

VOLUME 28, APRIL 2021
VOLUMEN 28, ABRIL 2021

FREE
GRATIS

CONEXIONES

People Helping People • Gente Ayudando Gente



The Legend of Michicihualli
La leyenda de Michicihualli

Vamos Juntos • Coming Together



Choosing a: **Memory Care** or **Assisted Living** Community

Seniors and their loved ones have many choices when it comes to providing care and safety for the elderly needing daily assistance. The Lake Chapala area offers a variety of care options ranging from small family-owned group homes, in home care support and nursing facilities.

Knowing each person requires a specific care plan along with stimulating activities and programs designed for seniors makes it important to find the right place.

Many seniors who remain at home are lacking social interaction and daily activities needed to thrive and feel a sense of purpose and belonging.

La Pueblita *Memory Care* and *Assisted Living* will be welcoming its first residents in a few weeks. With so many choices in the area, La Pueblita offers a unique approach to caring for seniors requiring Memory Care or Assisted Living.

American **"Best Practices"** blended with the warmth and compassion of local caregivers brings a new dynamic to *Assisted Living* and *Memory Care* in our area. Kate Street is our Wellness Manager and Registered Nurse who has studied and taught classes at Robertson College in Winnipeg, Manitoba for over ten years relating to all aspects of the aging process. Her research, knowledge and passion to ensure the **"Best Life Possible"** for aging adults is her vision and goal for **La Pueblita**.



Kate along with our Medical Director: **Dr. Francisco Mesa** will be implementing several therapies and highly effective models of care developed in the United States such as:

- *Person Centered Care* • *Sensory Stimulation*
- *Reminiscent Therapy*
- *Cognitive Stimulation Therapy (CST)*
- *Directive Care* • *Validation Therapies*

“Never argue with an Alzheimer's or other memory impaired person because you will never win!”

Kate explains when communicating with someone with memory loss be sure and **"Join their World"** instead of trying to convince the person to see things from your perspective.

Kate also believes hiring the right staff is important but "investing" in the staff is far more valuable. Providing ongoing training, education and coaching is critical to a successful team and the quality care our aging seniors deserve.

To learn more about the exceptional care at **La Pueblita**, contact our **Senior Solutions Team** at: **33 2728 5534** / info@lapueblita.com Schedule a tour and meet Kate to answer your specific questions.



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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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Conecciones Team

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.

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COVER: Jesús Victoriano López Vega

Conecciones welcomes submissions of articles from Lakeside authors

— we reserve the right to edit as necessary. Submissions should be in MSWord 600 words, and should be directed to submissions@lakechapalasociety.com. Advertisement inquiries should be directed to ventas@lakechapalasociety.com.

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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All prices include free design work except business card ads. All ads/ad information must be submitted by the 10th of the month for inclusion in the next month's magazine. Send to sales@lakechapalasociety.com / Todos los precios incluyen el trabajo de diseño gratuito, excepto los anuncios de tarjetas de presentación. Todos los anuncios/información de anuncios deben ser enviados antes del día 10 del mes para su inclusión en la revista del mes siguiente. Enviar a ventas@lakechapalasociety.com

Lake Chapala Society

President's Message

Mensaje del Presidente

Celebrating Spring

As Spring blooms around us, we are feeling a positive time of hope. The Lake Chapala Society library has reopened for browsing through the extensive collection of books, the DVD library has reopened, many classes and activities have begun or are in the planning process and the Saturday Chess Club is back in session. Mudlark's Pottery class held a sellout, very special "Grandes Maestros Mayan Workshop" and the Angelina's Café at LCS has added in music to enjoy during your lunch once or twice a week. All signs that we are all ready for 2021 to be a better year.

On March 16, we held our Annual General Meeting. This is an important activity for our organization each year. When the AGM was scheduled, no one would have known it would also be the first day for Covid vaccines to be administered here at Lakeside. Though we had 135 people who had registered for the Zoom AGM meeting, due to the vaccine schedule only 57 people were able to participate. We do hope that you will take time to watch the video from this year's AGM which is posted on our (website/YouTube Channel) <https://www.youtube.com/watch?v=AbSOO8bfZzk>

Through this AGM we answered many of the questions that come up about the financial health of the organization and what the future has in store for us. We are still going through challenging times. Our membership numbers are low as many people headed north of the border last year and have not yet returned. This compounds the challenge as we enter into our traditional slow period. Membership dues are what allow us to maintain the lush gardens and the employees who maintain them. If your membership has lapsed, we encourage you to renew your membership now or perhaps extend your membership a year.

With the wonderful weather we have been having, we also started our Concerts in the Park series with two concerts per month. We are very thankful to all our supporters who have attended this series. The funds from these concerts are vital to the health of LCS. For April we have two very special concerts. Our best-selling concert featured Enrique de Allende accompanied by Derek Carkner on the piano. Another top concert held earlier was with Effie Passero from American Idol. With such tremendous feedback on these performers, we are excited to have them coming back for a combined performance on April 11. This is sure to be an amazing show that you will not want to miss. <https://youtu.be/8sCjy-W1z1I8>

The second of the April Concerts will be on April 18 with Keith Tynes. Keith re-lives his time with The Platters, Golden Hits Revue. You will hear songs such as the "Only You" and "The Great Pretender" along with many more favorites. The concerts are all held on the lawn of the gazebo at LCS. Each event has performances at 2:00 and 4:30. Tickets are available in the LCS office Monday through Saturday 10:00-1:30 or on our website. Tables and chairs are set with social distancing in mind.

The continuation of the Lake Chapala Society would not be possible without the support of so many wonderful donors. Please consider a Spring donation to LCS. We are all anxious to open more of our programs and continue our support of the local Mexican community. This is only possible as a result of your support. Take a moment now to donate through our website or stop by the office and make a donation in person.

Thank you for making the Lake Chapala Society what it is for our community.

Steve Balfour
President

Celebrando la primavera

A medida que la primavera florece a nuestro alrededor, se siente la energía positiva de esperanza. La biblioteca en inglés, ha reabierto sus puertas, para navegar a través de la extensa colección de libros, la biblioteca de DVD está disponible también, muchas clases y actividades han comenzado o están en el proceso de planificación y el Club de Ajedrez de los sábados está de vuelta. La clase de cerámica de Mudlark tuvo el "Taller de Grandes Maestros Mayas" y el Café de Angelina ha añadido música para disfrutar durante su almuerzo una o dos veces a la semana. Todo apunta para que el 2021 sea un mejor año.

El 16 de marzo, celebramos nuestra Asamblea General Anual. Esta es una actividad importante para nuestra organización cada año. Cuando se programó la AGM, nadie sabía que también sería el primer día en que se administrarían las vacunas Covid en la zona. Aunque teníamos 135 personas inscritas para la reunión vía Zomm de la AGM, debido al horario de las vacunas sólo pudieron participar 57 personas. Esperamos que se tomen el tiempo de ver el video de la AGM de este año que está publicado en nuestro (sitio web/canal de YouTube) <https://www.youtube.com/watch?v=AbSOO8bfZzk>

A través de esta Asamblea General hemos respondido a muchas de las preguntas que surgen sobre la salud financiera de la organización y lo que nos depara el futuro. Seguimos atravesando tiempos difíciles. El número de miembros es bajo, ya que muchas personas se fueron al norte de la frontera el año pasado y aún no han regresado. Esto agrava el reto, ya que entramos en la temporada baja. Las cuotas de los socios son las que nos permiten mantener los exuberantes jardines y los empleados que los mantienen. Si su membresía ha caducado, le animamos a que la renueve ahora o a que prolongue su membresía un año más.

Con el maravilloso tiempo que hemos tenido, también hemos empezado nuestra serie de Conciertos en el Parque con dos conciertos al mes. Estamos muy agradecidos con todos nuestros seguidores que han asistido a los conciertos. Los fondos de estos conciertos son vitales para la salud de LCS. Para abril tenemos dos conciertos muy especiales. Nuestro concierto más vendido fue el de Enrique de Allende acompañado por Derek Carkner al piano. Otro de los conciertos más vendidos fue el de Effie Passero de American Idol. Con la tremenda respuesta de estos artistas, estamos emocionados de tenerlos de vuelta para una actuación combinada el 11 de abril. Seguro que será un espectáculo increíble que no querrá perderse. <https://youtu.be/8sCjy-W1z1I8>

El segundo de los conciertos de abril será el 18 de abril con Keith Tynes. Keith revive su época con The Platters, Golden Hits Revue. Se escucharán canciones como "Only You" y "The Great Pretender" junto con muchas más favoritas. Todos los conciertos se celebran en el césped al lado del kiosco de LCS. Cada evento tiene presentaciones a las 2:00 y a las 4:30. Las entradas están disponibles en la oficina de LCS de lunes a sábado de 10:00 a 1:30 o en nuestro sitio web. Las mesas y sillas se colocan teniendo en cuenta el distanciamiento social.

La continuación de la Lake Chapala Society no sería posible sin el apoyo de tantos maravillosos donantes. Por favor, considere una donación de primavera a LCS. Todos estamos ansiosos por abrir más de nuestros programas y continuar nuestro apoyo a la comunidad local mexicana. Esto sólo es posible como resultado de su apoyo. Tómese un momento ahora para donar a través de nuestro sitio web o pase por la oficina y haga una donación en persona.

Gracias por hacer de Lake Chapala Society lo que es para nuestra comunidad.

Steve Balfour
Presidente



Hospital San Antonio was created for the purpose of providing specialized and integral medical-hospital services of the highest quality in the Chapala lakeside with personnel of both great humanity and professional and academic excellence.

Our guiding principles are ethics, quality and service, values that we strive every day to adhere to in such a way that we guarantee the safety and quality of care for our patients in a comfortable environment. In this way we fulfill our brand promise which is "We take care of you". This promise carries with it a great responsibility, since when a patient or physician chooses us, he/she is putting the patient's health and life under our care.

Did you know that the values of the institution are reflected in our logo?

WHY SAN ANTONIO?

Since the hospital is located in the town of San Antonio Tlayacapan, it was decided that the commercial name would be Hospital San Antonio, which allows us to identify with the local community and with the town's patron saint. This is how we give thanks and recognition to the community.

OUR LOGO

This graphic concept is intended to convey seriousness, confidence and well-being through the different shades of blue. It should be noted that the logo is accompanied by an icon in the form of a cross where the flower known as a lily stands out, a symbol that accompanies the image of San Antonio. The integration of three lilies has the objective of representing the values of the Institution: ethics, quality and service.

OUR PEOPLE

A major concern prior to the start

of operations was to have qualified personnel to ensure quality of care to patients.

It was a pleasant surprise to find we were able to cover staffing needs with people from the Chapala lakeside and today more than 80 people work in the Hospital San Antonio facilities. 95% of them are originally from Chapala, San Antonio Tlayacapan, Jocotepec and Ixtlahuacán de los Membrillos.

The operational management processes of a Hospital are very strict as they must comply with more than 200 standards that apply to the provision of medical services and it is a constant challenge to ensure the staff follow the established processes. It is important to note that we were the first private hospital to work in compliance with all the regulations set by the Mexican health authorities, which has required a high degree of training and close supervision.



**CLINICAL LABORATORY ON
24-HOUR SERVICE
BILINGUAL STAFF**

**INFRASTRUCTURE
INFRAESTRUCTURA**

- 9** Hospitalization rooms
Habitaciones de hospitalización
- 2** Intensive care units
Unidades de cuidados intensivos
- 3** Operating rooms
Quirófanos
- 1** Shock Room
Sala de Shock
- 1** Emergency plant
Planta de emergencia
- 1** Hemodialysis unit
Unidad de hemodiálisis

- 3** Emergency observation units
Unidades de observación de urgencias
- 2** 24-hour emergency clinics
Consultorios de urgencias - 24 horas
- 5** Outpatient clinics
Consultorios de consulta externa
- 1** Water filtration system
Sistema de filtrado de agua
- 2** Cisterns
Cisternas

- 1** 1.5 tesla magnetic resonance imaging
Resonancia magnética de 1.5 teslas
- 1** 128-slice tomograph
Tomógrafo de 128 cortes
- 2** X-ray equipment
Equipos de rayos X
- 1** Fluoroscopy equipment
Equipo de fluoroscopia
- 1** Hemodynamics Unit **Coming soon**
Unidad de Hemodinamia



EARNING THE TRUST OF PATIENTS AND DOCTORS

We have made a daily effort to earn the trust of the community. The foreign community received us very well and from the beginning we began to have an important influx of patients, mainly from the USA and Canada. With the Mexican community it was a little slower, although little by little the number of Mexican patients has increased: at the beginning they told us that it was a hospital “only for gringos”. The Mexican community, as well as the foreign community, have now realized that they can be treated with us, since it is a hospital for everyone in Chapala’s lakeside community.

We have also worked hard with the medical community by participating in the medical schools of the Chapala lakeside, promoting the hospital’s infrastructure of services and supporting physicians with correct diagnoses, as well as with good intra-hospital management when they bring their patients to us. The diagnostic infrastructure at Hospital San Antonio is very robust and no other private institution on the shores of Lake Chapala has equal or superior equipment.

There are still some medical groups that prefer to take their patients to Guadalajara, without having the need to do so, since Hospital San Antonio has what is necessary to resolve more than 90% of medical care needs. Also, in the next few weeks we will be increasing this percentage with the opening of the intensive care unit and the hemodynamics unit for the care of critical patients or those with cardiac conditions. In fact we would like to tell our readers that when a doctor tells them that their procedure can only be done in Guadalajara, they should contact us and we will gladly help them and their doctor with the necessary information so that they do not need to travel and are attended in a “home” environment without communication problems due to the language.

Today we have more than 70 medical specialists who have trusted us and have undoubtedly been a cornerstone in the development of the Hospital, and we want to thank them for their support during these 2 years and we hope to continue to have their confidence in the certainty that the Hospital San Antonio will continue to strive in “Caring for their patients”.

In these first 2 years, Hospital San Antonio has served nearly 9 thousand patients who have made use of the different services offered by the hospital, whether in hospitalization, operating room or emergency room and we have more than 70 doctors who have performed a surgery or procedure.

Thank you to all the community of the ribera, both Mexican and foreign, for the trust you have placed in us. We will continue working to “take care of you”.



OUR TOMOGRAPHY EQUIPMENT

We have a 128-slice Volumetric Tomograph of the highest technology which allows us to perform all types of Tomography with the highest image quality, the shortest time and the lowest radiation dose to our patients. There are only two other units with this technology in the whole state.

OUR MAGNETIC RESONANCE EQUIPMENT

We have High Field 1.5 Tesla with which we can analyze any anatomical region. This is especially valuable in detecting the diffusion sequence in brain studies which can identify a brain infarction at the time it begins. This enables us to provide early care and treatment that exponentially improves the prognosis and reduces the sequelae.

This equipment, thanks to its high field, reduces the acquisition time of the study with the patient.

Hospital San Antonio nace con el objeto de Proporcionar servicios médico-hospitalarios especializados e integrales de la más alta calidad en la ribera de Chapala con personal de gran calidad humana, excelencia profesional y académica. Teniendo como ejes rectores la Ética, Calidad y el servicio; Valores que nos esforzamos día con día para apegarnos a ellos de tal manera que garanticemos la seguridad y la calidad de la atención de nuestros pacientes en un ambiente confortable y así cumplir con nuestra promesa de marca que es “Nosotros Cuidamos de Ti”. Esta promesa conlleva una gran responsabilidad, ya que cuando un paciente o médico nos elige está poniendo bajo nuestro cuidado la salud y vida del paciente.

¿Sabías que los valores de la institución se encuentran reflejados en nuestro logo?

¿PORQUE SAN ANTONIO?

Dado que el hospital se encuentra ubicado en el Pueblo de San Antonio Tlayacapan, es que se decide que el nombre comercial sea Hospital San Antonio, lo cual permite tener una identificación con la comunidad local y con el Santo Patrono del Pueblo. Es así como se da un agradecimiento y reconocimiento a la comunidad que recibe al Hospital.

NUESTRO LOGO

Con este concepto gráfico se pretende transmitir sobriedad, confianza y bienestar a través de las distintas tonalidades de azul que lo componen. Cabe destacar, que el logotipo está acompañado de un ícono en forma de cruz donde sobresale la flor conocida como azucena, símbolo que acompaña a la imagen de San Antonio. Integrar tres azucenas tiene el objetivo de representar los valores de la Institución: ética, calidad y servicio.

NUESTRA GENTE

Una preocupación importante previo al inicio de operaciones del Hospital, fue el poder contar con personal calificado

que garantizara la calidad de la atención a los pacientes. Fue una grata sorpresa que logramos cubrir la plantilla de personal con gente de la ribera de Chapala y hoy día dentro de las instalaciones del Hospital San Antonio laboran poco más de 80 personas; donde el 95% de ellas son originarias de Chapala, San Antonio Tlayacapan, Jocotepec e Ixtlahuacán de los Membrillos.

Los procesos de gestión operacionales de un Hospital son muy estrictos, de deben cumplir con más de 200 normas que aplican para la prestación de los servicios médicos y es un reto constante el lograr que el personal siga los procesos establecidos. Es importante decir que fuimos el primer Hospital privado que trabaja apegado a

toda la normativa que marcan las autoridades sanitarias mexicanas por lo que se ha requerido capacitación y supervisión cercana para cumplir con dichas normas.



GANARSE LA CONFIANZA DE LOS PACIENTES Y LOS MÉDICOS

Nos hemos esforzado día con día en ganarnos la confianza de la comunidad. Debemos reconocer que la comunidad extranjera nos recibió muy bien y desde el principio comenzamos a tener una afluencia importante de pacientes de

EU y Canadá principalmente. Con la comunidad mexicana fue un poco más lento, aunque poco a poco se ha incrementado la cantidad de pacientes mexicanos; en un principio nos decían que es un hospital “Solo para gringos”. La comunidad mexicana, así como la extranjera se han dado cuenta que pueden atenderse con nosotros, ya que es un hospital para la comunidad de la ribera de Chapala tanto mexicana como del extranjero.

Con la comunidad médica de igual manera hemos trabajado fuertemente participando en los colegios médicos de la ribera de Chapala dando a conocer la infraestructura de servicios con las que cuenta el hospital y apoyando a los médicos con diagnósticos correctos, así como con el buen manejo intrahospitalario cuando confían en traernos sus pacientes. La infraestructura de diagnóstico con la que cuenta el Hospital San Antonio es muy robusta y ninguna otra institución privada cuenta con equipos iguales o superiores en la ribera de Chapala.

Aún existen algunos grupos médicos que prefieren llevarse los pacientes a Guadalajara, sin tener necesidad de hacerlo, puesto que el Hospital San Antonio cuenta con lo necesario para resolver más del 90% de las necesidades de atención médica y cabe hacer mención que en las próximas semanas estaremos por incrementar ese porcentaje de resolución con la apertura de la unidad de cuidados intensivos y la unidad de hemodinamia para la atención de pacientes críticos o de afecciones cardíacas. En este sentido nos gustaría decirle a los lectores que cuando algún médico les indique que solo se puede hacer su procedimiento en Guadalajara se acerque a nosotros y con gusto los apoyaremos a ellos y a su médico con la información necesaria para que no sea necesario trasladarse y sean atendidos en un ambiente de “casa” sin problemas de comunicación por el idioma.

Hoy día tenemos más de 70 médicos especialistas que han confiado en nosotros y sin duda alguna han sido piedra angular en el desarrollo del Hospital, por lo que queremos agradecerles su apoyo durante estos 2 años y donde esperamos poder seguir contando con su confianza teniendo la certeza que el Hospital San Antonio continuará esforzándose en “Cuidar de sus pacientes”.

En estos 2 primeros años el Hospital San Antonio ha atendido cerca de 9 mil pacientes que han hecho uso de los diferentes servicios que ofrece el hospital, ya sea en Hospitalización, quirófano o el servicio de urgencias y tenemos más de 70 médicos que han realizado alguna cirugía o procedimiento.

Gracias a toda la comunidad de la ribera (mexicana y extranjera) por la confianza que nos han brindado continuaremos trabajando por “cuidar de ustedes”.

A DESTACAR DE NUESTRO EQUIPO DE TOMOGRAFÍA :

Es un Tomógrafo Volumétrico de 128 cortes de la más alta tecnología el cual permite realizar todo tipo de Tomografía con la más alta calidad de imagen, el menor tiempo y la menor dosis de radiación a nuestros pacientes.

Solo hay otros dos equipos con esta tecnología en todo el estado.

EQUIPO DE RESONANCIA MAGNÉTICA

Es un equipo de campo alto 1,5 Tesla con el cual se puede analizar cualquier región anatómica destacando la secuencia de difusión en los estudios de cerebro en el cual puede identificar un infarto cerebral en el momento que este inicia, recordando que la pronta atención y tratamiento mejora en forma exponencial el pronóstico y disminuye las secuelas.

Este equipo gracias a su campo alto reduce el tiempo de adquisición del estudio con el paciente.



AJIJIC SOCIETY OF THE ARTS Virtual Art Show

Our monthly Garden Art Shows are being replaced this season by a Virtual Art Show!

Work by some of our ASA Artists is displayed in our easy-to-use online store. Please use the web address below to browse and purchase art to uplift your spirit...

AjijicArtSale.com

New Website Features!

- Search for art • Social Media Sharing •
- Match your decor – choose art by principal colour •
- Choose art by subject (animals, birds, flowers, etc.) •

Jacaranda



Primavera
 Common name: yellow poui
 Spanish: primavera
 Botanical: tabebuia serratifolia

There are nearly 50 species of jacarandas in the Western Hemisphere but it is difficult to believe that any could be more beautiful than the large delicate trees of Lake Chapala. The flowers bloom on the bare branches and after the flowers have drifted to the ground, the fern-like leaves appear.

When the tiny, violet, bluebell-shaped flowers fall from the tree, an equally beautiful, lavender carpet of petals is formed on the ground. The bark and fern-like leaves of the caroba, as it is known in Brazil, are sometimes used for their curative powers. Walking through the purple carpets on the sidewalks and streets of upper La Floresta and many other areas of Lakeside will cure most any ailment, unless you are one of the unfortunate people who are allergic to the trees' pollen.

Shaving Brush Tree



Shaving Brush Tree
 Common name: Cotton tree, bombax.
 Spanish: clavellena or palo de lana (wool branch)
 Botanical: bombax ellipticum

Some of the trees in this family yield balsa wood, kapok, fiber, gum and medicine, but the value for most of us at

Lakeside is the beauty and curiosity of the breathtaking spiky pink plumes which spring from the tips of the bare branches like the plumes on band uniform hats. As the upright bud pod opens, it splits into five parts, curling back under the five inch pink spiky stamens. There is a clavelle-na overhanging the wall at the northern edge of La Nueva Posada's building and others in the gardens bordering the lakeside park in southern Ajijic.

Powder Puff Tree



Powder Puff Tree
 Common name: calliandra, mimosa, redhead.
 Spanish: granolino or calliandra
 Botanical: calliandra inaequilatera

The blooms of the calliandra are a lot like the shaving brush tree, but the calliandra blooms while there are leaves on the tree, and berry-like green to red buds of future puffs are evenly spaced along the branches. The large round red "powder puffs" are made up of long silky stamens.

Native to Bolivia, the small tree is a member of the mimosa family, with fluffy red pompoms dotting the branches. In Hawaii, the trees are believed to be sacred to Pele, the goddess of volcanoes, and the flowers are used to make feathery leis.

Golden Shower Tree/Canary Tree



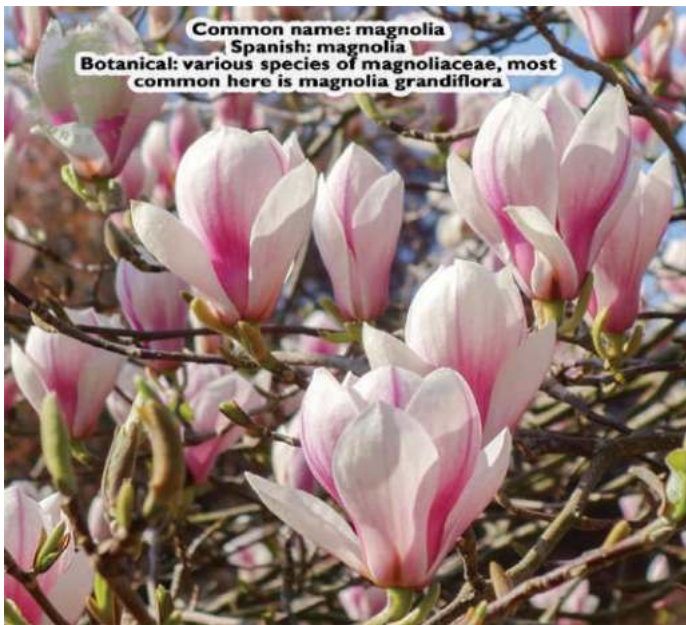
Golden Shower Tree or Canary Tree
 Common name: oriental rain tree, canary tree, golden shower, shower of gold
 Spanish: cañafistola, canario
 Botanical: cassia fistula, agatofolia, fabaceae

This spectacular small tree is a member of the legume family. The bright yellow flowers tumble down in clustered ribbons of bloom and look much like wisteria. Each tiny flower is shaped like canary, attached to the stem by its beak.

The showers of flowers are so yellow they always look as if they are in the sunshine. These dangling clusters of flowers look a lot like the hair ornaments worn with traditional Japanese kimonos.

There aren't many of these trees at Lakeside, but the sight of this tree in bloom is well worth the search. There is an especially nice tree in a front garden on the north side of the highway in La Floresta.

Magnolia



The magnolia most often seen at Lakeside is a towering beauty full of large glossy, dark green leaves with a rusty brown underside. When the flowers appear, the giant waxy, white blooms at the top of the tree and at the ends of the branches are stunning.

Umbrella Tree

Most foreigners recognize this tree's heavy stem with the circlet of leaves as the similar popular northern houseplant. Here at Lakeside, the tree is enormous and among the umbrellas of leaves are very unusual blooms. The peculiar, long, spreading arms are covered with small greenish-yellow buds, which open into flowers that darken from light pink to deep red. As the flowers mature into fruit, they look like long sprays of very dark purple or black dried berries, much like the tentacles of an octopus. You'll see these tall trees in a variety of locations, but particularly on the Lake Chapala Society grounds.



African Tulip Tree



Large, heavy-textured lily-shaped orange flowers open around a round cluster of buds at the top of the huge trees. The flowers open just a few at a time, ensuring nearly year-round bloom.

The unopened buds spurt compressed water when pinched, shocking birds who happen to pierce a bud and delighting small boys who use them as impromptu water pistols. The leaves are formed in pairs along the branches and large oval seedpods stand upright at the tips of the upper branches long after the blooms are finished.

The huge trees were found in 1787 on Africa's Gold Coast where natives believed it to be a tree of witchcraft and black magic.

No matter what season you visit Lake Chapala, you'll discover there are beautiful flowering trees blooming, ready to work their magic on you.

Jacaranda

framboyán azul or jacarandá
jacaranda acutifolia

Aunque hay cerca de 50 especies de jacarandas en el hemisferio occidental resultaría difícil pensar que hay unas más hermosas que las que rodean el Lago de Chapala. Las flores emergen de las ramas desnudas y, una a una van cayendo al suelo creando una alfombra igualmente hermosa; después aparecen las hojas como de helechos.

Tanto la corteza como las hojas de la caroba brasileña son usadas por sus propiedades curativas. Quizá una caminata a través de las alfombras moradas, por las banquetas y calles de La Floresta y muchos otros lugares de la Ribera puedan curar casi cualquier dolencia; a menos que seas de esas desafortunadas personas alérgicas al polen.

Clavellina

clavellena or palo de lana
bombax ellipticum

Algunos de los árboles de esta especie producen madera de balsa, ceiba, fibra, goma y medicina, pero para los que vivimos en la Ribera lo más valioso es la belleza de sus curiosos penachos rosados con púas que brotan de las ramas. El capullo se abre en cinco partes y, luego, estas hojas se enrollan bajo los estambres rosados. Hay una clavellina que sobresale del muro al extremo norte de La Nueva Posada y otras más en los jardines que bordean el parque a la orilla del lago en el sur de Ajijic.

Calliandra

granolino or calliandra
calliandra inaequilatera

Los brotes de la calliandra se parecen mucho a los de la clavellina, pero los de este árbol aparecen mientras tenga hojas, y los brotes de color verde a rojo de los futuros pompones están espaciados uniformemente a lo largo de las ramas. Las redondas “pelusas” están formadas por largos y sedosos estambres.

Este arbolito es nativo de Bolivia y pertenece a la familia de la mimosa, de pompones rojos y suaves. En Hawái, se cree que los árboles son sagrados para la diosa de los volcanes, Pelé, y las flores son utilizadas para hacer leis de plumas.

Lluvia dorada

cañafistola, canario
cassia fistula, agatofolia, fabaceae

Este espectacular árbol de bajo tamaño es de la familia de las leguminosas. Sus brillantes flores amarillas cuelgan como listones y, al abrirse, se parecen a las glicinas. Cada diminuta flor tiene forma de canario unido al tallo por su pico.

El característico amarillo de la lluvia de oro es tan nítido que parece que siempre están a la luz del sol. Sus racimos

colgantes se parecen mucho a los adornos para el pelo que las mujeres llevan con el kimono tradicional japonés.

Aunque no hay tantos de estos árboles en la Ribera, vale la pena buscarlos para deleitarse la vista. En especial, hay uno muy hermoso en un jardín frontal del lado norte de la carretera en La Floresta.

Magnolio

magnolia

Botanical: various species of magnoliaceae

El magnolio que se ve con más frecuencia en la Ribera es de una belleza imponente, lleno de grandes hojas brillantes de color verde oscuro y pardas en la parte trasera. Es un espectáculo impresionante cuando aparecen los gigantescos brotes blancos en la copa del árbol y en los extremos de las ramas.

Árbol paraguas

cheflera

Botanical: brassia actinophylla or schefflera actinophylla

La mayoría de los extranjeros reconocen el aro de hojas de tallo pesado que es similar a la popular planta de interiores. En la zona de la Ribera, este árbol crece inmenso y sobre los paraguas de hojas se encuentran unas flores muy inusuales. Los peculiares y largos brazos que se extienden están cubiertos de pequeños capullos de color amarillo verdoso, que se abren en flores que van del rosa claro al rojo intenso. Una vez que las flores maduran y se convierten en frutos, parecen largos racimos de moras secas de color púrpura muy oscuro o negro, muy parecidos a los tentáculos de un pulpo. Puede encontrar estos grandes árboles en diversos lugares, principalmente en las instalaciones de The Lake Chapala Society.

Tulipán africano

tulipán, tulipán Africano, caobo de Santo Domingo,
espatodea spathodea campanulata

Unas cuantas, a la vez, las largas flores, de textura gruesa y forma de lirio naranja se abren alrededor de un grupo redondo de capullos en lo más alto de los enormes árboles, y es posible que florezcan todo el año.

Los capullos sin abrir expulsan un chorro de agua comprimida cuando son pellizcadas, lo que asusta a los pájaros y divierte a los niños que las usan como pistolitas de agua improvisadas. Las hojas se forman en pares a lo largo de las ramas y las grandes vainas ovaladas se mantienen erguidas en las puntas de las ramas superiores mucho después de que las flores se hayan terminado.

Estos colosales árboles fueron encontrados en 1787 en la Costa de Oro de África, donde los nativos creían que era un árbol de brujería y magia negra.

Sin importar la estación, cuando visites el Lago de Chapala encontrará que hay hermosos árboles florales listos para hacer su magia en usted.

WRITINGS FROM WILKES

“Veracruzana” Style Fish. (Pescado a la Veracruzana)

Submitted by Lucelia Cevallos

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.

This is a popular Mexican dish and probably you have had it more than once. You can find some variations, but this is the recipe that I use to prepare it.

I wrote to some foreigner friends after they came for dinner in our home and they have asked for it again. I am happy to share it today and maybe you want to try it.

It is simple to make, especially needing quick meals with the warmer weather coming, but it is a delicious way to prepare fish. 4-6 servings

Ingredients

- Firm fish fillets 2 pounds
- Extra-virgin olive oil 2 tablespoons
- Onion, sliced 1
- Garlic, minced 2 cloves
- Tomatoes, sliced 2 medium size
- Green pepper, sliced 2
- 1 can (8 oz) tomato sauce.
- Water 1 cup
- Pimiento-stuffed green olives 1/2 cup
- Bay leaf 1
- Capers, rinsed 1 tablespoon
- Salt to taste if necessary

Preparation

Heat the oil over medium flame in a large pot or skillet. Add the onions, green peppers and garlic and sauté.

Add remaining ingredients except



the fish, reduce heat to low and simmer for 10 to 15 minutes to meld flavors and reduce the sauce somewhat. Season it with salt to taste, if needed.

Be careful how much salt you add because the olives and capers will add their own salt to the sauce, and it is easy to overdo it. Wait until the sauce has simmered for a while before you season it

Add the fish fillets and cover them with some of the sauce. Reduce heat to low, cover and simmer until the fish is cooked through, 8 to 12 minutes.

Serve hot.



If I Could

By Armando Garcia

If only for a moment, I would quiet the worlds motors.
No blaring horns, no screeching brakes, no screaming
police sirens would come from the avenue. The din of
industry would cease, and the factory would fall into a
coma. Its smoke would lift allowing the forest to inhale
deeply and once again, we would drink from the river.
The miracles of the dawn and the dusk would reclaim
their sacred stillness.

The wino, realizing the gift of his existence, would leave
his bottle corked.

The Right would swing to the Left and the Left would
not know where to turn.
Politicians would be left without plots to hatch and the
devil would run out of tricks.

Shouts would turn to whispers, whispers to prayer,
prayer to profound introspection.

And in every canton and hamlet, in every town and city,
one would only hear the rhythmmed breathing of deep
slumber, and the throbbing of one's own heart.

And the only sounds interrupting this immense meditation
would be the wisps of butterfly wings and a prayerful
chant quietly echoing throughout the earth,
"Love." "Love." "Love."

Expectancy

By Stephen Griffin

**The vivid hues of flowers are muted by the dust.
The radiant green of leaves now dully turns to rust.
The nightly coquetries of dews
Prove but a faithless lover's ruse.
The empurpled glory of Jacaranda bloom,
Now dusty heaps beneath a gardener's broom.
The barbed wire whine of the cicadas
Disturb the heated air.
Pelican bereft, the listless lake,
Looks skyward with a vacant stare.**

**The hills, adorned in somber gowns
Gaze down with pensive eyes.
Furrowed fields lie fallow, with dusty, open thighs
Beneath the knife blue, sterile unresponsive skies.**

**All await with bated breath the groom with all his
train,
His attendant cloudy lords, and life producing rain.**

A Thousand Years of Healing

by Susa Silvermarie

From whence my hope, I cannot say,
but it grows in the cells of my skin,
in my envelope of mysteries.
In this sheath so akin to the surface of the earth,
it whispers. Beneath
the wail and dissonance of the world,
hope's song grows. Until I know
that with this turning,
we put a broken age to rest.
We who are alive at such a cusp
now usher in
one thousand years of healing.

Winged ones and four-leggeds,
grasses and mountains and each tree,
all the swimming creatures,
even we, wary two-leggeds
hum, and call, and create
the Changing Song. We remake
all our relations. We convert
our minds to the earth. In this turning time
we finally learn to chime and blend,
attune our voices; sing the vision
of the Great Magic we move within.
We begin the new habit,
getting up glad
for a thousand years of healing.

www.susasilvermarie.com
from Poems for Flourishing,
available at Diane Pearl & Amazon

Hummingbirds Gather Nectar

By Mel Goldberg

Hummingbirds gather nectar
and fly away like life
renewing itself like bees
gathering pollen to feed
a hive and make honey.
I seek the source that feeds me
always remembering how hard
my wings must work to keep me
up in the air

I wake to clouds or sun
and gather days like lemons
even when I desire pomegranates



Our Better, Nature

By Judy Dykstra Brown

We hoard her in our gardens where we force her into plots,
confine her in our vases, crowd her into pots.
Ambitious men plan towers — trade grass and trees for gold.
They overlook one simple fact. We're all in nature's hold.
Man's illustrious plots and schemes always come to naught,
for the power of nature can't be sold or bought.

I found it in the city, extending from the curb —
a simple little chain of green, a subtle rus-in-urbe.
Where men would install order, nature overrules.
Those trying to best nature are always proven fools.
For eons, we have buried her, time and time again.
Yet still she prods up from her grave. Nature always wins.



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KEIRA J. MORGAN

The Importance of Pawns

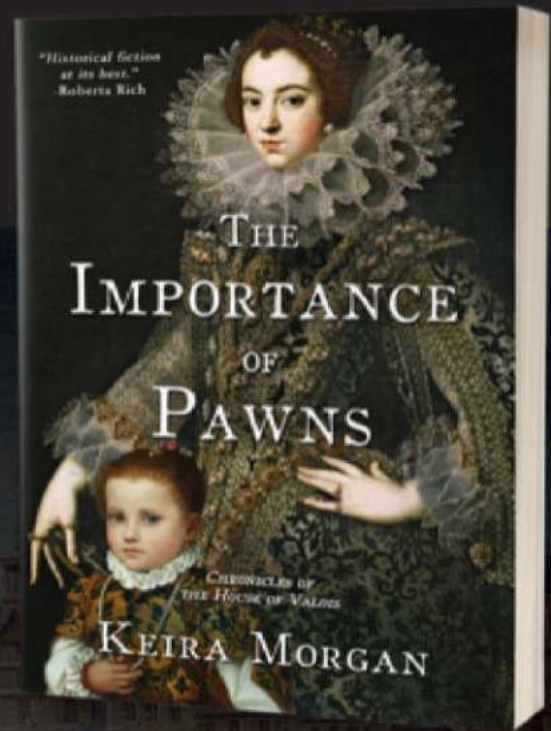
(Chronicles of the House of Valois)

“Love, revenge, deceit, valour, struggle and bravery. These are the keystones of Keira Morgan’s fascinating new novel, *The Importance of Pawns*. Historical fiction at its best.”

Roberta Rich
Internationally Bestselling Author

Amazon US

Buy now on Amazon



The Legend of Michicihualli

By Jesús Victoriano López Vega

A long time ago near Sinaloa, there was a place called *Aztlan*, where a great warrior tribe called the *Mexica*, descendants of the *Chichimecas* and *Toltecs*, originated. The eruption of a volcano caused this great tribe to migrate southward in the year 1113. They stopped at a place called *Chicomoztoc*, where their god *Huitzilopochtli* instructed them: “Be strong and invincible in war, sow corn and where you see an eagle devouring a snake there will be your destiny.” Following their path to the south in a place called “*La Quemada*,” the tribes dispersed. Some went to the center of Mexico reaching the valley of *Anahuac*, where this prophecy of *Huitzilopochtli* was seen, while the other dispersed tribes continued down the western coast until they reached Colima. Others crossed hills and valleys reaching the Mezcala mountain range and entering the Chapala lagoon.

A chief of a tribe called *Cazcalotzin* who worshipped his own god, *Ixtlacateotl*, saw from the Mezcala mountain range to the west of the lake the figure of an eagle on a red hill. Remembering the prophecies of *Huitzilopochtli*, he told his followers that he would settle there, but when he arrived at that place, there was already a town. This happened around the year 1127. According to legend, these people were not warriors, but pacifists, the so-called *Cocas*, descendants of the *Otomi* and *Toltecs*.

Cazcalotzin abused and conquered this peaceful people, renaming them “*Teo-pantitlan*” (popularly known as “*Teopantitla*” by the natives of Ajjijic). This barbaric invading Mexica tribe also known as “*Cazcanes*,” flourished around the year 1472.

The chief had descendants and it is said that in the fourth generation there was a girl named *Xochitl-pilli* (little flower) who discovered a spring of water calling it *atl-xic-xic* (spilling water) and went to a place called *Tonallan*,

(place where the sun rises). She was the one who ruled this region. The second child, *Coyotzin*, reigned the territory of *Tlajomulco*, by means of his son *Coyotl*, while *Xincan-tzin* (sacred jícara) the youngest of them (known as the old *Xicantzia* by the natives of Ajjijic,) reigned in the region of *Atl-xic* at the time of the arrival of Hernan Cortez’s cousin, Captain Alonso de Avalos and the first friar Fray Martin de Jesus. The last descendant was *Xitomatl* who founded

a great monarchy, and who governed the territory of *Cuetzallan*, (San Juan Cosalá) which was guarded to the east by the kingdom of *Chapal* and to the west by *Xocotepec*. (Taken from the text: *Indigenous Community of Ajjijic and “Origins” Legends of Ajjijic*).

The descendants of *Cazcalotzin* still held some of the beliefs of their ancestors, the *Chichimecas*, and practiced rituals of human sacrifices of their enemies the *Purepechas* of Michoacán, offering them to their god *Ixtlacateotl*, smearing their blood with the belief that it would make them immortal. In a hot water lake of *Cutzalan*, they threw children to “*Teopitzintli*” (child god). According to one account, this practice was performed during the aforementioned bloodletting in the month of May, before the rainy season. When they

began their rituals, people were afraid to leave, but they were forced to be part of these ceremonies when the full moon of May began.

Legend has it the lagoon began to rage. A small *chinito* swell called *miraje* emerged, and the people began to get agitated because that *miraje* did not stop. On the contrary, it became more agitated and they sensed that the spirit of the lagoon was restless. From the east the wind began to drag a mixture of black clouds in the form of whirlpools, from the west a dusting of dark ash from the dead and salty lake of *Tzacualco* was approaching, penetrating and crashing heav-





ily on the “*Picachos del pando de abujas*” where the eagle-shaped hill (*cerro colorado*) is located. The southern wind grew stronger and stronger, dragging the clouds in spirals caused by the shock of the cold wind from the North that came at great speed, enveloping the town, causing complete darkness, and resulting in a strong earthquake.

Among the priests and priestesses appeared a very old but still strong, tall man with copper brown skin, wearing white clothes with colorful decorations of fine embroidery of animals, stars and plants. Tied in his dark silver hair was a reddish band. He had a sparse but very long beard. With his staff pointed to the lagoon and the four cardinal points, he told them:

“Mother Nature has become enraged with you and has sent my sister *Michicihualli* to put an end to your perverse practices, because you have poisoned the minds of other nations making them believe that this is how we were, paying tribute to with my sister *Michicihualli* the lagoon, with blood. We are of the *Coca* nation, descendants of the *Toltecs*, and this is our land of origin many suns and moons ago before you came



Michicihualli's legend lives on through her portrayal as a giant *alebrije* created for Feria Maestros del Arte for the *Desfile Alebrijes Monumentales* (Giant Alebrije Parade) in Mexico City November 2013 — 12 Feria volunteers traveled to Mexico City to be part of the parade including Conecciones editorial committee members — Marianne Carlson, Diana Ayala and Harriet Hart.

Feria Maestros del Arte tasked alebrije artist, Alejandro Camacho Barrero, a true “*maestro*” from Xochimilco, Mexico, to bring *Michi* to life from wood, cardboard and vegetable fibers. She holds treasures from the lake in her hands and rides on two giant fish.



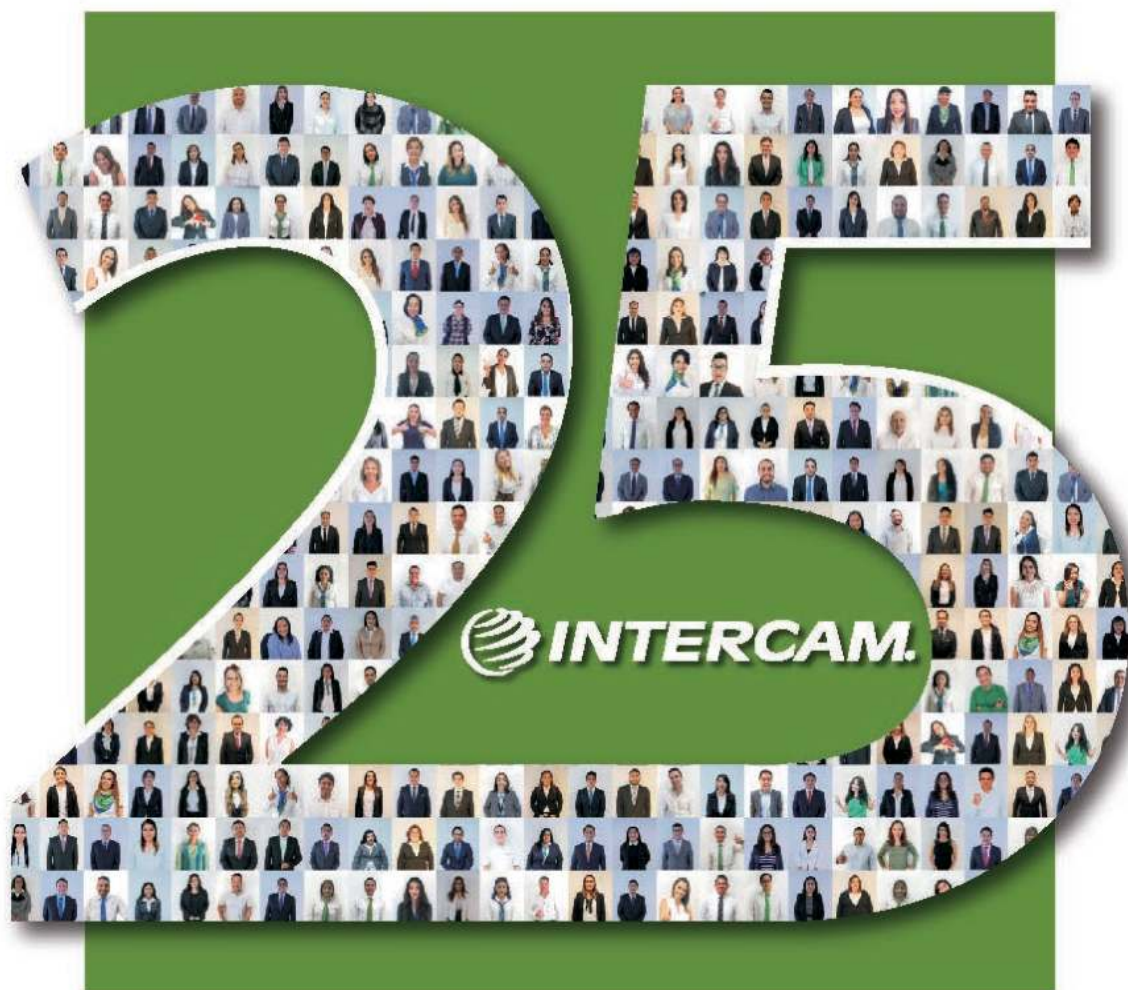
from the region of *Aztlán*. You have usurped our traditions and our deities. We worship the natural elements of our Mother Nature with offerings that she provides us for life, corn, beans, squash, *chili*. My sister *Michicihualli* is the mediator of good weather and climate, keeping in harmony the four winds of the cardinal points.”

Little by little the figure of that man was lost in the darkness, which melted in light pink tones, where the first rays of the sun appeared and everything returned to normality. Legend has it that later came

other manifestations of the lagoon by means of waterspouts, but to a lesser degree.

“*Teo-michicihualli*”, the mythological female figure, symbolized the essence or spirit of the lagoon and was known as mediator of good weather and the one to whom the winds were attributed, since it was believed that she blew the winds of the four cardinal points. For this reason, she was linked to fishing and agriculture because she gave the fishermen and farmers the guideline to know the direction of the winds and the good weather for the cultivation of corn.

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Activities & Events

Pull Out

Office & Library Hours:

Monday to Saturday 10 a.m. - 1:30 p.m.

Grounds open:

Lakeside Gate: Monday to Friday 8:30 a.m. - 1:30 p.m.

Main Gate: Monday to Friday 9:00 a.m. - 2:50 p.m. | Saturday 9:00 a.m. - 1:50 p.m.

LESSONS (M)

Basic Principles of Drawing/Painting T 9-11 Email
jorge.garcia003@gmail.com

Exercise M+W+F 9-9:50

Exploring Spanish Zoom, T+TH+SAT 12-1:30,
Email sambrit10@gmail.com

Portraiture for Beginners (S) TH 12-1:30
Email zoearmiger@gmail.com to register

Intermediate Hatha Yoga Zoom, T+TH 2:00
Email knightsinajjic@gmail.com

Introduction to Lakeside (S) Zoom 1-2:30+ on campus
10-1pm, May 10, Cost
April 13, 20, 27, Cost

Introduction to Spanish (S) T + TH 10-11:15 Email Vt2mx@yahoo.com

Line Dancing T + TH 10-11:15 Email Vt2mx@yahoo.com

Mudlarks Pottery Introduction to Ceramics (S) M+F 11-1
Cost + Registration

Mudlarks Pottery Open Studios (S) M+F 10-2,
Cost + Registration

PEP & Prueba Mexico Series (S) See the LCS website + Cost

Stretch & Balance T+TH 8:45-9:45
Email harry_bertram@hotmail.com.

Spanish in Action classes (espanol en accion) Check online or in
office for more info

Spanish a la carta Online program See LCS website
for more info.

Tai Chi Chih M+W+F 9-10

Visual Art Journaling (S) Sat 11-1:30 Begins March 6

Walk for Fitness M+W 10-11

Write to a Prompt Writers' Group TH 10-12

Zoom Tech Class Basics T 10 Zoom,
Email lcs.tech.training@gmail.com

LIBRARIES (M)

Book Library M-Sat 10-1:30

DVD, Books on Tape & Library of Congress Talking Books Library.

To order books on-line, you must use a computer or a tablet/
iPad. It is not possible to order using a cell phone. Go to lakechapalasociety.com & select libraries/English.

SOCIAL ACTIVITIES (M)

Discussion Group W 12-1:30

English/Spanish Conversation SAT 12-1:30*

English/Spanish Conversation* Sat 12-1:30* Open to public

Everyday Mindfulness Zoom, M 10:00
Email barbarahildt@gmail.com

HOT Science Zoom, T 1:45 Email hotsciencelcs@gmail.com

Scrabble F 11:30-1:30

Tournament Scrabble T 12-1:50

HEALTH INSURANCE*

Hospital San Antonio TH 10-12

IMSS & Immigration Services M+T 10-1 Call for
appointment. No sign up

Lakeside Insurance T+TH 11-2

HEALTH & LEGAL SERVICES*

Becerra Immigration TH 10:30-12:30

Gonzalez Attorney at Law 3rd W 10-1

Hearing Aid Services (S) M+ 2nd+4th SAT 10:30-4
Call for appointment Dr. Polo at 331-511-4088

Intercom Banking Services M-F 10-1

La Pueblita 2nd + 4th T 10-12

Optometrist Claravision (S) TH 9-4
Call for appointment Dra. Luz at 331-411-1178

Skin Cancer Screening (S) 2nd+4th W 10-12:30
No walk-ins, Sign up

SkyMed 1st F 10-1

SERVICE & SUPPORT GROUPS *

Al-Anon (Spanish) M 6-7:30, W 5:30-7:30

ASA Board Meeting Last W, 10:30-12

Diabetes Support Group Zoom, 1st F 11:00
Email welchk4diabetes@ghmail.com

Information Desk M-Sat 10-1:30

Lakeside AA M+TH 4:30-5:30

Needle Pushers 1st +3rd T 10-11:45

Open Circle Sun 10:30-11:30

Toastmasters M 7-9

*Open to the Public ** US Citizens (S) Sign in (C) Member card
(M) LCS members only (s) sign-up group limited to 15 or less

Lake Chapala Society

U.S. CONSULATE EXACT STEPS FOR SUBMITTING ADULT PASSPORTS FOR RENEWAL

as of March, 2021

- » Drop off Saturdays at LCS 10:30 am to 12:30 pm
- » Use form DS-82 for renewal fee \$110 USD
- » *See item 5 for paying with pesos

When dropping off at Lake Chapala Society bring the following:

1. Completed form using black ink
2. Proper 2"X2" color passport photos (NO GLASSES)
3. Your current passport and a copy
4. A pre-paid Fed Ex envelope purchased at IShop in San Antonio (short block East from Super Lake) Originating address: US Consulate calle Progreso 175, Col Americana, Americana, 44100 Guadalajara, Jal.
5. Payment in CASH ONLY either US dollars or Mexican pesos at the current monthly rate. EXACT CHANGE ONLY
 - Current rate: RATE SUBJECT TO CHANGE
 - For current monthly rate inquire at email address below
 - The rate is set by the US Consulate NOT current bank rate
 - Of special note question #8 is your US address or mail forwarding address and question #18 is your local Mexico address. Also please be sure the photo is as shown below with a smooth white background. Genesis Digital photography is located at Ocampo #34 in Ajijic.

Here is what happens when you turn in completed items above:

- » All your paperwork and a copy of receipt will be placed in an individual envelope with your name on it.
- » You will receive a receipt for the paperwork and cash received
- » Twice a month the applications will be taken to the consulate and processed (approximately 4 weeks) then sent in your pre-paid envelope to IShop who will notify you.
- » Questions: pifernr@gmail.com



ESPAÑOL EN ACCIÓN

Por la Profa. Dolores Alicia Ordóñez Pinter

1A MAY 31ST TO JUL 19TH

Monday and Thursday - 9:00 to 11:00 am. Gazebo

1B MAY 31ST TO JUL 19TH

Monday and Thursday - 11:15 to 1:15 pm. Gazebo

2A JUN 1ST TO JUL 16ST

Tuesday and Friday - 9:00 to 11:00 am. Wilkes

2B JUN 1ST TO JUL 16ST

Tuesday and Friday - 11:15 to 1:15 pm. Wilkes

We will follow Covid protocols. It is mandatory to properly wear a mask that covers your mouth and nose the whole time you are in campus.

LCS-2

DRIVER'S LICENSE

Fee: \$400

Alfredo Pérez Monday, from 3 to 4:30 pm

We will provide you with the necessary knowledge to obtain a new license or to renew it.

Material will be sent over email previous to the class.

May 10 class & 19 visit

Jun 14 class & 23 visit

Veranda

INTRODUCTION TO LAKESIDE

Rachel McMillen

Monday, May 10

In person Fee: \$600

From 10 am to 1 pm

Online Fee: \$400

May 10 & 14, From 1:30 to 3 pm

Moving to another country can be intimidating if we don't have the basic knowledge to function successfully. That is why we offer you this class whether you plan to move here or already live Lakeside. There's always a world to know.

INTRODUCTION TO SPANISH

Inez Dyer

Tuesday, April, 13, 20 & 27

Fee: \$350

From 12 noon to 1:30 pm

3-sessions class. The instructor will introduce learners to Spanish pronunciation, some vocabulary and social protocols.

MEXICAN MANNERS

\$350 with Alfredo Pérez

THURSDAY, MAY 6

FROM 1 - 3:30 PM

Cultural shock is a normal part of life when you move to another country. Learn why the behaviour of your new neighbors differs from your own. Our intention it help you understand cultural differences and promote real and positive coexistence.

MEXICAN SALSAS

\$380 with Ana Moreno

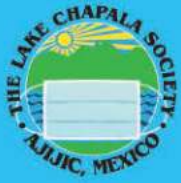
WEDNESDAY, APRIL 28

10 AM TO 11:30 AM

Learn how some of the favorite Mexican salsas in the region are made. What ingredients you need, how and where to buy them. How Mexicans use them. What food you can dress with them.

Enrollment at LCS Office or LakeChapalaSociety.com
YOUR MEMBERSHIP MUST BE CURRENT DURING THE COURSE
Registration requires payment. There is no refund.
We will follow COVID protocols with no exception.

Lake Chapala Society



Library in person access REOPENING PROCEDURE

- 1** We will utilize a number-card system outside the library, similar to the ones currently being used by the service office and membership desks.
- 2** Members will be asked to limit their visit to 20 minutes.
- 3** Only two members will be able to roam the library at the same time.
- 4** Members coming in to the library will be welcomed with gloves and hand-sanitizer, and will not be admitted without using one or the other.
- 5** Shopping bags and purses will be left on shelves by the front door of the library, to ensure that non-necessary items are not carried back into the stacks.
- 6** When members have selected the books they want, they bring them to the library's front desk, where they are checked out and date stamped with a return due date.
Hand sanitizer will be offered again
- 7** Check out book by e-mail procedure will continue to operate



POR VS PARA \$200

2-session class
Wednesday, April 14 & 21.
From 10:00 to 11:10 am.

Prepositions help us to connect words in our language and, in addition, they complete the meaning of what we say. In these two classes we will practice with two polemic prepositions: POR and PARA. Through exercises and games you will be able to identify their functions and use them appropriately in a sentence.

WHERE TO EMPHASIZE WORDS \$200

2-session class.
Wednesday, April 21 & 28.
From 12:00 to 1:10 pm.

Although in Spanish there are words that carry a written accent, it may seem difficult to pronounce a word that you have never seen before. In this two-session course you will learn step by step how to identify the tonic syllable of a word, that is, the syllable of emphasis.



**SUNDAY MORNING
10:30 IN THE GARDEN AT
LAKE CHAPALA SOCIETY**
GATE OPENS AT 9:30 AM
if you want to have a light breakfast at Angelina's or buy some coffee.

CHECK THE SCHEDULE AND
MAKE YOUR RESERVATION
WWW.OPENCIRCLEAJIJIC.ORG

Presentations are subject to change
During this period, we recommend bringing a hat and bottled water, and please remove containers upon departure. Attendance is limited to 80 persons, please make your reservation if you want to attend make your reservation at www.opencircleajijic.org
Use of mask it's mandatory and temperature checks on entry.



Steve Balfour presents *A benefit for Lake Chapala Society*

Concerts in the Park



APRIL 11
2:00 AND 4:30 SHOWS

Effie Passero & Enrique de Allende

Two incredible vocalists present exquisite classical, standards and contemporary favorites.

"The most exciting new collaborations of talent I've seen in years! Enrique & Effie are powerful alone, magic together!"

*-Tracy Parks
Puerto Vallarta*



APRIL 18
2:00 AND 4:30 SHOWS

Keith Tynes

A member of the group, The Platters, with his Golden Hits Revue, joins the lineup for the Concerts in the Park series at the Lake Chapala Society.

Catch Keith before he heads on to Berlin. You'll love hearing major and unforgettable hits like "Only You" and "The Great Pretender." This great musical talent from Miami has performed on some of the world's most important stages and theatres like the New York Radio City Music Hall and the Queen Alexandra House in London.

VIP Tickets \$500 | General Seats \$350

Show at the Lake Chapala Society gazebo

Tickets available at the Lake Chapala Society Office 10:00 am - 1:30 pm, Monday through Saturday,
SB4LCS@Gmail.com or LakeChapalaSociety.com

All safety restrictions in place. Masks required. Social distanced seating. Reserve now.

Thank you

to all of you who supported
Our Online Silent Auction



This year, because of the pandemic, we video taped our children and their families to create our Annual Meet the Children presentation.

The video is approximately 24 minutes; however we have 5 amazing stories to share with you that will give you an insight into the impact you have on our families.

Thank you for watching and your continuing support!!

[DONATE >](#)

ARTÍCULO DE PORTADA

La Leyenda de Michicihualli

Por Jesús Victoriano López Vega

Hace mucho tiempo en un lugar cerca de Sinaloa, había un lugar llamado Aztlán, donde se originó la gran tribu guerrera de los Mexicas, descendientes de los Chichimecas y Toltecas. La erupción de un volcán hizo que esta gran tribu emigrara hacia el Sur en el año de 1113, y se detuvieron en el Chicomoztoc, donde su dios Huitzilopochtli les reveló un mandato diciéndoles: “Sean fuertes e invencibles en la guerra, siembren maíz y donde vean a un águila devorando a una serpiente ahí será su destino”. Más al Sur, en un lugar conocido como “La Quemada”, las tribus se dispersaron; algunas se fueron al centro de México y encontraron el valle de Anáhuac, donde fue vista la profecía de Huitzilopochtli, mientras que las otras tribus siguieron descendiendo por la costa de Occidente hasta llegar a Colima y otras cruzaron cerros y valles hasta llegar por la sierra de Mezcala a la laguna de Chapala.

El jefe de una tribu llamado Cazcalotzin, quien adoraba al dios Ixtlacateotl, vio desde la seranía de Mezcala hacia el poniente del lago, la figura de un águila plasmada en un cerro colorado. Al recordar las profecías de Huitzilopochtli les dijo a sus seguidores que allí se asentarían; se llevó una gran sorpresa al llegar a ese lugar porque había ya un pueblo viviendo ahí. Esto ocurrió en el año de 1127. Según cuenta la leyenda, se trataba de un pueblo pacífico, los llamados Cocas, descendientes de los Otomíes y Toltecas.

Con suma crueldad, el jefe Cazcalotzin abusó de ellos, los conquistó y los nombró “Teo-pantitlan” (popularmente conocido como “Teopantitla” por los oriundos

de Ajijic). Esta tribu bárbara mexicana, conocida como “cazcanes”, floreció hacia el año de 1472.

El jefe tuvo su descendencia y se dice que a la cuarta generación hubo una niña llamada Xochitl-pilli (pequeña flor) la cual descubrió un ojo de agua llamándole atl-xic-xic (agua en derrame) y se dirigió a un lugar llamado Tonallan,

(lugar donde sale el sol) siendo ella quien gobernó a esta región, la segunda de nombre Coyotzin reinó el territorio de Tlajomulco, por medio de su hijo Coyotl y Xincan-tzin (jicara sagrada) la más joven de ellas (conocida como la viejita Xicantzia por los oriundos de Ajijic, la cuál poseía una mina de plata) ya anciana reinaba en la región de Atl-xic-xic, a la llegada del primo de Hernán Cortez, el capitán Alonso de Ávalos y del primer fraile fray Martín de Jesús o de la Coruña. El último fue Xitomatl el cual fundó una gran monarquía, quien gobernó el territorio de Cuetzallan, (san Juan Cosalá) el cuál estaba resguardado al



oriente por el reino de Chapal y al poniente por Xocotepec. (Tomado del texto: Comunidad Indigenista de Ajijic y “Orígenes” Leyendas de Ajijic).

Los cazcanes, descendientes de Cazcalotzin, conservaron parte de las creencias heredadas por sus antepasados los Chichimecas; practicaban rituales de sacrificios humanos con sus enemigos, los Purépechas de Michoacán, se los ofrecían a su dios Ixtlacateotl y se untaban su sangre con la creencia que los haría inmortales.

Según cuenta un relato, en un ojo de agua caliente de Cutzalan, arrojaban niños a “Teopitzintli” (dios niño). Estas prácticas se conocían como sangrías y se realizaban en el mes de mayo, antes de la temporada de lluvias. Cuando iniciaban sus rituales, la gente con miedo se alejaba, pero eran forzados a ser parte de sus ceremonias mientras iniciaba la luna llena de mayo.

A raíz de estos rituales, la laguna comenzó a enfurecer y presentó un pequeño oleaje chinito llamado “miraje”; la gente empezó a agitarse al ver ese cambio, porque el miraje no paraba y presentía que el espíritu de la laguna estaba inquieto. Por el Oriente, el viento empezaba a arrastrar una mezcla de nubes renegridas en forma de remolinos; por el Poniente, se acercaba una polvareda de ceniza oscura del lago muerto y salitroso de Tzacualco, penetrando y chocando fuertemente en los “Picachos del pando de abujas” donde se encuentra el cerro en forma de águila (cerro colorado). El viento sureño zumbaba cada vez más fuerte, arrastró las nubes en espirales causados por el choque del viento frío del Norte que venía a gran velocidad, envolvió al pueblo en la oscuridad y provocó un fuerte terremoto. De repente, entre los sacerdotes y las sacerdotisas apareció un señor anciano pero fuerte y alto, de piel cobriza morena con vestiduras blancas y decoraciones coloridas de bordados finos de animales, astros y plantas, con una banda rojiza atada en su cabellera de plata oscura y de escasa pero muy larga barba, señaló con su bordón a la laguna y a los cuatro puntos cardinales y les dijo:

“Mi Madre Naturaleza se ha enfurecido con ustedes y ha enviado a mi hermana Michicihualli a poner fin a sus perversas prácticas, porque han envenenado las mentes de otras naciones haciéndoles creer que así fuimos nosotros con mi hermana Michicihualli la laguna, rindiéndole tributo con sangre. Nosotros somos de la nación Coca, descendientes de los Toltecas, y esta es nuestra tierra de origen hace muchos soles y lunas antes de que ustedes llegaran desde la región de Aztlán. Han usurpado nuestras tradiciones y nuestras deidades, nosotros veneramos a los elementos de nuestra Madre Naturaleza con ofrendas que ella nos proporciona: el maíz, frijol, calabaza, chile... Pues mi hermana Michicihualli es la mediadora del buen temporal y del clima, manteniendo en armonía los cuatro vientos de los puntos cardinales.”

Poco a poco la figura de ese hombre se fue perdiendo en la oscuridad, entre ligeros tonos rosas, donde se asomaban los primeros rayos del sol mientras todo volvía a la normalidad. Cuenta la leyenda que, posteriormente vinieron otras manifestaciones

de la laguna por medio de trombas, pero de menor grado.

La figura mitológica de “Teo-michicihualli” simbolizaba la esencia o espíritu de la laguna y era conocida como mediadora del buen tiempo y a quien se le atribuían los vientos, pues se creía que soplaban los vientos de los cuatro puntos cardinales. Por ello, se la relacionaba con la pesca y la agricultura porque daba la pauta a los pescadores y agricultores para conocer la dirección de los vientos y el buen tiempo para el cultivo del maíz.



Feria Maestros del Arte and 

Celebrate Mother's Day
with us

April 30 & May 1
10 a.m. to 1:30 p.m.
at the
Lake Chapala Society

Textiles & Jewelry Sale
Artisans from







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Chiapas
Chihuahua
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Jalisco
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Puebla
Oaxaca

A broad range of prices will be available.
(Artisans will not be in attendance)

Lake Chapala Soc. entrance
is on 16 de Septiembre #16-A
Between Nicolas Bravo & Ramón
Corona. **Saturday, May 1,**
entrance will be on Ramón
Corona—look for decorations



Masks are Required
& **Safe-Distancing**
will be observed

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The mountains surrounding Lake Chapala provide valuable environmental services on which our quality of life depends: they capture water, clean the air, regulate the climate, control erosion, and provide shelter for important species of flora and fauna.

However, this important biological wealth is threatened by the advance of urban growth and productive activities that expand the agricultural frontier. For this reason, in recent times there has been a growing interest in our community to protect the remaining natural spaces and put a stop to their deterioration.

There are important citizen and institutional efforts to learn about this natural wealth, such as those undertaken by neighbors who, through the use of camera traps, have captured images of the diversity of fauna that cohabit with us, from small rodents to imposing felines. Environmental institutions in the area, such as Aipromades Lago de Chapala, have also conducted research to expand our knowledge of the ecosystems and their biodiversity in order to develop conservation projects.

The sum of these good wills has opened spaces for citizen participation and has generated environmental education documents available to all, such as the Guide to Mammals of the Lake Chapala, prepared by young scientists funded by Aipromades, who offer a field guide containing 21 cards of mammal species that inhabit our mountains, describing their characteristics, habits and identifying their tracks. The guide is distributed free of charge and can be downloaded online at: https://www.researchgate.net/publication/339133340_Guia_de_mamiferos_de_la_Cuenca_del_Lago_de_Chapala.



This Guide is the result of a broader Flora and Fauna Monitoring Program that generates important information for decision making on how to better manage the territory, which includes mountains along the entire shore of the Lake that are of utmost importance for the hydrological balance of the Lake.

One can only love and protect what one knows well. By expanding our knowledge of our neighboring wildlife, those with whom we share our home and our world, we will be better able to understand how our environment works, how to care for these bountiful natural spaces up the mountain and the importance of pre-

serving this heritage for future generations.



Las montañas que circundan el Lago de Chapala proveen servicios ambientales valiosos de los cuales depende nuestra calidad de vida: capturan el agua, limpian el aire, regulan el clima, controlan la erosión y sirven de albergue a importantes especies de flora y fauna.

Sin embargo, esta importante riqueza biológica se encuentra amenazada por el avance del crecimiento urbano y de las actividades productivas que amplían la frontera agrícola. Por ello, en tiempos recientes ha crecido el interés de nuestra comunidad por proteger los espacios naturales remanentes y poner freno a su deterioro.

Existen importantes esfuerzos ciudadanos e institucionales por conocer esta riqueza natural, como los emprendidos por vecinos que mediante el uso de cámaras trampa han capturado imágenes de la diversidad de fauna que cohabitan con nosotros: desde pequeños roedores hasta imponentes felinos. También instituciones ambientales de la zona, como Aipromades Lago de Chapala han conducido investigaciones para ampliar nuestro conocimiento sobre los ecosistemas y su biodiversidad para desarrollar proyectos de conservación.

La suma de estas buenas voluntades ha abierto espacios de participación ciudadana y ha generado documentos de educación ambiental al alcance de todos, como la Guía de Mamíferos de la Cuenca del Lago de Chapala, elaborada por jóvenes científicos ribereños financiados por Aipromades, quienes ofrecen una guía de campo que contiene 21 fichas de especies de mamíferos que habitan nuestras montañas donde se describen sus características, hábitos e identifican sus huellas. Se distribuye gratuitamente y se puede descargar en línea en la liga https://www.researchgate.net/publication/339133340_Guia_de_mamiferos_de_la_Cuenca_del_Lago_de_Chapala

Esta Guía es el resultado de un Programa de Monitoreo de Flora y Fauna más amplio que genera información importante para la toma de decisiones de como administrar mejor el territorio, que incluye montañas en toda la ribera del Lago y que son de suma importancia para el balance hidrológico del Lago.

Uno solo puede amar y proteger aquello que bien conoce. Al ampliar el conocimiento sobre nuestra fauna vecina, aquella con la que compartimos nuestra casa y nuestro mundo, seremos más capaces de comprender como funciona nuestro entorno, como cuidar esos generosos espacios naturales montaña arriba y la importancia de preservar este patrimonio para las generaciones futuras.





Fátima R.

"The best of friends have nothing and everything in common all at once." – to S

Justin

Congrats!

Cynthia

Since I will be with me forever, it would be good to consciously place myself on my side.

– Jorge Bucay

Naidelin

I see it, I like it, I want it, I get it

Jesús

Fernanda

Susana

The best memories come from bad ideas done with best friends".
–to F.

Renata

You only need characters and a good context, to make a good story #monography

Vanessa

"Susana, do not stop fighting for your dreams. Life is a journey, walk, run, fly but never stop, always go beyond your limitations and never allow the limitations of others to stop your dreams. Small achievements lead to great triumphs, keep it up and you will go as far as you set your mind to. Congratulations"

"Fer, never lose the spark that identifies you. I know these times haven't been easy, yet you have had grown so much in your personal life and your projects. I am very proud of you, you are my favorite person, I love you!"

"Class of 2021, you are bright, resilient and have learned so much about life even though you are learning from home. May the future bring you good fortune, plenty of interaction with our world, and continued knowledge as you journey to university and beyond!" **MR. Joe**

"Vane, we thank God for allowing us to have you in our lives, Vanessa. We are very proud of you, of the great effort you are making at school and, proud of all of your achievements. You are very special to us and we love you. Continue having the same dedication so that everything you set your mind to you will achieve. Congratulations daughter!"

"Jesús, one more step on the path of your life. I thank God for having you as my son. I wish you to be very happy and that you fulfill all of your dreams. Dream high and achieve your goals. I want you to be successful and very happy in your life. From the bottom of my heart and soul, I tell you I LOVE YOU SON, I AM PROUD OF YOU, YOU WILL ALWAYS HAVE MY SUPPORT AND MY LIFE. CONGRATULATIONS SON!"

"Renata, daughter, your arrival changed our lives, now you are ready to change the world! Fight for your ideas, love them and defend them always!"

**Congratulations Lambda
Generation 2018–2021**



**We are so
proud of you!**



Quinceaños

A Special Celebration of a Girl's 15th Birthday.

By Lucelia Cevallos

Many families in Mexico, Latin America, as well in Latino communities in the United States have the tradition of celebrating their daughter's 15th birthday with a special commemoration called "quinceaños" or simply "quince". The celebration marks the transition from girl to woman, but turning fifteen does not mean that she is of legal age. The 15-year-old girl is called "Quinceañera", and this celebration does not have a defined ritual and is not mandatory.

In pre-Columbian Aztec or Mexica culture, the education, training in values, and customs were the obligation of the parents. The girls received guidance and responsibilities at home, but when they turned 15 years old, the puberty rites were performed to indicate the entrance to adult life. Depending on their social level, they went to Telpochcalli or Calmecac School where they learned the history and traditions of their culture and they were prepared for marriage or to serve in the Temple and to the Gods. During the conquest of the Spanish, a Catholic mass and a special blessing for the quinceañera were included in the fifteen-years' indigenous tradition. Later, in the 19th century, the emperor of Mexico, Maximiliano and his wife, Carlota, introduced a quinceañera party with European touches of waltzes and elegant dresses.

Customs handed down from generation to generation can change when mixed with other customs or family traditions. Now this celebration could be a good time for family and friends to get together and have a special party according to their economic status, and their own customs and traditions. It can be in a rented space, a garden, at their house or one of a relative and even on the street. The place is prepared and decorated using the details and colors chosen.

The quinceañera usually wears an elegant, unique, big-ball gown dress. She is combed, made-up, and wears a flower crown or tiara and some jewelry. She is the Princess of the Day. The guests often wear formal clothes. Traditions vary between families. If the family wishes, the celebration begins with a Thanksgiving Mass, where God is thanked for everything received in those fifteen years. The quinceañera offers a bouquet of flowers and receives a special blessing and exhortation to always be close to God and the Virgin Mary and to have the assurance that they will always be by her side on the path of life. The parents thank God for the life of that daughter and that she is entering that new stage.

Many quinceañeras are accompanied, in addition to their parents and godparents, by 14 "Damas" and / or "Chambelanes," made up of their friends. After mass, the party begins with dinner, beverages and a specially decorated cake, small

souvenirs and music for dancing. The family usually spends a lot of money on the event for which they save in advance or get a loan and sometimes get help from "godparents" who have the honor to assist with any of the expenses. For the music, a DJ is hired and the pieces are chosen. Father and daughter have the first dance. She dances happily with her father who was the first man in her life.

There may be a surprise dance presented by the quinceañera with her friends or by herself. There may also be photo and video presentations summarizing her fifteen years and live band or mariachi music. Sometimes other customs are included such as changing from a girl's shoes to her first pair of high heels. The quinceañera receives as a gift a doll that wears a dress like hers, which symbolizes the end of childhood, leaving toys behind to assume her new roles. The doll will be a memory of the wonderful celebration that only happens once in a lifetime.

I asked some past quinceañeras from our family for their experiences about their quinceaños and they all agreed that they had beautiful memories of that great day and each one fully enjoyed it. They had seen the celebrations of their older sisters, cousins, friends and it was for them a dream that filled them with emotion. They wanted to be the Princess of the Day, dance and have fun.

Since those years, many celebrated the quince with a trip abroad instead of a party. For some, their parents defined and prepared the event, but most of them participated in the organization and chose their own dress. Some selected their photos, videos and music, and created a movie with moments from their history. It was a great opportunity for a close dialogue with their parents. Several designed the invitations, chose the menu, and prepared the tables' decorations and souvenirs for the guests. One of them even played a melody at Mass on her flute. To be the Princess of the Day and receive many compliments, congratulations and why not say it, also some special gifts, was special. Something they did not like was that there were more adults, than friends and classmates.

Mothers do consider it important to celebrate in some way their daughter's 15th birthday, whatever might be appropriate at the time. More teenagers today prefer a trip than a party, but they know that this year it will not be possible due to COVID. They have no problem if it happens at 16 or 18 years old but they wish to enjoy it with their family. Either way, celebrating the 15th birthday of a girl is a unique and valuable experience that is remembered forever.

Made with pet lovers
in mind



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Heavy Snow Up North By Kenneth Salzmann

All our snow days have passed now, but this forecast of snow and more snow in the place we left behind reminds us of treasured days when the world would

stop, when the promise of obligations smothered by the snowfall would arrive with the first flurries in late afternoon, as a thunderous quiet fell upon what was our little red house in the woods.

Three winter-hungry does may be grazing now in our old backyard, feeding ahead of the storm.

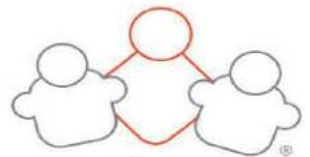
A rafter of wild turkeys we once considered almost ours might emerge from behind the ancient white oak tree to cross the road just before the spot where the icy ess-curve approaches the creek.

All through the night the silent snow would fall. By morning every need to need that governs our frantic lives would rest unheeded beneath a breathtaking whiteness beyond the iced windowpanes.

Felipe González Attorney at Law

THE ONE YOU CAN TRUST WHEN YOU'RE ATLAKE SIDE

Whenever you need legal advice, you can rely on Felipe and his highly professional team to satisfy all your legal requirements, whether you're already based here or are intending to come and enjoy the place with the "best climate in the world".



Felipe González



AT LCS 10 AM
3rd WEDNESDAY
of each month **TO 1 PM**
16 de Septiembre #16-A, Ajijic, Jal

For more information, contact us here:

☎ 33 1862 6230 📞 33 1862 6230 & 33 1073 8553 ✉ info@felipejgonzalez.com

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UDG: Cirugía Plástica



Mr. GreenGo

By Michael McLaughlin

Greg Ochs rolled into our “little fishing village on the lagoon” in 2007. He is a Texas boy that graduated from Texas Tech and the University of Texas in Austin (Hook ’em Horns) with a degree in mechanical engineering. He spent most of his career in Washington state working for a company as their new product developer.

In 2011 he attended an Open Circle presentation on sustainability and from that helped organize and start the Lake Chapala Green Group. (No, this is not like the experimental musical theater troupe Blue Man group.)

From the Green Group, and after much study, Greg began growing lettuce hydroponically to sell at the organic Tuesday Market. He is a founding member and permanent fixture among the dozens of merchants every Tuesday at the La Huerta location in west Ajijic. From first growing hydroponic lettuce, he constructed greenhouses and began selling mixed lettuce and other greens grown in the soil. One of his products took off and he now sells hydroponic microgreens.

Microgreens are vegetable greens (not to be confused with sprouts or shoots) harvested when they are only days old and used mostly as a nutrition supplement, a visual enhancement, and a flavor and texture enhancement. Microgreens provide more nutrition than mature greens. It is not an exaggeration to say that microgreens are ounce-per-ounce one of the most nutritious substances on earth. According to health experts (if you don’t believe me, do your own research), microgreens are especially good at keeping at bay certain types of cancer. They can also impress when

it comes to fighting off inflation, diabetes, heart disease and other diseases associated with aging. That’s you and me, folks. My favorite are the tangy Wasabi microgreens to give that otherwise bland salad mix some rock’em sock’em flavor.



But make no mistake, Greg, 66 years young, is not a “gentleman farmer.” Rather, he is a 40- to 50-hour-a-week, every day grunt grower, who toils year-round at his two-acre farm. While some of you are retired to the golf course or having brunch with friends (remember those days?), Greg gets up every morning and goes to work. And he has no problem falling asleep every night, I might add. Retirement for Greg is a Sunday off . . . occasionally.

The pandemic has not been kind to restaurants and many businesses and microgreen farms are no exception. Much of what he grew went to upscale restaurants, and microgreens were the first to go when restaurants had to cut back on costs. Does Greg make money

at this? His answer is “sometimes.”

Greg is an example of one of the innovative, creative and hardworking expats who make Ajijic special, healthier and tastier. So, when you see mild-mannered Mr GreenGo at the Tuesday Market, appreciate what he does for the community. But an appreciation is not enough. Buy his greens. You’ll be healthier for it.



Mr. GreenGo

By Michael McLaughlin

Greg Ochs llegó a nuestro “pequeño pueblo de pescadores” en 2007. Es un chico de Texas egresado de Texas Tech y la Universidad de Texas, en Austin (¡arriba esos cuernos!) de Ingeniería en Mecánica. Dedicó la mayor parte de su carrera en el estado de Washington trabajando para una empresa como su desarrollador de nuevos productos.

En 2011 asistió a una conferencia de Open Circle sobre sustentabilidad y, a partir de eso comenzó a organizar el Lake Chapala Green Group (no, no tiene nada que ver con el grupo de teatro musical experimental Blue Man). Posterior a la formación del grupo (y después de mucha investigación), Greg comenzó a cultivar lechuga hidropónicamente para venderla en el Mercado Orgánico de los martes. Es miembro fundador y comerciante fijo del mercado en “La Huerta”, al oeste de Ajijic. Tras cultivar primero lechugas hidropónicas, construyó invernaderos y empezó a vender lechugas mixtas y otras verduras cultivadas en el suelo. Uno de sus productos despegó y ahora vende microplantas hidropónicas.

Las microplantas son vegetales verdes (no deben confundirse con los brotes o los germinados) cosechadas antes de su etapa de madurez y son usados principalmente como suplementos nutricionales, o para realzar la apariencia, sabor o textura de los alimentos. Las microplantas brindan mayores nutrientes que los vegetales maduros. No es una exageración decir que son, gramo a gramo, una de las sustancias más nutritivas del planeta. Según profesionales de la salud (si no me cree, búsquelo usted mismo), las microplantas son especialmente buenas manteniendo a raya ciertos tipos de cáncer. Además, es impresionante su capacidad de combatir la inflación, la diabetes, las enfermedades cardíacas y otras enfermedades asociadas al envejecimiento (exacto, ustedes y yo). Mis favoritos son las de Wasabi para dar a esa mezcla de ensalada, que de otro modo sería insípida, un poco de sabor.

Pero no se equivoque, Greg, un joven de 66 años, no es un “caballero agricultor”. Más bien, dedica de 40 a 50 horas a la semana, a trabajar durante todo el año en su granja de dos acres. Mientras algunos de ustedes se jubilan para ir al campo de golf o a almorzar con los amigos (¿recuer-

dan esos días?), Greg se levanta cada mañana y se pone a trabajar. No tiene problemas para dormirse cada noche, debo añadir. La jubilación para Greg es un domingo libre . . . de vez en cuando.



La pandemia no ha sido benévola con los restaurantes ni los negocios, y las granjas de microplantas no fueron la excepción. Gran parte de lo que cultivaba iba a parar a restaurantes de lujo y las microplantas fueron las primeras en desaparecer cuando los restaurantes tuvieron que recortar gastos. ¿Greg gana dinero con esto? Su respuesta es “a veces”.

Greg es un ejemplo de uno de los extranjeros innovadores, creativos y trabajadores que hacen que Ajijic sea especial, más sano y de sabores increíbles. Así que, cuando veas al apacible Sr. GreenGo en el mercado de los martes, aprecia lo que hace por la comunidad. Pero una apreciación no es suficiente, compra sus verduras. Estarás más sano por ello.

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