

VOLUME 14, FEBRUARY, 2020
VOLUMEN 14, FEBRERO, 2020

FREE
GRATIS

CONEXIONES



People Helping People • Gente Ayudando Gente

Studio Art Walk Paseo del Arte

Vamos Juntos • Coming Together

PUBLICATION

THE LAKE CHAPALA SOCIETY
AJUJIC, MEXICO

PUBLICACION

Charter Club Tours & Travel Agency

Veraacruz

Let your heart beat to the rhythm of
the Marimba and the Danzon



Tour: **January 22 - 27, 2020**
6 days - 5 nights

Queretaro

A treasure waiting to be discovered

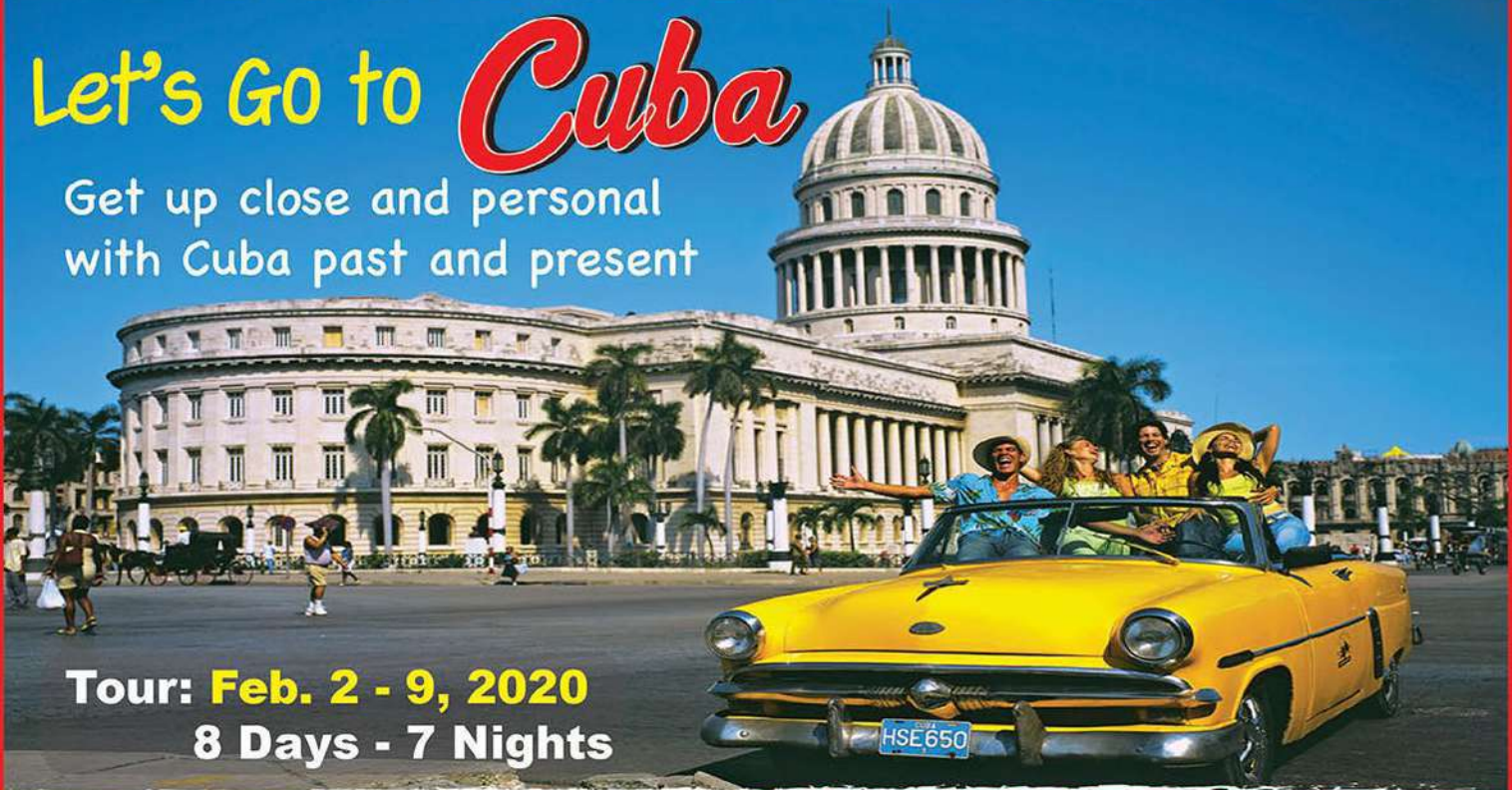
Tour: **Feb 17 - 20, 2020**
4 days - 3 nights

Experience and enjoy
the wine & Cheese route



Let's Go to Cuba

Get up close and personal
with Cuba past and present



Tour: **Feb. 2 - 9, 2020**
8 Days - 7 Nights

Charter Club Tours & Travel Agency

Carretera Oriente 46 in Ajijic, Lake Chapala
Across from Pemex Gasoline Station in Ajijic
www.charterclubtours.com

(376) 766-1777

info@charterclubtours.com

Exclusivity is about enjoying the best in financial services. Discover HSBC Premier.

Benefits and services designed to fulfill your financial needs.

- HSBC Premier World Elite Credit Card
- Premier Account + HSBC Premier Infinite Debit Card



For more information, please visit us at:

Ajijic Branch

Carretera Chapala-Jocotepec No.206 Local 2
San Antonio Tlayacapan 45915 Chapala, Jalisco.

Phone (376) 7661484

HSBC Premier Call Centre (55) 5721 3389



HSBC
Premier

Together we thrive

Exclusividad es disfrutar lo mejor en servicios financieros. Conozca HSBC Premier. Beneficios y servicios diseñados para satisfacer todas sus necesidades financieras.

• Tarjeta de Crédito HSBC Premier World Elite
• Cuenta Premier + Tarjeta de Débito HSBC Premier Infinite
Pregunte en su Sucursal Ajijic: Carretera Chapala - Jocotepec No. 206 Local 2 San Antonio Tlayacapan 45915 Chapala, Jalisco.
Teléfono (376) 7661484 Línea Premier 55 5721 3389



Cuenta Premier y su Tarjeta de Débito HSBC relacionada se encuentran protegidas por el IPAB hasta por un monto equivalente a 400 mil UDI por cliente por institución, lo anterior, de conformidad con las disposiciones legales que regulan dicho instituto. Página web: www.ipab.org.mx

Emisora de la tarjeta de crédito: HSBC México S.A., Institución de Banca Múltiple, Grupo Financiero HSBC. Consulte requisitos, términos, condiciones de contratación y comisiones en www.hsbc.com.mx
HSBC, HSBC Premier y sus logotipos son marcas registradas en México.

The Lake Chapala Society

Mission & Vision

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

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

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

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

Board of Directors

President / Presidente: Carole Wolff (2020)

Treasurer / Tesorero: Tim Boardman (2021)

Secretary / Secretario: George Radford (2020)

Directors / Directores: Larry Barnhart, Antoinette Brahm, Christy Caldwell, Brian Dalziel, Howard Feldstein, Gin Pelzl, Janis Sirany, Elizabeth Villaseñor, Mac Whyte

Immediate Past President / Antiguo presidente: Ben White

Executive Director / Director Ejecutivo: Steve Balfour

Conecciones Team

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

Publisher / Editorial: Lake Chapala Society

Editor-in-Chief / Editor en Jefe: Steve Balfour

Managing Editor / Gerente de Edición: Rachel McMillen

Department Editor / External / Depto. de Edición Externo: Harriet Hart

Department Editor / Internal (G) / Depto. de Edición Interno: Diana Ayala

Art & Design / Arte y Diseño: Domitzu Medrano B.

Production Manager / Director de producción: Marianne Carlson

Conecciones welcomes submissions of articles from Lakeside authors — we reserve the right to edit as necessary. Submissions should be in MSWord 600 words, and should be directed to submissions@lakechapalasociety.com. Advertisement inquiries should be directed to ventas@lakechapalasociety.com.

Propuestas de artículos para la revista Conecciones. Nos reservamos el derecho de editar según sea necesario. Las consultas deben dirigirse a editor@lakechapalasociety.com. Las consultas sobre publicidad deben dirigirse a ventas@lakechapalasociety.com.

All prices include free design work except business card ads. All ads/ad information must be submitted by the 16th of the month for inclusion in the next month's magazine. Send to ventas@lakechapalasociety.com / Todos los precios incluyen el trabajo de diseño gratuito, excepto los anuncios de tarjetas de presentación. Todos los anuncios/información de anuncios deben ser enviados antes del día 16 del mes para su inclusión en la revista del mes siguiente. Enviar a ventas@lakechapalasociety.com

Conecciones Advertising Prices / Precios de los Anuncios

	Cost / Precio	with/ con IVA
Back cover / Contraportada (8.5 x 11" / 22 x 28 cm)	\$4,620	\$5,359.20
Inside front & back cover / Contraportada interna (8.5 x 11" / 22 x 28 cm)	\$4,100	\$4,756.00
Full page / Página completa (8 x 10.5" / 20 x 27 cm)	\$3,360	\$3,897.60
1/2 page / 1/2 página (5.25 x 8" / 13 x 20 cm)	\$1,950	\$2,262.00
1/4 page / 1/4 página (4 x 5.25" / 10 x 13 cm)	\$1,050	\$1,218.00
1/8 page-business card / 1/8 página-tarjeta de presentación (3.25 x 2" / 8 x 5 cm)	\$ 370	\$ 429.20

INDEX / ÍNDICE

- 03 Welcome to 2020 / ¡Bienvenido al 2020!
- 04 **KNOW YOUR NEIGHBORS** Francisco the Coffee Man
- 05 **CONOZCA A SUS VECINOS** Francisco, el hombre del café
- 06 **COMMUNITY OUTREACH** Rescue the Children, Save the Village
- 07 **ALCANCE COMUNITARIO** Rescatar a los Niños, Salvar el Pueblo
- 08 Fair Trade & Bargaining in Mexico: How are folk artists affected?
- 09 *Comercio Justo y regateo en México: ¿Cómo afecta a los artesanos?*
- 10-11 **ECO VERDE** Jalisco Leads the Way for Environmental Change / Jalisco a la cabeza en proteger el ambiente
- 12 Working with the Community
- 13 *Trabajando con la comunidad*
- LCS 1-4 **Pullout Section / Sección de extracción**
- 16 **COVER STORY STUDIO ART WALK**
- 18 **ARTÍCULO DE PORTADA** Paseo del Arte
- 20 **WRITING FROM WILKES** San Antonio Tlayacapan Past History & Present Goals
- 22-23 **SALUD** The Other Dehydration / La otra deshidratación
- 24 **BUEN PROVECHO** New Restaurant Guide
- 25 **LAKESIDE WRITERS** Anniversary
- 26 Investments Part 2
- 27 **COSTUMBRES Y CULTURA** ¿Amack, hamac o hamaca?

COVER is by 17-year-old Alonso Romero Ibarra from the LCS Children's Art Program / La portada es de Alonso Romero Ibarra, de 17 años, del Programa de Arte Infantil de LCS

Lake Chapala Society

Welcome to 2020

¡Bienvenido al 2020!

This year, the Lake Chapala Society will be celebrating the 65th anniversary of its founding. What began with 21 charter members eager to serve the needs of other foreigners here at Lakeside has grown into the oldest and largest organization of its kind in the world. The Chapala Society, which is what it was called then, began by offering information services to its members. As the Society grew, it created programs and services to not only meet the needs of fellow foreigners but those in the Mexican community, including the children's art classes, English as a Second Language and scholarship programs. Today, LCS owns and operates the only Spanish library in greater Ajijic, as well as one of the largest English libraries in Mexico and supports over 150 ongoing programs, services and events annually to its 2,500 members and thousands of non-members throughout Lakeside.

With the ever-increasing number of foreigners living and retiring at Lakeside, LCS decided it could not rest on its laurels. In 2019, we undertook a comprehensive planning process beginning with an extensive analysis of input from key stakeholders along with a review of studies and plans that date back two decades. Our scope of work included a focus on programs, services and events, the conditions of the buildings and grounds along with ways to fund both campus improvements and program development. In order to accomplish an initiative of this scale, a great deal of organizational development, strategic planning and communication from all facets of the organization was included in the plan. LCS will take the best practices from LCS 1.0, with its rich history, culture and traditions of programs, services and events over the past 65 years to transform the organization through what is referred to as LCS 2.0, a comprehensive long-range plan for the Lake Chapala Society designed to be completed within 10 years.

The overarching themes of LCS 2.0 are to create greater collaboration between and among the Mexican and foreign communities, expand the use of information technology and establish a culture of continuous quality improvement. (Same themes but in a different order) In all, LCS 2.0 consists of 42 far-reaching goals clustered into five broad categories: Organizational Development, Community Engagement, Program Development, Campus Re-development and Fund Advancement. These goals have been assigned to appropriate individuals or standing committees to set annual priorities and develop a work plan to accomplish them. Each month, these standing committees and individuals report to the Board of Directors on the progress they are making.

LCS 2.0 is positioning the Lake Chapala Society to become the premier Lakeside organization to serve the growing needs of both the foreign and Mexican communities. Their hope is to take these best practices and transform the organization into something truly unique, unparalleled and one that is respected and admired by all Lakeside residents.

Lake Chapala Society is seeking your support to help us make LCS 2.0 a reality!

Carole Wolff, Board President
Larry Barnhardt, President Community Committee

Este año, The Lake Chapala Society, celebra el 65 aniversario de su fundación. Lo que comenzó con 21 miembros fundadores deseosos de servir las necesidades de otros extranjeros aquí en la Ribera ha crecido hasta convertirse en la organización más antigua y grande de su tipo en el mundo. The Chapala Society, que es como se llamaba entonces, comenzó ofreciendo servicios de información a sus miembros. A medida que creció, se crearon programas y servicios para satisfacer no sólo las necesidades de los extranjeros, sino también las de la comunidad mexicana, incluyendo clases de arte para niños, inglés como segundo idioma y programas de becas.

Hoy en día, LCS es propietaria y opera la única biblioteca en español en Ajijic, así como una de las bibliotecas en inglés más grandes de México, apoya más de 150 programas, servicios y eventos anuales a sus 2,500 miembros y miles de no miembros a lo largo del Lago.

Con el creciente número de extranjeros viviendo y retirándose en la zona, LCS decidió que no podía dormirse en sus laureles. En 2019, emprendimos un proceso de planificación integral que comenzó con un extenso análisis de los aportes de las principales partes interesadas junto con una revisión de estudios y planes que datan de dos décadas atrás. Nuestro alcance de trabajo incluyó un enfoque en programas, servicios y eventos, las condiciones de los edificios y terrenos junto con formas de financiar tanto las mejoras del campus y un programa de desarrollo. Para lograr una iniciativa de esta escala, se incluyó en el plan una gran cantidad de desarrollo organizativo, planificación estratégica y comunicación de todas las facetas de la organización. Se tomaron las mejores prácticas de LCS 1.0, con su rica historia, cultura y tradiciones de programas, servicios y eventos de los últimos 60 años para trascender la organización a través de lo que se conoce como LCS 2.0, un plan integral de largo alcance para Lake Chapala Society diseñado para ser completado dentro de 10 años.

Los temas centrales de LCS 2.0 son establecer una cultura de mejora continua de la calidad, expandir el uso de la tecnología de la información y crear una mayor colaboración entre las comunidades mexicanas y extranjeras. En total, LCS 2.0 consiste en 42 objetivos, agrupados en cinco grandes categorías: Desarrollo Organizacional, Participación Comunitaria, Desarrollo de Programas, Reurbanización de Campus y Procuración de Fondos. Estas metas han sido asignadas a los individuos apropiados o a los comités permanentes para establecer las prioridades anuales y desarrollar un plan de trabajo para cumplirlas. Cada mes, estos comités permanentes e individuos informan a la Junta Directiva sobre el progreso que están haciendo.

LCS 2.0 está posicionando a Lake Chapala Society, para que se convierta en la principal organización a orillas del lago para servir las crecientes necesidades de las comunidades extranjeras y mexicanas. Su esperanza es tomar estas mejores prácticas y transformar la organización en algo verdaderamente único, sin paralelo, que sea respetado y admirado por todos los residentes de la Ribera.

¡The Lake Chapala Society, busca tu apoyo para ayudarnos a hacer de LCS 2.0 una realidad!

Carole Wolff, Presidente de la Junta Directiva
Larry Barnhardt, Presidente del Comité Comunitario

KNOW YOUR NEIGHBORS

Francisco the Coffee Guy is a popular fixture here in Ajijic, where he can be seen almost every day standing at the back of his little red truck, grinding coffee beans. Although many recognize his smiling face and respond to his cheery wave, few know much about him.

Francisco García Martínez comes from Veracruz, where he owns 22 hectares of land planted in coffee trees and corn. While he is in Ajijic selling the coffee that he grows on his plantation, his wife of 37 years, María Luisa, and his children, Guadalupe (19), Francisco (18), and Luis Gabriel (13), tend the plants, then pick and roast the beans.

Every four weeks, when his supply runs low, Francisco makes the fourteen-hour drive back to Veracruz to help with the work there and spend time with his family, but he can't linger. After only a few days, he has to leave them again and climb back in his truck for the return trip, now with a new load of freshly roasted beans.

One of the warmest, friendliest people around, Francisco's life has not been an easy one. He had only two years of schooling when his father walked out of his life, so when he was only 13 years old, Francisco began working 10 to 20 hour days harvesting soapstone, a stone used for bleaching. When the manager of the mine discovered his age, he was forced to leave, and for the next nine years he picked crops for eight pesos a day. It was hard work, but one of those crops

Francisco the Coffee Man

By Rachel McMillen



was coffee, and so Francisco learned “on the job” just what was needed to grow it successfully.

Over the years, as his business grew, Francisco, wanting to expand his market, found that many Mexican cities where he tried to sell his beans, were too dangerous, and even now he worries about his family back in Veracruz, because of the drug trafficking there.

He discovered Ajijic 18 years ago and has been coming here ever since. Early each morning he parks his truck on the side of the *carretera* where he rents space in front of the Actinver bank, and there he stays until late at night, when he goes to his rented bed for a few hours.

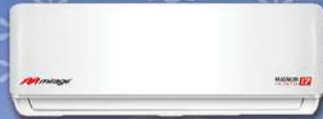
In spite of the long hours and the time he has to spend away from his family, he says that Ajijic is a great place and he enjoys all the *fiestas* as he gets to meet people from all over the world. He loves to meet and greet Americans, Canadians and people of other nationalities, all of whom he says are friendly.

For his many customers, it's Francisco who is always friendly and eager to help. They have learned they can count on not only his friendliness and eagerness to help, but also his amazing service, and they are greeted with a smile and a wave every time they pass by.

If the rich aroma of his coffee is not enough to entice you to stop, then the opportunity to chat with such a warm and vibrant man certainly is.

CONFORT climas & Solar

Sistemas de Aire Acondicionado
Refrigeración y Energía solar



mirage

YORK

Gerardo Pelayo

☎ 33 1180 8581

☎ 33 1549 5369 **f** CONFORT climas chapala

✉ gerardoconfortclimas@gmail.com

📍 HIDALGO #90 RIBERAS DEL PILAR C.P. 45906

CONOZCA A SUS VECINOS

Francisco, el hombre del café

Por Rachel McMillen



Francisco el hombre del café es un accesorio popular aquí en Ajijic, donde se le puede ver casi todos los días parado en la parte trasera de su pequeño camión rojo, moliendo granos de café. Aunque muchos reconocen su cara sonriente y responden a su alegre saludo, pocos saben sobre él.

Francisco García Martínez viene de Veracruz, donde es dueño de veintidós hectáreas de tierra plantada con árboles de café y maíz. Mientras está en Ajijic vendiendo el café que cultiva en su plantación, su esposa de treinta y siete años, María Luisa, y sus hijos, Guadalupe (19), Francisco (18) y Luis Gabriel (13), cuidan las plantas, cosechan y tuestan los granos.

Cada cuatro semanas, cuando se le acaban las provisiones, Francisco hace el viaje de catorce horas de regreso a Veracruz para ayudar con el trabajo allí y pasar tiempo con su familia, pero no puede quedarse. Después de sólo unos días, tiene que dejarlos de nuevo y volver a subir a su camioneta para el viaje de regreso, ahora con una nueva carga de café recién tostado.

La vida de Francisco, una de las personas más cálidas y amigables del mundo, no ha sido fácil. Sólo llevaba dos años de estudios cuando su padre salió de su vida, cuando sólo tenía trece años Francisco empezó a trabajar diez o veinte horas diarias cosechando piedra de jabón, una piedra que se usa para blanquear. Cuando el gerente de la mina descubrió su edad, se vio obligado a irse, y durante los siguientes nueve años cosechó por ocho pesos al día. Era un trabajo duro, pero uno de esos cultivos era el café, y así Francisco aprendió “en el trabajo” justo lo que se necesitaba para cultivarlo con éxito.

Con el paso de los años, a medida que su negocio crecía, Francisco, queriendo expandir su mercado, encontró que muchas ciudades mexicanas donde trató de vender sus granos, eran demasiado peligrosas, e incluso ahora se preocupa por su familia en Veracruz, debido al tráfico de drogas allí.

Descubrió Ajijic hace dieciocho años y ha estado viniendo aquí desde entonces. Cada mañana temprano estaciona su camioneta al lado de la carretera donde renta un espacio frente al banco Actinver, y allí se queda hasta tarde en la noche, cuando se va a su cama rentada por unas horas.

A pesar de las largas horas y el tiempo que tiene que pasar lejos de su familia, dice que Ajijic es un gran lugar y que disfruta de todas las fiestas mientras conoce gente de todo el mundo. Le encanta conocer y saludar a estadounidenses, canadienses y gente de otras nacionalidades, todos los cuales dice que son amables y siempre están dispuestos a ayudar.

Para sus muchos clientes, es Francisco quien siempre es amigable y está deseoso de ayudar. Han aprendido que pueden contar no sólo con su amabilidad y su afán de ayudar, sino también con su increíble servicio, y son recibidos con una sonrisa y un saludo cada vez que pasan por allí.

Si el rico aroma de su café no es suficiente para tentarte a parar, entonces la oportunidad de charlar con un hombre tan cálido y vibrante sí lo será.

Does food control your life?



DON'T WALK AWAY There is a place for you!

Do you overeat, binge, purge, or starve, even if you don't want to?
Do you constantly diet and still not lose weight?

Do you hate your body?
Do you eat and feel guilty?
Do you sneak or steal food?

VISIT WWW.OAQUIZ.ORG
TO TAKE OUR QUIZ AND FIND OUT HOW WE CAN HELP.
THERE ARE NO DUES OR FEES.

Lake Chapala - Area Meetings
Mon. Noon & Thurs. 10:15 am

Lakeside Little Chapel, Carretera #10, Chula vista
(Next to Chula Vista Golf Club, Between San Antonio & Mirasol)

For info: 376 - 766 - 4409
Sugarfreeme@hotmail.com or go to OA.org

COMMUNITY OUTREACH

Rescue the Children, Save the Village

By Margaret van Avery



The *pueblo* of San Juan Cosalá, best known for its thermal baths and *Viva Mexico* restaurant, has 8,000 inhabitants, including some 2,000 children between ages 6 and 12 years. A struggling village, many inhabitants experience serious problems of unemployment or under-employment, inadequate

housing, drug addiction, and alcohol abuse. The village is subject to street crime, and kids, caught in a web of hopelessness, often drop out of school early.

Some expats, well-known musicians from Ajijic, Guadalajarans, and members of the SJC community, identified a need and knew of successful social rescue programs through music education throughout the world. They had a vision of transforming the SJC children's lives by importing such a model to SJC. *Música Para Crecer A.C.*, also known as The San Juan Cosalá Children's Chorus and Orchestra, and OFIRC (*Orquesta Filarmonica Infantil de la Ribera de Chapala*), became a bona fide Mexican charity in 2013.

The primary objective of the program is to use music education as a tool for changing the lives of children stuck in the rut of poverty and the terrible outcome of despair that accompanies it. The project remedies these issues through music education for boys and girls ages 6 to 18, not just poor children, but those of all social strata. Music is a powerful tool for intellectual and cognitive development. The program provides a window of spiritual nourishment and hope in a community that was showing signs of social decay. The goal is to guarantee each child a quality education that inspires through artistic and cultural enrichment, thus reducing street risk.

Many children in the program are highly gifted in both the visual and musical arts, but the program also motivates the kids to care about the community and accept social and civic responsibility. They are taught values and teamwork. A recent study on quality education sponsored by the Secretary of Culture for Jalisco, evaluated *Música Para Crecer*, noting the children's progress and interviewing parents and teachers. They pronounced the program a success, saying that these students are examples for the community in scholastic achievement, self-esteem, and family conduct. As such, they were pronounced change agents to improve the underlying matrix of the community. Money invested through state and federal grants has reaped great dividends, saving money that would have otherwise been necessitated by early school dropouts, street crime, drugs, and unemployment.

Now, the program is facing a crisis because their grants

have been discontinued. Their operating costs are basic, covering only the wages of an academic director, artistic director, three music teachers, an accountant, janitorial and office help. Including taxes, their annual budget runs around \$380,000 pesos. In the past, what they lacked from grants, they made up for through concert income and had sufficient pesos left over to finance trips to other countries for competitions and children's festivals. Such travel has been considered an integral part of the program to expand horizons for the kids and inspire them to higher achievement.

Just one of many similar testimonials is by Armando (not his real name), who has benefited from the program for four years. He is 14 now and writes that when he was 11, his family life was unbearable and he hated school. He hung out in the streets with friends and had a dismal outlook for the future. Upon enrolling in the program, he learned the violin and plays in the orchestra. It has totally changed his life. He says he no longer hangs out in the streets. Between preparing his academic studies, practicing his violin, and attending orchestra rehearsals, he doesn't have time.

By now, it must be obvious that by supporting *Música Para Crecer*, we are rescuing not just the children, but the village as well. There are several ways individuals can offer support, e.g., donate an instrument that you no longer play or write a check or become a sponsor.

To donate an instrument, please contact Dani Medeles: danymedeles@gmail.com. If you prefer if you prefer, you can make a financial donation through the Foundation for Lake Chapala Charities (www.LakeChapalaCharities.org). U.S. citizens who donate through this channel are able to receive IRS tax credit, but anyone can donate this way. Go to the site and fill out the form. When you get to the Select Charity section, choose OTHER. Then in the comment field, please enter *MUSICA PARA CRECER*. You can also pay through PayPal. If you have problems, call 333-117-2927 or 376-766-2606. You may also make a direct donation by contacting *Música Para Crecer* Board President Coco Wonchee at 333-200-5563 or soco.wonchee@gmail.com.



ALCANCE COMUNITARIO



Rescatar a los Niños, Salvar el Pueblo

Por Margaret van Avery

El pueblo de San Juan Cosalá (SJC), conocido por sus baños termales y el restaurante Viva México, tiene 8,000 habitantes, incluyendo unos 2,000 niños de entre 6 y 12 años. Un pueblo que lucha, muchos habitantes experimentan serios problemas de desempleo o subempleo, vivienda inadecuada, drogadicción y abuso de alcohol. El pueblo está sujeto a la delincuencia callejera, y los niños atrapados en una red de desesperanza a menudo abandonan la escuela antes de tiempo.

Algunos extranjeros, músicos de Ajijic, Guadalajara, y miembros de la comunidad SJC, identificaron una necesidad y sabían de programas exitosos de rescate social a través de la educación musical en todo el mundo. Con la visión de transformar las vidas de los niños del SJC llevaron a cabo dicho modelo. Música Para Crecer A.C., también conocida como el Coro y Orquesta Infantil de San Juan Cosalá, y OFIRC, se convirtió en una organización benéfica mexicana en 2013.

El objetivo principal del programa es utilizar la educación musical como una herramienta para cambiar las vidas de los niños atrapados en la rutina de la pobreza y los terribles resultados de la desesperación que la acompañan. El proyecto remedia estos problemas a través de la educación musical para niños y niñas de 6 a 18 años, no sólo los niños pobres, sino los de todos los estratos sociales. La música es una herramienta poderosa para el desarrollo intelectual y cognitivo. El programa proporciona una ventana de alimento espiritual y esperanza en una comunidad que estaba mostrando signos de decadencia social. El objetivo es garantizar a cada niño una educación de calidad que inspire a través del enriquecimiento artístico y cultural, reduciendo así los riesgos de la calle.

Muchos niños en el programa son altamente dotados en las artes visuales y musicales, pero el programa también motiva a los niños a preocuparse por la comunidad y aceptar la responsabilidad social y cívica. Se les enseñan valores y trabajo en equipo. Un estudio reciente sobre la calidad de la educación patrocinado por la Secretaría de Cultura de Jalisco, evaluó Música Para Crecer, señalando el progreso de los niños y entrevistando a padres y maestros. Ellos declararon que el programa es un éxito, diciendo que estos estudiantes son ejemplos para la comunidad en cuanto a logros académicos, autoestima y conducta familiar. Como tales, fueron pronunciados agentes de cambio para mejorar la matriz subyacente de la comunidad. El dinero invertido a través de subvenciones estatales y federales ha cosechado grandes dividendos, ahorrando dinero que de otra manera hubiera sido necesario por la deserción escolar temprana, el crimen callejero, las drogas y el desempleo.

Ahora el programa está enfrentando una crisis porque sus subvenciones han sido descontinuadas. Sus costos de operación son básicos, cubriendo solamente los salarios de un director académico, un director artístico, tres profesores de

música, un contador, un conserje y ayuda de oficina. Incluyendo los impuestos, su presupuesto anual ronda los \$380,000 pesos. En el pasado, lo que les faltaba de subvenciones lo compensaban con los ingresos de los conciertos y les sobraban suficientes pesos para financiar viajes a otros países para concursos y festivales infantiles. Estos viajes se han considerado una parte integral del programa para expandir los horizontes de los niños e inspirarlos a un mayor rendimiento.

Uno de los muchos testimonios es el de Armando (no es su nombre real), quien se ha beneficiado del programa durante cuatro años. Ahora tiene 14 años y escribe que cuando tenía 11 años, su vida familiar era insoportable y odiaba la escuela. Andaba por las calles con amigos y no tenía perspectivas de futuro. Al inscribirse en el programa, aprendió a tocar el violín y tocar en la orquesta. Esto ha cambiado totalmente su vida. Entre la preparación de sus estudios académicos, la práctica de su violín y la asistencia a los ensayos de la orquesta, no tiene tiempo.

A estas alturas debe ser obvio que al apoyar a Música Para Crecer estamos rescatando no sólo a los niños, sino también al pueblo. Hay varias maneras en que los individuos pueden ofrecer su apoyo, por ejemplo, donar un instrumento que ya no tocan o escribir un cheque o convertirse en un patrocinador.

Para donar un instrumento, por favor contacte con Dani Medeles: danymedeles@gmail.com. Si usted prefiere hacer una donación financiera a través de la Fundación de Caridades del Lago de Chapala (www.LakeChapalaCharities.org). Los ciudadanos estadounidenses que donan a través de este canal pueden recibir crédito fiscal del IRS, pero cualquiera puede donar de esta manera. Vaya al sitio y llene el formulario. Cuando llegue a la sección de Select Charity, elija OTRA. Luego en el campo de comentarios, por favor ingrese MUSICA PARA CRECER. También puede pagar a través de PayPal. Si tiene problemas, llame al 333-117-2927 o al 376-766-2606. También puede hacer una donación directa contactando a la Presidenta de la Junta Directiva de Música Para Crecer, Coco Wonchee, al 333-200-5563 o soco.wonchee@gmail.com.

Cugini's Boutique
• Trends Start Here •
✉ loiscugini@gmail.com
📍 Morelos #15, Ajijic.
☎ Tel. (376) 766 1790
📱 [cuginisboutique](https://www.facebook.com/cuginisboutique)

FABULOUS STYLES ARRIVING

Fair Trade & Bargaining in Mexico: How are folk artists affected?

By Marianne Carlson & Peggy Stein, Mexico by Hand



FAIRTRADE

What is “Fair Trade?” Fair Trade is a trading partnership, based on negotiation, transparency, and respect, that seeks greater fairness for the original creator/producer in international trade so that artisans are able to continue working at their craft. It addresses the injustices of standard trade, which traditionally discriminates against the poorest and weakest producers, and enables them to improve their position and have more control over their lives.

Fair Trade addresses the exploitation of uneducated, unsophisticated workers who are given no option but to price their products much lower than what is “fair” in order to make a meagre living.

With Fair Trade, the buyer has the power to change the world every day. With simple shopping choices, they can give artisans a better deal. And that means artists can make their own decisions, control their future and lead the dignified life everyone deserves. Fair trade is sometimes the difference between breakdown and survival for rural communities

Here in Mexico, many artisan men have been forced to leave their homes in order to find more constant work in a large city or north of the border. This exodus has made it hard on small, poor communities, but has had an unexpected benefit — the women, left to support their families alone, have picked up where the men left off and have become the producers in order to make ends meet.

At first, the women met with opposition and backlash from within their own community, where people were not accustomed to women earning income outside their homes. That attitude has changed and women, whose role was once very degraded, now have more power, and are protecting their own liberty. Through the upheaval of mass migration, women have found a foothold in a local economy that previously had no place for them as entrepreneurs. Knowing the hardships these communities face, it is only right that they want “fair” prices for their efforts.

More and more consumers care that artisans are paid fairly, and bargaining for a “deal” takes advantage of the position of the artisan who made the item by trying to coerce the artist into lowering their price. That in turn forces them to undervalue their work and it is, in simple terms, exploita-



Each huipil takes hours of work a day and at least one month to complete, longer if the weaver also has young children to care for at home. For the finest pieces, it can take up to 6 months.

tion. There is now a movement in Mexico to discourage buyers from bargaining and to encourage them to accept the price asked. What is a fair price? Ask any ten people what they believe is a “fair wage” for an artisan who spends weeks hand-weaving a rebozo, and you will get ten different answers. A “fair” wage in Mexico is at least the minimum wage. As of January 2020, minimum wage is \$128.41 Mexican pesos (U.S. \$6.73) per day. Would you work weeks weaving a garment for \$6.73 USD a day? So, why should an artisan’s time be worth less than yours? Obviously, what is fair in Mexico is different from what is fair in the U.S., but artisans set what they consider to be a “fair” price.

Every so often, someone attending the annual Feria Maestros del Arte in Chapala will ask about fair trade prices. Since the artisans set the prices themselves, the Feria always tries to ensure the artisans offer “home” prices (the price they would ask if you were purchasing from their home) as they pay nothing to attend the Feria, and therefore do not need to add expenses to the asking price.

In the end, the buyer is the one who determines not only the price, but also the value.

It’s all about being “fair.”



First, Juana Gómez Ramírez from Chiapas hand coils the pot. Once painted, it is fired — the entire process taking a week or longer.

Comercio Justo y regateo en México: ¿Cómo afecta a los artesanos?

Por Marianne Carlson &
Peggy Stein, Mexico by Hand

¿Qué es el “Comercio Justo”? El Comercio Justo es una asociación comercial, basada en la negociación, la transparencia y el respeto, que busca una mayor equidad para el creador/productor original en el comercio internacional para que los artesanos puedan seguir trabajando en su oficio. Aborda las injusticias del comercio

estándar, que tradicionalmente discrimina a los productores más pobres y débiles, les permite mejorar su posición y tener más control sobre sus vidas.

El Comercio Justo aborda la explotación de los trabajadores sin educación y sin experiencia a los que no se les da otra opción que la de poner un precio a sus productos mucho más bajo de lo que es “justo” para ganarse la vida de forma precaria.

Con el Comercio Justo, el comprador tiene el poder de cambiar el mundo cada día. Con simples opciones de compra, pueden dar a los artesanos un mejor trato. Y eso significa que los artistas pueden tomar sus propias decisiones, controlar su futuro y llevar la vida digna que todos merecen. El comercio justo es a veces la diferencia entre el colapso y la supervivencia de las comunidades rurales

Aquí en México, muchos hombres artesanos han sido forzados a dejar sus casas para encontrar un trabajo más constante en una gran ciudad o al norte de la frontera. Este éxodo ha sido difícil para las comunidades pequeñas y pobres, pero ha tenido un beneficio inesperado: las mujeres, que se han quedado solas para mantener a sus familias, han seguido donde los hombres lo dejaron y se han convertido en productoras para poder llegar a fin de mes.

Al principio, las mujeres se encontraron con la oposición y la reacción de su propia comunidad, donde la gente no estaba acostumbrada a que las mujeres obtuvieran ingresos fuera de sus hogares. Esa actitud ha cambiado y las mujeres, cuyo papel antes estaba muy degradado, ahora tienen más poder y están protegiendo su propia libertad. A través de la migración masiva, las mujeres han encontrado un punto de apoyo en una economía local que antes no tenía lugar para ellas como empresarias. Conociendo las dificultades que enfrentan estas comunidades, es válido que quieran precios “justos” por sus esfuerzos.

Cada vez más consumidores se preocupan por que los artesanos reciban un pago justo, y son conscientes de que al negociar un “trato” se aprovechan de la posición del artesano que hizo el artículo tratando de coaccionar al artista para que baje su precio. Esto a su vez les obliga a infravalorar su trabajo y es, en términos sencillos, una explotación. Actualmente existe un movimiento en México para desalentar a los compradores de negociar

y para animarlos a aceptar el precio pedido.

¿Qué es un precio justo? Pregúntele a diez personas cualquiera lo que ellos creen que es un “salario justo” para un artesano que pasa semanas tejiendo a mano un rebozo, y obtendrá diez respuestas diferentes. Un salario “justo” en México es por lo menos el salario mínimo. A partir de enero de 2020, el salario mínimo es de 128.41 pesos mexicanos (6.73 dólares) por día. ¿Trabajarías semanas tejiendo una prenda de vestir por \$6.73 USD al día? Entonces, ¿por qué el tiempo de un artesano debería valer menos que el suyo? Obviamente, lo que es justo en México es diferente de lo que es justo en los Estados Unidos, pero los artesanos establecen lo que consideran un precio “justo”.

De vez en cuando, alguien que asiste a la Feria Maestros del Arte en Chapala pregunta sobre los precios de comercio justo. Dado que los artesanos fijan los precios ellos mismos, la Feria siempre trata de asegurar que los artesanos ofrezcan precios “de casa” (el precio que darían si usted estuviera comprando en su casa) ya que no pagan nada por asistir a la Feria, y por lo tanto no necesitan añadir gastos al precio que piden.

Al final, el comprador es quien determina no sólo el precio, sino también el valor. Se trata de ser “justo”.

Las Plantas De Emilia
Plants & Flowers
for the Soul

Special Events

Flower membership delivery per month, every 15 days or weekly

Indoors and outdoors decor

Everything for you plants

Professional services in Fertilization, Trimming and Organic plague control.

Mara Cel. 33 31 96 79 10
Carretera Chapala-Jocotepec Oriente #18 Ajuic. Centro. one side of Bruno's

Cris Cel. 33 39 55 34 40

The state of Jalisco and its 125 municipalities will champion an environmental change for Mexico beginning January 1, 2020. Citizen Movement Deputy Veronica Jiménez has worked with lawmakers making reforms to the State Law of Ecological Equilibrium and Protection of the Environment, as well as to the Law of Integral Waste Management. The bill is simple: State Congress intends to prohibit the use of straws, plastic bags and even Styrofoam throughout Jalisco, in order to stop the environmental damage caused by these products, especially to marine fauna.

The warnings and regulations were put into force as of January 1, 2019 and communicated throughout the year to make the public aware and socially conscious. Beginning on January 1, 2020 violators will be fined.

In the early months of 2019, many forward-thinking businesses began finishing off their supply of harmful products and replacing them with more earth-friendly substitutes. In a discussion with the owner of Tony's Restaurant in San Antonio, I learned that he began with a notice in his menu advising patrons of the changes coming and put a positive spin on how patrons can help with the movement.

Interviewing owners of other popular restaurants started early in the year and many are now in full compliance. Most have made the switch to environment-friendly products, not because they were forced to, but because they appreciated the value of the new law.

The law was not created only for businesses. We, as contributing consumers, can do our part by carrying cloth bags or biodegradable plastic bags when we leave the house, and by shopping for items that do not impact the environment. It's easy to place an environmental shopping bag near the front door or in your car. When entering a grocery store, we cannot avoid plastics which are wrapped around everything from

cookies to *tortillas*, from candy bars to toys, from pillows to fresh meats. Don't be shy about asking owners and management whether their establishment is in compliance.

If a proprietor understands their lack of compliance will lose your business and that of others in your sphere of influence, they may want to change.



Proudly, the State of Jalisco went even further in an effort to change the environment. The State Government and the Tequila Regulatory Council signed an unprecedented agreement for the protection of the environment. Within the framework of the United Nations Conference on Climate Change (COP25) in Madrid, Governor Enrique Alfaro presented "*Tequila Free of Deforestation*," which aims to jointly establish actions to establish the basis of an institutional cooperation scheme that helps the sustainability of the sector.

The agreement between the State Government and the Tequila Regulatory Council (CRT) has as its strategy the treatment of waste products (*vinasse* and *bagasse*) derived from the production and distilling of *tequila*. In addition, it plans for "zero deforestation" *agave* plantations. Prior to the establishment of a plantation, the owner must verify if the area where the *agave* will be planted has the land use that is required. Only when this is determined, will a certificate be issued.

Ramón González Figueroa, director of the CRT, states that the 156 companies that are part of the *tequila* industry in Jalisco, which includes the distilleries' production chain and 8,000 farmers, will seek to both increase their treatment of waste products and decrease deforestation by *agave* plantations. Figueroa continues, "With this program, which includes research and technological development, we will have economically viable processes so that no one is left out of compliance with the standards."

The work of concerned governmental officials like Citizen Movement Deputy Veronica Jiménez has started the movement in Jalisco and businesses are ready to move forward. The public can also become team members by understanding and applying recycle efforts, shopping for environmentally friendly products and drinking *tequila* guilt-free. We can all feel proud of the State of Jalisco for starting this initiative.

Restaurante & Bar
La Bodega
de Ajijic
Mariscos, carnes y pastas
Abierto Martes a Domingo de 2 a 10 pm
16 de septiembre #124
Ajijic, Jalisco
Tel: 376-766-1002
labodegadeajijic@gmail.com



El estado de Jalisco y sus 125 municipios abogarán por un cambio ambiental para México a partir del 1 de enero de 2020. La diputada del Movimiento Ciudadano Verónica Jiménez ha trabajado con los legisladores para hacer reformas a la Ley Estatal de Equilibrio Ecológico y Protección al Ambiente, así como a la Ley de Manejo Integral de Residuos. El proyecto de ley es simple:

El Congreso del Estado pretende prohibir el uso de popotes, bolsas de plástico e incluso de espuma de poliestireno en todo el territorio de Jalisco, con el fin de detener el daño ambiental causado por estos productos, especialmente a la fauna marina.

Las advertencias y regulaciones fueron puestas en vigor a partir del 1 de enero de 2019 y comunicadas a lo largo del año para generar conciencia en la población y a partir del 1 de enero de 2020 los infractores serán multados.

En los primeros meses de 2019, muchas empresas con visión de futuro comenzaron a cambiar su suministro de productos nocivos y a sustituirlos por productos respetuosos con el medio ambiente. En una discusión con el dueño del restaurante Tony's en San Antonio, me enteré de que él comenzó con un aviso en su menú, avisando a los clientes de los cambios y puso un giro positivo en cómo los clientes pueden ayudar con el movimiento.

Entrevistar a los propietarios de otros restaurantes populares comenzó a principios de año y muchos están ahora en pleno cumplimiento. La mayoría ha hecho el cambio a productos ecológicos, no porque se les haya obligado a ello, sino porque han apreciado el valor de la nueva ley.

La ley no fue creada sólo para los negocios. Nosotros, como consumidores contribuyentes, podemos hacer nuestra parte llevando bolsas de tela o bolsas de plástico biodegradables cuando salimos de casa, y comprando artículos que no impactan el medio ambiente. Es fácil colocar una bolsa de compras ecológica cerca de la puerta de entrada o en su coche. Cuando entramos a una tienda de comestibles, no podemos evitar los plásticos en que se envuelve todo, desde galletas hasta tortillas, desde barras de dulce hasta juguetes, desde almohadas hasta carnes frescas. No sea tímido en preguntar a los dueños y a la gerencia si su establecimiento está en conformidad a la nueva ley. Si un propietario entiende que su falta de cumplimiento generará pérdidas en su negocio y el de otros en su esfera de influencia, puede que quiera cambiar.

Orgullosamente, el Estado de Jalisco fue aún más lejos en un esfuerzo por cambiar el entorno. El Gobierno del Estado y el Consejo Regulador del Tequila firmaron un acuerdo sin precedentes para la protección del medio ambiente. En el marco de la Conferencia de las Naciones Unidas sobre el Cambio Climático (COP25) en Madrid, el Gobernador Enrique Alfaro presentó "Tequila Libre de Deforestación", que tiene como objetivo establecer conjuntamente acciones para sentar las bases de un esquema de cooperación institucional que ayude a la sustentabilidad del sector.

El convenio entre el Gobierno del Estado y el Consejo Regula-

dor del Tequila (CRT) tiene como estrategia el tratamiento de los residuos (vinaza y bagazo) derivados de la producción y destilación del tequila. Además, prevé la "deforestación cero" de las plantaciones de agave.

Antes de su establecimiento, el propietario debe verificar si el área donde se plantará el agave tiene el uso de suelo que se requiere. Sólo cuando esto se determine, se emitirá un certificado.

Ramón González Figueroa, director de la CRT, afirma que las 156 empresas que forman parte de la industria del tequila en Jalisco, que incluye la cadena productiva de las destilerías y ocho mil agricultores, buscarán incrementar tanto el tratamiento de sus desechos como disminuir la deforestación por plantaciones de agave.

Figueroa continúa diciendo que "con este programa, que incluye investigación y desarrollo tecnológico, tendremos procesos económicamente viables para que nadie quede fuera del cumplimiento de las normas".

El trabajo de funcionarios gubernamentales preocupados como la diputada del Movimiento Ciudadano Verónica Jiménez ha iniciado el movimiento en Jalisco y las empresas están listas para avanzar. El público también puede convertirse en miembros del equipo al entender y aplicar los esfuerzos de reciclaje, comprando productos ecológicos y bebiendo tequila sin culpa. Todos podemos sentirnos orgullosos del Estado de Jalisco por haber generado esta iniciativa.


Oticon OPN™

The first hearing aid proven to make hearing easier on the brain
El primer auxiliar auditivo que facilita la audición a su cerebro

Enjoy
30% Better speech understanding
Mejor comprensión de las palabras

Reduce your listening effort by
20% Menor esfuerzo de escucha

Remember
20% more of your conversations
Mejor comprensión de las palabras



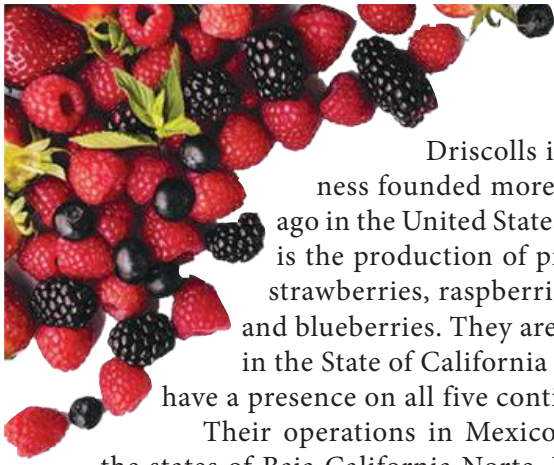
Carlos Alonso M.D. (Licensed Audiologist)
Médico especialista en audición certificado
Ced. Esp. 10394596
Universidad Nacional Autónoma de México

Chapala MED
Libramiento Chapala - Ajijic 132, Int. 21
Plaza Interlago, Ajijic, Jal.
Tel. (376) 766 5126 / (376) 766 4435
T & T

Clinica Luvare
Av. Paseo de la arboleda 950
Colonia Jardines del Bosque, Gdl. Jal.
Tel. (33) 3122 - 2257 / (33) 3122 - 2266

Working With the Community

By Diana Ayala



Driscolls is a family business founded more than 100 years ago in the United States. Their passion is the production of premium quality strawberries, raspberries, blackberries and blueberries. They are headquartered in the State of California in the USA and have a presence on all five continents.

Their operations in Mexico are located in the states of Baja California Norte, Puebla, Tlaxcala, Michoacán and Jalisco, with offices in the region of Guadalajara.

Driscolls, committed to the families and the area in which they operate, seeks to be part of the community, which they support and help grow. They, therefore, invest strategically and commit to the producers as part of their vision of enriching lives and establishing a relationship with the towns and cities they call home.

The mission of the Lake Chapala Society, A.C. (LCS) is to promote the active participation of the residents of Lake Chapala, and to improve the quality of life of the community. Since 1955, this has been achieved through educational, recreational and social programs. One of those programs, which has been in place for 60 years, is the art program for children. This program has recognized artists in the area who volunteer every Saturday to teach painting to the younger generation.

Driscolls proposed that LCS help to create a mural with the purpose of encouraging art and culture in the children who attend the “Francisco Villa” elementary school in Jocotepec, highlighting the berries as a source of dignified and characteristic work in that town since most of the parents of these students are dedicated to working in the production of berries. The aim of this project was to awaken creativity, a sense of community, belonging and teamwork through artistic activities.

The idea was to make a mural which reflected the life in the community. In order to do this, we had the support of Ricardo López Macias, known as “Chile de Joco” who is a self-taught painter from Jocotepec. Ricardo has a degree in mathematics, but since childhood has found a taste for drawing, motivated by his older brothers. In 2010, Ricardo took up the brushes and decided to venture into painting which he approaches with Mexican native themes and geometric figures, helped by different textures and painting techniques in order to express an emotion.

So, last December 5th, LCS went to the elementary school to talk about the project with the students and to get their ideas and discover what they wanted to see reflected in the mural. *Chile de Joco* took those ideas and created the concept of the mural, and on Decem-

ber 12th invited us to be part of the creative process. Driscolls head office staff, the students, and representatives of LCS all participated.

The mural is now ready and is part of the “Francisco Villa” elementary school, as a witness to the teamwork in the community.





Trabajando con la comunidad

Por Diana Ayala

Driscoll's es una empresa familiar fundada hace más de 100 en Estados Unidos, siendo su pasión la producción de fresas, frambuesas, zarzamoras y arándanos de

primera calidad. Tiene su oficina matriz en el Estado de California en EE. UU. y cuenta con presencia en los cinco continentes.

Las operaciones de México están localizadas en los Estados de Baja California Norte, Puebla, Tlaxcala, Michoacán y Jalisco, siendo en Guadalajara donde se encuentran las oficinas de la región.

Driscoll's se compromete con las familias y la zona en las que están, busca ser parte de la comunidad, apoyarla y ayudarla a crecer; por lo que invierte estratégicamente y se comprometen con los productores en su visión de enriquecer vidas, estableciendo una relación con los pueblos y ciudades que llaman hogar.

En The Lake Chapala Society, A.C. (LCS) nuestra misión es promover la activa participación de los residentes de la Ribera de Chapala, para mejorar la calidad de vida de la comunidad, esto se logra a través de programas educativos, recreativos y sociales desde 1955. LCS cuenta con un importante programa de arte para niños con más de 60 años de historia ininterrumpida. Dicho programa cuenta con artistas reconocidos en el área que hacen trabajo voluntario cada sábado para enseñar pintura a las nuevas generaciones.

Este proyecto nace de la propuesta hecha por Driscoll's a The Lake Chapala Society, A.C. (LCS) con el fin Incentivar el arte y la cultura en los niños que asisten a la primaria "Francisco Villa" en Jocotepec, destacando las berries como una fuente de trabajo digno y característica de Jocotepec; ya que la mayoría de los padres de dichos alumnos se dedican al trabajo en la producción de berries. Con este proyecto se buscó que mediante actividades artísticas se despertara la creatividad, los sentidos de comunidad, pertenencia y el trabajo en equipo.

La idea fue hacer un mural, donde se reflejara la vida en la comunidad, para poder realizarlo, se contó con el apoyo de Ricardo López Macias, conocido como "Chile de Joco" quien es un pintor autodidacta de Jocotepec, es Licenciado en Matemáticas, pero desde pequeño encontró el gusto por el dibujo, motivado por la manera en que sus hermanos mayores lo hacían, en 2010 tomó los pinceles y decidió incursionar en la pintura; con la que busca un acercamiento



a temas nativos mexicanos, emociones y figuras geométricas, ayudado de diferentes texturas y técnicas pictóricas, poder expresar un sentimiento.

Así, el 5 de diciembre pasado, fuimos a la primaria a platicar del proyecto con los alumnos y que nos dieran sus ideas, ¿qué querían ver reflejado en el mural? "Chile de Joco" tomó esas ideas, creó el concepto del mural y el pasado 12 de diciembre nos invitó a ser parte del proceso creativo, personal de la oficina matriz de Driscoll's, alumnos y representantes de LCS participaron.

El mural está listo y ahora forma parte de la primaria "Francisco Villa", como un testigo del trabajo en equipo en la comunidad.

A BANK THAT ADJUSTS TO YOUR NEEDS



We are located at the **LAKE CHAPALA SOCIETY** in Ajijic.
Come Visit Us!

ATM | Bank Account | Promissory Notes | Cede Investment
Customer Service | Foreign Exchange and **much more...**
This branch is designed especially for expats

CERTIFIED ENGLISH SPEAKER ADVISORS

Contact our office:

Phone: +52 1 (376)766-3208 | +52 1 (33) 1708-6259

Calle 16 de Septiembre #16
45920 Ajijic, Jalisco.

    intercam.com.mx



 **INTERCAM.**
Banco



FEBRUARY

Activities & Events

Pull Out

(M) Members Only *Open to the Public ** US Citizens (S) Sign-up

Health Insurance *

Hospital San Antonio	TH 10-12
Hospital San Javier	Last F 10-12
IMSS & Immigration Services	M+TU 10-1
Lakeside Insurance	T+TH 11-2

Health and Legal Services *

Becerra Immigration	TH 10:30-12:30
Blood Pressure Screening	M+F 10 -12
British Consular Agent	Last Sat 10-12
Hearing Aid Services (S)	M+SAT 11-4 Sign-up
La Pueblita	2nd W 10:30-1
Optometrist Claravision (S)	TH 9-4 Sign-up
Skin Cancer Screening (S)	2nd + 4th W 10-12 Sign-up
Sky Med	1st F 11-1
US Consulate ** (S)	2nd W, 10:30. Sign up 10

Lessons (M)

Bordados Artístico	M, W, F 4-6
Cardio Dance	F 12:30-1:30
Chair Tai Chi Chih	F 2-3
Children's Art	Sat 10-12*
Hurachess Chess Club	Sat 12-1*
Children's Photography Class *	SAT 10-12
Exercise	M+W+WF 9-9:50
Exploring Spanish	W 12-1:30 Sat 11-12:30
How to Draw Almost Anything	TH 12-1:30
Intermediate Hatha Yoga	TU+TH 2-3:30
Introduction to Lakeside (S)	2nd TH 9-12:30 Sign-up & Cost
Introduction to Spanish	T 12-1:30 sign up +cost
Line Dancing	T+TH 10-11:15
Mudlarks Pottery Introduction to Ceramics	T+TH 11-1 sign-up + cost
Mudlarks Pottery Open Studio	M-F 10-2 sign-up +cost
PEP and Prueba Mexico Series (S)	Register + cost; check office
Scottish Country Dancing	TH 11:15-1
Stretch and Balance Exercise	T+TH+SAT 8:45-9:45
Tai Chi Chih	Ongoing W+ F 10-11
Tai Chi Chih Introduction	M 11-12:30
Tech Class Basics	1st, 3rd, 4th + last TH 10-11:30
Tech Help Desk	TH 12-2

Walk For Fitness

M 10-10:50	
Warren Hardy Spanish Series	
Sign-up + cost	
Write-to-a-Prompt Writers' Group	TH 10-12
Zumba Gold	W 10-10:50

Libraries (M)

Book Library	M-SAT 10-2
Books on Tape (not limited to U.S. citizens)	M-SAT 10-2
Library of Congress Books ** / Talking Books	M-SAT 10-2
DVD Library/Book Store	M-SAT 10-2
Wilkes	M-F 9:30-7, Sat 9:30-1*

Social Activities (M)

All Things Tech	F 10-11:30
Bridge 4 Fun	T+TH 1-4:30
Chautauqua Institute	M Feb. 17, 3-4:30
Conversaciones en español	M 12-1:45
Discussion Group	W 11:30-1
Everyday Mindfulness	M 10-11:30
Film Aficionados	TH 2-4:30
Games Group	M 1-4
HOT Science	T 1:30-2:45
Personal Enhancement Workshop (S)	W 10-11:30
Scrabble	M 11:45-1:45, F 11:30-1:30
Spanish/English Conversation	Sat 11-12:30*
TED Talk Learning Seminars	T 12-1:30
Tournament Scrabble	T 12-1:50

Service and Support Groups *

Al-Anon (in Spanish)	M 6-7:30, W 5:30-7:30
ASA Board Meeting	Last TH 10:30-12
Diabetes Support Group	1st F 11-12
Information Desk	M-Sat 10-2
Lakeside AA	M +TH 4:30-5:30
Needle Pushers	TU 10-12
Open Circle	Sun 10-11:30
Ranch Adoption Day	1st & 3rd TH 10:30-1
Toastmasters	M 6:30-9
Ticket Sales	M-F 10-12

Lake Chapala Society

*Open to the Public

(C) Member card

LCS BUS TRIPS *

Thursdays — Cost \$450 pesos members, \$550 pesos non-members. Bus departs 10 a.m. from the sculpture in La Floresta unless noted otherwise.

February 6: Bed Bath & Beyond/City Market/Plaza Patria Shop for household goods, fine food stuffs. Departs Plaza Patria at 3 p.m.

February 20: Costco & Home Depot (López Mateos). Bus departs 9:30 a.m. & Costco at 3:30 p.m.

February 27: The Guadalajara Zoo: \$650 pesos for members & \$750 pesos for non-members. Price includes bus transportation, admission, train ride, safari & aquatic show. Cable car ride is extra at \$55 pesos. Suggest you bring bottle(s) of water & light bag lunch. Food & drink available for purchase inside the park. Wheelchairs, manual & motorized available. Bus departs at 9:30 a.m. & zoo at 3:30 p.m.

March 12: Tlaquepaque: Retailers of Mexican art for clothing, textiles, leather goods. Fine dining, plazas, churches and museums in a pedestrian only zone. Bus departs Tlaquepaque 4 p.m.

Wednesday, March 18: Galerías Mall/Costco (Liverpool, Best Buy, Sears, Home Store & restaurants Cheesecake Factory, PF Chang, Costco, Sams, Mega & Office Depot). Bus departs at 9:30 a.m. & Costco 4 p.m.

FILM AFICIONADOS (C)

LCS members only — present card for admission. 2 p.m. in the Sala. Check website for film details.

February 6: Marriage Story, 2019, USA (132 minutes)

February 13: Knives Out, 2019, USA (125 Minutes)

February 20: A Translator, 2018, Cuba (102 minutes)

February 27: Foxtrot, 2017, Israel (106 minutes)

TECH CLASSES *

Tech Support Help Desk Thursdays 12-2 p.m. Neill James stage. One-on-one help with technical devices.

Tech Class Basics, 10-11:30 a.m. Sala, Email registration lcs.tech.training@gmail.com

February 6: Cell Phones in Mexico – Making calls, answering calls, cell phone providers & where to get help.

February 20: Streaming TV. Your options for English Language TV & demonstration of Internet TV options.

February 27: Keeping in touch with Family & Friends. Free options — Email, Facebook texting, voice calls & video calling.

HOT SCIENCE *

Tuesdays, 1:30 to 2:45, Sala, Discussion of the week's news from Science, Technology & Medicine.

LCS LEARNING TED SEMINARS (C)

LCS members only, present card for admission.

Tuesdays, 12-1:15 p.m. Sala.

February 4: Emily Levine: “How I Made Friends with Reality”

February 11: David Sinclair: “A Cure for Aging?”

February 18: Yuval Harari: “We Have Become Gods”.

February 25: No seminar due to traffic associated with Pancake Tuesday.

PERSONAL ENHANCEMENT WORKSHOP (C)

Wednesday 10 to 11:30 Sala.-Achieve insights leading to greater growth, health & happiness. Registration: contact: danielacuff@sbcglobal.net

DIABETES SUPPORT GROUP *

1st Friday of the month, 11 a.m.-12 p.m., Gazebo. Information on treatment, monitoring, nutritional adjustments. Kim Welch, MS, RD, CDE, welch4diabetes@gmail.com

US CONSULATE *

2nd Wednesday of the month, Information & forms available in LCS office.

COSTCO *

Sales and memberships renewals. Date to be determined.

MUDLARKS POTTERY CLASSES (C)

LCS members only

Introduction to Ceramics schedule for February ONLY, class will meet on the following days in February: Tuesday the 11th, Thursday the 13th, Tuesday the 18th, Wednesday the 19th, Thursday the 20th, Tuesday the 25th, Thursday the 27th. Class fee is \$500 pesos, clay is \$500 pesos. Sign-ups started January 27.

Open Studio

Monday thru Friday from 10 a.m. to 2 p.m.. Approved potters can sign up at any time with the understanding that there are no partial months and no prorations. Open studio is \$1,000 pesos and clay is \$500 pesos.

Lake Chapala Society

Every Friday 7 p.m. free at Neil James Biblioteca Wilkes Education Center, Galeana #13, Ajijic /
Todos los viernes 7 p.m. gratis en Neil James Biblioteca Centro Educativo Wilkes, Galeana #13, Ajijic

7 de Febrero: La Leyenda del Paje Secreto, Disney

14 de Febrero: Mascota Jurásica, Kyler Charles Jami Loy

21 de Febrero: 101 Dálmatas, Disney


28 de Febrero: 102 Dálmatas, Disney

6 de Marzo: La Razón de estar contigo, Un nuevo viaje Bruce Cameron

13 de Marzo: Tierra de zombies, Emma Stone, Jesse Eisenberg, Woody Harrelson

20 de Marzo: Air Bud, Kevin Zegers, Kevin Diccio

27 de Marzo: Alicia en el país de las maravillas, Disney



LCS Annual General Meeting
LCS CAMPUS
Thursday, March 19 from 10:00am – 12:00pm

Each year you, our members, have the opportunity to hear directly from the Board of Directors at this annual event. This is a moment to learn about the work LCS has accomplished in the last year, as well as our plans for the future.

The membership has a voice, and it is at the AGM that you can share your voice.
Hope to see you there!



March 19: LCS Annual General Meeting

March 21: Blues Festival, 2.30 to 6.30 p.m.

July 11: Music Fest (same conditions as Blues Fest)



4th Annual LCS
TEQUILA TASTING
FEBRUARY 28
2:30 PM - 5:00 PM

30 DIFFERENT TYPES of Tequila
UNLIMITED TASTING

Appetizers included in the price of admission

Tickets available at LCS office from 10 am - 2 pm

General **\$200 pesos**
Day of the event **\$250 pesos**

The Lake Chapala Society A.C. / 16 de Septiembre 16-A / Ajijic, Jalisco, MX
Tel. (376) 766-1140 / www.lakechapalasociety.com

LCS VOLUNTEER NEEDS *

IT: Experienced with computers & databases.

Membership Desk: Must know computer data entry.

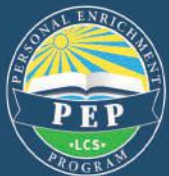
Events: Bartenders and members for set up of events

Email freetogomexico@yahoo.com

Lake Chapala Society

VOTE FROM ABROAD VOTER REGISTRATION*

The Lake Chapala Chapter of Democrats Abroad Mexico is beginning its non-partisan voter registration support to residents at Lakeside who wish to vote absentee in their state primaries and the November election. The Chapter will also be organizing a Global Presidential Primary, to be held in Ajijic on Tuesday, March 3. The Global Presidential Primary will be located on the South Campus of LCS, Lakeside entrance, Del Paseo #50, in Ajijic. General voter assistance is scheduled for Thursday afternoons, 12 to 2 p.m., until February 27, at LCS on the patio under the blue umbrellas. U.S. citizens and dual Mexican-American citizens who will not be in the U.S. this year to vote, should register and request their absentee ballots as soon as possible through Chapter volunteers, or online at VoteFromAbroad.org to be sure their votes will be counted. For more information on Chapter activities write to: Mexico-Chapala@DemocratsAbroad.org.



PERSONAL ENRICHMENT PROGRAM SERIES

DEALING WITH THE SERVICES OF BUILDING AND REMODELING IN MEXICO

Marcos Fuentes Wednesdays, March 4 & 11
Fee: \$500 10 to 11:15 am

Series of 2 sessions. Know the legal processes for construction and a municipality's requirements for building.

EVICTION OF RENTERS & LAND SQUATTERS

María de las Nieves Fridays, March 6, 13, 20, & 27
Solbes & Diego Solbes 2 to 3:30 pm
Fee: \$650

Series of 4 sessions. Have you heard the news lately regarding home invasions? We will be explaining what to do to avoid it and what to do if it already happened to you.

DRIVER'S LICENSE

Alfredo Pérez Monday & Tuesday
March 23, 10 to 11:30 am &
Fee: \$950 March 24, 7 am to 12 pm

Monday, April 27, 10 to 11:30 am & Tuesday, April 28, 7 am to 12 pm

*All classes are in the South Campus Board Room at LCS
YOUR MEMBERSHIP MUST BE CURRENT DURING THE COURSE

*More information at www.lakechapalasociety.com
Register in LCS office or website.



PRUEBA MEXICO SERIES

Mexican Salsas Thursday, February 6
\$480 with Ana Moreno 10 am to 12:30 pm

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

Mexican Manners Tuesday, February 11
\$400 with Alfredo Pérez 1 to 3:30 pm

Learn about behavior, punctuality, tipping, body language and more!

Pozole Mío! Tuesday, February 18
\$500 with Ana Moreno 1 to 4 pm

Learn how to prepare this very traditional Mexican dish and all the history around it.

Mexican Corn Husk Dolls Monday & Wednesday
\$480 with Genaro Reyes March 2 & 4
1:30 to 3:30 pm

Series of 2 sessions. Learn the history of the Corn Husk Dolls and how to create them with your own hands.

The Difficult Journey Friday, March 6
- simulation - Practice your Spanish 10 am to 1 pm
Fee: \$250

The Difficult Journey is a simulation of arriving at the Mexico/US border and also preparing a trip to Mexico City. This is not a class, but it is, for sure, an opportunity to practice your Spanish in a stress free and friendly environment.

Mexican salsas Monday, March 9
\$480 with Ana Moreno 11 am to 1:30 pm

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

Mexican Corn Husk Flowers Tuesday & Thursday
\$480 with Genaro Reyes March 10 & 12
1 to 3 pm

Series of 2 sessions. Learn the wonderful art of turning corn leaves into beautiful handmade decorations.

Trip to the Traditional barrio (neighborhood) of Santa Tere

We'll visit the Church, the market and all the commercial area (you can find almost anything), and we'll finish with a delicious traditional Tapatio dish in a restaurant that holds the Guinness record of being the fastest in the world. **March TBD**

YOUR MEMBERSHIP MUST BE CURRENT DURING THE COURSE

*All classes are in the South Campus Board Room at LCS
Register in LCS office or website, Members only



Consulate of the United States

THE LAKE CHAPALA SOCIETY CONEXIONES



ENTRE AMIGOS

Ex-Pat Info Fair SERVICES

THURSDAY, FEBRUARY 13, FROM 12 TO 3 P.M.



AMERICAN CITIZEN SERVICE STATION

US VOTING PROGRAM

US VISAS

US FEDERAL BENEFITS
UNIT

US REGIONAL SECURITY
OFFICE

US PUBLIC DIPLOMACY

US FOREIGN
COMMERCIAL SERVICE



SECRETARY OF FOREIGN RELATIONS

NATIONAL INSTITUTE OF
IMMIGRATION

CHAPALA POLICE
DEPARTMENT

CHAPALA DEPARTMENT OF
MOTOR VEHICLES

MEXICAN REVENUE
SERVICE

CENSUS DEPARTMENT



CANADIAN CLUB OF LAKE CHAPALA

CONSULATE GENERAL OF
CANADA IN
GUADALAJARA

TOURISM - JALISCO

TOURISM - ZACATECAS

HOSPITAL SAN ANTONIO

AMBULANCE SERVICE

AMERICAN LEGION
CHAPALA POST 7

For more information: newsletter@LakeChapalaSociety.com

At The Lake Chapala Society A.C. / 16 de Septiembre 16-A / Ajiijc, Jal. / Tel. (376) 766-1140 / www.LakeChapalaSociety.com

Every February for the past nine years, an important artistic event has taken place in our community, the Open Studios and Art Sale, sponsored by the Ajijic Society of the Arts (ASA). As ASA president, Deena Hafker says, "This is an opportunity to visit local artists, talk with them, ask them questions, experience their process and perhaps come away with original creations. You'll discover a wide variety of art including paintings, ceramics, jewelry, tapestry and textiles, all made by local and international artists living here." Deena is justifiably proud of this event, which will be held this February 22-23, 2020, from 10 a.m. to 4 p.m.

The idea originated with painter Marian Decker and her husband Val, a photographer. According to Marian, both she and Val had participated in similar events in Marin County and Santa Cruz, California which were very successful in bringing in a substantial income both for the participants and the two art associations that sponsored them. Many commercial sponsors advertised and most of the artists of these juried shows were at the professional level.

"When we moved to San Miguel in 2004," Marian said, "an enterprising person set up a similar event. Unfortunately, it was unsuccessful and was not repeated. Upon moving to Ajijic in 2008 for health reasons, I joined the Ajijic Society of the Arts and served on the board of directors beginning the next year. I suggested we try to set up an Open Studios here, but it took

several years to convince ASA to fund the expense.

"The first year it was held was 2012. It lost some money, but the next year we concluded that the public as well as advertisers would be more supportive if we shared any profits with a charity. The Lake Chapala Society's Children's Art Program was a perfect fit, and over the following years, ASA Open Studios grew and became so profitable that it made Summer Art Camp for the children possible.

"We realized that the artists here were mostly retired people and the show would have to be different than the events in the U.S and therefore ASA Open Studios is not juried. It is now so well attended by the public, that last year we saw 688 visitors come to our home, where we show with artist Gwynne Lott and jeweler, Benjamin."

Several years ago, Marian and Val turned the chairmanship over to others, but they were not willing to continue, so rather than let Open Studios die, they took it back and ran it until Danielle Pagé volunteered to take on the position. She and her husband, Garry Musgrave, have done such an outstanding job that there are many more artists participating in the 2020 event, as well as a greatly increased number of advertisers.

The beneficiary of this highly successful Art Walk continues to be the LCS Children's Art Program which is now in its seventh decade of teaching Lakeside children free of charge every Saturday morning on the patio of the LCS South Campus. Nurturing the creativity of local children, this program has exposed generations of Lakeside youngsters to the joys of drawing, painting, and craft making. Open Studios participants Antonio López Vega, Bruno Mariscal, Efrén González, Javier Zaragoza and Jesús López Vega are just some of the Neill James legacy artists who attended these classes as children, and Javier and Jesús now volunteer with the program and pass on their knowledge to the new generation.


Proceeds from Open Studios allow the LCS Children's Art Program to purchase better quality art supplies and materials. "We have more talented young artists now than ever before, and quality art supplies like canvases, water color paper, brushes and paints, are expensive. When we recognize a child with a particular talent, say, sketching, we will buy them what they need: sketching pencils, good brushes. It makes a big difference," says project coordinator Danielle Pagé. The results are clearly demonstrated by the painting on the front of this magazine!

The Ajijic Society of the Arts has also sponsored the LCS Children's Art Program Summer Art Camp for over eight years. In 2019, the one-week camp hosted 125 local children who attended a variety of workshops taught by ASA members and artists who participate in the Open Studios weekend.

Community outreach is part of the bylaws of ASA. As Danielle explained, "One of the aims and purposes of the Ajijic Society of the Arts is to encourage working and potential artists to develop their talents. We also provide and promote events to showcase the work of member artists, promote interest in the arts and artists, and foster cultural exchange between the Mexican and foreign communities."

She went on to say that participating artists (this year close to 100 in 34 locations) get a lot of exposure. "They might not make sales at the event itself, but visitors keep the booklet and remember

EXECUTIVE TAXI



Arturo Fernandez

Tours to:
Tlaquepaque, Tonalá, Guadalajara,
Airport, Mazamitla, Tequila, Piramides de
Guachimontones, Guadalajara Hospitals:
Ángeles del Carmen, Puerta de Hierro, San Javier,
Real San José

Vehicles for 4 to 7 people

English Spoken Ask for LCS
3339543813 Discounts

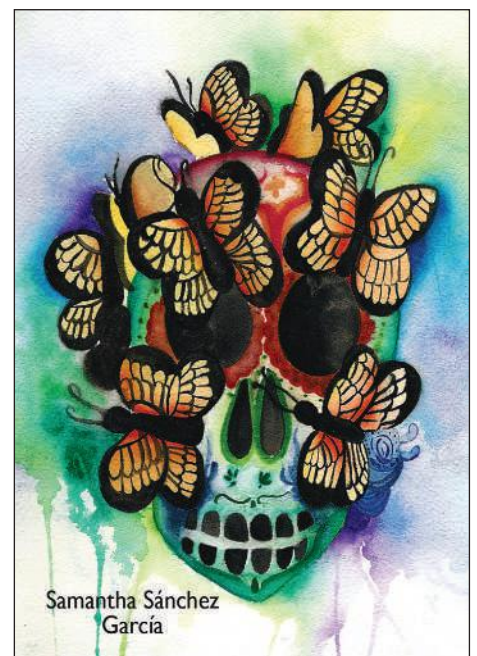
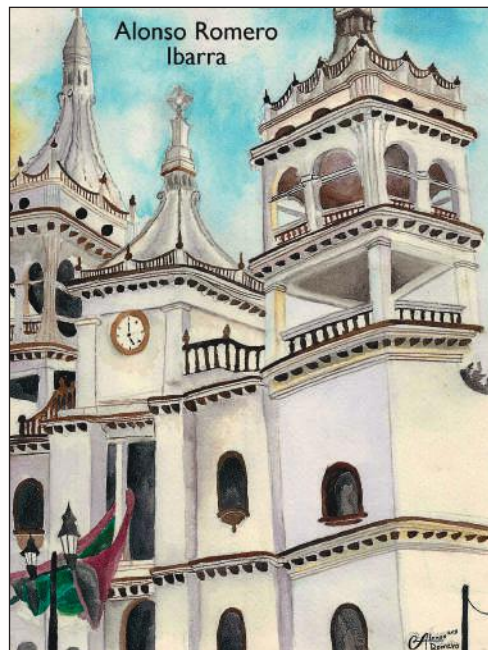
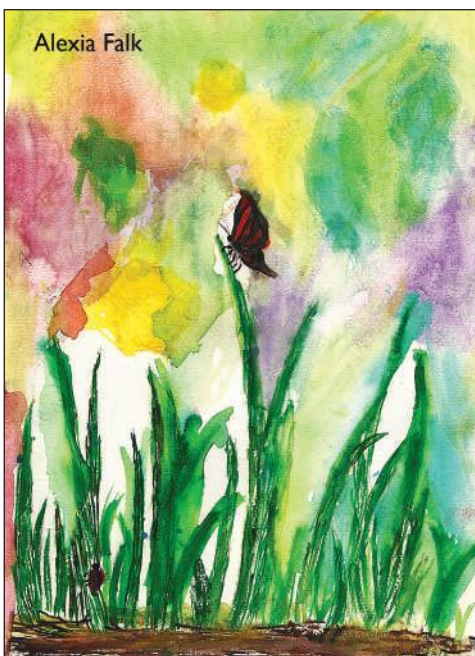
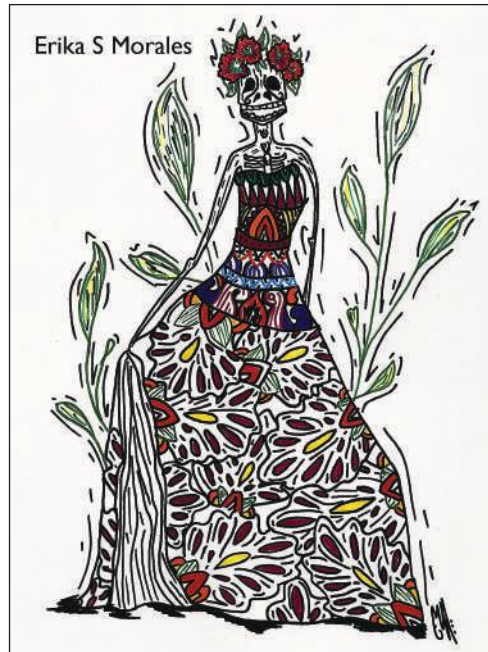
arturodfernandez@yahoo.com

www.lakechapasociety.com

the artists they like. Sometimes they commission a piece of work.”

The promotional booklet, intended as a keepsake, is a work of art in itself and serves as a passport which gives admission to all the venues. Seventy-six pages printed on glossy paper provide an alphabetical listing of all participating artists with an illustration of their work. Those who give demonstrations are marked with an icon, a painter’s palette, while the center section contains a map of artists and sponsors, all conveniently located in Ajijic *Centro*, East Ajijic, West Ajijic, San Antonio and Riberas. It costs \$50 pesos, and is available at the main entrance of LCS daily from 10 a.m. until noon, and afterwards at the coffee shop, *Café Corazón*. It is also available at Diane Pearl’s, Ken Gosh’s Studio, and Super Lake.

Danielle attributes the success of Open Studios to the fact that Lakeside is an artist’s community. “Thanks to Neill James, this place was, and is, a community that attracts artists and art lovers. ASA and the Children’s Art Program keep Neill’s legacy alive. The Studio Art Walk has become an integral part of this tradition.”



Cada febrero, durante los últimos nueve años, se ha llevado a cabo un importante evento artístico en nuestra comunidad, el Paseo del Arte. Patrocinado por la Sociedad de Artes de Ajijic (ASA), “es una oportunidad para visitar a los artistas locales, hablar con ellos, hacerles preguntas, experimentar su proceso y quizás salir con creaciones originales”, dice la Presidenta de ASA, Deena Hafker. “Descubrirás una amplia variedad de arte, incluyendo pinturas, cerámicas, joyas, tapices y textiles — todos hechos por artistas locales e internacionales que viven aquí”. Deena está justificadamente orgullosa de este evento, que se celebrará este 22 y 23 de febrero de 2020 de 10:00 a.m. a 4 p.m.

La idea surgió de la pintora Marian Decker y su marido, el fotógrafo Val. Marian explica:

“Tanto Val como yo participamos en eventos similares en el condado de Marin y en Santa Cruz, California. Fueron muy exitosos, trayendo un ingreso sustancial para los participantes, así como para los patrocinadores, dos asociaciones de arte. Muchos patrocinadores comerciales se anunciaron y la mayoría de los artistas estaban a nivel profesional.

Cuando nos mudamos a San Miguel en 2004, una persona emprendedora organizó un evento similar. Desafortunadamente, no fue exitoso y no se repitió. Al mudarme a Ajijic en 2008 por razones de salud, me uní a la Sociedad de las Artes de Ajijic y serví en la Junta Directiva a partir del año siguiente. Sugerí que tratáramos de establecer el paseo del arte aquí, pero tomó varios años para convencer a la ASA de que financiara el gasto.

El primer año que se celebró fue 2012. Perdimos algo de dinero, pero al año siguiente llegamos a la conclusión de que el público y los anunciantes nos apoyarían más si compartíamos los beneficios con una organización benéfica. El programa de arte para niños de Lake Chapala Society (LCS), encajaba perfectamente, y durante los años siguientes, el Paseo del Arte, conocido en inglés como Open Studio creció y se hizo tan rentable que hizo posible un campamento de verano de arte para los niños.

Nos dimos cuenta de que los artistas aquí eran en su mayoría personas jubiladas y que tendría que ser “diferente” a los eventos en los EE.UU. Por lo tanto, no hay un jurado. Ha sido tan bien recibido por el público que tuvimos 688 visitantes el fin de semana del año pasado en nuestra casa, donde contamos con la artista Gwynne Lott y el joyero Benjamine.

Hace varios años, cedimos la presidencia a otras personas, pero no estaban dispuestas a continuar, así que en lugar de dejar morir a Open Studios, nos hicimos cargo el año siguiente y lo dirigimos hasta que Danielle Pagé se ofreció a hacerlo. Ella y su esposo Garry Musgrave han hecho un trabajo tan sobresaliente, hay muchos más artistas en el para el año 2020, así como un gran aumento en el número de anunciantes.”

El beneficiario de este Paseo de Arte sigue siendo el Programa de Arte Infantil de LCS que ahora está en su séptima década de enseñar a los niños de la Ribera de Chapala, en forma gratuita, todos los sábados por la mañana, en el patio del Campus Sur de LCS. Nu-

truyendo la creatividad de los niños locales, este programa de arte ha expuesto a generaciones de jóvenes de la zona a las alegrías de dibujar, pintar y hacer manualidades. Los participantes del Paseo de Arte Antonio López Vega, Bruno Mariscal, Efrén González, Javier Zaragoza y Jesús López Vega son algunos de los artistas del legado de Neill James que asistieron a estas clases cuando eran niños. Javier y Jesús ahora son voluntarios y transmiten sus conocimientos a las nuevas generaciones.

Las ganancias permiten al Programa de Arte para Niños de LCS comprar materiales de arte de mejor calidad para los más talentosos. “Tenemos, ahora más que nunca, artistas jóvenes talentosos y los suministros de arte de calidad como lienzos, papel de acuarela, pinceles y pinturas, son caros. Cuando reconocemos a un niño con un talento particular, por ejemplo, para dibujar, le compramos lo que necesita: lápices de dibujo, buenos pinceles. Esto hace una gran diferencia”, dice la coordinadora del proyecto Danielle Pagé.

Desde hace más de ocho años la Sociedad de Artes de Ajijic ha patrocinado el Campamento de Verano de Arte del Programa Infantil de Arte de LCS. En 2019, el campamento de una semana tuvo a 125 niños de la localidad que asistieron a una variedad de talleres impartidos por miembros de ASA y participantes en el Paseo del Arte.

Danielle explicó que el alcance comunitario es parte de los estatutos de ASA: “Uno de los objetivos y propósitos de la Sociedad de las Artes de Ajijic es alentar a los artistas en activo y potenciales a desarrollar sus talentos, proporcionar y promover eventos para mostrar el trabajo de los artistas miembros, promover el interés en las artes y los artistas, fomentar el intercambio cultural entre la comunidad mexicana y extranjera”.

Continuó diciendo que los artistas participantes, este año cerca de 100 en 34 lugares, tienen mucha exposición. “Puede que no hagan ventas en el evento mismo, pero después. Los visitantes guardan el folleto y recuerdan a los artistas que les gustan. A veces encargan una obra”.

El folleto promocional es una obra de arte en sí mismo. Un equipo publicitario compuesto por Robina Nicol, Josie Moreno y Patti Orsinger comienza a solicitar anuncios con un mínimo de cinco meses de antelación. Setenta y seis páginas en papel brillante proporcionan un listado alfabético de todos los artistas participantes con una ilustración de su trabajo. Los que hacen demostraciones están marcados con un icono, una paleta de pintor. La sección del centro contiene un mapa de los artistas y patrocinadores, todos convenientemente ubicados en Ajijic Centro, Ajijic Este, Ajijic Oeste, San Antonio y Riberas. El folleto, pensado como un recuerdo, es también su pasaporte para la admisión a los lugares. Cuesta \$50 pesos, y está disponible en la entrada principal de LCS diariamente desde las 10:00 a.m. hasta el mediodía, y después en la cafetería, Café Corazón. También está disponible en Diane Pearl’s, Ken Gosh’s Studio y Super Lake.

Danielle dice que las personas que viven en la zona son “saludables y disfrutan de pasear por los vecindarios, descubrir lugares y disfrutar del sol”. Ella atribuye el éxito del evento al hecho de que la Ribera de Chapala es una comunidad de artistas. “Gracias a Neill James, este lugar fue y es una comunidad que atrae a artistas y amantes del arte. ASA y el Programa de Arte para Niños mantienen vivo el legado de Neill. El Paseo del Arte se ha convertido en una parte integral de esta tradición”.



FENIX
REAL ESTATE
A Division Of Jones Realty Group S.C



Dixie Nicholson
"Longest Serving Broker at Lakeside"

The
Leader
In
Real
Estate



Barbara Wills



Ester Whitsell



Cecilia Walters



Maureen Clark



Flip Nicholson



Steve Cross



Brian Wade



Ray Padilla



Mitzi Allen



Daniela Villaseñor



Dotti Erickson

Carr. Chapala - Ajijic #159-A, San Antonio Tlay.
www.fenixrealestate.net

Phone: 376 766 1776 / Email: absolutfenix@hotmail.com
Monday to Friday 9am to 5pm - Saturday 9am to 1pm



Foliatti
Casino

Multi - games slot machines
Poker card games
SportsBook
Friday's Karaoke
Saturday's live music

FREE RIDE
Ask for **Foliatti Movil**
*Check availability

Coupon valid for:
**FREE
DRINK**



Foliatti
Casino

Restrictions apply. Valid 1 ticket per customer per day. Does not apply with other promotions
Validity December 31st, 2019. Permiso Segob No. DGAJIS / SCEVF / P-08 / 2005.

Libramiento Guadalajara - Ajijic #206 Centro Laguna

Foliatti Oficial Ajijic | www.foliatti.mx

Permiso Segob No. DGAJIS / SCEVF / P-08 / 2005

www.lakechapasociety.com

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

San Antonio Tlayacapan is an ancestral town. Historic notes describe the towns that were established around Lake Chapala and their activities, starting with the conquest by Spain in 1524 and the evangelization by Franciscan friars around 1530.

In Tlayacapan, they found a peaceful and working population, and soon started to build a temple. They taught the natives how to make baked bricks, which they used to make the temple and tower in 1531. Now, that first temple doesn't exist, but the original tower still stands in the center of the elementary school patio.

Tlayacapan was the original name. It means 'place of herons.' San Antonio was added after the conquest and conversion to Christianity. In 1797, this denomination gave them land and a Viceroyalty Title with specifications of limits to the area of property. After some serious conflicts and problems, this document actually is still kept by the Indigenous Community.

Beside the temple, a little hospital was formed and attended to by the *Cofradía de Nuestra Señora de la Concepción*. Today, thanks to an important donation, the Indigenous Community has historical proof of this fact. It is an original, minute book of the *Hospitalito* (small hospital) with the activity log between 1623 and 1792.

The elaboration of baked brick taught by the friars during the conquest was passed to future generations and

for more than 400 years this activity became the first income for the community.

The population has changed and turned modern, mixed with foreign residents. Now there are opportunities for superior studies and different kinds of work. New developments have grown around the town, which require more services and amenities. But San Antonio Tlayacapan has many traditions and the people continue them with enthusiasm and take great care to preserve them.

Over the years, the residents suffered affectations in their property and also in the national status, because it was degraded from a 'Town' to a suburb of Ajijic. This affected them in different ways.

A group of residents, including the Indigenous Community have organized to defend against these situations, by going to many Institutions and Governments. They are trying to show everyone the importance of recuperating their status as a very special, ancestral town with all their legal rights. Already in YouTube, there is a video in Spanish, with interviews of some residents, talking about their situation; https://youtu.be/xNzVD_P9AwM

They began a great project of creating a museum to show the town's history and demonstrate its ancestral importance. Finally they obtained a permit from the government to use a small space located in front of the central plaza for this purpose.

Some residents have donated around 300 archaeological pieces, most of which have already been evaluated and certified by INAH (Instituto Nacional de Antrología e Historia.)

Now they have many challenges to install the museum. A great achievement obtained in June, 2019 was the publication of a book in Spanish called, "SAN ANTONIO TLAYACAPAN Recorriendo su Historia," in which the *Acalli* group and local residents rescue the history, describe many traditions and festivities, explain situations about their land, remember special persons belonging to their past, includes memories of elders who were interviewed, and much more.

The book is printed on letter-size pages with large font. It is written in simple stories for easy reading, and includes color pictures; some of them show paintings by Vicky Corona and the others complement the chapter descriptions.

Thanks to an anonymous benefactor who covered all costs of printing, they are selling the books; and all profits will be used to help with the museum initial expenses.

With all this and more, they are making the effort to teach and motivate the younger generations to know, appreciate and keep their roots, traditions and importance of their town and be proud to show it to visitors and residents alike.

They have big goals!

CIRUJANO PLASTICO CERTIFICADO
DR. BEN
CERTIFIED PLASTIC SURGEON

Dr. Benjamin Villaran
Centro Laguna L-26
Ajijic, Jalisco Mexico.
www.lakesideplasticsurgery.com

(376) 766 4871 0443331 050402

Moving to Lake Chapala Discount Coupon



Take up to \$500 off
And we donate 2% to LCS! *

US / Canada: (915) 235-1951
US cell: (520) 940-0481

BestMexicoMovers.com

Better Process - Lower Prices

* Your discount is equal to 5% or \$500 USD, whichever is less. To receive the discount and have us make the donation to LCS, use discount code: LCS. Expires December 31, 2020

Odontología
POR ESPECIALISTA

Especialista en Odontología
Specialist in Dentistry

Dr. Manuel Ramirez
Universidad Autonoma de Guadalajara
y Periodoncista
Cédula: 5009003
Especialidad: 5003565

PROMOCIÓN
IMPLANTES DENTALES
DENTAL IMPLANTS
\$7,000

CITAS APPOINTMENT REQUEST
(376) 7663682

www.odontologiaporespecialistas.com
Permiso Coprisjal 19330120A0075

Carretera Ote. No. 58 Int. 1 planta alta / up stairs
Frente a Telmex/Front Telmex Lun-Vie/Mon-Fri 9-2 Sab/Sat 9-2

Casa Del Sol Inn
Javier Mina #7 Ajijic, México

Inspired. Invited. Indulged

f Casa del Sol Inn @ casadelsolinnajijic
www.casadelsolinn.com

Marlén Cares
CARING FOR YOUR FAMILY AS IF THEY WERE MY OWN

HOURLY SUPPORT FOR YOUR AGING LOVED ONES

MARLEN OFFERS:

- Personalized, expert care at home or in nursing facilities.
- Assistance with cooking, shopping, bathing and medical appointments.
- Local representation and advocacy for out-of-area family members.
- Patience, understanding and skills gained from over a decade of experience caring for the elderly.

Loving & Skilled Elder Care
marlencares.com
52 331 138 2015

Whether it is because of busy schedules or not having enough fluids on hand or accessible, many people are unknowingly affected from a condition termed chronic dehydration. Chronic dehydration results when a person experiences inadequate fluid intake over a long period of time. Since the symptoms do not necessarily seem like the classic ones of dehydration, most people are unaware of the debilitating effects on their health. Usually they attribute them to some other health problem. These often include:

Depression/Insomnia. Dehydration causes insufficient levels of amino acids needed to make melatonin, a hormone that aids in regulating the sleep cycle and certain mental processes. When these amino acids are deficient, insomnia and/or depression may result.

Fatigue/Lack of Energy/Headache. The brain is extremely sensitive to any water shortage. When blood volume is low, the brain receives less oxygen, resulting in feelings of fatigue, anxiety, irritableness, and short attention span. Loss of energy occurs because dehydration causes energy-promoting enzymes within body cells to slow down.

Constipation. When one doesn't drink enough water, the intestine removes water from stool and that hardens the stool leading to constipation. This water goes into circulation but is not filtered water. Because the liver and kidneys must filter it, it places additional strain on these organs. When constipation becomes chronic, hemorrhoids, diverticulitis, and even colon cancer may occur.

Digestive Disorders. All the substances that break down food in the digestive tract rely upon fluids. In chronic dehydration, the secretion of digestive juices is reduced, causing difficulty in digesting food. Acid reflux is thought to be caused by the production of too much stomach acid. However, too little stomach acid due to chronic dehydration is often the cause. When the stomach does not have enough acid for digestion, food stays in the stomach too long and gets pushed back up, along with acid, causing heartburn and indigestion pain. Depriving the protective lining of stomach and esophagus, which is 98% water, can lead to acid reflux, ulcers and irritable bowel.

Low or High Blood Pressure. Blood is largely composed of water. When blood volume is insufficient to fill all blood vessels in the body, the result is low pressure. If the body reacts by

constricting the arteries, then high blood pressure results.

Allergies. If the body remains dehydrated for a long time, it releases histamine, and elevated histamine can lead to allergies. Allergies also occur because antibody production is suppressed during dehydration.

Weight Gain. Thirst is often mistaken for hunger. This often causes one to overeat because of the need or craving for water contained in food.

Urinary Tract Infections. If toxins in the urine are not sufficiently diluted with water, they damage the protective mucous membranes of the urinary tract, often causing infection, painful urination and/or back pain.

Arthritis. All joint surfaces are padded with cartilage containing a large amount of water. This allows joint surfaces to glide smoothly. When cartilage is dehydrated, the gliding produces friction and a shearing effect, damaging the cartilage. The result is inflammation, pain and stiffness.

Pain. Localized pain may signal dehydration in a specific area, for example: low back pain, migraine headache, and joint or chest pain.

The most severe symptoms of chronic dehydration are: muscle spasms, vomiting, rapid pulse, dim vision, confusion, difficulty breathing, seizures, chest and/or stomach pain, and unconsciousness. If untreated, chronic dehydration can lead to swelling of the brain, shock, kidney failure, coma and death.

Who is at risk? Anyone who consistently neglects to consume 6-8 glasses of fluids a day, those with uncontrolled or untreated diabetes, kidney disease, alcoholism, adrenal gland disorders or gastrointestinal disorders such as inflammatory bowel diseases. Older adults are at risk because kidneys become less efficient and body water decreases with age, as does the thirst response and the ability to regulate body temperature. Some medications taken by older adults promote water loss. Many people limit fluid intake because smaller bladder capacity leads to urinary frequency. Mobility impairments may make it difficult for some to get or drink fluids.

How do you know if you are drinking enough water? Your urine should be clear or lightly colored. Darker colored urine is usually an indication of dehydration.

Simply drinking a couple of glasses of water cannot reverse years of chronic dehydration. Water intake should be gradually increased. It is important to note that water alone does not have the electrolytes essential for the body. It is much better to consume fluids and foods that have high water and electrolytes (sodium and potassium) content such as fruits and vegetables. Caffeinated beverages and alcohol should be limited. A recommended formula for most people is to take one-third of one's body weight in pounds and drink the equivalent number of ounces of water daily. Most importantly, a physician should evaluate any of the above conditions.



Ya sea debido a horarios ocupados o por no tener suficientes líquidos a la mano, muchas personas se ven afectadas, sin saberlo, por una afección llamada deshidratación crónica. La deshidratación crónica se produce cuando una persona experimenta una ingesta inadecuada de líquidos durante un largo período de tiempo. Dado que los síntomas no parecen necesariamente los clásicos de la deshidratación, la mayoría de las personas no son conscientes de los efectos debilitantes sobre su salud. Usualmente los atribuyen a algún otro problema. Éstos a menudo incluyen:

Depresión/Insomnio. La deshidratación causa niveles insuficientes de aminoácidos necesarios para producir la melatonina, una hormona que ayuda a regular el ciclo del sueño y ciertos procesos mentales. Cuando estos aminoácidos son deficientes, se puede producir insomnio y/o depresión.

Fatiga/falta de energía/dolor de cabeza. El cerebro es extremadamente sensible a la escasez de agua. Cuando el volumen sanguíneo es bajo, el cerebro recibe menos oxígeno, lo que provoca sensación de fatiga, ansiedad, irritabilidad y falta de atención. La pérdida de energía ocurre porque la deshidratación hace que las enzimas que promueven la energía dentro de las células del cuerpo se desaceleren.

Estreñimiento. Cuando uno no bebe suficiente agua, el intestino elimina el agua de las heces y eso las endurece y provoca estreñimiento. Esta agua entra en circulación pero no es agua filtrada. Debido a que el hígado y los riñones deben filtrarlo, ejerce una presión adicional sobre estos órganos. Cuando el estreñimiento se vuelve crónico, se pueden presentar hemorroides, diverticulitis e incluso cáncer de colon.

Trastornos digestivos. Todas las sustancias que descomponen los alimentos en el tracto digestivo dependen de los líquidos. En la deshidratación crónica, la secreción de los jugos digestivos se reduce, lo que dificulta la digestión de los alimentos. Se cree que el reflujo ácido es causado por la producción de demasiado ácido estomacal. Sin embargo, muy poco ácido estomacal debido a la deshidratación crónica es a menudo la causa. Cuando el estómago no tiene suficiente ácido para la digestión, los alimentos permanecen en el estómago demasiado tiempo y son empujados hacia arriba, junto con el ácido, causando acidez estomacal y dolor por indigestión. Privar de agua, el revestimiento protector del estómago y el esófago, que es el 98% de agua, puede provocar reflujo ácido, úlceras y colon irritable.

Presión arterial alta o baja. La sangre está compuesta principalmente de agua. Cuando el volumen de sangre es insuficiente para llenar todos los vasos sanguíneos del cuerpo, el resultado es baja presión. Si el cuerpo reacciona estrechando las arterias, entonces la presión arterial alta resulta.

Alergias. Si el cuerpo permanece deshidratado durante mucho tiempo, libera histamina, y un nivel elevado de histamina puede provocar alergias. Las alergias también ocurren porque la producción de anticuerpos se suprime durante la deshidratación.

Aumento de peso. La sed a menudo se confunde con el hambre. Esto a menudo hace que uno coma en exceso debido a la necesidad o ansia de agua contenida en los alimentos.

Infecciones del tracto urinario. Si las toxinas en la orina no se diluyen lo suficiente con agua, dañan las mucosas protectoras del tracto urinario, causando a menudo infecciones, dolor al orinar y/o dolor de espalda.

Artritis. Todas las superficies de las articulaciones están acolchadas con cartílago que contiene una gran cantidad de agua. Esto permite que las superficies de las juntas se deslicen suavemente. Cuando el cartílago está deshidratado, el deslizamiento produce fricción y un efecto de cizallamiento, dañando el cartílago. El resultado es inflamación, dolor y rigidez.

Dolor. El dolor localizado puede indicar deshidratación en un área específica, por ejemplo: dolor en la parte baja de la espalda, dolor de cabeza por migraña y dolor en las articulaciones o en el pecho.

Los síntomas más graves de la deshidratación crónica son: espasmos musculares, vómitos, pulso rápido, visión borrosa, confusión, dificultad para respirar, convulsiones, dolor de pecho y/o estómago e inconsciencia. Si no se trata, la deshidratación crónica puede causar inflamación del cerebro, shock, insuficiencia renal, coma y muerte.

¿Quién está en riesgo? Cualquier persona que constantemente se olvida de consumir 6-8 vasos de líquidos al día, aquellos con diabetes no controlada o no tratada, enfermedad renal, alcoholismo, trastornos de las glándulas suprarrenales o trastornos gastrointestinales tales como enfermedades inflamatorias intestinales. Los adultos mayores están en riesgo porque los riñones se vuelven menos eficientes y el agua del cuerpo disminuye con la edad, al igual que la respuesta de la sed y la capacidad de regular la temperatura corporal. Algunos medicamentos que toman los adultos mayores promueven la pérdida de agua. Muchas personas limitan la ingesta de líquidos porque la menor capacidad de la vejiga lleva a la frecuencia urinaria. Los impedimentos de movilidad pueden dificultar que algunas personas obtengan o beban líquidos.

¿Cómo sabe si está bebiendo suficiente agua? Su orina debe ser clara o de color claro. La orina de color más oscuro generalmente es un indicio de deshidratación.

El simple hecho de beber un par de vasos de agua no puede revertir los años de deshidratación crónica. El consumo de agua debe incrementarse gradualmente. Es importante tener en cuenta que el agua por sí sola no tiene los electrolitos esenciales para el cuerpo. Es mucho mejor consumir líquidos y alimentos con alto contenido de agua y electrolitos (sodio y potasio) como frutas y verduras. Las bebidas con caféina y el alcohol deben ser limitados. Una fórmula recomendada para la mayoría de las personas es la de dividir su peso en 3, y el resultado será el número de onzas de agua ingerir diariamente. Lo más importante, un médico debe evaluar si presenta alguna de las condiciones mencionadas.



New Restaurant Guide

By Harriet Hart

Eating out in Ajijic is a passion for expatriates here and also the title of a recently published restaurant guide by Jerry Mundel. I met up with Jerry and his wife, dining companion, and editor, Linda, in early December to find out more about the book and its creator.

“I’m not a foodie,” says Jerry. “I can’t do detailed descriptions of how the food is prepared. My approach is to describe the setting, the menu and the meal I enjoyed.”

Jerry and Linda moved to Lakeside in June 2017 from northern California where Jerry did grant development for non-profit organizations. “I’ve written thousands of grant proposals over the years . . . for hospitals, universities and arts organizations.” Writing is, therefore, second nature to him. The idea to publish a restaurant guide first occurred to him in Los Angeles in the early 1980s,

during a quiet time in his business. “We lived in East Hollywood, Beachwood Canyon, right below the famous Hollywood sign. There were lots of good local eateries, and when somebody gave me a computer, I decided to hone my skills by writing a restaurant guide.” It went over well. Then Jerry and Linda relocated to Great Barrington, Massachusetts, where there were more restaurants to discover (and recommend). “The result was a bestseller in the local book shop!”

When Jerry and Linda started to explore Lakeside, they realized this was another ideal community in which to publish a restaurant guide. “There are 140 eateries, so we started trying them out.” Jerry’s book doesn’t pretend to cover them all. *Eating Out in Ajijic* highlights 46 of his favorites from *Adelita’s* to *Yves*.

Each entry not only provides useful information such as the address, telephone number and hours of operation, it also gives an entertaining review. For example, on *Teocintle Maiz*: “This restaurant may well be the best in Ajijic. Gloria and Ricardo had previously been with Alex’s Pasta Bar, but fortunately for us, they opened *Teocintle Maiz*. It has quickly become a dining destination for Canucks and Muricans in Ajijic. Nicely furnished, music on occasion and food that simply is freekin’ fantastic.”

On *Jitomate Gourmet*: “Chef Girard will tell you how he prepares certain dishes, and his version of lasagna has layers of spinach and cheese in a crisp shell that will make you return to that little restaurant near Naples, or the one in San Gimignano where you first tasted such a delightful offering.”

This book is a gem, complete with information, opinions and illustrations by Mike Reilly, ‘The Computer Guy’, who converted his photos through the magic of technology to pen-and-ink sketches. *Eating Out in Ajijic* is a local product, reasonably priced at \$199 pesos, and on sale at Go Bistro, *La Paceaña*, *Pasta Trenta*, *Teocintle*, *Benno’s Computer*, *Jitomate Gourmet*, *La Cima del Copal*, *Sabor de Caribe*, or directly from the author at 331 890 2735 or jerrymundel@gmail.com.

My only beef with the author is he quit too soon. I’d love to see Volume 2, which he assures me he is working on, and which will include *Mario’s*, *Lobo del Mar*, *Elena’s* and *Elegante* . . . to name just a few of his latest discoveries.

HAPPY Valentine's DAY

We have the perfect gift for every lover

ARDEN
m e x i c o
MUEBLES
By Maggie Garcia

Hidalgo 222-A, Riberas del Pilar, Chapala, Jal.
Mon to Sat 10am-6pm, Sun 12-5pm | We are closed Wednesday
Phone: (376) 76 5 35 40
www.mueblesarden.com

www.lakechapasociety.com

Lakeside Writers

ANNIVERSARY

By Morris Schwarzblat



A foreteller of recognized prestige affirmed one day that without any doubt, our relationship would be a mirror, a shadow, an image, of the one of Jean Paul and Ms. Beauvoir, that I would lose you momentarily in other arms again and again, that my lips would make smile other thighs in some occasions, but that the spring that binds us would inexorably, inevitably, irremediably tend to contract again, to hold us together for 40 years.

Today, when under my hands wither other breasts that are not yours, when under your shadow grandchildren that are not mine are sheltered, the calendar that I have in front of me spits the date with impunity and begs me to warn you, that by God to warn you, that 39 have passed, and that only one remains.



Emilias Ajjic

— Love at first bite —



We not only make insanely good coffee, we have food to suit all tastes troughout the day. Eat fresh, filling and mouthwatering meals that your body will thank you for!



Schedule :

8:30 am - 5:00 pm

☎ 33 1097 3133

📍 Carretera oriente 32 b Ajjic

Where **JOY** is a **HABIT**



La Pueblita
EXPECT AMAZING

PRE-OPENING incentives

The best lifestyle Retirement Community in Mexico



Call us English: +52 (775) 315 3929 / Spanish +52 (331) 964 2321

Carr. Jocotepec - Guadalajara 961, Ajjic, Jalisco

www.lapueblita.com / info@lapueblita.com



Investments Part 2

By Elizabeth Villaseñor

In Mexico, you not only have access to an investment with the *CEDEs* and *PAGARÉS* (last October's article), but through investment funds.

Association of Securities Intermediaries), and are supervised and regulated by the *Comisión Nacional Bancaria y de Valores (CNBV)*, which stands for National Banking and Securities Commission. It is a decentralized body of the Ministry of Finance and Public Credit, with technical autonomy and executive powers under the terms of the Law of the National Banking and Securities Commission itself. Additionally, it gives service to the funds distribution of the main Mexican operators.

What is an Investment Fund? It is an investment vehicle created to group together the money of a number of people with a common goal: to obtain a return greater than they might individually be able to get through traditional investment, utilizing certain rules and features contained in a document called the Investment Prospectus.

What kind of Funds are available?

- **Debt mutual funds:** These invest primarily in debt securities issued by the federal government, banks, and corporations, in *pesos* or in foreign currency.
- **Equity mutual funds:** These invest primarily in the shares of publicly-traded corporations.

How to get the fund and know that I'm in the right place?

Make sure you go to an institution that is an Investment Fund Operator and asked to be attended by a certified advisor.

Investment Fund Operators are members of the *Asociación Mexicana de Intermediarios Bursátiles (AMIB)* (The Mexican

The advantages of a Fund:

- » Transparency in handling your investment, because they are vehicles regulated and supervised by the CNBV.
- » Accessibility, because you can invest however much money is best for you.
- » Diversification of your equity together with the funds of other clients, through each of the funds you select.
- » Flexibility in being able to access your money as needed.
- » Personalized financial advice from specialized executives.
- » Comfort in being able to invest or withdraw funds and check on your investments via the Internet or a Call Center.
- » Design of investment strategies that fit your needs and your unique investment profile.
- » No cost for transactions or account management, for investments.
- » The assets that make up the investment funds are valued daily by an independent valuation company.
- » By law, the debt mutual funds are obligated to be qualified by a risk rating agency.

Investment funds and the companies that manage them are governed by the provisions set forth in:

- » Ley del Mercado de Valores.
- » Ley de Fondos de Inversión.
- » Circular Única de Fondos de Inversión.
- » La Comisión Nacional Bancaria y de Valores (CNBV—Autorization, Inspection and Surveillance.

What are the requirements to get an investment?

- » Passport.
- » Visa (Tourist, Temporal or Permanente).
- » Proof of address, which could be any utility bill such as electrical, water or phone. (If using a tourist visa, this bill should be from your home country.)
- » Have a Mexican peso bank account.

After you sign the contract, the Institution will let you know when you're ready to start. Make sure you get a copy of the contract which is important to keep with you physically.

For your security when you sell a fund, the money will go to your own personal account as registered in your contract, unless you show up at the Institution authorizing a different destination for the money.



Emiliano Zapata # 10, Las Salvias,
A.J.J.I.C between Juárez and Tempisque
Cell. 331 350 6764

CasaTresLeones.com

- * Boutique Hotel and Luxury B&B
- * Now with Solar heated pool for your enjoyment
- * Ask us about our long term competitive rates
- * Winner of "Best of the Best of Lake Chapala B&B" people's choice award for 6 consecutive years (2014-2019)
- * Awarded "Travelers' Choice award on Trip Advisor.

• www.casatresleones.com • casatresleones@yahoo.com






¡Ah! Si alguna vez hubo un lugar perfecto para descansar en una hamaca, es aquí en el lago de Chapala. Relajarse en una hamaca, sin embargo, ¡puede ser peligroso! Descubriendo sus atributos de comodidad, puede comenzar a pasar más y más tiempo en su hamaca, y menos tiempo terminando esos quehaceres alrededor de la casa, perdiéndose su telenovela favorita, ¡o incluso podría estar en peligro de cambios de personalidad atribuibles a vivir una vida “más” relajante y sin estrés!

Utilizado hoy por millones de personas en todo el mundo, las hamacas se pueden configurar en cualquier lugar, debajo de un árbol, en su terraza o mirador, incluso en su dormitorio. La hamaca es bien conocida por ofrecer extrema comodidad y relajación. Pero, ¿dónde se originó la hamaca?

El origen de las hamacas no está claro. La mayoría de los países de América Central y del sur tienen un antiguo patrimonio asociado con hamacas que preceden a los norteamericanos por 800-900 años. Generalmente se acepta que los orígenes de la hamaca comenzaron hace aproximadamente 1.000 años en Centroamérica por los indios mayas.

La mayoría de los primeros usuarios de la hamaca fueron por los pescadores nativos, que utilizaban las redes de pesca para el trabajo y el descanso. Al secar las redes, las colgaban y dormían en ellas. Además de una buena opción para dormir, estas primeras hamacas también ofrecían un aspecto aún más funcional a la vida cotidiana, protección, el poder escapar del agua, la suciedad u otras condiciones insalubres de los tiempos.

Las primeras hamacas se tejían de la corteza del árbol de hamak. Después, la planta de sisal (similar en apariencia a la sábila) reemplazó la corteza como el material utilizado para hacer hamacas porque era más abundante, y sus fibras se podrían suavizarse frotándolas contra el muslo.

Después de que Cristóbal Colón llegara al nuevo mundo en 1492, reportó haber visto “Hamacs” de algodón en las Bahamas. Regresó a Europa con un montón de hamacas, y desde entonces se han utilizado a bordo de barcos para ahorrar espacio y para la práctica de dormir en el mar. Incluso las prisiones empezaron a usar hamacas.

Los europeos no pudieron replicar las hamacas tejidas a mano traídas por Colón y por lo general usaban tela de lona. La Armada Española usó este tipo de hamaca durante tres siglos. Estas hamacas navales, a diferencia de sus predecesores, eran pequeñas, sudorosas y estrechas, a cada marinero se le otorgaba una anchura de cuatro pulgadas para poder dormir sobre su hamaca. Durante los enfrentamientos de batalla, las hamacas se enrollaban en paquetes apretados y se metían en bastidores a bordo del barco como protección contra las pequeñas armas de fuego.

En el siglo 18, las hamacas en América del norte todavía se consideraban una novedad. La mayoría eran estrechas con duelas de madera y requerían agilidad y equilibrio para recostarse en ellas. Durante la década de 1880, una versión más amplia entró en uso e hizo la hamaca extremadamente popular en América del norte. Hoy en día, aproximadamente 500.000-2000000 hamacas se venden anualmente en América del norte a los consumidores que buscan una siesta. En todo el mundo más de 100 millones de personas utilizan hamacas como camas o muebles todos los días.

Hoy, en Yucatán, dos familias continúan la tradición de hacer

hamacas a partir de fibras de henequén o sisal y de sansevieria, una especie de cactus de agave conocida como lengua de vaca que crece silvestre en terrenos de roca y requiere poca agua para la supervivencia.

Las hamacas hechas por Ofelia Madariaga y la familia Villajuana utilizan una técnica de tejido llamada Corchado que sigue un procedimiento casi extinguido de la época prehispánica. Las hebras de henequén o Sansevieria se trabajan a mano, generalmente descansando en el muslo, en un proceso tanto laborioso como agotador, sin embargo, produce hamacas finas, suaves y resilientes.

Este arte de tejer hamacas ha sido transmitido a través de las generaciones. Los tejedores empiezan a trabajar cuando son muy jóvenes, y los esposos, los hijos y los nietos ayudan con esta ardua artesanía. Elena Villajuana solía tejer las fibras en la moda prehispánica hasta que su marido sentía lástima por ella y fabricaba un ingenioso dispositivo compuesto por tableros y una rueda de bicicleta que sirve como una especie de husillo.

El trabajo comienza temprano en la mañana o por la tarde, mientras que la fibra está húmeda para evitar su rotura-retorciendo las fibras a mano resulta en una mayor suavidad. El bordo se teje primero. Nudo tras nudo, toma alrededor de 20 vueltas para completar el bordo, después de lo cual empiezan a trabajar en el cuerpo de la hamaca.

Cuando el cuerpo de la hamaca se haya completado, habrá tomado 160 a 200 pasadas, dependiendo del tamaño de la hamaca. El otro borde se termina con el mismo proceso de anudar. El punto final consiste de formar los extremos de la hamaca, en cuyos puntos están formados grandes aros, que es de donde se cuelga la hamaca.



AJIJIC LEGAL & RETIREMENT SERVICES
Attorney at Law



ADRIANA PÉREZ FLORES
33 1172 1724

MARTIN VELÁZQUEZ GONZÁLEZ
33 3468 3738

15% LCS Members

WE SPECIALIZE IN:

- Permanent resident visas
- Temporary resident visas
- Permits to leave the country
- Civil & Family law
- Estate planning
- Probate
- Wills
- Real estate

CONSULTATION IN YOUR HOME

Guadalupe Victoria # 101 int. G, Ajijic, Jalisco
info@ajjiclaw.com & adriana@ajjiclaw.com
(045) 33 1172 1724 & (045) 33 3468 3738
www.ajjiclaw.com

Legacy Gifting Donaciones heredadas

Niños Incapacitados is passionate about giving sick Mexican Children a fighting chance. Each year we help about 165 Lakeside children.

Linking the past, present and future with a LEGACY GIFT is an important way to give.

GIFT PLANNING gives you the opportunity to establish your own personal legacy through a variety of affordable methods, suited to your goals, needs and timelines.

A bequest of any size can have a lasting impact on a child's life. Be leaving a bequest to Niños Incapacitados you will make child's healthy future YOUR LEGACY.

Niños Incapacitados es una institución apasionada de dar a los niños mexicanos enfermos una oportunidad de luchar. Cada año ayudamos a más de 165 niños de la Ribera de Chapala.

Vincular el pasado, presente y futuro con un LEGADO es una forma importante de dar.

LA PLANIFICACIÓN DE UN DONATIVO le da la oportunidad de establecer su propio legado personal a través de una variedad de métodos accesibles, adecuados a sus objetivos, necesidades y plazos.

Un legado de cualquier tamaño puede tener un impacto duradero en la vida de un niño.

Al dejar un donativo a Niños Incapacitados dará un sano futuro a un niño con SU LEGADO.



In planning your LEGACY GIFT, you might want to consider the option of directing a portion, large or small, of your retirement funds, stocks, securities, trust and/or life insurance to Niños Incapacitados. Most donations can reduce your estate taxes.

En la planificación de su LEGADO, puede considerar la opción de dirigir una parte de sus fondos de jubilación, acciones, valores, fideicomisos o seguro de vida a Niños Incapacitados.

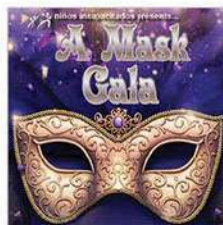
La mayoría de los donativos son deducibles de impuestos sucesorios.

When your are no longer there to care...
YOU STILL CAN!

For more information / *Para mayor información*
www.programaninos.com/LEGACY

Mark Your Calendars for our Gala Event!!

Thursday, March 19, 2020
Hotel Real de Chapala,
Paseo del Prado 20,
Fracc. La Floresta, Ajijic



\$650 pesos per person
For Tickets Contact:
Donna Arthurs at
donnakarhurs@gmail.com

For Complete details go to our Website

www.programaninos.com

MOVING? STORAGE?

All Your Moving & Storage Needs Together



For the lowest RATES, use the oldest, most trusted and most recommended name

- Low Cost Moves and Shared Loads Available
- 7500 Square Foot Bonded Warehouse
- We offer Insurance and Professional Packing
- International Moves to and from Mexico and Anywhere in the World
- Safe and Secure at a Great Price!



STROM WHITE MOVERS

Warehouse Phone: 376-766-6153

USA (210) 745-2479

E-Mail: info@stromwhitemovers.com

Website: www.stromwhitemovers.com

Both Located
at Carretera PTE
#30, Ajijic



Visit the new Showroom
For Fireplaces, Grills,
Patio Heaters and Waterfalls
(376) 766-6153

www.ajijicbbqandfireplace.com





FUNERARIA SAN FRANCISCO

EST. 1966

Personalized Attention by Cynthia Guzmán & Donato Guzmán

San Francisco Funeral Home is committed to offering a dignified, honest and committed service to the customer.

Funeraria San Francisco tiene el compromiso de ofrecer una asistencia digna, honesta y con el mayor compromiso de servicio al cliente.

Our Services / Nuestros Servicios

Cremation	<i>Cremación</i>
Inhumations	<i>Inhumaciones</i>
Ecological Urns	<i>Urnas Ecológicas</i>
Wooden urns	<i>Urnas de madera</i>
Wooden coffins	<i>Ataúdes de madera</i>
Hospital collections	<i>Recolecciones en hospitales</i>
Pickups in airport	<i>Recolecciones en aeropuerto</i>
Sailing chapel for memorial services	<i>Capilla de velación para memorial services</i>
Embalment (body preservation)	<i>Embalsamamiento (conservación de cuerpos)</i>
Advance payments for cremation or burial	<i>Pagos en adelantado por cremación o inhumación</i>
Exhumation procedure	<i>Tramite de exhumación</i>
Death certificate	<i>Acta de defunción</i>
Legal advice on death proceedings for insurance charges	<i>Asesoría legal en tramites de defunción para cobros de seguros</i>

English Spoken
Bilingue

24-Hour Service
Servicio las 24 Hrs.

Consular Services
Servicios Consulares

E- mail: sanfranciscofuneral@gmail.com

**Chapala: López Cotilla # 298
Tel. (376) 765-2053, 765-7507 Cel. 33 1263 0914**

**Atotonilquillo: Hidalgo # 184
Tel. (376) 737-0314 Cel. 33 1082 7088**

**San Luis Soyatlan: Pablo Estrada #4
Tel. (376) 764-0445 Cel. 33 1497 2245**

