun.com](mailto:president@iwccancun.com)

**Janet Cerutti ~ Vice President**

Email: [vice.president@iwccancun.com](mailto:vice.president@iwccancun.com)

**Hilda Navarro ~ Treasurer**

Email: [treasurer@iwccancun.com](mailto:treasurer@iwccancun.com)

**Maggie Marrero ~ Secretary**

Email: [secretary@iwccancun.com](mailto:secretary@iwccancun.com)

**Rosalinda Cahill ~ Membership**

Email: [membership@iwccancun.com](mailto:membership@iwccancun.com)

**Carmelita Jimenez ~ Community Service**

Email: [community@iwccancun.com](mailto:community@iwccancun.com)

**Carmen Bianca ~ Programming**

Email: [programming@iwccancun.com](mailto:programming@iwccancun.com)

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**Kimberley Rivero ~ Newsletter & Web**

Email: [news@iwccancun.com](mailto:news@iwccancun.com)

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# Member Services Directory

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## Restaurant & Nightclub

**My Place** offers 15% off for IWC members. Open for lunch & dinner. Come for the food, stay for the fun! Hotel Zone KM. 9 Plaza Zocalo, across from McDonald's. Janet Cerutti, owner Tel: 883-1300

## Money Exchange

**Consultoria Internacional Casa de Cambio** - Services all over the world: cash, traveler's checks, funds transfers and personal checks. Plaza Flamingo, next to Marti. Maja Kreso Tel: 883-3281/80

## Web & Graphic Design

**Magnolia Web Studio** caters to expats doing business in Mexico. We offer a 15% discount for IWC members & their families. Tel: 848-1369 [www.magnoliawebs.com](http://www.magnoliawebs.com) Kimberley Rivero, owner

## Cancun Rental

For rent in Bellamar, located in the Hotel Zone, behind the Costa Real hotel. Beachfront, pool, 2 BR, fully equipped kitchen, A/C, security, sheets & towels. Store on premises. Tel: 887-5760 Nancy Myers

## Dental Care & Massage

**American Smile Clinic** - General, endodontic (root canal), surgical & pediatric dentistry. Relaxing massage & speech therapy. IWC members receive 20% off on massage. Calle Nance #17, SM 25 Nancy Myers Tel: 887-4521

## Travel Services & Goji Juice

**Marand Travel** - Need travel assistance? Want to buy or find out more about Himalayan GOJI Juice? Contact Martha, Andres or Richard. Tel: 871-0162 or 871-0332, Cell: 044 (998) 148-8051 or (998) 845-4376

## Mexican History Courses

**Carolyn Valero** offers a course, in English, on 19th & 20th century Mexican history.. This class meets every Tuesday from 11am to 1pm. Join anytime! Call 887-0114 or cell: 044-998-830-0593 or 044-998-131-6018.

## Puerto Morelos Rentals

Beachfront condos for rent in Puerto Morelos, weekly, monthly or long-term. Also a 3 BR house, fully furnished, all amenities, sleeps 4-6 people. Rentals rates start at \$850 usd/week. Call 871-0162. Martha Uscanga

## Construction & Architecture

**MC3 Arquitectos** is an architecture and construction firm with over 25 years experience. For more information contact Mario: 882-2661 or cel: 044-998-147-1836. Email: [mc3arquitectos@yahoo.com](mailto:mc3arquitectos@yahoo.com) Anita Gallagher

## Car Repair

**Automotriz Cancun** 10% off for IWC members on services (not on parts) including paint jobs, tune-ups, oil changes & more. Maximo Rios: 884-5686, Lopez Portillo #142, SM 63, 1½ blocks from Uxmal. Indra Rojo

## Real Estate Broker

Buying or selling real estate in Cancun or the Riviera Maya? **Carmen Bianca** has over 20 years of real estate experience in Mexico. Cell: 044-998-874-0177, Tel: 880-9445 Email: [carmenbianca@hotmail.com](mailto:carmenbianca@hotmail.com)

## Relaxing Massage

Manage pain, reduce stress, improve circulation...pamper yourself! **Pamela LaLande** offers massage services to IWC members. \$300 mn for 60 mins; \$400 mn for 90 mins. Call 882-0369 or 044-998-103-8835.

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## Contact The IWC

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Please Send Newsletter Submissions To:  
[news@iwccancun.com](mailto:news@iwccancun.com)

For Membership Information Write To:  
[membership@iwccancun.com](mailto:membership@iwccancun.com)

Web Site: [www.iwccancun.com](http://www.iwccancun.com) ~ Forum: [www.iwccancun.com/forum](http://www.iwccancun.com/forum)

 **International Women's Club of Cancun**