

VOLUME 40, MAY, 2022
VOLUMEN 40, MAYO, 2022

FREE
GRATIS

CONEXIONES

People Helping People • Gente Ayudando Gente



Celebrating Motherhood
Celebrando a las Madres

Vamos Juntos • Coming Together



PUBLICACIÓN

Costco & Home Depot

BUS TRIPS RETURNS!!!

MAY 18TH AT 8AM

LCS returns with short trips to provide cultural, educational, recreational and convenience experiences.

Our first outing will be this May 18 to Costco in Lopez Mateos (there will be an opportunity for you to visit Mega as well), and then head to Home Depot.

The last date to register is May 15 at 1:30 pm.
You can register at the LCS office or at www.LakeChapalaSociety.com
Limited seats.

The Bus will depart promptly at 8:00 am from the sculpture in La Floresta.

Fee: \$550 plp

Fee Non-Members: \$650 plp



TOURING

experiences

**May 3
10am
to
1pm**



Sign up or Renew
your Costco Membership
to get a Cash Card* with:

\$100 pesos



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

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Executive Director/Director Ejecutivo: Luis Pacheco

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

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Production Manager/Director de producción: Marianne Carlson

Translations/Traducciones: Diana Ayala y Neri Navarro

Proof-reader/Revisión final: Miranda Gordon

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

Conecciones agradece el envío de artículos. Nos reservamos el derecho de editarlos si es necesario. Los envíos deben ser en MS Word de 600 palabras, y deben dirigirse a submissions@lakechapalasociety.com. Las solicitudes de publicidad deben dirigirse a ventas@lakechapalasociety.com.

All prices include free design work. All ads/ad information must be submitted by the 10th 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. Todos los anuncios/información de anuncios deben ser enviados antes del día 10 del mes para su inclusión en la revista del mes siguiente. Enviar a ventas@lakechapalasociety.com*

Conecciones Advertising Prices / Precios de los Anuncios

2022	Cost / Precio	with/ con IVA
Back cover / Contraportada (9 x 11.4” / 23 x 29 cm).....	\$5,000	\$5,800
Inside front & back cover / Contraportada interna (9 x 11.4” / 23 x 29 cm).....	\$4,500	\$5,220
Full page / Página completa (8.2 x 10.5” / 21 x 27 cm).....	\$3,600	\$4,176
1/2 page / 1/2 página (4.7 x 7.2” / 12 x 18.5 cm).....	\$2,150	\$2,494
1/4 page / 1/4 página (3.5 x 4.7” / 9 x 12 cm)	\$1,150.....	\$1,334
1/8 page-business card / 1/8 página-tarjeta de presentación (3.5 x 2” / 9 x 5 cm).....	\$ 400	\$ 464

INDEX / ÍNDICE

- 2 Message from the President
- 3 *Mensaje del Presidente*
- 4 Restoring our soils with Spheres of Life
- 5 *Restaurando nuestros suelos con esferas de vida.*
- 6 Catherine Stephenson,
Creator of Ajijic Chic
- 7 *Catherine Stephenson, Creadora de Ajijic Chic*
- 8 Proud Moms
- 9 *Mamás orgullosas*
- 10 Choice is your power with DKT
- 11 *Elegir es tu poder con DKT*
- 12-13 COVER STORY: This May 10th let’s make
it possible for more women to train at
Asociación Pro México!
- LCS-1 Activities
- LCS-2 LCS Educational Program
- LCS-3 Spanish in Action, Library Updates
- LCS-4 LCS 6th Annual Tequila Tasting
- 16-17 *ARTÍCULO DE PORTADA: ¡Este 10 de
mayo hagámos posible que más mujeres se capaciten
en Asociación Pro México!*
- 18 Mother’s Monument CDMX
- 19 *Monumento a la Madre CDMX*
- 20 Moon Circles: Honoring My Mother
- 21 *Círculos de luna: Honrando a mi Madre*
- 22 “Being a Strong Woman is Over-rated”
- 23 *“Ser una mujer fuerte está sobrevalorado”*
- 24 Alicia’s Dream
- 25 *El sueño de Alicia*
- 26 A Primer on Pets: Compassion for
Therapy Horses
- 27 Un manual sobre animales de compañía:
Compasión por los caballos de terapia
- 28 My Journey in Public Service

COVER: Asociación Pro México



THE LAKE CHAPALA SOCIETY

President's Message

Spring is in bloom all around us

One of those elements of spring is the Board of Director's annual retreat. I would like to use this opportunity to thank the volunteers who comprise The Lake Chapala Society Board of Directors.

There was plenty of robust conversation about where we are as an organization. We focused deeply on the 5 pillars for 2022. These include a focus on Customer Service, Community Visibility, Collaborations, improving upon what we have and the tremendous need to move our technology out of decade old structures and into more current times. Under the leadership of Larry Barnhardt, we also focused on LCS 2.0 and the 5th pillar - taking care of what we have. We talked through the impact each of these 5 pillars have on each other especially the impact of technology on customer service.

Our current computers work on Windows 7 - which is a version of Windows that Microsoft doesn't even support any longer. Our other software programs are equally outdated and what we have is largely not supported. Software and hardware, as we use them really cause many problems.

Most systems we currently use are very paper oriented and involve way too many steps and duplication of data entry and effort. These involve using forms and notebooks and manual systems. For many years we have tried to force all our technology needs into a system that was not intended to be used the way we use it. Being so outdated with a system that it is not Cloud based and is not user friendly creates challenges and frustration for our members and our volunteers.

There had been some positive work being done in our technology area prior to Covid which ended up being stalled and pushed backwards greatly due to limited funds. We are now looking for donations and support so that we can commit to moving us forward on this effort. We need a Point of Sale program that people can use on any device you are comfortable with, whether it be a computer, tablet or a smart phone. A program that is more visual and that does not require a lot of computer skills. This will not be a replacement for coming into the office and having a volunteer assist you if you wish, but as an easy option for those who are comfortable or prefer to register for classes, buy event tickets or renew membership at a time that is convenience for you on your device. Even if a percentage of people used the online user-friendly methods from home, that would allow more customer service time for those who will continue to join us in the office.

On the topics of Customer Service, Community Visibility and Collaborations, we had robust conversations and commitments by the board to make big differences in these areas. Committees or teams have been formed and we are actively looking for people who have strong experience in customer service and or marketing who can

join one of these teams and help develop volunteer trainings and guidelines in these areas. It is truly a special person who will step up to the plate and get involved as a volunteer and commit to making us all we can be as a service organization. Marketing is also a key skill that we need help with. If you have talents in any of these areas, please step up and let's all work to help move us toward our North Star, which is outlined in our multi-year master plan known as LCS 2.0.

In any organization, the majority of work and the ability to move an organization forward comes from the efforts of wonderful volunteers serving on a committee of the Board of Directors. We have many openings on our committees and are asking people to step up, step out and get involved. Join a committee that you will be proud to serve on and that will allow you to make a difference in our community. We need your help!

The two committees most in need of volunteers and leaders include: The Fund Development Committee - this is our priority committee to populate and grow. Raising funds is not all we do, but all we do depends on the funds we raise. The desperately needed maintenance on the campus, addressing major liability areas, the programs and services we offer to the community are not funded by memberships dues, they require fundraising efforts. People with fundraising experience or sales skills or even people who love engaging with others would be great on this committee.

The Community and Marketing committee is looking for people with strong customer service skills and willing to engage in the community through our outreach efforts or planning marketing campaigns. The program committee, Audit committee and Campus Committees can also use skilled folks as well. To engage with any of these committees please contact our Executive Director Luis Pacheco or myself by sending an email and we would love to have your talents on one of our teams.

I would like to thank our board of directors for your commitment, your time and your talents, together we will move forward in serving the community we all know and love. I would also like to thank board member Christy Caldwell for the great job she did in producing the recent Concert in the Park with the talents of Doug Voet and the Linaje Bohemio trio from San Juan Cosala. This concert showed what can be accomplished when retirees and local young adults collaborate together. The energy, enthusiasm and generosity of the community really shined at this recent Concert in the Park.

Thank you all and we look forward to seeing you on the campus of your Lake Chapala Society. We are open to all.

Steve Balfour
President



THE LAKE CHAPALA SOCIETY

Mensaje del Presidente

La primavera florece a nuestro alrededor

Cada primavera la Mesa Directiva lleva a cabo su retiro anual. Me gustaría aprovechar esta oportunidad para agradecer a los voluntarios que componen la Mesa Directiva de Lake Chapala Society.

Conversamos ampliamente sobre dónde estamos como organización. Nos centramos profundamente en los 5 pilares para 2022. Estos incluyen un enfoque en el servicio al cliente, la visibilidad de la comunidad, las colaboraciones, la mejora de lo que tenemos y la imperiosa necesidad de actualizar nuestra tecnología más allá de las estructuras de hace una década y hacia tiempos más actuales. Bajo la dirección de Larry Barnhardt, también nos centramos en LCS 2.0 y en el quinto pilar: cuidar lo que tenemos. Hablamos del impacto que cada uno de estos 5 pilares tiene sobre los demás, especialmente el impacto de la tecnología en el servicio al cliente.

Nuestras computadoras actuales funcionan con Windows 7, versión de Windows que Microsoft ya no admite. Nuestros otros programas de software están igualmente anticuados y los que tenemos no son compatibles en su mayoría. El software y el hardware, tal y como los utilizamos, causan realmente muchos problemas.

La mayoría de los sistemas que utilizamos actualmente están muy orientados al papel e implican demasiados pasos y duplicación de entrada de datos y esfuerzo. Esto implica el uso de formularios, cuadernos y sistemas manuales.

Durante muchos años hemos intentado forzar todas nuestras necesidades tecnológicas en un sistema que no estaba pensado para ser utilizado de la forma en que lo hacemos. Estar tan anticuados con un sistema que no está basado en la nube y que no es fácil de usar crea desafíos y frustración para nuestros miembros y nuestros voluntarios.

Antes de Covid, se estaba realizando un trabajo positivo en el área de la tecnología, que acabó estancándose y retrocediendo en gran medida debido a la escasez de fondos. Ahora estamos buscando donaciones y apoyo para poder comprometernos a avanzar en este esfuerzo. Necesitamos un programa de punto de venta que la gente pueda utilizar en cualquier dispositivo con el que se sienta cómoda, ya sea una computadora, una tablet o un teléfono inteligente. Un programa que sea más visual y que no requiera muchos conocimientos informáticos. Esto no será un reemplazo para venir a la oficina y tener un voluntario que le ayude si lo desea, sino como una opción fácil para aquellos que se sientan cómodos o prefieran inscribirse en las clases, comprar entradas para eventos o renovar la membresía en un momento que sea conveniente para usted en su dispositivo. Incluso si un porcentaje de personas utilizara los métodos en línea desde casa, eso permitiría más tiempo de servicio al cliente para aquellos que seguirán acompañándonos en la oficina.

En cuanto a los temas de Servicio al Cliente, Visibilidad de la Comunidad y Colaboraciones, hemos tenido conversaciones sólidas y compromisos por parte de la Mesa Directiva para hacer grandes diferencias en estas áreas. Se han formado comités o equipos y estamos buscando activamente a personas con gran experiencia en servicio al cliente y/o marketing que puedan unirse a uno de estos

equipos para ayudar en la capacitación y directrices para voluntarios en estas áreas. Se trata de una persona especial que se involucre como voluntario y se comprometa a hacer de nosotros todo lo que podemos ser como organización de servicio. El marketing es también una habilidad clave con la que necesitamos ayuda. Si tienes talento en alguna de estas áreas, por favor, da un paso al frente y trabajemos todos para ayudarnos a avanzar hacia nuestra Estrella del Norte, que se describe en nuestro plan maestro plurianual conocido como LCS 2.0.

En cualquier organización, la mayor parte del trabajo y la capacidad de hacerla avanzar proviene de los esfuerzos de maravillosos voluntarios que sirven en un comité de la Mesa Directiva. Tenemos muchas vacantes en nuestros comités y pedimos a la gente que dé un paso al frente, salga y se involucre. Únase a un comité en el que esté orgulloso de servir y que le permita marcar la diferencia en nuestra comunidad. Necesitamos tu ayuda.

Los dos comités más necesitados de voluntarios y líderes son El Comité de Desarrollo de Fondos - este es nuestro comité prioritario para crecer. Recaudar fondos no es todo lo que hacemos, pero todo lo que hacemos depende de los fondos que recaudamos. El mantenimiento que se necesita desesperadamente en el campus, la reparación de áreas que representan un riesgo, los programas y servicios que ofrecemos a la comunidad no se financian con las cuotas de los miembros, sino que requieren esfuerzos de recaudación de fondos. Las personas con experiencia en la recaudación de fondos o con habilidades de venta, o incluso las personas a las que les gusta comprometerse con los demás, serían estupendas en este comité.

El comité de Comunidad y Marketing busca personas con gran capacidad de atención al cliente y dispuestas a participar en la comunidad a través de nuestros esfuerzos de divulgación o de la planificación de campañas de marketing. El Comité de Programas, el Comité de Auditoría y los Comités del Campus también pueden utilizar a personas capacitadas. Para participar en cualquiera de estos comités, póngase en contacto con nuestro Director Ejecutivo Luis Pacheco o conmigo enviando un correo electrónico y nos encantaría contar con su talento en uno de nuestros equipos.

Me gustaría dar las gracias a nuestra Mesa Directiva por su compromiso, tiempo y talentos, juntos avanzaremos en el servicio a la comunidad que todos conocemos y amamos. También me gustaría agradecer a nuestra compañera Christy Caldwell por el gran trabajo que hizo en la producción del reciente Concierto en el Parque con los talentos de Doug Voet y el trío Linaje Bohemio de San Juan Cosalá. Este concierto demostró lo que se puede lograr cuando los jubilados y los adultos jóvenes locales colaboran juntos. La energía, el entusiasmo y la generosidad de la comunidad realmente brillaron en este reciente Concierto en el Parque.

Gracias a todos y esperamos verlos en el campus de su Lake Chapala Society. Estamos abiertos a todos.

Steve Balfour
Presidente

Restoring our soils with Spheres of Life

By Gabriel Vázquez Sánchez
General Manager of Aipromades

“I believe that a blade of straw can start a revolution. At first glance, this straw of rice may seem light and insignificant. Hardly anyone can believe that it can be the origin of a revolution. But I have come to realize the weight and power of this straw. For me this revolution is very real.”

Thus begins “The Revolution of a Straw”, Masanobu Fukuoka’s work that proposed an alternative agricultural activity based on a deep respect for Nature and the confidence that it can provide what we need if we understand its rhythms and the balance of the natural interactions of the ecosystem. The “Fukuoka Method” has been replicated in agricultural systems around the world with simple and efficient intervention strategies.

Aipromades Lago de Chapala is an intermunicipal development agency, created to provide technical advice to local authorities, through the study, analysis and development of environmental project proposals that improve the quality of riparian communities. Inspired by the sage Masanobu, in 2021 we designed a restoration program for the Lake Chapala feeder watershed, in which 60 women from four rural communities collaborated for 4 months implementing the Fukuoka method.

They began by collecting seeds of the main native tree species of the region and testing their germination to determine their viability. Then, they integrated them into 40,000 spheres (Nendo Dango) that were molded by hand with mud that the degradation of the soils dragged down the mountain. During this process, they were trained on environmental issues, such as the effects of global climate change and desertification, in addition to receiving training on health and hygiene habits, citizens’ rights and gender equity. All these workshops were taught by women, while they made the clay spheres and exchanged knowledge and experiences, building local capacities.

Once the rainy season began in June, the mud spheres were dispersed in previously identified sites, considering altitude ranges for each species and soils with some degree of degradation. The rains fell punctually, and the flows of water and life released the seeds, directing them to where the hill demanded them. Inside are contained the fertile force of our women, their desires, dreams and acquired knowledge.

We are very happy because in this spring of 2022, new bushes and trees are already sprouting. The Project has been recognized by the United Nations Development Program, who offered funding with which we are continuing with phase two of the project in the Community of Santa Cruz de la Soledad, in Chapala.



In the context of the Post Covid recovery, we want our communities and our hills to green up with the faith, hope and conviction that a blade of straw can lead a revolution in our lives and motivate us to continue to take action to reverse the deterioration and change towards a better world.

If you want to know more about this experience, you can contact our project leader, Fernanda Román, at conservacion.aipromades@gmail.com and aipromades@gmail.com.



Restaurando nuestros suelos con esferas de vida.

Por Gabriel Vázquez Sánchez
Director General de Aipromades

“Creo que esta brizna de paja puede originar una revolución. A primera vista, esta paja de arroz puede parecer ligera e insignificante. Difícilmente nadie puede creer que puede ser el origen de una revolución. Pero yo he llegado a darme cuenta del peso y el poder de esta paja. Para mí esta revolución es muy real”.



Así da inicio el mítico libro “La revolución de una brizna de paja”, con el cual el Biólogo Japonés Masanobu Fukuoka proponía una alternativa de actividad agrícola sustentada en un respeto profundo por la Naturaleza y la confianza de que esta puede proveer de lo necesario si sabemos encontrar el modo de comprender sus ritmos hasta alcanzar un profundo conocimiento del equilibrio de las interacciones naturales del ecosistema. El “Método Fukuoka” ha sido replicado en sistemas agrícolas alrededor del mundo con estrategias de intervención sencillas y eficientes. Inspirado por las ideas del Viejo Maestro Masanobu, en Aipromades diseñamos un programa de restauración para las montañas de la cuenca alimentadora del Lago de Chapala, en el cual 60 mujeres de cuatro comunidades rurales de la ribera trabajaron a lo largo de 4 meses utilizando técnicas del método Fukuoka de agricultura natural. Iniciaron durante la temporada de secas recolectando

semillas de las principales especies de árboles nativos de la región y haciendo pruebas de germinación para determinar su viabilidad y seleccionar las mejores opciones. Una vez colectadas y seleccionadas las semillas, éstas fueron moldeadas y encriptadas en 40,000 esferas de barro (Nendo Dango), elaboradas con la tierra que ha sido arrastrada montaña abajo debido a la degradación de los suelos. El proceso de elaboración contó con una batería de fortalecimiento del

conocimiento en temas ambientales que afectan su cotidianidad, como los efectos del cambio climático global y la desertificación, con entrenamiento sobre hábitos de salud e higiene y sobre todo de derechos ciudadanos y equidad de género, todos ellos impartidos por mujeres, mientras los grupos organizados elaboraban con sus manos las esferas de barro y establecían un diálogo de saberes, un intercambio de experiencias y la construcción de capacidades locales.

Iniciada la temporada de lluvias, en el mes de junio e inicios de julio, las esferas de barro fueron lanzadas y dispersadas en sitios previamente identificados, considerando rangos de altitud propios para cada especie y suelos con algún grado de degradación. Las lluvias caerán puntuales, humedecerán y degradarán las esferas, para que los flujos del agua y de vida liberen las semillas y las dirijan al sitio adecuado, aquel que el cerro demanda. En ellas vienen contenidas la fuerza fértil de nuestras mujeres, sus anhelos, sueños y conocimientos adquiridos.

Esperamos que con la siguiente primavera se asomen brotes de matorrales y árboles nuevos. Que los cerros reverdezcan con la fe, esperanza y convicción de que una brizna de paja puede conducir una revolución y motivarnos a seguir haciendo acciones para revertir el deterioro y cambiar hacia un mundo mejor.

Si quieres saber más de esta experiencia, puedes contactar a nuestra líder de proyecto, Fernanda Román, al correo conservacion.aipromades@gmail.com y aipromades@gmail.com



Catherine Stephenson

Creator of Ajijic Chic

By Barbara Hildt

Living at Lakeside with an amazing variety of creative individuals, I was surprised to learn that my neighbor, Catherine Stephenson, from Oregon, was a founder and organizer of the Professional Association of Custom Clothiers, which became the Association of Sewing and Design Professionals with chapters all over the U.S.

When Catherine and her artist husband, Allan Stephenson, came to live in Ajijic in 2014 she brought her talent, experience and her passion for creating custom designed clothing as a couturier. The recent Ajijic Chic collection fashion show at St. Andrews Church, her third at Lakeside, was a benefit for the church and other local charities.

More than seventy enthusiastic admirers of her work attended it. Her new line of easy fit clothing is in set sizes designed for easy living.

Catherine discovered her love of sewing and clothing design in high school when she created a “mint green” mohair suit. She went on to earn her Bachelor of Science in textiles and clothing at the University of Wisconsin in 1971.

With no interest in the made-to-wear clothing industry, Catherine moved back to Portland, Oregon in the late 70s and started her own custom dressmaking business, which she ran for 35 years. She did everything herself, from custom designing, pattern making, draping and fitting each of her unique creations. She did all the business management and customer relations as well. Catherine designed and made wedding gowns, tailored suits, casual dresses, pants and blouses in her home studio until her retirement.

Designing clothing is not very difficult, according to Catherine. “The challenges are in constructing the designs, sewing the clothing to high standards and fitting the garments.”

In 2008 Catherine earned a Masters degree in Instructional Leadership. She taught clothing design and couture sewing at a design college as an adjunct professor for seventeen years, creating a fine sewing curriculum for the Art Institute of Portland.

Besides developing her own successful couture business, Catherine has always worked to help others learn how to become professional clothing makers, using high standards of sewing and design. In 1984 she and another dressmaker started a chapter of the Custom

Clothing Guild of America as a professional trade association for dressmakers and tailors. In a few years the Oregon chapter had more than 150 members. As president, Catherine spearheaded the creation of a procedural manual for starting similar chapters around the country. Continuing education, networking, referrals and business practices were its mission.

In 1992 the Custom Clothing Guild of America became the Professional Association of Custom Clothiers, a national organization, now is known as The Association of Clothing and Design Professionals. Catherine served several years on the Board, including as national president. As ASDP grew, she helped establish Standards of Quality for Custom Clothing and a certification program for masters in clothing design and sewing.

In her home studio in Rancho la Salud, a sustainable community just west of Ajijic, Catherine receives visitors who wish to see and maybe purchase her already made Ajijic Chic clothing. It is a collection of swing tops, dresses, palazzo pants, skirts, vests and wraps. She has a wide variety of fabrics to offer from the U.S. and from her favorite stores in Guadalajara. She uses only high quality natural textiles and avoids synthetics like polyester.

Catherine is a collaborative designer. If you want something special to wear that is unique, or are just curious to see her Ajijic Chic collection, you can make a date to visit her studio by emailing catherine@cscouture.com.

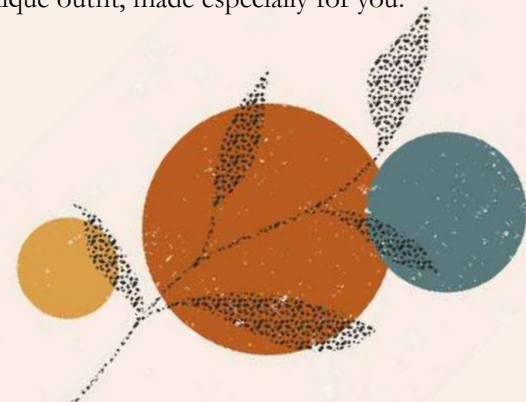
You may enjoy being a wearer of a unique outfit, made especially for you.



Barbara



Karen



Catherine Stephenson, Creadora de Ajijic Chic

Por Barbara Hildt



Al vivir en Lakeside con una increíble variedad de individuos creativos, me sorprendió saber que mi vecina, Catherine Stephenson, de Oregón, fue fundadora y organizadora de la Asociación Profesional de Confeccionistas a Medida, que se convirtió en la Asociación de Profesionales de la Costura y el Diseño con capítulos en todo Estados Unidos.

Cuando Catherine y su marido, el artista Allan Stephenson, vinieron a vivir a Ajijic en 2014, ella trajo su talento, experiencia y su pasión por crear ropa diseñada a medida como modista. El reciente desfile de la colección Ajijic Chic en la Iglesia de San Andrés, su tercera en Lakeside, fue a beneficio de la iglesia y otras organizaciones benéficas locales.

Asistieron más de setenta entusiastas admiradores de su trabajo. Su nueva línea de ropa de corte y confección está diseñada para facilitar la vida.

Catherine descubrió su amor por la costura y el diseño de ropa en el instituto, cuando creó un traje de mohair “verde menta”. En 1971 se graduó en textiles y confección en la Universidad de Wisconsin.

Sin interés por la industria de la confección al por mayor, Catherine se trasladó a Portland (Oregón) a finales de

los años 70 y puso en marcha su propio negocio de confección a medida, que dirigió durante 35 años. Lo hacía todo ella misma, desde el diseño, confección de patrones, drapeado y ajuste de cada una de sus creaciones únicas. También se encargaba de la gestión del negocio y las relaciones con los clientes. Catherine diseñó y confeccionó trajes de novia, trajes a medida, vestidos informales, pantalones y blusas en su estudio casero hasta su jubilación.

Diseñar ropa no es muy difícil, según Catherine. “Los retos están en la construcción de los diseños, la costura de la ropa con un alto nivel de calidad y el ajuste de las prendas”.

En 2008 Catherine obtuvo un máster en Liderazgo Educativo. Enseñó diseño de ropa y costura en una universidad de diseño como profesora adjunta durante diecisiete años, creando un plan de estudios de costura fina para el Instituto de Arte de Portland.

Además de desarrollar su propio negocio de alta costura con éxito, Catherine siempre ha trabajado para ayudar a otros a convertirse en confeccionistas profesionales, utilizando altos estándares de costura y diseño. En 1984, ella y otra modista crearon una sección del Custom Clothing Guild of America

como asociación comercial profesional para modistas y sastres. En pocos años, la sección de Oregón contaba con más de 150 miembros. Como presidenta, Catherine encabezó la creación de un manual de procedimientos para crear secciones similares en todo el país. Su misión era la formación continua, la creación de redes, las referencias y las prácticas comerciales.

En 1992, la Custom Clothing Guild of America se convirtió en la Professional Association of Custom Clothiers, una organización nacional, ahora conocida como The Association of Clothing and Design Professionals (ASDP). Catherine formó parte de la Junta Directiva durante varios años, incluso como presidenta nacional. A medida que la ASDP crecía, ayudó a establecer los Estándares de Calidad para la Ropa a Medida y un programa de certificación de maestría en diseño y costura de ropa.

En su estudio casero en Rancho la Salud, una comunidad sostenible al oeste de Ajijic, Catherine recibe a los visitantes que desean ver y quizás comprar su ropa Ajijic Chic ya confeccionada. Se trata de una colección de blusas de columpio, vestidos, pantalones palazzo, faldas, chalecos y envoltorios. Ella tiene una gran variedad de telas para ofrecer de los EE.UU. y de sus tiendas favoritas en Guadalajara. Utiliza sólo tejidos naturales de alta calidad y evita los sintéticos como el poliéster.

Catherine es una diseñadora colaborativa. Si quieres algo especial para vestir que sea único, o simplemente tienes curiosidad por ver su colección Ajijic Chic, puedes concertar una cita para visitar su estudio enviando un correo electrónico a catherine@cscouture.com.

Puede que disfrutes siendo portador de un traje único, hecho especialmente para ti.



By Diana Ayala

Irma Vega is a native of Jocotepec. She didn't finish high school and together with her husband takes care of a house in Jaltepec. She has 3 children and the oldest, Kari, has just finished her studies in Gastronomy at the Tecnológico Mario Molina (TecMM) located on the libramiento.

Irma tells me that Kari used to play in the big garden of the house they take care of, with flowers and plants, where she imagined herself preparing dishes or playing at the grocery store. Also, because she was the oldest, she helped in the care of her younger siblings, especially the youngest one who, due to a problem during his birth, cannot see.

As Kari grew older she took on more responsibilities in the house and one day she went to the Niños Incapacitados clinic where they support her little brother. One of the volunteer there told her about the Lake Chapala Society Student Aid Program and this excited Kari as she was about to finish high school and did not know if she could continue with her studies due to lack of resources.

Kari sent in her application for the Student Aid Program and was selected, which allowed her to study Gastronomy which involves many expenses, including materials and utensils and, in her case, transportation.

When I spoke with her mother, I could see the pride with which she sees her daughter.

Isaura Rodriguez who is originally from Chapala, only studied elementary school and since she was very young she had to work to help at home with the expenses. She got married when she was 17 years old and has 4 children, Marlene, Vanessa, Alberto and Isaura.



Kari and her mom Irma

She would have liked to study nursing, but did not have the opportunity, but that has not limited her. She is an enterprising woman who seeks, along with her husband, to help her children and give them the opportunities they did not have.

Marlene, the eldest, from a very young age showed skills for construction and she also liked to fix her bicycle using her father's tools. In school she was very dedicated and a perfectionist. When it was time to decide on a career she thought about Architecture, but she knew that she would need a lot of resources, so she too applied for the Student Aid Program at LCS and since she had such good grades she was successful. With the support of her family, she was able to graduate.

Vanessa is the second daughter, 3 years younger, and her mother comments that she was the rebel, but she maintained a healthy competition with her older sister and always achieved very good grades. She tried to study nursing, but did not get into the university, and even on a second attempt did not get into the University of Guadalajara where her older sister had studied. She therefore looked for other options, and discovered TecMM where she finally studied engineering in Business Management. She sent her application for the Student Aid Program to LCS and her application was accepted, so she received support throughout

her training, then she did her social service and her internships at LCS and when a job opportunity arose in the administrative area she was hired. She has now been working for LCS for a year!

Isaura is justifiably very proud of her daughters who are already working in their careers, and she sees them developing, reaching their goals.

Isabel Hernández is from Ajijic. She didn't finish high school and dreamed of becoming a secretary, but being the oldest of 6 siblings she had to work cleaning houses and that truncated her opportunity to continue studying. She married at the age of 19 and now has 4 children: Felipe, Miriam, Diego and Rodrigo.

Since he was 7 years old, Felipe, her oldest son, used to go into the kitchen and help her with simple things and ever since he was little said he would be a chef. As most of the family are musicians, Isabel did not pay much attention to him, as she thought he too would dedicate himself to music. But as time went by Felipe continued with his fixed idea and when the time came he applied to the TecMM to study Gastronomy. To be able to pay for his expenses he applied for the Student Aid Program at LCS where he obtained the scholarship and was able to finish his degree.

At the end of our interview I asked his mother if Felipe prepared some food at home and with a big smile and very proud of her son she told me that he was very good at making pasta and lasagna, as well as drinks.



Marlene

Mamás orgullosas

Por Diana Ayala

Irma Vega es una mujer oriunda de Jocotepec, estudió hasta la secundaria y junto con su marido cuida una casa en Jaltepec. Tiene 3 hijos, la mayor Kari acaba de terminar sus estudios de Lic. En Gastronomía en el Tecnológico Mario Molina (TecMM) ubicado en el libramiento.

Irma me platica que Kari jugaba a la comidita en el gran jardín de la casa que cuidan, con flores y plantas se imaginaba preparando platillos o jugaba a la tiendita; además por ser la mayor ayudaba en el cuidado de sus hermanos menores, en especial del más pequeño que por un problema durante su nacimiento no puede ver.

Conforme fue creciendo Kari, se hizo cargo de más responsabilidades en la casa y un día fue a la clínica de Niños Incapacitados donde apoyan a su hermanito, ahí una de las voluntarias le comentó del programa de Apoyo Económico de LCS, esto entusiasmó a Kari que estaba por finalizar la preparatoria y no sabía si podría continuar con sus estudios por falta de recursos.

Kari mandó su solicitud para el Programa de Apoyo Económico y fue seleccionada, lo que le permitió cursar la carrera de Gastronomía la cual implica muchos gastos, entre material y utensilios, además en su caso el transporte.

Cuando platicué con su mamá, se notaba el orgullo con el que ve a su hija.

Isaura Rodríguez, es originaria de Chapala, estudió hasta primero de secundaria y desde muy chica tuvo que trabajar para ayudar en su casa con los gastos, se casó a los 17 años. Y tiene 4 hijos, Marlene, Vanessa, Alberto e Isaura.

A ella le hubiera gustado estudiar enfermería, pero no tuvo la oportunidad, pero eso no la ha limitado es una mujer emprendedora que busca, junto con su marido, sacar adelante a sus hijos y darles las oportunidades que ellos no tuvieron.

Marlene, la mayor, desde muy pequeña demostró habilidades para la construcción, además le gustaba arreglar su bicicleta utilizando las herramientas de su papá, en la escuela era muy aplicada y perfeccionista. Cuando llegó el momento de decidirse por una carrera pensó en Arquitectura, pero sabía que necesitaría muchos recursos, así que aplicó por el Apoyo Económico en LCS y como tenía tan buenas calificaciones lo obtuvo, y así junto al esfuerzo de su familia logró titularse.

Vanessa es la segunda hija, 3 años menor, su mamá comenta que siempre fue muy rebelde, pero mantenía una sana competencia con su hermana mayor y siempre logró muy buenas calificaciones. Intentó estudiar enfermería, pero no quedó en la universidad, en un segundo intento tampoco quedó en la universidad de Guadalajara, donde su hermana mayor había estudiado. Por lo que buscó otras opciones, llegando así al TecMM donde finalmente estudió ingeniería en Gestión Empresarial. Mandó su aplicación para Apoyo Económico en LCS y se aceptó su solicitud, por lo que contó con el apoyo durante toda su carrera, posteriormente



Isaura and her daughter Vanessa



Isabel Hernández

realizó su servicio social, sus prácticas profesionales y surgió una oportunidad laboral en el área administrativa y desde hace un año trabaja en LCS.

Isaura está muy orgullosa de sus hijas, las cuales se encuentran ya trabajando en sus carreras y las ve desarrollarse, alcanzando sus metas.

Isabel Hernández es de Ajijic, estudió hasta la secundaria y soñaba con ser secretaria, pero al ser la mayor de 6 hermanos tuvo que trabajar limpiando casas y eso truncó su oportunidad de continuar estudiando. Se casó a los 19 años y tiene 4 hijos: Felipe, Miriam, Diego y Rodrigo.

Felipe, su hijo mayor, desde los 7 años se metía a la cocina y la ayudaba con cosas sencillas, desde pequeño decía que sería chef, gran parte de la familia son músicos, así que Isabel no le hacía mucho caso, pensaba se dedicaría a la música. Pero al pasar el tiempo Felipe siguió con su idea fija y llegado el momento entró al TecMM a la carrera de Gastronomía; para poder solventar sus gastos solicitó apoyo en LCS donde obtuvo la beca y así logró finalizar su carrera.

Al final le pregunté a su mamá si Felipe preparaba algo de comida en su casa y con una gran sonrisa y muy orgullosa de su hijo me dijo que le quedaban muy bien las pastas y la lasaña, así como las bebidas.

Choice is your power with



By Denisse Angélica Flores González

place the condom at the bottom of the vagina and the other, which is larger, is to help the condom stay out of the vagina while protecting the vulva up to 99% against STIs.

Using a condom is cool because not only does it protect against sexually transmitted infections, there is a great variety of them such as: classic, flavored and scented, textured, ultra-thin and ultra-resistant. Sex should be protected and fun!

Pregnancy should be planned, that's why DKT is committed to the sexual and contraceptive health of Mexican people.

It knows that "Choosing" allows them to realize their life plans, while enjoying their body and pleasure. Its MEDICOS ELITE program favors confidence, autonomy and dignity, providing accessible alternatives in its method placement sessions with specialists who can recommend the ideal method for you. For more information send a WhatsApp: 55-5068-9673, where specialists will answer all your questions about it.

Now you know, fulfill your dreams, enjoy your sex life: Choice is your power!

In the first seven months of 2021 in the state of Jalisco, according to data from the IIEG (Institute of Statistical and Geographic Information of Jalisco) there were 10,275 births to mothers under 20 years old, all residents of Jalisco. Of those, 281 were to girls between 9 and 14 years old and 9,994 to adolescents between 15 and 19 years old. Likewise, according to the birth records of the Ministry of Health, during 2020 there were 120,704 births to mothers residing in Jalisco and of these, 15.7% (18,918) were to mothers who were girls and adolescents under 20 years of age. Interesting, isn't it?

The vast majority of these pregnancies were unplanned and sometimes put the mother's life at risk. DKT is an international non-profit organization dedicated to family planning for 20 years. In 2021 it protected more than 60 million couples worldwide, thanks to its broad portfolio of new generation contraceptive methods, currently supplying 68% of the world's condoms.

The statistics motivate DKT in Mexico to prevent teenage pregnancy and increase reproductive sexual health, through access to new generation long-term contraceptive methods and through programs that provide information and campaigns to access low-cost methods. Some of the methods they have are:

Intrauterine devices (IUD's).

Silver Care: This is a new generation IUD, WITHOUT hormones, which has a silver core protecting against bacterial infections thanks to its antimicrobial action, providing an effectiveness of 99%. It lasts up to 5 years, ideal for women who have already had children.

Silver Care Mini: It is a new generation IUD WITHOUT hormones, smaller, it has antimicrobial properties thanks to its silver core. It has the ideal size for women who have not had children and, to top it off, provides 99% effectiveness and 5 years of contraception, just like Silver Care. This is a great option for teenagers!

Intrauterine System (IUS)

Mia Care: It is an IUS (Intrauterine System) with hormonal action (Levonorgestrel), easy to insert, with great benefits such as reducing menstrual cramps and helping patients with heavy menstrual bleeding. It has an effectiveness of 99% and a duration of up to 5 years, the new generation within your reach!

In addition to these long-term methods, DKT always recommends the use of barrier methods in order to have double protection: Long-term method + barrier method, with the use of Prudence Condoms.

Male/external condom: it is a sheath that adapts to the shape of the erect penis, commonly made of latex, although there are several materials such as polyurethane or polyethylene. It is the only one that, besides avoiding unplanned pregnancies, prevents Sexually Transmitted Infections (STI's), being up to 98% effective when properly placed.

Female/internal condom: it is a polyurethane or latex sheath with tubular shape. It has 2 flexible rings, 1 at each end. One is to

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Elegir es tu poder con

Por Denisse Angélica Flores González

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INTERNATIONAL

En el estado de Jalisco, según datos del IIEG (Instituto de Información Estadística y Geográfica de Jalisco) se reporta que, en los primeros 7 meses del 2021, hubo 10 mil 275 nacimientos en madres menores de 20 años, residentes de Jalisco; de los cuales, 281 eran niñas de entre 9 y 14 años y 9 mil 994 de adolescentes de 15 a 19 años. Así mismo, de acuerdo con los registros de nacimientos de la Secretaría de Salud, durante 2020 ocurrieron 120 mil 704 nacimientos de madres residentes de Jalisco; de ellos, el 15.7% (18,918) eran de madres niñas y adolescentes menores de 20 años. Interesante ¿No?

La gran mayoría de estos embarazos no fueron planeados y en ocasiones pusieron en riesgo la vida de la mamá, DKT es una organización internacional sin fines de lucro dedicada a la planificación familiar desde hace 20 años. En 2021 protegió a más de 60 millones de parejas en el mundo, gracias a su amplio portafolio de métodos anticonceptivos de nueva generación, siendo actualmente proveedor del 68% de condones en el mundo.

Las estadísticas motivan a DKT en México a prevenir el embarazo adolescente y la salud sexual reproductiva, a través del acceso a métodos anticonceptivos de largo plazo de nueva generación, mediante programas que permitan llevar información y campañas para acceder a métodos a bajo costo, algunos de los métodos que ellos tienen son:

Dispositivos intrauterinos (DIU's)

Silver Care: Es un DIU de nueva generación, SIN hormonas, que cuenta con un núcleo de plata protegiendo de infecciones por bacterias gracias a su acción antimicrobiana, brindando una efectividad del 99%. Su duración es de hasta 5 años, ideal para mujeres que ya tuvieron hijos o hijas.

Silver Care Mini: Es un DIU de nueva generación SIN hormonal más pequeño, tiene propiedades antimicrobianas gracias a su núcleo de plata. Tiene el tamaño ideal para mujeres que no han tenido hijos y, por si fuera poco, 99% de efectividad y 5 años de anticoncepción, al igual que Silver Care. ¡Esta es una gran opción para personas adolescentes!

Sistema Intrauterino (SIU)

Mia Care: Es un SIU (Sistema Intrauterino)



Silver Care DIU



SIU Mia Care



con acción hormonal (Levonorgestrel), de fácil colocación, con grandes beneficios como la reducción de cólicos menstruales, ayudando a pacientes con sangrado menstrual abundante. Posee una efectividad del 99% y una duración de hasta 5 años. ¡La nueva generación a tu alcance!

Además de estos métodos de largo plazo, DKT recomienda siempre el uso de métodos de barrera para tener la doble protección: Método de largo plazo + método de barrera, de la mano de Condones Prudence:

Condón masculino/ externo: es una cubierta que se adaptan a la forma del pene erecto, comúnmente de látex, aunque existen de diversos materiales como el poliuretano o polietileno. Es el único que además de evitar embarazos no planeados, previene Infecciones de Transmisión Sexual (ITS), teniendo una efectividad hasta del 98% colocándolo adecuadamente.

Condón femenino/interno: es una funda de poliuretano o látex con forma tubular. Cuenta con 2 anillos flexibles, 1 en cada extremo. Uno es para colocar el condón en el fondo de la vagina y el otro, que es más grande, es para ayudar al preservativo a mantenerse fuera de la vagina al mismo tiempo que protege la vulva hasta del 99% en contra de ITS.

¡Usar condón es cool! porque protege de infecciones de transmisión sexual, además, hay gran variedad de ellos como: los clásicos, con sabor y aroma, con texturas, ultradelgados y ultrarresistentes. ¡El sexo debe ser protegido y divertido!

Un embarazo debe ser planeado, por eso DKT está comprometida con la salud sexual y anticonceptiva de las personas mexicanas. Sabe que "Elegir" les permite realizar sus planes de vida, disfrutando al mismo tiempo de su cuerpo y placer. Su programa MEDICOS ELITE favorece la confianza, la autonomía y dignidad, brindando alternativas accesibles en sus jornadas de colocación de métodos con especialistas que podrán recomendarte el método ideal para ti.

Para más información envía un WhatsApp: 55-5068-9673, donde los especialistas resolverán todas tus dudas al respecto.

Ya lo sabes, cumple con tus sueños, disfruta de tu vida sexual: ¡Elegir es tu poder!

This May 10th let's make it possible for more women to train at Asociación Pro México!

Cover Story

By Lorenza Barragan

Who are we and what do we do on the Lakeside area?

Since 1974 Asociación Pro México has been helping to improve the lives of young people (based in Guadalajara) and women (Lakeside) so that they can get a better job or start a business. We promote self-management, solidarity participation and entrepreneurship with a gender perspective, through educational processes with added personalized training. We carry out our activities in our office in Guadalajara and in the Pro Mexico Center in San Juan Cosalá, on the shores of Chapala, Jalisco, where we currently serve 70 women. In 2021 we made it possible to support 277 women.



Our Solidarity Economy program for women includes:

- Digital Literacy workshops and trades such as Elderly Care, Solar Dehydration, Natural Cosmetics, Event Organization and Handmade Sewing, among others.
- Counseling and courses for Life Project, Personal and Business Finances, and Entrepreneurship, in addition to biweekly mentoring, i.e. personalized follow-up.
- Organization of fairs and events to promote and sell products.

“We work hand in hand, walking beside valuable women and mothers, all of them struggling to learn, develop and start businesses to improve the living conditions of their families,” Any Rodríguez, director of the Association, commented.

On the occasion of the celebration of Mother's Day, we recognize all our participants who show us the love of life itself personified in women.

We believe, and from experience we can testify that...

To be a mother is to give life... not only biological life, but also physical, economic, social and spiritual life, even without procreating children.

To be a mother is to fight for her children, to care for and give importance to each child. It is to be honest, to let live and to love.

Being a mother is a miracle, a mystery, a challenge.

We wish to all the biological and spiritual mothers, readers of this magazine our sincere congratulations!

“I am happy. With joy, we women are stronger and we can move forward,” says Estela, one of the women who is part of our Solidarity Economy program in San Juan Cosalá, Jalisco. *“Here at Asociación Pro México they gave me the tools to develop myself, be creative and help. Above all, with new tools I can teach my sons to respect women and my daughter to prepare herself because I understand that if I take responsibility for myself, I am happy and so is my family.”*

In 2022, the elderly care agency Cuidar es Amor (Caring is Love), a company founded by Estela and her eleven partners, all fellow Asociación Pro México graduates, began operating. *“Together we women are innovative, enterprising, successful. We know how to fight and get ahead.”* Sara, another participant in our workshops, tells us.



Sara

As a child, she used to watch in awe as her grandmother prepared ponches (a mildly alcoholic fruit punch) in her native Jocotepec. When she grew up, as we say, as an educator she trained a large part of the town's children and when she retired she *“felt useless, depressed, as if everything was over”*, so when she heard about Asociación Pro México's courses she signed up and with the dehydrated food workshop she

saw the possibility of paying tribute to her grandmother's recipes and making her dreams come true.

Today Sara and her innovative initiatives have even managed to support the economy of her community: she uses the products harvested in the region such as berries and blueberries and with the dehydrator that her husband, a carpenter, built for her, she already produces cecina, machaca, wines and her specialty, ponches and jams. Today she already has her own brand to market her products.

Sara wants to establish a retail store. *"When people visit Jocotepec, they will say 'yes, that's where there are really good jams and ponches'"*.

How can you help?

Become an agent of change and help us make it possible for the dreams of our users to come true. Your donation contributes to improve the lives of women in the area through study and entrepreneurship.

We invite you to be one of our donors

You choose the option!

- The monthly amount you choose is very welcome.
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• Legal Practices:

- Commercial
- Corporate Litigation
- Real Estate
- Financial (tax, bankruptcy. Etc)
- Criminal

• Family:

- Divorces
- Wills
- Child Custody
- Domestic Violence
- Equitable Division of Property

• Criminal:

- Squatter removal
- Fraud
- Property recovery

• Civil:

- Immigration
- Leases
- Mortgages
- Recovery of property
- Rescinding or Execution of Contracts



Come to a FREE consultation for LCS members every second Monday of each month.

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ACTIVITIES & EVENTS

Pull Out

Office & Library Hours: Monday to Saturday 10 a.m. - 2 p.m.
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Main Gate: Monday to Friday 9:00 a.m. - 3 p.m. | Saturday 9:00 a.m. - 2 p.m.

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

LESSONS (M)

Basic Principles of Drawing/Painting	T 9-11
	<i>jorge.garcia003@gmail.com</i>
Beginners Chess for Seniors	M 1:30-2:30
Bordado Artístico (Spanish)	M+W+F 4-6
Children's Art	SAT 10-12 Invitation only
Dance Fitness	M 10-11
Exercise	M+W+F 9-9:50
Gentle Yoga & Body Awareness	W 10-10:50
Hurachess Club*	SAT 12-1*
Intermediate Hatha Yoga	T 2-3:30
Introduction to Spanish (S)	T, 5, 12, 19 April 12:30-2. Cost
Line Dancing, <i>gail@doughertynet.com</i>	T + TH 10-11:15
Stretch & Balance,	T+TH 8:45-9:45
	<i>harry_bertram@hotmail.com</i>
Spanish in Action classes (español en acción)	See LCS website or in the office for more info
Spanish a la carta Online program,	See LCS website/more info
Tai Chi for Elders	M+W+F 11-11:50
Tech Help via Email	<i>lcs.tech.training@gmail.com</i>
Write to a Prompt Writers' Group	TH 10-12

LIBRARIES (M)

Book + DVD Libraries M-SAT 10-2
 Books on Tape & Library of Congress Talking Books. To order books on-line, you must use a computer or a tablet/iPad. It is not possible to order using a cell phone. Go to lakechapalasociety.com & select libraries/English.

SOCIAL ACTIVITIES (M)

American Man Jongg	TH 10-1
Bridge4Fun	T+F 1-4:30
Discussion Group	W 12-1:30
English/Spanish Conversation* Open to public	Sat 12-1:30*
Everyday Mindfulness	M April 4+18 Campus 9:45-11:30
	April 11+25 Zoom 10am, <i>barbarahildt@gmail.com</i>
Game Group	TH 1-4
HOT Science Zoom, <i>hotsciencelcs@gmail.com</i>	T 1:45
Scrabble	F 11:30-1:30
Tournament Scrabble	T 12-1:50

HEALTH INSURANCE*

Cruz Roja Table	T 12-1:30, F 10-12
Hospital San Antonio	TH 10-12
IMSS & Immigration Services	M+T 10-1 ; Call for Appointment 333-157-9472 No sign up
Lakeside Insurance	T+TH 11-2
Shiatsu Chair Massage	1st & 3rd TH 10-12
	Appointment only, call 331-604-0971

HEALTH & LEGAL SERVICES*

Becerra Immigration	TH 10:30-12:30
Intercam Banking Services	M-F 10-1
Audiology- hearing care specialists	M+W+F 10-3
	Call for appointment 332-945-3267
Optometrist Claravision (S)	TH 9-4;
	Call for appointment 331-411-1178
Skin Cancer Screening (S)	2+4 W 10-12; Call for appointment 333-408-0951
SkyMed	1st F 10-12
Solbes & Solbes	2nd Monday 10-12

SERVICE & SUPPORT GROUPS *

Al-Anon (Spanish)	M 6-7:30, W 5:30-7:30
ASA Board Meeting	Last W, 10:30-12
Caregivers of Spouses with Dementia (Support Group)	T 11:30-1:30
Diabetes Support Group	Zoom, 1st F 11:00
	<i>welchk4diabetes@gmail.com</i>
Information Desk	M-Sat 10-2
Lakeside AA	M+TH 4-5
Needle Pushers	T 10-11:45
Open Circle	Sun 10:30-11:30
Toastmasters	M 7-9
Overeaters Anonymous	Begins May 18, W 3-4

NEW ACTIVITIES:

- US Voter Registration**
 Beginning March 28, on Mondays from 10am-1pm on the Blue Umbrella Patio
 Democrats Abroad sponsors voter registration. Open to all US citizens to register and request ballots for voting.
Votefrombroad.org,
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- Beginners Chess for Seniors**
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EDUCATIONAL PROGRAMS

Getting your Jalisco driver's license without losing your mind

By **Alfredo Pérez**

Monday, May 02 Fee: \$500

2:00 to 3:45 pm Class

Thursday, May 12 visit to Secretaría de Transporte (test). Early in the morning.



The Mayan people

By **Ted Rogers**

Monday and Wednesday

May 02, 04, 09, 11 & 16

1:00 - 2:00 pm Fee: \$600

5-session class. The Maya: Building an empire that stretched across Mesoamerica from the Yucatan to the Pacific, The Maya continue to exist today, as the largest single Indian tribe North of Peru. Come learn their history from inception up to their first encounter with Spain.

Cocktails with tequila workshop. Prepare for 5 de mayo!

By **Max Domínguez**

Tuesday, May 03

4:00 to 5:30 pm Fee: \$800

LCS and the Hotsson Hotel in Chapala offers a fun and relaxing workshop on the preparation of traditional and flavored margaritas, the famous cazuelas de Jalisco, and the corazón de agave. We offer transportation so you don't have to worry about driving back. Includes workshop materials.

Introduction to Spanish

By **Inez Dyer**

Tuesday, May 03, 10 & 17

12:30 to 2:00 pm Fee: \$380

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



Mexican Manners

By **Alfredo Pérez**

Wednesday, May 04

10:00 to 12:30 pm Fee: \$400

Introduction to Lakeside

By **Rachel McMillen**

In person \$600

Monday, May 09 at 9 am to 12 pm

Online \$500

Friday, May 13 at 9am to 12pm



Spanish Conquest of Mayas

By **Ted Rogers**

Monday and Wednesday

May 18, 23, 25 & 30

1:00 - 2:00 pm Fee: \$500

4-session class. Though the Spanish did succeed in pacifying to a great degree the Maya, rebellion continued well into the 19th and 20th centuries, and still simmers today. Join us in looking at the fascinating history of this tribes interaction with Old World authority.



How to Manage Economic Inflation as an ExPat (PART II)

By **Ted Rogers**

Thursday, May 5, 12 & 19

1:00 - 2:00 pm Fee: \$500

3-session class. Dealing with inflationary pressures is always difficult, but can be even more confusing when one lives in a foreign country. Join us as we look at more strategies on how to deal with inflation as an ex-pat.



Crime and injury legal issues

By **Nieves and Diego Solbes**

Friday, May 20 & 27

2:00 to 3:00 pm Fee: \$500

2-session class.

Enrollment at LCS Office
Monday through Saturday
from 10:00 am - 2 pm
LakeChapalaSociety.com
LCS MEMBERS ONLY

Registration requires payment.
There is no refund.



INDIGENOUS LINGUISTIC HERITAGE IN MEXICAN SPANISH

Intermediate
May 04 & 11, 10:00 to 11:20 am by Zoom

When the Spaniards arrived in what is now Mexico, they encountered a myriad of new realities that they did not know how to name. Most of them kept their original names and spread all over the world. This legacy is important for Mexican culture, and we want to share it with you in this short course where we will study the origin of some commonly used words and others that vary from region to region.

CONVERSATION

Advance
May 04 & 11, 12:00 to 1:20 pm by Zoom

Let's take a relaxed moment and practice our Spanish.

WHERE TO EMPHASIZE WORDS IN SPANISH

Beginners - Advance
May 25 & Jun 01, 10:00 to 11:20 am by Zoom

In this two-session course you will learn step by step how to identify the tonic syllable of a word, that is, the syllable of emphasis.

NOUNS IN SPANISH

Beginners
May 25 & Jun 01, 12:00 to 1:20 pm by Zoom

Do words have gender, why, and is there a problem if I say "la baño"? Let's review the basic rules and practice with simple sentences (even everyday sentences), and get to know some examples where the meaning changes if it is a masculine or feminine word.

Classes are on Wednesday 2-session class only.

Price per each 2-session class: \$240 pesos

No refunds, unless LCS cancels the class.

Classes only for members. No waiting list.

Classes are online. We use Zoom.

The link for the class will be sent 24 hours before the class.

Library Updates

GENRE

Every reader has preferences for the types of books they enjoy most. Some gravitate toward historical romances, while others can't get enough of suspense-filled thrillers. Publishers, bookstores AND the LCS Library have categorized these preferences into what are called "**genres**." Readers often choose books in the same category, so classifying by genre can help readers select what they already enjoy . . . or try something new.

According to "Statista," the most popular genre of fiction among U.S. readers in 2015 was Mystery/Thriller/Crime. And, surprise, surprise - that is also the most popular at our library. In fact, we have a total of 5902 titles categorized as **Mystery/Suspense** (amateur sleuths, private detectives), **Crime Fiction** (law enforcement), **Psych Thriller** (trauma) and **Thriller/Intrigue** (espionage, governments; good vs. evil).

Other popular genres for LCS readers include:

***Historical Fiction** 1748 titles - This type of novel takes place during a significant period in history requiring in-depth research for accuracy. They often include actual persons, albeit fictionalized, that played a key role in history, as well as fictional characters.

***Romance** 908 titles - self descriptive!

***Adventure** 417 titles. The action/adventure genre revolves around a fast-paced storyline, in which the main character faces and overcomes dangerous situations. We love Jack Reacher, don't we?

***Family Saga/Family Relationships/Adult Relationships** 672 titles. Common plots include business, estates, family curses and secrets, sibling rivalry, scandals and adventure. These novels can be historical, contemporary or span generations.

***Science Fiction** 331 titles. Sci-fi focuses on scientific ideas and technological concepts that are conceived to be possible and may be set in the past, present, or future. Time travel is very common, and the setting can be just about anywhere: on Earth, a different version of Earth, underground, underwater, or in another galaxy entirely.

***Fantasy** 320 titles. Some of these titles are also categorized as Young Adult, so look in both places. The fantasy genre includes myths, magic-based stories, and otherworldly tales. In the fantasy genre, whole kingdoms and worlds are created for supernatural characters. Unlike Sci-fi, Fantasy deals with scenarios that are truly impossible.

***Westerns** 275. Think Louis L'Amour and Zane Grey

***Horror/Paranormal** 94. Steven King and Anne Rice lead the pack.

Don't hesitate to ask the library desk volunteer to help with searching for authors and titles in your favorite genre!

LCS Presents its 6th Annual

TEQUILA TASTING

In the gardens of the Lake Chapala Society

MAY FROM
20 2:30
5PM



UNLIMITED TASTING
300 PESOS ADMISSION

80 different varieties of Tequila

10 Different Tequila Distributors

Appetizers Included in the price of admission



Tequila available for purchase with cash or credit card the day of the event

Friday, May 20th
From 2:30 to 5:00 PM
Entrance \$300 per person
At Lake Chapala Society

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



Celebrating Mothers

And Everything they do for their children

Understanding the devotion of the Mother of a child with serious disabilities or life threatening illnesses is humbling and a reminder to all of us why we support these families.



Meet V and her Mother

She is 7 years old and has been with us since 2015. She has been diagnosed with Rett Syndrome. Rett Syndrome is a rare genetic disease that affects brain and neurological development, resulting in severe mental and physical activity.

In talking with "Mom", she says that "V is much stronger and has better control of her core. There are still many things she can't do because her feet are still bad and unstable. But now everything is possible because V puts a lot more effort in for her part. She wants to play and walk!!"

Mom says, "It's been very difficult to watch my daughter struggle. But seeing her progress is everything. I will do everything I can to help my daughter get ahead."

Mom admits, it can be tiring, all the therapy and the doctors but V would be worse not moving at all, remember she couldn't even move her little head in the beginning.

So, Mom knows that everyone's efforts to help V has made her progress possible and she is truly grateful.



Niños Incapacitados has many ways for you to "volunteer". Please go to www.programaninos.com. Discover how to volunteer as a bilingual clinic assistant, help with information technology needs, assist with virtual or possible future in-person events. Watch our videos that tell many different stories about the organization.



Please donate

You can donate your time, your skills or financially.

You can DONATE online (receive a Mexican Factura or no tax receipt), through Amistad Canada (receive a Canadian tax receipt) or through Lake Chapala Charities (receive a US tax receipt).

www.programaninos.com

Artículo de Portada

¡Este 10 de mayo hagámos posible que más mujeres se capaciten en Asociación Pro México!

Por Lorenza Barragán

¿Quiénes somos y qué hacemos en la ribera de Chapala?

Desde 1974 Asociación Pro México apoya a mejorar proyectos de vida de jóvenes (con sede en Guadalajara) y mujeres (ribera de Chapala) para que obtengan un mejor empleo o emprendan su negocio.



Promovemos la autogestión, la participación solidaria y el emprendimiento con perspectiva de género, mediante procesos educativos con acompañamiento personalizado. Realizamos nuestras actividades en nuestra oficina en Guadalajara y en el Centro Pro México en San Juan Cosalá, en la ribera de Chapala, Jal., donde actualmente atendemos a 70 mujeres.

En el 2021 hicimos posible apoyar a 277 mujeres.

Nuestro programa de Economía Solidaria para las mujeres comprende:

- Talleres de Alfabetización Digital y de oficios como Cuidado del adulto mayor, Deshidratado solar, Cosmética natural, Organización de eventos y Costura artesanal, entre otros.
- Asesoría y cursos para Proyecto de vida, Finanzas personales y empresariales; Emprendimiento, además de mentorías quincenales es decir seguimiento personalizado.
- Organización de ferias y eventos para promoción y venta de productos.

“Venimos de la mano, caminando con mujeres y madres valiosas; todas ellas que luchan por aprender, desarrollar y emprender negocios para mejorar las condiciones de vida de sus familias”. Nos comenta Any Rodríguez directora de la Asociación.

Les compartimos dos testimonios de mujeres que han hecho posible sus proyectos dentro de Asociación Pro México:

“Soy feliz. Con alegría las mujeres somos más fuertes y podemos salir adelante” nos dice Estela una de las mujeres que forma parte de nuestro programa de Economía Solidaria en San Juan Cosalá, Jalisco.

“Aquí en Asociación Pro México me dieron herramientas, puedo desenvolverme, ser creativa y ayudar. Sobre todo con nuevas herramientas puedo enseñar a mis hijos a respetar a las mujeres y a mi hija a prepararse porque entendí que si me hago responsable de mí, yo soy feliz y mi familia también lo es”.

En 2022 comenzó a funcionar la agencia de cuidado del adulto mayor Cuidar es amor, una empresa fundada por Estela y sus once socias, todas compañeras graduadas de Asociación Pro México.



Estela Asociación Pro México

“Juntas las mujeres somos innovadoras, emprendedoras, exitosas. Sabemos luchar y salir adelante.” Nos comenta Sara otra participante de nuestros talleres.

De niña veía maravillada cómo su abuela preparaba ponches en su natal Jocotepec. De grande, como decimos, ella como educadora formó a gran parte de la niñez del pueblo y al jubilarse se *“sentía inútil, deprimida, como si ya todo hubiera terminado”*, así que cuando escuchó de los cursos de Asociación Pro México se inscribió y con el taller de deshidratados vio la posibilidad de rendir homenaje a las recetas de la abuela y hacer posibles sus sueños.

Hoy Sara y sus innovadoras iniciativas han logrado apoyar incluso a la economía de su comunidad: utiliza los productos cosechados en la región como las berries y arándanos y con el deshidratador que le construyó su esposo, carpintero, ya produce cecina, machaca, vinos y su especialidad ponches y mermeladas. Hoy ya tiene su marca para comercializar sus productos.

Sara quiere establecer un local de venta. *“Que cuando la gente visite Jocotepec digan ‘sí, allí donde hay buenisimas mermeladas y ponches”*”.

Con motivo de la celebración del día de la madre, reconocemos a todas nuestras participantes que nos muestran el amor a la vida misma personificada en la mujer.

Pensamos y por experiencia referimos que...

Ser madre, es dar vida... tanto vida biológica, como dar vida física, económica, social y espiritual, aun sin procrear hijos

Ser madre es luchar por sus hijos, cuidar y dar importancia a cada hijo-a; es ser honesta, dejar vivir y amar
Ser madre es un milagro, un misterio, un desafío.

Les deseamos a todas las madres biológicas y espirituales, lectoras de esta revista

¡Nuestras sinceras felicitaciones!

¿Cómo nos puedes ayudar?

Conviértete en un agente de cambio y ayúdanos a ¡hacer posible! que se cumplan los sueños de nuestras usuarias. Tu donativo abona a mejorar la vida de mujeres de la zona a través del estudio y del emprendimiento.

Te invitamos a ser parte de nuestros donantes

¡tú eliges la opción!

- El monto mensual que tú elijas es muy bien recibido.
- Podemos darte recibo deducible de impuestos.
- O puedes hacer un donativo cada vez que puedas y según tus posibilidades.



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**At LCS every Monday, Wednesday
 and Friday from 10:00 am to 3 pm**

**Book your
 appointment:**



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Mother's Monument CDMX

By: Marlene Ramos Amador

right side an indigenous man, holding a book and a pencil at the same time, alluding to writing.

This monument is more than 26 feet high and is a faithful hallmark of this public walkway that connects with four emblematic neighborhoods in the downtown area of Mexico City: Tabacalera, San Rafael, Cuauhtémoc and Juárez, neighborhoods that stand out for their cultural offerings in spaces such as theaters, art galleries, parks, museums and gastronomic offerings in restaurants, cafes and hotels in the surrounding areas.

This site was the architectural work of José Villagrán García and sculptural work of Luis Ortiz Monasterio.

As you pass by, this social meeting point invites you to stop and appreciate the public spaces that make it up.

Inaugurated in 1949 in the Art Garden of Mexico City, in the Cuauhtémoc district, this urban work in Mexico City was intended to pay homage to motherhood, and today it is part of the Urban Walkway Mother's Monument.

This large monument is highlighted by a female figure in the center, standing and wearing traditional clothing, holding a small child in her arms. At her side, two figures accompany her, on the left side a woman with an ear of corn in her hands, representing fertility; on the

www.lakechapalasociety.com



Saturday, May 14th

10am - 3pm

Lake Chapala Society

The LCS garden will be bursting with colorful art!

Shop local and support your artist community!

NO ADMISSION FEE Please wear masks for COVID safety
www.ajijicsocietyofthearts.com @ajijicsocietyofthearts

Monumento a la Madre CDMX

Por: Marlene Ramos Amador

Inaugurado en 1949 en el Jardín del Arte de la Ciudad de México, en Alcaldía Cuauhtémoc, esta obra urbana de la Ciudad de México tuvo como objetivo rendir homenaje a la maternidad, y hoy conforma el Paseo Urbano Monumento a la Madre.

Este gran monumento destaca por una figura femenina al centro que reposa de pie y porta vestimenta tradicional, manteniendo en brazos a un niño pequeño. A su lado, dos figuras le acompañan, de lado izquierdo una mujer con una mazorca en las manos, representando la fertilidad; de lado derecho un hombre indígena, tomando un libro y un lápiz al mismo tiempo, aludiendo a la escritura.

Este monumento mide más de 8 metros de alto y es un fiel distintivo de este andador público que conecta con cuatro colonias emblemáticas de la zona Centro de la Ciudad de México: Tabacalera, San Rafael, Cuauhtémoc y Juárez, barrios que destacan por su oferta cultural en espacios como teatros,



galerías de arte, parques museos y oferta gastronómica en restaurantes, cafeterías y hotelería a los alrededores.

Este sitio fue obra arquitectónica de José Villagrán García y obra escultórica de Luis Ortiz Monasterio.

A tu paso, este punto de encuentro social que reúne mucho, te invita a detenerte y apreciar los espacios públicos que lo conforman.

Fuente de consulta:

http://seduvi.proyectosurbanos.cdmx.gob.mx/proyectos_estrategicos/monumento_a_la_madre.html



Felipe González
Attorney at Law



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Monday to Friday 8:30am to 4:30pm

Saturdays 8:30am to 2:00pm



Moon Circles

Honoring My Mother

By A.M.A.T.E Center

A circle is the origin, the return and the memory of our beginning without end.

When my mom got sick with cancer, my family was reeling, I really didn't believe she would go away, but now I faced that fact daily and watched her struggle with it, sometimes exhausted, not hungry, but always with optimism and love. I wondered how? Where does she get that blind confidence, that faith... This was the moment where conscience came into our lives and I have to thank cancer for bringing it.

Jazmín Pompa invited my mom to heal everything that had caused her to be sick, and she was now willing to give herself the time. With an open mind to try everything to stay here with us, she started to attend a workshop called "healing my self-esteem." They were women who helped each other, they were women who listened to each other and shared and cried together, they invited her to perform ceremonies in the moonlight. It was pandemic I remember, and like rebels they would leave their homes and gather on Isla de los Alacranes when no one else would do it. They talked to the police and their words full of love melted all the barriers that appeared.

Finally, one day I agreed to accompany her. It was March 8th, Women's Day and I wore my purple bandana with all that it meant. We climbed a small hill to a little house full of plants and sat down in a circle with other women, children and parents. They gave me *Rape*, sang and drummed, shared words of poetry, cried and gave thanks and that day I was shocked by many things. There was a woman who urged us to wear a skirt. Why wear it I thought? Why be thankful for everything that happens if sometimes it is not good? Why open up to people you don't know? What good will it do? What will it change?

From there, and wanting to understand, I also started workshops and now I volunteer to organize these circles in the moonlight every month. I thank life, mother and father, for what we have, for the opportunity to be, seeing life as something sacred and the evils as teachings and I understood my mom. I saw her magic in transmuting her illness into learning, and changing the family, changing herself and I saw that it was not something complicated. In fact it was rather simple, as life usually is, to stop seeing bad things as bad and rejecting it and denying it and instead accept that it is a message and try to do things differently and learn to do things differently and evolve.

Each moon circle is a moment for your being. It is like an exercise routine that helps you stay healthy and you must make space for it. It is a discipline, cultivated with love and gratitude.

Circle meetings connect us to gatherings that have taken place since the beginning of time in small villages or indigenous communities. Women and men, looking into each other's eyes and from the same height, talked about what was relevant to each other and to the community. Sometimes they shared personal stories, sometimes they communicated with the spirit in ritual ceremonies around the fire...

In the circles a space was created for connection, enriching peer-to-peer communication or healing, and bonds were strengthened.



One of the characteristics of the circle is that it has no beginning and no end. It has movement, the power to integrate, contain, expand, protect, adapt, interact.

A circle is the origin, the return and the memory of our beginning without end.

When we make a Moon circle, we create an altar where we invoke the 4 elements: water, fire, earth and air.

- Water: grandmother who purifies, who is freedom, life, fertility, sensitivity and emotionality, is placed in a bowl.
- Fire: great-grandfather, wisdom, joy, initiation, conversion, regeneration, change, protection is present in the candles and in the bonfire we make.
- Earth: sweet mother, softness, firmness, fecundity, the origin of everything, materiality, tenacity, security, present in the offerings that each person who attends brings with them to share.
- Air: spiritual breath, change, intermediary between heaven and earth, present all the time in our breathing.
- The Copal is the mediator between the spiritual and material world, it helps to elevate our prayer.
- The Tamborcito (Drum) it connects us with the heart of the earth and the universe, and reminds us of the heartbeat of our Mother when we are in her womb.
- *Atekokoli* (snail) is the mediator, it calls the guardians to be present, makes the connection, and awakens our ancestral memory.
- Seeds and offerings are symbols of fertility, wealth, prosperity, preferably corn seeds, beans, amaranth, cocoa, water, flowers, plants, tobacco, to raise the prayer as well as copal.

This coming May 10, we want to invite you to the moon circle in gratitude to our mothers, those who are here, those who transcended, those who gave us life and those who take care of us in it and above all to the great spirit of the earth, which gives us everything we need.

We will be waiting for you at 7:30 on the shore of the lake in Ajijic. Bring with you a mat to sit on, comfortable clothes, a candle and an offering to share, be it flowers, fruits, seeds, or whatever you feel like bringing.

It is loving and conscientious cooperation.



Círculos de luna

Honrando a mi Madre

Por Centro A.M.A.T.E

Un círculo es el origen, el retorno y el recuerdo de nuestro principio sin final.

Cuando mi mamá enfermó de cáncer, mi familia se tambaleó, realmente no creía que se fuera a ir, pero ahora enfrentaba ese hecho diariamente y la veía luchar con ello, a veces agotada, sin hambre, pero siempre con optimismo y amor. ¿Me preguntaba cómo? De donde saca esa confianza ciega, esa fe... Esté fue el momento donde la conciencia llegó a nuestras vidas y debo agradecer al cáncer por traerla.

Jazmín Pompa invitó a mi mamá a sanar todo aquello que le había provocado dicho mal, y ella dispuesta ahora a darse el tiempo, con la mente abierta a intentar todo para mantenerse aquí con nosotros empezó a asistir a un taller llamado "sanando mi autoestima" eran mujeres que se ayudaban unas a otras, que se escuchaban y compartían y lloraban juntas, ellas la invitaron a realizar ceremonias a la luz de la luna, era pandemia recuerdo, y como rebeldes, se juntaban en la isla de los alacranes y salían de sus casas, cuando nadie más lo hacía y hablaban con la policía y sus palabras llenas de amor derretían todas las barreras que aparecían.

Finalmente, un día acepte acompañarla, era 8 de Marzo, día de la mujer, yo llevaba mi paliacate morado y todo lo que significaba. Subimos un pequeño cerro hasta una casita llena de plantas y en un círculo nos sentamos, con más mujeres, niños y padres. Me dieron rape, cantaron y tocaron el tambor, compartieron palabras de poesía, lloraron y agradecieron, ese día choque con muchas cosas, había una mujer que nos incitaba a usar falda, por que usarla? pensaba, por que agradecer por todo lo que pasa si a veces no es bueno? Por que abrirse a personas que no conoces, de que servirá, que cambiará?... A partir de ahí, y deseando entender, yo también inicié en los talleres y soy voluntaria para organizar estos círculos a la luz de la luna cada mes, agradeciendo a la vida, a la madre y al padre, por lo que tenemos, por la oportunidad de ser, viendo la vida como

algo sagrado y los males como enseñanzas y comprendí a mi mamá, vi su magia, al transmutar su enfermedad en aprendizaje, y cambiar a la familia, cambiándose a ella misma y vi que no era algo complicado, era más bien simple, como la vida suele ser; dejar de ver las cosas malas como algo malo y rechazarlo y negarlo y en cambio aceptar que es un mensaje eh intentar hacer las cosas diferentes y aprender a hacerlas diferente y evolucionar.

Cada círculo de luna es un momento para tu sér, es como una rutina de ejercicio, te ayuda a mantenerte sano, debes hacer espacio para ella, es una disciplina, cultivada con amor y gratitud.

Las reuniones en círculo nos remiten a encuentros que han tenido lugar desde el principio de los tiempos en pequeñas aldeas o comunidades indígenas. Las mujeres y hombres, hablaban mirándose a los ojos, y desde la misma altura, de lo relevante para cada uno y para la comunidad. A veces compartían historias personales, otras se comunicaban con el espíritu en ceremonias rituales en torno al fuego...

En los círculos se creaba un espacio para la conexión, la comunicación enriquecedora de igual a igual o la sanación, y se afianzaban los vínculos.

Una de las características del círculo es que no tiene ni principio ni final. Tiene movimiento, el poder de integrar, contener, expandir, proteger, adaptarse, interactuar.

Actualmente cuando hacemos un círculo de Luna, creamos un altar donde invocamos a los 4 elementos Agua, Fuego, Tierra y Aire.

- El Agua, abuelita que purifica, que es libertad, vida, fertilidad, sensibilidad y emotividad, es colocada en un cuenco.
- El Fuego, gran abuelo, sabiduría, alegría, iniciación, conversión, regeneración, cambio, protección esta presente en las veladoras y en la fogata que hacemos.
- La Tierra, madrecita, es la madre de la suavidad, la firmeza, la fecundidad, el origen del todo, la materialidad, tenacidad, seguridad, presente en las



ofrendas que cada persona que asiste trae consigo para compartir.

- El Aire, sopro espiritual, cambio, intermediario entre cielo y tierra, presente todo el tiempo en nuestra respiración.
- El Copal es el mediador entre el mundo espiritual y material ayuda a elevar nuestro rezo.
- El Tamborcito es el corazón, nos conecta con el corazón de la tierra y el universo, y nos recuerda el latido del corazón de nuestra Madre, cuando estamos en su vientre.
- Atekokoli (caracol) es mediador, hace el llamado a los guardianes para tenerlos presentes, hace la conexión, y despierta nuestra memoria ancestral.
- Las Semillas y ofrendas, son símbolos de fertilidad, riqueza, prosperidad, se ofrendan preferentemente semillas de maíz frijol, amaranto, cacao, agua, flores, plantas, tabaco, para elevar el rezo que al igual que el copal.



Este próximo 10 de Mayo, queremos invitarte al círculo de luna en agradecimiento a nuestras madres, las que están, las que trascendieron, quienes nos dieron la vida y quienes nos cuidan en ella y sobre todo al gran espíritu de la tierra, que nos brinda todo lo que podemos necesitar.

Los esperamos a las 7:30 a la orilla del lago, en Ajijic, trae contigo un tapete para sentarte, ropa cómoda, una veladora y una ofrenda para compartir ya sean flores, frutas, semillas, o lo que sientas traer.

Es cooperación amorosa y consiente.

“Being a Strong Woman is Over-rated”

By Harriet Hart

Currently the group is comprised of women only but not out of choice. “Men are welcome,” Cathey assured me, but so far none have joined. Cathey thinks that may be because women are socialized to discuss their problems and men aren’t. The members don’t limit their discussions to feelings, however. Practicalities are covered, too. They share and exchange equipment such as walkers, commode chairs, cushions, and wheelchairs and also refer nurses to one another. Right now, a nurse living in a member’s casita, works for someone else in the group. He needed a place to live, and she takes comfort in knowing he is nearby. “What if something were to happen to me in the night? How would my husband’s night nurse manage both of us at the same time?”

If you want more information about Caregivers of Spouses with Dementia, join the on line Facebook group, Caregivers Considering Ajijic for many FAQ’s and join the Tuesday support group at LCS, if even just one time. It is free, it is supportive and helpful.

Those were Cathey Merrill’s words, and she knows about being a strong woman. In 2017 her husband of fifty-one years of marriage was diagnosed with dementia and shortly thereafter, she was diagnosed with breast cancer. “He was able to drive me to both surgeries,” she explained, “but I drove myself to the 15 sessions of chemotherapy and the 21 sessions of radiation treatments.” Back then, they lived in Houston, Texas, but had owned a vacation home here at Lakeside since 2008.

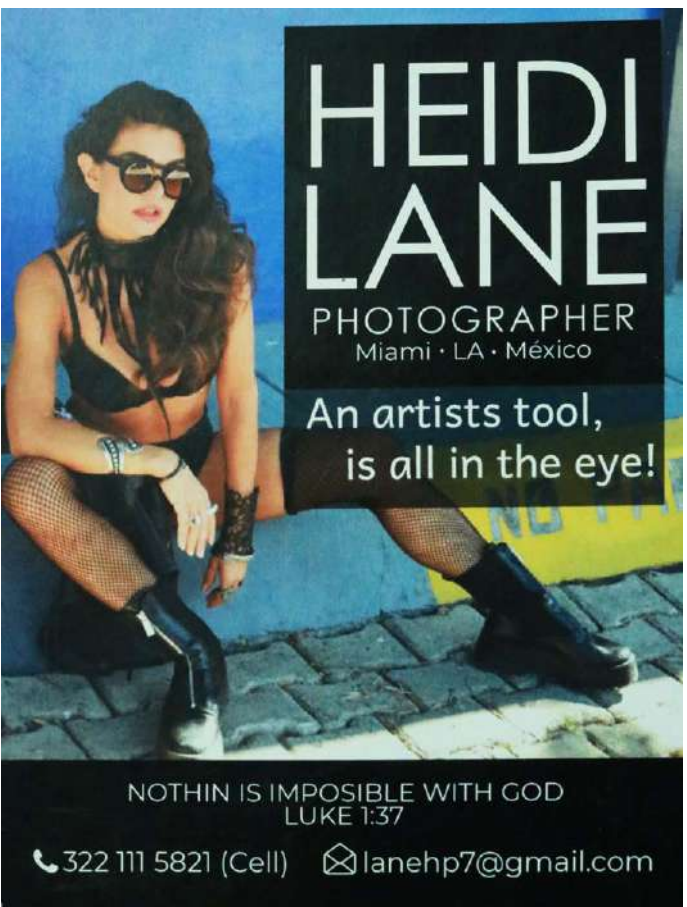
Soon Ron had to give up his business and driving his car. He had a small traffic accident that helped her convince him. Needing someone to talk to, Cathey joined an online Face Book Group called Caregivers of Spouses with Dementia with over 3000 approved members worldwide. Everything posted is confidential and “an incredible support.” Soon Cathey started posting and became friends with Beth from Wisconsin. Beth moved here with her husband, in part due to Cathey’s postings, and they arranged to get together. Pretty soon D’Vorah from New Hampshire was inspired to move here, too. They formed a second online group called Caregivers Considering Ajijic and 63 people joined almost immediately.

In June 2021, they posted a sign at the Lake Chapala Society, paid for a space, and began an in-person support group. There is a core group of six members, with others coming and going. Sadly there have been five deaths of spouses since June of last year. Naturally members continue to require emotional (and practical) support following their losses. Group members have developed close friendships.

The group meets Tuesdays at 11:30 near the ATM machine on the corner patio. “We are incredibly casual. We begin with five-minute check-ins, and then discuss all sorts of issues. There are 122 known types of dementia, often lumped together under the umbrella term “dementia” but with varying symptoms. “

Concerns all spousal caregivers have in common are the frustrations of dealing with someone you love who suffers from memory loss, and who is now a different person than the one you married and shared your life with. It takes incredible strength to take away a man’s car keys, and to make important decisions alone like where to live. Add to that the loneliness of not having your most intimate loved one to talk to about events of your day, your problems, joys and successes.

Living with a spouse with dementia can be “overwhelming”, she told me. “Not only do you deal with the dementia, but you have to run a household, manage staff, and take care of your own health problems as you age. Often caregivers die before their spouses due to the stress of it all. “We need each other’s support. There’s hardly a meeting without tears,” said Cathey, “but we also laugh a lot.”



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“Ser una mujer fuerte está sobrevalorado”

Por Harriet Hart

Esas fueron las palabras de Cathey Merrill, y ella sabe de ser una mujer fuerte. En 2017 a su marido durante cincuenta y un años fue diagnosticado con demencia y poco después a ella le diagnosticaron cáncer de mama. “Él pudo llevarme a las dos cirugías”, explicó, “pero yo misma conduje a las 15 sesiones de quimioterapia y 21 de radioterapia”. Por aquel entonces, vivían en Houston (Texas), pero tenían una casa de vacaciones aquí en Lakeside desde 2008.

Pronto Ron tuvo que dejar su negocio y de conducir, después de tener un pequeño accidente de tráfico. Al necesitar a alguien con quien hablar, Cathey se unió a un grupo de FaceBook en línea llamado Caregivers of Spouses with Dementia (Cuidadores de cónyuges con demencia) con más de 3,000 miembros aprobados en todo el mundo. Todo lo que se publica es confidencial y “un apoyo increíble”. Pronto Cathey empezó a publicar y se hizo amiga de Beth, de Wisconsin. Beth se mudó aquí con su marido, en parte gracias a los mensajes de Cathey, y quedaron para reunirse. Muy pronto, D’Vorah, de New Hampshire, se animó a mudarse aquí también. Formaron un segundo grupo

en línea llamado Caregivers Considering Ajijic y 63 personas se unieron casi inmediatamente.

En junio de 2021, colocaron un cartel en Lake Chapala Society, pagaron por un espacio, y comenzaron un grupo de apoyo en persona. Hay un grupo central de seis miembros, con otros que van y vienen. Tristemente ha habido cinco muertes de cónyuges desde junio del año pasado. Naturalmente, los miembros siguen necesitando apoyo emocional (y práctico) tras sus pérdidas. En el grupo han desarrollado estrechas amistades.

El grupo se reúne los martes a las 11:30 cerca del cajero automático en el patio de la esquina. “Somos increíblemente informales. Empezamos con una charla de cinco minutos y luego hablamos de todo tipo de temas. Se conocen 122 tipos de demencia, a menudo agrupados bajo el término “demencia”, pero con síntomas diferentes.”

Las preocupaciones que todos los cuidadores conyugales tienen en común son las frustraciones de tener que lidiar con un ser querido que sufre pérdida de memoria, y que ahora es una persona diferente de aquella con la que te casaste y compartiste tu vida. Hace falta una fuerza increíble para quitarle las llaves del coche a un hombre, y para tomar decisiones importantes solo, como dónde vivir. Añada a eso la soledad de no tener a su ser querido más íntimo para hablar de los acontecimientos de su día, sus problemas, alegrías y éxitos.

Vivir con un cónyuge con demencia puede ser “abrumador”, me dijo. “No sólo tienes que lidiar

con la demencia, sino que tienes que llevar una casa, gestionar el personal y ocuparte de tus propios problemas de salud a medida que envejece. A menudo, los cuidadores mueren antes que sus cónyuges debido al estrés de todo ello. “Necesitamos el apoyo de los demás. Apenas hay una reunión sin lágrimas”, dice Cathey, “pero también nos reímos mucho”.

Actualmente, el grupo está formado sólo por mujeres, pero no por elección. “Los hombres son bienvenidos”, me aseguró Cathey, pero hasta ahora ninguno se ha unido. Cathey cree que eso puede deberse a que las mujeres están socializadas para discutir sus problemas y los hombres no. Sin embargo, los miembros no limitan sus discusiones a los sentimientos. También se tratan los aspectos prácticos. Comparten e intercambian equipos como andaderas, sillas de baño, cojines y sillas de ruedas, y también remiten a las enfermeras entre sí. En este momento, una enfermera que vive en la casita de un miembro, trabaja para otra persona del grupo. Necesitaba un lugar para vivir y a ella le reconforta saber que está cerca. “¿Y si me pasara algo por la noche? ¿Cómo podría la enfermera de noche de mi marido ocuparse de los dos al mismo tiempo?”

Si quieres más información sobre los cuidadores de cónyuges con demencia, únete al grupo en línea de Facebook, Caregivers Considering Ajijic para revisar muchas preguntas frecuentes y únete al grupo de apoyo de los martes en LCS, aunque sea una sola vez. Es gratis, es de apoyo y ayuda.



Alicia's Dream

Susa Silvermarie

"When somebody needed something, there was Benita." That's how Alicia Sandoval describes her aunt. "When I was a little girl, I dreamed that one day I would be like Tia Benita." Alicia then set about moving toward her dream. In a Zacatecas family of six sisters and two brothers, she was the first to go on to university, working in a grocery store to earn her way, graduating from the University of Guadalajara with a degree in nursing and then going on to earn a Certification in Geriatrics. Alicia then spent three years in the United States to acquire English, and she knew just what she wanted to use it for: "All my life, I wanted to help people! Like Tia Benita."

She has made her dream come true as the vibrant Mexican owner of Alicia's Convalescent Nursing Homes, serving the needs of aging Lakeside residents for the past thirty years. I can tell you that her homes are very unlike the nursing homes north of the border where I worked as a Social Worker for many years. In the four spacious homes in the residential Floresta neighborhood which Alicia and her son operate, I sensed a warm and authentic feel of family. One home is set up for ambulatory residents who are capable of Independent Living with shared meals and group living. Two homes provide Intermediate Care assistance, and can lodge both clients who want permanent residence and clients who need temporary rehabilitation. For those with dementia symptoms, or those who require more complete care for another disability or disease, Alicia provides Full Care in a single-level home that is wheelchair accessible, secure, and has pool therapy. Residents can move from one home to another as the level of their needs change over time. One client, Margarita, for example, sold her Floresta home and became an ambulatory resident at Alicia's fourteen years ago. Now at the age of 104, Margarita still eats by herself, holds lucid conversations and loves her life at Alicia's. Like Margarita, most of the residents are non-Mexicans who moved to Lakeside from elsewhere. Yet no one is an outsider. Alicia's dream has come true. "When a new resident joins us, they become part of our family." Alicia's three sons and her daughter, and later their spouses, have all been involved in Alicia's Homes along the way.

Visiting by local friends and family has no fixed hours and can be spontaneous. Social events such as monthly birthday celebrations with live music within the homes are gradually being re-implemented. This year Alicia hopes to again provide weekly outings for ice cream or to local events of interest to the residents. Though local transportation is included in the monthly fees



Assisted Living & Nursing Home

(Aliciaconvalescent.com), the independent residents who have their own cars or wish to walk in the neighborhood or to the Lake Chapala Malecon, do so freely.

Alicia's motto, Home Away from Home, applies not only to clients, but to the treatment of staff. Alicia's employees are carefully chosen, some having 25 years of service. I can't help comparing this to rapid staff turnover due to low pay and benefits in most nursing homes north of the border.

Alicia's enthusiasm for her work is transparent. "The reason my mind keeps so well is because my mind is busy all the time, remembering all the resident needs." She goes on to say, "I like my job. That's why I'm still here." Her Tia Benita would be so proud. In Alicia's hometown, when someone needed some help, they were told to go see Benita. Today at Lakeside, when an elder needs some help, people say, Go see Alicia!

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El sueño de Alicia

Susa Silvermarie

“Cuando alguien necesitaba algo, ahí estaba Benita”. Así describe Alicia Sandoval a su tía. “Cuando era pequeña, soñaba que algún día sería como Tía Benita”. Alicia se puso entonces en marcha para alcanzar su sueño. De familia zacatecana con seis hermanas y dos hermanos, fue la primera en ir a la universidad, trabajando en una tienda de comestibles para ganarse la vida, se graduó de la Universidad de Guadalajara como enfermera, posteriormente obtuvo una Certificación en Geriátrica. Después, Alicia pasó tres años en Estados Unidos para aprender inglés, y ya sabía para qué quería utilizarlo: “¡Toda mi vida he querido ayudar a la gente! Como mi Tía Benita”.

Su sueño se hizo realidad, como la vibrante mexicana propietaria de Alicia’s Convalescent Nursing Homes, que atiende las necesidades de los ancianos residentes de Lakeside desde hace treinta años. Puedo decir que sus hogares son muy diferentes a los hogares de ancianos al norte de la frontera donde trabajé como trabajadora social durante muchos años. En los cuatro espaciosos hogares ubicados en la Floresta, percibí un cálido y auténtico sentimiento de familia.

Uno de los hogares está preparado para residentes capaces de llevar una vida independiente con comidas compartidas y vida en grupo. Dos hogares proporcionan asistencia de Cuidados Intermedios, y pueden alojar a los que desean una residencia permanente como los que necesitan rehabilitación temporal. Para los que tienen síntomas de demencia, o que necesitan una atención más completa por otra discapacidad o enfermedad, Alicia ofrece Atención Completa en un hogar de un solo nivel que es accesible en silla de ruedas, seguro y con terapia de piscina. Los residentes pueden pasar de un hogar a otro a medida que el nivel de sus necesidades cambia con el tiempo.

Una clienta, Margarita, por ejemplo, vendió su casa de Floresta y se convirtió en residente ambulatoria en Alicia’s hace catorce años. Ahora, con 104 años, Margarita sigue comiendo sola, mantiene conversaciones lúcidas y le encanta su vida en Alicia’s. Al igual que Margarita, la mayoría de los residentes no son mexicanos y se trasladaron a Lakeside desde otros lugares. Sin embargo, nadie es un extraño. El sueño de Alicia se ha hecho realidad. “Cuando un nuevo residente se une a nosotros, se convierte en parte de nuestra familia”.



Los tres hijos de Alicia y su hija, y más tarde sus cónyuges, han participado en Alicia’s Homes a lo largo del camino.

Las visitas de los amigos y familiares locales no tienen un horario fijo y pueden ser espontáneas. Poco a poco se están re-implantando los eventos sociales, como las celebraciones mensuales de cumpleaños con música en vivo dentro de los hogares. Este año, Alicia espera volver a ofrecer salidas semanales para tomar un helado o asistir a eventos locales de interés para los residentes. Aunque el transporte local está incluido en las cuotas mensuales (Aliciaconvalescent.com), los residentes independientes que tienen sus propios coches o desean caminar por el barrio o hasta el Malecón del Lago Chapala, lo hacen libremente.

El lema de Alicia, Home Away from Home, se aplica no sólo a los clientes, sino al trato del personal. Los empleados de Alicia son cuidadosamente elegidos, algunos tienen 25 años de servicio. No puedo evitar comparar esto con la rápida rotación del personal debido a los bajos salarios y beneficios en la mayoría de las residencias de ancianos al norte de la frontera.

El entusiasmo de Alicia por su trabajo es transparente. “La razón por la que me mantengo tan bien es porque mi mente está ocupada todo el tiempo, recordando todas las necesidades de los residentes”. Continúa diciendo: “Me gusta mi trabajo. Por eso sigo aquí”. Su Tía Benita estaría muy orgullosa. En el pueblo natal de Alicia, cuando alguien necesitaba ayuda, le decían que fuera a ver a Benita. Hoy, en Lakeside, cuando un anciano necesita ayuda, la gente le dice: “¡Ve a ver a Alicia!”



A PRIMER ON PETS by Diana Hunt

Compassion for Therapy Horses



To get the best from a woman or a horse, the best way is flattery.

~ Ancient Andalusian Proverb

Near the top of Vista del Lago residential community, just east of San Nicolás, lies a hidden gem. Rancho San Francisco is home to all kinds of rescues --- 35 horses, 11 dogs at last count, chickens, one enormous pot bellied pig, a feather-challenged turkey and a couple of humans.

Dra. Lupita, as she is known, is an emergency room physician and a General Practitioner. She became interested in horses when her son was diagnosed with autism and was prescribed an equine therapy program. Horses act as a natural instrument for the integral rehabilitation by means of the vibrations originated through the horse's walk.

"I don't think he's autistic," said Dra. Lupita, "but he talked to horses before he ever talked to me. He found he had a special connection with horses - he is totally aligned with them. Horses teach your soul how to be a better human being. They are incredible animals. That is why I cannot conceive of my life without the horse."



Lupita soon discovered the horses used in Equine Therapy often had their own problems.

"You see all kinds of horses here, but all of them are special horses because they have been abused and made to do things that perhaps their bodies or minds were not developed enough to do," she explained. "Sometimes people don't respect the natural development of the horse. When we get a horse we work for many hours and months just walking, walking, walking. We take them swimming in a nearby pond, we allow them to be calm. So in our Equine Therapy program not only do the kids who ride the horses get therapy, but it is therapeutic for the horse himself and for the person handling the horse. We receive therapy too."

Sultan, a beautiful chestnut Spanish stallion, is a good example of a horse Lupita rescued. As soon as Lupita went to see him she could tell he was suffering a lot. They were hitting him and he actually had a hole in his palette from the high arch of the bit in his mouth.

"In that moment we made a deep connection. I started working him that day, as soon as I brought him home. He is still a stallion but he respects people, kids, dogs, everything. He changed my life," she admitted. "I was so mad -- I was kidnapped last September by the cartel. People want what you have because they don't have it. But there is no gold coin for everyone. Now I am trying to recover. I ride him every morning on the trails to the reservoir with the dogs. This is what makes me happy, being in contact with the animals here, the horses. This is what makes me happy."

Another terribly abusive situation is a horse she named Sancudo.

"We call him Sancudo," she smiled. "because it means mosquito. When I first saw him he was three years old and his legs were so long he looked like a sancudo. He was

very immature and they were making him dance by using electric shocks. You can see the scars on his legs. He would try to back away and end up sitting on his haunches. His hind legs didn't cooperate and seem to go every which way. He was in a lot of pain and mentally he was in shock. He tried to hurt himself, like running into walls."

After she had Sancudo gelded he became so chill that during a horse show last fall he laid down in the middle of the arena acting like he was dead for at least five minutes. He still has some issues with his legs but he is able to serve as a therapy horse.

Lupita's therapy program has been going for seven years in the Chapala area, four days a week with children coming from Jocotepec, Chapala and Guadalajara. Prior to that she ran programs in Ixtlahuacán, then Guadalajara.

Her son, now 24, trains the horses in Doma Classica (classic dressage) as well as how to be a therapy horse. A clinician from Spain came to the ranch not long ago and commented he never saw anyone who was so aligned with the horse. Her nephew from Guadalajara came for a visit, never having had any contact with horses. Now, a year later, he can't live without the horses and is still working with them at the ranch.

"We want people to understand that one horse is different from another horse," she concluded. "Equine therapy is not just for sick children. It touches everyone. The horses give us peace."



UN MANUAL SOBRE LOS ANIMALES DE COMPAÑÍA

Compasión por los caballos de terapia

por Diana Hunt

Para obtener lo mejor de una mujer o de un caballo, la mejor manera es la adulación.

~ Antiguo proverbio andaluz

Cerca de la cima de la comunidad residencial Vista del Lago, justo al este de San Nicolás, se encuentra una joya escondida. El Rancho San Francisco es el hogar de todo tipo de rescates: 35 caballos, 11 perros, pollos, un enorme cerdo panzón, un pavo con plumas y un par de humanos.

La Dra. Lupita, como se la conoce, es médico de urgencias y de medicina general. Se interesó por los caballos cuando a su hijo le diagnosticaron autismo y le prescribieron un programa de terapia equina. Los caballos actúan como un instrumento natural para la rehabilitación integral mediante las vibraciones que se originan a través del paso del caballo.

“No creo que sea autista”, dice la Dra. Lupita, “pero hablaba con los caballos antes que conmigo. Descubrió que tenía una conexión especial con los caballos: está totalmente alineado con ellos. Los caballos le enseñan a su alma a ser un mejor ser humano. Son animales increíbles. Por eso no concibo mi vida sin el caballo”.



Lupita pronto descubrió que los caballos utilizados en la equinoterapia solían tener sus propios problemas.

“Aquí ves todo tipo de caballos, pero todos ellos son caballos especiales porque han sido maltratados y se les ha obligado a hacer cosas que quizás sus cuerpos o mentes no estaban lo suficientemente desarrollados para hacer”, explicó. “A veces la gente no respeta el desarrollo natural del caballo. Cuando conseguimos un caballo, trabajamos durante muchas horas y meses simplemente caminando, caminando, caminando. Los llevamos a nadar a un estanque cercano, les permitimos estar tranquilos. Así que en nuestro programa de equinoterapia no sólo los niños que montan los caballos reciben terapia, sino que es terapéutico para el propio caballo y para la persona que lo maneja. Nosotros también recibimos terapia”.

Sultán, un hermoso semental español alazán, es un buen ejemplo de un caballo que Lupita rescató. En cuanto Lupita fue a verlo se dio

cuenta de que estaba sufriendo mucho. Le estaban golpeando y, de hecho, tenía un agujero en la paleta por el alto arco del bocado en la boca.

“En ese momento hicimos una profunda conexión. Empecé a trabajar con él ese mismo día, nada más traerlo a casa. Sigue siendo un semental, pero respeta a las personas, a los niños, a los perros, a todo. Me cambió la vida”, admite. “Estaba muy enfadado... El cártel me secuestró el pasado mes de septiembre. La gente quiere lo que tú tienes porque ellos no lo tienen. Pero no hay moneda de oro para todos. Ahora estoy intentando recuperarme. Lo monto todas las mañanas por los senderos hasta el embalse con los perros. Esto es lo que me hace feliz, estar en contacto con los animales de aquí, los caballos. Esto es lo que me hace feliz”.

Otra situación terriblemente abusiva es la de un caballo al que llamó Sancudo.

“Le llamamos Sancudo”, sonríe. “porque significa mosquito. Cuando lo vi por primera vez tenía tres años y sus patas eran tan largas que parecía un sancudo. Era muy inmaduro y le hacían bailar con descargas eléctricas. Se pueden ver las cicatrices en sus patas. Intentaba retroceder y terminaba sentado sobre sus ancas. Sus patas traseras no cooperaban y parecían ir en todas direcciones. Tenía mucho dolor y estaba mentalmente en shock. Intentaba hacerse daño, como chocar contra las paredes”.

Después de castrar a Sancudo, se quedó tan tranquilo que durante un concurso hípico el pasado otoño se tumbó en medio de la pista actuando como si estuviera muerto durante al menos cinco minutos. Todavía tiene algunos problemas con las patas, pero puede servir de caballo de terapia.

El programa de terapia de Lupita lleva siete años en la zona de Chapala, cuatro días a la semana, con niños procedentes de Jocotepec, Chapala y Guadalajara. Anteriormente dirigió programas en Ixtlahuacán y luego en Guadalajara.

Su hijo, que ahora tiene 24 años, entrena a los caballos en Doma Clásica y en cómo ser un caballo de terapia. Un terapeuta de España vino al rancho no hace mucho y comentó que nunca había visto a nadie tan alineado con el caballo. Su sobrino de Guadalajara vino de visita y nunca había tenido contacto con los caballos. Ahora, un año después, no puede vivir sin los caballos y sigue trabajando con ellos en el rancho.

“Queremos que la gente entienda que un caballo es diferente a otro”, concluye. “La equinoterapia no es sólo para niños enfermos. Llega a todo el mundo. Los caballos nos dan paz”.

My Journey in Public Service

Mariana de Obeso Fernández Del Valle

When I was younger, I remember I said I never wanted to work in the government. I used to have strong ideas regarding public service, government, and politicians. However, life had other plans for me and on July 2020 I started my journey in a governmental office.

I started working at the Secretariat of Sustantive Equality between Women and Men of the State of Jalisco (SISEMH, Spanish abbreviation). There I learned a lot of things and I treasure others. I learned about bureaucratic procedures, women's rights, basic law and budgets. I strengthened my systematization abilities and I made a lot of professional and personal relationships that I'm thankful for.

During my time at SISEMH, I had the chance to learn about the process of each sub-unit and how each of them impacted the lives of women, and girls. But mostly

I realized that in the public service, there are a lot of people that work for the right reasons and have total commitment to the agenda—in this case women's rights in this case—and to all the citizens and their human rights.

I would be lying if I said everything was perfect. I faced some obstacles that I had to overcome. Firstly, when I had worked there less than a month, the head of the Secretariat quit and we had to do something called "delivery and reception" which basically means that you must give a full report of everything you did or did not do, and where it is located, to the person who is taking your place. As part of the team of the Secretary, I was involved in that process. In the end that experience, even though it was extremely exhausting and demanding, provided me with a summary of what was coming and what was expected in the days to come.

I also faced barriers because of my age. I am currently 24 but when I started I was 22 and as one of the youngest people in the office I sometimes felt left out or taken less into consideration. I am aware that experience comes with time but nevertheless, Mexican culture awards privileges to adult experience and sometimes does not see that other ways are possible. That happens in public services a lot, so there are some habits we are continuing to embrace that are hard to get rid of.

In my experience, the public service is highly demanding and requires a full commitment. That could probably be because of the mandate and population SISEMH seeks to support. It requires you to give your heart in everything you do and be sure that what you are doing is contributing in a some way to create a better society where all women and men, boys and girls have the same conditions of equality

and where dignity is guaranteed and respected. It requires the conviction to know that while we may not see the changes we are working for they will be a reality for future generations.

I am well aware that there are still a lot of things to do, but during the time I've been in the public service, I can assure you that there are many people who have a real commitment to the people and who give their everything to work for a better society free of violence and discrimination.

My journey through SISEMH ended in March, not because of lack of commitment or passion for the cause, but because I wanted to seek other opportunities and professional growth. Now I work at Zapopan Municipality where I am a consultant to an alderwoman that presides over the Commission of Economic Development and Work. I have been here less than a month, however I am very excited to work closer to people and see my work impacting citizens directly.

The challenges of being in the public service as a young woman are constant and to be honest I think that it is something that I deal with every day. Sometimes I feel I am taken less seriously than my male colleagues, however that feeling has helped me to prove myself, challenged me to be better, and mostly has driven me to own all the spaces I go to, and to use my voice to prove that younger generations have things to say and are worth listening to.

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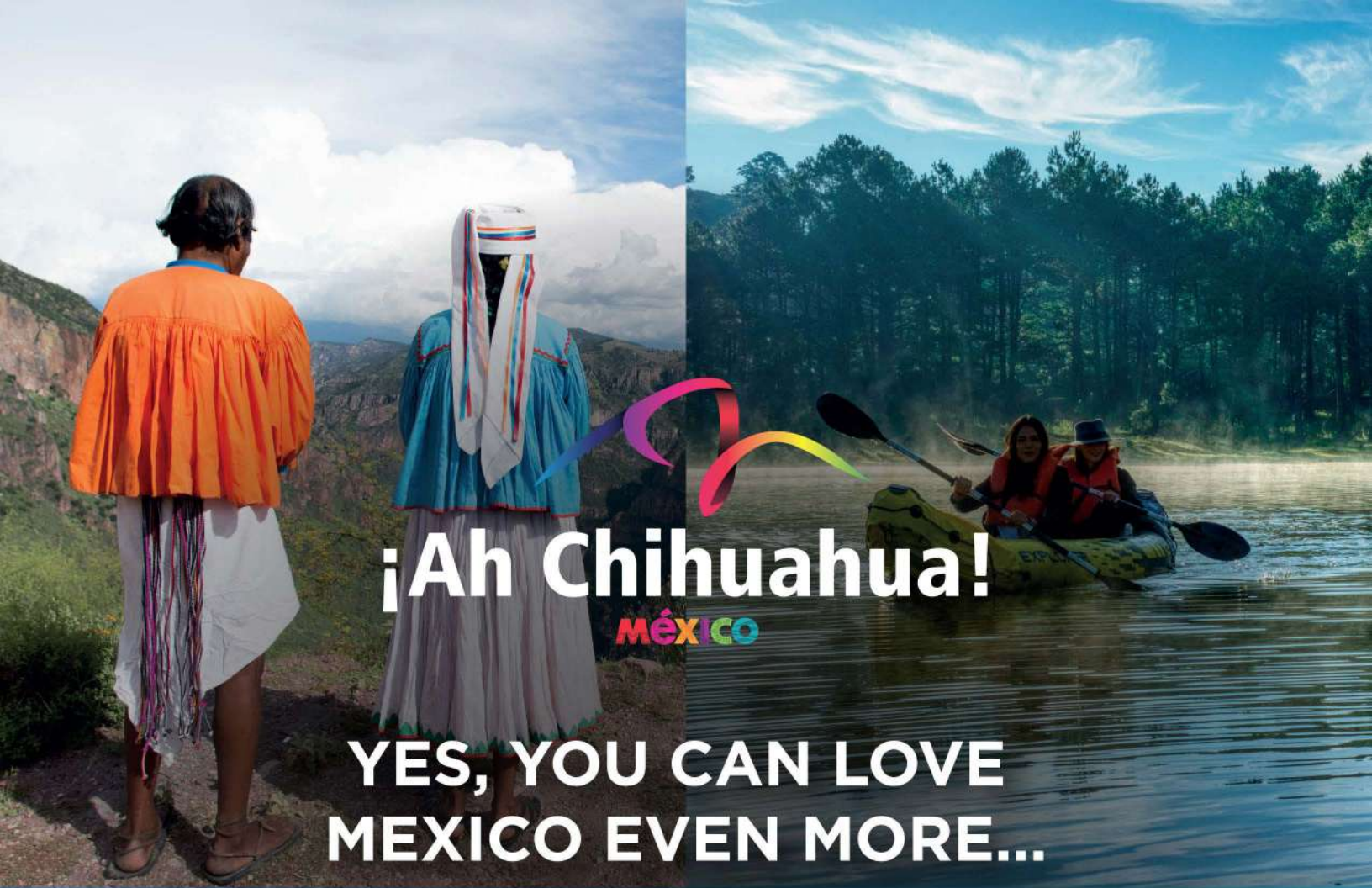
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