

VOLUME 58, NOVEMBER, 2023  
VOLUMEN 58, NOVIEMBRE, 2023

FREE  
GRATIS

# CONEXIONES

People Helping People • Gente Ayudando Gente



Weaving in Art  
Tejer con arte

Vamos Juntos • Coming Together



PUBLICACIÓN



BROADWAY  
SENSATION

# Marty Thomas



Steve Balfour presents  
*Concerts in the Park*

\*GRAMMY-NOMINATED  
RECORDING ARTIST  
\*STARRED ON  
BROADWAY IN WICKED  
XANADU  
AND THE SECRET GARDEN

**NOV 12**  
**5:00 PM**  
**ONE SHOW**

## MUSIC FESTIVAL LAKE CHAPALA SOCIETY



# Blue Jay Slim & GARGAMEL

**FOOD + CASH BAR**

**DEC. 16**  
**SATURDAY**  
**BEGIN AT**  
**2:30 PM**



- Lake\_Chapala\_Society
- The Lake Chapala Society A.C. - LCS
- The Lake Chapala Society

Tickets available at the Lake Chapala Society  
Office 10:00 am - 2:00 pm  
Monday through Saturday,  
or at [LakeChapalaSociety.com](http://LakeChapalaSociety.com)





# President's Message

## *LCS Hits another Milestone*

More than 5 Years Ago under the leadership of Larry Barnhardt, **LCS 2.0 A Comprehensive Long-Range Plan for the Lake Chapala Society was developed by a committed team. Since its adoption, LCS 2.0 has been an important part of the Annual General Meeting presentation. It was so exciting this week to celebrate the accomplishment of a major milestone in that plan.**

When I First started with LCS - people said my job was to Build Bridges, I never really saw it that way. Building a bridge implies that there is a permanent obstacle separating two points or groups. Isn't my job more about collaboration - between the many elements that make Ajijic what it is today and enhance what we have for the future. Collaborations where we can all learn from each other.

The LCS role in this is to ...Extend our legacy as an oasis for personal enrichment, socialization, and collaboration throughout our area of Lakeside.

While we centered this current milestone accomplishment as the opening of the new Casa Linda Café at LCS it is far more than just another restaurant opening. This café is a major step in dealing with the long-neglected maintenance and deterioration of the LCS grounds. Additionally, this café will truly be the center of the future energy of LCS.



This is a key part of the long-range plan to enhance this campus so all members of the community can use it as the center of collaboration in making our community better. COVID slowed us down a bit and caused us to reprioritize our efforts. We determined it was best to proceed with smaller steps at a time. The first step involved protecting our sacred Neill James home to address the major deterioration. We rebuilt the Neill James Veranda which posed several liability issues and did extensive work in the walls and underground. With the purchase of the Molinari house, we moved on to the Blue Patio which is a key crossroads of the campus. From



**CASA LINDA**  
CAFÉ

*in the garden*  
AT THE LAKE CHAPALA SOCIETY

**TRADITIONAL THANKSGIVING DINNER**

Thursday, November 23  
Reservations Noon - 6:30pm (must be prepaid)

**MENU**

Fall Harvest Soup  
Turkey with all the Trimmings  
Selection of Desserts

\$500 p/p (tip not included)  
Tickets available at Lake Chapala Society  
10am - 2:00pm Monday - Saturday, or at [LakeChapalaSociety.com](http://LakeChapalaSociety.com)

To be held in the lush gardens of the Lake Chapala Society

there we moved on to the Neill James Plaza, where the damage involved many liability issues.

The team then chose to make the cafe our next major step forward.

It was a pleasure to team up with the family of Alejandro and Fabiola Gonzalez of Casa Linda Restaurant to develop a concept for the Casa Linda Café in the gardens of the Lake Chapala Society. This is much more than another restaurant, this space will become a major center of LCS. Open for breakfast and lunch Monday to Saturday, we encourage Realtors and businesses to meet with their clients here at LCS in these lush gardens to introduce people to what our community has to offer. In the afternoon - a new feature will be to make use of the seating area of the cafe for meetings and presentations as one of our community gathering points. One of the benefits of my job as President is that I get to meet and interact with some wonderful people like Alejandro and Fabiola. We have also started collaborations with the Tech School Culinary program to see if the school could make use of these facilities as an opportunity to enhance the education of the culinary students.

Alejandro and Fabiola have committed to putting their very best effort forward and are committed to listening to your feedback.

Best wishes for your year-end holiday season.

Steve Balfour

## 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 and 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.*

## Board of Directors

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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 the Lakeside 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

*Editor-in-Chief/Editor en Jefe:* Luis F. Pacheco

*Managing Editor/Director General:* Rachel McMillen

*Associate Editors/Editores asociados:* Sandra Baird, Harriet Hart, Diana Hunt

*Production, Art & Design/ Producción, Arte y Diseño:* Domitzu Medrano

*Proof-reader/Revisión final:* Thomas Gay

*Translations/Traducciones:* LCS

Conecciones welcomes submissions of articles from Lakeside authors. We reserve the right to edit as necessary. Submissions should be in MS Word approximately 600 words and should be directed to: [submissions@lakechapalasociety.com](mailto:submissions@lakechapalasociety.com).

### Advertisement inquiries

should be directed to [ventas@lakechapalasociety.com](mailto:ventas@lakechapalasociety.com).

*Conecciones agradece el envío de artículos. Nos reservamos el derecho de editarlos si es necesario. Los envíos deben ser en MS Word de 600 palabras aproximadamente y deben dirigirse a: [submissions@lakechapalasociety.com](mailto:submissions@lakechapalasociety.com). Las solicitudes de publicidad deben dirigirse a: [ventas@lakechapalasociety.com](mailto:ventas@lakechapalasociety.com).*

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## Conecciones Advertising Prices Precios de los Anuncios 2023

	Cost / Precio
Back cover / Contraportada (9 x 11.4” / 23 x 29 cm) .....	\$6,003
Inside front & back cover / Contraportada interna (9 x 11.4” / 23 x 29 cm).....	\$5,510
Full page / Página completa (7.8 x 10.2” / 20 x 26 cm).....	\$4,176
1/2 page / 1/2 página (4.7 x 7.2” / 12 x 18.5 cm).....	\$2,523
1/4 page / 1/4 página (3.5 x 4.7” / 9 x 12 cm) .....	\$1,334
1/8 page-business card / 1/8 página-tarjeta de presentación (3.5 x 2” / 9 x 5 cm) .....	\$464

All prices include IVA. All ads must be submitted by the 10th of the month for inclusion in the next month’s magazine. Send to [ventas@lakechapalasociety.com](mailto:ventas@lakechapalasociety.com).

*Todos los precios incluyen IVA. Todos los anuncios deben ser enviados antes del día 10 del mes para su inclusión en la revista del mes siguiente. Enviar a [ventas@lakechapalasociety.com](mailto:ventas@lakechapalasociety.com)*



# Mensaje del Presidente

*LCS alcanza otra meta*



Hace más de 5 Años bajo el liderazgo de Larry Barnhardt, un equipo muy comprometido desarrollo un **Plan Integral a Largo Plazo, LCS 2.0 para la Sociedad del Lago de Chapala. Desde su adopción, LCS 2.0 ha sido una parte importante de la presentación de la Asamblea General Anual. Esta semana fue muy emocionante celebrar el logro de haber alcanzado una meta importante en ese plan.**

Cuando empecé en LCS, la gente decía que mi trabajo era construir puentes, pero yo nunca lo vi así. Construir un puente implica que hay un obstáculo permanente que separa dos puntos o grupos. ¿No es mi trabajo más la colaboración - entre los muchos elementos que hacen de Ajijic lo que es hoy- y mejorar lo que tenemos para el futuro?. Colaboraciones en las que todos podamos aprender de todos.

El papel de LCS en esto es ... Extender nuestro legado como un oasis para el enriquecimiento personal, la socialización y la colaboración en toda nuestra área de la ribera.

Si bien centramos este logro como la apertura de la nueva Casa Linda Café en LCS, es mucho más que la inauguración de otro restaurante. Este café es un paso importante para hacer frente al descuido del mantenimiento y del deterioro de los terrenos. Además, este café será realmente el centro de la energía futura de LCS. COVID nos retrasó un poco y nos hizo replantear nuestras prioridades. Decidimos que lo mejor era dar pequeños pasos cada vez. El primer paso consistió en proteger nuestra sagrada casa de Neill James para hacer frente a los principales deterioros. Reconstruimos su veranda que planteaba varios problemas de responsabilidad e hicimos grandes obras en las paredes y el subsuelo. Con la compra de la casa Molinari, pasamos al Patio Azul, que es una encrucijada clave del campus. De ahí pasamos a la Plaza Neill James, donde los daños supusieron muchos problemas de responsabilidad.

El equipo optó entonces por hacer de la cafetería nuestro siguiente gran paso.

Fue un placer hacer equipo con la familia de Alejandro y Fabiola González del Restaurante Casa Linda para desarrollar un concepto para el Café Casa Linda en los jardines de la Sociedad del Lago de Chapala. Esto es mucho más que otro restaurante, este espacio se convertirá en un importante centro de LCS. Esta abierto para desayuno y comida de lunes a sábado. Animamos a los agentes inmobiliarios y las empresas a reunirse con sus clientes aquí en LCS , en estos exuberantes jardines para presentar a la gente a lo que nuestra comunidad tiene para ofrecer. Por la tarde, como novedad, utilizaremos la zona de asientos de la cafetería para reuniones y presentaciones como uno de los puntos de encuentro de nuestra comunidad. Una de las ventajas de mi trabajo como presidente es que puedo conocer y relacionarme con gente maravillosa, como Alejandro y Fabiola.

También hemos empezado a colaborar con el programa culinario del Instituto Tecnológico Superior para ver si la escuela podría hacer uso de estas instalaciones como una oportunidad para mejorar la educación de los estudiantes de cocina.

Alejandro y Fabiola se han comprometido a poner su mejor esfuerzo y están comprometidos a escuchar sus comentarios.

Mis mejores deseos para las fiestas de fin de año.

Steve Balfour



## MUDLARKS

## Pottery Exhibit

*and Sale*



### Thursday November 16th

From 11am to 3pm

Mudlarks Pottery Studio at LCS

Calle 16 de Septiembre 16- a Ajijic, México



# Celebrando el Corazón de LCS:

## El fundamental papel de los voluntarios

Por Luis Pacheco

En Ajijic, México, a orillas del hermoso Lago de Chapala, se encuentra un vibrante espacio comunitario llamado Sociedad del Lago de Chapala (LCS). Es la piedra angular del intercambio intercultural, la educación y apoyo tanto a las comunidades de extranjeros como a las comunidades locales. En el corazón de esta institución están los voluntarios, los héroes anónimos que dan vida a la misión y visión de LCS.

La misión de la Lake Chapala Society es mejorar la calidad de vida tanto de la comunidad local como de la migrante. Esta noble misión sólo es posible a través de la dedicación y el compromiso de un grupo diverso de voluntarios. Su desinterés, trabajo duro y dedicación inquebrantable son el alma de esta apreciada institución.

Los voluntarios del LCS desempeñan funciones polifacéticas. Facilitan clases de idiomas, eventos culturales, talleres educativos y dirigen programas de impacto social. Ayudan a gestionar las bibliotecas, coordinan actividades benéficas y de recaudación de fondos, mantienen los hermosos jardines y organizan actividades sociales. Sin estas dedicadas personas, el rico mosaico de ofertas que ofrece LCS simplemente se desdibujaría.

Nunca se insistirá lo suficiente en la importancia que tienen los voluntarios para LCS. No son sólo individuos que donan su tiempo; son la encarnación del espíritu y la visión de LCS. Transforman una organización sencilla en una comunidad próspera. Prestan su experiencia y pasión para asegurar que LCS sea un lugar donde la gente pueda aprender, conectarse y crecer.

Los voluntarios dan vida a la misión de LCS de fomentar la colaboración entre culturas y apoyar a las comunidades locales. Son la columna vertebral de la institución, capacitándola para servir eficazmente a la comunidad. Desde enseñar Arte hasta facilitar talleres sobre la cultura mexicana, los voluntarios son los catalizadores de un cambio positivo.

Imagina un día en LCS sin los voluntarios: los estantes de las bibliotecas desatendidos, los jardines en desorden, los eventos desorganizados y los servicios vitales abandonados. Es una imagen inquietante, que subraya el hecho de que sin nuestros voluntarios, LCS no podría cumplir su misión vital.

Para honrar la dedicación y el duro trabajo de estos héroes anónimos, invitamos a todos nuestros voluntarios al Día Anual de Agradecimiento a los Voluntarios, que se celebrará el 15 de noviembre de 2023 en los jardines de LCS. Este evento es nuestra forma de dar las gracias a estas increíbles personas que hacen de LCS el espacio vibrante y enriquecedor que es.

El Día de Agradecimiento a los Voluntarios será un día lleno de gratitud, celebración y diversión. Es un día para destacar el papel vital que desempeñan y para expresar nuestra profunda gratitud por su inestimable servicio. Su trabajo duro, la compasión y el compromiso han hecho LCS lo que es hoy, y estamos realmente agradecidos por su apoyo inquebrantable. Nos vemos allí mientras los honramos y celebramos sus increíbles contribuciones a la Sociedad del Lago de Chapala.

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# Celebrating the Heart of Lake Chapala Society:

## The Invaluable Role of Volunteers

By Luis F Pacheco Camara

In Ajijic, Mexico, nestled beside the serene Lake Chapala, lies a vibrant community hub named the Lake Chapala Society (LCS). It serves as a cornerstone of intercultural exchange, education, and support for expatriates and local communities alike. At the heart of this institution are the volunteers, the unsung heroes who breathe life into LCS's mission and vision.

The Lake Chapala Society's mission is to enhance the quality of life for both the local and migrant communities. This noble mission is only possible through the dedication and commitment of a diverse group of volunteers. Their selflessness, hard work, and unwavering dedication are the lifeblood of this cherished institution.

Volunteers at LCS play multifaceted roles. They facilitate language classes, cultural events, educational workshops and run social impact programs. They help run the libraries, coordinate charitable and fundraising efforts, maintain the beautiful gardens, and organize social activities. Without these devoted individuals, the rich tapestry of offerings provided by LCS would simply unravel.

The importance of volunteers at LCS cannot be overstated. They are not just individuals who donate their time; they are the embodiment of LCS's spirit and vision. They transform a simple organization into a thriving community. They lend their expertise and passion to ensure that LCS is a place where people can learn, connect, and grow.

Volunteers breathe life into the LCS mission of building collaboration between cultures and supporting the local communities. They are the backbone of the institution, empowering it to serve the community effectively. From teaching Art to facilitating workshops on Mexican culture, volunteers are the catalysts for positive change.

Imagine a day at LCS without the volunteers - the library shelves untended, the gardens in disarray, events unorganized, and vital services left unattended. It's a haunting image, underlining the fact that without our volunteers, LCS would not be able to fulfill its vital mission.

To honor the dedication and hard work of these unsung heroes, we invite all our volunteers to the annual Volunteer Appreciation Day, which will be held on November 15th, 2023, at the LCS gardens. This event is our way of saying thank you to these incredible individuals who make LCS the vibrant, enriching space it is.

The Volunteer Appreciation Day will be a day filled with gratitude, celebration, and fun.. It is a day to highlight the vital role they play and to express our deep gratitude for their invaluable service. Your hard work, compassion, and commitment have made LCS what it is today, and we are truly grateful for your unwavering support. See you there as we honor you and celebrate your incredible contributions to the Lake Chapala Society.



**NOVEMBER**  
**SUNDAY MORNING**  
**10:30 IN THE GARDEN AT**  
**LAKE CHAPALA SOCIETY**



**NOVEMBER**  
**5TH**

**Laura Urrutia**  
Starting a cohousing community



**NOVEMBER**  
**12TH**

**Charter Club Tours - Rosie**  
Discover the wonders near Ajijic!



**NOVEMBER**  
**19TH**

**Centro Regional de Estudios Musicales - CREM**  
Changing Lives Through Music



**NOVEMBER**  
**26TH**

**Denning Chambers**  
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**LCS Garden Art Shows Are Back!**

**Saturday Nov 4 • 10am to 3pm**

**Support local art, children's art, and handicrafts – while enjoying our famous gardens.**

**This show occupies the entire grounds of LCS – front to back.**

**You'll find art and handicrafts, plus art and cards from the LCS Children's Art Program.**

**Free admission • Ample parking**  
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**Lake Chapala Society**  
**16 de septiembre #16A, Ajijic**  
**[LakeChapalaSociety.com](http://LakeChapalaSociety.com)**





# Ayúdanos con nuestros baños sobreutilizados



El colibrí es el símbolo del Día Mundial del Baño.  
Un baño es pequeño pero poderoso, ¡como un colibrí!

¿Qué es el Día Mundial del baño?

Las Naciones Unidas declararon el 19 de noviembre de cada año día de observancia internacional para concienciar e inspirar la acción para hacer frente a la crisis mundial del saneamiento. El día celebra los baños y pone de relieve la crisis que afecta a miles de millones de personas en todo el mundo que viven sin acceso a un excusado gestionado de forma segura.

En un intento por acabar con los tabúes que rodean a los excusados y hacer del saneamiento para todos una prioridad de desarrollo mundial, se creó la Agenda de Acción para el Agua, una recopilación de más de 800 compromisos en materia de saneamiento y agua de gobiernos, empresas, organizaciones y otras instituciones. Además, más de 7.000 ciudadanos han hecho sus propias promesas a través de la campaña Be the Change (Se el Cambio).

En la antigua historia, un colibrí hace lo que puede para combatir un gran incendio llevando gotas de agua en su pico. Sus acciones, aunque pequeñas, ayudan a resolver un gran problema.

Tú puedes ser como el colibrí. Tus acciones - por pequeñas que sean - ayudarán a mejorar los baños y sistemas de saneamiento de la Lake Chapala Society (Sociedad del Lago de Chapala) y también a proteger la naturaleza. Cuantos más "colibríes" haya, mayor será el impacto. Todo el mundo puede hacer algo para hacer frente a nuestra crisis de saneamiento.

Así que deja tu depósito en la oficina de LCS para ayudar a renovar nuestros baños

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# Help Us With Our Overused Toilets

The hummingbird is the symbol of World Toilet Day. A toilet is small but mighty – just like a hummingbird!

What is “World Toilet Day?” you might ask.

The United Nations declared 19th November of each year to be an international observance to raise awareness and inspire action to tackle the global sanitation crisis. The day celebrates toilets and highlights the crises that affects billions of people around the world who are living without access to a safely managed toilet.

In a bid to help break taboos around toilets and make sanitation for all a global development priority, a Water Action Agenda was formed as a collection of more than 800 commitments on sanitation and water from governments, companies, organizations and other institutions. On top of this, over 7,000 members of the public have made their own promises via the Be the Change campaign.

In the ancient story, a hummingbird does what she can to fight a great fire by carrying droplets of water in her beak. Her actions – even though small – are helping solve a big problem.

You can be like the hummingbird. Your actions – however small – will help improve toilets and sanitation systems of Lake Chapala Society and also protect nature. The more ‘hummingbirds’ there are, the bigger the impact. Everyone can do something to tackle our sanitation crisis.

So drop your deposit by at the LCS office to help refurbish our toilets.

**Walking Tours Ajijic**  
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Original art by Jalisco painter Rivera

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2023-2024

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sex and sexuality

BY DOUGLAS CARTER BEANE

DIRECTED BY RANDY WARREN

FEATURING: DEBRA FELIX, IVY GE  
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DECEMBER

8 - 17

2023

Note: this show contains brief  
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# The why of the technological superiority of the Spaniards over the Aztecs

By Carlos González



It is said that due to the lack of horses, in spite of the evident sophistication of said civilizations, the invention of the wheel never took place here, an instrument that existed in Eurasia since time immemorial.

Furthermore, if we consider the use of horses, we may then recognize the two main technological elements that gave the Spaniards a decisive advantage in their clash with the mighty Aztec Empire. In addition to the devastating effect that the use of horses had, we have to add the fear created by fire arms, never before seen in our continent, since there was no protection against Spanish fire arms that could prevent death or disability. In addition to all this, we have to consider what was by far the most devastating weapon: smallpox, that decimated not only Aztec warriors but the population in general.

Whereas smallpox was not used on purpose by Spaniards, and we as well cannot consider it by any means as a technological instrument, we must add it as an important reason for the defeat of the Aztecs; since Spaniards had acquired by the XVI century a relative degree of immunity to viral infections, as was the case of smallpox, being exposed during centuries to those types of infections. Another vital, non- technological element that explains the defeat of the Aztec Empire, was the alliance that the Spaniards secured with the enemies of the Aztecs, chiefly with the Tlaxcalans, who added hundreds of thousands of warriors that fought side by side with the Europeans.

I don't have to say that it's been many years since I heard for the first time about the relative easiness by which the Spaniards defeated the Aztecs due to their technological superiority. It was not since relatively recent that I found the explanation as to how that superiority came about; an explanation that I have exposed in this article and that I gladly share with my readers.

When I was an infant in Grammar school, I heard for the first time how the conquest of Mexico was accomplished; although in fact it was not the conquest of the Mexico we know today, but rather the defeat of the Aztec Empire. I learnt that one of the factors by which this conquest was accomplished was the technological superiority of the Spaniards, chiefly reflected in their fire arms. In Mid School, they made us ponder why was it that in spite of the accomplishments of the Aztecs; the Mayans and the Incas, in areas such as Astronomy in which they were more advanced than the Europeans at that time, technologically speaking they were in the Neolithic period.

Many years afterwards I found a number of books that fully explained this to me. Since time immemorial existed what we may describe as a "conveyor belt" that chiefly originated in Egypt. With that approach, it is easy to see that civilization was transmitted to Greece, then to Rome and thence to the rest of Europe.

Geography played an important role in this transmission that occurred in an uninterrupted manner during millennia. If we travel from East to West, we can easily see that there are no natural barriers such as a mountainous massifs or impassable rivers that would block the transmission of goods, ideas, and for our purpose, technological innovations.

Through the famous "Silk Route" not only did silk travelled but eventually powder, that profoundly revolutionized the art of war in Europe. But also, there were unwanted travelers such as viruses and bacteria, that while they created havoc in Europeans –as was the case of the dreadful bubonic plague-, throughout the centuries gave Westerners relative immunity against viruses such as the one that spreads smallpox.

On the other hand, very few of those characteristics took place in our continent. To begin with, we must focus in the Geography of America. If we do so, we may observe that here never existed what I called "a conveyor belt" from East to West, and that we don't have any evidence that the great civilizations of Middle America had contacts with those of South America before the arrival of the Spaniards, in the way that existed in an abundant and perennial way between Asia and Europe. If such "conveyor belt" of knowledge had existed in America, it must have taken place from North to South, something that our Orography didn't allow.

Furthermore, focusing in the main purpose of this article, which is to contrast the technological differences that prevailed between Europe and America in the XVIth. Century, it is evident that since there were no horses in our continent, our original civilizations were deprived of a very valuable tool for transportation and war.





# El porqué de la superioridad tecnológica de los españoles sobre los aztecas

Por Carlos González

Cuando era un infante y cursaba estudios primarios escuché por primera vez como se realizó la conquista de México; que de hecho no fue la conquista del México que conocemos hoy, sino más bien del Imperio Azteca, o sea de la Gran Tenochtitlán. Aprendí que uno de los factores por el cual se realizó esta conquista, fue la superioridad tecnológica de los españoles reflejada principalmente en las armas de fuego. En la secundaria nos hicieron reflexionar como fue que a pesar de los avances significativos de los aztecas; los mayas y los incas en disciplinas tales como la astronomía en la que estaban más avanzados que los europeos de esa época, y sin embargo, tecnológicamente hablando se encontraban en el período neolítico.

Muchos años después tropecé con una serie de libros que explicaban a cabalidad esta paradoja: desde tiempos inmemoriales existía lo que podríamos describir como una faja transmisora que se originó principalmente en Egipto. Con ese enfoque es fácil ver cómo que la civilización se transmitió a Grecia y de ahí por supuesto a Roma y al resto de Europa.

La Geografía tuvo también un importante papel en esta transmisión, que se dio de forma ininterrumpida a través de los siglos. Si viajamos de Este a Oeste podemos ver fácilmente que no existen barreras naturales tales como macizos montañosos o ríos infranqueables que impidan el traslado de bienes, de ideas, y en nuestro caso, de innovaciones tecnológicas. En la afamada "Ruta de la Seda" se transmitió a Occidente no solo la seda, sino eventualmente la pólvora, que revolucionó profundamente la ciencia de la guerra en Europa. También se transportaron viajeros indeseables como los virus y las bacterias, que si bien causaron estragos en los europeos-como fue el caso de los brotes de la terrible peste bubónica-, a lo largo de los siglos otorgaron a los occidentales una relativa inmunidad contra los virus que provocan la viruela.

Por otra parte, muy pocas de éstas características se dieron en nuestro continente. Para empezar, debemos enfocarnos en las características geográficas de América. Es fácil observar que aquí no existió lo que llamé la "franja transmisora" de este a oeste, y de que no existen evidencias de que las grandes civilizaciones de Mesoamérica hayan tenido conexión alguna con sus contrapartes de Sudamérica antes de la llegada de los españoles, como se dio de manera abundante y perenne entre Asia y Europa. De haber existido esta franja transmisora, la transmisión de conocimientos, entre otras cosas, debió haberse dado de norte a sur, situación que la geografía no permitió.



Además, enfocándonos en el propósito principal de este artículo, que es el contraste entre las diferencias tecnológicas que existían entre Europa y América en el siglo XVI, es evidente que debido a la inexistencia en nuestro continente del caballo, nuestras civilizaciones originales se vieron desprovistas de una herramienta valiosa para el transporte y la guerra. Se dice que debido a la inexistencia del caballo y de bestias de tiro, a pesar de la sofisticación evidente de dichas civilizaciones, nunca llegó a darse la invención de la rueda; instrumento que existía en Eurasia desde tiempo inmemorial.

Si adicionamos la pólvora al uso de los caballos, podemos entonces señalar los dos principales elementos tecnológicos que dieron una ventaja decisiva a los españoles en su enfrentamiento contra el poderoso Imperio Azteca. Al efecto devastador que tuvieron los caballos, debemos añadir sin duda el temor que causaron las armas de fuego, nunca antes

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vistas en nuestro continente. Ante las armas de fuego españolas, no había protección que pudiera prevenir la muerte o la discapacidad. A todo esto debemos tener en cuenta la que fue por mucho el arma más devastadora: la viruela, que diezmó no solo a los guerreros aztecas, sino a la población en general.

Si bien la viruela no fue usada en forma intencional por los españoles, y también no la podemos catalogar ni de lejos como un instrumento tecnológico, si la debemos añadir como causal de la derrota de los aztecas, ya que los españoles, expuestos durante siglos a las infecciones virales, como fue el caso de la viruela, habían adquirido en el siglo XVI cierto grado de inmunidad a esta infección. Otro elemento crucial no tecnológico que explica la derrota del Imperio Azteca, fue la alianza de los españoles con enemigos de los aztecas, principalmente los tlaxcaltecas, quienes por cientos de miles aportaron guerreros que lucharon al lado de los europeos.

No tengo que decir que han pasado muchos años desde que escuché por primera vez la relativa facilidad con la cuál los españoles derrotaron a los aztecas, debido principalmente a su superioridad tecnológica. No fue sino después que encontré la explicación de cómo se dio esa superioridad; explicación que he expuesto en este artículo y que gustosamente comparto con mis amables lectores.



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*by Felipe González*

The inheritance process is full of pitfalls. It requires the services of an expert, who acts professionally and diligently, and is always there to provide the support that clients require.

Make sure that what you leave behind goes into the right hands and your wishes are respected. Remember, "an ounce of prevention is worth a pound of cure".

If you need help in regards to inheritance, look no further! I can assist. Reach out.



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# Weaving in Art

By Marianne Carlson



Ramos' use ancient designs and weave only on a pre-Hispanic backstrap loom. Their art has been carried on through five generations. What sets the rebozos from here apart from those found in other countries is the very fine work of the endings called flecos, puntas or rapacejos. The finished rebozo is removed from the loom with a few feet of threads hanging from each end. The threads, 1,800 to over 5,000, are imaginatively and intricately worked into knotted patterns according to ancient designs. The work is almost exclusively done by women known as empuntadoras, and can take weeks or even months to complete.



Twenty to thirty thousand years ago, early humans developed the first string by twisting together handfuls of plant fibers. Preparing thin bundles of plant material and stretching them out while twisting them together, produced a fine string or thread. The ability to produce string and thread was the starting place for the development of spinning, weaving, and sewing. All three of those indigenous textile-making traditions are still an enormous part of Mexico's textile industry.

The fundamental aspects of hand-weaving have remained unchanged for millennia. Webster defines a loom as "a frame or machine for interweaving yarn or threads into a fabric, the operation being performed by laying lengthwise a series called the warp and weaving in across the warp with other threads called the weft, woof, or filling."

When the backstrap loom was developed, it was easy to transport and simple to construct. One end of the

loom was attached to a fixed point, like a tree trunk, and the other was a rod, which was held in place with a cord that passed around the waist of the weaver. By leaning back against the waist cord, the weaver could put tension on the warp threads and adjust the tautness.

There are only a handful of rebozo weavers left who use the ancient backstrap loom called a telar de cintura or telar de olate. Since they can only make one rebozo at a time, the work is costly and time consuming — it allows for originality in patterns and your rebozo is always one-of-a-kind. Three of the finest and most highly regarded Mexican rebozo (shawl) weavers — Camelia Ramos Zamora, her husband José Mancio (Malinalco, Mexico) and Hilán Cruz (Tlacomulco Huauchinango Puebla) each are expert backstrap weavers.

Camelia's father, Don Isaac Ramos Padilla passed away in 2010. She and José have given their lives to continuing the work of Don Isaac

Many of the Ramos' rebozos are done in a technique called ikat — a dyeing technique that allows the warp to be selectively colored before it is woven. A shrinking market and competition with industrially woven cloth has forced many weavers to stop their production of ikat rebozos as they are very time-consuming and the prices are higher than other rebozos.

The ikat process involves the weaver pulling up several cotton threads of the warp, then taking string, winds it around those few warp threads (about 1/4" to 1/2"). This is done over and over again in different locations on the warp until the entire warp has been "knotted" and is ready for dyeing. After dyeing, the knots are removed, leaving undyed white areas.

Hilán Cruz is a Nahua and lives in a community where the traditional textile plays a very important





because it identifies them as indigenous people and speakers of a native language. Since he was very young, he was interested in the topics associated with his culture. A very important part of his life was interacting with his maternal grandmother, because thanks to her, he understood that traditional textiles are not only simple clothes, but a complex system where the knowledge of his people is kept stored.

His first introduction to the textile world was embroidery. In his village, the traditional huipiles (an indigenous type of blouse) are decorated with small stitches of *pepenado-hilvan* that form geometric figures of flora and fauna, as well as mythological beings and small human representations that reflect the artists' feelings and perception of the cosmos.

One day while walking down the street, he saw in the distance an old woman weaving a rebozo. The blue threads quickly caught his attention and, with it, an interest in the weaving process and its meaning for his community. He arrived home and asked his mother about what he had seen. She told him that it was a very significant activity for women because backstrap loom weaving was not only the creation of a piece, but an inheritance that their grandmothers had left them since ancient times — unfortunately, this practice was beginning to disappear.

Hilán decided to learn to weave. The road was difficult, full of complications — his father was displeased with his desire to learn and

he could not find anyone to teach him. Eventually, he found someone to show him the process of weaving and he began to make small pieces first. Soon, he was making larger pieces, some rebozos and cottons (*gabanes / ponchos*). After many lessons, he understood that the development of a piece on the backstrap carried with it many responsibilities and what he was creating had to be shared.

One of his personal projects is the rescue of the *tejido en curva* (curved weaving). This is done on the backstrap loom using various techniques to finish a garment called *quechquemitl*, a piece composed of two canvases joined at the ends that create a small layer with spiky ends — it is only used by women. The unique part of this process is that a part of the warp becomes part of the weft creating a continuity in a strip that ornaments the piece and creates a curve.



Yolcentle, Hilán's workshop, is comprised of 25 people, all in charge of each of the pieces they make and, in case of dyeing yarns, they all get together to learn and share knowledge. Also, they show the complex techniques used in backstrap loom that are used in the elaboration of fine blankets of wool, cotton and natural dyes — this allows them to understand the structure of the pieces and their symbolism. Finally, they created small backstrap loom weaving workshops focused mainly on the children of their community because they believe it is important to preserve these traditions by passing them on to

the younger generation. this tradition.

During his journey, Hilán has achieved something dreamed of by many designers — collaborating with the prestigious French fashion house Christian Dior. Dior's Cruise 2024 Collection was presented May 2023 in an impressive runway show at the Colegio de San Ildefonso in Mexico City. Fashion week was dedicated to traditional textiles, artists showcasing their designs and confronting industry challenges under the slogan: "No bargaining, no plagiarism, no cultural appropriation."

"We need people to understand this is not a mass process. What we do takes time, and that time should be valued both economically and in terms of product value. This work is inherited. It not only helps pay for our day-to-day life, it represents our people, our community, our space, our life vision." Cruz said. The show sought to prevent plagiarism by raising awareness of the quality and detail of artisan fashion. Brands can use pre-Hispanic or native designs, but there has to be recognition of their intellectual work, creativity and no plagiarism.

Camelia, José and Hilán will all be at this year's *Feria Maestros del Arte*, November 10-12 at Club de Yates de Chapala, Ramon Corona #1, Chapala. Treat yourself to a first-hand look at the incredible work these weavers achieve.

## Cover

Like his father, Francisco Urza Ines was a master weaver. Originally from Jocotepec, Francisco lived many years in Ajijic, sharing a home, studio and the Penthouse Gallery with his step mother, Janice Kimball, an American writer and artist, who designed most of his weavings. Francisco volunteered at LCS. He died unexpectedly on Sept 22, 2023.





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**Grounds open:** Monday to Friday 9:00 am to 5:00 pm / Saturday 9:00 am to 2 pm

**\*Open to the Public (S) Sign up (C) Member card (M) LCS members only**

### LESSONS (M)

Bordado Artístico (Spanish)	M+W+F 4-6
Children's Art - Open to all (Children 5 years & under must be accompanied by an adult)	Sat 10-12
Children's Chess Club	Sat 12-2
Exercise	M+W+F 9-9:50
Gentle Yoga & Body Awareness	W 10-10:50
Intermediate Hatha Yoga	T 2-3:30
Introduction to Lakeside	13 +15 Nov. 10-12
Introduction to Spanish	2,9,16 Nov. TH 10-12
Learn to Knit	T 12-1:30
Iyengar Yoga	F 11-12,
Line Dancing, <a href="mailto:gail@doughertynet.com">gail@doughertynet.com</a>	T + TH 10-11:15
Move to the Beat	M 10-11
Programa de Fotografía Juvenil	SAT 10-12
Stretch & Balance	M +TH 8:45-9:45
	<i>harry_bertram@hotmail.com</i>
Spanish in Action classes (español en acción)	
See LCS website or in the office for more info	
Spanish A La Carta Online Program	See LCS website/more info
Tech Help via Email	<i>lcs.tech.training@gmail.com</i>
Write to a Prompt Writers' Group	TH 10-12

### LIBRARIES (M)

Book + DVD Libraries	M-Sat 10-2
Books on Tape & Library of Congress Talking Books. 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 <a href="http://lakechapalasociety.com">lakechapalasociety.com</a> & select libraries/English.	

### SOCIAL ACTIVITIES (M)

American Mah Jongg	TH 10-1
Discussion Group	W 12-1:30
English/Spanish Conversation* (Open to public)	Sat 12-1:30*
Everyday Mindfulness	M 10:30-12
Game Group	TH 1-5
Know & Tell	M 1-2
Open Circle	S 10:30
Scrabble	F 11:30-1:30
TED Talks	TH 12:30-1:45
Tournament Scrabble	T 12-1:50

### HEALTH INSURANCE\*

Hospital San Antonio	Th 10-12
IMSS & Immigration Services	M+T 10-1
	Call for Appointment 333-157-9472
Lakeside Insurance	T+Th 11-2

Shiatsu Chair Massage 1st & 3rd Th 10-12  
By appointment only, call 331-604-0971

### HEALTH & LEGAL SERVICES\*

Audiology - hearing care specialists	M+W+F 10-4
(Consultation fee) Call for appointment	332-945-3267
Becerra Immigration	Th 10:30-12:30
Blood Pressure Testing	F 10-12
Finestra Investment Consulting	3rd T 10-1
Intercam Banking Services	M-F 10-1
Optometrist Claravision	Th 9-4;
	Call for appointment 331-411-1178
Solbes & Solbes	2nd Monday 10-12
SkyMed	1st W 10-12

### SERVICE & SUPPORT GROUPS \*

AA Women's Meeting	T 4-5
Al-Anon (Spanish)	M 6-7:30, W 5:30-7:30
Caregivers of Spouses with Dementia (Support Group)	T 10:30-12:30
Diabetes Support Group	Zoom 1st F 1:00
	contact <a href="mailto:welchk4diabetes@gmail.com">welchk4diabetes@gmail.com</a>
Information Desk	M-Sat 10-2
Lakeside AA	M+Th 4-5
Needle Pushers	T 10-11:45
Toastmasters	M 7-9

### NEW ACTIVITIES:

#### TOPICS OF INTEREST

A discussion group for topics of interest beginning on Mondays, 6 November from 1-2 pm in the gazebo.

Each week a participant prepares for and gives a 20-minute talk on a topic they have special knowledge about, followed by Q & A. The idea is to share information accumulated over a lifetime with other members. Contact: Ron Parker, [rsp4law@yahoo.com](mailto:rsp4law@yahoo.com)

#### TED TALKS

TED Talks returns every Thursday starting Sept 28 from 12:30pm - 1:45pm in the Neill James Sala at LCS.

View a TED Talk and discuss the ideas that are shared. A wide variety of topics will be included: personal development, climate change, artificial intelligence, and more. Open to LCS members only.

John Henry, [jasmexico@gmail.com](mailto:jasmexico@gmail.com), Rex Gale, [rex.gale@gmail.com](mailto:rex.gale@gmail.com), DeeDee Camhi, [rdcamhi@gmail.com](mailto:rdcamhi@gmail.com)

#### Dermatology Services are suspended at the LCS.

For those wishing to contact Dra. Martha Ballesteros, she may be reached by calling her cell phone Cell: 333-408-0951 or email [skin\\_ballesteros@hotmail.com](mailto:skin_ballesteros@hotmail.com)

#### LCS will not be offering flu shots this fall, 2023.

Please check with the local government clinics, hospitals, doctors and health care providers for the flu shot and any other shots desired.





The Lake Chapala Society

# CLASSES

MEMBERS GET A 30% DISCOUNT

## Pre-Registration Required

At LCS Office on Monday through Saturday  
From 10 am to 2 pm

LakeChapalaSociety.com

There is no refund



## Preparation and Decoration of Bread of the Dead (Pan de Muerto) and Mexican Hot Chocolate

By Hotssons Hotel Chef

Tuesday November 14

10am to 12:00pm

General fee: \$860

The chef will carry out the recipe of beating the dough in front of the attendees, make the portions of bread, bake a tray of bread and see the decoration of it, at the end of the class we would be giving you a sample of the bread of the dead that you can take home.

Limited number of transportation places from LCS to the Hotel and back.

## Advanced Care Planning - Living Well and Dying Well at Lakeside

By Loretta Downs

Wednesday, Nov 8 and 15

10:00 am to 12:00 pm

General fee: \$680

This is a two class course. Empowers you with the knowledge and tools to navigate this delicate but essential aspect of life, ensuring your choices and values are upheld. Join us for a transformative experience in securing your future with confidence and care.

## Getting your Jalisco Driver's License without losing your mind

By Víctor Camarena

• Friday, Nov 10 CLASS

9:30 am to 11:30 am

• Friday, Nov 17 TEST

General fee: \$790

In this class, participants will learn all the requirements to obtain Jalisco's drivers License.



## Introduction to Spanish

By Inez Dayer

• Thursday, Nov 2, 9 & 16

• Thursday, Dec 7, 14 & 21

10:00 am to 12:00 pm

General fee: \$580

This three-session class is designed for people without any Spanish language background. Your instructor will introduce you to Spanish pronunciation, basic vocabulary, and social protocols.



## Introduction to Lakeside 101 things you need to know to settle here successfully!

By Barbara Harkness

• Monday & Wednesday, November 13 & 15

• Monday & Wednesday, December 4 & 6

10:00 am to 12:00 pm

General fee: \$1,500

Welcome to Mexico!

These two hour sessions will provide you with a wealth of information and resources to make your transition to Lakeside as painless as possible.

## Mexican Manners

By Alfredo Pérez

• Wednesday, November 1

• Wednesday, December 6

10:00 am to 1:00 pm

General fee: \$700

In this class participants will learn general information on the regions in Mexico, how the language shows part of the ideology and logic of Mexicans, body signs, what's polite and what's not and Mexican time structure.

## How to deal with Authority Know your Rights

By Solbes & Solbes Abogados

Friday, November 17 and 24

12:00pm to 1:00pm

General fee: \$740

This is a two class course. Were you stopped by the police at one point and didn't know your rights? Join us to discuss the importance on knowing what to do while dealing with the authority and knowing your rights.

## Memoir Writing Classes

By Doris Gallan

• Wednesday, November 8

• Wednesday, December 6

2:00 pm to 4:00 pm

General fee: \$780

This two-hour workshop will guide users on how to begin their story (which usually isn't at the beginning), create an outline to determine the best order of their stories, organize their writing to complete their book, and find inspiration while overcoming writing challenges.





# CLASSES

MEMBERS GET A 30% DISCOUNT

## First Aid at Home, What to do in case of an emergency

By Gustavo Ramos of the Red Cross

Saturday November 18  
11:00 am to 12:30 pm

General fee: \$440

In this class, participants will learn what to do in case of an emergency and how to treat wounds, bleeding, burns, airway obstruction, cardio pulmonary resuscitation and more.

## The Circle of Breath (Clarity Breathwork) A Ceremony to inspire emotional healing, and life transformation

By Raiza Ritvika Radha

- Saturday, November 18
- Saturday, December 2  
9:30 am to 11:30 am

General fee: \$350

Experience the healing power of Clarity Breathwork, a gentle and compassionate approach to breathing that helps you connect with your inner truth, emotions, and subconscious mind.



## The Secrets for a long and Healthy Life

By Miguel A. Triana M.S.M.

Tuesday, December 5  
2:00 pm to 4:00 pm

General fee: \$460

Learn to recognize the signs that your body and brain gives, when the health is deteriorating and more specific activities to live a long and healthy life.

## The Joys of Lake Chapala: A Place-Based Creative Writing Workshop

By Estela González

Tuesday, Wednesday and  
Friday, November 21, 22 and 24  
2:00 pm to 4:00 pm

General fee: \$780

In this 5-day workshop we will write the joys of life around Lake Chapala. Through walks on the malecón and other parts of Ajiic we will reacquaint ourselves with familiar sights, sounds and aromas while discovering new ones. Those will be the basis for stories you had been waiting to tell.



## K TALK all about Korea

By Carlos Raul Hernandez

Wednesday, November 22  
11:00 am to 1:00 pm

General fee: \$350

Have you been curious about South Korea? This country has a lot to offer: a rich and unique Asian culture, amazing Buddhist temples, UNESCO World Heritage Sites, delicious and healthy cuisine, and a world-class city.

## Financial Planning Basics

By Reba Mayo

Tuesday, Nov 28th and Dec 5  
1:00pm to 3:00pm

General fee: \$850

This two class course focuses on the essentials for knowing where you stand financially, techniques for protecting what you've got, planning for events, income and alities, and recognizing the economic forces that affect you and how to deal with them.



## HIV/ AIDS History, Progress and Challenges

(Honoring World AIDS Day)

By Victor Camarena

Friday, December 1

11:00 am to 12:30 pm

General fee: \$350

In this class, participants will learn about the origin of the pandemic, the challenges and medical advances. It will also be discussed the socio-cultural factors that continue to impede the eradication of the disease, which continues to disproportionately impact minorities.

## CLASES EN ESPAÑOL EN WILKES CENTER

### Círculo de Respiración

Una reunión para inspirar la  
transformación de la vida

Por Raiza Ritvika Radha

Viernes, Noviembre 03

5:00 a 6:30 pm

Cuota por clase: \$100

Experimenta el poder de sanación de la respiración una modalidad de respiración suave y llena de compasión.

### Cómo iniciar tu propio

negocio (y manejarlo con éxito)

By Miguel A. Triana M.S.M.

Martes, 21 de Noviembre

5:00 pm to 6:30 pm

Cuota por clase: \$150

Conoce el camino hacia una real independencia económica. Define tu vida y tus anhelos. Conocerás el ABC para iniciar bien su propio negocio y se analizará un sistema para manejar y aumentar las ventas, además de repasar algunas reglas simples para adquirir hábitos positivos.



# DIRECCIÓN DE EDUCACIÓN Y CULTURA

## Día Mundial de la Lucha contra el SIDA

Por Víctor Camarena Martínez

Cada año, el 1 de diciembre, se conmemora en todo el mundo el Día Mundial de la Lucha contra el SIDA (DMLS), un movimiento internacional para unir a las personas en la lucha contra el VIH/SIDA. Desde 1988, las comunidades se han unido en este día para mostrar fuerza y solidaridad contra el estigma del VIH/SIDA y para honrar y recordar a los que han muerto a causa de la enfermedad.

El síndrome de inmunodeficiencia adquirida (SIDA) es una enfermedad grave causada por el virus de la inmunodeficiencia humana (VIH). Este virus ataca el sistema inmunitario de las personas y reduce su resistencia a otras enfermedades. En todo el mundo, se calcula que 38 millones de personas viven con el virus. Más de 35 millones de personas han muerto de enfermedades relacionadas con el VIH o el SIDA en los últimos 40 años.

El Día Mundial de la Lucha contra el SIDA tiene por objeto crear conciencia sobre las experiencias reales de las personas que hoy viven con el VIH, al tiempo que celebra la fuerza, la resistencia y la diversidad de las comunidades más afectadas. Cada Día Mundial del SIDA se centra en un tema específico, que este año será "Dejemos que las comunidades lideren". Porque el cambio no depende de un momento, sino de un movimiento

Aunque se ha progresado considerablemente con los avances médicos y el tratamiento para acabar con el SIDA como amenaza para la salud pública, la epidemia de VIH no ha terminado, y los grupos minoritarios y los jóvenes siguen corriendo un riesgo desproporcionado. Sólo en 2020, 410.000 jóvenes de entre 10 y 24 años se infectaron por el VIH, de los cuales 150.000 eran adolescentes de entre 10 y 19 años.

Aunque disponemos de las herramientas para detener las transmisiones del VIH, la epidemia sigue afectando desproporcionadamente a las poblaciones más vulnerables debido a factores sociales como la estigmatización, la discriminación, la falta de acceso y la homofobia.

México ocupa el tercer lugar de América Latina y el Caribe en número de casos notificados de VIH/SIDA, lo que constituye un grave problema de salud pública. La epidemia de VIH/SIDA en México se caracteriza por ser concentrada, pero su gran población coloca al país en riesgo de una rápida propagación de la infección.

En 2021, el número de casos diagnosticados de VIH en México aumentó a aproximadamente 14.2 mil. Ese año, el Estado de México, Veracruz y Jalisco fueron las entidades federativas con mayor número de personas diagnosticadas con VIH, con más de mil pacientes cada una.

La Lake Chapala Society honrará esta conmemoración con una clase el viernes 1 de diciembre a las 11 am "VIH/SIDA Historia, Progreso y Retos" por Víctor Camarena, Director de Educación y Cultura. Para más información, por favor envíe un correo electrónico a [education@lcsac.org](mailto:education@lcsac.org) o visite nuestra página [www.lakechapasociety.com](http://www.lakechapasociety.com)

# DIRECTION OF EDUCATION & CULTURE

## World AIDS Day

By Víctor Camarena

Every year, on 1 December, the globe commemorates World AIDS Day (WAD) an international movement to unite people in the fight against HIV/AIDS. Since 1988, communities have stood together on this day to show strength and solidarity against HIV/AIDS stigma and to mourn those who've died of the disease.

The Acquired Immunodeficiency Syndrome (AIDS) is a serious condition caused by the Human Immunodeficiency Virus (HIV). This virus attacks the immune system of the patient and reduces its resistance to other diseases. Globally, an estimated 38 million people live with the virus. More than 35 million people have died of HIV or AIDS related illnesses over the past 40 years.

World AIDS Day exists to shine a light on the real experiences of people living with HIV today, while celebrating the strength, resilience, and diversity of the communities most impacted and affected. Each World AIDS Day focuses on a specific theme, which this year will be Let Communities Lead. Because change depends not on a moment but on a movement

While considerable progress with medical advances and treatment has been made towards ending AIDS as a public health threat, the HIV epidemic is not over, and minority groups and young people remain disproportionately at risk. In 2020 alone, 410,000 young people between the ages of 10 to 24 were newly infected with HIV, of whom 150,000 were adolescents between the ages of 10 and 19.

Even though we have the tools to stop HIV transmissions, the epidemic continues to impact disproportionately the most vulnerable populations due to social factors such as stigma, discrimination, lack of access and homophobia.

Mexico has the third highest reported number of HIV/AIDS cases in Latin America and the Caribbean, it is a serious public health challenge. Mexico's HIV/AIDS epidemic is characterized as concentrated, but its large population places the country at risk for rapid spread of the infection.

In 2021, the number of diagnosed HIV cases in Mexico increased to approximately 14.2 thousand. That year, the State of Mexico, Veracruz, and Jalisco were the federative entities with the highest number of people diagnosed with HIV, with more than one thousand patients each.

The Lake Chapala Society will honor this commemoration with a class on Friday December 1st at 11 am "HIV/AIDS History, Progress and Challenges" by Víctor Camarena, Director of Education & Culture. For more information, please send an email to [education@lcsac.org](mailto:education@lcsac.org) or visit our website [www.lakechapasociety.com](http://www.lakechapasociety.com)





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## Library Updates

We have received several amazing donations lately and we greatly appreciate our generous donors! We have been fortunate in the past few months to get access to popular recent releases like *Remarkably Bright Creatures*, *Lessons in Chemistry*; *Island of the Sea Women*; *Salt to the Sea* and James Patterson's latest Alex Cross story.

For our non-fiction readers, we also have several new titles. They include *Bubble in the Sun*, which is a fascinating story of Florida in the 1920s; *American Pharoah: The Untold Story of the Triple Crown Winner's Legendary Rise*; and *97 Orchard: an Edible History of Five Immigrant Families in One New York Tenement*. And if you miss the grand old days of early television, don't miss *Say Kids! What Time is It?* which the author's father directed between 1952 and 1956. Another title that we should all read and take to heart is *Scam Me If You Can: Simple Strategies to Outsmart Today's Rip-off Artists*.

As always, you can find these and many more titles on our New Arrivals shelf in the middle room. For many of our members, this is their go-to spot to find their next great read.

As many of you move into new places this Fall, you may find yourself with an unwanted book collection. Please keep the following in mind when you consider donating to LCS.

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Thank you for your donations and for supporting the library. Happy Reading!



# Tejer con arte

Por Marianne Carlson

Hace como veinte o treinta mil años, los primeros humanos fabricaron la primera cuerda retorciendo puñados de fibras vegetales. Preparando finos manojos de material vegetal y estirándolos mientras se retorcián entre sí, se obtenía una fina cuerda o hilo. La capacidad de producir cuerdas e hilos fue el punto de partida para el desarrollo del hilado, el tejido y la costura. Estas tres tradiciones textiles indígenas siguen siendo una parte importante de la industria textil mexicana.

Los aspectos fundamentales del tejido a mano han permanecido inalterados durante milenios. Webster define un telar como "un marco o máquina para entretejer hilos o hebras en un tejido, la operación se realiza colocando longitudinalmente una serie llamada urdimbre y tejiendo a través de la urdimbre con otros hilos llamados trama, trama o relleno".

Cuando se desarrolló el telar de cintura, era fácil de transportar y sencillo de construir. Un extremo del telar se sujetaba a un punto fijo, como el tronco de un árbol, y el otro era una varilla que se sujetaba con una cuerda que pasaba alrededor de la cintura del tejedor. Apoyándose en la cuerda de la cintura, el tejedor podía tensar los hilos de urdimbre y ajustar la tensión.

Sólo quedan unos pocos tejedores de rebozo que utilicen el antiguo telar de cintura o telar de otate. Debido a que sólo pueden hacer un rebozo a la vez, el trabajo es costoso y lleva mucho tiempo, pero permite la originalidad en los patrones y su rebozo es siempre único. La señora Camelia Ramos Zamora, su esposo José Mancio (Malinalco, México) e Hilán Cruz (Tlacomulco, Huauclilla, Puebla), tres de los mejores y más reconocidos tejedores mexicanos de rebozos, son expertos tejedores de cintura.



El padre de Camelia, Don Isaac Ramos Padilla, falleció en 2010. Ella y José han dedicado sus vidas a continuar el trabajo de Don Isaac - ¡su historia es su historia! Los Ramos utilizan diseños antiguos y tejen únicamente en un telar de cintura prehispánico. Su arte se ha transmitido a través de cinco generaciones. Lo que distingue a los rebozos de aquí de los de otros países es el finísimo trabajo de las terminaciones llamadas flecos, puntas o rapacejos. El rebozo acabado se retira del telar con unos cuantos metros de hilos colgando de cada extremo. Los hilos, de 1.800 a más de 5.000, se trabajan de forma imaginativa e intrincada en patrones anudados según antiguos diseños. El trabajo lo realizan casi exclusivamente mujeres, conocidas como empuntadoras, y puede llevar semanas o incluso meses.

Muchos de los rebozos de los Ramos se hacen con una técnica llamada ikat, una técnica de teñido que permite colorear selectivamente la urdimbre antes de tejerla. La contracción del mercado y la competencia con las telas tejidas industrialmente han obligado a muchos tejedores a dejar de producir rebozos ikat, ya que consumen mucho tiempo y los precios son más altos que los de otros rebozos.

El proceso del ikat consiste en que el tejedor levanta varios hilos de algodón de la urdimbre y, a continuación, cogiendo un cordel, lo enrolla alrededor de esos pocos hilos de urdimbre (aproximadamente de 1/4" a 1/2"). Esto se hace una y otra vez en distintos puntos de la urdimbre hasta que toda ha sido "anudada" y está lista para el teñido. Tras el teñido, se eliminan los nudos, dejando zonas blancas sin teñir.

Hilán Cruz es nahua y vive en una comunidad donde el textil tradicional juega un papel muy importante porque les identifica como indígenas y hablantes de una lengua nativa. Desde muy joven se interesó por los temas relacionados con su cultura. Una parte muy importante de su vida fue la interacción con su abuela materna, pues gracias a ella comprendió que los textiles tradicionales no son sólo simples prendas de vestir, sino un complejo sistema donde se guarda el conocimiento de su pueblo.

Su primera introducción al mundo textil fue el bordado. En su pueblo, los huipiles tradicionales (un tipo de blusa indígena) están decorados con pequeñas puntadas de pepenado-hilván que forman figuras geométricas de flora y fauna, así como seres mitológicos y pequeñas representaciones humanas que reflejan los sentimientos de los artistas y su percepción del cosmos.

Un día, mientras caminaba por la calle, vio a lo lejos a una anciana tejiendo un rebozo. Los hilos azules captaron rápidamente su atención y, con ella, el interés por el proceso de tejido y su significado para su comunidad. Llegó a casa y preguntó a su madre lo que había visto. Ella le contó que era una actividad muy significativa para las mujeres porque tejer en telar de cintura no era sólo la creación de una pieza, sino una herencia que sus abuelas les habían dejado desde tiempos ancestrales - desgraciadamente, esta práctica estaba empezando a desaparecer.

Hilán decidió aprender a tejer. El camino fue difícil, lleno de complicaciones: a su padre le disgustaba su deseo de aprender y no encontraba a nadie que le enseñara. Finalmente, encontró a al-







tejer y empezó a hacer piezas pequeñas. Pronto empezó a hacer piezas más grandes, algunos rebozos y algodones (gabanes / ponchos). Después de muchas lecciones, comprendió que la elaboración de una pieza en rebozo conllevaba muchas responsabilidades y que lo que estaba creando tenía que ser compartido.

Uno de sus proyectos personales es el rescate del tejido en curva. Éste se realiza en el telar de cintura utilizando diversas técnicas para terminar una prenda llamada quechquemitl, una pieza compuesta por dos lienzos unidos en los extremos que crean una pequeña capa con puntas puntiagudas -sólo es uti-

lizada por mujeres-. Lo singular de este proceso es que una parte de la urdimbre pasa a formar parte de la trama creando una continuidad en una tira que ornamenta la pieza y crea una curva.

Yolcentle, el taller de Hilán, está formado por 25 personas, todas ellas encargadas de cada una de las piezas que elaboran y, en el caso del teñido de hilos, se reúnen para aprender y compartir conocimientos. Además, muestran las complejas técnicas utilizadas en telar de cintura que se emplean en la elaboración de finas mantas de lana, algodón y tintes naturales, lo que permite entender la estructura de las piezas y su simbolismo. Por último, crearon pequeños talleres de tejido en telar de cintura dirigidos principalmente a los niños de su comunidad porque creen que es importante preservar estas tradiciones transmitiéndolas a las generaciones más jóvenes.

Durante su trayectoria, Hilán ha conseguido algo soñado por muchos diseñadores: colaborar con la prestigiosa casa de moda francesa Christian Dior. La Colección Crucero 2024 de Dior se presentó en mayo de 2023 en un impresionante desfile en el Colegio de San Ildefonso de Ciudad de México.

La Semana de la Moda estuvo dedicada a los tejidos tradicionales, a los artistas que mostraron sus diseños y a los retos de la industria bajo el lema: "Sin regateos, sin plagios, sin apropiaciones culturales".

"Necesitamos que la gente entienda que esto no es un proceso masivo. Lo que hacemos lleva tiempo, y ese tiempo debe valorarse tanto económicamente como en términos de valor del producto. Este trabajo se hereda. No sólo ayuda a pagar nuestro día a día, sino que representa a nuestra gente, nuestra comunidad, nuestro espacio, nuestra visión de la vida". dijo Cruz. La muestra pretendía evitar el plagio concienciando sobre la calidad y el detalle de la moda artesanal. Las marcas pueden utilizar diseños prehispánicos o autóctonos, pero tiene que haber un reconocimiento a su trabajo intelectual, creatividad y no plagio.

Camelia, José e Hilán estarán en la Feria Maestros del Arte de este año, del 10 al 12 de noviembre en el Club de Yates de Chapala, Ramón Corona #1, Chapala. Date el gusto de ver de primera mano el increíble trabajo que logran estos tejedores.



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# Listo para convertirte en una superestrella del sistema inmunológico?



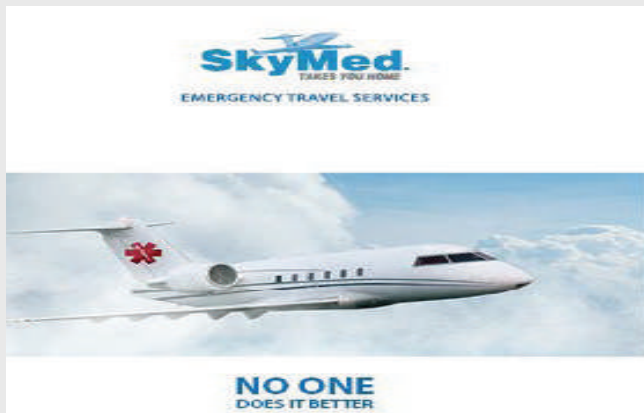
Por Sandra Baird

Manda a volar a los virus y los resfriados mientras te potencias con hábitos que convierten tu cuerpo en una fortaleza de bienestar. Sumérgete en estos consejos para fortalecer tu sistema inmunológico y hagamos que tu línea de defensa interna marche al ritmo de una salud más sólida. ¡Adelante, guerreros del bienestar!

1. Come una dieta variada. *Es más interesante y cubre tus vitaminas.*
2. Haz ejercicio regularmente. *Corre o camina PERO no lo agotes.*
3. Duerme lo suficiente. *Incluso los guerreros necesitan descansar. Recuerda que las siestas cuentan como sueño, así que toma una siesta por la tarde sin sentirte culpable.*
4. Reduce el estrés, *combate más infecciones.*
5. Mantente hidratado. *En serio, algunos dolores y molestias se deben a la deshidratación. Además, el agua elimina los gérmenes.*
6. Evita fumar. *No es el tipo de fuego*

- que necesita tu sistema inmunológico.*
7. Limita el consumo de alcohol. *El alcohol solo mata los gérmenes en tu piel, no dentro de tu cuerpo. ¡Lo siento!*
  8. Lava tus manos regularmente. *Las manos son la alfombra de bienvenida para los virus.*
  9. Cocina la carne adecuadamente. *No hay caballos de Troya aquí, evita la carne poco cocida.*
  10. Consume más frutas y verduras. *Son la tienda de golosinas del sistema inmunológico.*
  11. Realiza chequeos médicos regulares. *No pospongas tu chequeo. Es peligroso dejar que un síntoma anormal pequeño empeore.*
  12. Mantén un peso saludable. *No dejes que ese poco de "colchon" alrededor de tu cintura se convierta en la cama completa.*
  13. Mantente al día con las vacunas. *Es el campo de entrenamiento de tu sistema inmunológico.*
  14. Evita los alimentos procesados. *A*

- menudo, el envase de los alimentos procesados es más nutritivo que el alimento procesado que contiene. Triste pero cierto.*
15. Cuida las afecciones crónicas. *No pongas a tu sistema inmunológico tras las rejas.*
  16. Ríete más. *Haz cosquillas a esas células inmunológicas. Está científicamente comprobado que la risa fortalece el sistema inmunológico.*
  17. Pasa tiempo con tus seres queridos. *Ahuyenta a los bichitos.*
  18. Exponete al sol. *El día de playa del sistema inmunológico.*
  19. Evita el azúcar en exceso. *No intentes endulzar a tu sistema inmunológico. El azúcar empeora o alimenta algunas afecciones, incluyendo células cancerosas y diabetes.*
  20. Mantente mentalmente activo. *Conduce a elecciones más saludables.*



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# Ready to Become an Immune System Superstar?

Por By Sandra Baird

Give viruses and colds the side-eye as you power up with habits that turn your body into a fortress of well-being! Dive into these immune-boosting tips, and let's get that inner defense line marching to a healthier beat. Onward, wellness warriors!

1. Eat a varied diet. *It's more interesting and gets your vitamins covered.*
2. Exercise regularly. *Run or walk that immune army, BUT not into the ground.*
3. Get enough sleep. *Even warriors need rest. Remember naps count as sleep so grab a guilt free afternoon nap.*
4. Stress less, *fight more infections.*
5. Stay hydrated- *Seriously some aches and pains are due to dehydration. Plus, water flushes out germs.*
6. Avoid smoking. *NOT the kind of fire your immune system needs.*
7. Limit alcohol intake. *Alcohol only*

- kills germs on your skin, not inside your body. Sorry!*
8. Wash hands regularly. *Hands are a welcome mat for viruses.*
  9. Cook meat properly. *No Trojan horses here, avoid rare meat.*
  10. Eat more fruit and vegetables. *The immune system's candy store.*
  11. Get regular medical check-ups. *Stop putting off your check-up. It's dangerous to let a small abnormal symptom worsen.*
  12. Maintain a healthy weight. *Don't let your bit of cushioning around your waist turn into a whole sofa.*
  13. Stay up to date with vaccinations. *Your immune system's training camp.*
  14. Avoid processed foods. *The packaging of processed foods is often more nutritious than the processed food inside. Sad but true.*
  15. Take care of chronic conditions. *Don't put your immune system in*

- handcuffs.*
16. Laugh more. *Tickle those immune cells. It's been proven scientifically that laughter boosts the immune system.*
  17. Spend time with loved ones. *Hug the bugs away.*
  18. Get sunlight exposure. *Your immune system's beach day.*
  19. Avoid excessive sugar. *Don't try to sweet-talk your immune system. Sugar worsens or feeds some conditions including cancer cells and diabetes.*
  20. Stay mentally active. *Leads to healthier choices.*

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# What's in Your Cup of Coffee?

By Dimitri

There is coffee and there is good coffee.

Not all coffee is created equal. Most large commercial coffee companies blend types, take short cuts in roasting and in other production methods.

To my taste, coffee is unpleasantly bitter. But at Café Maestro Tostador, it was different. This boutique coffee grower and producer is in little Amacueca, a village about one and a half hours from Lakeside on the western fringe of Guadalupe. Here, everything is done by hand.

“The coffee bean is what is inside the cherry or the fruit,” explained Jose Angel Barragan, grandson of the farm’s originator and son of the current owner. “If the cherries are not shelled individually, by hand, before roasting, the taste is rather bitter. Our coffee beans are from the Mexican Arabia tree -- different from many brands of coffee -- and each cherry is individually peeled before being added to the roaster. So, our coffee has a sweet taste.”

Indeed it did. I even liked it.

All chores are a family affair. Especially during harvest season which is now through January, all hands are on deck. Their farm is hidden behind closed white doors at the edge of town. Open the doors and fields of trees and tangles of vines spread out before your eyes. It is as nature intended. Nothing is planted in neat rows but interspersed with symbiotic plants. Yes, it makes irrigation and picking more difficult, but the end result is a delicious cup of coffee. They also buy from farmers who meet their standards from a 12 km radius of town.

Their coffee is for sale in their village store, available whole or ground in varying types of roasts. There are four roasting types: Light, Medium, Medium/Dark and Dark. Each of these roast levels has a different aroma, appearance and flavor. Roasting is part art and part science. All that variation can make it a little tricky to pick the right bag of beans.

Light roasts are roasted for the least amount of time. The longer a bean is roasted the more the heat pulls out the caffeine and the acidity, so light roasts have the most caffeine (by volume) and the most acidity. Light roasts can have a different taste profile because the shortened roasting process prevents some chemical changes from occurring inside the bean. Origin flavors of the beans are more recognizable.

Medium Roasts. This is after the first crack and just before the second crack occurs. Medium roasts are what the average American coffee drinker is used to. These roasts are considered to have balanced flavors. The acidity and body of a medium roast can vary but are usually somewhere in the middle. Some examples of medium roasts are House Blend, Breakfast Roast, and American Roast.



Medium/Dark Roasts occur during or just after the second crack. This roast will also start showing the oils on the beans’ surface because the temperatures are high enough. These roasts have a richer, fuller flavor, more body and less acidity. Vienna Roast and Full-City Roast are some examples of a medium-dark roast coffee blend.

Dark Roasts. There are visible oils on dark roast beans and typically you cannot taste any origin flavors. Dark roasts have a sweeter taste because the sugars in the coffee beans have time to caramelize. The longer roasting process helps it to develop a richer flavor and full body, which often leads to it having a buttery finish. They also have the least acidity and the least amount of caffeine. French roast is considered the darkest roast and has a pronounced smoky flavor. Dark roasts are popular in Europe, such as espresso, Italian, French or Turkish roasts.

You can arrange a tour by calling Maestro Tostador at 331.227.9720 or by emailing Jose Angel Barragan at barraganlo@outlook.com

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# ¿Qué hay en tu taza de café?

Por Dimitri

Hay café y hay buen café.

No todos los cafés son iguales. La mayoría de las grandes empresas comerciales de café mezclan tipos, toman atajos en el tueste y en otros métodos de producción.

Para mi gusto, el café es desagradablemente amargo, pero en el Café Maestro Tostador era diferente. Este cafetero y productor boutique se encuentra en la pequeña Amacueca, un pueblo a una hora y media de La Ribera, en la franja occidental de Guadalajara. Ahí, todo se hace a mano.

"El grano de café es lo que está dentro de la cereza o del fruto", explica José Ángel Barragán, nieto del creador de la finca e hijo del actual propietario. "Si las cerezas no se desgranar individualmente, a mano, antes de tostarlas, el sabor es bastante amargo. Nuestros granos de café proceden del árbol Arabia mexicana -que es diferente al de muchas marcas de café- y cada cereza se pela individualmente antes de añadirla a la tostadora. Por eso, nuestro café tiene un sabor dulce".

Es cierto. Incluso me gustaba.

Todas las tareas son un asunto de familia. Especialmente durante la temporada de cosecha, que dura desde ahora hasta enero, tiempo en que todos se ponen manos a la obra. Su granja está oculta tras unas puertas blancas bien cerradas, en las afueras de la ciudad. Si abres las puertas, los campos de árboles y las marañas de viñas se extienden ante tus ojos. Es tal y como lo concibió la naturaleza. Nada está plantado en hileras ordenadas, sino entremezclado con plantas simbióticas. Sí, esto dificulta el proceso de riego y la recolección, pero el resultado final es una deliciosa taza de café. También compran a agricultores que cumplen sus normas en un radio de 12 km del pueblo.

Su café está a la venta en la tienda del pueblo, disponible entero o molido en distintos tipos de tueste. Hay cuatro tipos de tueste: Claro, Medio, Medio/Oscuro y Oscuro. Cada uno de estos niveles de tueste tiene un aroma, un aspecto y un sabor diferentes. El tueste es en parte arte y en parte ciencia. Toda esta variedad puede dificultar la elección de la bolsa de granos adecuada.

Los tostados suaves se tuestan durante el menor tiempo posible. Cuanto más tiempo se tuesta un grano, más cafeína y acidez extrae el calor, por lo que el tueste claro es el que contiene más cafeína (en volumen) y más acidez. Los tostados ligeros pueden tener un perfil de sabor diferente porque el proceso de tostado más corto impide que se produzcan algunos cambios químicos en el interior del grano. Los sabores originales de los granos son más reconocibles.

Tueste medio. Esto es después del primer crac y justo antes de que se produzca el segundo crac. Los tostados me-



dios son a los que está acostumbrado el consumidor medio de café estadounidense. Se considera que estos tuestes tienen sabores equilibrados. La acidez y el cuerpo de un tueste medio pueden variar, pero suelen estar en algún punto intermedio. Algunos ejemplos de tueste medio son el House Blend, el Breakfast Roast y el American Roast.

Los tostados medios/oscuros se producen durante o justo después del segundo crac. En este tueste también empiezan a aparecer los aceites en la superficie de los granos porque las temperaturas son lo suficientemente altas. Estos tuestes tienen un sabor más rico y pleno, más cuerpo y menos acidez. El tueste vienés y el tueste Full-City son algunos ejemplos de mezcla de café de tueste medio-oscuro.

Tueste oscuro. Los granos de tueste oscuro tienen aceites visibles y normalmente no se perciben los sabores de origen. El tueste oscuro tiene un sabor más dulce porque los azúcares de los granos de café han tenido tiempo de caramelizarse. El proceso de tueste más largo ayuda a desarrollar un sabor más rico y un cuerpo más pleno, lo que a menudo hace que tenga un acabado mantecoso. También tienen la menor acidez y cantidad de cafeína. El tueste francés se considera el más oscuro y tiene un pronunciado sabor ahumado. Los tostados oscuros son populares en Europa, como el expreso, el italiano, el francés o el turco.

Puede concertar una visita llamando al Maestro Tostador al 331.227.9720 o enviando un correo electrónico a José Ángel Barragán a barraganlo@outlook.com.



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# Care Options at Lakeside Guide Part 3:

## Navigating Care Facilities in Lake Chapala: Choices Abound

By Sandra Baird

Choosing a care facility is no small feat. A flurry of questions surrounds this decision: “What’s the location? Who are the other residents? Will it cater to my needs? Is it affordable?” Often, such choices are further complicated by worries about change and the unknown: “Why now? What lies ahead for me?”

Between Jocotepec and Ajijic, a whopping 69 care homes await selection. In Mexican culture, it’s customary for extended families to care for their elders at home. Hence, many residents in these care facilities are expatriates, hailing from different countries. A plus point? English is commonly spoken, but if you’re not fluent in Spanish, it’s a good idea to double-check.

Facilities range from semi-independent setups to hospice care for terminal patients. Some homes, like La Luna, focus on independent living, but provide optional meals and housekeeping, but most medical care is received off site. On the spectrum’s other end, Level 2 facilities offer comprehensive daily medical care, often extending to end-of-life services.

Speaking of hospice care, it’s crucial to understand its definition in Mexico. Here, hospice refers to end-of-life care, with the government not bearing the costs. While euthanasia is off the table legally, terminal palliative sedation, easing patients into unconsciousness to relieve suffering, is allowed.

Many of Lake Chapala’s top-tier medical care homes cater to specific ailments, such as neurological disorders, strokes, and heart diseases. While some are affiliated with hospitals like San Antonio, others operate independently, like Mi Casita Nursing Home. Costs are more affordable than in North America or Europe. Notably, rates are negotiated based on individual needs and circumstances.

**Lake Chapala Care Facilities: *\*Keep in mind that there are many more places available. Check with Facebook, other social media and friends.***

- **Casa Zoe** - Assisted living in picturesque settings. Offers three distinct levels of care: [casa-zoe.negocio.site](http://casa-zoe.negocio.site)
- **Mi Casita Nursing Home** - Comprehensive care located in San Antonio. [micasitahome.com](http://micasitahome.com)
- **Casa Anastasia** - [casa-anastasia-care-home.business.site](http://casa-anastasia-care-home.business.site)
- **Happiness Care Residence for Seniors** - Ideal for rehabilitation from injuries, post-surgery care, and extended stays for dementia. [happinessresidence.com](http://happinessresidence.com)
- **The Blue House–La Casa Azul** - Specializes in geriatric and dementia care. Located in La Floresta. Contact: [ab-jclay@yahoo.com](mailto:ab-jclay@yahoo.com)
- **La Casa Nostra Nursing Home** - Dedicated full-care facility. [lacasanostra.com.mx](http://lacasanostra.com.mx) or Contact: 376-765-3824
- **The Moon** - An over-50’s independent adult community. Care services not provided. [newmoonretirement.com](http://newmoonretirement.com)
- **Ohana** - Offers both independent living and comprehensive care. [Website](#)

- **El Chante Assisted Living** - [Facebook Page](#)
- **The Blue Home Assisted Living** - [Website](#)
- **Lakeside Care Assisted Living** - A full-care facility specializing in medical monitoring, post-surgical rehab, diabetes care, and more. [Website](#)
- **Nursing Home Lake Chapala** - Suitable for both long-term and short-term stays. [Website](#)
- **Penthouse Living-in-Community** - Designed for independent living. [livingincommunity.org](http://livingincommunity.org)
- **Serenity Care Homes** - Operates two distinct homes: an assisted care unit and a memory care facility. A new addition to Lakeside’s offerings. [Website](#) and [Facebook](#)
- **Ron’s Lakeside Care** - [Website](#)
- **Shangri-La Retirement Living Facility** - [Website](#)
- **La Valentina Senior Residence Community**
- **My Sweet Home** - [Facebook Page](#)
- **Vida Bella Assisted Living**
- **Casa De Ancianos** - [Website](#)

**Coming Next Month:** Making the right choice requires asking the right questions. To aid your research and decision-making process, stay tuned for Part 4 in the series. We will provide a comprehensive list of specific questions to ask these facilities, ensuring you have all the information you need to make an informed decision.



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# FILANTROPÍA EN CUATRO PATAS (O DOS GARRAS)

Por Diana Hunt



Si tus intereses filantrópicos se inclinan hacia los seres de cuatro patas o criaturas con alas, es igual de válido que la asistencia a los seres humanos. Los animales, al igual que las personas, pueden sufrir consecuencias a largo plazo a raíz de traumas y requieren cuidados especiales.

La primera sociedad de Derechos de los Animales se formó en Filadelfia en 1869, abogando por un mejor trato humano a los caballos de tiro de la ciudad. Los fundadores luego dirigieron su atención a los animales domésticos, abriendo un refugio donde se podían en-



contrar o adoptar perros perdidos. Hoy en día, hay más de 3,500 refugios de animales en los Estados Unidos.

Si estás considerando donar a esta causa o adoptar una mascota, piensa en los adorables peludos de la tercera edad que languidecen por ahí. De la misma manera en que no querías que un familiar o un buen amigo sufriera en un asilo de ancianos, lo mismo ocurre con los perros, gatos u otro tipo de mascotas mayores. Y tú puedes hacer que los últimos días de estos animales sean cómodos y estimulantes.

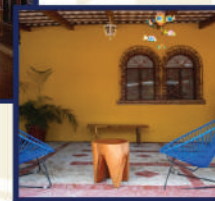
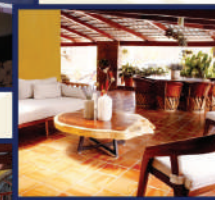
Según la ASPCA, aproximadamente 6.3 millones de animales de compañía esperan en refugios de animales en los Estados Unidos cada año. De estos, aproximadamente 3.1 millones son perros y 3.2 millones son gatos. Cada año, aproximadamente 920,000 animales que están en refugios son sacrificados. Esta cifra se ha duplicado desde la pandemia de COVID-19.

A nivel local, la situación es igualmente preocupante. Las adopciones se han reducido en los Estados Unidos debido a que las personas han recurrido a dar en adopción de vuelta a los perros que adoptaron durante la

pandemia, por esto menos perros están siendo enviados al norte. El costo es una grave sobrepoblación en todos los refugios de animales.

Somos afortunados, al menos en la Ribera, de contar con varios refugios de animales. Uno de los más antiguos es “The Ranch”, que ha estado en la misma ubicación desde que abrió hace 23 años. Es un refugio sin sacrificio que acepta perros sin hogar y abandonados que necesitan un lugar seguro para vivir, especialmente perros de tamaño mediano a grande. Pero todos los perros son bienvenidos, aunque intentarán encontrar hogares temporales para las razas más pequeñas.

“Seguimos un protocolo de vacunación muy estricto”, explicó la gerente Syd Sullins. “Buscamos atención médica de inmediato si un perro la necesita y los esterilizamos tan pronto como estén sanos y lo suficientemente mayores para hacerlo”.



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# PHILANTHROPY IN THE FORM OF FOUR LEGS (OR TWO CLAWS)

By Diana Hunt

If your philanthropic interests tend toward four-leggeds or winged creatures, that is just as well placed and two-legged assistance. Animals, like people, can suffer long-term consequences from trauma and require special care.

The first animal rights society was formed in Philadelphia in 1869, advocating humane treatment for the city's carriage horses. The founders later turned their attention to domestic animals, opening a shelter where lost dogs could be found or adopted. Today, there are more than 3,500 animal shelters in the U.S.

If you are considering donating money or adopting a pet, think about the furry senior citizens languishing in a strange place. Much as you wouldn't want a relative or good friend to suffer in a nursing home, the same goes for elderly dogs, cats or any other type of pet. You could make the animals' last days comfortable and stimulating.

According to the ASPCA, approximately 6.3 million companion animals are waiting in U.S. animal shelters alone every year. Of those, approximately 3.1 million are dogs and 3.2 million are cats. Each year, approx-



imately 920,000 shelter animals are euthanized. That number has doubled since Covid.

Locally, things are just as dire. Because adoptions have slowed in the States due to people giving up the dogs they adopted during Covid, fewer dogs are being sent north. Severe overcrowding occurs in all the animal shelters.

We are fortunate, at least in Lakeside, to have a number of animal shelters. One of the oldest is The Ranch, which has been in the same location since it opened 23 years ago. It was and is a no-kill shelter that accepts homeless and abandoned dogs needing a safe place to live, particularly medium to large dogs. But all dogs are welcome, although they will try to find foster homes for the smallest breeds.

“We adhere to a very strict vaccination protocol,” explained Manager Syd Sullins. “We seek medical care immediately if a dog is in need and spay or neuter them as soon as they are healthy and old enough to do so.”

The Ranch had established strong relationships with well-established rescue organizations located north of the border. In addition to on-going local adoptions, close to 1,000 dogs have been sent to their partner rescue groups up north.

“Our capacity is 100 dogs -- we now have 120, plus a number in foster care,” Syd said in exasperation.

BoneVoyage, another Lakeside group, recently changed from only placing dogs in foster care before being adopted to having a bricks and mortar shelter. As they got in more dogs, espe-

cially large dogs, foster families needed help.

“Bigger dogs are much harder to find fosters for,” explained volunteer Carolyn Cothran, “so we started a shelter in January of '23. It always takes longer for large dogs to be adopted, but we really wanted to help the community. Over the years, since our start in 2018, we have sent more than 4,000 dogs north.

“We continue to do so, but it's getting more difficult -- air fares have increased, the airlines give us no price break and the cost of medium-size crates are now over \$100,” she explained. “So it is becoming more challenging. Air fares for dogs varies. It is \$130 on Volaris and AeroMexico it is \$200. The Mexican carriers, at this point, are the only ones who will fly dogs.”

BoneVoyage has a full-time trainer on staff who does crate training when a dog is adopted, so the trip north is less traumatic. She spends most of her time working on leash training and teaching basic manners.

“We make sure all our dogs get out and exercised,” Carolyn continued, “not only on leash but off leash as well. We take a group every week to the Tobalandia dog park for a few hours of play and fun.”

Then there is the Lucky Dog shelter and the Facebook page, Lakeside Advocates for Animals. Unfortunately, after 17 years, Scruffy's Oasis Dog Rescue and Adoption Center had to close at the end of October. And don't forget the cats waiting at the Riberas del Pilar Pet Store.





# El dinámico sector de la aviación en México

Por Diana Hunt

## *A los mexicanos les encanta volar.*

Desde la época colonial ha habido intentos de llevar a los mexicanos por los aires. En 1784, un globo de pasajeros más ligero que el aire voló entre las ciudades veracruzanas de Xalapa y Coatepec. Casi un siglo después se fabricaba canchales o pequeños globos aerostáticos de papel que aún vemos en las ferias, pero no fue hasta 1910 cuando tuvo lugar el primer vuelo con motor pilotado por Alberto Braniff, que se convirtió en el primer aviador de México y el segundo de América Latina. El vuelo tuvo lugar en los campos de Balbuena, cerca de donde se encuentra el actual Aeropuerto Internacional Benito Juárez de la Ciudad de México.

México fue el primer país en hacer volar a un Jefe de Estado en función, fue el Presidente Francisco Madero quien acompañó al piloto George Dyott en 1911 en su monoplano en un vuelo que duró 12 minutos sobre Ciudad de México.

En la Revolución, los aviones se utilizaron para ayudar en tareas de reconocimiento, enlace e incluso bombardeo durante las batallas. La aviación era tan importante que el presidente Madero creó una industria aeronáutica. En 1915 fundó la Escuela Militar de Aviación y los Talleres Nacionales de Construcción, donde se construían aviones con tecnología propia.

La Edad de Oro de la aeronáutica mexicana fue de 1915 a 1921, que compitió con las mejores del mundo. De hecho, el nacimiento de la primera aerolínea mexicana en 1921, Compañía Mexicana de Aviación (CMA), fue la más antigua de Norteamérica.

CMA incrementó sus operaciones en México, Estados Unidos y Latinoamérica, para entonces la compañía contaba con el respaldo del gigante estadounidense Pan American World Airways (que poseía una participación mayoritaria en la aerolínea). En 1959, Mexicana se convirtió en la primera aerolínea latinoamericana en entrar en la era de los reactores. Los años sesenta y setenta fueron sin duda las dos mejores décadas de la historia de Mexicana, a pesar de su accidentada trayectoria de la aerolínea a lo largo de los años.

En 2005, el presidente de México, Vicente Fox, vendió CMA a un empresario que compró la aerolínea por millones de dólares menos del valor real de la empresa. La aerolínea fue mal gestionada y Mexicana cerró operaciones en 2010, dejando un vacío comercial en el país. En el vacío, la industria aeronáutica mexicana ha crecido intensamente, con la formación de tres nuevas aerolíneas de bajo coste: Volaris, Viva Aerobus e Interjet (ya disuelta). Nuevos vuelos dentro de México y a EE.UU. se añadieron y se añaden constantemente.

Estas aerolíneas no están construyendo sus modelos de negocio basándose en gente de negocios adinerada o en los ricos que prefieren volar en primera clase, sino centrándose en la clase media mexicana, en rápido crecimiento.

Mexicana de Aviación ha vuelto a la vida como parte del proyecto de aviación favorito de AMLO. El nombre y la



marca de Mexicana fueron adquiridos este mismo año por el gobierno y comenzarán a operar a finales de 2023. Es innegable que la demanda -desde familias que van de vacaciones a la playa hasta gente de negocios que viaja de una ciudad a otra- va en aumento.

Aeroméxico, fundada en 1934, es la principal aerolínea internacional de México. Ha tenido una historia turbulenta, entrando en quiebra en los años ochenta y de nuevo durante Covid, pero emergió con éxito en 2022, lo que le permitió empezar a crecer de nuevo. Actualmente, es propiedad de Apollo Global Management y de Delta Airlines. Fue uno de los cuatro miembros fundadores del programa de código compartido de la alianza de aerolíneas SkyTeam.

El año pasado se añadieron 115 nuevas rutas nacionales y al extranjero desde México. Emirates Airlines, con sede en Dubai, está ampliando su asociación de código compartido con United Airlines para incluir ocho nuevos destinos en México vía Barcelona. American, United y Delta añaden nuevas ciudades mexicanas a su lista.

La cantidad de proyectos de desarrollo y construcción que se están llevando a cabo actualmente en el sector aeroportuario de México es alucinante. El nuevo aeropuerto de Ciudad de México, el Aeropuerto Internacional Felipe Ángeles (AIFA), tiene capacidad para 20 millones de pasajeros al año (y potencialmente hasta 80 millones si se completan las ampliaciones previstas). El Aeropuerto Internacional Felipe Carrillo de Tulum está en construcción y está previsto que empiece a funcionar en enero. La segunda y tercera ciudad más grande, Guadalajara y Monterrey, están ampliando sus aeropuertos con enormes proyectos plurianuales. Querétaro, Puerto Vallarta, Cabo San Lucas y el aeropuerto de Cancún tienen ampliaciones en marcha.

Según Cirium (un servicio de datos de aviación), ahora hay un total de casi 750 vuelos diarios entre Estados Unidos y México. Además de los hombres de negocios mexicanos que viajan, las familias mexicanas que vuelan a Estados Unidos y más allá para pasar las vacaciones, los turistas extranjeros que vuelan a ciudades mexicanas de vacaciones, los jóvenes mexicanos que vuelan a Estados Unidos o al extranjero para estudiar. La frecuencia de los vuelos, la diversidad de aerolíneas y las nuevas conexiones tanto desde el extranjero como desde México están permitiendo a los pasajeros explorar el mundo como nunca antes.

Es un momento emocionante para la industria turística de México.



# Mexico's dynamic Aviation Industry

By Diana Hunt

*Mexicans love to fly.*

Since Colonial times there have been attempts to take Mexicans into the air. In 1784, a lighter-than-air passenger balloon flew between the Veracruz cities of Xalapa and Coatepec. Nearly a century later, cantoyas, or small paper hot air balloons that we still see at fairs, were in production. But it wasn't until 1910 that the first powered flight took place piloted by Alberto Braniff, who became the first aviator in Mexico and the second in Latin America. The flight took place in the fields of Balbuena, close to where the current Benito Juarez International Airport is located in Mexico City.

Mexico was the first country to fly a sitting Head of State. It was President Francisco Madero who accompanied pilot George Dyott in 1911 in his monoplane in a flight that took 12 minutes over Mexico City.

In the Revolution, airplanes were used for helping in reconnaissance, liaison and even bombing during battles. Aviation was so important that President Madero created an aeronautical industry. In 1915, he founded the Military Aviation School and the National Construction Workshops, where aircraft were built with proprietary technology.

The Golden Age for Mexican aeronautics was 1915-1921, which competed with the best in the world. In fact, the birth of Mexico's first carrier in 1921, Compañía Mexicana de Aviación (CMA), was the oldest airline in North America.

CMA increased its operations in Mexico, the US and Latin America. The carrier by then was backed by U.S. giant, Pan American World Airways (which held a controlling interest in the airline). In 1959, Mexicana became the first Latin American airline to enter the jet era. The 1960s and 1970s were arguably the best two decades of Mexicana's history, despite the airline's bumpy ride over the years.

In 2005, Mexico's president, Vicente Fox, sold CMA to a businessman who bought the carrier for millions of dollars less than the actual value of the company. The airline was mishandled and Mexicana closed operations in 2010, leaving a commercial gap in the country. In the vacuum, the Mexican aviation industry has grown intensely with three new low-cost airlines being formed: Volaris, Viva Aerobus and Interjet (now disbanded). New flights within Mexico and to the U.S. were and are constantly being added.

These airlines are not building their business models based on well-heeled businesspeople or the wealthy who prefer flying in first class, but rather with a focus on the rapidly growing Mexican middle class.

Mexicana de Aviación has been returned to life as part of AMLO's pet aviation project. Mexicana's name and brand were purchased just this year by the government and will start operations by the end of 2023. The demand – from families going on beach vacations to businesspeople traveling from one city to another – is undeniably on the rise.

Aeromexico, formed in 1934, is Mexico's leading international airline. It has had a turbulent history, going into bankruptcy in the 1980s and again during Covid. But it reemerged successfully in 2022 allowing it to begin growing once again. Currently, it is owned by Apollo Global Management and by

Delta Airlines. It was one of four founding members of the SkyTeam airline alliance code sharing program.

Last year, there were 115 new routes added nationally and abroad from Mexico. Dubai-based Emirates Airlines is expanding its codeshare partnership with United Airlines to include eight new destinations in Mexico via Barcelona. American, United and Delta are adding new Mexican cities to their roster.

The amount of development and construction taking place now in Mexico's airport sector is mind-boggling. The new airport in Mexico City, Felipe Ángeles International Airport (AIFA), has a capacity for 20 million passengers annually (and potentially up to 80 million if planned expansions are completed). The Felipe Carrillo International Airport in Tulum is under construction and slated to begin operations in January. The second and third largest cities, Guadalajara and Monterrey, are currently expanding their airports with massive multi-year projects. Querétaro, Puerto Vallarta, Cabo San Lucas and Cancún's airports all have expansions underway.

According to Cirium (an aviation data service), there are now a total of nearly 750 flights per day between the United States and Mexico. Besides Mexican businesspeople traveling and Mexican families flying to the U.S. and beyond for holidays, foreign tourists are flying into Mexican cities on vacations and young Mexicans are on flights to the U.S. or abroad to study. The frequency of flights, the diversity of airlines and new connections from both abroad and in Mexico are allowing passengers to explore internationally like never before.

*It is an exciting time for Mexico's travel industry.*

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# A New Game in Town

By Harriet Hart

Lakeside is a community full of creative people, writers, artists, singers and dancers, but to my knowledge we can't boast any inventors of games... until now. Kat Miller and Johanina Wikoff are two qualified psychotherapists with years of combined experience counseling individuals facing life's challenges. "We're pro aging baby boomers, therapist, social scientists and consciousness explorers, who want to share with the world our perspective of what it means to live and die well. What sets us apart and intrigues us most is the frequently overlooked inner life of today's aging people."

Now they have discovered a brilliant and fun way of offering help to those of us experiencing issues with growing older. Ageism is defined by the WHO as the stereotypes, prejudices and discrimination towards others (or ourselves) we hold based on age. Kat says it's the "ism" we all readily buy into, a "prejudice against one's future self."

Kat and Johanina were having a conversation about aging on Facebook and decided they needed to get together in person to discuss the internal changes people experience as they age.

"We considered holding a workshop, but it had no appeal for us. We were even boring ourselves," laughed Kat. Johanina took a bathroom break and returned with the idea of a game, one that asks players to look within for some answers. Kat immediately began creating questions that would stimulate discussion. "The creative part was the most fun. It took six months. I came up with over 400 questions." Johanina did the editing and rewriting. "We spread the questions out on the dining room table, and got down to work." Johanina's husband Andy Milberg, a senior teacher from the Hofman Institute in California, provided input, and Kat and Johanina came up with Older, a game that offers 175 ways to prompt a new perspective about having a renewable life and our experiences of inner aging.

This conversational game consists of a deck of five different categories of cards: questions cards prompting you to examine your past and see what matters now; wisdom cards containing quotes that inspire; experience cards providing two minute relaxing group activities; beyond ageism cards (research based data) challenging notions about aging and death; and wild cards, allowing players to play a previous card or invite the group to all give answers.

Examples include: "What have you learned about trusting yourself, others and life?" (question card) and "Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are" (wisdom card).

Once they had chosen their cards, they needed to test them on willing subjects. Kat gave a talk on aging at Open Circle and afterwards asked interested participants to sign up as game guinea pigs! Players have to be over 55 years old and people who didn't know one another. They seated six strangers at tables and asked them to play one round (which took about an hour).

The purpose of Older is to have people hold conversations they don't know how to have and to reflect on the inner aspects of growing older. Once the game was developed and tested Kat and Johanina needed to find a US printer who could make them a prototype. "We wanted a sustainable printer who used recycled paper and inks as clean as they could be – we found a cooperative in Santa Cruz, California."



I was curious. Would it be possible for me to play the game before I wrote this article? Recently I had my opportunity when Kat Miller and six close friends gathered to play. I can personally testify that Older is an enjoyable way to talk about a sensitive subject. Nobody complained about aging problems and everyone enjoyed giving honest answers to interesting questions. We finished our first round and asked to do a second.

Kat and Johanina are content developers and now they have to become marketers as well. I predict they will find a publisher and the new game in our town will take off and become an international sensation. As Kat pointed out, "aging people have bought into ageism." Playing this game can show them it's not over until it's over!

*Older is available on Amazon Mexico, Canada and the USA.*

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