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# Gratitude, Compassion and Being Proud



**Gratitude** is the expression of being thankful and appreciative for what we have, receive or experience in the world around us. Evoking feelings of gratitude can be powerful in building trust to bring people together for common causes. Leveraging gratitude helps others to take pride in our collaborated efforts as well. This in turn can create greater motivation towards building collaborations in everyday activities and decision making with an eye towards the future.

**Compassion** is the ability to feel and care about those around us whether it be with friends, community members or our neighbors. Other leaders with whom we partner can use compassion to help communities connect to each other to address the issues at hand, share hopes and dreams for the future and elicit feelings of concern for others. Effective collaborations over the long term require building compassion into the fabric of our greater community. Research also shows that building compassion adds great value to one's life and longevity.

**Being Proud** is the feeling of being deeply satisfied in individual or group achievements and sharing that pride. It should come as no surprise

that pride is a key motivating emotion. But pride does not start and stop with a single effort. Instead, feelings of pride are long-lasting because of accomplishments that magnify over time and strengthen community networks, collaborations and our sense of belonging. When we put ourselves forward to make a difference in the community that surrounds us, by default we belong to that community and we have earned a place in the community.

All three of these emotions share the qualities of driving behavior change through being internally rewarding and durable; leveraging moral emotions can uniquely create spillover to other non-target behaviors and bring about similar emotions in other people. In this way, the more we express and create supportive conditions for moral emotions, the more they spread to others, creating combined positive progress. A keen eye towards understanding which emotions underlie our behaviour can change our approach and make our efforts and interventions even more impactful.

The more we display our sense of the things we make possible, the more people will join our efforts and the more we enhance the community by bringing people together.

Volunteering is an effort that most often encompasses these emotions and increases self-worth and happiness.

Some people confuse being proud with ego. But Pride and Ego are very different. People on the outside, people without the facts may accuse a person of having a big ego - these accusations are often behind one's back and void of truths. Whereas pride is based on accomplishments, especially accomplishments for the greater good. A valued friend has stated that there is "no interest like self-interest." Pride is about putting oneself aside to contribute



to the higher interests of the group or the community and being focused on the premises that we are all equal. We are all born into this world, maybe with uniqueness but at the same time we are all born to treat each other as equals.

This year's Lake Chapala Society Annual General Meeting will focus on the many things that you have the right to Feel Proud about. I bet that if you take a moment to reflect on your time here at Lakeside, you will be able to come up with a list of things that make you feel Proud. I hope that you will bring these feelings with you on March 19th to the LCS AGM to be held in the lush gardens of The Lake Chapala Society from 10:00 am till noon.

The arms and hearts of our Mexican neighbors have always been open to welcoming foreigners. At the AGM we look forward to sharing with you the many things that you make possible because of your support for LCS and our community.

My very best appreciation and gratitude,

Steve Balfour  
President

The Lake Chapala Society



*"It's an organization that gives people the opportunity to connect to each other, and to continue to grow. It's one of the reasons we love Ajijic, and so I am happy to support it." -Rich*

## 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.*

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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

### Advertisement inquiries

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: [sales@lcsac.org](mailto:sales@lcsac.org)

*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: [sales@lcsac.org](mailto:sales@lcsac.org) así como las solicitudes de publicidad.*

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Cover: Domitzu Medrano

## Conecciones Advertising Prices Precios de los Anuncios 2024

	Cost / Precio
Back cover / Contraportada (8.5"x11" / 21.5x28 cm)	\$6,600 MXN
Inside front & back cover / Contraportada interna (8.5"x11" / 21.5x28 cm)	\$6,060 MXN
Full page / Página completa (7.8 x 10.2" / 20 x 26 cm)	\$4,590 MXN
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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 [sales@lcsac.org](mailto:sales@lcsac.org)

*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 [sales@lcsac.org](mailto:sales@lcsac.org)*



# Gratitud, Orgullo y Compasión

**Gratitud** es la expresión de agradecimiento y aprecio por lo que tenemos, recibimos o experimentamos en el mundo que en que vivimos. Evocar sentimientos de gratitud puede ser poderoso para generar confianza y unir a las personas en torno a causas comunes. Aprovechar la gratitud ayuda a que los demás también se sientan orgullosos de nuestros esfuerzos de colaboración. Esto, a su vez, puede crear una mayor motivación para colaborar en las actividades cotidianas y en la toma de decisiones con vistas al futuro.

**Compasión** es la capacidad de sentir y preocuparse por quienes nos rodean, ya sean amigos, miembros de la comunidad o nuestros vecinos. Los líderes con los que nos relacionamos pueden utilizar la compasión para ayudar a las comunidades a conectar entre sí para abordar los problemas actuales, compartir esperanzas y sueños para el futuro y suscitar sentimientos de preocupación por los demás. Las colaboraciones eficaces a largo plazo requieren la construcción de la compasión en el tejido de nuestra gran comunidad. Investigaciones demuestran que fomentar la compasión agrega un gran valor a la vida y a la longevidad.

**Sentirse orgulloso** es apreciar profundamente de los logros individuales o de grupo y compartir ese orgullo. No debería sorprendernos que el orgullo sea una emoción motivadora clave. Pero el orgullo no empieza y acaba con un solo esfuerzo. Por el contrario, los sentimientos de orgullo son duraderos debido a los logros que se magnifican con el tiempo y fortalecen las redes comunitarias, las colaboraciones y nuestro sentido de pertenencia. Cuando nos proponemos hacer una diferencia en la comunidad que nos rodea, por defecto pertenecemos a esa comunidad, nos hemos ganado un lugar en ella.

Estas tres emociones comparten las cualidades de impulsar el cambio de comportamiento por ser internamente gratificantes y duraderas; aprovechar las emociones morales puede crear de forma



única un efecto indirecto en otros comportamientos no deseados y provocar emociones similares en otras personas. De este modo, cuanto más expresamos y creamos condiciones favorables para las emociones morales, más se extienden a los demás, creando un progreso positivo combinado. Estar al tanto de las emociones que utilizamos en nuestro enfoque de cambio de comportamiento puede hacer que nuestros esfuerzos e intervenciones sean aún más impactantes.

Cuanto más mostremos nuestro sentido de la compasión, gratitud y orgullo por las cosas que hacemos posibles, más gente se unirá a nuestros esfuerzos y más mejoraremos la comunidad al unir a las personas.

El voluntariado es un esfuerzo que suele englobar estas emociones y aumenta la autoestima y la felicidad.

Algunas personas confunden el orgullo con el ego. Pero el orgullo y el ego son muy diferentes. La gente de fuera, la gente que no conoce los hechos, puede acusar a una persona de tener un gran ego; estas acusaciones suelen ser a espaldas de uno mismo y verdaderamente vacías. Mientras que el orgullo se basa en los logros, especialmente en los logros para un bien mayor. Un valioso amigo ha afirmado que “no hay interés como el propio interés.” El orgullo consiste en dejarse a uno mismo a un lado para contribuir a los intereses superiores del grupo, o de la comunidad, y centrarse en las premisas de que todos somos iguales. Todos nacemos en este mundo, quizá con singularidades, pero al mismo tiempo todos nacemos para tratarnos como iguales.

Este año The Lake Chapala Society (LCS) -La Sociedad del Lago de Chapala - en su Reunión General Anual se centrará en las muchas cosas que usted tiene el derecho de sentirse orgulloso. Estoy seguro de que, si usted



toma un momento para reflexionar sobre su tiempo aquí en la ribera, usted será capaz de llegar a una lista de cosas que te hacen sentir orgulloso. Espero que traiga estos sentimientos el día 19 de marzo a la Reunión General Anual de LCS que se llevará a cabo en los exuberantes jardines de The Lake Chapala Society desde las 10:00 am - hasta el mediodía.

Los brazos y corazones de nuestros vecinos mexicanos siempre han estado abiertos para dar la bienvenida a los extranjeros. En esta reunión esperamos compartir con ustedes las muchas cosas que hacen posible gracias a su apoyo a LCS y a nuestra comunidad.

Mi más sincero aprecio y gratitud,

Steve Balfour  
Presidente  
The Lake Chapala Society



# The Intangible Benefits of Membership



By Greg DiStefano

As you might already know, being a member of the Lake Chapala Society provides you with exclusive access to many of our classes and services, including:

- ☀ A wide-ranging variety of activities from fitness programs, games, Spanish language classes, educational programs, technology help and more.
- ☀ Access to our library with over 22,000 volumes ranging from contemporary best-sellers to standard reference works.
- ☀ Rental of more than 4,000 DVDs and videos including classics, recent releases, foreign movies, TV series and documentaries.
- ☀ Mail service to the United States.
- ☀ Free Wifi on campus.
- ☀ Access to our monthly magazine, *Connecciones*, delivered to you via email.
- ☀ Members get 30% discount in selected classes and tours.



The best part of being a member  
at LCS is...

*"Meeting new people  
constantly"* -Susan

*"Helping others"*  
-John

*"Sharing my passion for  
something"* -Jean

*"Embarking on a new life  
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+52 33 1004 7783  
diegosolbes@hotmail.com

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[solbesysolbes.mx](http://solbesysolbes.mx)



But beyond these benefits, did you know that your membership makes a difference in the local Mexican community? You'll have the satisfaction of knowing that your membership dues help support the many free LCS programs offered to our local Mexican neighbors, through LCS' Wilkes Center.

These programs and services include English language and technology classes, courses in family finances, access to Ajijic's only Spanish-language reference and reading library, a computer lab for students with no other access to computers, a summer student remedial program which has been active since 1999, and more?

In addition, your membership also allows LCS to make an impact on other causes around the Lakeside region, while strengthening bonds between the expat and Mexican communities. Within the past two years, LCS has helped raise funds for:

- ☀ The Red Cross
- ☀ Lakeside Food Bank
- ☀ Ajijic Cares
- ☀ Niños Incapacitados
- ☀ Huarachess Chess Club and annual tournament at LCS
- ☀ Lakeside Little Theatre
- ☀ CREM, Classical Music School
- ☀ Escuela de Mariachi Pedro Rey

However, revenue from annual memberships accounts for just 20% of LCS' annual budget. This amount pays for our annual housekeeping, gardening and finance staff. The remaining lion's share of the LCS operating budget comes from fees for classes, tickets to special events and concerts and from generous donors. And, the reality is that with our aging campus and infrastructure, we need even more funds for campus rehabilitation efforts, new bathrooms, enhanced sewage infrastructure, information technology needs, classroom technology and more.

If you're proud of your affiliation with the Lake Chapala Society, we encourage you to not only renew your annual membership, but to consider deepening your relationship by making a contribution to our annual fund, or even a larger donor gift. We'd love for you to join our mission by becoming a member and friend for life.

*For all these reasons and more!*

**Renew  
your membership**



**Donate to our  
Annual Fund Campaign**



*"Interacting with local children" - Steven*



*"It's a privilege to give back to the Lake Chapala Society for the many gifts it bestows upon us as well as our local and expat communities." - Linda*



*"Talking to others about books" - Bryan*

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# Lake Chapala Society Hosts Canadian Ambassador

By Stephanie Schneiderman

The Lake Chapala Society was honored to host Ambassador Graeme C. Clark, Canada's Ambassador to Mexico, last January 24. Ambassador Clark, accompanied by the Guadalajara Consular team, Consul Frank Le and Vice Consul Sandy Rita Tannouri, held an informational Town Hall meeting on the grounds of LCS.

"We were honored to host the Canadian Ambassador and his team at LCS," said Luis Pacheco, Executive Director of LCS. "This meeting was perfectly aligned with our own mission, to serve the community, to strengthen relationships and to provide services to expat and national residents," he said.

In attendance were members of the Canadian community at Lakeside, where they were presented with the Consular Services provided to Canadians traveling or living abroad. These services include: Travel Advice and Advisories; Passports and other documents, Assistance for Canadians Abroad.

In addition to the formal presentation, a healthy interchange and dialogue took place, where local residents shared their concerns and points of interest. Important to many Canadian citizens living abroad is their health insurance and pensions. The Ambassador assured them, these are matters that have solutions. According to Ricardo Razo, Expat Liaison, he said, "The presentation by the Consular Office reviewed services the Guadalajara office can provide Canadian citizens abroad. Things such as lost passports, some emergencies and legal orientation." The Consular Office also said, "They cannot help if local laws are broken."

During his visit to Lakeside, Ambassador Graeme met with Chapala's Municipal President, Lic. Alejandro Aguirre Curiel. Ambassador Graeme joked about why clearly Canadians would prefer Lake Chapala to the cold winters of Canada! In turn, President Aguirre expressed the importance of the Canadian community living at Lake Chapala, saying, "they add a lot to our community."

Canadians showed more interest in the news on Canada becoming a member of the Apostille Convention on January 11, 2024 resulting in the Consulate now issuing authentication certificates called apostilles for certain original documents.

Finally, the Ambassador and Guadalajara Consular Team met with Efrén González, Director of the Ajijic Cultural Center to review the first Cultural Exchange Mexico-Canada to be held in Ajijic February 19-23. Efrén has been traveling to Vancouver for several years, and upon meeting talented First Nation wood carvers, it occurred to him to invite them to Lake Chapala to engage in a cultural, artistic exchange with local artists, and to hold an exposition to showcase and sell their highly technical and artistic wood sculptures. Cultural performances and presentations will also be included during this week.

Canada and Mexico have been friends for over 75 years. As a multicultural community, it is exciting to know that the diplomatic, cultural and artistic ties between Lakeside Chapala and Canada will continue to grow!



*"I'm proud to serve such a diverse community through my memoir writing workshops. I've had Mexicans and expats from Canada and the United States attend my workshops and classes. There have been mostly women, but also some men. The diversity in ages, cultures, ethnicities, genders, as well as economic and social classes served by the Lake Chapala Society is wonderful and I'm proud to be a part of it." -Doris*





Kinesiologo Eric González

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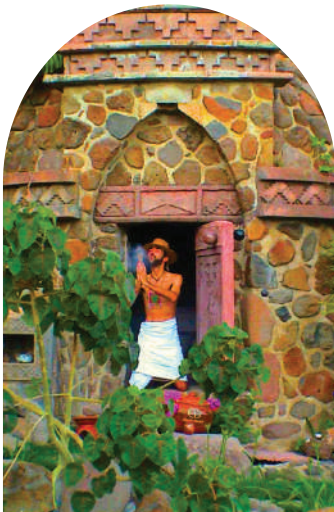
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# LCS Oral History

By Harriet Hart

Former LCS Director Terry Vidal and history buff Todd Jonson decided back in 2012 that with the 60th anniversary of LCS approaching an appropriate project was to conduct an oral history to capture the memories of foreign pioneers while they were still alive. They soon realized they should include Mexicans and get their perspective. Todd resigned due to poor health and Terry approached me to see if I was interested in coordinating an oral history, and I said “yes,” having no idea what was involved!

We created a set of questions designed to capture people’s memories of coming to Lakeside, what it was like to live here back then, plus information about two central figures, benefactress Neill James, the author/adventurer who gave her property to LCS and the Lake Chapala Society itself.

We identified a list of early expats that included Doris and John Molinari, long time next door neighbors to Neill James, Dale Hoyt Palfrey, journalist with the Guadalajara Reporter, the Eager family who owns and operates La Nueva Posada, Dixie Nicolson, Georgette Richmond and Richard Tingen, representing the realty sector, past presidents of LCS Howard Feldstein, Charlie Smith, Nancy Crevan and Jim Penton, plus representatives from the artistic community such as Xill Fessenden, Xavier Zaragoza, Jesus Lopez Vega and Antonio Lopez Vega.

John and Doris Molinari, who bought their property from Neill James; describe their next-door neighbor as “delightfully eccentric.” “She

was a very strong woman,” says John. She had travelled around the world via tramp steamer, riverboat, on horseback and riding camels. She drove a red Volkswagen Beetle – very badly. “Once she offered Doris a ride, and after one block Neill had already caused one fender bender. Doris got out of the car and said she’d walk the rest of the way to her destination!”

Every evening Neill would call over the fence: “Anybody for a walk?” Off the three of them would go to watch the sun setting, perched on a fishing boat where the Nueva Posada now stands. John says Neill loved the Mexican people and tried to benefit them in many ways: running the children’s art program, importing silkworms, planting mulberry bushes to feed the worms and starting a women’s weaving and embroidery business.

Javier Zaragoza, one of Lakeside’s most successful and well-known artists, owes his career to Neill James. She recognized his talent and was instrumental in enrolling him in art school in San Miguel de Allende. The teenager had no way of getting there, so Miss James and her driver took him there. “She tried to convince me to pursue my art career in Mexico, but I was young and went off to Los Angeles to seek my fame and fortune.” He came home in 1999 and has since painted the mural on the south wall of Ajijic’s Municipal Building, the fabulous landmark mural depicting the history of Chapala at the west edge of that town and the tribute mural to Neill James in the back garden of the Lake Chapala Society.

It’s been over 70 years since Neill began the classes for talented Mexican children in her back garden. Her legacy lives on in the lives and paintings of her former students, Jesus Lopez Vega, Javier Zaragoza, Antonio Lopez Vega, Bruno Mariscal, Victor Romero and Efrén González. Their murals adorn public buildings and beautify our villages and her spirit is manifested in the ongoing work done by today’s students.

LCS has evolved from an informal social club to a modern organization with a paid executive director and

*The best part of being a member at LCS is... “Learning something new every day” -Jennifer*



staff, a computerized English library and various programs and services that contribute to making this community such a desirable place to retire.

Past Presidents who agreed to be interviewed for the Oral History Project talked about physical improvements such as the paved pathways, the Gazebo and Ken Gosh Pavilion. They spoke about membership participation, strategic planning and all sorts of important matters. But my favorite stories are the ones no written history would tell you, like the time Medical Director Gil Silverman, a man small in stature with no history of street fighting, got knocked out cold right on the LCS grounds in front of the coffee shop, all because he tried to intervene in a dispute.

“A couple of guys walked in smoking. President Jim Penton started over to tell them LCS was a non-smoking area. Dr. Silverman decided to go to Penton’s aid; after all, the guys looked a bit menacing. Wham. The tallest one punched the good doctor right in the jaw; he was unconscious before he hit the ground.” Dr. Silverman required reconstructive facial surgery, but “God Bless him, he said it was his fault for not minding his own business and never asked LCS for a dime.”

LCS’s Oral History Project temporarily stalled. A few year’s ago LCS put some tapes up on the LCS website. Now we need a volunteer to finish the project by viewing about two dozen tapes and writing a summary before they can be uploaded. If you’re a history buff with writing skills, this is the job for you. Contact Luis Pacheco if you are interested to [executivedirector@lcsac.org](mailto:executivedirector@lcsac.org).



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# El Proyecto de Historia Oral de LCS

By Harriet Hart

El anterior Director Ejecutivo, Terry Vidal y el aficionado a la historia Todd Jonson decidieron en 2012 que, con el 60º aniversario de LCS acercándose, un proyecto adecuado sería realizar una historia oral para capturar los recuerdos de los pioneros extranjeros mientras aún estuvieran vivos. Pronto se dieron cuenta de que deberían incluir a mexicanos y obtener su perspectiva. Todd renunció debido a su mala salud y Terry se acercó a mí para ver si estaba interesada en coordinar un proyecto de historia oral, y dije “sí”, ¡sin tener idea de lo que implicaba!

Creamos un conjunto de preguntas diseñadas para capturar los recuerdos de la gente sobre cómo llegaron a Lakeside, cómo era vivir aquí en ese entonces, además de información sobre dos figuras centrales, la benefactora Neill James, la aventurera que donó su propiedad a Lake Chapala Society.

Identificamos una lista de expatriados tempranos que incluía a Doris y John Molinari, vecinos de Neill James durante mucho tiempo, Dale Hoyt Palfrey, periodista del Guadalajara Reporter, la familia Eager que posee y opera “La Nueva Posada,” Dixie Nicolson, Georgette Richmond y Richard Tingen, representando al sector inmobiliario, ex presidentes de LCS Howard Feldstein, Charlie Smith, Nancy Crevan y Jim Penton, además de representantes de la comunidad artística como Xill Fessenden, Xavier Zaragoza, Jesús López Vega y Antonio López Vega.

John y Doris Molinari, quienes compraron su propiedad a Neill James, describen a su vecina como “encantadoramente excéntrica.” “Ella era una mujer muy fuerte,” dice John. Había viajado por todo el mundo en barcos de carga, barcos fluviales, a caballo y montando camellos. Conducía un Volkswagen Beetle rojo – muy mal, dice John. “Una vez le ofreció a Doris un paseo, y después de una cuadra, Neill ya había causado un accidente de auto. ¡Doris salió del auto y dijo que caminaría el resto del camino hasta su destino!”



Todas las noches, Neill gritaba por encima de la cerca: “¿Alguien para dar un paseo?” Los tres se iban a ver el atardecer, sentados en un bote de pesca donde ahora se encuentra “La Nueva Posada.” John dice que a Neill le encantaba la gente mexicana e intentaba beneficiarlos de muchas maneras: dirigiendo el programa de arte infantil, importando gusanos de seda, plantando moreras para alimentar a los gusanos y comenzando un negocio de tejido y bordado para mujeres.

Javier Zaragoza, uno de los artistas más exitosos y conocidos de Lakeside, debe su carrera a Neill James. Ella reconoció su talento y fue instrumental en inscribirlo en la escuela de arte en San Miguel de Allende. El adolescente no tenía forma de llegar allí, así que la señorita James y su chofer lo llevaron. “Ella trató de convencerme de seguir mi carrera artística en México, pero yo era joven y me fui a Los Ángeles a buscar mi fama y fortuna.” Regresó a casa en 1999 y desde entonces ha pintado el mural en la pared sur del Edificio Municipal de Ajijic, el fabuloso mural emblemático que representa la historia de Chapala en el extremo oeste de esa ciudad y el mural de homenaje a Neill James en el jardín trasero de la Lake Chapala Society.

Han pasado más de 70 años desde que Neill comenzó las clases para niños mexicanos talentosos en su jardín trasero. Su legado vive en las vidas y pinturas de sus antiguos alumnos, Jesús López Vega, Javier Zaragoza, Antonio López Vega, Bruno Mariscal, Víctor Romero y Efrén González. Sus murales adornan edificios públicos y embellecen nuestros pueblos y su espíritu se manifiesta en el trabajo continuo realizado por los estudiantes de hoy.

LCS ha evolucionado de un club social informal a una organización moderna con un director ejecutivo y personal remunerado, una biblioteca en inglés informatizada y diversos programas y servicios que contribuyen a hacer de esta comunidad un lugar tan deseable para retirarse.

Los ex presidentes que aceptaron ser entrevistados para el Proyecto de Historia Oral hablaron sobre mejoras físicas como los senderos pavimentados, el Gazebo y el Pabellón Ken Gosh. Hablaron sobre la participación de los miembros, la planificación estratégica y todo tipo de asuntos importantes. Pero mis historias favoritas son aquellas que ninguna historia escrita te contaría, como la vez que el Director Médico Gil Silverman, un hombre de baja estatura sin historial de peleas callejeras, fue noqueado en el suelo de LCS frente a la cafetería, todo porque intentó intervenir en una disputa.

“Un par de tipos entraron fumando. El presidente Jim Penton se acercó para decirles que LCS era una área libre de humo. El Dr. Silverman decidió ir en ayuda de Penton; después de todo, los tipos parecían un poco amenazantes. De pronto ¡Zas! El más alto le dio un puñetazo al buen doctor en la mandíbula; estaba inconsciente antes de golpear el suelo.” El Dr. Silverman necesitó cirugía reconstructiva facial, pero “Gracias a Dios, dijo que fue su culpa por meterse en asuntos ajenos y nunca pidió un centavo a LCS.”

El Proyecto de Historia Oral de LCS se ha estancado temporalmente. Se subieron algunas cintas al sitio web de LCS hace unos años. Ahora necesitamos un voluntario para terminar el proyecto, revisando unas dos docenas de cintas y escribiendo un resumen antes de que puedan cargarse. Si eres un aficionado a la historia, con habilidades para escribir, este es el trabajo para ti. Contacta a Luis Pacheco si estás interesado al correo [executivedirector@lesac.org](mailto:executivedirector@lesac.org)



*The best part of being a member at  
LCS is... “Giving back to the community”*  
-Robert

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# “DONARE”

By Bruno Ortiz  
(high school student and volunteer)



Beauty. A simple word, yet with so many meanings that it would be impossible for a single mind to understand, but that represents a minuscule piece of life’s perfection. Beauty, call it as you will, God, the cosmos, the big bang, geology, the point is, that something created the beauty we see in our daily lives. The sound of the birds, the crisp breeze on a Saturday morning, and of course, this beautiful lake that has brought all of us together in this beautiful ribera. In all aspects of nature, we can find beauty through perfection.

And thus our destinies are set, not satisfied with appreciating the beauty which is already there for us to admire, we are determined to reach perfection ourselves. And that has been our cross since the moment we first walked this earth, our search for perfection. For some reason that isn’t that apparent to anyone, perfection brings us happiness, perfection gives us peace, it gives us joy. Ironically, humanity is far from perfect, and perhaps that is why we are desperate for it, since we cannot create mountains or lakes, we have found other ways. However, the path we take depends on us. And I’d like to talk about one of those said paths: “Donation.”

Let us set aside our philosophy for a minute, and enter into the field of etymology. The word “donate” comes from the Latin verb “donare,” which itself is based on the word “donum” or “gift.” This all makes sense, yes, a donation is a gift for someone. A donation might seem like nothing more than money, an object far from perfect. But looking beyond the green, what does this money represent? It is the fruit of our labor, which we give to another person for their use. This we may not get to see, but more often than not, this is where perfection is born.

How, you may ask? It is quite simple. There exists the more obvious and flashy ways, the patronage of art and talent. A great example is the Medici Family and so many more patrons who funded the Renaissance. The great cathedral of Florence, the statues that decorate palaces and the paintings that cover their ceilings. While not as big as the great wonders of the natural world, they are nevertheless equally impressive. One could almost argue, they are almost perfect. And so it is, that through our gifts, we can thus create great pieces of art, and find beauty through it. Yet, beauty can not only be found through visual arts, Mozart and Shakespeare could tell you as much. All art is our attempt to perfection, and so, art is beauty for someone’s eyes. And our donation, as part of the creation of art, is our gift to the world.

And there is still one more way we can create perfection through our gift. A more simple, yet compelling way. A smile. Not the actual smile, but the feeling it causes, happiness is perfection, happiness is beautiful. The

smiles we can create through our giving are the essence of life, the beauty that lies within us. Our donation, as part of creating a simple smile, is our gift to the owner of the smile.

And so it is, that we contribute our grain of salt to the mountain of perfection and beauty that makes up our world. It is what gives us our humanity, the very imperfection within us, that we seek to eradicate, is the very thing that makes life worth living.

So no, it is not our job to carve mountains, nor to blow breeze or compose the melody of birds, with your donum, we can give ourselves and those around us a piece of this equation of perfection. Perfection that feeds our souls, and makes us human.

Why do we give to those around us? Why do you feel proud to contribute to an organization like LCS? We started asking this question and let's just say LCS is proud to have people helping people...







“I can’t tell you how much visitors enjoy a tour of the campus. Doing all these things and helping people who are new is so gratifying that of course I want to contribute to such a gem of a place and make it better!” -Carol



“We are so proud to be a LCS member and donor. What a wonderful organization with a long history of making Ajijic a better place for not only Expats, but our host countrymen.” - Bryan and Karen

“Over the years, we have maintained our membership even if we do not always attend things because of the overall good LCS does for the entire community. And we will continue to do so.” - Mark



“We feel that it is our responsibility to support LCS as it has become our second home. And as any other home you need the facilities to provide comfort to the “family.” -Elly and Ramiro

“Let’s keep LCS “going! I’m happy to be a contributor to this important upgrade to the LCS campus.” -Greg



“LCS is a support group for the entire community, and the entire community should be supporting LCS. We all probably started our stay in Ajijic with a visit to, and time spent at, LCS. As we become more integrated into the community, our time spent at LCS may lessen, but the foundation it gave us is irreplaceable.” -Susan

“FOR ME A VERY SIMPLE REASON, we are so fortunate to have this resource in our small community of 12, 000 residents and need to support it in every way possible!” - Betty

“We take classes there often, go to the concerts and enjoy the cafe and grounds regularly. LCS is a real treasure in our community and the grounds are beautiful.” -Jen

Will you become a donor and another amazing testimony to our list ?







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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
Iyengar Yoga	F 11-12
Learn to Knit	T 12-1:30
Line Dancing, <a href="mailto:gail@doughertynet.com">gail@doughertynet.com</a>	T + TH 10-11:15
Being Love & Bliss Meditation	T 9:30-10:30
Move to the Beat	M 10-11
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
Tai Chi Chih	T + F 12-1 January to March
Tech Help via Email	<i>lcs.tech.training@gmail.com</i>
Write to a Prompt Writers' Group	TH10-12

### 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
Bridge For Fun	F 1-4:30
Discussion Group	W 12-1:30
Duplicate Bridge	W 1-4
English/Spanish Conversation* (Open to public)	Sat 12-1:30*
Everyday Mindfulness	M 10:30-12
Game Group	TH 1-5
Open Circle	S 10:30
Scrabble	F 11:30-1:30
TED Talks	TH 12:30-1:45
Tournament Scrabble	T 12-1:50
UFO Cafe Discussion Group	3rd T 1:30-2:30

### HEALTH INSURANCE\*

Hospital San Antonio	TH 10:30-12:30
IMSS & Immigration Services	M + T 10-1 Call for Appointment 333-157-9472
Lakeside Insurance	T+TH 11-2
Ribera Medical Center	T 10:30-12:30

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

### HEALTH & LEGAL SERVICES\*

Audiology - hearing care specialists	T+W+F 9-3 (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 TH 10-1
Intercam Banking Services	M - F 10-1
Optometrist Claravision	TH 9-4 Call for appointment 331-411-1178
Solbes & Solbes	2nd M 10-12
SkyMed	1st W 11-1

### 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	T 11-12:30 (Support Group) Zoom 1st F 1:00 contact <a href="mailto:welchk4diabetes@gmail.com">welchk4diabetes@gmail.com</a>
Diabetes Support Group	M-Sat 10-2
Information Desk	M+TH 4-5
Lakeside AA	T 10-11:45
Needle Pushers	1st W 10-12
Ranch Dog Adoption Day	M 7-9
Toastmasters	M 10-1 until 15 Oct
Voter Registration	

### NEW ACTIVITIES:

#### U.S.VOTER REGISTRATION

Democrats Abroad will assist U.S. citizens in registering and requesting absentee ballots on Mondays from 10-1, on the NJ Patio until 15 October. Larry Pihl, [larry.pihl@gmail.com](mailto:larry.pihl@gmail.com), 331-704-6475

#### VISIT OUR SPONSORS AT LCS CAMPUS

We invite you to visit the Finestra, Skymed and Ribera Medical Center booths on their respective days and times.





# The Lake Chapala Society **CLASSES**

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www.lakechapalasociety.com

There is no refund

For any questions related to classes  
Please contact [education@lcsac.org](mailto:education@lcsac.org)

## Mexican Manners and More

By **Víctor Camarena**

- Wednesday, March 6
- Wednesday, April 3
- Thursday, May 2

10:00 am to 12:30 pm

General fee: \$760

This is a one session class. Participant will learn skills and knowledge on how to minimize the Cultural shock adjusting to a new country.

## Financial Planning Basics

By **Reba Mayo**

- Friday, March 15 & 22

1:00pm to 3:00pm

General fee: \$850

This two-class course focuses on the essentials for: Knowing where you stand financially, Protecting what you've got, Planning for the future.

## Getting your Jalisco Driver's License...

### Without Losing Your Mind

By **Víctor Camarena**

- Wednesday, Mar 13 CLASS  
9:30 am to 11:30 am  
Wednesday, Mar 20 TEST  
visit to the Secretaria de Transporte
- Wednesday, April 10 CLASS  
9:30 am to 11:30 am  
Wednesday, April 17 TEST  
visit to the Secretaria de Transporte

General fee: \$850

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

## Introduction to Spanish

By **Inez Dayer & Christine**

**Wysock**

- Thursday March 7, 14 & 21
- Thursday April 11, 18 & 25
- Thursday May 2, 9 & 16

10:00 am to 12:00 pm

General fee: \$790

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.



## Learn to be LOVE and Experience the THE POWER OF THE HEART

By **Jeanette Monosoff & David Sol Haley**

Friday, March 15, 22 & April 5  
10:00 am to 12:30 pm

General fee: \$1,600

In this three week class, we will learn and practice skills of the Heart that allow us to experience joy and bliss of connecting deeply to ourselves, to others, and the world.

We will discover that by being love and spreading love, the hurts and pains of the past dissolve. Ultimately, we will discover that the soul is the center from which love bubbles forth.



## Demystifying Artificial Intelligence - What we Do and Don't Yet Understand - By **Paul Bassett**

Wednesday March 20

2:00 pm to 3:00 pm

General fee: \$320

In this class, participants will learn about Intelligence & its Limits, the difference between Natural Intelligence and Artificial Intelligence (Deep Learning and ChatGPT) and its impact in the community. This workshop will also explore what lies ahead in the future as it relates to technology.



## Embrace Imperfection and Celebrate Resilience: A Japanese Kintsugi Workshop

By **Pablo Orozco**

Thursday March 21

2:00 pm to 5:00 pm

General fee: \$1,520

Join our transformative three-hour workshop rooted in the ancient Japanese tradition of Kintsugi. Discover the beauty in imperfection and celebrate resilience as you learn hands-on techniques for emotional healing. Registration includes materials, tools, and a tea tasting. Embark on this journey of self-discovery with us.



# CLASSES

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## Legends and Traditions of Mexico

By Víctor Camarena

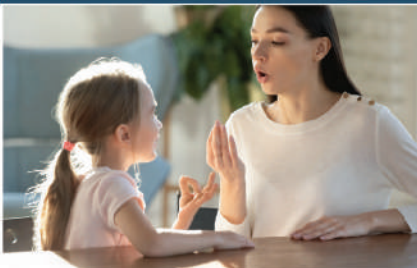
Thursday April 4

2:00 pm to 4:00 pm

General fee: \$485

In this two-hour class, discover the enchanting realm of Mexican legends and traditions in a captivating two-hour class. Explore iconic tales like Quetzalcoatl, La Llorona, and Day of the Dead, revealing the rich fusion of Native American and Spanish cultures.

## Clase en Español



## Cultura de Paz en la Vida Cotidiana

Por Alma Graciela Fuentes

Lunes 15, 22 y 29 de Abril

5:30 pm a 8:00 pm

Centro Educativo Wilkes

General fee: \$150

Únete a nuestro taller de tres lunes consecutivos donde aprenderás habilidades clave para fomentar la paz y la comunicación efectiva en comunidad. Con la experta Alma Fuentes Fierro, Maestra en Terapia Familiar. ¡Reserva tu lugar ahora!

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

By Reba Mayo

Friday, April 5

2:00 pm to 4:00 pm

General fee: \$650

Welcome to Mexico!

This is a 1-session class, will provide you with a wealth of information and resources to make your transition to Lakeside as painless as possible.

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

By Loretta Downs

• Friday, April 17 & 24

10:00 am to 12:00 pm

General fee: \$780

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.



## Medical Directives

By María de las Nieves Solbes  
& Diego Solbes

Friday, April 19

12:00 pm to 1:00 pm

General fee: \$385

Join us to discuss Medical Directives document. A very important document in Mexico that will allow your medical will to be honored.

## ESPAÑOL EN ACCIÓN

Whether you want to learn Spanish or improve your Spanish skills, this is the right course for you!

A ten week workshop from basic to advanced

Starting April to June

For more information email [educor@lcsac.org](mailto:educor@lcsac.org)

## Free Classes Clases Gratis

### Experience the Power of the Heart

By David Haley and Jeanette Monosoff, PhD

Wednesday, March 13

10:30 am to 12:30 pm

Free introductory session revealing skills that harness the power of the Heart to create the joy-filled and peace-filled life. The Heartmath skills will be explained briefly and practiced, as well as introduce the Heartmath technology for measuring one's inner state. For more information or to register, please send an email to [education@lcsac.org](mailto:education@lcsac.org)

### Introducción a la Cultura de la Paz en la Vida Cotidiana

Por Alma Graciela Fuentes

Sábado 13 de abril

10:00 am a 12:00 pm

En esta clase de introducción gratuita, participantes serán introducidos a conceptos y habilidades para en comunidad practicar el diálogo, la escucha activa y la confianza a fin de lograr una Cultura de Paz. Para más información o para registrarse, por favor envíe un correo a [education@lcsac.org](mailto:education@lcsac.org)



# TOURS

## FABULOUS TRIP TO TEQUILA JALISCO

**THURSDAY MARCH 14**

**9:30 am to 7:00 pm**

Discover Tequila, a town with an incomparable cultural and spiritual legacy in Mexico, cradle of the traditional Mexican drink. Visit the National Tequila Museum, enjoy its restaurants and explore this wonderful place. Transportation and entry to distilleries included!

Register before March 8.

**GENERAL FEE: \$1,999**

**MEMBERS GET A 30% DISCOUNT**



## VISIT TONALÁ MARKET

**THURSDAY APRIL 25**

**10:00 am to 6:00 pm**

Explore the heart of folk art at Tonalá's bustling "Tianguis," a vibrant marketplace steeped in ancient tradition. Discover exquisite ceramics, immerse in cultural heritage, and savor authentic Mexican cuisine amidst a tapestry of crafts.

**GENERAL FEE: \$1,300**

**MEMBERS GET A 30% DISCOUNT**



We will depart from La Floresta sculpture

Limited seats.

Registration required at:

LCS office | Mon to Sat | 10 am to 2 pm

[www.lakechapalasociety.com](http://www.lakechapalasociety.com)





# Be Proud

## ANNOUNCEMENT OF 2024 ANNUAL GENERAL MEETING

MARCH 19, 2024 – 10:00 AM – 12:00 NOON

Gardens of The Lake Chapala Society  
Zoom option available



## AGENDA

- 1. Call to Order**
- 2. Establishment of a Quorum**  
Alternate Quorum
- 3. Reading of Order of the Day**
- 4. Adoption of Agenda**
- 5. Receipt of Minutes**
- 6. President's Report**  
President Steve Balfour
- 7. Ratification of 2023 Financial Report**  
Treasurer Tim Boardman
- 8. Receipt of 2024 Budget Projections**  
Treasurer Tim Boardman
- 9. Ratification of Membership Categories & Dues**
- 10. Ratification of Reserve Fund Deposit**  
Treasurer Tim Boardman
- 11. Election of Board Officers & Directors-at-Large**  
Nominating Committee, Nancy Creevan.
  - Secretary
    - Candidates
  - Directors at Large
    - Candidates
- 12. Granting Power of Attorney**
- 13. LCS 2.0 Update –**  
Major accomplishments of LCS 2.0  
– Taking Care of What We Have
- 14. Annual General Meeting authorization for the Board of Directors to approve the 2024 AGM Minutes**
- 15. Adjournment**  
12:00 Noon Post AGM - Reception



# Proud of The Lake Chapala Society Community

By Luis Pacheco, Executive Director

Being a member of the Lake Chapala Society makes us feel a profound sense of pride, as it stands as a beacon of community, cultural enrichment and social responsibility. By being part of the Lake Chapala Society, individuals actively contribute to preserving and celebrating the rich cultural heritage and natural beauty of the Lake Chapala region. Through diverse programs, events, ways of volunteering and initiatives, members play a beautiful role in fostering cross-cultural understanding, supporting local artisans and promoting educational opportunities for all. The society's commitment to social responsibility is evident in its numerous community outreach projects and charitable endeavors, which address pressing issues and uplift the lives of those in need. As a member, one is not only part of a vibrant community but also an agent of positive change, making a tangible difference in the lives of individuals and the well-being of the entire community.



At the Lake Chapala Society, we take immense pride in positively impacting our community through our volunteers' dedication and hard work. Over the past year, we've orchestrated various programs and activities, each designed to enrich the lives of our members and the broader community.

With the invaluable support of over 320 volunteers, who collectively contributed an astounding 21,356 hours of service, we've created meaningful opportunities for learning, cultural exchange and social collaboration.



We take pride in our library's exceptional service, catering to over 800 members annually and curating a collection of more than 25,000 diverse titles.

Our DVD library is a testament to our commitment to entertainment and community engagement, boasting an extensive collection that serves many residents.



We are proud to enrich the lives of 545 local children through our diverse educational and cultural programs, including the Children's Art Program, Photography Classes, The Chess Club and the Bilingual Learning Community.

Our community center serves as a hub of cultural exchange and





learning, housing the Spanish library and hosting various language programs that contribute to our vibrant community.



The Lake Chapala Society takes great pride in supporting the educational aspirations of 40 local students through our Student Aid Program, ensuring they have the resources needed to pursue their college studies and achieve their academic goals.

Being proud entails experiencing a deep sense of satisfaction, fulfillment and confidence in oneself or one's achievements, affiliations, or values. It encompasses a feeling of contentment and self-worth, often from recognizing personal growth, accomplishment, or fulfilling one's aspirations. Moreover, pride can extend beyond the individual to encompass collective achievements, such as familial, communal, or organizational successes. It involves a sense of honor and dignity, rooted in the knowledge that one's actions align with their principles and contribute positively to the world around them. Ultimately, being proud signifies a profound connection to one's identity, accomplishments and values, serving as a source of motivation, resilience and self-assurance in navigating life's challenges and triumphs. So because of what being proud means, we are proud of being part of The Lake Chapala Society community.



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



**MARCH 3**  
**Victor Camarena**  
Programs | Services LCS offers  
to the Mexican Community



**MARCH 10**  
**Araceli Kopiloff**  
Ajijic Events Calendar



**MARCH 17**  
**Dr. Patricia Klauer**  
Conscious Attention Economy



**MARCH 24**  
**TED talks**  
What is TED, TEDx, and TEDxAjijic?



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# From Theoretical Knowledge to Lived Experiences

By Víctor Camarena

The Lake Chapala Society's (LCS) Department of Education and Culture is proud of itself because it not only offers theoretical information, but also opportunities for LCS members and the expatriate community at large to experience and live diverse expressions of Mexican culture, thus facilitating its assimilation to their new home.

For over 70 years, LCS has been serving the expatriate community recognizing that cultural differences are probably one of the biggest challenges they face when moving to Mexico. In addition, adapting to a new language, way of life and cultural habits and values can be a very difficult challenge to overcome. Moving to a new country means experiencing a totally different way of life. For this reason, LCS is proud to offer several classes as part of its Life Enrichment Program to help minimize these impacts. Some of these classes are: "Introduction to Spanish," "Mexican Manners," "Spanish in Action," "Getting a Mexican Driver's License" and "Discussion Groups."

Another major challenge expatriates may encounter is the feeling of isolation from having left family and friends behind. It can be very difficult to be away from the people you love. However, moving to a new country also offers the opportunity to meet new friends and form new relationships. LCS facilitates this process by offering more than 100 activities per week, from physical activities such as yoga, line dancing, stretching and balancing to games such as bridge, scrabble and Mah Jongg to support the community in creating or strengthening their social networks.

In addition, the Department of Education and Culture strives to stay fresh and innovative by offering new workshops and classes to its members and the community at large, ranging from art ("Songwriting Made Simple"), cooking and planning for the future ("Advance Health Care Planning, Living Well and Dying Well on the Lakeside" and "Financial Planning") to Legal Advice ("Rights and Obligations with Domestic Workers").

Another key element is the experiential and cultural trips that LCS offers monthly. The objective of these tours is to provide opportunities to be in live contact with Mexican culture and learn first-hand about some of the aspects that make Mexican Culture unique and very rich. Some of the past trips include: "Visit to Hospicio Cabañas," "Mexican Wrestling" and a "GDL Zoo Tour." In the coming months we will be going to the Magical Town of Tlaquepaque and to Tequila, Jalisco, the birthplace of the traditional Mexican drink.

The Lake Chapala Society prides itself on the fact that for many years it has offered a wealth of information, resources, entertainment, knowledge and opportunities to help expatriates make their transition or life on the lakeside as smooth, productive and enjoyable as possible. If you have any questions about the Education Directorate's services, classes or tours offered or if you have any recommendations, please contact Victor Camarena Martinez, Director of Education via email [education@lcsac.org](mailto:education@lcsac.org) or via WhatsApp 663-162-7500.





## Del Conocimiento Teórico a Experiencias Vividas

Por Víctor Camarena



La Dirección de Educación y Cultura (DEC) de The Lake Chapala Society -LCS- (La Sociedad del Lago de Chapala) se enorgullece de no sólo ofrecer información teórica, sino también oportunidades para que los miembros de LCS y la comunidad de expatriados en general experimenten y vivan diversas expresiones de la cultura mexicana facilitando así su asimilación a su nuevo hogar.

Por más de 70 años, LCS ha estado sirviendo a la comunidad de expatriados reconociendo que las diferencias culturales son probablemente uno de los mayores retos que enfrentan cuando se mudan a México. Además, adaptarse a un nuevo idioma, a la forma de vida y a sus hábitos y valores culturales puede ser un reto muy difícil de superar. Por esta razón, LCS se enorgullece de ofrecer varias clases como parte de su Programa de Enriquecimiento de Vida que ayudan a minimizar estos impactos. Algunas de estas clases son: “Introducción al Español”, “Modales Mexicanos”, “Español en Acción” “Obtención de la Licencia de Conducir” y “Grupos de Discusión”.

Otro reto importante que pueden encontrar los expatriados es la sensación de aislamiento por haber dejado atrás a su familia y amigos. Puede ser muy difícil estar lejos de la gente a la que quieres. Sin embargo, mudarse a un nuevo país también ofrece la oportunidad de conocer nuevos amigos y entablar nuevas relaciones. LCS facilita este proceso ofreciendo más de 100 actividades a la semana, desde actividades físicas como yoga, baile en línea, estiramientos y equilibrio hasta juegos como bridge, scrabble y Mah Jongg para apoyar a la comunidad a crear o fortalecer sus redes sociales.

Además, la Dirección de Educación y Cultura se esfuerza por mantenerse fresca e innovadora ofreciendo nuevos talleres y clases a sus miembros y a la comunidad en general que van desde arte (“Escribir canciones de una manera sencilla”), la cocina y la planificación para el futuro (“Planeación del Cuidado de Salud en el Futuro, Viviendo bien y muriendo bien en la Ribera” y “Planificación Financiera”) hasta el asesoramiento jurídico (“Derechos y Obligaciones con Trabajadores Domésticos”).

Otro elemento clave son los viajes culturales de experiencias vivenciales que LCS ofrece mensualmente. El objetivo de las experiencias vivenciales es proporcionar oportunidades para estar en contacto en vivo con la cultura mexicana

*It has been a gift for me to be able to share my extensive knowledge on end-of-life issues by teaching classes at LCS. It is also a way for me to raise funds to support the meaningful work that LCS does for our entire community. -Loretta*

y conocer de primera mano algunos de los aspectos que hacen única a la Cultura Mexicana. Algunos de los viajes pasados incluyen: “Visita a Hospicio Cabañas”, “Lucha Libre Mexicana” y un “Tour al Zoológico GDL.” En los próximos meses iremos al Pueblo Mágico de Tlaquepaque y a Tequila, Jalisco el lugar donde nació la tradicional bebida mexicana.

La Sociedad del Lago de Chapala se enorgullece de que durante muchos años ha ofrecido una gran cantidad de información, recursos, entretenimiento, conocimientos y oportunidades de ayudar a los expatriados a hacer su transición o su vida en la ribera tan fluida, productiva y agradable como sea posible. Si usted tiene alguna pregunta acerca de los servicios de la Dirección de Educación, las clases o tour ofrecidos o si tiene alguna recomendación, por favor póngase en contacto con Víctor Camarena Martínez. Director de Educación por medio de un correo electrónico [education@lcsac.org](mailto:education@lcsac.org) o vía WhatsApp 663 162 7500.



*The best part of being a member at LCS is... “Utilizing my skills” -Mary*



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## Did You Know ?

# IT'S THAT AGM TIME OF THE YEAR

By Harriet Hart

“Why should LCS members attend the LCS Annual General Meeting?” I asked President Steve Balfour over coffee at the recently opened restaurant on the grounds. “Look around you,” he gestured at the tables full of chatting customers and the busy waiters serving them all. “This is only one of the new projects we undertook in 2023. Most people don’t know the many things that go on here. If you asked people to list the activities, classes, projects, (and there are a hundred of them) most couldn’t come up with twenty.” Nor could I, and I volunteered at the Information Desk for five years.

In Steve Balfour’s opinion, the Annual General Meeting is an opportunity for the Board of Directors to showcase all the initiatives and accomplishments the organization has achieved during the previous twelve months. “Okay,” I said, “There’s a great new restaurant. What else?”

Steve asked if I had bought tickets for the Shakira concert that was held January 13th. Unfortunately, I had not. He explained that the purpose of the concert was to give a gift to the Mexican community. If an expat bought a ticket for \$500 pesos, they received two more free tickets to give away to their housekeeper, gardener or any Mexican acquaintances. If they had nobody in mind, LCS gifted the tickets on their behalf. “We filled all the seats in the Auditorium,” Steve boasted. “We sold 160 tickets and gave away 350. It was a huge success.” Steve intends to hold a similar event annually as a way of bridging the cultural gap between the two communities.

And then, there are the Amigos. Jack Knudsen is the volunteer in charge, overseeing the greeters at the front gate and the volunteers staffing the Information and Service Desks. Formerly docents, they were renamed Amigos, and their job is to welcome visitors and provide information on both the Lake Chapala Society and the community at large. And let’s not forget the toilets. “We’ve raised over \$500,000 pesos which enables us to build phase I on the south campus to house men’s and ladies’ rooms and the first totally wheelchair accessible toilet at LCS.”

Under the LCS Constitution, there must be an Annual General Meeting every year in the month of March. Fifty percent of the membership must attend but,



if that doesn’t occur, the Board must wait half an hour to see if it does. “It never has,” chuckled Steve. In the past, everyone just sat around and waited. But now, during the half hour, Steve’s intention is to inform the membership in attendance about all the LCS accomplishments. “I’m a firm believer in using the AGM to educate the membership,” he says.

Yes, there is an agenda for the AGM, and it’s pretty dull reading, but the fact is LCS is a membership based organization, with a Constitution (adopted in 2010) which in Article 7 specifies that there be an AGM with definite features which include: adoption of the long term and strategic goals of LCS, receipt of the Presidents report, ratification of financial statements and membership dues and election of Board Members. Whether you’re a rules and regulations buff or just curious, it behooves you as a member of this dynamic and evolving organization to turn up at the AGM and show support for the hard-working volunteers on the Board of Directors who make it all happen. See you on March 19th at 10 am in the lush gardens of the Lake Chapala Society (snacks will be served to attendees at the AGM.)





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¿Sabías  
qué?

## ES LA ÉPOCA DE LA JUNTA GENERAL DE MIEMBROS

Por Harriet Hart

“¿Por qué deberían asistir los miembros de LCS a la Asamblea General Anual de LCS?” Le pregunté al Presidente Steve Balfour mientras tomábamos un café en el recién inaugurado restaurante del recinto.

“Mira a tu alrededor,” señaló a las mesas llenas de clientes charlando y a los atareados camareros que los atendían a todos.

“Éste es sólo uno de los nuevos proyectos que emprendimos en 2023. La mayoría de la gente no sabe la cantidad de cosas que se hacen aquí. Si le pidieras a la gente que enumerara las actividades, clases, proyectos, (y hay cien de ellas) la mayoría no podría llegar a veinte.”

Yo tampoco, y eso que fui voluntaria en el mostrador de información durante cinco años.

En la opinión de Steve Balfour, la Junta General Anual es una oportunidad para que el Consejo de Administración muestre todas las iniciativas y logros que la organización ha conseguido durante los doce meses anteriores.

“Muy bien,” dije, “hay un nuevo restaurante estupendo ¿Qué más?”

Steve me preguntó si había comprado entradas para el concierto de Shakira que se celebró el 13 de enero. Por desgracia, no. Me explicó que el objetivo del concierto era hacer un regalo a la comunidad mexicana. Si un expatriado compraba una entrada por 500 pesos, recibía otras dos gratis para regalar a su ama de llaves, jardinero o cualquier conocido mexicano. Si no tenían a nadie en mente, LCS regalaba las entradas en su nombre.

“Llenamos todos los asientos del Auditorio,” presumió Steve. “Vendimos 160 entradas y regalamos 350. Fue un gran éxito.”

Steve tiene intención de celebrar un acto similar todos los años como forma de salvar la brecha cultural entre las dos comunidades.

Y luego están los Amigos. Jack Knudsen es el voluntario encargado de supervisar a los que dan la bienvenida en la puerta principal y a los voluntarios que atienden los mostradores de información y servicios. Su trabajo consiste en dar la bienvenida a los visitantes y proporcionar información sobre la Sociedad del Lago de Chapala y la comunidad en general.

Y no nos olvidemos de los baños. “Hemos recaudado más de \$500,000 pesos que nos permiten construir la fase I en el campus sur para albergar baños de hombres y mujeres, y el primer baño totalmente accesible para sillas de ruedas en LCS.”

Según los Estatutos de LCS, todos los años debe celebrarse una Asamblea General Anual en el mes de marzo. Debe asistir el cincuenta por ciento de los miembros, pero si no se produce, la Junta debe esperar media hora para ver si lo hace. “Nunca ha ocurrido,” se ríe Steve. Antes todo el mundo se sentaba a esperar. Pero ahora, durante la media hora, la intención de Steve es informar a los miembros asistentes sobre todos los logros de LCS. “Soy un firme partidario de utilizar la asamblea general para educar a los afiliados,” afirma.

Sí, hay un orden del día para la AGM y es una lectura bastante aburrida, pero el hecho es que LCS es una organización basada en las membresías, con una Constitución (adoptada en 2010) que en el artículo 7 especifica que hay una AGM con características definidas que incluyen: la adopción de los objetivos estratégicos, y a largo plazo de LCS, la recepción del informe del Presidente, la ratificación de los estados financieros y las cuotas de los miembros, y la elección de los miembros de la Junta. Tanto si eres un aficionado a las normas y reglamentos como si simplemente sientes curiosidad como miembro de esta organización dinámica y en constante evolución, te corresponde asistir a la Junta General Anual y mostrar tu apoyo a los voluntarios de la Junta Directiva que hacen que todo esto sea posible. Nos vemos el 19 de marzo a las 10 am en los exuberantes jardines de la Sociedad del Lago de Chapala (se servirán bocadillos a los asistentes después de la reunión).





# Fine Art Raffle to Benefit the LCS Children's Art Program

By Garry Musgrave

A beautifully framed and matted original watercolour by **Ricardo Sánchez Corona** has been donated by the artist as a raffle prize to benefit the LCS Children's Art Program. This work is titled, "*La Vuelta del Jefe (sobre ejidos de Anenecuilco)*." It is framed in a modern black art frame with a white mat, and the size of the painting (including frame) is 67x85cm (26" x 33"). **This masterpiece is valued at \$30,000 pesos!**

It depicts the revolutionary hero **Emiliano Zapata** who was born a peasant in *Anenecuilco* in the state of *Morelos*. Amongst many ideals, he promoted social justice and ownership of communal lands by indigenous people. The 1910 Revolution made his hopes and dreams a reality. He liberated the land belonging to the farmers of *Anenecuilco* and returned it to them.

You can see a reproduction of this painting hanging on the East wall of the Casa Linda Café at LCS.

Raffle tickets are on sale at LCS near the main entrance (in the ATM area.) **They are being sold Monday to Saturday (except holidays) from 10:00 am – 12:00 noon. They will be on sale from Monday February 12 until Friday April 5. Tickets cost \$100 pesos each, or 10 for \$900 pesos. The winner need not be present!**

The artist was born in Mexico City in 1992 and grew up working with his family in the chinampas (agricultural islands) of Xochimilco south of Mexico City. From an early age, he learned to appreciate the small details and colours of life around him. He spent much of his free time drawing and painting life as he saw it.

His focus and drive allowed him to attend UNAM (the prestigious National Autonomous University of Mexico) where he studied Architecture. For his thesis, he specifically studied the architecture of the *Tienda de Raya* – the building you can see behind Emiliano Zapata in this painting. His coursework included classes in watercolours — which he loved and excelled in. He studied "*Plein Air*" drawing and watercolour techniques under **Lorenza Capdevielle Van-Dyck**, an outstanding professor recognised in 2017 with the *Sor Juana Inés de la Cruz* award — the highest academic prize awarded by the UNAM.

In early 2020, he started what was to be a month-long post-graduation trip through Baja California, after which he planned to return to Mexico City to start his architecture career. In February, the world shut down because of COVID. After many weeks with little to do, he started painting. As he painted throughout the town of *Mulegé* in *Baja California Sur*, locals and expats became interested and excited about his work. So much so, that he was commissioned for many paintings and murals. As a result, he discovered that painting was his true passion — not architecture.



For the past four years, he has travelled throughout Mexico, exhibiting in various galleries — his paintings continued to sell as his reputation increased. In the Fall of 2023, Ricardo and his partner Andy visited *Ajijic* and discovered the **Lake Chapala Society**. Through this, Ricardo became aware of the **LCS Children's Art Program**, and his life changed — filled with new inspiration. The Manager of the LCS Children's Art Program, **Danielle Pagé**, saw an opportunity for him to volunteer to instruct the young artists in the program. A collaboration was spontaneously born. They both believe that when a child is inspired, the path to success has been started. Ricardo will be the leader of the watercolour workshop at this summer's Art Camp.

When Ricardo acquired a slot for a unique art exhibition at the Sol y Luna Hotel/Spa, the idea for a fundraiser for the LCS Children's Art Program was proposed. A beautiful custom watercolour painting valued at \$30,000 pesos was selected, and a raffle was decided upon.

This is really a win-win! By buying one or more raffle tickets, you can help fund the Children's Art Annual Art Camp this summer and have the opportunity to win a gorgeous watercolour painting to proudly grace your home.







# Sneezes and Breezes: Conquering Seasonal Allergies

By Sandra Baird

In the Jalisco region of Mexico, pollen often triggers common seasonal allergies from various plants, trees and grasses that flourish in its diverse climates, ranging from coastal areas to highlands. Some of the common allergens include:

1. **Grass Pollen:** Grasses in Jalisco produce pollen that can trigger allergic reactions, **especially during the dry season** when grasses are pollinating.
2. **Tree Pollen:** Trees such as oak, ash, pine and jacaranda trees release pollen in the air, **especially during the spring**, causing allergic reactions for many people.
3. **Weed Pollen:** Weeds such as ragweed, pigweed and sagebrush are often a problem during the **late summer and fall**.
4. **Mold Spores:** Mold and fungal spores are prevalent in humid and wet conditions, **especially during the rainy season**. These spores can cause allergic reactions when inhaled.
5. **Dust Mites:** A common allergen in households and can cause **year-round allergies**.

The timing and intensity of allergies vary based on the exact location within Jalisco. For example, coastal areas might have different allergenic plants compared to the highlands or urban regions like Guadalajara.

For individuals living in Jalisco, it's essential to be aware of the local pollen forecasts and to take preventive actions. Some tactics are using air purifiers, keeping windows closed during high pollen counts and consulting with a healthcare provider for allergy medications.

## Interested in Naturopathic or natural remedies for allergies? \*

For seasonal allergies like those experienced in Jalisco, Mexico, or elsewhere, several natural strategies may offer relief:

1. **Quercetin:** A natural bioflavonoid found in foods like apples, berries and onions. Quercetin is believed to help stabilize mast cells and reduce the release of histamine alleviating allergy symptoms.
2. **Nettle Leaf (Urtica dioica):** Nettle leaf used in the form of tea or supplements. It has natural anti-

histamine properties, which help manage symptoms like sneezing, itching and nasal congestion.

3. **Bromelain:** An enzyme found in pineapple juice and the pineapple stem, can help reduce nasal swelling and thin mucus, making it easier to breathe.
4. **Vitamin C:** Has natural antihistamine properties that help lower the release of histamine from immune cells and reduce symptoms. Citrus fruits, strawberries, bell peppers and broccoli are good sources.
5. **Local Honey:** Is thought to help desensitize the body to the local pollen that triggers allergy symptoms. The theory is that exposure to small amounts of pollen in honey can boost immunity over time, though scientific evidence is mixed.
6. **Omega-3 Fatty Acids:** Found in fish oil, flaxseed oil and walnuts, omega-3 fatty acids can help reduce inflammation associated with allergic reactions.
7. **Probiotics:** Beneficial bacteria, found in fermented foods like yogurt, kefir and sauerkraut, or in supplement form, supports immune function and influences the body's response to allergens.
8. **Saline Nasal Irrigation:** Using a saline solution to flush out the nasal passages helps relieve nasal congestion and remove allergens and irritants from the nasal lining.
9. **Herbal Teas:** Peppermint, ginger and green tea have anti-inflammatory properties and can provide symptomatic relief for allergic reactions.

\* Some herbs can interact with prescription medications or have side effects, so it's advisable to consult with a healthcare provider or a naturopathic doctor before starting any new treatment, especially for those with existing health conditions or who are pregnant or breastfeeding.



*"It is such a joy to see the student's eyes light up when they feel they are finally getting the lesson we are trying to teach. We receive so many rewards from students in the form of hugs, smiles and thank you's. What more can we ask for in life than to serve this wonderful Mexican population that has welcomed us into their community." -English Teacher volunteer at Wilkes*







# ANIMALS OF LCS

By Diana Hunt

One is lounging on the tabletop. Another fluffy, long-haired one is slumbering in the shade. Another sits surveying the scene. These are just a few of the LCS cats. The cats congregate on a patio behind the gazebo and the stage. It is the perfect cat sanctuary with lots of sun for sunbathing and shade under the plants for keeping cool. A stealth group informally known as the “Cat Ladies” see that they have food and water. Maybe putting a fence around the area would create a true sanctuary!

The friendly cats come to say hello to you, purring around your legs at the café. Often, those who have had little human interaction turn feral and are difficult to catch. Domestic cats that have not been properly socialized by humans or that have been abandoned or lost and have had to fend for themselves are more likely to become feral quicker than those who have been well socialized.

Cats that have been neglected may lack the trust and skills needed to remain domesticated. Feral cats regard humans not as a source of affection or security, but merely as unfamiliar and potentially threatening animals. Their behavior around people is more like their wild feline ancestors. We inspire a flight or fight instinct in them.

Unfortunately, their numbers at LCS keep growing.

Expats who lack emotion drop off their cats when they leave Lakeside, probably tossing them over the fence at night so no one can see their misdeeds. Often, they have been irresponsible owners in not spaying or neutering their animals. They obviously have never formed a bond with their animal.

In the past, LCS had a vet who came to neuter the cats at no charge. She is no longer available. We desperately need a veterinarian who could come to help out. If you have a suggestion, call the Executive Director at (376) 766-1140. You can also call him if you would like to adopt a kitty.

The Koi fish are another attraction. They live in one of several ponds that were part of Neill James’ original home. How and when the Koi came to live in these pods is lost in the misty past. Today, if you come close to the pond’s edge, the fish gather together -- opening their enormous mouths for food.

Koi fish are colorful, ornamental versions of the common carp. Carp domestication is believed to have begun in China in the 4th century. However, the Japanese popularized Koi by catching the wild fish and breeding selectively, dating back to the early 19th century.

There are now dozens of different color variations of Koi. These fish can grow up to three feet (90 centimeters) in length. Koi are omnivorous feeders who will eat just about anything found in all depths of water.



Koi are important in Japanese culture where they are first and foremost regarded as lucky symbols. In literature and art, they are frequently portrayed as emblems of fortitude, tenacity and good fortune. In the culture they are also symbolic of love and friendship, which means they are frequently presented as gifts to friends and loved ones. In Japanese gardens specifically, a Koi carp pond is considered to foster harmony and tranquility, said to bring luck to both the garden and its inhabitants.

Dogs are not thought of in connection with LCS. But the first Wednesday of each month, the Ranch dog shelter brings four or five adoptable and cat-friendly dogs to LCS to showcase the shelter, volunteering and fostering opportunities and, hopefully, to find the dogs new homes. The monthly tradition was resurrected in January after being shut down due to Covid. The dogs are walked on leashes around the patio between the sala and the gazebo or puppies might be in cages waiting to be cuddled.

LCS is one-stop shopping: tickets to events, access to classes and programs, good food -- and --your new cat or dog.



*“The best part of being a member at LCS is... to have learned Mexican hospitality and to make others feel welcome.” -Carol*



# ANIMALES DE LCS

Por Diana Hunt



Uno está tumbado encima de la mesa. Otro, esponjado y de pelo largo, dormita a la sombra. Otro está sentado observando la escena. Estos son sólo algunos de los gatos de LCS. Los gatos se reúnen en un patio detrás del quiosco y el escenario. Es el santuario felino perfecto, con mucho sol para tomar el sol y sombra bajo las plantas para mantenerse frescos. Un grupo sigiloso, conocido informalmente como las “Señoras de los Gatos” se encargan de que tengan comida y agua. Tal vez poniendo una valla alrededor de la zona se crearía un verdadero santuario.

Los simpáticos gatos vienen a saludarte, ronroneando alrededor de tus piernas en el café. A menudo, los que han tenido poca interacción humana se asustan y son difíciles de capturar.

Los gatos domésticos que no han sido socializados adecuadamente por los humanos o que han sido abandonados o se han perdido y han tenido que valerse por sí mismos tienen más probabilidades de asustarse más rápidamente que los que han sido bien socializados.

Los gatos que han sido abandonados pueden carecer de la confianza y las habilidades necesarias para seguir siendo domesticados. Los gatos silvestres no ven a los humanos como una fuente de afecto o seguridad, sino simplemente como animales desconocidos y potencialmente amenazadores. Su comportamiento con las personas se parece más al de sus antepasados felinos salvajes. Les inspiramos un instinto de huida o lucha.

Por desgracia, su número en LCS sigue creciendo.

Los antiguos dueños que carecen de emociones abandonan a sus gatos cuando se van de la ribera, probablemente arrojándolos por encima de la valla por la noche para que nadie pueda ver sus fechorías. A menudo han sido dueños irresponsables al no esterilizar o castrar a sus animales. Es evidente que nunca han creado un vínculo con su animal.

En el pasado, LCS tenía una veterinaria que venía a esterilizar a los gatos sin costo alguno. Ya no está disponible. Se necesita desesperadamente un veterinario que pueda venir a ayudar. Si tienes alguna sugerencia, llama al Director Ejecutivo al 376 766-1140. También puedes llamarle si quieres adoptar un gatito.

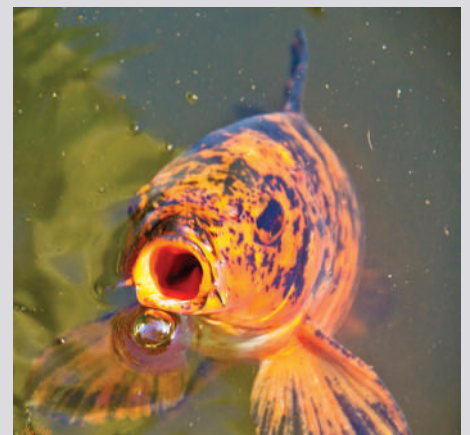
Los peces Koi son otra atracción. Viven en uno de los varios estanques que formaban parte de la casa original de Neill James. Cómo y cuándo llegaron los koi a vivir en estos lugares se pierde en el brumoso pasado. Hoy, si uno se acerca a la orilla del estanque, los peces se reúnen y abren sus enormes bocas en busca de comida.

Los peces koi son versiones coloridas y ornamentales de la carpa común. Se cree que la domesticación de la carpa comenzó en China en el siglo IV. Sin embargo, los japoneses popularizaron la carpa koi mediante la captura de peces salvajes y su cría selectiva, que se remonta a principios del siglo 19.

En la actualidad existen docenas de colores diferentes de koi. Estos peces pueden llegar a medir hasta 90 centímetros de longitud. Son omnívoros y se alimentan de cualquier cosa que se encuentre en el agua.

Los koi son importantes en la cultura japonesa, donde se les considera ante todo símbolos de la suerte. En la literatura y el arte se les representa con frecuencia como emblemas de fortaleza, tenacidad y buena fortuna. También simbolizan el amor y la amistad, por lo que suelen regalarse a amigos y seres queridos. En los jardines japoneses en concreto, se considera que un estanque con carpas koi fomenta la armonía y la tranquilidad, y se dice que trae suerte tanto al jardín como a sus habitantes.

No se piensa en los perros en relación con LCS. Pero el primer miércoles de cada mes, el refugio canino The Ranch trae a LCS cuatro o cinco perros adoptables



y amigables con los gatos para mostrar el refugio, las oportunidades de voluntariado y acogida y, con suerte, encontrarles un nuevo hogar. La tradición mensual resurgió en enero, después de haber sido suspendida debido a Covid. Se pasea a los perros por el patio entre la sala y el quiosco o los cachorros pueden estar en jaulas esperando a que los abracen.

En LCS puedes encontrar de todo: entradas para eventos, acceso a clases y programas, buena comida... y... a tu nuevo gato o perro.



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