



FROM THE PRESIDENT

Mandy MacLeay

I would like to welcome you all to a new season at the IFC. With the help of the Executive Committee, Committee Chairs and devoted members like you, it is my pleasure to announce activities, old and new. Our object is to promote fun and culture and also raise funds in support of our humanitarian projects in the community.

I hope that you can participate in many of these activities through the season. Following is a summary:

- South Shore Home Tours
- Out of town tours under the direction of Beyond Vallarta Tours
- Yoga classes
- Spanish classes
- Dan Grippo's history lectures
- Monday night movies
- Dance lessons
- Russian Opera Appreciation lectures by Murray Beer
- Cooking classes
- Writing workshop
- Friday Social Bridge
- Friday Social Hour
- Monday Bridge lessons and other events that have yet to be confirmed.

Your participation is important and appreciated for the continued success of your club. I hope to see you come and enjoy some of your time with us in Puerto Vallarta. I also hope that you share with us any suggestions that can help us fulfill our goals.

WHO WE ARE

The International Friendship Club was founded in 1987. Today there are members from the USA, Canada, Mexico, Europe and many other countries. The Club is a volunteer organization operated totally without personal gain and has been granted Registered Charitable Status by the Mexican Government. The club is operated on a Committee-Structure basis.

The International Friendship Club has 3 mandates: to solicit and distribute funds and materials in response to the humanitarian needs of our community; to promote friendship through social and cultural activities; and to help organize and unite our community.

General meetings are held the second Tuesday of every month at the IFC clubhouse. Everyone is welcome!

INTERNATIONAL FRIENDSHIP CLUB
Edificio Parian del Puente # 13 (upstairs)
Libertad corner of Miramar, El Centro,
Puerto Vallarta
Hours 9 am - 1 pm
Tel: (322)-222-5466
from the US/Canada 1-310-844-7411
www.ifcpv.com
Email: ifcvallarta@gmail.com
ADMINISTRATOR - Josué Santiago

Home Tours

Home Tours welcomes you to a new season. We hope that many of you participate as volunteers, enjoy the tour yourself and bring friends and family. Discover many beautiful hidden areas of our lovely Puerto Vallarta.

Mike McGee, the director of the South Shore Home Tours can be reached at: 322-221-5681 or call the office at: 322-222-5466

Opening date: November 18

Every Wednesday and Thursday guests will be visiting 4 homes each day. The homes will be the same on both days.

Pick up point: Andale on the Bay, 513 Olas Altas, between Rodolfo Gomez & Pulpito in Zona Romantica.

Ticket booth open @ 9:00 am on tour day. First bus leaves @ 10:30 am

Cost: \$35US.

For your comfort we strongly suggest that you bring walking shoes and bottled water. DO NOT FORGET YOUR CAMERA!

Special to our members: For the month of November and the 1st week of December enjoy a \$5 discount on presentation of your IFC active club membership card. This discount is available to you and a guest. We hope you take advantage of this great opportunity and enjoy a great tour.

Dan Grippo's Fall and January Lecture Series

Dan Grippo has offered a variety of interesting series at IFC in the past and this year he does not disappoint with these two offerings.

Series Pass (4 Lectures): IFC Members--\$300 pesos. Non Members--\$350 pesos.

Individual Lectures: \$100 pesos (No discounts)

Fall Friday Lecture Series: Four Iconic Mexican Women (all lectures begin Friday at 10:30 a.m.)

November 20 -- Frida Kahlo

November 27 -- Sor Juana Inés de la Cruz

December 4 -- "La Malinche"

December 11 -- La Virgen of Guadalupe

January Friday Lecture Series: World Religions, East and West (all lectures begin Friday at 10:30 a.m.)

This course will offer a very brief overview of the world's great religious traditions. The series is based on the book, "The Illustrated World's Religions, A Guide to Our Wisdom Traditions" (by Huston Smith), acclaimed expert on world religions. If you plan to attend, please try to obtain a copy of the book in advance. The paperback edition from HarperOne publishers, lavishly illustrated, is a bargain at \$16.49 (US) from Amazon.com.

January 8 -- Hinduism and Buddhism

January 15 -- Confucianism and Taoism

January 22 -- Judaism, Christianity, Islam (part 1)

January 29 -- Judaism, Christianity, Islam (part 2)

A Sad Note

The International Friendship Club would like to add our deep regrets to those expressed by Susan upon learning of the passing of Mary Wichie. We wish Tom our sincerest condolences and our support in his time of grief.



OFFICERS OF THE CLUB

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BEYOND VALLARTA TOURS

EXPERIENCE, EXPLORE AND ENJOY MEXICO!

Join the International Friendship Club and Beyond Vallarta Tours. We are once again affiliating to present five exciting itineraries this 2009/2010 season.

COPPER CANYON: 7 days/6 nights

Travel into this remote and rugged region of spectacular scenery and home of the fascinating Tarahumara Indians. Travel on the Chihuahua al Pacifico Railway. Stay in a unique hotel on the canyon rim with stunning views.

OAXACA: 8 days/7 nights

Explore Oaxaca City and its surrounding areas of archeological sites and craft villages. Oaxaca has a large population of Miztec and Zapotec Indians, speaking their native languages and wearing their traditional dress. Indian markets abound. Stay in a charming hotel located in the Colonial Center. Sample the local cuisine.

ELEGANT EASTER GET-AWAY (MEXICO CITY) 3 days/2 nights

Enjoy Mexico City at its quietest and most beautiful time of year. Visit the pyramids of Teotihuacan, the Basilica of Guadalupe and the Latinoamericano building. Stay in the elegant and serene Four Seasons Hotel.

THE ESSENCE OF GUADALAJARA: 3 days/2 nights
Experience the cultural riches of Guadalajara's Colonial Center. Stay in a lovingly restored historic hotel. Visit Tlaquepaque and the Tonalá Market for fabulous shopping.

TALPA/MOSCOTA: 1 day trip

Enter into the beautiful Sierra Madres and enjoy the crispness of the mountain air. Visit two historic towns with a local guide. Have time to shop, visit the museum and explore. Enjoy a delightful luncheon at Quinta Venadas.

Remember that all the tours raise money to assist the IFC in supporting so many worthwhile charities.

Visit our new website at: www.beyondvallartatours.com for all the dates, prices, and a list of what is included in each tour.

If you have any questions:

Call Jeana at 322 222 6726

Or call the IFC office at 322 222 5466

The email address is: beyondvallarta@live.com

Last year we had wonderful tours to Copper Canyon and Guadalajara. We look forward to seeing you on tour with us this season.

Let's explore Mexico!



IFC tour group photo taken at the rim of Copper Canyon.

Restorative Yoga

with Barbara Crompton

Some of you may not know Barbara as yet so following is a short Bio that will give you an idea of her experience and the type of yoga classes she teaches.

Barbara Crompton is a recognized luminary in the yoga, fitness, health and business field. She draws from an immense yoga background of restorative, hatha, power, yin and yoga trance to inspire each person that she teaches. Her love of movement, her zest for living and her passion for teaching creates a dynamic and richly personal experience for all she touches. Barbara is waiting to meet you and introduce you to the benefits of restorative yoga.... calming of the mind, the releasing of tensions and stiffness in the body and the connection with the breath.



There will be 11 classes from 11:15 to 12:15.

Dates: Nov. 30, Dec. 7, 14 & 21 of 2009

Jan. 4, 11, 28, 25 of 2010

Feb. None

Mar. 15, 22, 29 of 2010

Full series: Members- 660 pesos (11 tickets)

Non-Members- 800 pesos (11 tickets)

8 classes: Members- 640 pesos (8 tickets)

Non-Members- 750 pesos (8 tickets)

4 classes: Members- 360 pesos (4 tickets)

Non-Members- 450 pesos (4 tickets)

Individual Tickets: Members- 100 pesos

Non-Members- 120 pesos

Bring your mat and towel. You can also use one of your tickets to bring a friend or a visitor.

Spanish Classes

by Zuri Aguirre Ojeda

We are very pleased to announce the return of Zuri to teach our Spanish Classes. The format remains "A drop in class".

Classes will be offered every Tuesday and Thursday.

The cost per person, per 1 hour and 15 minutes class is:

\$60 pesos per person, per each class, for members.

\$70 Pesos per person, per each class, for non-members,

The schedule is as follows:

Basic: 9:00 - 10:15 am

Intermediate: 10:20-11:35 am

Advance: 11:45- 13:00

Community Service

I am happy to have been in service in the community during the summer. We were able to distribute school supplies and assist with school uniforms in some of the areas that we support. There is never enough for all the need!

I would like to remind you all of my sincere gratitude on behalf of all your efforts that make helping others a possibility. I am looking forward to another great season. It has been a joy to have Mandy as our president. She is concerned with all of our members and puts a priority on each one as she makes plans for the activities that go on day after day in the IFC.

I would like to draw our attention to Mary Wichie. Mary was vice-president of the IFC. She passed away Saturday, October 10th, this year. She will be sorely missed.

Mary was a lovely lady and helpful to all. A very giving heart. A lovely smile. She is survived by her "great" husband Tom. They had been married for 54 years. Tom was chairperson and actively involved in the education committee of the IFC. Both have worked hard for the IFC and the community of Puerto Vallarta.

Finally, I would like us all to recognize the efforts of the 'guy behind the desk'. Things in the business end of the IFC just do not run the same when he is not present.

I am speaking of Josue. He is always busying himself with the immense responsibilities of administering the many programs we have. He is fluent in English and Spanish and is the go between for us with city hall, accountants, as well as our program coordinators in the community, most of whom only speak Spanish. Please give him a smile as you pass by.

I welcome back all our board to another year of big decisions and big success!

Let the (FUN and) services begin!

SUSAN HARRIE DAVALOS RN



Kelly Trainor de O, the USA Consular agent, will be in the IFC Clubhouse the first Wednesday of the month (9:00 am to 11:00 am) to assist you with all your passport needs or any other information you may require. The next consul visit will be Wednesday December 2nd. For further information: consularagentpvr@prodigy.net.mx.