



Make the Most of Your Experience

Learn Spanish while you learn about Mexico.

No Quiero Oro ni Quiero Plata yo lo que Quiero es Romper la Piñata!

The **Posadas**, a Mexican Catholic tradition, are celebrated from **December 16 to December 24**. These nine days symbolize the journey of Mary and Joseph to Bethlehem and the search for lodging for the night Jesus was born.

The origin of the Posadas goes back to the 16th century, when the Augustinians, in the monastery of Acolman, sent a request to the Pope to have nine special outdoor masses called **Misas de Aguinaldo** (a word that means Christmas gift). The main purpose was to use this ritual to explain to the native people of Mexico the journey Joseph and Mary took to Bethlehem just before the birth of the **baby Jesus**.

Subsequently, the Franciscan nuns, the first religious order of women who came to Mexico, also used this method to evangelize indigenous children through carols and "asked for posada," offering children a package with snacks. The celebration goes as follows. The hosts at each home are the **innkeepers**, and the neighbors are the **pilgrims**, who have to request lodging through singing a simple chant. All carry small lit candles in their hands. The pilgrims ask for lodging in three different houses, but only the third one allows them in. That is the house where the Posada takes place. Once the innkeepers let them in, the group of guests come into the home and kneels around the **Nativity scene** to pray the Rosary.

After the prayer, the party for the children begins with a **piñata** filled with peanuts, oranges, tangerines, sugar canes and hard candy. Food is very important during these festivities. Different types of tamales, **buñuelos**, hojaldras de mole and **churros** with thick chocolate are part of the menu.

As the Posadas wind through the streets, **ponche** is ladled out to the "pilgrims" at the doors of the houses. The drink is usually made with seasonal fruits. The adults can add a shot of brandy, cognac, rum or whisky. There are also other options like **champurrado** and hot chocolate with milk.

Article by **Con Acento Latino**.



Did You Know?

May the good times and treasures of the present become the golden memories of tomorrow. We wish you love, joy and happiness. Happy Holidays!

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Holidays / Retirement

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Luxury House for Rent or Sale - Rancho Tetela, Cuernavaca

2,579 m2 and 761 m2 of construction, 5 rooms, 4 bathrooms. 2 pool, one indoor and one outdoor. Housekeeping, fireplace. Enough for 8 people. **Rent per night: \$ 8,500MX; Rent per month: \$70,000MX / Sale: \$1,500,000USD.**

Gorgeous House for Rent – Calacoaya, Estado de Mexico

850m2, 480m2 of construction, 4 rooms 3 bathrooms. Wonderful garden, 3 parking places. **Rent: \$21,500 MX**

Convenient Apartment for Rent – Ixtapa, Zona Hotelera

Close to Hotel Barceló. Totally furnished and equipped. 2 rooms and 2 bathrooms. **Rent: \$1,800MX - \$2,800MX**



OPPORTUNITIES

Affordable Furnished Suite for Rent - Edgar Allan Poe, Azures

Services included in the price. 1 room, private bathroom. **Rent: \$6,000.00 MXN**

Beautiful PH for Rent – Pachuca, Condesa

Level 7, 170m2, 2 rooms, 2.5 bathrooms. 2 balconies and 1 terrace. Loft in 3 levels, 2 parking places, Jacuzzi and fireplace. Security. **Rent: \$22,000MXN**

Furnished PH for Rent - Londres, Juarez

168m2, 2 rooms, 3 bathrooms, 1 parking places. 3 levels, furnished in modern style. Excellent location, 2 blocks from Reforma. Private roof garden. **Rent: \$ 30,000.00 MXN**

Luxury Apartment for Rent and Sale– Puerta del Lago, Interlomas

292m2, 3 rooms, 3.5 bathrooms, 3 parking places. Level 6, beautiful view. Common areas: indoor and outdoor pool, gym, sauna, garden, sport areas. Private security. **Rent: \$ 3,000.00 USD / Price: \$450,000.00 USD.**

Incredible Apartment for Sale – Contadero, Cuajimalpa

Totally new, 450m2, 4 rooms, 4.5 bathrooms, 2 private garden, 6 parking places, heating system. 5 houses to share common areas: gym, kids area, and private security. **Price: \$8,000,000.00 MXN**

Excellent Apartment for Sale – Contadero, Cuajimalpa

Totally new, 350m2, 3 rooms, 4.5 bathrooms, 2 private garden, 4 parking places, heating system. 5 houses to share common areas: gym, kids area, and private security. **Price: \$7,000,000.00 MXN**

Apartment for Rent or Sale – Privada del Bosque, Bosque de las Lomas

350m2, 3 rooms, 3.5 bathrooms, 300m2 of private garden. Common areas: pool, Jacuzzi, gym, kids area, party room. Private security.

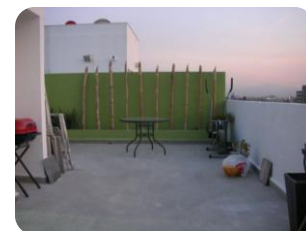
Rent: \$3,800USD / Price: \$730,000 USD

Apartment for Rent or Sale – Privada del Bosque, Bosque de las Lomas

Level 1, 350m2, 3 rooms, 3.5 bathrooms. Common areas: pool, Jacuzzi, gym, kids area, party room. Private security. **Rent: \$3,200USD / Price: \$650,000 USD**

Cosy PH Loft for Rent – Ezequiel Montes, Tabacalera

125m2, 2 rooms, , 2 parking places. 125m2 of terrace with Jacuzzi and Bbq. New building. Furnished or unfurnished. **Rent: \$17,000MX**



[Click here to find more information or newhome@meetpoint.com.mx](mailto:newhome@meetpoint.com.mx)

Canine Culture Shock

How to help your dog make a smooth transition to living in the Big Taco

Several years ago, when I decided to bring **Max** -- my then two-year old rescued and adopted mutt -- home with me to the United States, I realized that even dogs get **culture shock**. Aside from the fact that it was his first time in a crate and flying on an airplane for almost 5 hours, once we got to our destination Max had this fearful look on his face -- I could only think of Dorothy's conversation with her dog Toto in the Wizard of Oz. If he could talk he would have said, "Mom, I don't think we're in **the Big Taco** anymore."

At times, dogs -- like people -- become uneasy when they are in an environment they are not familiar with. I remember Max's first and only visit to my mother's house. For those two weeks we were away, Max's personality changed from playful and independent to **irregular**, **nervous** and **protective**. He was like a fish out of water, and I could only imagine what a shock he must have felt with the abrupt change to his surroundings and daily routine.

So what can you do to make canine **culture shock** easier on your 4-legged kid when first arriving to Mexico City? First of all, I suggest finding a **good vet** who both you and your pet feel comfortable with. Ask your new friends or colleagues at work for their personal recommendations. Max's vet, **Maribel Iniesta** is not only trained in traditional veterinary medicine, but she also practices holistic and alternative treatments like acupuncture, and Chinese herbal and homeopathic remedies.

While helping your dog adjust to its new **Mexican lifestyle**, it is important to get your hairy companion on a **regular exercise** routine. Mexico City has a temperate and sunny climate for most of the year, so you and your pet can spend lots of time outdoors. However, remember to pace yourself and your pawed pal. If you're coming from low-altitude or sea level, don't forget that Mexico is over 2500 meters (6400 feet) high (and in the colder months suffers from quite high levels of pollution), and both you and your dog may need time to adjust during the first few weeks. Upon your arrival, take your pooch on short walks and then gradually increase his or her level of activity. Remember, dogs can't measure when they are overdoing it and could become **dehydrated** or suffer from **heat exhaustion**. They'll keep on going regardless of how tired they are just to please you -- so be careful.

And now that you and your pet will be spending more time outdoors, you will probably want to visit the many dog-friendly parks like **Parque Mexico, Parque España, Parque Lincoln** and **Chapultepec**. In these parks you and your dogs can run, play and meet other 4-legged buddies. Almost all of these parks have beautiful fountains and a few boast bustling duck ponds. But be careful. Although, most of the ponds are cleaned regularly, they should not be used to quench Fido's thirst. **Giardia**, a parasite, is frequently found in these waters and can infect your dog's intestines if he or she ingests the harmful organism. This protozoan parasite comes from the feces of an infected animal and can make your dog quite sick -- symptoms range from nausea and vomiting, to excess gas, stomach cramping, diarrhea and dehydration!

Another Mexican "**culture shock**" for your dog may be **culinary changes**. If you're arriving from the US, Canada or Europe, he or she could be accustomed to eating one of the many holistic and natural brands of pet food available there. However, only until very recently, there have been few alternatives to the typical commercial brands in Mexico. After feeding Max several of the dry commercial brands, at the age of 6 he was **overweight** and limping from painful **arthritis**. Desperate to make him healthy, I switched him to a natural, homemade diet that I made myself. The results were amazing; so I started **Lucky Dog Natural Nutrition Program**, the first natural dog food in Mexico made without any chemical preservatives or overly-processed meat.

So if you're furry friend now resides in Mexico City and craves an all-natural and healthy cuisine like back home, please contact me at barkbark@luckydog.com.mx for a **free sample of Lucky Dog**. It could make his dietary transition to Mexico a very pleasant one. Article sponsored by www.luckydog.com.mx



Do you Have Trouble Keeping your New Year Resolutions?

Keeping a **New Year Resolutions** is always difficult. We start off determined to follow through on our resolutions, but come February we abandon our goals altogether.

Success is not an accident, first of all, we need to understand that we can do anything we want. The **Firewalking Seminar** supports us to face our fears and discover our inner confidence. Walking on fire acts as physical proof that we can triumph over obstacles.

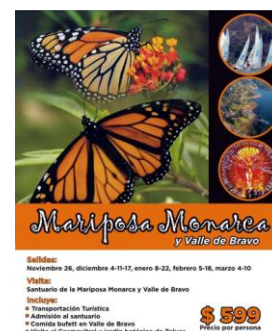
Let us know your **New Year's resolutions** for 2012. All resolutions posted will get a **5%** for the **Firewalking Seminar** to take place on **January 22, 2012**. The most voted (liked) resolution will get a **100% discount** to experience one of the most powerful transformation anyone could have. Winners will be published on **Facebook** on **16 Jan, 2011**.

Event Calendar

Reservations: contact@meetpoint.com.mx

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RUTA DEL VINO Y EL QUESO	11 & 18 DEC - \$499MX
MARIPOSA MONARCA Y VALLE DE BRAVO	11&17 DEC - \$599MX
ZACATLÁN Y VALLE DE PIEDRAS ENCIMADAS	17DEC - \$599MX
FREIXENET, BENAL Y TEQUISQUIAPAN	18DEC - \$599MX
WALKING ON FIRE	22 JAN - \$650MX
SALA LESSONS - LA BODEGA	EVERY THURSDAY - \$60MX
FREE SPANISH LESSON	19 JAN - NO COVER, RSVP



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