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The Lake Chapala Society

Mission & Vision

Our mission is to promote the active participation of Lakeside's inhabitants to improve their quality of life lakeside.

Our vision is a future where all Lakeside residents continually have a role in enriching the community's quality of life, vitality and prosperity through the exchange of knowledge, expertise, culture, heritage & language.

Nuestra Misión es promover la activa participación de los residentes de la Ribera de Chapala, para mejorar la calidad de vida en la comunidad.

Nuestra Visión es un futuro donde todos los residentes de La Ribera participen continuamente en mejorar la calidad de vida, vitalidad y prosperidad de la comunidad a través del intercambio de conocimiento, experiencia, cultura, patrimonio y lenguaje.

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The magazine's name, *Conecciones — Connections in English* — reflects its purpose, which is to enable the Lake Chapala Society to connect with its community. / El nombre de la revista *Conecciones* refleja su propósito, favorecer la conexión de The Lake Chapala Society con la comunidad.

- Publisher / Editorial:** Lake Chapala Society
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Propuestas de artículos para la revista Conecciones. Nos reservamos el derecho de editar según sea necesario. Las consultas deben dirigirse a editor@lakechapalasociety.com. Las consultas sobre publicidad deben dirigirse a ventas@lakechapalasociety.com.

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Lake Chapala Society



First, I want to thank you all for your support. As the Executive Director, it is my job to check in on our staff, our volunteers, the members and the community. It's also my job to check on the campus to be sure it is still safe and no issues are coming up.

As a person who loves people, it's sad to walk through the ghost town of a campus. I'm careful to travel in my enclosed car from my home to the campus, choosing times when I won't run into people along the way. Entering through a seldom used locked gate, I check all offices and rooms, looking for any major safety issues or critters causing trouble. The leaves and downed branches are so reminiscent of the fall in my state of Maine.

Driving between my home and the campus, I am touched by those who must be out and are using every precaution they can, and saddened by the many closed businesses that were just hanging on before this happened, and I wonder how many will survive. I pass by my favorite restaurants and wave to the few staff hanging around the door just waiting for someone to call for a delivery or to pick up a to-go order. I may have only been here for three years, but this truly is my home. I care deeply about everyone in our community and look at so many as part of my extended family. I have passed out more than two dozen masks to people along the way and am looking to buy a lot more.

You have previously read in our Bulletins that I write each week, my suggestions about continuing to support local businesses, tipping very well for delivery or take out or other services you use, but here's an additional idea: when you use a local service, in addition to tipping well, give them a mask or two, even if they will have one on. Maybe having multiple will increase the frequency of them being washed and also maybe a family member or coworker needs one. Right now, in addition to staying home, masks are one of our best tools in controlling this virus.

I have really enjoyed writing the weekly bulletins to our members and hope they are of value to you.

It's going to take some time to learn what our new normal will look like. We are putting a lot of advance planning into how and when we will open the campus. Will it open in phases? What will we have to do differently with various programs? We know that masks, social distancing and hand washing will be the new norm. How will that impact our larger special events, or the Open Circle program? How do we protect our volunteers who give so generously of their time to help the LCS constituents? Lake Chapala Society only exists because of the generosity of so many. How do we maintain safe practices

while still encouraging talented adults to help the children find their creativity from within?

The very things that enveloped so many of us in the Mexican culture — the hugs, the warm embraces, the sharing of hands as we meet people, are the things that now bring anxiety and concern.



I very much believe that there are ways to come through this that will develop a stronger sense of community — a community that will be even more collaborative. We will learn so much from one another, and that sharing will bring us closer together not further apart. We need to go through the process, be respectful of one another and be committed to what can be on the other side. There will be a need for compromise, patience and understanding. The things that have separated us in the past will need to fall away. We need to agree that we all have the same desires and the same human need for love and acceptance.

Our team members are working overtime to extend the legacy of the Lake Chapala Society as an oasis for personal enrichment, safer socialization and inclusive collaboration throughout Lakeside.

Sincerely,

Steve Balfour
Executive Director



Primero, quiero agradecerles a todos su apoyo. Como Director Ejecutivo es mi trabajo estar al pendiente de nuestro personal, nuestros voluntarios, los miembros y la comunidad. También es mi trabajo revisar el campus para asegurarme de que sigue siendo seguro y no hay problemas. Como una persona que ama a la gente, es triste caminar por un campus que parece pueblo fantasma. Tengo cuidado de trasladarme en mi coche cerrado desde mi casa hasta el campus, eligiendo momentos en los que no me encontraré con gente por el camino. Entrando por una puerta cerrada rara vez usada, reviso todas las oficinas y habitaciones, buscando cualquier problema de seguridad o criaturas que causen problemas. Las hojas y ramas caídas recuerdan mucho al otoño de mi estado natal de Maine.

Conduciendo entre mi casa y el campus, me conmueven aquellos que deben salir y están tomando todas las precauciones que pueden, me entristece la cantidad de negocios cerrados que apenas se sostenían antes de que esto sucediera y me pregunto cuántos sobrevivirán. Paso por mis restaurantes favoritos y saludo a los pocos empleados que están en la puerta esperando que alguien llame para hacer un pedido o para recoger una orden para llevar. Puede que sólo haya estado aquí durante tres años, pero este es realmente mi hogar. Me preocupo profundamente por todos en nuestra comunidad y veo a muchos como parte de mi familia. He repartido más de dos docenas de cubre bocas a la gente en el camino y estoy buscando comprar muchas más.

He disfrutado mucho escribiendo los boletines semanales a nuestros miembros y espero que sean de valor para ustedes.

Va a llevar algún tiempo aprender cómo será nuestra nueva normalidad. Estamos planeando con mucha anticipación cómo y cuándo abriremos el campus. ¿Se abrirá en fases?



¿Qué tendremos que hacer de forma diferente con los distintos programas? Sabemos que los cubre bocas, el distanciamiento social y el lavado de manos serán la nueva norma. ¿Cómo impactará eso en nuestros grandes eventos especiales, o en el programa Open Circle? ¿Cómo protegemos a nuestros voluntarios que dan tan generosamente su tiempo para ayudar a los socios de LCS? Lake Chapala Society sólo

existe gracias a la generosidad de muchos. ¿Cómo mantenemos prácticas seguras mientras animamos a adultos talentosos a ayudar a los niños a encontrar su creatividad desde dentro?

Las mismas cosas que nos envolvieron a tantos en la cultura mexicana - los abrazos, los cálidos abrazos, el compartir las manos al conocer a la gente, son las cosas que ahora traen ansiedad y preocupación.

Creo que hay formas de superar esto que desarrollarán un sentido más fuerte de comunidad, una comunidad que será aún más colaborativa. Aprenderemos mucho los unos de los otros, y ese compartir nos acercará más, no nos separará más. Tenemos que

pasar por el proceso, ser respetuosos los unos con los otros y comprometernos con lo que pueda haber al otro lado. Habrá necesidad de compromiso, paciencia y comprensión. Las cosas que nos han separado en el pasado tendrán que desaparecer. Tenemos que estar de acuerdo en que todos tenemos los mismos deseos y la misma necesidad humana de amor y aceptación.

Los miembros de nuestro equipo están trabajando horas extras para extender el legado de Lake Chapala Society como un oasis para el enriquecimiento personal, una socialización más segura y una colaboración inclusiva en toda la Ribera.

Sinceramente,

Steve Balfour
Director Ejecutivo

Mother & Daughter Teamwork

By Blue and Harriet Hart

Dixie Nicholson moved to Ajijic in 1987 from Colorado Springs at age 30 with her two toddlers. After house sitting in Ajijic for two months with her children, she decided she liked the weather and the Mexican culture.

She spoke about her upbringing in Colorado with an extended Italian family who instilled in her strong family values, which she has passed on to her now-grown children, Brian and Cassie. Brian is a part-time nuclear engineer and part-time musician, and played for years with the Tall Boys. Cassie works for her mom as the receptionist in the Fenix real estate office. A few years later, Dixie's parents moved to Ajijic to be close to their only grandchildren. Now, Dixie has two of her own grandchildren.

At age 63, and looking like she stepped out of a fashion magazine, Dixie explained that she had taken a job as a realtor in Chapala when she first arrived, and three months later, she bought the business. In 1996, she rented a building in San Antonio and opened Bananas, a restaurant, club and bar which she managed for five years. Both of her children worked with her at the club.

"Some folks objected, based on child labor laws," she said. "But my kids learned responsibility, and I always knew where they were." Bananas is where she met and married Flip Nicholson, a local musician, who has played with the Tall Boys for many years.

Eventually, Dixie bought the building which currently houses both the Spotlight Lounge and Fenix Real Estate, located just west of SuperLake. Today, Dixie works her own hours, is proud of her family, and enjoys her relationships, Mexican friends and the women of Lakeside. "I can't imagine a more rewarding 'retirement,'" she says.

— Blue



Unlike Dixie, Sol Ramírez is a relative newcomer to Lakeside. But like Dixie, she is an entrepreneur who teamed up with a family member, her mother. She opened her beauty parlor, simply called Sol two years ago. Like many other young professionals, she and her husband relocated to Lakeside because it is "less stressful and safer than Guadalajara." Sol's husband is an airline pilot and discovered that his commuting time to the airport is actually less time-consuming now.

I asked Sol what the proper name for what she does is. Her reply? Nail technician. She also offers microblading, or micropigmentation, a process to permanently color eyebrows, line eyes, and lips. "It requires a special diploma and license" and the rules are strictly enforced.

I was curious to know why she chose this profession,



and astonished to discover she is actually a trained pilot. "I studied flying in 1992 when it was still considered men's work," she explained. Sol flew turbo-propelled aircraft (up to 10 passengers) throughout Mexico and loved it. However, she realized her mother needed help running a beauty salon, so Sol gave up her pilot's license and turned her attention to becoming her mother's business partner. "My mom did all the socializing, I did the accounting and administrative work."

I asked if she missed her former career as a pilot; she smiled and said, "Sometimes, but it's more lucrative running a salon." Starting out was challenging: "I had to win customers, and learn to work in very close proximity to my mother."

"I had to make a rule: my mother and I could not chit-chat in Spanish and ignore the customers. At first, that was difficult." But they have worked it out. "My mom came here to retire, but she can't. She enjoys contact with customers too much."

Sol's figured out how to establish relationships with a steady stream of loyal customers, and says going into Guadalajara now tires her out completely. She has gained more personal time for her family: mom, husband and son, demonstrating that mothers and daughters make terrific business partners and teams.

— Harriet



Equipo de Madre e Hija

Por Blue y Harriet Hart

Dixie Nicholson se mudó a Ajijic en 1987 desde Colorado Springs a la edad de 30 años con sus dos hijos pequeños. Después de pasar dos meses en Ajijic con sus hijos, decidió que le gustaba el clima y la cultura mexicana.

Habló de su educación en Colorado con una familia italiana que le inculcó fuertes valores familiares que ha transmitido a sus hijos ya adultos, Brian, que es ingeniero nuclear a tiempo parcial y músico a tiempo parcial que tocó durante años con los Tall Boys, y Cassie, que trabaja para Dixie como recepcionista en la oficina de bienes raíces Fenix. Unos años más tarde, sus padres se mudaron a Ajijic para estar cerca de sus únicos nietos. Ahora Dixie tiene dos nietos propios.

A la edad de 63 años, y con el aspecto de haber salido de una revista de moda, Dixie explicó que había tomado un trabajo como agente de bienes raíces en Chapala cuando llegó y tres meses después, compró el negocio. En 1996, alquiló un edificio en San Antonio y abrió Bananas, un restaurante, club y bar que dirigió durante cinco años. Sus dos hijos trabajaron con ella en el club.

“Algunas personas se opusieron, basándose en las leyes de trabajo infantil”, dijo, “pero mis hijos aprendieron responsabilidad y siempre supe dónde estaban”. Bananas es donde conoció y se casó con Flip Nicholson, un músico local, que ha tocado con los Tall Boys durante muchos años.

Eventualmente, Dixie compró el edificio que actualmente alberga tanto el Spotlight Lounge como el Fenix Real Estate, ubicado justo al oeste de Super Lake.

Hoy en día, Dixie trabaja a su propio ritmo, está orgullosa de su familia y disfruta de sus relaciones, de sus amigos mexicanos y de las mujeres de la zona. “No puedo imaginarme una ‘jubilación’ más gratificante”, dice. — Blue



A diferencia de Dixie, Sol Ramírez es una recién llegada a la Rivera de Chapala. Pero como Dixie, es una empresaria que se asoció con un miembro de la familia, su madre. Abrió su salón de belleza, llamado simplemente Sol hace dos años. Como muchos otros jóvenes profesionales, ella y su esposo se mudaron a la zona porque es “menos estresante y más seguro que Guadalajara”. El marido de Sol es piloto de avión y descubrió que su tiempo de viaje al aeropuerto es ahora menos largo.

Le pregunté a Sol cuál es el nombre apropiado para lo que hace; su respuesta “técnico de uñas”; también ofrece micro blading, o micro pigmentación, un proceso para colorear permanentemente las cejas, delinear los ojos y los labios. “Requiere un diploma y una licencia especial” y las reglas se aplican estrictamente.

Tenía curiosidad por saber por qué eligió esta pro-

fesión, y me sorprendió descubrir que en realidad es una piloto entrenada. “Estudié vuelo en 1992 cuando todavía se consideraba un trabajo de hombres”, explicó. Sol voló aviones turbohélice (hasta diez pasajeros) por todo México y le encantó. Sin embargo, se dio cuenta de que su madre necesitaba ayuda para dirigir un salón de belleza, por lo que Sol renunció a su licencia de piloto y se dedicó a convertirse en la socia comercial de su madre. “Mi mamá se encargaba de la socialización, yo hacía el trabajo contable y administrativo”.

Le pregunté si echaba de menos su antigua carrera de piloto; sonrió y dijo “a veces” pero es más lucrativo llevar un salón. Empezar fue un reto: “Tenía que ganar clientes y aprender a trabajar muy cerca de mi madre”.

Tuve que hacer una regla; mi madre y yo no podíamos charlar en español e ignorar a los clientes. Al principio eso era difícil.” Pero lo han resuelto. “Mi madre vino aquí para retirarse, pero no puede. Disfruta demasiado del contacto con los clientes.”

Sol ha descubierto cómo establecer relaciones con un flujo constante de clientes leales, y dice que ir a Guadalajara ahora la cansa completamente. Ha ganado más tiempo personal para su familia: madre, esposo e hijo, demostrando que las madres e hijas son excelentes compañeras de negocios y equipos. — Harriet

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Needle Pushers

By / Por Diana Ayala

The group known as Needlepushers was started in 1962 by Neill James, with the idea of getting people together to knit sweaters for the cold season and make clothes for the summer season, all of which would be distributed among the children of the *Rivera de Chapala*.

Last December, 240 sweaters were distributed in the communities of Jocotepec, Chapala and San Pedro Itzicán. In March, in preparation for Spring, 500 garments including dresses and vests, were delivered in



El grupo conocido como, Needlepushers, empezó en 1962 por Neill James, con la idea de reunirse a tejer sweaters para la temporada de frío y confeccionar ropa para la temporada de verano, los cuales son distribuidos entre los niños de la Rivera de Chapala.

En diciembre pasado entregaron 240 sweaters en las comunidades de Jocotepec, Chapala y San Pedro Itzicán. En marzo, listos para recibir la primavera, se estarán entregando 500 prendas, entre vestidos y chalecos, en las comunidades de Jocotepec,



the communities of Jocotepec, Mezcala and Ixtlahuacán de los Membrillos.

Every Tuesday from 10 to 11:45 a.m., a group of more than 50 people meet at the South Campus of the Lake Chapala Society where they learn new stitches to knit, or share patterns for dresses or vests. Fabric, yarn, and other necessary supplies are obtained through donations of either materials or money. If you are interested in helping this wonderful group, you can come on a Tuesday and cover the registration fee of \$200 pesos for the year. If you need more information you can contact Susy Wright 376.765.7318 or email susyguera@yahoo.com

Mezcala e Ixtlahuacán de los Membrillos.

Cada martes de 10 a 11:45, un grupo de más de 50 personas se reúnen en el campus Sur de Lake Chapala Society; aprenden nuevas puntadas para tejer, otros comparten los patrones de los vestidos o chalecos que se confeccionarán. La tela, estambre y demás insumos necesarios, es obtenido mediante donaciones de material o también se reciben donativos económicos. Si te interesa ayudar a este maravilloso grupo, poder venir un martes y cubrir la cuota de inscripción de \$200 pesos por el año. Si necesitas más información puedes ponerte en contacto con Susy Wright 376.765.7318 o en su correo susyguera@yahoo.com (habla español)



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ARTS & ENTERTAINMENT

The Medeles Family: A Musical Legacy Part 2

By Sandy Britton

In part 1 of this article about the Medeles family of Ajijic, one of the premiere musical families in the Lakeside area, two family members, Emmanuel Medeles Medina (director of *Centro Regional de Estudios Musicales* or *CREM*) and Chuni Medeles Córdova (the Ajijic *delegado* from 2015—2018), described how their musical heritage began with their great-grandfather, Rutilio Medeles. The legacy continued with their grandfather, Jesús Medeles, a carpenter and self-taught musician, whose sons learned to play various instruments and formed the band “*Los Hermanos Medeles*.” The band was very popular in the ‘60s and ‘70s in Lakeside venues.

The oldest of *Los Hermanos Medeles*, Victor Manuel Medeles Romero (Emmanuel’s father), made music his career. He became a modern composer of some note and started the music school *CREM* in Ajijic. Victor passed away in 2009, leaving the management of *CREM* to Emmanuel.

The members of *Los Hermanos Medeles* now have children — and grandchildren — of their own. Most of them quit performing in order to focus on their careers, but the youngest brother, Jesús Medeles Romero (a veterinarian and Chuni’s father), still performs on classical guitar, along with brother-in-law Manuel Martínez on *salterio* (an instrument like a hammered dulcimer or zither).

“And you should see our family parties,” says Emmanuel. “They’re like bohemian festivals, with everyone playing instruments and singing.”

The love of music was passed down to the fourth generation — Emmanuel’s generation, who are currently young adults — by Victor’s music school, *CREM*.

CREM began when Victor decided to start a youth choir in Ajijic as a way to give back to the community. Recruiting his own children, his nieces and nephews, and some of their friends, he created a choir that began performing at the 8 a.m. “Children’s Mass” in the Ajijic church. He even wrote a three-voice Mass for them to perform. The Mass attendees, impressed with the choir, began inquiring into whether their own children could join, and the music school was born.

Over time, the school expanded to include lessons on violin and piano, and a chamber orchestra was formed.

CREM currently has around 55 students, most of whom participate in both the choir and the orchestra. Emmanuel is very proud of the fact that all lessons at *CREM* are given by people who have degrees in music. These include his sister Areli (who is also a member of Janus Quartet and plays with the Orchestra of Zapopan) and brother Azael, along with two former *CREM* students, Diego Rojas and Manuel Oliveras, who are members of the Jalisco

Philharmonic Orchestra.

“Due to the participation of previous students as teachers, we’re able to provide a high-quality program to our students for only \$400 pesos a month each. But there’s a lot more to the program than just teaching music,” Emmanuel says. “Realizing that they can learn music opens our students’ minds to all the other possibilities of what they can achieve in their lives.”

Of course, for many students this is still a financial struggle, so

CREM solicits donations and sponsors in order to be able to give scholarships. With this support, *CREM* has been able to give many young people a brighter future.

Many other members of the “fourth generation” continue to be heavily involved in music. Chuni, since serving as *delegado*, teaches music in public and private schools, but spends a lot of his time as an audio engineer and manager for his brother Daniel’s *mariachi* band, *Mariachi Real de Axixic*.



Daniel founded the *Mariachi Real* in 2016. His idea has been to make it a “symphonic *mariachi*” group in that they play more complex, classical style music in addition to the traditional Mexican *mariachi* songs. The band has represented Mexican *mariachi* in an international symposium of Latin American music held in Costa Rica in 2017 and plans to return in 2020.

In addition to being the leader of *Mariachi Real*, Daniel, who studied viola at the University of Guadalajara, has followed his uncle Victor’s example in giving back to the community. Together with brothers Chuni and Juan Pablo, in 2011 he formed the *Orquesta Ajijic*, an orchestra composed mostly of retired foreigners and local youth.

In 2013, with support from Agustín Vázquez, the owner of *Viva México* restaurant, Daniel and his brothers started a music program for children in San Juan Cosalá. This program, called *Musica Para Crecer*, was described in an article in the March issue of *Conecciones*.

Other members of the Medeles family’s fourth generation of musicians include Alejandro and Alvaro Martínez Medeles, the sons of Celina Medeles Romero and Manuel Martínez. Alejandro is a jazz drummer, recently returned from five years in Los Angeles where he played with a band that toured all over the world. Alvaro is a jazz guitarist with projects in Ajijic and Guadalajara.

The children of Ángel Medeles Romero have also stayed involved in music. Son, Diego teaches music in a private school, daughter Diana is studying cello in Guadalajara and participates in *CREM*, and son Sergio, who studied violin in Guadalajara, now plays in the Symphony Orchestra of Zapopan as well as the *Mariachi Real de Axixic*.

For more information about the Medeles music programs, look on Facebook for *Música para Crecer A.C.* and *Centro Regional de Estudios Musicales — CREM*.

BELLAS ARTES Y EL ESPECTÁCULO

La familia Medeles, un legado musical. Segundo parte.

Por Sandy Britton

En la primera parte de este artículo sobre la familia Medeles de Ajijic, una de las familias musicales más importantes de la zona de Chapala, dos miembros de la familia, Emmanuel Medeles Medina (director del Centro Regional de Estudios Musicales o CREM) y Chuni Medeles Córdova (delegado de Ajijic de 2015 a 2018), describieron cómo comenzó su patrimonio musical con su bisabuelo Rutilio Medeles. El legado continuó con su abuelo Jesús Medeles, carpintero y músico autodidacta, cuyos hijos aprendieron a tocar varios instrumentos y se convirtieron en la banda “Los Hermanos Medeles”. La banda fue muy popular en los años 60 y 70 en los locales de la Rivera de Chapala.

El mayor de Los Hermanos Medeles, Víctor Manuel Medeles Romero (padre de Emmanuel), hizo de la música su carrera. Se convirtió en un compositor moderno de cierta nota y comenzó la escuela de música CREM en Ajijic. Víctor falleció en 2009, dejando la dirección del CREM a Emmanuel.

Los miembros de “Los Hermanos Medeles” tienen ahora hijos y nietos propios. La mayoría de ellos dejaron de tocar para concentrarse en sus carreras, pero el hermano menor, Jesús Medeles Romero (un veterinario y padre de Chuni), sigue tocando la guitarra clásica, junto con su cuñado Manuel Martínez en el salterio (un instrumento como el dulcimer martillado o la cítara). “Y deberías ver nuestras fiestas familiares”, dice Emmanuel. “Son como festivales bohemios, con todo el mundo tocando instrumentos y cantando.”

El amor por la música fue transmitido a la cuarta generación, por la escuela de música de Víctor, CREM, a la generación de Emmanuel, que actualmente son jóvenes adultos.

El CREM comenzó cuando Víctor decidió iniciar un coro juvenil en Ajijic como una forma de retribuir a la comunidad. Reclutando a sus propios hijos, sobrinos y algunos amigos, creó un coro que comenzó a actuar en la “misa de los niños” de las 8 AM en la iglesia de Ajijic. Incluso escribió una misa a tres voces para que se presentaran. Los asistentes a la misa, impresionados con el coro, comenzaron a preguntar si sus propios hijos podían unirse, y así nació la escuela de música. Con el tiempo, la escuela se expandió para incluir lecciones de violín y piano, y se formó una orquesta de cámara.

El CREM tiene actualmente alrededor de 55 estudiantes, la mayoría de los cuales participan tanto en el coro como en la orquesta. Emmanuel está muy orgulloso de que todas las lecciones en el CREM sean impartidas por personas con títulos de música. Entre ellos se encuentran su hermana Areli (que también es miembro del Janus Quartet y toca con la Orquesta de Zapopan) y su hermano Azael, junto con dos antiguos alumnos del CREM, Diego Rojas y Manuel Oliveras, que son miembros de la Orquesta Filarmonica de Jalisco.

“Gracias a la participación de los antiguos alumnos como profesores, podemos ofrecer un programa de alta calidad a nuestros alumnos por sólo 400 pesos al mes cada uno. Pero hay mucho más en el programa que sólo enseñar música”, dice Emmanuel. “Darse cuenta de que pueden aprender música abre la mente de nuestros estudiantes a todas las demás posibilidades de lo que pueden lograr en sus vidas”.

Por supuesto, para muchos estudiantes esto es todavía una lucha financiera, por lo que el CREM solicita donaciones y patrocinadores para poder dar becas. Con este apoyo, el CREM ha sido capaz de dar a muchos jóvenes un futuro más brillante.

Muchos otros miembros de la “cuarta generación” siguen estando muy involucrados en la música. Chuni, desde que se desempeñó como delegado, enseña música en escuelas públicas y privadas, pero pasa mucho de su tiempo como ingeniero de audio y gerente de la banda de mariachi de su hermano Daniel, el Mariachi Real de Axixic.



Daniel fundó el Mariachi Real en 2016. Su idea ha sido convertirlo en un grupo de “mariachi sinfónico”, ya que tocan música más compleja de estilo clásico, además de las canciones tradicionales del mariachi mexicano. La banda ha representado al mariachi mexicano en un simposio internacional de música latinoamericana celebrado en Costa Rica en 2017 y planea volver en 2020.

Además de ser el líder del Mariachi Real, Daniel, que estudió viola en la Universidad de Guadalajara, ha seguido el ejemplo de su tío Víctor en el apoyo a la comunidad. Junto con los hermanos Chuni y Juan Pablo, en 2011 formó la Orquesta Ajijic, una orquesta compuesta principalmente por extranjeros jubilados y jóvenes locales.

En 2013, con el apoyo de Agustín Vázquez, el propietario del restaurante Viva México, Daniel y sus hermanos comenzaron un programa de música para niños en San Juan Cosala. Este programa, llamado Música Para Crecer, fue descrito en un artículo en la edición de marzo de Conexiones.

Otros miembros de la cuarta generación de músicos de la familia Medeles son Alejandro y Álvaro Martínez Medeles, los hijos de Celina Medeles Romero y Manuel Martínez. Alejandro es un baterista de jazz, recientemente regresó de cinco años en Los Ángeles donde tocó con una banda que hizo una gira por todo el mundo. Álvaro es un guitarrista de jazz con proyectos en Ajijic y Guadalajara. Los hijos de Ángel Medeles Romero también se han mantenido involucrados en la música. El hijo Diego enseña música en una escuela privada, la hija Diana estudia Chelo en Guadalajara y participa en CREM, Sergio que estudió violín en Guadalajara toca en la Orquesta Sinfónica de Zapopan, así como en el mariachi Real de Axixic.

Para más información sobre los programas de música de los Medeles, busque en Facebook, Música para crecer y Centro Regional de Estudios Musicales – CREM.

Artistic Embroidery: An LCS Program that Enriches the Lives of Local Women

By Karl Homann

The Constitution of the Lake Chapala Society states as part of its mission the promotion of “the active participation of Lakeside’s residents to improve [their] quality of life” and lists as one of its objectives “the enrichment of the Mexican community through relevant programs and services.” The programs mentioned in this context are often those intended for children. There is, however, also a vibrant program for adults.

Artistic Embroidery classes began in September 2016 as the result of the oral history project, which traced LCS’s connection with Ms. Neill James through video interviews of local people who knew her. In one of these interviews (in Spanish), I met María Lupita Vega Velázquez, who as a young girl became one of Neill’s protégées. Ms. James even turned one of today’s offices into a room for Lupita, bed, *pijamas* and all, to take a nap when she was tired of playing in the yard or chasing the peacocks.

Lupita learned artistic embroidery from her mother, who practiced the traditional craft and owned a store called the “Puerta Rosa” on Ramón Corona, about half a block from today’s LCS location. In my interview with Lupita, she expressed the desire to teach others this traditional craft, which had been practiced in the village by local women, who would get together in one of their homes to socialize, embroider and watch over their children doing their homework, while their



husbands worked in the surrounding fields.

When I took Lupita’s wish to Terry Vidal, the executive director at the time, he was very supportive of her request, allowed her to use the Ken Gosh pavilion as their classroom and even provided the seed money for the women to buy their first batch of materials, cloth and colourful threads. Since September 2016, Lupita’s group of up to 20 women have been gathering three times per week, Mondays, Wednesdays, and Fridays after 4 p.m., to produce their exquisite, original designs of blouses, shirts, pillows, shawls, and puppets. So, drop by the Ken Gosh pavilion on a Monday, Wednesday or Friday after 4 p.m. and have a look.

Although the instructions are in Spanish, some of the women speak English, and everything is visual and easy to follow for any non-Hispanic woman who would like to join them.

For some women, selling their products represents a small income, but the true benefit lies in the therapy of coming together socially and feeling useful.

For the last two years, they also have been invited to join the annual FERIA Maestros del Arte in Chapala, to exhibit and sell their products.

Thanks to LCS and Lupita, the future of the traditional craft of artistic embroidery is in good hands. Some of the women are now bringing their daughters to the weekly meetings.

ARTÍCULO DE PORTADA

Bordados en Arte: Un Programa que Enriquece la Vida de Las Mujeres Locales

Por Karl Homann

La constitución de LCS establece como parte de su misión la promoción “de la participación de la población de la Ribera del Lago Chapala en las acciones que mejoren sus propias condiciones de subsistencia” y enumera como uno de sus objetivos “contribuir al enriquecimiento de la comunidad mexicana mediante programas y servicios pertinentes.” Los programas mencionados en este contexto son a menudo los destinados para los niños. Sin embargo, LCS también tiene un programa vibrante para adultos.

Las clases de “Bordado artístico” comenzaron en septiembre de 2016 como resultado de la “historia oral”, que trazó la conexión de LCS con Neill James a través de entrevistas de personas locales que la conocían. En una de estas entrevistas, conocí a María Lupita Vega Velázquez, quien de joven se convirtió en protegida de Neill. La Sra. James incluso convirtió una de las oficinas actuales en una habitación con cama, pijamas y todo, para que Lupita pudiera echar una siesta cuando estaba cansada de jugar en el jardín o perseguir a los pavos reales.

Lupita aprendió los bordados artísticos de su madre, quien practicaba la artesanía tradicional y era dueña de una tienda llamada “Puerta Rosa” en la Ramón Corona, a media cuadra de la ubicación de LCS de hoy. En mi entrevista con Lupita, ella expresó el deseo de enseñar a otros este oficio tradicional, que las mujeres locales habían practicado en el pueblo, reuniéndose en uno de sus hogares para socializar, bordar y



María Lupita Vega Velázquez

vigilar a sus hijos haciendo su tarea, mientras sus maridos trabajaban en los campos.

Cuando le llevé el deseo de Lupita a Terry Vidal, el director ejecutivo anterior, él apoyó mucho su pedido, le permitió usar el pabellón de Ken Gosh como su “aula” e incluso proporcionó el capital inicial para que las mujeres compraran su primer lote de materiales, telas e hilos de colores. Por lo tanto, desde septiembre de 2016, el grupo de hasta 20 mujeres se ha reunido tres veces por semana, los lunes, miércoles y viernes después de las 4 p.m. para producir sus exquisitos y originales diseños de blusas, camisas, almohadas, rebosos, y muñecas. Entonces, pasen por el pabellón Ken Gosh un lunes, miércoles o viernes después de las 4 p.m. y echan un vistazo.

Para algunas mujeres, vender sus productos representa un pequeño ingreso, pero el verdadero beneficio radica en la terapia de reunirse socialmente y sentirse útiles.

Durante los últimos dos años, 2018 y 2019, también el grupo de Lupita ha sido invitado a unirse a la Feria de los Maestros anual en Chapala, para exhibir y vender sus productos. Este año recibieron su certificado de excelencia y probablemente serán invitados a regresar este año.

Gracias a LCS y Lupita, el futuro de la artesanía tradicional del bordado artístico está en buenas manos. Algunas de las mujeres ahora llevan a sus hijas a las reuniones semanales para que aprenden.



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Contact our office:

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1. Go outside **only** for what is strictly necessary

2. Population considered at risk should **NOT** be outside their homes:



- People of 60 years or more especially those with depressed immune systems, chronic cardiac, pulmonary, renal, septic, sanguineous or metabolic diseases.
- People with obesity
- Pregnant Women
- Girls and Boys under 5 years of age



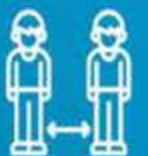
3. Only **essential** economic activities remain in operation.



4. Meetings of more than 50 people are **not** allowed in essential economic activities.



5. The use of public spaces such as plazas, sports units and municipal gardens is **PROHIBITED**.



6. The **continuous** implementation of health and healthy distance measures.



To the previous six
the **COMPULSORY**
use of facemask is added.

Lake Chapala Society

EVERYDAY MINDFULNESS

Meeting via Zoom at 10 a.m. on Mondays. Any LCS member interested in becoming a new participant, should email Barbara Hildt to request more information. barbarahildt@gmail.com

STRETCH & BALANCE

A stretch and balance class that can help you strengthen your core, improve your balance, and improve your vitality at www.youtube.com or click the following link: <https://www.youtube.com/watch?v=sqN4nDue89E&feature=youtu.be>

EXPLORING SPANISH

Exploring Spanish classes via Zoom, Wednesdays at noon and Saturdays at 11 a.m. Contact Sandy Britton at sambrit10@gmail.com to get put on the Zoom invite list.

SKIN CANCER SCREENINGS

Skin Cancer screenings will resume when the LCS reopens and Dr. Ballesteros has advised LCS of her schedule.

LCS INTERMEDIATE YOGA

Print a copy of the poses in our yoga class along with an audio file of George Knight conducting the same. Many in the yoga class have these already. If anyone is interested please contact George Knight at knightsinajjic@gmail.com

LCSTED LEARNING SEMINARS

Email Susan Weeks or check the LCS website for the upcoming Tuesday TED seminar topic. Participants need to watch the video before the Tuesday Zoom discussion session. Until we're able to meet again on the LCS grounds, let's share our thoughts through virtual networking on Zoom, Tuesdays at 12 noon. If you are not computer savvy (or a bit timid), not to worry. Just email Susan Weeks at susaninunity@gmail.com and ask for a copy of her easy-to-follow "how to" instructions.

FILM AFICIONADOS

The Film Aficionado showings that were suspended in March may be starting again from your home with use of your computers, tablets, or phones. This would be available for LCS members only. There is still some technical work to be done. Check the LCS website for future details. mak1939@gmail.com

ZOOM YOGA

Email George Knight for information: knightsinajjic@gmail.com.

LCSTECH CLASSES & ALL THINGSTECH

The Tech Classes are alive and well using Zoom online classes. Since we all have more time on our hands the classes have expanded to twice a week. Now on Tuesday and Thursday at 10 a.m. there is a Tech Class being presented via Zoom. Information about how to register and what classes are being offered is all detailed on the Lake Chapala Society website. See www.lakechapalasociety.com. When you get there scroll the page down to see "What's Happening" and you will see the item call "Online Tech Classes". If you are confused about using your Tech device and Zoom, please email Mike Goss at lcs.tech.training@gmail.com and he will get you online.

LCS HOT SCIENCE

HOT Science meetings have been put on hold. For those interested in science, technology and medicine, we have turned HOT Science into an expanded weekly science newsletter, *Weekly Science*. To get this by email every week, send a request to hotsciencelcs@gmail.com. You will get the week's news and developments from Science, Technology and Health. Newsletter by Richard Clarke, Silicon Valley guy, with a career in high-tech.

US CONSULATE

The U.S. Mission in Mexico suspended routine passport and other consular services March 19 in light of COVID-19.

If your passport is expired or is going to expire soon, and you have imminent travel plans to the U.S., please contact the embassy or nearest consulate to apply for an emergency passport ONLY. To schedule an appointment, please call 55-8526-2561 or visit our website.

Due to reduced operations at U.S. domestic facilities effective April 2, if you have previously applied for a passport or citizenship service, such as a Consular Report of Birth Abroad (CRBA), you should expect significant delays receiving your documents. If you are in this situation and have imminent travel planned, please contact us for an emergency passport. As a reminder, U.S. citizen children do not require a CRBA to qualify for an emergency passport.

Please enroll in the Smart Traveler Enrollment Program (STEP) and visit the Embassy's COVID-19 webpage for up-to-date information on COVID-19 and the status of U.S. consular operations in Mexico.



LCS REACHING OUT PROGRAM

We have recruited over 80 volunteers who are mobilized and ready to reach out to members, especially those who live alone, have no family in the area and want to be contacted on a daily basis.

This service has now been extended to the community at large.

For more information,
[Click Here](#)

**SUPPORT YOUR FAVORITE BUSINESSES
BUY THEIR GIFT CERTIFICATES NOW!**

Go to Facebook Apollo 2020



and join to see who is participating.



If your favorite business is not participating, have them go to Apollo 2020 to find out how to participate.

Thank you so much for your support.



COVID-19 WON'T DRIVE US CRAZY Because We Already Are

Our new "Let's Practice Spanish Online Sessions"

Every day, for the next several weeks, we will offer you two sessions per day, lasting one hour and ten minutes.

The tool we will use is Zoom.

THERE ARE 3 DIFFERENT TYPES OF SESSIONS:

Pronunciation

From beginners to intermediate

Exercises focused on working out the muscles in your mouth to articulate the sounds required to pronounce your Spanish better, as well as hints to learn the rules on emphasis and the melody of the language.

Grammar

From beginners to intermediate

Explanations full of examples and exercises on different topics.

Conversation

From intermediate to advanced

You'll do exercises through people's stories to practice your listening, understanding and speaking.

ENROLL IN ONE OR IN AS MANY SESSIONS AS YOU'D LIKE

Enroll is per individual. You must be a current member of LCS. Here you can get a membership or renew it. <https://lakechapalasociety.com/public/membership.php>

For more info, please send an email to directoreducacion@lakechapalasociety.com

Lake Chapala Society

Sources for Face Masks in Lakeside

- » **Operation Feed:** Pleated fabric. Contact Carol Curtis at email: 2onadventure@gmail.com
- » **Christian Robertson:** Bamboo with washable carbon filter. To order the masks use the order form at <https://deborahkruger.com/bambu-warriors/> or contact 333-378-4741; email christian-robertson56@gmail.com
- » **Pam McNish:** Washable muslin/cotton blend face mask with filter. 3 sizes. Contact Pam at: pmmcnish@hotmail.com
- » **Sasha Elizabeth Conway:** 3 layer masks made to order. Contact Sasha at: eiregirl@gmail.com or through Facebook Messenger (Do not send a friend request)
- » **Sol Mexicana:** Contact Alexis at 376-766-0941 or 331-329-7572 or email: rexie.hoff@gmail.com
- » **Tepehua Community Center:** Check their Facebook Page for information.
- » **Bela Feminina:** 4 layer masks, inner and outer layer cotton, two interior non-woven filtration layers. See BelaFeminina.com or email Becca Pohl at: belareusables@gmail.com
- » **The Art House in the Laguna Mall.** \$40 pesos each, open Monday to Friday from 11 a.m. to 2 p.m.
- » Alejandra/Cafe Corazón \$40 pesos, contact via Facebook or at <https://www.mexycomx.com/cafecorazon>

Fuentes de cubre bocas en Lakeside

- » **Operación Feed:** Tejido plisado. Contacte con Carol Curtis por correo electrónico: 2onadventure@gmail.com
- » **Christian Robertson:** Bambú con filtro de carbón lavable. Para pedir las máscaras use el formulario de pedido en <https://deborahkruger.com/bambu-warriors/> or contact 333-378-4741; email christianrobertson56@gmail.com
- » **Pam McNish:** Máscara facial de mezcla de muselina y algodón lavable con filtro. 3 tallas. Contacte con Pam en: pmmcnish@hotmail.com
- » **Sasha Elizabeth Conway:** Máscaras de 3 capas hechas a medida. Contacte a Sasha en: eiregirl@gmail.com o a través de Facebook Messenger (No envíe una solicitud de amistad)
- » **Sol Mexicana:** Contacte con Alexis en el 376-766-0941 o 331-329-7572 o por correo electrónico: rexie.hoff@gmail.com
- » **Centro Comunitario Tepehua:** Revisa su página de Facebook para obtener información.
- » **Bela Feminina:** Máscaras de 4 capas, capa interior y exterior de algodón, dos capas interiores de filtración no tejidas. Vea BelaFeminina.com o envíe un correo electrónico a Becca Pohl en: belareusables@gmail.com
- » **La Casa de Arte en el Centro Comercial Laguna.** 40 pesos cada una, abierta de lunes a viernes de 11 a.m. a 2 p.m.
- » Alejandra/Cafe Corazón \$40 pesos, contact via Facebook or at <https://www.mexycomx.com/cafecorazon>



The saying “Forewarned is forearmed” has been repeated for over 400 years. It says that if you know about a problem or situation in advance, you will be able to deal with it when you need to.

It’s often attached to “A word to the wise is sufficient.” Since we all know that “wisdom comes with age,” exercise some wisdom and take advantage of your **Lake Chapala Society Post Life/Emergency Registry**. The time has never been more important to fill out the form.

In order to help members of the Lakeside community prepare for emergency and post-life planning, the LCS has developed a booklet “Being Prepared for Life and Death at Lakeside.” The booklet includes information about Mexican *Notario Publicos*, Health Care Directives, Wills, Powers of Attorney, and much more.

The **LCS “Post Life Emergency Registry” form** includes:

- Personal information (name, address, date of birth, nationality, etc.)
- Healthcare information (emergency contact, physician, health insurance information, etc.)
- Legal information (attorney, executor, funeral arrangements, etc.)
- Household information (emergency household contact, gardener, housekeeper, pets)

The completed document is filed at the LCS and the information provided is considered confidential.

We can get lost, have a serious accident, become hospitalized, or even die here. The Registry is contacted whenever an expat is in a critical situation and is unable to communicate information to authorities.

It’s important to have basic information on file to protect ourselves and our loved ones from the emotional damage that can be done to those who love and care for us and have to follow up in an emergency and after a death.

When I completed my update yesterday, I felt great. Once I got organized, it only took about an hour and a half, and another half hour to photograph various documents

and compose an email to the six people who would be involved, here and in the U.S. I attached photos of these documents:

- My **In Case of Emergency contact** wallet card with phone numbers, so both my Mexico and U.S. representatives can contact each other.
- The LCS Post-Life/ICE Registration form
- The “How to Die in Mexico” article by local attorney, Spencer McMillen, <https://www.chapalalaw.com/how-to-die-in-mexico/>
- Photo of my Mexico Advance Directive/Power of Attorney for Healthcare
- Photo of my passport
- Photo of my Mexican permanent visa
- Photo of my international cremation policy



I reiterated my end-of-life directions for the friends I have chosen to have my Power of Attorney for Healthcare here, who will be asked to direct my medical treatment if I am not going to recover and I’m unable to speak for myself. I scheduled a Zoom call to go over all of the information with them, and to tell them where everything important is located in my house. I also put those details in writing because in a crisis, the memory fails.

Do yourself, your loved ones, and all the strangers who will be there to help you in an emergency this favor.

- » Click on this link and open the door to taking charge of what — and who — happens to you in an emergency: <https://lakechapasociety.com/public/post-life--emergency-planning.php>
- » Download and print a pdf version.
- » Complete the registry or the update form if there are changes to one you already filed.
- » Put the form in an envelope addressed to Post-Life/Emergency Registry and drop it in the BOOKS return slot at the LCS campus.
- » A donation of \$50p (or more) is appreciated.

You will prove to the world that “Wisdom does, indeed, come with age.” And you do NOT have to be an LCS member to register. Like the ad says: Just do it! You will feel great after you do.

HOME-MADE HAND SANITIZER RECIPE

What you'll need

- ¾ cup of isopropyl or rubbing alcohol (99 percent)
- ¼ cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of alcohol)
- 10 drops of essential oil OR a little lemon juice

Directions

- Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container
- Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel
- Pour the ingredients into an empty bottle for easy use, and LABEL IT.

Tips

- Make the hand sanitizer in a clean space, on a clean counter, using clean equipment
- Wash your hands thoroughly before making the sanitizer
- Make sure the alcohol used is not diluted
- Mix all ingredients thoroughly until they are well blended
- Do not touch the mixture with your hands until it is ready to use

According to the CDC, an alcohol-based hand sanitizer that meets the alcohol volume requirement can quickly reduce the number of microbes on your hands. It can also help destroy a wide range of disease-causing agents or pathogens on your hands, including the novel coronavirus.

NOTE: Using hand sanitizer does NOT replace washing your hands. Hand-washing is the most effective method of prevention.

HOME-MADE DISINFECTING WIPES

Ingredients

- 2 cups distilled water
- 1 cup isopropyl alcohol (strongest available)
- 1 tablespoon dish soap (Dawn is the best)
- 1 paper towel roll
- 3 drops Tea tree oil (optional)

Instructions

- Cut paper towel roll in half through the middle with a serrated knife
- Flip the halves over and put into a jar or container that has a lid.
- Mix together the water, rubbing alcohol, and dish soap (and Tea tree oil if using)
- Pour around the edges of the paper towel roll. Let it soak in for 2 minutes.
- Pull the middle cardboard roll of the paper towel roll out. Now you can pull from the middle.
- Store in a closed container with lid.

NOTES

- To ensure the effectiveness of these disinfecting wipes, the alcohol must be at least 90% strength.
- Tea tree oil is the ONLY essential oil that kills both bacteria AND viruses. Other oils are for scent only.

RECETA DE DESINFECTANTE DE MANOS CASERO

Lo que necesitarás:

- » ¾ taza de isopropil o alcohol para frotar (99 por ciento)
- » ¼ taza de gel de aloe vera (para ayudar a mantener las manos suaves y contrarrestar la dureza del alcohol)
- » 10 gotas de aceite esencial o un poco de jugo de limón

» Instrucciones:

- » Vierta todos los ingredientes en un tazón, idealmente uno con un pico como un recipiente de cristal para medir.
- » Mezclar con una cuchara y luego batir con un batidor para convertir el desinfectante en un gel
- » Vierta los ingredientes en una botella vacía para facilitar su uso, y etiquétela.

Consejos:

- » Hacer el desinfectante de manos en un espacio limpio, en un mostrador limpio, usando un equipo limpio.
- » Lávese bien las manos antes de hacer el desinfectante.
- » Asegúrate de que el alcohol utilizado no se diluya.
- » Mezclar todos los ingredientes hasta que estén bien mezclados.
- » No toque la mezcla con las manos hasta que esté lista para su uso.

Según el CDC, un desinfectante de manos a base de alcohol que cumpla con el requisito de volumen de alcohol puede reducir rápidamente el número de microbios en las manos.

También puede ayudar a destruir una amplia gama de agentes causantes de enfermedades o patógenos en sus manos, incluyendo el nuevo coronavirus.

NOTA: El uso de desinfectante para manos NO reemplaza el lavado de manos. Lavarse las manos es el método más efectivo de prevención.

TOALLITAS DESINFECTANTES CASERAS

Ingredientes:

- » 2 tazas de agua destilada
- » 1 taza de alcohol isopropílico (el más fuerte disponible)
- » 1 cucharada de jabón para platos (Dawn es el mejor)
- » 1 rollo de toalla de papel
- » 3 gotas de aceite del árbol del té (opcional)

Instrucciones:

- » Corte el rollo de toallas de papel por la mitad con un cuchillo dentado.
- » Acomode las mitades hacia abajo y póngalas en un contenedor con tapa.
- » Mezclar el agua, el alcohol para frotar y el jabón para platos (y el aceite de árbol de té si se usa)
- » Vierte alrededor de los bordes del rollo de toalla de papel. Déjelo en remojo durante 2 minutos.
- » Saque el rollo de cartón del medio del rollo de toalla de papel. Ahora puedes tirar del medio.
- » Guárdelo en un recipiente cerrado con tapa.

NOTAS: Para asegurar la eficacia de estas toallitas desinfectantes, el alcohol debe ser al menos de 90% de graduación.

El aceite del árbol del té es el ÚNICO aceite esencial que mata tanto las bacterias como los virus. Otros aceites son sólo para el aroma.

FoodBank Lakeside — Neighbors helping Neighbors

By Mark Dansson, Volunteer



In mid-March, as COVID-19 countermeasures began to impact the local economy here at Lakeside, Paola de Watterlot, an Ajijic native, began contemplating how to help the vulnerable families most affected. At the same time, Christine Philipson, a Canadian living here at Lakeside, formed a Facebook group of CareMongering en Las Riberas, an international group using social media to counter the fear-mongering of COVID-19 by sharing stories of people helping people in need. That is when Glorine Barnhardt, a retired American and a long-term volunteer with LCS, learned of these two individuals, introduced them to one another, and within hours the idea of FoodBank Lakeside was born. Within days, a dozen volunteers had joined to help organize and run the first despensas, or distributions, providing the most affected families with much needed relief.

With the call for social distancing by local authorities, FBL

knew they had to do things differently. And so they chose to use local *abarrotes* in Ajijic and San Antonio Tlayacapan to purchase non-perishable food in bulk, including rice, beans, pasta, lentils, oats, oil, tuna, milk, eggs, and sugar. These would be repackaged into portions sufficient to feed a family for a week, with other items such as bath soap, laundry soap, tissue paper, and face masks added in. To minimize the risk of spreading COVID-19, families were scheduled to meet a volunteer at the *abarrotes* at a specific time to pick up their food. Within one week, 79 families from these two communities had received the first despensas. During the second week, FBL already expanded its reach to lend support to existing programs providing despensas in Santa Cruz, San Nicholas, Mezcala, San Pedro Itzicán, as well as their surrounding areas.

After a mere month of operations powered by the hard work of volunteers and generous donors, FBL has touched the lives of over 300 families, with over 1,000 adults and children across six communities. While poverty has affected these communities for a long time, FBL's primary mission is to mitigate the impact of COVID-19 measures on local families with recently unemployed, elderly, and sick members, now having grave difficulties making ends meet. While doing so, every precaution is taken in order to prevent the spread of the disease to participants, volunteers, and partners.

FoodBank Lakeside's ambition is to set down roots, stick around for the long haul and to collaborate with existing local food banks to maximize our combined reach by minimizing overlap. Donations, both large and small, whether by cash, check, or credit card, are the lifeblood that make this possible. A simple \$16 USD donation can help feed a family of four for a week. FoodBank Lakeside sends heartfelt gratitude to all of its volunteers and donors, and anyone who takes the time to learn about their mission and helps spread the word.



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ODE TO MY MAID

By Libby Colterjohn

Veronica, I miss you so
Why ever did I let you go?

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And her 5 kids are out of school.
Veronica, I miss you so
Why ever did I let you go?

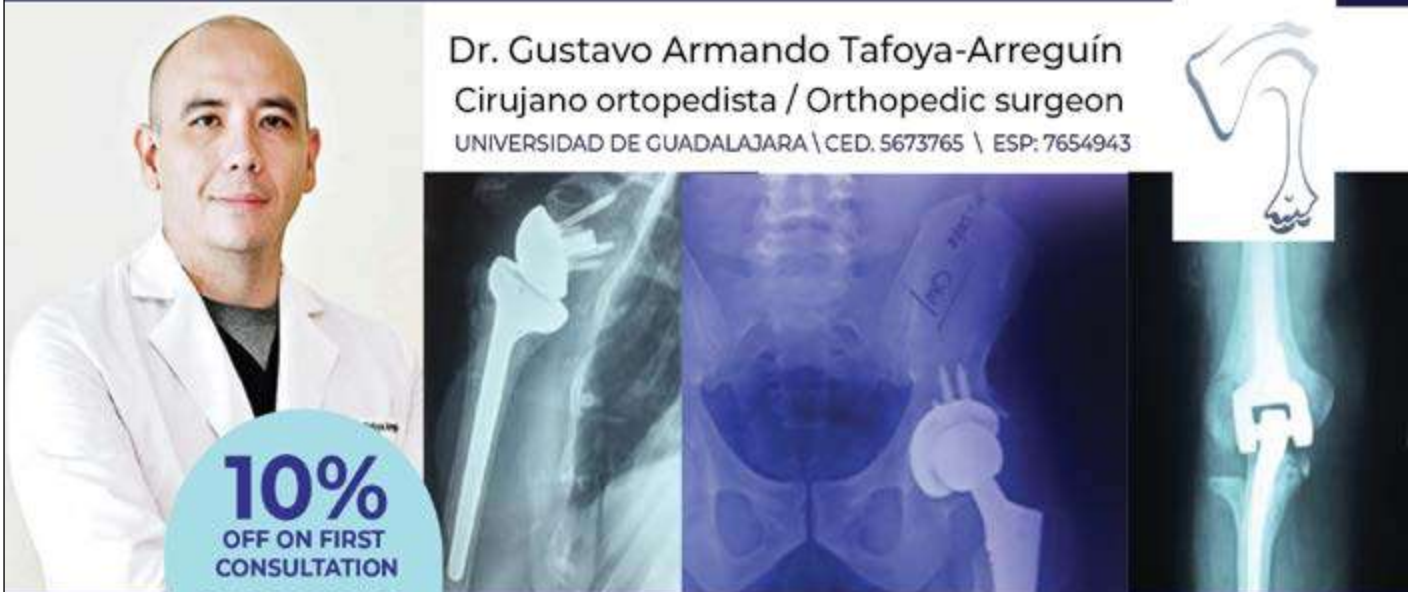
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Why ever did I let you go?

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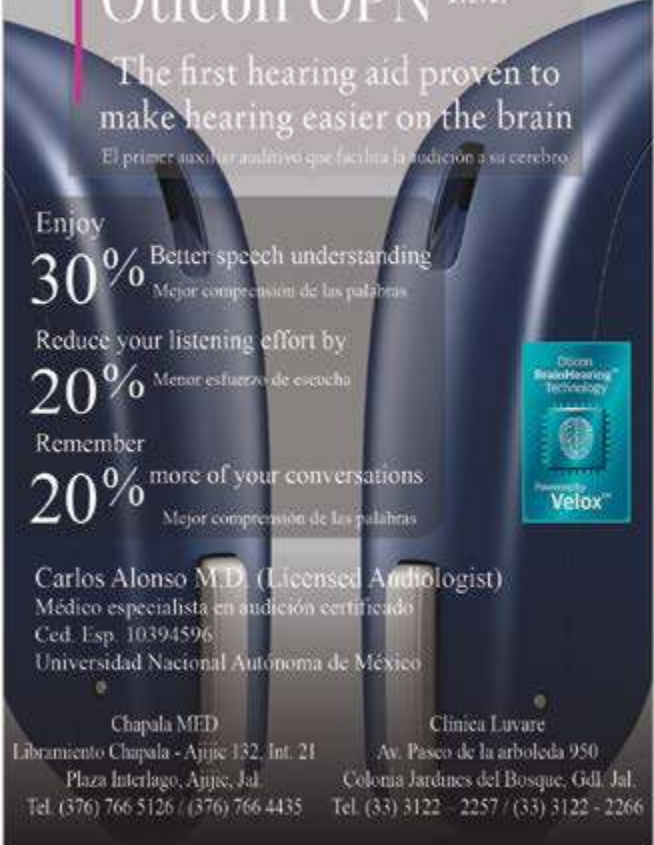
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FABULOUS STYLES ARRIVING

Here at Lakeside we are lucky not only to live in a beautiful environment, but also one that is loved by the birds. We have fifty percent more species to see here than are seen at, for example, San Miguel de Allende, the other popular retirement spot in Mexico.

Gardens are filled with birds, especially if we have planted bushes and trees for them to play in. Our own garden has Blue Mockingbirds, Vermilion Flycatchers, Great Kiskadees and Inca Doves all the time. The lake is full of fish so it can support a varied bird population including American White Pelicans, Great Egrets, Snowy Egrets and Caspian Terns.

We find birds endlessly fascinating in their behavior and we admire their colors and specialized shapes from woodpeckers to hummingbirds. We love having that excuse to get out into the countryside and enjoy the sun and fresh air at “birding hotspots” such as the Allen Lloyd Trail, the Pumping Station and Lake Cajititlan Marsh. These spots are known to have a good selection of birds reliably throughout the year.

The best place to start birding is in your own garden. If you sit still the birds are likely to appear, even if you don't have a birdbath or a hummingbird feeder. Other good places to observe birds locally are the malecons of Ajijic and San Antonio Tlayacapan.

The key thing is just to start looking at the birds around you. Like us humans, they are always doing something, whether it's keeping an eye out for predators such as cats and kestrels, or looking for food, defending a nesting territory or looking for a place to sleep.

Observe how each species has been adapted to live and operate in a particular niche environment. The egrets will not stick around very long without fish in the lake or frogs in the reeds. Observe their beautiful breeding plumage and the dancing routines of fighting and courting. Watch them as they stand quite still and suddenly extend a long neck to grab a fish, then hold it for half an hour until it is dead, then toss it up and catch it until it is pointing exactly head down and spend twenty minutes relaxing the mouth and neck to let it pass to the stomach.

Identification is often more difficult than many people realize. The guidebooks tend to show one or more standardized images, but in nature there is a lot of variability in each species. There are differences with geographical location, season, age, sex, and molting. Not only that, if you compare bird books you will see each bird has a different color in each book. Many times you can't even see the whole bird you are looking at because it is hiding



in the leaves or the grass. The only solution is practice. You must go out and spend time getting to know the birds around you.

You may not know that identification by ear is considered as valid as identification by sight. The different songs and calls of birds can be useful for those of us whose sight is not as good as it was. With time you can gradually recognize the calls of the common birds. Many will recognize calls such as the “keekadee” of the Great Kiskadee. In our early days in Ajijic we looked for a long time for the source of a loud descending “laugh” frequently heard in the village, but we could not see any obvious bird around. Rosemary searched the birdcall descriptions in the bird books and narrowed it down to the Canyon Wren that is common on the lakeshore calling from the rooftops.

You may ask: Where exactly are these “hotspots” such as the Pumping Station? We suggest you attend the free bird walks arranged every month by Lake Chapala Birders announced at chapalabirders.org. You will find out where they are and where to see the various species that live along the route. Happy Birding.

Aquí en la Rivera de Chapala, tenemos la suerte no sólo de vivir en un ambiente hermoso, sino también uno que es amado por las aves. Tenemos un cincuenta por ciento más de especies para ver aquí que en, por ejemplo, San Miguel de Allende, el otro lugar de retiro popular en México.

Los jardines están llenos de pájaros, especialmente si hemos plantado arbustos y árboles para que jueguen. Nuestro propio jardín tiene sinsontes azules, pamoscas bermellón, grandes cisnes y palomas incaicas todo el tiempo. El lago está lleno de peces, por lo que puede albergar una variada población de aves, incluyendo pelícanos blancos americanos, garzas grandes, garzas blancas y gaviotas caspio.

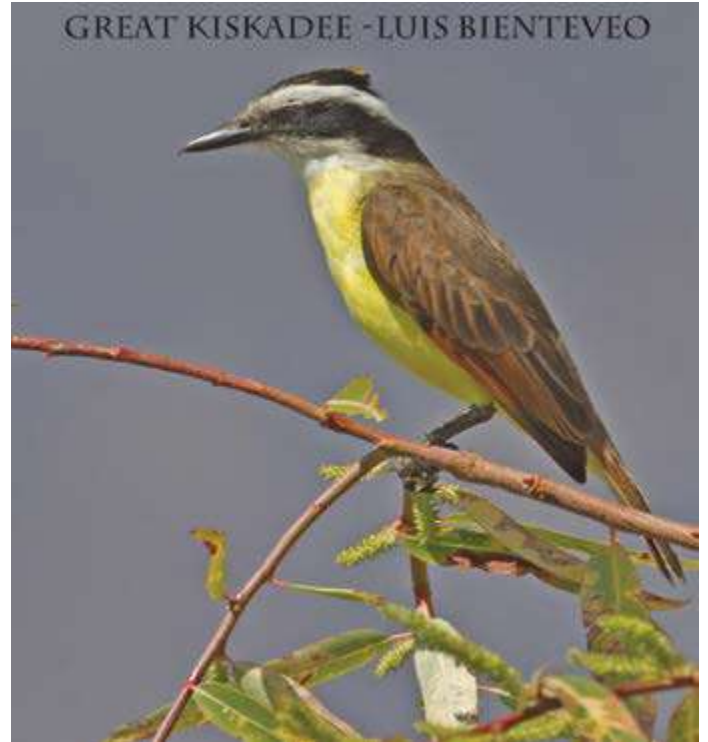
Encontramos aves infinitamente fascinantes en su comportamiento y admiramos sus colores y formas especializadas desde los pájaros carpinteros hasta los colibríes. Nos encanta tener esa excusa para salir al campo y disfrutar del sol y el aire fresco en “puntos para la observación de aves” como el sendero de Allen Lloyd, la estación de bombeo y el pantano del lago Cajititlán. Estos lugares son conocidos por tener una buena selección de aves de manera confiable durante todo el año.

El mejor lugar para empezar a observar aves es en su propio jardín. Si te quedas quieto, es probable que aparezcan las aves, incluso si no tienes una fuente o un comedero para colibríes. Otros buenos lugares para observar aves localmente son los malecones de Ajijic y San Antonio Tlayacapan.

La clave está en empezar a observar las aves a tu alrededor. Como nosotros los humanos, siempre están haciendo algo, ya sea vigilar a los depredadores como gatos y cernícalos, o buscar comida, defender un territorio de anidación o buscar un lugar para dormir.

Observen cómo cada especie se ha adaptado para vivir y operar en un nicho de ambiente particular. Las garcetas no se quedarán mucho tiempo sin peces en el lago o ranas en los juncos. Observen su hermoso plumaje de cría y las rutinas de baile de la lucha y el cortejo. Obsérvelas mientras se quedan muy quietas y de repente extienden un largo cuello para agarrar un pez, luego lo sostienen durante media hora hasta que está muerto, luego lo lanzan hacia arriba y lo atrapan hasta que apunta exactamente hacia abajo y pasan veinte minutos relajando la boca y el cuello para dejarlo pasar al estómago.

La identificación es a menudo más difícil de lo que mucha gente cree. Las guías tienden a mostrar una o más imágenes estandarizadas, pero en la naturaleza



hay mucha variabilidad en cada especie. Hay diferencias con la ubicación geográfica, la estación, la edad, el sexo y la muda. No sólo eso, si comparas los libros de aves verás que cada ave tiene un color diferente en cada libro. Muchas veces ni siquiera puedes ver el ave entera que estás mirando porque se esconde en las hojas o en la hierba. La única solución es la práctica. Debes salir y pasar tiempo conociendo a los pájaros que te rodean.

Puede que no sepas que la identificación por el oído se considera tan válida como la identificación por la vista. Los diferentes cantos y llamadas de los pájaros pueden ser útiles para aquellos de nosotros cuya vista no es tan buena como antes. Con el tiempo se pueden reconocer gradualmente los llamados de las aves comunes. Muchos reconocerán los llamados como el “keekadee” del Gran Kiskadee. En nuestros primeros días en Ajijic buscamos durante mucho tiempo la fuente de una fuerte “risa” descendente que se oye frecuentemente en el pueblo, pero no pudimos ver ningún pájaro obvio alrededor. Rosemary buscó las descripciones de las llamadas de los pájaros en los libros de pájaros y las redujo al Canyon Wren que es común en la orilla del lago llamando desde los tejados.

Se puede preguntar: ¿Dónde están exactamente estos “puntos” como la estación de bombeo? Le sugerimos que asista a las caminatas gratuitas de aves organizadas cada mes por el lago Chapala Birders anunciadas en chapalabirders.org. Descubrirá dónde están y dónde ver las diversas especies que viven a lo largo de la ruta. Feliz Observación de Aves.

GUADALAJARA! GUADALAJARA!



The Women of Jalisco

The State of Jalisco was once an outpost that was founded with the aid of a strong woman, Beatriz Hernandez, whose bronze statue can be admired behind the Guadalajara's iconic Teatro Degollado. Beatriz was a courageous woman who is considered the founding Mother of Guadalajara.

For this article I visited the Rotunda of Illustrious Citizens of Jalisco (north of the cathedral). There are only three women whose ashes are interred here. Doña Rita Pérez, of Jalisco (1779-1861) was a military insurgent who fought for Mexico's independence from Spain. For nearly four years this woman fought alongside her husband, Pedro Moreno. Doña Pérez had to leave her children in the care of others to fight for their future as free Mexicans. Although her properties were confiscated, her children maltreated and both her life and that of her husband endangered, she fought for a greater cause.

Doña Pérez endured the life of a wanted nomad and revolutionary fighter for a cause she knew to be just. Her fifteen-year-old son gave his life for the freedom of his homeland and one can only imagine how this must have torn at her heart. Later, she and her younger children were held in a dark cell awaiting a firing squad, and while imprisoned two more of her children died from the abysmal conditions.

Irene Robledo Garcia was born in Guadalajara in 1890 and lived her long life contributing to the city and citizens until her death in 1988. On the Rotunda she is listed as an educator and humanitari-

By Herbert W. Piekow

an. Although born into a family of means, Irene was determined to obtain a higher education than that of a teacher, which was about the only career available at that time to a woman.

After she obtained her teaching certification, she became the Director of the Normal School, Guadalajara's Teachers College, which still exists for the training of teachers. Because she felt women's ambitions shouldn't be limited, while working full time as the director of the college, she pursued medical training, becoming first a nurse, then a doctor of homeopathic medicine, and later a dental surgeon. In her lifetime she was honored for her social works by the University of Guadalajara who recognized her contributions to women in education, the professions and society.

The artist Maria Cenobia Izquierdo of San Juan de los Lagos, Jalisco, was a contemporary of Frieda Kahlo. Although born in rural Jalisco, Maria Izquierdo was more at home in Mexico City where she painted and lived. In her short lifetime she was recognized for her use of intense colors in both naturalistic and surrealistic works. She credited her grandparents, who raised her from the age of five, after her widowed mother remarried, as her earliest artistic supporters. She was a feminist before women defined themselves as such. Her paintings often portrayed women at work as being the backbone of Mexican society. She used her childhood in rural Jalisco as a source for her understanding of the importance of women in Mexican society.

There are many strong women from Jalisco and most go unrecognized. However, every woman who raises children and/or pursues a career is contributing to the betterment of not only Jalisco, but to society as a whole.

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GUADALAJARA! GUADALAJARA!



Las mujeres de Jalisco *Por Herbert W. Piekow*

El Estado de Jalisco fue una vez un lugar de avanzada que se fundó con la ayuda de una mujer fuerte, Beatriz Hernández, cuya estatua de bronce se puede admirar detrás del emblemático Teatro Degollado de Guadalajara. Beatriz fue una mujer valiente que es considerada la madre fundadora de Guadalajara.

Para este artículo visité la Rotonda de los Jaliscienses Ilustres (al norte de la catedral). Sólo hay tres mujeres cuyas cenizas están enterradas aquí. Doña Rita Pérez, de Jalisco (1779-1861) fue una insurgente militar que luchó por la independencia de México de España. Durante casi cuatro años esta mujer luchó junto a su marido, Pedro Moreno. Doña Rita tuvo que dejar a sus hijos al cuidado de otros para luchar por su futuro como mexicanos libres. A pesar de que sus propiedades fueron confiscadas, sus hijos fueron maltratados y tanto su vida como la de su esposo estuvieron en peligro, ella luchó por una causa mayor.

Doña Rita soportó la vida de una nómada buscada y luchadora revolucionaria por una causa que sabía que era justa. Su hijo de quince años dio su vida por la libertad de su patria y sólo se puede imaginar cómo esto debió desgarrar su corazón. Más tarde, ella y sus hijos más pequeños fueron encerrados en una celda oscura esperando un pelotón de fusilamiento, y mientras estaban encarcelados, otros dos de sus hijos murieron a causa de las pésimas condiciones.

Irene Robledo García nació en Guadalajara en 1890 y vivió su larga vida contribuyendo a la ciudad y a los ciudadanos hasta su muerte en 1988. En la Rotonda está catalogada como educadora y humanitaria. A pesar de haber nacido en una familia acomodada, Irene estaba decidida a obtener una educación superior a la de una maestra,

que era la única carrera disponible en ese momento para una mujer.

Después de obtener su certificación de maestra, se convirtió en la Directora de la Escuela Normal, el Colegio de Maestros de Guadalajara, que aún existe para la formación de maestros. Como sentía que las ambiciones de las mujeres no debían limitarse, mientras trabajaba a tiempo completo como directora del colegio, siguió una formación médica, convirtiéndose primero en enfermera, luego en doctora en medicina homeopática y más tarde en cirujana dental. Durante su vida fue honrada por su trabajo social por la Universidad de Guadalajara que reconoció sus contribuciones a la mujer en la educación, las profesiones y la sociedad.

La artista María Cenobia Izquierdo de San Juan de los Lagos, Jalisco, fue una contemporánea de Frieda Kahlo. Aunque nació en la zona rural de Jalisco, María Izquierdo se sentía más a gusto en la Ciudad de México, donde pintaba y vivía. En su corta vida fue reconocida por su uso de colores intensos tanto en obras naturalistas como surrealistas. Sus abuelos la criaron desde los cinco años, después de que su madre viuda se volviera a casar, y la apoyaron al inicio de su carrera artística. Era feminista antes de que las mujeres se definieran como tales. Sus pinturas a menudo retrataban a las mujeres en el trabajo como la columna vertebral de la sociedad mexicana. Utilizó su infancia en el Jalisco rural como una fuente para su comprensión de la importancia de la mujer en la sociedad mexicana.

Hay muchas mujeres fuertes de Jalisco y la mayoría no son reconocidas. Sin embargo, cada mujer que cría a sus hijos y/o hace una carrera está contribuyendo al mejoramiento no sólo de Jalisco, sino de la sociedad en su conjunto.

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WRITINGS FROM WILKES

How I Knew Ajijic Part I

These writings are from the LCS Wilkes Center, or Biblioteca, a beehive of activity, Galeana 18 in Ajijic, two blocks from the LCS main campus. For 20 years, a cadre of volunteers have taught ESL to the Mexican Community, gratis. There are several levels of study. Volunteer teacher and author Carol Bowman recently asked her Level 4 students to try their hands at creative writing. We are proud to announce that Writings from the Wilkes will become a regular feature of this magazine. We will not edit these pieces as a way of demonstrating how much progress these talented, hard working students have made.

In 1936, two great uncles, my grandmother's brothers, bought two properties by Lake Chapala on Independencia Street, Ajijic. The typical houses were made with *adobe* walls and roofs with *carrizo* (bamboo) and clay tiles. The southern boundary lay along the beach, making for a beautiful view of the lake. The properties had many fruit trees, such as *mango*, *avocado*, *guava*, *lemon*, and *myrtle* plus many flowers.

My grand uncle invited my family for a summer vacation, which we enjoyed very much. All of my family began to be in love with Ajijic, and so my parents rented a small house for the next summer. Later, my maternal grandmother bought a small, typical house at Independencia #17 and she gave it to my mother. In 1957, my father hired an

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By Federico Frances Navarro

architect, Miquel de la Torre, to rebuild the house, as it still remains today, and it was named 'La Casa de las Piedritas.'

My parents, three brothers, one sister and my grandmother began to use the house every weekend and for vacations, and we made a good relationship with the neighbors. One of these, Ramon Torres, had seven or eight children. Since he was a fisherman, we began to know how the *charales* smell! The neighbors in front of our house, the Ramos Flores family, still live there and we remain very good friends.

As a child, I became a good friend of one of the sons, Alfonso Ramos Flores. He had two horses, one named 'La Mosaica' and the other called 'El Lucero.' Alfonso liked my bike, so we interchanged my bike for his horse when we traveled to *El Potrero* (cultivation fields). We used 'El Camino Real,' a path which passed by the original Indian towns by the lake, running parallel to the shore, with big trees on both sides and lined with big stone fences. Today they still have horse races on this same street in Ajijic. Between the town and the field, *el panteon* (cemetery,) existed. When we returned to our homes late, without daylight, we raced the horse and bike fast passed the scary cemetery.

Most families were self-sufficient with their orchards, fish, agriculture, and some cows. Every house had a *noria* (a well) to supply fresh water and a septic tank made with typical construction. Back then, 'time' had another dimension of importance. The people cooked with *leña* (firewood), which the boys collected on the hills every day; a family task that had to be done. A permanent scene on the beach was of fishermen fixing their nets on their canoes, or setting their nets in a curved way — an original antique system to catch fish, called 'chinchorros.' It's not easy to see this method now.

In the afternoons, women washed their clothes on a flat rock. Each woman recognized 'her own' rock and considered it her personal property. Kids swam in the lake, played football and raced around with the cows, donkeys and dogs. Below the *cascade* (waterfall) on the *Tepalo* stream, picnickers and bathers gathered. In a very old custom, unmarried women visited San Antonio Tlayacapan square every Thursday to stroll around the park to find a good husband.

Ajijic's Patron Saint, *San Andres* sparked many religious and pagan festivities like the '*jaripeos*' or '*corrida*,' similar to rodeos, where men on foot fought bulls. A young man called *El Tartamudo* was a fearless bullfighter, whom the local audience loved and applauded. Today, he is 84 years old and owns a famous restaurant in Jocotepec, selling *birria*.

Ajijic in the '50s and 60s was a paradise for kids and young families coming from Guadalajara or other places, with the charm of a simple way of life and a freedom atmosphere. I remember some very important people of Ajijic and I will describe them in Part Two of my story, next month.

LAKESIDE WRITERS

New Memoir Set at Lakeside: Book Review

By Harriet Hart

According to *Soledad: Memories of a Mexican Childhood* by Katie Goodridge Ingram is the newest memoir to hit the LCS library shelves, donated by the author herself.

Katie, called Soledad in the book, moved to Ajijic with her mother and brothers in the late 1940s. Her mother, artist and entrepreneur Helen Kirkland, renovated a storage building, converted it into her home and business premises, and started the weaving enterprise that still operates 70 years later in the same space using the same looms she found decades ago! Kirkland and LCS benefactress Neill James were friends and neighbors, and Katie's sister-in-law, Ingrid Goodrich, still lives here today.

I couldn't put this book down for several reasons: the themes are universal, the writing is evocative; and the descriptions of earlier times in our community are fascinating.

Let's begin by taking a close look at the themes. All children ask the question, "Who am I?" but Katie has the added problem of not knowing whether she is American or Mexican: "My skin is white but my soul is brown. I know I am neither this nor that — *nu fu ni fa*. 'Not fish nor fowl,' my father says. At first it's hard to tell about the solitude of how I feel different and alone, but people make choices about me. People choose you because they think they see you. They don't choose you because they know you. If they think your parents are white, then they treat you as if all of you is white. They don't understand how brown comes into the soul." This memoir is her description of that process.

A second theme is powerlessness. As a child, Katie had no choice about the events in her life: the separation of her parents, the family's relocation from Mexico City to Ajijic, being torn from her nanny Pilar, the torture of being treated for rabies, the remarriage of her mother, the predatory men (Mexican and foreigners) she encounters. And with this powerlessness came losses, described vividly enough to make this reader weep.

The writing style is colorful. Soledad's memoir shares common elements with Frida Kahlo's paintings. Written in a surrealistic style, her words paint vivid self-portraits, while at the same time depicting Mexican society. Here's Pilar reading to Soledad from the *Police Gazette*: "She teaches me about fear. . . The pictures are in black and white but in her words, the blood is red. From how she reads and adds her details, the eyes are purple slashes all the way down the cheeks, and pink marrow shows at the broken bones just like the scabby chicken feet she roasts for soup . . ."

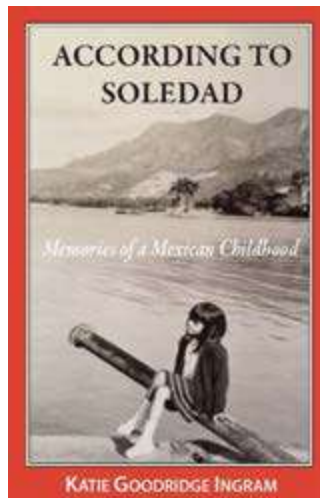
Much of story takes place here at Lakeside where we read how people once lived, the parents whose children

die in infancy and who beseech Katie's mother to come and photograph them with her Kodak. These parents fear that unless she does "the infant will fade, just like the baby biers in the cemetery that melt slowly with each rainstorm till no colored streamers fly in the wind and the little thrones of cane honor the mound." Soledad describes the phone booth in the Ajijic plaza as "an extra big coffin standing on end," and recreates the fishermen near the pier with their bonfires, the puritanical priest with his *piñatas* and Tacho, the lecherous riding instructor with his roaming hands.

This is a coming-of-age book that ends when the author is just a teenager. If I have a criticism, it's that we don't know what kind of adult this unusual childhood created. A visit to www.lakechapalaartists.com, publisher Tony

Burton's informative website, provides some of the answers.

According to Soledad is available locally in print at Diane Pearl's, Mi Mexico and La Nueva Posada for \$300 pesos, or on Amazon in electronic format. It would make an excellent book club choice.



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KNOW YOUR NEIGHBORS / CONOZCA A SUS VECINOS

Professional Women of Lakeside / Mujeres profesionales de la rívera del lago

By/Por Alex Searles

In honor of Mother's Day, I sat down with Azucena Bateman (lawyer), Dr. Cherry Adjchavanich (dentist), and Dr. Berenice Martínez (veterinarian) to discover what common experiences they had on their path to a professional career.

All these professionals agreed about the rewarding nature of their work here. Ms. Bateman finds "meeting people from all sorts of places and different backgrounds" and "helping people from the expat community as well as the Mexican community" the most rewarding part of her job, though she noted that it was rewarding in different ways. "Many from the Mexican community are from rural areas and don't know how to read or write, but they know they can trust me so I feel like I'm taking care of them and giving back to the community." She noted that members from both communities were "not only clients, they're [also] friends."

Dr. Cherry had a similar sentiment. "The most rewarding thing about working here at Lakeside is being able to bridge the cultural and language barriers." Dr. Berenice is always focused on her animal patients, so for her, the most rewarding part of the job is that her "patients recover: that's the main reward."

All three women also had excellent advice for girls and young women seeking to become professionals. Dr. Cherry stressed the importance of "being comfortable with yourself. You have to do everything you need to do to feel comfortable with yourself as a female." She was adamant that it is important to push yourself outside of your comfort zone, noting that "if you want to do something or be like someone, just get out there and do it. If you fall down, keep picking yourself up."

Dr. Berenice also stressed perseverance. "Keep on your path, because sometimes it can be difficult, especially here in Mexico, but you can do it. Just stick to the path and you can get there." For Ms. Bateman, her main advice was to not succumb to peer pressure to be like everybody else. She specified the importance of focusing on one's self-growth, education, and then your career. "If you want kids later, you can still have them and you will be more mature, capable, have money, and be more independent." She had one particularly important piece of advice for young women. "You can start dating boys because you are young. But don't get pregnant."

One universal commonality among all these professionals was who they felt helped them most to get them to where they are today. Dr. Berenice credited her mom and other strong women. "[For me it was] my mom, because she is a working woman, a strong woman, like Frida Kahlo, but all the women in my family are working women and they really helped and inspired me." Ms. Bateman said for her it was, "My mother. She married very young and never attended university, she had three kids — my brother, my sister and me — and she was the one who told me to study and do something with my life. She told me I can marry when I am older. But she has always been my biggest supporter." Dr. Cherry also credits her mom for her perseverance and success. "I would really say my main role model is probably my mother. She always told me I could do things. Both of my parents came from very humble backgrounds and one of the things they always instilled in me was that I was smart enough to do anything I wanted."

It's clear that having a supportive family, a willingness to be different and step outside your comfort zone, plus a love for helping people, or animals, are what helped these professional women get to where they are today.

En honor al Día de la Madre, me senté con Azucena Bateman (abogada), la Dra. Cherry Adjchavanich (dentista) y la Dra. Berenice Martínez (veterinaria) para descubrir qué experiencias comunes tuvieron en su camino hacia una carrera profesional.

Todas ellas, estuvieron de acuerdo en la naturaleza gratificante de su trabajo aquí. Azucena considera que "conocer gente de todo tipo de lugares y de diferentes orígenes" y "ayudar a la gente de la comunidad de extranjeros, así como a la comunidad mexicana" es la parte más gratificante de su trabajo, aunque señaló que era gratificante de diferentes maneras. "Muchos de la comunidad mexicana son de zonas rurales y no saben leer ni escribir, pero saben que pueden confiar en mí, así que siento que los estoy cuidando y devolviendo a la comunidad". Señaló que los miembros de ambas comunidades "no sólo son clientes, sino también amigos".

La Dra. Cherry tenía un sentimiento similar. "Lo más gratificante de trabajar aquí en la orilla del lago es poder superar las barreras culturales y de idioma". La Dra. Berenice siempre está enfocada en sus pacientes animales, así que, para ella, la parte más gratificante del trabajo es que sus "pacientes se recuperan: esa es la principal recompensa".

Las tres mujeres también tenían excelentes consejos para las niñas y jóvenes que buscaban convertirse en profesionales. La Dra. Cherry subrayó la importancia de "sentirse cómodo con uno mismo". "Tienes que hacer todo lo necesario para sentirte cómoda contigo misma como mujer". Se mantuvo firme en que es importante empujarse a sí mismo fuera de la zona de confort, señalando que "si quieres hacer algo o ser como alguien, sólo tienes que salir y hacerlo". "Si te caes, sigue levantándote".

La Dra. Berenice también hizo hincapié en la perseverancia. "Sigue tu camino, porque a veces puede ser difícil, especialmente aquí en México, pero puedes hacerlo. Sólo mantente en el camino y podrás llegar allí." Para Azucena, su principal consejo fue no sucumbir a la presión de los compañeros para ser como todos los demás. Especificó la importancia de centrarse en el crecimiento personal, la educación y luego en la carrera. "Si quieres tener hijos más tarde, todavía puedes tenerlos y serás más madura, capaz, tendrás dinero y serás más independiente". Tenía un consejo particularmente importante para las mujeres jóvenes. "Puedes empezar a salir con chicos porque eres joven. Pero no te quedes embarazada."

Un punto en común universal entre todas estas profesionales, que sentían les ayudó a llegar a donde están hoy. La Dra. Berenice dio crédito a su madre y a otras mujeres fuertes. "Para mí fue mi mamá, porque es una mujer trabajadora, una mujer fuerte, como Frida Kahlo, pero todas las mujeres de mi familia son mujeres trabajadoras y realmente me ayudaron e inspiraron." Azucena dijo que para ella era, "Mi madre. Se casó muy joven y nunca asistió a la universidad, tuvo tres hijos - mi hermano, mi hermana y yo - y fue ella quien me dijo que estudiara y que hiciera algo con mi vida. Me dijo que me puedo casar cuando sea mayor. Pero ella siempre ha sido mi mayor apoyo". La Dra. Cherry también le da crédito a su madre por su perseverancia y éxito. "Realmente diría que mi principal modelo a seguir es probablemente mi madre. Ella siempre me dijo que podía hacer cosas. Mis dos padres venían de orígenes muy humildes y una de las cosas que siempre me inculcaron fue que era lo suficientemente inteligente para hacer lo que quisiera".

Está claro que tener una familia que te apoye, la voluntad de ser diferente y salir de tu zona de confort, más el amor por ayudar a la gente, o a los animales, es lo que ayudó a estas mujeres profesionales a llegar a donde están hoy.

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CUSTOMS & CULTURE

Piñatas

By Citlali Mesa

It's not surprising that ingenious Mexico can take a clay pot, tissue paper, cardboard, and glue made from flour and water, and put it all together to come up with a *piñata* — a festive and colorful creation made from papier mâché, a clay pot, and colored tissue paper, and filled with candies, fruits and small toys.

The origin of the *piñata* is thought to date back over 700 years to Asia. Marco Polo found the Chinese fashioning figures of animals, then covering them with colored paper and adorning them as a greeting for the New Year. When the figure was hit hard with sticks, five types of seeds fell out. The remains were then burned and people gathered the ashes to bring good luck throughout the year.

Originally, *piñatas* fashioned without a base resembled clay containers called “ollas” used for carrying water. The Italian word ‘*pignatta*’ means “fragile pot,” although the origin of the word is thought to be linked to the Latin “*pineae*,” or pine cone. In Spain, the first Sunday in Lent became a *fiesta* called the “Dance of the *Piñata*.”

At the beginning of the 14th century, the indigenous peoples of Mexico had a tradition of celebrating the birthday of the Aztec god of war, *Huitzilopochtli*, whereby priests would place a clay pot on a pole in the temple at year's end. Colorful feathers embellished the richly decorated pot, filled with tiny treasures. When it was broken with a stick, the treasures fell to the feet of the god's image as an offering.

The original and traditional Mexican *piñata* has seven points symbolizing the seven deadly sins: envy, sloth, gluttony, greed, lust, anger/wrath, and pride. The ten-pointed *piñata* symbolizes the sins that come from breaking the Ten Commandments. The stick which is used to break the *piñata* symbolizes love, and it's supposed to destroy the sins by hitting and breaking the *piñata* into pieces. The person with the stick is blindfolded to represent faith. The candies and treats that come pouring out symbolize the forgiveness of sins and a new beginning.

Today the *piñata* has all but lost its religious significance and has become popular for celebrations all year round. The *olla* in modern-day *piñatas* is often replaced

with a papier-mâché container and the subject matter can include cartoon characters, animals, and characters from movies. Traditionally in Mexico, especially at Christmas, *piñatas* are filled with fruit and candies such as guavas, oranges, jicamas, pieces of sugar cane, *tejocotes* (a Mexican fruit) and wrapped candies. Then all that is needed is a stick and a blindfold to keep the crowd entertained.

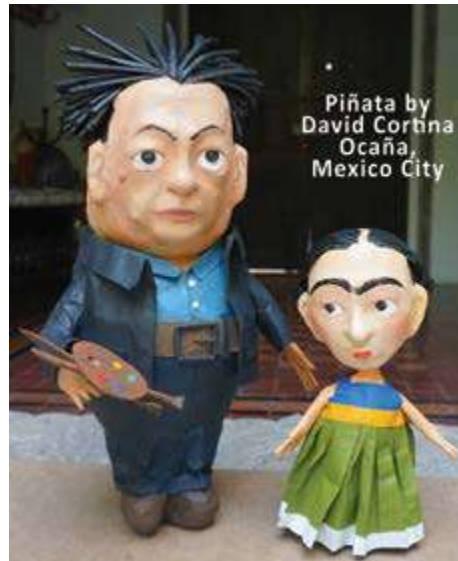
There are a number of *pueblos* (towns) in Mexico that specialize in the making of *piñatas*. Acolman, in the state of Mexico, boasts that they are the originators of the Mexican *piñata*. They have hosted an annual National *Piñata* Fair every December since 1985. This event includes cultural events, workshops on the making of *piñatas*, contests and traditional *posadas* that commemorate the journey that Joseph and Mary made from Nazareth to Bethlehem. The popular event attracts as many as 100,000 visitors.

About 400 families in the town of San Juan de la Puerta, Guanajuato, are dedicated to the creation of *piñatas*, and produce about 16,000 pieces each month, supporting about half of the people in town — it's the second most important economic activity there after agriculture.

The art of making today's *piñatas* falls under the Mexican *artesanía* (arts & crafts) heading of “*cartonería*,” which refers to the making of items from paper and cardboard. This puts *piñatas* in the same category as *amate* paper made from tree bark, Judas figures, and *alebrijes* (whimsical figures made from paper and cardboard). The *Museo de Arte Popular* in Mexico City held the first “*Concurso de Piñatas Mexicanas*” (Mexican Piñata Contest) in 2007. The purpose of the contest is to help retain this tradition as a valuable Mexican art form.

A few Mexican artists have elevated the *piñata* to “works of art.” One such artist is David Cortina Ocaña of Mexico City. Images of Diego Rivera, Frida Kahlo, and Pancho Villa are just a few of his creations.

If you have never included a *piñata* in your festivities, you might contemplate doing so. They are fun for adults and children alike.



No es de extrañar que el ingenioso mexicano, pueda tomar una olla de barro, papel de china, cartón, engrudo y juntarlo todo para crear una piñata, una creación festiva y colorida hecha con una olla de barro, papel de colores y llena de dulces, frutas y pequeños juguetes.

Se cree que el origen de la piñata se remonta a más de 700 años en Asia. Marco Polo encontró en China figuras de animales de moda, que luego cubrió con papel de color y las adornó como saludo para el Año Nuevo. Cuando la figura fue golpeada fuertemente con palos, cinco tipos de semillas cayeron. Los restos se quemaron y la gente recogió las cenizas para traer buena suerte durante todo el año.

Originalmente, las piñatas fabricadas sin base se asemejaban a contenedores de arcilla llamados “ollas” utilizados para transportar agua. La palabra italiana “pignatta” significa “olla frágil”, aunque se cree que el origen de la palabra está vinculado al latín “pineá”, o piña. En España, el primer domingo de Cuaresma se convirtió en una fiesta llamada “El baile de la piñata”.

A principios del siglo XIV, los pueblos indígenas de México tenían la tradición de celebrar el cumpleaños del dios azteca de la guerra, Huitzilopochtli, por lo que los sacerdotes colocaban una vasija de arcilla en un poste en el templo a finales de año. Plumas de colores adornaban la olla ricamente decorada, llena de pequeños tesoros. Cuando se rompía con un palo, los tesoros caían a los pies de la imagen del dios como ofrenda.

La original y tradicional piñata mexicana tiene siete puntos que simbolizan los siete pecados capitales: envidia, pereza, gula, avaricia, lujuria, ira/irritación y orgullo. La piñata de diez puntas simboliza los pecados que vienen de romper los Diez Mandamientos. El palo que se usa para romper la piñata simboliza el amor, y se supone que destruye los pecados al golpear y romper la piñata en pedazos. La persona con el palo tiene los ojos vendados para representar la fe. Los caramelos y golosinas que salen a borbotones simbolizan el perdón de los pecados y un nuevo comienzo.

Hoy en día la piñata ha perdido su significado religioso y se ha vuelto popular para las celebraciones durante todo

el año. La olla en las piñatas de hoy en día a menudo se sustituye por un recipiente de papel maché y el tema puede incluir personajes de dibujos animados, animales y personajes de películas. Tradicionalmente en México, especialmente en Navidad, las piñatas están llenas de frutas y dulces como guayabas, naranjas, jícamas, trozos de caña de azúcar, tejocotes y dulces. Entonces todo lo que se necesita es un palo y una venda para mantener a la multitud entretenida.



Hay diversos pueblos en México que se especializan en la fabricación de piñatas. Acolman, en el estado de México, se jacta de ser los creadores de la piñata mexicana. Organizan cada diciembre la Feria Nacional de la Piñata desde 1985. Este evento incluye actividades culturales, talleres de elaboración de piñatas, concursos y posadas tradicionales que conmemoran el viaje que hicieron José y María desde Nazaret hasta Belén. El popular evento atrae hasta 100,000 visitantes.

Alrededor de 400 familias del pueblo de San Juan de la Puerta, Guanajuato, se dedican a la creación de piñatas, producen alrededor de 16,000 piezas cada mes, manteniendo a cerca de la mitad de la gente del pueblo - es la segunda actividad económica más importante allí después de la agricultura.

El arte de hacer piñatas de hoy en día se encuentra bajo el título de “cartonería” de la artesanía mexicana, que se refiere a la fabricación de artículos de papel y cartón. Esto pone a las piñatas en la misma categoría que el papel amate hecho de corteza de árbol, las figuras de Judas y los alebrijes (figuras caprichosas hechas de papel y cartón). El Museo de Arte Popular de la Ciudad de México celebró el primer “Concurso de Piñatas Mexicanas” en 2007. El propósito del concurso es ayudar a mantener esta tradición como una valiosa forma de arte mexicano.

Algunos artistas mexicanos han elevado la piñata a “obras de arte”. Uno de esos artistas es David Cortina Ocaña de la Ciudad de México. Las imágenes de Diego Rivera, Frida Kahlo y Pancho Villa son sólo algunas de sus creaciones.

Si nunca ha incluido una piñata en sus festividades, podría contemplar hacerlo. Son divertidas tanto para los adultos como para los niños.

LOCAL AUTHORS / Autores locales

The Artist and the Muse / El Artista y la Musa

By / Por Kill Fessenden

Night Winds, Aodes' songs
Roar through the tree,
Howl at the image of his muse
Shackled by mystique
And framed in thoughts
which never feel her touch.
In a point behind his glass
That bans her to a distant place,
He ruminates an inspiration
Plucked from the refrigerator of Eden
And creates his captive, mysterious idol.

But she is the center of this earth;
The erupting volcano,
Hot fluids and slow moving lava;
The fertility of creation and destruction.
Winds caress her face and wet her sex
And a seductive lunar eye
Strikes her wildness
with the flame to survive.
Blood red clouds
contrast the blue twilight.
She swings in the willow
Wailing for the night.

He paints an ambition in his mind
It becomes a masterpiece, his domain,
Yet always she remains;
The decay that breeds all life.
Those wants to control her process
To beautify for fear,
To consume her existence,
To make her his rib,
Become this civilization of myth.

The stench of the earth is her perfume
She roams far from the image
Of his fear, of his desire.
She is the night mare
Passing at his crossroad.
She is the comet
Hanging on the horizon;
She is always there,
She always returns.

Vientos Nocturnos, Canción de Aodes
Rugir a través del árbol,
Aullar a la imagen de su musa
Encadenado por la mística
Y enmarcado en pensamientos
Que nunca siente su toque.
En un punto detrás de su vaso
Se manda a un lugar distante
Él rumia una inspiración
Sacado del refrigerador del Edén
Y crea su ídolo cautivo y monstruoso.

Pero ella es el centro de la tierra;
El volcán en erupción
Fluidos calientes y lava de movimiento lento;
La fertilidad de la creación y la destrucción.
Los vientos acarician su rostro y mojan su sexo
Y un ojo lunar seductivo
Golpea su desenfreno
Con la llama para sobrevivir.
Nubes rojas sangre
Contraste el crepúsculo azul.
Ella se balancea en el sauz
Lamentos por la noche.

Él siente una ambición en su mente.
Se convierte en una obra maestra, su dominio,
Sin embargo, ella siempre permanece;
La decadencia que engendra toda la vida.
El quiere controlar su proceso
Para embellecer por miedo,
Para consumir su existencia,
Para hacerla su costilla,
Conviértete en esta civilización del mito.

El hedor de la tierra es su perfume.
Ella vaga lejos de la imagen
De su miedo, de su deseo.
Ella es la yegua nocturna
Pasando por su encrucijada.
Ella es el cometa
Colgando en el horizonte;
Ella siempre está ahí
Ella siempre regresa.

Fountains of Life, Elder Women of Ajijic Part 2

Fuentes de la vida: Mujeres mayores de Ajijic Parte 2

By / Por Vill Fessenden



Josefina Cordova



Macrina Perez Ramos



La Maestra Bricia Rojas Perez



Juana Rojas Marquez



Cecilia Marques Sambrano "Doña Ceci"



Estela Ibon Flores 93años y 25años



Ma. del Refugio Garcia Agras



Francisca Rochin

If you hate to cook, have never learned to cook, or find it physically exhausting, this article is for you. With the Coronavirus crisis keeping us all at home, I hope this will help you to make interesting and delicious meals with a minimum of equipment, skills, and shopping.

Cooking need not be about struggling with complicated recipes. It should be more about combining those ingredients that are easily available to provide a tasty meal without much effort. You should have a small and a medium-sized good quality, non-stick frying pan, (Walmart have a large selection) and a small and a large saucepan. With these, you should be able to become quite adventuresome!

Start small – and what could be easier than **Rich and creamy scrambled eggs** made with local, fresh farm eggs?

- » Break the eggs (2 per person) into a bowl and add salt and freshly ground pepper.
- » Melt a generous lump of butter in a non-stick pan over a low heat and add the eggs.
- » Cook slowly, folding over gently, until they are cooked through but still moist and creamy.
- » Everyone has their own recipe for this, and some like to add a little milk or cream, a squirt of Tabasco sauce, some chopped parsley, or grated cheese. Personally, I just like them just as they are.



A grilled cheese sandwich makes another easy snack.

- » Butter 2 pieces of bread on the outside, fill the sandwich with any cheese that melts and,
- » if you wish, some sliced ham, salami, sliced tomato, or almost anything that looks interesting, and

- » place it on a frying pan over a medium heat.
- » Flip it over a couple of times until it looks brown and gooey. Enjoy!

Leftovers will now become your best friends; so much so that you should start to plan for them.

- » Fry an extra couple of slices of bacon,
- » steam a few extra pieces of broccoli or asparagus, and
- » only eat 5 of the 8 shrimp in that huge takeout that you got from your favourite restaurant.
- » They will not only provide the basis for tomorrow's lunch or dinner, but they will save you a trip to the store.

So, how do we use these?

- » One of my favourite ways is in enchiladas (rolled in a tortilla with melted cheese on top).



Stir-fry is a quick and easy way to turn a variety of things into a healthy meal.

- » You can use sliced chicken breast, pork fillet, shrimp, or steak (arrechera) strips and a selection of vegetables.
- » A little chopped onion and garlic, sliced sweet peppers and mushrooms are perfect, but you can add whatever you have, even spinach and broccoli.
- » Warm a little oil and/or butter in a non-stick frying pan and fry the meat or shrimp lightly over a medium-high heat and season with salt and pepper. Do not overcook these ingredients — it takes a very short time.
- » Remove from the pan and keep warm.
- » Now, add the veggies to the pan and sauté for a few minutes.
- » Put the meat and/or shrimps back into the pan and heat through.
- » You can serve it like this, or add a little water and a few drops of soya sauce, hot sauce, or Worcester



sauce.

- » Stir well to incorporate the brown sediment from the bottom of the pan.
- » Serve with rice, noodles, or tortillas.
- » Leftovers can be cut up a bit and simmered in chicken stock to make a delicious soup.



A good Bolognese sauce freezes well in small containers and can be served with pasta, rice, beans, or tortillas.

Ingredients:

- 1kg regular ground beef
- 2 sticks of celery (sliced)
- 1 large onion (chopped)
- Some mushrooms, 2 zucchini (sliced)
- Several garlic cloves (chopped)
- Red, green, & yellow peppers (sliced)
- Salt and pepper to taste
- 2 cans of tomato sauce or chopped tomatoes.

- » Put a little oil (olive, avocado, or coconut) into a large pan and add the ground beef.
- » Cook over a hot burner until slightly browned and dry.
- » Add the onion and garlic,
- » Reduce the heat to medium, and continue to cook until these are soft.
- » Add the rest of the ingredients and simmer gently on the lowest heat setting for about an hour with the lid on.
- » Add boiling water as required to maintain the desired consistency.

If cooking is an effort for you, make it worthwhile by cooking enough for more than one meal and chose things that are healthy and versatile. Accept being housebound as a necessary challenge and have fun learning to cook. You might even get to like it!

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Local Expats Stuck on the High Seas

By Carol L. Bowman

land's Queen's Terminal to embark on the Azamara Journey for our 15-day adventure, sailing to Sydney, Australia. Initial minor anxieties persisted, as we knew about the spread of coronavirus throughout China and Europe, but we passed the health screening, temperature check, and questions about recent travel without any drama. Only five cases had been detected in New Zealand, and the last three days had no infections reported. A feeling of assurance pervaded among the passengers that this could be one of the world's safest places.

As we set sail, conversation, mood, activities and day-tours of six ports lining the coast of New Zealand's North and South Islands remained positive, ostensibly without a care. Even when the WHO (World Health Organization) confirmed a pandemic on March 11, passengers felt insulated and sheltered. The disappointing announcements that 50-mph predicted winds would prohibit maneuvering through the tricky, navigational waters of Milford Sound, with its astounding natural landscapes, and that an evening at the Hobart Symphony had been cancelled due to the coronavirus, couldn't squash enthusiasm to explore Tasmania, overnight in Melbourne and sail into Sydney's dramatic harbor.

March 15, 2020: That light and airy atmosphere all changed

March 9: My husband and I joined 600 other travelers from around the world at Auckland, New Zealand's

when my husband and I returned to the ship after a full day exploring the southernmost point in the country, Dunedin, New Zealand. As we flopped on the bed, the captain's somber voice came over the intercom announcing the global reality that we all had been impervious to for the past week. He reported that despite our ship being 100% healthy, Australia had denied docking space anywhere in Australian territory and this situation forced cancellation of the remainder of our itinerary. After an exhaustive search for a berth during this pandemic, Auckland port agreed to allow passengers to disembark on March 19, the pinnacle of international travel angst.

Like a bomb exploding, a stream of uncertainty crashed down on me. We all had plane tickets leaving from Sydney. Not only the 600 Azamara passengers, but also the 2,500 passengers on the Celebrity tagging behind us would need air bookings from Auckland. I couldn't fathom the anxiety that would overwhelm our ship during the four-day race back to Auckland. I had to beat the rush and forget about the useless \$1,568 USD Delta tickets from Sydney to Guadalajara tucked in the safe. I searched Expedia with nervous fingers and by some miracle snagged two of the last five seats on Air New Zealand from Auckland to Houston on March 19. My relief would be short-lived, as unknown pitfalls lurked.

March 15-March 18: Panic among the mostly elderly passengers spread faster than the virus. The incredible crew and technicians set up 30 computer stations in the lobby to help guests find alternative flights. Frenzied seniors struggled their way through a jammed airline system. Wait times for courtesy ship-to-shore phone calls became interminable. Swamped with other cancellations, travel agents failed to respond or change tickets for their clients. As the time for making arrangements dwindled, people gave up and booked hotels in Auckland. Many successfully obtained plane tickets, but hours later received word that flights had been cancelled.

We had a reservation, but couldn't check in. Expedia had not given me an Air New Zealand confirmation number, just one for their partner airline, United. No one at Air New Zealand could confirm our tickets for which I had paid \$1,400 USD.

Once we disembarked in Auckland, we went to the airport six hours before flight time and paced at the Air New Zealand counter for four hours, to be first in line for the one and only counter agent. We had no idea if we were flying home or not. With much ado and the Expedia receipt, we finally received boarding passes. As we waited for our flight, the departure board turned red: cancelled, cancelled, cancelled. Our flight was one of only three that still had a departure time. We did board and when the plane lifted into the sky, I slumped into my seat and let the stress of being stuck on the high seas drain from my body.

Carol and her husband Ernie Sowers are now back home at lakeside, where they self quarantined for fourteen days and are now social distancing with the rest of us at the request of the government. They feel fortunate theirs was a healthy ship and they were not confined to their cabins during this ordeal!

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Dear Friend of Niños Incapacitados
We hope that you are well and safe in the midst of the Coronavirus Pandemic.

The children we care for are particularly vulnerable at this time. Many of them have compromised immune systems and serious conditions that are exacerbated by close living conditions. The core mission of Niños Incapacitados is to assist with the cost of medical care. Right now, we are concerned about adequate food for these fragile children. Many of their parents are not working. Because of this reality, we are implementing a plan for providing food **and** medicine during the course of the pandemic as part of our core mission to assist chronically ill children.

We lost our biggest source of funding this year – the Annual Gala. In April, we launched a fundraising appeal to close the gap. **We gratefully thank all of our friends and allies who donated** in this very difficult time and who made the appeal successful. The gap is not wholly closed. The needs of our medically fragile children do not end.

We are asking our Lakeside community for donations in any amount with which you are comfortable.



To obtain a tax receipt, you can donate on-line through:



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Larry will also accept pesos directly if you contact him through this e-mail.



All donations will go to the food and medical needs of our children.

We thank you for your help and assistance.

Niños Incapacitados Board of Directors

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