



## El Grito de Dolores!



Hidalgo was captured and executed, but **Criollos**, **Mestizos** and **Indians** continued to fight for the cause and the "Grito de Dolores" became the battle cry of the Mexican War of Independence.

The famous speech is recreated every year, the **President of Mexico** comes to the central balcony of "**Palacio Nacional**", rings the same historic bell that Father Hidalgo rang to call the people and cries to the crowd gathered in the "Zocalo". The ceremony reaches the highest point when the crowd joins in proudly shouting out the names of **Hidalgo**, **Morelos**, **Josefa Ortiz de Dominguez**, **Allende**, **Juan Aldama** and **Matamoros**, the **heroes of the Independence**, to end with the exciting "**viva Mexico**". When the "grito" ceremony ends, multicolored fireworks and confetti explode in showers and the multitude make as much noise as possible with fake trumpets, noisemakers and whistles. The celebrations continue on the 16th with parades.

Mexicans do not celebrate the day that freedom was achieved, instead, they celebrate the day that the spark of hope was ignited for freedom. Cry "**Viva Mexico**" to join Mexican hearts with the pride of knowing that **Mexico** is a free and **independent nation**.

## Make the Most of Your Experience: Learn Spanish while you learn about Mexico

**Mexican Independence Day** is one of the biggest holidays in Mexico. Flags wave from practically every house and building. Lighted decorations are set up and streets are decorated everywhere with the **green**, **white** and **red**, that symbolize **independence**, religion and **union**, respectively.

On the night of **September 15, 1810**, the Father of Mexican Independence, **Miguel Hidalgo y Costilla** called for the people of Mexico to rise up against the Spanish Crown. He rang the church bell to gather his congregants and with his famous "**Grito de Dolores**" he empowered the people to fight for their freedom. Before the year was over, Father

Did You Know?

## 5 tips to get started in Mexico with babies and young kids by Kids in Mexico.

You just arrived to Mexico City with your family? At first you might be stressed not to find everything for your little ones. Here are 5 tips to get a good start:

**1- Find help.** Consider the opportunity to recruit a local to help you out with your home and your children. The best to find the right housemaid is to have her recommended by another family. Get in touch with expats associations. Meanwhile, you can also have the support of a good agency of nannies.

**2- Pick the right kinder.** Once in your new home, look what are the Kinders of your area. Pick one close by, for there is a lot of traffic in the city. Some places can offer the transportation from your house to the Kinder, and that can be really a plus to consider. Go and visit the Kinder to make up your mind and try to speak to other parents. We strongly recommend you to go for a bilingual program so for your kid to learn Spanish.

**3- Go to the nearest park.** The city is organised per district; each of them has a lot of green areas with playgrounds. The best is to go in the afternoon to meet with other mums and kids; you'll see there are a lot of foreigners in the city. So you can start making friends and your child as well.

**4- Experiment Mexican food.** Why not try local products for your kids, such as camote, local name for sweet potatoes, or chayote, a veggie you prepare in puree or in salad, and of course quesadillas with Oaxaca cheese and tortillas. Imported products can be found in small Gourmet boutiques, or in special sections of some supermarkets.

**5- Go for the Mexican touch:** go to a local market with your kid, such as Ciudadella or Londres. There you can buy some local art to decorate his/her room and find some nice Mexican toys. Some ideas: mini Acapulco chairs trendy and comfy, the famous alebrijes – those colourful wooden animals, Mexican dolls and wooden Mexican toys.

Click [here](#) for more info and tips or visit the website: [www.kidsinmexico.com.mx](http://www.kidsinmexico.com.mx). It will make your life and the one of your kids easier, happier and trendier! You can also ask for our special consulting service for newcomers.

## New Home Sweet Home

### OPPORTUNITIES

#### Convenient Apartment for Sale – Platón, Polanco

250m2, 3 rooms, 2.5 bathrooms. **Sale: \$425,000USD.**

#### Incredible PH for Rent – Anatole France, Polanco

215m2 +115m2 terrace, 2 rooms, 2.5 bathrooms. Level 15, 4 parking spots. 3 levels, Jacuzzi, walking closets, beautiful view, close to Lincoln park. **Rent: \$9,000,000USD.**

#### Beautiful Apartment for Rent – Moliere, Polanco

120m2 + 2 terraces, 2 rooms, 2.5 bathrooms. First level, 2 parking spots. PVC windows, private security. **Rent: \$29,000MXN.**

#### Furnished Apartment for Rent – Masaryk, Polanco

150m2, 3 rooms, 2 bathrooms. First level, 1 parking spot. Private security. **Rent: \$25,000MXN.**

#### Cozy Apartment for Rent – Lago Mask, Anahuac

61m2, 2 rooms, 2 bathrooms, balcony. First level, 1 parking spot. Private security. **Rent: \$9,200MXN.**

#### Furnished House for Rent - Paseo del Rocío, Lomas de Vista Hermosa

3 rooms, 3.5 bathrooms, 3 parking spots, terrace, garden. Private security. Excellent location close to Santa Fe and Bosques de las Lomas. Fully furnished and equipped. **Rent: \$4,000USD.**

#### Amazing Apartment for Rent - Bosque de Toronjos, Bosque de las Lomas

380m2, 3 rooms with walking closets, 3.5 bathrooms, 4 parking spots. Amenities: spa, Jacuzzi, pool, tennis court, jogging track. **Rent: \$4,500USD.**

#### Furnished Apartment for Rent – H2O, Santa Fe

175m2, 2 rooms + studio, 2.5bathrooms, 2 parking spots. Pool, gym. **Rent: \$35,000MXN.**

#### Convenient Apartment for Rent – Isola, Santa Fe

73m2, 2 rooms, 1bathroom, 2 parking spots. Pool, gym, spa, garden. **Rent: \$17,000MXN.**

#### Gorgeous Apartment for Rent – WTC, Napoles

94m2, 2 rooms, 2bathrooms, 1 parking spot. Pool, gym, garden, bbq. **Rent: \$20,000MXN**

#### Magnificence House for Rent or Sale – Lomas Country Club, Interlomas

670m2, 4 rooms with walking closets + family room + studio, 4 bathrooms, 4 parking spots.

**Sale: \$14,000.000MXN**

#### Furnished Studio for Rent – Tlacopac San Angel

35m2, 1 room, 1 bathroom, 1 parking spot. All services included. Fully furnished and equipped. Short-terms. **Rent per night: \$700MXN. Rent per week: \$5,000MXN. Rent per month: \$20,000MXN.**

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

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## Spouse Programme

### Woman's Leadership program

Are you ready for a change in yourself and your business? Do you want to increase your personal leadership skills, manage your team more effectively, create a network of women leaders and build your business?

If you are ready for these changes, join the [Leadership Program for Women in Business](#).

Some of the skills you will sharpen are: Learn better time management / Strengthen your negotiation skills / Discover how to implement financial controls / Develop a sales plan / Increase your revenue / Define your personal goals.

The program will help to build your mind, body and business. The next program will start in September and will meet once a month for the next 12 months. For more information, contact [robyn.lamont@pluspointbusiness.com](mailto:robyn.lamont@pluspointbusiness.com).

### Settling in – Shopping Smartly

### New arrivals who don't want to spend too much!

If you're looking to get the most value for your money check out our secondhand opportunities: Items and vehicles from leaving Expats. You won't believe the price! [Click here](#).



**Coffee Table**  
Demi Roble  
1.81 X 0.80 X 0.30 H  
\$5,500MXN



**Coffee Table**  
Zafiro Negra  
90 X 90 CM  
\$3,000MXN



**Washing machine**  
Samsung 13k  
63x67x1,08  
\$3,700MXN

**Karine Patisserie** share with us some tips and a delicious recipe to help our body to keep a healthy way of life.

Linseed is the only oil seed that contains the omega 3 fatty acids. Regular intake of a small portion of flax seeds in your diet helps you lower LDL(bad Cholesterol) and increase HDL (good Cholesterol) levels in the blood. Flax seed has an anti-inflammatory action that helps to lower the risk of blood pressure, coronary artery disease and strokes. The seeds are considered to have antioxidant and cancer preventing properties. Flax seed is a mega source of fiber and can be tasted as toppings in yogurt, shakes, over salads, desserts, cakes, sweets or biscuits.

**Caramelized Onion Tart with Linseed**

**For the Pastry.** 240gr plain flour, plus extra for dusting / Salt / 2 yolk, plus 1 whole egg / 2 tablespoons of water if necessary / 30gr of linseed.

**Method.**  
To make the pastry, sift the flour together with a pinch of salt in a large bowl. Rub in the butter until you have a soft breadcrumb texture. Add the eggs and enough water to make the crumb mixture come together to form a firm dough, and then rest it in the fridge for 15 min. Roll out the pastry in a mold 22 cm and chill again. Preheat the oven 180 gads. Remove the pastry from the fridge and fill it with baking beans. Bake for 15 min. Remove the beans and return to the oven for another five minutes to cook the base.

**Ingredients for the filling Caramelized Onions.** 2 tablespoons olive oil / 2-3 large onions /Salt and freshly ground pepper / 2-3 tablespoons of soya sauce / 2 tablespoons of brown sugar.

**Cream filling.** 1/2 cup milk / 1/2 cup heavy cream / 3 large eggs / 1 1/2 cups Gruyere Cheese.

**Method.**  
Slice onions at the same round size. Heat olive oil in a large sauté pan on medium heat. Add the onions and a little salt. Cook stirring occasionally for 10 minutes. Reduce the heat to medium low and cook for an additional 30 minutes, keep stirring. Add the soya sauce and right away the brown sugar and cook until the onions are completely caramelized. Place at the tart, sprinkle the cheese. Whisk together milk, cream, and eggs. Season with nutmeg, salt and pepper. Pour over cheese and bake until just set in the center. 30-35 minutes.

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