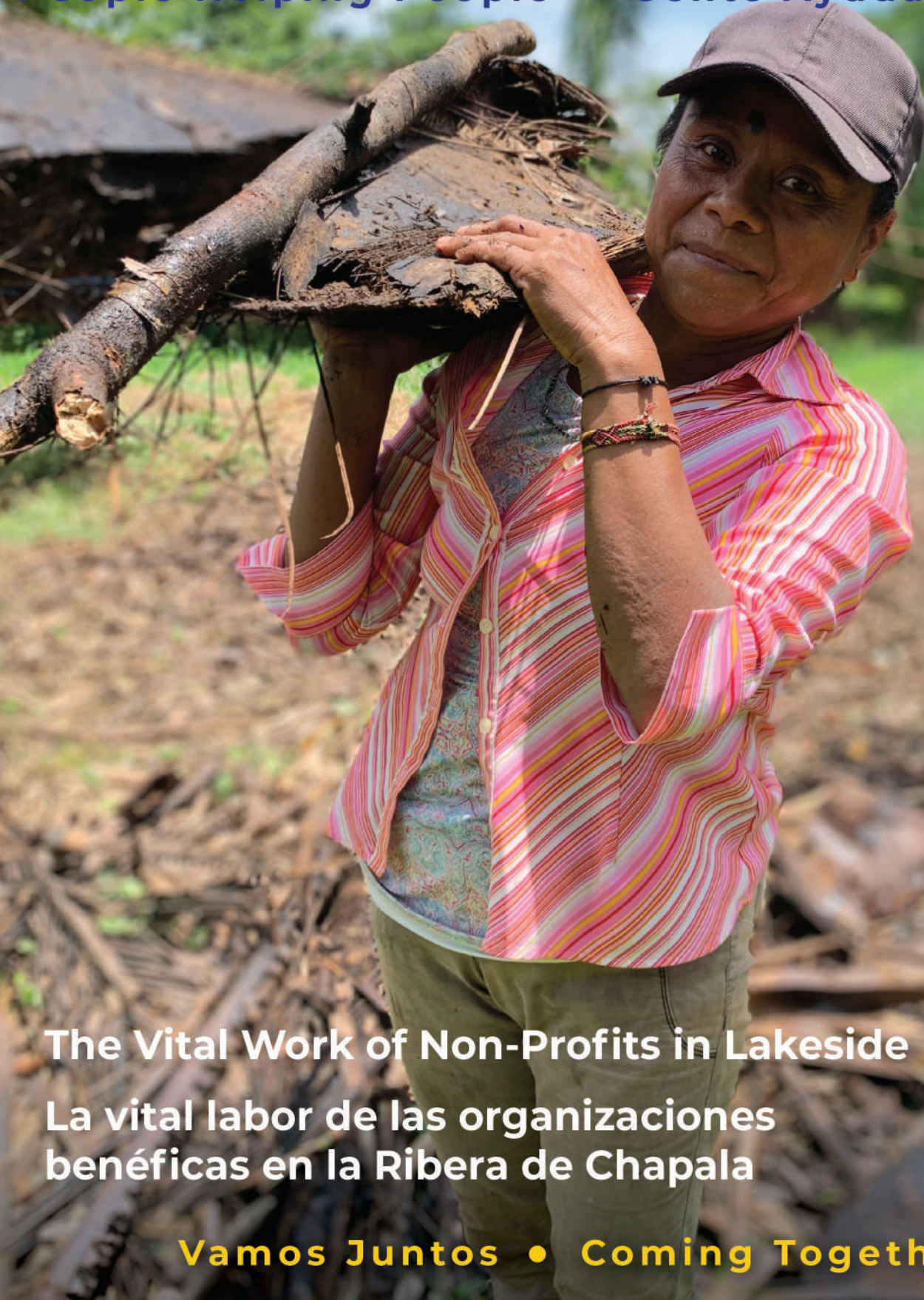


VOLUME 51, APRIL, 2023
VOLUMEN 51, ABRIL, 2023

FREE
GRATIS

CONEXIONES

People Helping People • Gente Ayudando Gente



The Vital Work of Non-Profits in Lakeside

La vital labor de las organizaciones
benéficas en la Ribera de Chapala

Vamos Juntos • Coming Together



PUBLICACIÓN

Steve Balfour presents

Concerts in the Park

GLADYS

KNIGHT TRIBUTE

APR
03
5:00
SHOW



STARRING
LAUREN
JADE



LCS presents

Wine Pairing Experience

Limited to 30 persons


Cost 1,200 pesos p/p

Come enjoy this exclusive event with premium wines from Guanajuato paired to a 4-course meal, 6 different wines total.

April 21 @ 5 PM at COCINART restaurant
16 Septiembre, 4D, Ajijic

 Lake_Chapala_Society

 The Lake Chapala Society A.C. - LCS

 The Lake Chapala Society

Tickets available at the Lake Chapala Society
Office 10:00 am - 2:00 pm
Monday through Saturday,
or at LakeChapalaSociety.com



Message from the President

On behalf of the board, I would like to thank those who joined us for this year's Annual General Meeting of members. We had record breaking attendance for this annual report to our community.

There are a bunch of formalities that we have to cover at our AGM each year. For this year's assembly our board committees and staff went so much further with special reports and updates on our five top priorities.

- Customer Service
- Improved Technology
- Community Visibility
- Community Collaborations
- Taking Care of What We Have

Board member Leigh Manheim reviewed a training plan that will be rolled out shortly to our customer-facing volunteers on Customer Service.

Board member Greg DiStefano shared his reflections on the need for much greater visibility of LCS within all communities at Lakeside. He made comments on how few people can identify more than a small percentage of the 100+ programs that LCS currently offers.

Executive Director Luis Pacheco shared a sneak peek at the soon-to-be-released point-of-sale system that will be more user friendly and will result in a great decrease in the need for people to come by the office to register for all services. He assured us that the service office will always be an option for those who wish use that service.

As President, I shared with people the pride we have in our tremendous commitment to collaborations. We currently have far more collaboration efforts than ever before in our history. Our collaborations are with local schools, universities, state and local governments, a variety of Lakeside nonprofits, Mexican organizations of all types and with individuals from all communities. We were all very impressed with the activities of the Campus Committee under the leadership of Larry Barnhardt. This



committee is focused on Taking Care of What We Have.

Larry first presented his annual update to LCS2.0 our long range plan, then turned things over to the committee's new chair, Leon Felipe, who impressed those in attendance with his lifelong experiences in Ajijic that included LCS in his earlier years. Leon is working with a team of students from the University to develop detailed plans and assessments of every building, landscape and hard-scape areas of LCS with a special urgent focus on infrastructure. This committee will be presenting its detailed reports to the Board of Directors for assessment at our upcoming retreat.

There was also a summary presented of our recent stakeholder engagement survey.

We are very appreciative to have the many talented and dedicated volunteers who all play such vital roles in our organization and for our hard working staff for keeping things focused.

Further details and reports will be posted on our website.

One of the biggest things to come out of the AGM presentations was the need for more fundraising in order to take care of the many elements of our campus that have been neglected for far too long.

We greatly appreciate the financial support of our donors who step up and make donations that allow us to continue running the organization. Your donations are needed now more than ever and will be put to work towards a better LCS for all. Donations can be made online or in our office. To discuss how to make the most use of your donation please feel free to speak up to me or Executive Director Luis Pacheco.

Thank you so much for your ongoing support, it makes a big difference!

Steve Balfour
President
Your LCS

Mission & Vision

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

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

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

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

Board of Directors

President/Presidente: Steve Balfour

Vice President/Vice Presidenta: Yolanda Martínez Llamas

Secretary/Secretario: George Radford

Treasurer/Tesorero: Tim Boardman

Directors/Directores: Larry Barnhardt, Christy Caldwell, Richard Chase, Greg Custer, Greg DiStefano, Hunter Johnson III, Leigh Manheim, Leon Felipe Muñóz

Executive Director/Director Ejecutivo: Luis F. 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 the Lakeside community./ *El nombre de la revista Conecciones refleja su propósito, favorecer la conexión de The Lake Chapala Society con la comunidad.*

Publisher/Editorial: Lake Chapala Society

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

Managing Editor/Director General: Rachel McMillen

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

Associate Editor/Editor asociado: Sandra Baird, Harriet Hart and Diana Hunt

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

Translations/Traducciones: Diana Ayala

Proof-reader/Revisión final: Thomas Gay

Conecciones welcomes submissions of articles from Lakeside authors . We reserve the right to edit as necessary. Submissions should be in MS Word approximately 600 words and should be directed to: submissions@lakechapalasociety.com. 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 aproximadamente y deben dirigirse a: submissions@lakechapalasociety.com. Las solicitudes de publicidad deben dirigirse a: ventas@lakechapalasociety.com.

INDEX / ÍNDICE

- 1 President’s Message
 3 *Mensaje del presidente*
 4-5 Hospital San Antonio, Four Years Taking Care of You
 6-7 *Hospital San Antonio, 4 años cuidando de ti*
 8 *La historia de Mama Cleo’s boys home*
 9 The Story of Mama Cleo’s Boys Home
 10 The Legacy of Artists in Lake Chapala
 11 *El legado de los artistas en el Lago de Chapala*
 12-13 COVER STORY: Making a Difference: The Vital Work of Non-Profits in Lakeside
 LCS-1 Activities
 LCS-2 Educational Programs
 LCS-3 Library updates, Español en Acción
 LCS-4 Bus Trips, Open Circle
 16-17 *ARTÍCULO DE PORTADA: Marcando la diferencia: La vital labor de las organizaciones benéficas en la Ribera de Chapala*
 18-19 Entertaining Kids at Lakeside: A Primer
 20 Collaboration Spells Success
 20 If I Could
 21 *La colaboración es sinónimo de éxito*
 22 Lifestyle Effects on Blood Pressure
 23 *Efectos del estilo de vida en la presión arterial*
 25 Poetry at Lakeside
 25 *Poesía en la Ribera de Chapala*
 26 Pet Primer: Abandoned Pets Reach All-Time High
 27 *El abandono de mascotas alcanza su máximo históricohistórico*
 28 The Anatomy of a Poem

COVER: Community leader working in land and territory defense processes, photo by Luis Pacheco

Conecciones Advertising Prices

Precios de los Anuncios 2023

	Cost / Precio
Back cover / Contraportada (9 x 11.4” / 23 x 29 cm)	\$6,003
Inside front & back cover / Contraportada interna (9 x 11.4” / 23 x 29 cm).....	\$5,510
Full page / Página completa (8.2 x 10.5” / 21 x 27 cm).....	\$4,176
1/2 page / 1/2 página (4.7 x 7.2” / 12 x 18.5 cm).....	\$2,523
1/4 page / 1/4 página (3.5 x 4.7” / 9 x 12 cm).....	\$1,334
1/8 page-business card / 1/8 página-tarjeta de presentación (3.5 x 2” / 9 x 5 cm)	\$464

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

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

Mensaje del Presidente

En nombre de la Junta Directiva, me gustaría dar las gracias a quienes nos acompañaron en la Asamblea General Anual de este año. Hemos batido el récord de asistencia a este informe anual a nuestra comunidad.



Cada año tenemos que cumplir una serie de formalidades en nuestra Junta General Anual. Para la asamblea de este año, nuestros comités de la junta directiva y el personal fueron mucho más allá con informes especiales y actualizaciones sobre nuestras 5 prioridades principales.

- Servicio al cliente
- Mejora de la tecnología
- Visibilidad comunitaria
- Colaboraciones comunitarias
- Cuidar lo que tenemos



Leigh Manheim, miembro de la Junta Directiva, repasó un plan de formación sobre Atención al Cliente que se impartirá en breve a nuestros voluntarios de cara al público.

Greg DiStefano, miembro del Consejo, compartió sus reflexiones sobre la necesidad de una mayor visibilidad de LCS en todas las comunidades de Lakeside. Hizo comentarios sobre cómo pocas personas pueden identificar más que un pequeño porcentaje de los más de 100 programas que LCS ofrece actualmente.

El Director Ejecutivo Luis Pacheco compartió un adelanto del sistema de punto de venta que pronto será lanzado y que será más fácil de usar y resultará en una gran disminución de la necesidad de que la gente venga a la oficina a registrarse para todos los servicios. Nos aseguró que la oficina de servicios siempre será una opción para quienes deseen utilizar ese servicio.



Como Presidente, compartí con la gente el orgullo que sentimos por nuestro enorme compromiso con las colaboraciones. Actualmente tenemos muchos más esfuerzos de colaboración que nunca antes en nuestra historia. Nuestras colaboraciones son con escuelas locales, universidades, gobiernos estatales y locales, una variedad de organizaciones sin ánimo de lucro de Lakeside, organizaciones mexicanas de todo tipo y con individuos de todas las comunidades. Todos quedamos muy impresionados con las actividades del Comité del Campus bajo la dirección de Larry Barnhardt. Este comité se centra en el cuidado de lo que tenemos.

Larry presentó primero su actualización anual de LCS2.0, nuestro plan a largo plazo, y luego cedió la palabra al nuevo presidente del comité, León Felipe, quien impresionó a los asistentes con sus experiencias de toda la vida en Ajijic, que incluyeron a LCS en sus primeros años. León está trabajando con un equipo de estudiantes de la Universidad para desarrollar planes detallados y evaluaciones de cada edificio, paisaje y áreas de LCS con un enfoque urgente especial en la infraestructura. Este comité presentará sus informes detallados a la Junta Directiva para su evaluación en nuestro próximo retiro.



También se presentó un resumen de nuestra reciente encuesta de participación de las partes interesadas.

Estamos muy agradecidos a los numerosos voluntarios con talento y dedicación que desempeñan un papel vital en nuestra organización y a nuestro personal, que trabaja duro para mantener el rumbo.

En nuestro sitio web se publicarán más detalles e informes.

Uno de los principales resultados de las presentaciones de la AGM fue la necesidad de recaudar más fondos para cuidar de los muchos elementos de nuestro campus que han estado descuidados durante demasiado tiempo.



Apreciamos enormemente el apoyo financiero de nuestros donantes que dan un paso al frente y realizan donaciones que nos permiten seguir dirigiendo la organización. Sus donaciones son necesarias ahora más que nunca y se pondrán a trabajar hacia un mejor LCS para todos. Las donaciones pueden hacerse en línea o en nuestra oficina. Para discutir cómo hacer el mejor uso de su donación por favor no dude en hablar conmigo o con el Director Ejecutivo Luis Pacheco. Muchas gracias por su continuo apoyo, ¡hace una gran diferencia!

Steve Balfour
Su Presidente de LCS

Hospital SanAntonio

4 Years Taking Care of You



“WE CARE FOR YOU” is the phrase that identifies Hospital San Antonio del Lago de Chapala which opened its doors on April 26, 2019, with the clear objective of providing specialized and comprehensive medical-hospital services of the highest quality on the shores of Chapala with staff with professional and academic excellence. Day by day in Hospital San Antonio we strive to ensure the safety and quality of patient care, all of this under the guiding principles of Ethics, Quality and Service, always looking for a comfortable environment during the patient’s stay.

These four years have been of constant growth, where, thanks to the preference of our patients, we have been able to expand our range of services year after year. So that today it is a third level hospital, where surgeries and procedures of high medical specialty are performed, such as open heart surgery, placement of aortic valves (TAVI), skull tumor resections, knee and hip joint replacements, angioplasties, etc.. All this is accomplished by a group of highly specialized medical specialists.

The wide range of services we provide includes:

- **Emergency Room 24/7**
- **Hospitalization**
- **Intensive Care Unit (ICU)**
- **Department of Hemodynamics and Interventional Cardiology DHeCI (Hemodynamics room)**
- **Operating Room**
- **Hemodialysis Unit**
- **Diagnostic and Interventional Imaging**
- **1.5 Tesla Resonance Imaging**
- **128-Slice Tomograph**
- **Clinical and Pathology Laboratory.**
- **Ambulance Service**
- **Coffee Shop**

International Insurance Area

We accompany the patient from the moment he/she arrives for the use and management of international insurance, providing at all times the necessary information to the patient and the insurance company for the authorization of cases. At Hospital San Antonio we are aware of the doubts that exist on this subject, so we have conducted several informative talks at Lake Chapala Society and the American Legion, in order to resolve doubts. What does my insurance cover?



National Insurance

We have an agreement with the main national insurance companies, we provide support and follow up of the cases, informing the patient at all times of the progress of the authorizations and providing the insurance company with the necessary information for the authorization of cases.



Procedures Performed Since Opening

2,007 MAGNETIC RESONANCE
RESONANCIA MAGNÉTICA

4,454 ULTRASOUND
ULTRASONIDO

8,253 TOMOGRAPHY
TOMOGRFÍA

11,750 X-RAYS
RAYOS X

56,765 LABORATORY STUDIES
ESTUDIOS DE LABORATORIO

Our people...

We can not fail to mention and thank the commitment and dedication of the staff working in Hospital San Antonio. We are currently a family of just over 100 people who strive every day to "Take care of you." And we are proud that more than 95% of the staff is from the Ribera de Chapala (San Antonio, Chapala, Jocotepec and Ixtlahuacán de los Membrillos) thus contributing to generating quality jobs for the community.

All these advances and services are thanks to the trust of more than 23,000 patients served in these four years, to all of them, thank you for your confidence. We will continue to strive to be your hospital of choice to take care of you.

Hospital San Antonio del Lago de Chapala, four years taking care of you.

www.hospitalsanantonio.com.mx

HospitalSanAntonioDelLagodeChapala



Hospital SanAntonio

4 años cuidando de ti

“NOSOTROS CUIDAMOS DE TI”

es la frase que identifica a Hospital San Antonio del Lago de Chapala, el cuál abrió sus puertas el 26 de Abril de 2019, con el claro objetivo de proporcionar servicios médico-hospitalarios especializados e integrales, de la más alta calidad en la ribera de Chapala, contando con personal con excelencia profesional y académica. Día con día en Hospital San Antonio nos esforzamos en garantizar la seguridad y la calidad de la atención de los pacientes, todo esto bajo los ejes rectores de la Ética, Calidad y el Servicio buscando siempre un ambiente confortable durante la estancia del paciente.

Estos 4 años han sido de crecimiento constante, donde, gracias a la preferencia de nuestros pacientes, hemos podido ampliar nuestra oferta de servicios año con año. De tal manera que hoy en día es un hospital de tercer nivel de atención, donde se realizan cirugías y procedimientos de alta especialidad médica, como son; cirugía a corazón abierto, colocación de válvulas aórticas (TAVI), resecciones tumorales de cráneo, reemplazos articulares de rodilla y cadera, angioplastias, etc. Todo ello acompañado de un grupo de especialistas médicos altamente especializados.

La variada oferta de servicios que proporcionamos incluye:

- **Urgencias 24/7**
Emergency Room 24/7
- **Hospitalización**
Hospitalization
- **Terapia Intensiva (ICU)**
Intensive Care Unit (ICU)
- **Departamento de Hemodinamia y Cardiología intervencionista DHeCI (sala de Hemodinamia)**
Department of Hemodynamics and Interventional Cardiology DHeCI (Hemodynamics room)
- **Quirófano**
Operating room
- **Unidad de hemodiálisis**
Hemodialysis unit
- **Imagenología diagnóstica e intervencionista**
Diagnostic and interventional imaging
- **Resonancia de 1.5 Teslas**
1.5 Tesla Resonance Imaging
- **Tomógrafo de 128 cortes**
128-slice tomograph
- **Laboratorio clínico y de patología**
Clinical and pathology laboratory
- **Servicio de Ambulancia**
Ambulance service
- **Cafeteria**
Coffee shop



Área de seguros internacionales

Damos acompañamiento al paciente desde su llegada para el uso y manejo de seguros internacionales, brindando en todo momento la información necesaria al paciente y la aseguradora para la autorización de casos. En Hospital San Antonio somos conscientes de las dudas que existen sobre este tema, por lo que hemos llevado a cabo diversas pláticas informativas en Lake Chapala Society y en la Legión Americana, con la finalidad de resolver dudas. ¿Qué cubre mi seguro?



Seguros Nacionales

Contamos con convenio con las principales aseguradoras nacionales, damos acompañamiento y seguimiento de los casos informando en todo momento al paciente del avance en las autorizaciones y proporcionando a la compañía aseguradora la información necesaria para la autorización de casos.



Nuestra Gente...

No podemos dejar de mencionar y agradecer el compromiso y dedicación del personal que labora en el Hospital San Antonio. Actualmente somos una familia de poco más de 100 personas que día con día se esfuerzan por “Cuidar de ti” nos llena de orgullo que más del 95% del personal es de la Ribera de Chapala (San Antonio, Chapala, Jocotepec e Ixtlahuacán de los membrillos) contribuyendo así a generar empleos para la comunidad.

Todo estos avances y servicios son gracias a la confianza depositada de mas de 23,000 pacientes atendidos en estos 4 años, a todos ellos, gracias por su confianza, continuaremos esforzándonos por ser su Hospital de elección para cuidar de ustedes.

Hospital San Antonio del lago de Chapala, 4 años Cuidando de ti.

 www.hospitalsanantonio.com.mx

 HospitalSanAntoniodelLagodeChapala





LA HISTORIA DE MAMA CLEO'S BOYS HOME A.C.

Por Alex Bernardino
Director y Fundador

Mi nombre es Alex Bernardino, nací en la ciudad de Guadalajara, pero crecí en Chapala y sus alrededores, mi familia tenía un pequeño negocio en Ajijic, ayudé a mi familia siempre con los gastos de la casa, trabajando desde muy pequeño.

Una vez, mis padres, tomaron la loca, pero impactante idea de ser voluntarios en una casa hogar en Chapala, para esto, mis padres decidieron vender lo poco que teníamos y decidieron moverse a esta casa hogar de niños y niñas en Chapala, realmente, esto marcó mi vida para siempre, observé a mi Padre, que sin dudar, ayudó a más de 25 niños en esta casa hogar de Chapala, fuimos voluntarios por más de 7 años, trabajando 24/7.

Realmente esto me impactó y fue desde este momento que me apasioné por el servicio humanitario.

En esta Casa hogar, conocí a los que fueron mis Padrinos, los cuales me ayudaron con mis estudios, cursos de inglés, computación, preparatoria, universidad y algunos diplomados, también. Fui muy bendecido, gracias a ellos, cuando por fin, terminé con mis estudios, les pregunté a mis Padrinos, como podía pagarles todo lo que habían hecho por mí, a lo que ellos me respondieron, "Simplemente ayuda a alguien más" wow así de simple y sencilla fue su respuesta. Ahí aprendí que el verdadero éxito no se encuentra en cuanto dinero logras acumular, o que tan alto puesto puedas conseguir en alguna empresa, sino realmente, el VERDADERO ÉXITO, SE ENCUENTRA EN LA SATISFACCIÓN DE AYUDAR A LOS DEMÁS, ser quien impulse a los demás a lograr sus sueños y metas, no solo los ayudas a ellos, sino que tú mismo estás alcanzado TU ÉXITO PERSONAL, estas formando tu carácter como una excelente persona.

Mi padre parte con Dios en el 2015, mi Madre y yo decidimos volver a retomar lo que algún día mi Papá había iniciado, por lo que decidimos abrir las puertas de nuestro hogar a niños huérfanos o en situación de abandono, es ahí donde nace la casa hogar MAMA CLEO'S BOYS HOME AC, iniciamos con 3 niños, mientras esto avanzaba, comenzó a crecer en mí el amor de un Padre para estos chicos, por lo que, Dios comenzó a respaldar nuestro trabajo y nos llevó a crecer como

la espuma, con muchos retos y victorias también, MAMA CLEO'S BOYS HOME, se ha posicionado entre las Casas Hogares con mayor número de niños. Actualmente contamos con 24 niños, y aún estamos en crecimiento.

Nuestro objetivo es poder ayudar a los más niños que podamos, para este 2023, queremos brindar apoyo y cuidado holístico a 35 niños y adolescentes.

En MAMA CLEO'S BOYS HOME, nuestra misión, es ayudar a sanar el corazón de nuestros chicos brindándoles las herramientas que les enseñaran a perdonar, aceptar la realidad y a seguir adelante en su vida, nuestro enfoque es que nuestros niños y adolescentes aprendan ser hombres de bien que puedan aportar algo positivo a nuestra sociedad

Es por eso, que les hacemos la invitación de apoyar a nuestra institución para que podamos seguir brindando ayuda a más niños, y de esta manera, poder salvarlos de sus futuros inciertos, un niño más que salvemos, estamos evitando que ese niño se convierta en un delincuente, ya que sus traumas los pueden llevar a tomar malas decisiones en sus vidas, convirtiéndose en un problema más para la sociedad.

Siendo una Organización sin fines de lucro, el tema financiero siempre es y será uno de nuestros más grandes retos, es por eso, que nos interesa mucho que la gente vea lo maravilloso de esta organización y se una a nosotros para que juntos, cambiemos al mundo, recuerda que 12 personas cambiaron el rumbo del mundo hace más de 2000 años, cuanto más podremos nosotros hacer.

**Moving to Lake Chapala
Discount Coupon**



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

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

BestMexicoMovers.com
Better Process - Lower Prices

* Your discount is equal to 5% or \$500 USD, whichever is less. To receive the discount and have us make the donation to LCS, use discount code: LCS. Expires December 31, 2023

THE STORY OF MAMA CLEO'S BOYS HOME A.C.

By Alex Bernardino
Director and Founder

My name is Alex Bernardino. I was born in the city of Guadalajara, but I grew up in Chapala and its surroundings. My family had a small business in Ajijic, and I always helped with the household expenses, working since I was very young.

Then one day my parents had the crazy, but shocking idea of volunteering in a home in Chapala. In order to do this they decided to sell the little house we had and to move into to this home for boys and girls. This marked my life forever as I watched my Father who, without hesitation, helped more than 25 children in this special home. We volunteered there for more than seven years, working 24/7. This really impacted me and it was from this moment that I became passionate about humanitarian service.

In this home, I met my Godparents, who helped me with my studies, English courses, computer, high school, college and some diploma courses, too. Thanks to them I was very blessed, and when I finally finished my studies, I asked my Godparents, how I could pay them back for all they had done for me, to which they replied, "Just help someone else." Wow. Their answer was that simple and easy. There I learned that true success is not found in how much money you manage to accumulate, or how high a position you can get in a company, but really, TRUE SUCCESS IS FOUND IN THE SATISFACTION OF HELPING OTHERS. Being the one who drives others to achieve their dreams and goals, not only do you help them, but you yourself are achieving YOUR PERSONAL SUCCES. You are forming your character as an excellent person.

My father left with God in 2015, and my mother and I decided to resume what my father had started, so we opened the doors of our home to orphaned or abandoned children. That's where MAMA CLEO'S BOYS HOME AC was born. We started with 3 children and as this progressed, the love of a Father for these children began to grow in me, so God began to support our work and led us to grow like foam, with many challenges and victories too. Now MAMA CLEO'S BOYS HOME has positioned itself among the homes with the largest number of children. We currently have 24 children, and we are still growing.

Our goal is to be able to help as many children as we can, and by the end of 2023, we hope to provide holistic care and support to 35 children and adolescents.

In MAMA CLEO'S BOYS HOME, our mission is to help heal the hearts of our children by giving them the tools that will teach them to forgive, accept reality and move forward



in their lives. Our goal is that our children and adolescents learn to be good men who can contribute something positive to our society.

That is why we invite you to support our institution so that we can continue providing help to more children, and in this way, to save them from their uncertain futures. Each child that we save, we prevent from becoming a delinquent, since their traumas can lead them to make bad decisions in their lives, thus becoming a problem for society.

Being a non-profit organization, the financial issue is always and will always be one of our biggest challenges. That's why we want people to see how wonderful this organization is and to join us so that together, we can change the world. Remember: 12 people changed the course of the world more than 2,000 years ago, so how much more can we do if we work together.



The Legacy of Artists in Lake Chapala

By Steve Parker



Legend... *becoming a legend is about a calling-something that one does memorably and like no one else.*

I recently had the opportunity to interview Javier Zaragoza and after our conversation, Legend seemed to be the best way to describe this humble man. His legacy has had a profound effect on the Lake Chapala community for over sixty years.

Javier's artistry began with an association with Neill James. Miss James originally wanted to develop a library to help Mexican children learn.

After several years she realized working with children through art was also an effective learning tool and in his early teens, Javier was an attentive and talented student in the art program. Neill James then invested in his talents and offered Javier a scholarship to Art institute of San Miguel Allende. After two years of training, Javier was ready to apply his education and at 18 he immigrated to the United States where he began his art career working for The Gannet Company and Warner Brothers painting billboards. His skills painting figures kept him in demand. He smiled when saying he painted glamorous women holding up perfume bottles, tequila bottles and even cleaning products. For years he was quite busy, but then came the age of computers and the demand for billboard painters began to fade. There were some companies who wanted a single professional board but seeing the end of an era, Javier decided to return to his roots in Mexico.

His expertise was recognized and as a result, many murals in the community bear his name. His specialty seemed to be realism and portraiture. One notable mural is on the exterior of the municipal building in Ajijic showing the history of the Indian community.

For some years he maintained a studio where countless members of the Ajijic community and visitors from around the world learned the art of portrait painting. Although the studio is closed, Javier is considering the possibility of reopening in the future. Currently, his talents are most evident in mentoring those enrolled in the Children's Art Program at Lake Chapala Society. Children aged five to fifteen years gather every Saturday at the society and draw, paint and enjoy learning. Javier and other noted community artists circulate to advise young talent. As students work toward finished art, LCS often provides space for work to be framed and displayed for sale. Currently, like a good mentor, Javier is working with a young man named Jose Maria Reyes. Although Jose is a deaf mute, communication is never a problem. At the recent art show Jose's enthusiasm bubbled over as he indicated that one of his paintings had sold and he asked that his picture be taken with his mentor. Javier noted that none of the mentors receive any pay and 90% of the money on a sale goes to the students and the rest goes for additional supplies.

As my time with Javier came to a close, a beautiful little girl rushed to Javier and gave him a super hug, to which he said, "That's my pay!"

The legend continues...



El legado de los artistas en el Lago de Chapala

Por Steve Parker



Leyenda... convertirse en leyenda se trata de un llamado - algo que uno hace de forma memorable y como nadie más.

Recientemente tuve la oportunidad de entrevistar a Javier Zaragoza y después de nuestra conversación, Leyenda parecía ser la mejor manera de describir a este humilde hombre. Su legado ha tenido un profundo efecto en la comunidad del Lago de Chapala durante más de sesenta años.

El arte de Javier comenzó con una asociación con Neill James. La señorita James, fundadora de lo que ahora se ha convertido en la Lake Chapala Society, originalmente quería desarrollar una biblioteca para ayudar a los niños mexicanos a aprender. Después de varios años se dio cuenta de que trabajar con los niños a través del arte era una herramienta de aprendizaje eficaz adicional. Al principio de su adolescencia, Javier era un estudiante atento y con talento en el programa de arte.

Neill James invirtió en su talento y ofreció a Javier una beca para el Instituto de Arte de San Miguel Allende. Después de dos años de formación, Javier estaba listo para aplicar su educación y a los 18 emigró a los Estados Unidos donde comenzó su carrera artística trabajando para The Gannet Company y Warner Brothers pintando vallas publicitarias. Su habilidad para pintar figuras le hizo muy solicitado. Sonreía cuando decía que pintaba mujeres glamurosas sosteniendo frascos de perfume, botellas de tequila e incluso productos de limpieza. Durante años estuvo bastante ocupado, pero llegó la era de los ordenadores y la demanda de pintores de vallas publicitarias empezó a desvanecerse. Había algunas empresas que querían un solo cartel profesional, pero viendo el fin de una era, Javier decidió volver a sus raíces en México.

Su pericia fue reconocida y, como resultado, muchos murales de la comunidad llevan su nombre. Su especialidad parecía ser el realismo y el retrato. Destaca uno en el exterior del edificio municipal de Ajijic que muestra la historia de la comunidad indígena.

Durante algunos años mantuvo un estudio donde innumerables miembros de la comunidad de Ajijic y visitantes de todo el mundo aprendieron el arte del retrato. Aunque el estudio está cerrado, Javier está considerando la posibilidad de reabrirlo en el futuro.

Actualmente, su talento se pone de manifiesto en la tutoría de los inscritos en el Programa de Arte para niños de Lake Chapala Society. Niños de entre cinco y quince años se reúnen todos los sábados en la sociedad y dibujan, pintan y disfrutan aprendiendo. Javier y otros destacados artistas de la comunidad circulan para aconsejar a los jóvenes talentos. A medida que los alumnos van terminando sus obras de arte, LCS les ofrece espacio para enmarcarlas y exponerlas a la venta.


Actualmente, como buen mentor, Javier está trabajando con un joven llamado José María Reyes. Aunque José es sordomudo, la comunicación nunca es un problema. En la reciente exposición de arte, el entusiasmo de José rebosaba cuando indicó que uno de sus cuadros se había vendido. Pidió que le hicieran una foto con su mentor. Javier señaló que ninguno de los mentores recibe paga alguna y que el 90% del dinero de una venta va a los estudiantes y el resto se destina a material adicional.

Cuando mi tiempo con Javier llegaba a su fin, una preciosa niña se abalanzó sobre Javier y le dio un súper abrazo, a lo que él respondió: “¡Esa es mi paga!”.

La leyenda continúa...

Remote Online Notary in Florida



WORLDWIDE ACCESS for online UNITED STATES Documents via a Zoom-Type meeting



BE CAREFUL when selecting a Notary.
Use of Notary outside of their jurisdiction makes a document invalid.

Selecia Young-Jones
www.rainbownotaryandnuptials.com
904rainbow@gmail.com

904-333-7311



MAKING A DIFFERENCE:

THE VITAL WORK OF NON-PROFITS IN LAKESIDE

By Luis F Pacheco Camara

Non-profit organizations in Mexico, the United States and Canada share some similarities in structure and purpose, but there are also some key differences because of the legal, social and cultural context. However they all share a common goal of promoting positive social and environmental change and building more robust, resilient communities.

By working tirelessly to address social and environmental issues, non-profits at Lakeside are making a real difference in the lives of community members and helping to create a brighter future for all.

Through their commitment to service and dedication to making the world a better place, non-profits embody the best of what it means to be responsible and engaged citizens. Their work is a powerful testament to the fact that even small actions can have a significant impact and that we can build a more just and equitable world together.

We are grateful for the tireless efforts of these organizations in the Chapala region and for the positive impact they are making every day. By supporting these them, we can ensure that their important work continues and that our communities thrive.

At Lakeside, we have unique opportunities because our non-profits provide chances for people from different cultures to interact and learn from each other, promoting understanding and tolerance.

By working across cultures, intercultural non-profits at Chapala's Lakeside offer a unique opportunity to promote understanding and inclusion, create innovative solutions and amplify impact through collaboration.

Non-profit organizations are essential in promoting community development and addressing social and environmental issues in Ajijic and the Lakeside region. Some work to promote economic growth and improve the quality of life in the community. For example, they support small businesses, provide job training and create community spaces and events.

Others work to protect the natural environment in the region. For example, they organize community clean-up events, promote sustainable practices and advocate for policies that protect the environment.

Another group of non-profits provides education and training opportunities to community members. They offer literacy programs, job skills training and workshops on health and wellness.

Non-profits provide social services to community members in need. For example, they offer food assistance, shelter and health care services.

Non-profits work to preserve and celebrate the cultural heritage of the region. They organize cultural events, support local artists and musicians and promote traditional practices and crafts.

But all these efforts are open to challenges threatening to wipe out civil society organizations. Non-profits in Ajijic and the Lakeside Chapala region may face a variety of challenges, including:



Programa pro niños incapacitados

- 1. Funding:** Non-profits need help to secure the necessary funding to support their programs and operations. This can be incredibly challenging in a region with limited resources and a small donor base.
- 2. Volunteer recruitment and retention:** Non-profits often rely heavily on volunteers to carry out their work. However, recruiting and retaining volunteers can be challenging, especially in a region with a significant population of retirees who may be traveling or have other commitments.
- 3. Language and cultural barriers:** Non-profits need help communicating effectively with community members who speak different languages or have different cultural backgrounds. This can make it challenging to build trust and engage with the community meaningfully.
- 4. Limited infrastructure:** Ajijic and the Lake Chapala region need more infrastructure to support non-profits, such as office space, internet access and transportation. This can make it challenging for non-profits to operate effectively and efficiently.

5. Lack of coordination: Non-profits need help coordinating their efforts with each other and local government agencies. This can lead to duplication of services or gaps in coverage, making it harder to achieve collective impact.

Despite these challenges, non-profits in Ajijic and the Lakeside Chapala region can still make a significant impact by building solid partnerships with the community, leveraging technology to overcome communication and infrastructure barriers and pursuing creative and innovative approaches to fundraising and volunteer engagement.

The disappearance of non-profits from Lakeside Chapala could have far-reaching negative consequences for the community, underscoring the importance of supporting these organizations and their essential work.

Non-profits in Lakeside Chapala provide critical social services to vulnerable populations, such as the elderly, children and the impoverished. These organizations are necessary for many people to access

healthcare, education, food and other basic needs. Without their efforts, the region could experience increased pollution, habitat loss and other environmental problems.

Creating a solid collaboration network among non-profits at Lakeside Chapala can have several significant benefits. By working together, we can better coordinate efforts and resources, reducing duplication and ensuring that services are delivered more efficiently and effectively to those who need them most.

By pooling our expertise and resources, we can significantly impact the social and environmental issues they are working to address. Also, collaboration can lead to more and better learning and innovation as organizations share best practices, ideas and strategies for addressing complex challenges.

Working together, we can also increase our visibility and access to funding opportunities, as they can present a more united front and demonstrate the collective impact of their work.



Overall, creating a solid network of collaboration among non-profits at Lakeside Chapala can amplify the impact of our essential work, promote learning and innovation and fulfill the shared mission of building stronger, more resilient communities.

Therefore, creating such a collaborative network must be one of our main priorities in the coming years.

Only together can we build the community that we all share life by Lakeside long to have.

CLÍNICAS AUDIOLÓGICAS

OÍR BIEN

Audiology-Hearing Care Specialists

Cuidado Auditivo – Audiología

Your first step
TO BETTER HEARING

10%

Discount

Top world brands and latest technology

10% de descuento en las mejores marcas y tecnología.

Dr. Blanca M. Gómez Ochoa
Universidad Nacional Autónoma de México
Ced. Prof. 1042142

- **Hearing test (Audiometry)** - Estudios de Audición (Audiometría)
- **Hearing Aids** - Auxiliares Auditivos
- **Fitting and Programing** - Adaptación y Programación
- **Repairs** - Reparaciones
- **Clean & Care Service** - Servicio y mantenimiento
- **Supplies: batteries, ear molds, ear domes, earwax guards, etc** - Insumos: baterías, moldes, olivas, filtros, etc.

Book your appointment:

332 945 3267

www.clinicasob.com
chapala@clinicasob.com



FINANCIAL SOLUTIONS IN ONE SAME PLACE.

Taak Ajijic Center: 376 766 4055

Ajijic: 376 766 5980

#OneStopBanking

intercam.com.mx



Review terms, conditions, fees and account opening requirements at <https://www.intercam.com.mx>

 **INTERCAM**[®]
Banco

Office & Library Hours: **Monday to Saturday 10 am - 2 pm**

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

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

LESSONS (M)

Bordado Artístico (Spanish)	M+W+F 4-6
Children's Art - Open to All (Children 5 years & under must be accompanied by an adult)	Sat 10-12
Children's Chess Club	Sat 12-2
Exercise	M+W+F 9-9:50
Gentle Yoga & Body Awareness	W 10-10:50
Intermediate Hatha Yoga	T 2-3:30
Introduction to Lakeside, 17 April campus, 24 April zoom, 10-1	
Introduction to Spanish	Th 10-12, April 6, 13, 20
Line Dancing, gail@doughertynet.com	T + Th 10-11:15
Move to the Beat	M 10-11
Scottish Country Dancing	T+Th 11:15-12:45
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 Chich	W+F 12-1
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 www.lakechapalasociety.com & select libraries/English.

SOCIAL ACTIVITIES (M)

American Mah Jongg	Th 10-1
Bridge4Fun	T+Th 1-4
Discussion Group	W 12-1:30
English/Spanish Conversation* (Open to public)	Sat 12-1:30*
Everyday Mindfulness	M 10:30-12
Game Group	Th 1-5
HOT Science Zoom, hotsciencelcs@gmail.com	T 1:45
Open Circle	S 10:30
Scrabble	F 11:30-1:30
Tournament Scrabble	T 12-1:50

HEALTH INSURANCE*

Hospital San Antonio	Th 10-12
IMSS & Immigration Services	M+T 10-1
	Call for Appointment 333-157-9472
Lakeside Insurance	T+Th 11-2
Shiatsu Chair Massage	1st & 3rd Th 10-12
	By appointment only, call 331-604-0971

HEALTH & LEGAL SERVICES*

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

SERVICE & SUPPORT GROUPS *

AA Women's Meeting	T 4-5
Al-Anon (Spanish)	M 6-7:30, W 5:30-7:30
Caregivers of Spouses with Dementia (Support Group)	T 10:30-12:30
Diabetes Support Group	Zoom 1st F 1:00
	contact welchk4diabetes@gmail.com
Information Desk	M-Sat 10-2
Lakeside AA	M+Th 4-5
Needle Pushers	T 10-11:45
Toastmasters	M 7-9
Overeaters Anonymous	W 3-4

NEW ACTIVITIES:

- **LCS BLOOD PRESSURE TESTING**
 The LCS Blood Pressure Testing is on Fridays from 10am-12pm. Testing will take place on the Neill James Veranda. Retired or active RN, LPN, EMT or PAs interested in volunteering in this service, please contact Carole Parriey at caroleparriey@hotmail.com

EDUCATIONAL PROGRAMS

Life

experiences



Mexican Manners

By **Alfredo Pérez**

Wednesday, April 5

10:00 am to 1:00 pm

Wednesday, June 7

10:00 am to 1:00 pm

Regular price: \$650

LCS members: \$500

Introduction to Spanish

By **Alfredo Pérez**

Thursday, April 6, 13 & 20

10:00 am - 12:00 pm

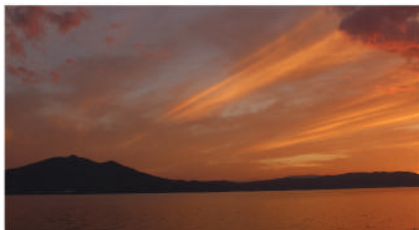
By **Inez Dyer**

Thursday, May 4, 11 & 18

10:00 am - 12:00 pm

Regular price: \$560

LCS members: \$430



Introduction to Lakeside In Person

By **Barbara Harkness**

Monday, April 17

10:00 am to 1:00 pm

Monday, June 12

10:00 am to 1:00 pm

Online Regular price: \$850

Online LCS members: \$660



Introduction to Lakeside Online

By **Barbara Harkness**

Monday, April 24

10:00 am to 1:00 pm

Monday, June 19

10:00 am to 1:00 pm

Regular price: \$850

LCS members: \$660



Getting your Jalisco driver's license without losing your mind

By **Alfredo Pérez**

Wednesday, April 12 CLASS

9:30 am to 11:30 am

Wednesday, April 19 VISIT to

Secretaría de Transporte (test).

Wednesday, May 10 CLASS

9:30 am to 11:30 am

Wednesday, May 17 VISIT

Wednesday, June 14 CLASS

9:30 am to 11:30 am

Wednesday, June 21 VISIT

Regular price: \$780

LCS members: \$600



Advance Care Planning Workshop on Living Well and Dying Well in Lakeside

By **Loretta S. Downs**

Wednesday, April 19 & 26

10:00 am to 12:00 pm

Regular price: \$650

LCS members: \$500

This is one class with two parts. In Part One you learn about the practical aspects of preparing for the end of your life. We explore the legal paperwork necessary in Mexico to protect yourself from unwanted medical care, and how to create a system of support for yourself. Part 2 reviews Part 1 and examines eight practices for creating peaceful transitions through life and death, and also how to talk to loved ones about your end-of-life wishes.

Enrollment at LCS Office
Monday through Saturday
from 10:00 am - 2:00 pm
or send an email to:
directoreducacion@lakechapalasociety.com
or LakeChapalaSociety.com
Registration requires payment.
There is no refund.

ESPAÑOL EN ACCIÓN

Por la Profa. Dolores Alicia Ordóñez Pinter



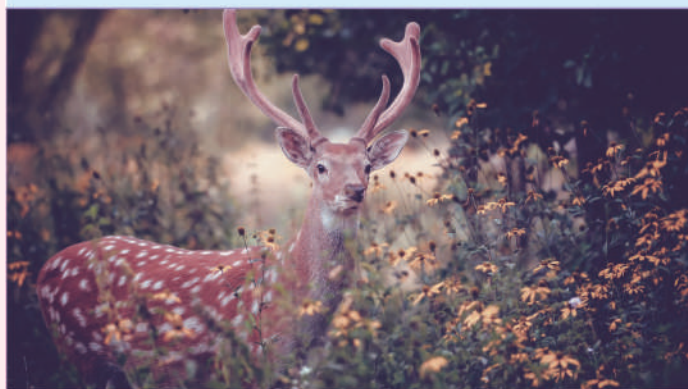
1A APR 3RD TO JUN 12TH
Monday and Thursday - 10:00 am to 12:00 pm

1B APR 4TH TO JUN 13TH
Tuesday and Friday - 10:00 am to 12:00 pm



2A APR 3RD TO JUN 12TH
Monday and Thursday - 12:30 pm to 2:30 pm

2B APR 4TH TO JUN 13TH
Tuesday and Friday - 12:30 pm to 2:30 pm.



3A APR 3RD TO JUN 12TH
Monday and Thursday - 3:00 pm to 5:00 pm.



Library Updates

The Book . . . or The Movie: A Personal Preference

The LCS Libraries offer members lots of choices in both genres. If you prefer building images of characters and visualizing settings with your own “mind’s eye”, check for the book in the library; if you prefer to get straight to the action and allow a film-maker to interpret characters and settings - then ask in the DVD library for the film adaptation. Or, you may want to compare versions - sometimes insightful, sometimes disappointing . . . but, always a wonderful way to enjoy leisure.

In April we will be featuring books that have been adapted into films - some may surprise you. Titles will include classics like *To Kill a Mockingbird*, *Gone with the Wind*, *The Chronicles of Narnia*, *The Hobbit*, *Little Women*, *Breakfast at Tiffany’s*, *The Remains of the Day*, *The Godfather* and *Doctor Zhivago*. Obviously, such a spotlight will include thrillers including *Silence of the Lambs*, *It*, *The Shining*, *Misery*, *The Exorcist* and *Gone Girl*. There is fun stuff too: *The Devil Wears Prada*, *Crazy Rich Asians*, *The Secret Life of Bees* and *The Princess Bride*; and books focusing on social and/or historical issues: *The Help*, *The Color Purple*, *No Country for Old Men*, *Hidden Figures*, *A Beautiful Mind* - just to name a few.

The LCS Media Library is just inside the main entrance on the left - a small unassuming room but chock full of entertainment options starting with our collection of rental DVD movies. (This is the only offering in our room that does require LCS membership.) We have over 3,000 movies of every genre and age. We also have many of your favorite television series. Our movie database can be accessed through the LCS website and allows the browser to search by genre, actor, or movie name. Check it out!

Overflow and duplicate books from the library and are also available here to members and nonmembers alike. We have a wide selection of fiction from all genres and a few non-fiction books. Paperbacks are \$10p and hardcovers are \$20p, a true bargain. We welcome browsers! The cabinet outside the Media Library is where you can find donated DVDs and CDs for sale for \$20p each. Audiobooks, jigsaw puzzles, and magazines are available to borrow at no charge and with no time limit.

We encourage donations of everything above (books, though, should go to the library first), so please keep us in mind when you’re cleaning out your entertainment shelf.

MAY 9 AT 10:00 AM

SHOPPING TRIP

Costco, Sam's and Galerías 360 mall.

Major retailers including Liverpool, Sears and restaurants Cheesecake Factory, PF Chang and more, also shop Costco, Sams and Galerías 360 mall. Let's go shopping! We will be on a bus with plenty of room for your shopping and to travel in comfort.

Regular price: \$920 p/p
Member price: \$715 p/p

You can register at the LCS office or at www.LakeChapalaSociety.com | Limited seats.



The Bus will depart promptly from the sculpture in La Floresta.



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

APRIL
2ND

David Ellison
Herstories



Dr. Kelly Randolph
Bennett
The Heart of the Matter

APRIL
9TH



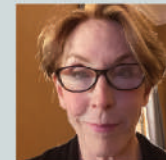
Noris Binet
Where Opposites Meet:
Pre-Hispanic and
Contemporary Mexico

APRIL
16TH



Ted Shaw
The Magic of Wonder

APRIL
23RD



Lydia Bodin
Volunteering at Lakeside

APRIL
30TH

www.lakechapalasociety.com



We help you prevent conflicts arising in your real estate dealings. Protect your transactions and those of your clients: leases, buying and selling, credit searches, and your commission.

Our services include:



Property management & Tenant screening



Legal advice for landlords & tenants



Litigation



And a whole host of others

Member of:



SECCIÓN ESPECIALIZADA DE INMOBILIARIAS DELEGACIÓN CHAPALA

Ramón Corona 11 , Ajijic

376 688 4563



+1 (619) 214-0841



@Mtro. Felipe González



Monday to Friday, 8 am to 5 pm



info@felipejgonzalez.com

Thinking Outside the Box

By Felipe González

It's a bit of a cliché, isn't it? We've all been encouraged at one time or another to "think outside the box", to consider options that are not initially obvious, or to come up with creative solutions that address a seemingly insoluble problem. This is an approach that has served me well over the years and is one that I believe could help you in your search for that perfect pad. "But Felipe," I hear you ask, "what exactly do you mean?" The answer is a simple one – don't restrict yourself to just Chapala and Ajijic. These are, as I have frequently mentioned in other articles, excellent places to move to, but there are also many other lovely, quaint, liveable towns and villages dotted around the Lake, each with their own unique characteristics and "flavor".

Just a few kilometers west out of Ajijic are the towns of San Juan Cosala and Jocotepec, both of which could be said to be endowed with that "Mexican spirit". Now, I am not in the slightest insinuating that Ajijic and Chapala are not "Mexican", far from it. However, as the demographics of an area change, so too does the community and culture in that area. San Juan Cosala and Jocotepec are towns that, whilst having all the amenities you could possibly want, also give you the feeling of being somewhere that is authentically Mexican. I have been to Jocotepec many times and seen cowboys in the main square, parading around the town, and other instances of that infectious Mexican appetite for having a good time. Both Jocotepec and San Juan Cosala come alive with the hustle and bustle of a close-knit community, particularly at weekends, and it is something I encourage you to enjoy first hand before making your final decision.

Thinking outside the box before making a decision is important. It opens you up to options you may not have considered or simply ignored, options that, in the final analysis, you may benefit from having. In the case of relocation, this could take the form of lower property prices or exposure to a more "authentic" Mexico. It all depends on your criteria. **And remember, the team at Felipe Gonzalez Attorney at Law is always on hand to provide any legal assistance and outside the box thinking you may need. With over 20 years' experience in the field of real estate law and property management, we are your one-stop shop to help you turn your Mexican dream into a reality and live your best life.**

MARCANDO LA DIFERENCIA:

LA VITAL LABOR DE LAS ORGANIZACIONES BENÉFICAS EN LA RIBERA DE CHAPALA

Por Luis F Pacheco Camara

Las Organizaciones de la sociedad civil de México, Estados Unidos y Canadá comparten algunas similitudes en su estructura y propósito, pero también existen algunas diferencias clave. Sin embargo, aunque existen estas diferencias entre ellas debido al contexto legal, social y cultural, todas comparten el objetivo común de promover un cambio social y ambiental positivo y construir comunidades más robustas y resilientes.

Las Organizaciones sin ánimo de lucro que trabajan en La Ribera de Chapala desempeñan un papel vital en la construcción de comunidades más sólidas y resistentes en Lakeside. Trabajando incansablemente para hacer frente a los problemas sociales y ambientales, estas organizaciones están haciendo una diferencia real en las vidas de los miembros de la comunidad y ayudando a crear un futuro más brillante para todos.

A través de su compromiso con el servicio y su dedicación para hacer del mundo un lugar mejor, estas organizaciones representan lo mejor de lo que significa ser ciudadanos responsables y comprometidos. Su trabajo es un poderoso testimonio de que incluso las pequeñas acciones pueden tener un impacto significativo y de que juntos podemos construir un mundo más justo y equitativo.

Estamos agradecidos por los incansables esfuerzos de las Organizaciones de la región de Chapala y por el impacto positivo que tienen cada día. Apoyándolas, podemos asegurar que su importante trabajo continúe y que nuestras comunidades prosperen.

En La Ribera, tenemos oportunidades únicas porque nuestras organizaciones proporcionan oportunidades para que personas de diferentes culturas interactúen y aprendan unos de otros, promoviendo la comprensión y la tolerancia.

Al trabajar entre diversas culturas, las organizaciones ofrecen una oportunidad única para promover la comprensión y la inclusión, crear soluciones innovadoras y amplificar el impacto a través de la colaboración entre culturas.

Las Organizaciones de la sociedad civil son esenciales para promover el desarrollo comunitario y abordar los problemas sociales y medioambientales de Ajijic y la región lacustre. Algunas trabajan para promover el crecimiento económico y mejorar la calidad de vida de la comunidad. Por ejemplo, apoyan a las pequeñas empresas, ofrecen formación laboral y crean espacios y eventos comunitarios.

Otras trabajan para proteger el entorno natural de la región. Por ejemplo, organizan actividades comunitarias de limpieza,



promueven prácticas sostenibles y abogan por políticas que protejan el medio ambiente.

Otro grupo de Organizaciones de la sociedad civil ofrecen oportunidades de educación y formación a los miembros de la comunidad. Ofrecen programas de alfabetización, formación laboral y talleres sobre salud y bienestar.

Un amplio grupo de ellas prestan servicios sociales a los miembros más necesitados de la comunidad. Por ejemplo, ofrecen ayuda alimentaria, alojamiento y servicios sanitarios.

Son muchos los colectivos que trabajan para preservar y celebrar el patrimonio cultural de la región. Organizan actos culturales, apoyan a artistas y músicos locales y promueven prácticas y artesanías tradicionales.

Pero todos estos esfuerzos están expuestos a retos que amenazan con acabar con las organizaciones de la sociedad civil. Las organizaciones de Ajijic y la Ribera de Chapala están enfrentando diversos retos, entre los que se incluyen:

1. **Financiación:** necesitan ayuda para conseguir la financiación necesaria para apoyar sus programas y operaciones. Esto puede ser increíblemente desafiante en una región con recursos limitados y una pequeña base de donantes.
2. **Incorporación y retención de voluntarios:** Las organizaciones suelen depender en gran medida de los voluntarios para llevar a cabo su labor. Sin embargo, reclutar y retener voluntarios puede ser un reto, especialmente en una región con una población significativa de jubilados que pueden estar viajando o tener otros compromisos.
3. **Barreras lingüísticas y culturales:** Las Organizaciones de la sociedad civil necesitan ayuda para comunicarse eficazmente con los miembros de la comunidad que hablan idiomas distintos o tienen antecedentes culturales diferentes. Esto puede dificultar la creación de confianza y el compromiso significativo con la comunidad.
4. **Infraestructuras limitadas:** Ajijic y La Ribera de Chapala región necesitan más infraestructura para apoyar a

las organizaciones no lucrativas, tales como espacio de oficinas, acceso a Internet, y el transporte. Esto puede hacer que sea un reto para operar con eficacia y eficiencia.

5. Falta de coordinación: necesitan ayuda para coordinar sus esfuerzos entre sí y con las administraciones locales. Esto puede dar lugar a la duplicación de servicios o a lagunas en la cobertura, lo que dificulta la consecución de un impacto colectivo.

A pesar de estos retos, aún pueden tener un impacto significativo si establecen alianzas sólidas con la comunidad, aprovechan la tecnología para superar las barreras de comunicación e infraestructura y adoptan enfoques creativos e innovadores para la recaudación de fondos y la participación de voluntarios.

La desaparición de las Organizaciones de la sociedad civil de la zona de la Ribera de Chapala podría tener consecuencias negativas de gran alcance para la comunidad, lo que subraya la importancia de apoyar a estas organizaciones y su labor esencial.

Como señalamos anteriormente, prestan servicios sociales fundamentales a poblaciones vulnerables, como ancianos, niños y personas empobrecidas. Estas, son necesarias para que muchas personas tengan acceso a asistencia sanitaria, educación, alimentos y otras necesidades básicas. Sin sus esfuerzos, la región también podría sufrir un aumento de la contaminación, pérdida de hábitats y otros problemas medioambientales.

La creación de una sólida red de colaboración entre Organi-

zaciones de la sociedad civil a orillas del lago de Chapala puede tener varios beneficios importantes. Trabajando juntos, podemos coordinar mejor los esfuerzos y los recursos, reduciendo la duplicación y garantizando que los servicios se presten de forma más eficiente y eficaz a quienes más los necesitan.

Al aunar nuestros conocimientos y recursos, podemos influir significativamente en los problemas sociales y medioambientales que tratan de resolver. Además, la colaboración puede conducir a un aprendizaje y una mejor innovación, ya que podemos compartir mejores prácticas, ideas y estrategias para abordar retos complejos.

Trabajando juntos, también podemos aumentar nuestra visibilidad y el acceso a oportunidades de financiación, ya que podemos presentar un frente más unido y demostrar el impacto colectivo de nuestro trabajo.

En general, la creación de una sólida red de colaboración entre Organizaciones de la sociedad civil en la ribera de Chapala puede amplificar el impacto de nuestro trabajo esencial, promover el aprendizaje y la innovación, y cumplir la misión compartida de construir comunidades más fuertes y resilientes.

Por ello, crear una red de colaboración de este tipo debe ser una de nuestras principales prioridades en los próximos años.

Sólo juntos podremos construir la comunidad que todos los que compartimos la vida junto al lago anhelamos tener.



SOLBES & SOLBES
ABOGADOS/ATTORNEYS

Legal Practices:

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

Civil:

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

Family:

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

Legal Immigration Services:

- VISAS (temporal and permanent)
- Online TIP
- Car legalization
- Apostille service
- Legalization of documents

Criminal:

- Squatter removal
- Fraud
- Property recovery

Av. Hidalgo #44 Suite 104
Riberas del Pilar
Chapala Jalisco
Mx 45906



María de las Nieves Solbes Luis
Founding member
Civil specialized attorney with masters degree in constitutional law
33 15 20 55 29
neus_sol@yahoo.com



Diego Díaz Solbes
Senior partner
33 36 76 62 45
diegosolbes@hotmail.com



José Ángel Martínez Velázquez
Paralegal



Anayely Cornejo Rodríguez
Immigration specialized attorney



Enrique Ruiz Peña
Criminal attorney

ENTERTAINING KIDS AT LAKESIDE: A PRIMER

By Harriet Hart

Recently I had the good fortune of hosting my three granddaughters for two weeks over the holiday season. The girls are sixteen and eight years of age (a pair of twins) who live in Victoria, British Columbia. The younger ones had never been to Mexico. How would I keep them busy morning, noon and night?

Our first adventure was a visit to the Lake Chapala Society. Sound dull? It wasn't. I printed outdoor treasure hunt templates off the Internet and armed with them, a pencil and a clipboard, we searched the grounds for leaves and rocks, flowers and sticks, weeds and even litter! It made them open their eyes and look around. The second, most enjoyable treasure hunt was titled a Nature Scavenger Hunt, which involved finding an object that begins with each letter of the alphabet. We found something for all 26 letters, from artwork, to a bandstand, a ceramic class, fish, an insect, lily pads, a saint, to a wheelbarrow - all at LCS. Of course, before we left, we checked out the children's section of the library, which is small compared to the rest of the collection, but big enough for them!

LCS is conveniently located near the Ajijic malecon, so we walked up and down it in the late morning sunshine, and stopped at the playground for a quick swing and a turn on the teeter totter. In the car home we completed the third treasure hunt that asked us to spot traffic lights, a dump truck, a police car, a flag and even a Walmart.

You will note this outing cost me nothing. Naturally there are other things, including the fabulous Guadalajara Zoo, that did! We hired a van to take us there and, for the price of his admission ticket, the driver acted as our guide and led us in a logical progression from the penguins to the aquarium, to the Sky Zoo, a gondola lift (scary, folks) and on to the African safari, the snake house, ending at the train station.

Locally, the balnearios in San Juan Cosala provided the family with two separate outings, which I skipped. I needed a little time to myself and so did my son and his family. They reported back that they had a terrific time.

Kids don't have to be taken to major attractions like the zoo or the water parks; to my surprise some of the biggest successes of their visit were glimpses into how we, their grandparents, live. Their grandpa had spent five months in 2022 in an assisted living facility where I'd made a good friend, so I took them to visit Mary and to see where grandpa had recovered. Mary invited the twins to try out her wheelchair and rolling walker and they amused themselves for almost an hour trying to figure out how these mobility aids actually worked. We also had a small tea party in Mary's room. When we left, the twins requested a return visit, which we made the following week!

I also threw myself on the mercies of friends, asking them to participate. At my request, birders John and Rosemary Keeling took us birding to a spot on the lake near Chapala. We saw a great blue heron, a white pelican, a sea gull, snowy egret and several more exotic birds, which we listed over breakfast afterwards. We kept the birding to an hour, and didn't try and turn the children into experts. A large litter of puppies on site proved to be as interesting to them as the avian life, and I was okay with that. I bought the girls a sticker book of North American birds (from Amazon) to use later in the day, which reinforced what they'd seen that morning. My artistic friend Judy gave a class for all three girls in her home on how to make flowers out of



egg cartons and even teenager Nikola got into the spirit (as did chauffeur Grandma).

Children get a kick out of hanging out with us old timers. I took my granddaughters out for breakfast with friends and they had a great time. We also were fortunate enough to see the final game of the World Cup on a television at Yve's Restaurant, and the kids cheered right along with the adults. Nobody got bored and wanted to leave.

And then there's baking. I bought all three girls Freda Kahlo aprons on the Chapala malecon, and we dug out my mother's recipe book and tackled ginger snaps (a recipe she favored). Baking cookies is quite an involved process for someone who has never done it before – first you read the recipe, then you search out the ingredients, then you mix them as instructed, and finally – this is the fun part for kids– you roll the dough into balls and flatten them down on a cookie sheet. Our ginger snaps were such fun, they asked to do it a second time!

My advice to grandparents facing a visit and wondering what to do with the kids is this. Get them away from their parents whenever you can, introduce them to your friends, take them out for breakfast, visit local free spots like LCS and the malecon, and play games such as Lotteria. And don't be afraid to teach them traditional things, like baking cookies and serving tea.

It's important to go with the flow. When my cat brought a live bat into the living room after dinner one night, I captured it with a broom, released it outside and turned into a superhero instantly. Even the trip to the vet the next day for a rabies shot for the cat was an adventure for the kids. Remember, Mexico is a new world for children, full of color and excitement: birds and bats, wheelchairs and walkers, and especially old folks, like their grandparents, having fun.



EMOJO
ELECTRIC BIKES

Buy directly on Amazon Mexico
Ships from Mexico for free!



amazon.com

- Ride longer and farther
- Hills? Not a problem
- Low step-thru frame, easy in, easy out
- Foldable, saves room
- Sturdy rear cargo rack
- Support in English
- 300 Lbs payload capacity
- Up 20 MPH top speed
- 10 Amp lithium battery
- USA-based company



Collaboration Spells Success

By Harriet Hart

Lake Chapala Society President Steve Balfour and Lakeside Little Theatre President Brian Mattes not only look alike, they also think alike. In what way are their ideas similar? They both want to make the Lakeside community a vibrant entertainment center and believe the two organizations they lead will achieve that goal by working together.

As our readership well knows, Steve Balfour began a series of fund-raising concerts in the gardens of the Lake Chapala Society to raise funds for the association. Then COVID closed things down, hitting businesses and not-for-profits hard and Lakeside Little Theatre was no exception.

"We were shut down for a whole year. We still had expenses, but no revenue. Steve Balfour offered to do a concert as a fundraiser for the theatre. Last September Nacho Grande appeared at the theatre, brought in by Steve. It was a huge success that made much needed money and also expanded awareness of the existence of the theatre. Sixty percent of the audience was new to LLT." A second "gift" from LCS was two concerts by Enrique D'Allende. "We sold out both performances and the audience gave him standing ovations both nights."

Both men believe that collaboration is the key to success, not competition. *"We are appealing to the same market."* He explained that LCS has an outdoor venue, Lakeside Little Theatre an indoor one. *"There is no reason for us to compete."*

Brian gave me an example of cooperation. LCS needed a second spotlight for a concert they held recently. Lakeside Little Theatre lent them one. On another occasion *"we needed a smoke machine,"* Brian said, *"and LCS had one we could borrow."* Equipment like spotlights and smoke machines isn't cheap. It makes sense to share.

"We are both non-profits serving our communities. I want Ajijic to become a major creative arts center. It can be, and we all should support that idea."

I couldn't agree more. I mentioned writing and how Lakeside held a series of writers' conferences in the past and hopefully will be doing so again in the future, and Brian jumped right in. He has started a Lakeside Little Theatre Academy for training community members in the various aspects of the theatre: acting, lighting, sound and playwriting. He has a playwriting course planned for the near future, and LCS is providing the space to hold the classes because the theatre isn't set up for that type of activity.

Brian Mattes and Steve Balfour share another trait – their enthusiasm. Brian has been President of the Lakeside Little Theatre for one year and has already forged an alliance with LCS that will stand both in good stead. He loves working with LCS President Steve Balfour who he describes as *"a great guy with a can-do attitude."*

There is a learning curve to putting on concerts and Steve is the experienced partner willing to share what he knows. Plays and concerts are very different things. Brian explained that putting on a play requires months of preparation: planning the stage, building the sets and rehearsing the production. A concert can be up and down in days. It's much easier to put together and Steve is showing LLT the way to do that. But in the end, their goals are the same: to provide more entertainment to the Lakeside community. So, let's give these two forward thinking leaders a big round of applause.

If I Could

By Armando García-Dàvila

If only for a moment, I would silence the world's motors and the roar of the airplane would not be so much as hum and the thunder from the locomotive would become less than a moan.

No blaring horns, no screeching brakes, no screaming police sirens would wail from the avenue. The din of Industry would cease and the factory would fall into a coma. Its smoke would lift allowing the forest to inhale deeply and once again we would drink from the river. The miracles of dawn and dusk would reclaim their sacred stillness.

Children would play a game of statues, and the wino, realizing the gift of his existence, would leave his bottle corked.

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

Shouts would turn to whispers, whispers to prayer, prayer to silent meditation. Chicks, in their nests, would sleep, and in every canton, and hamlet, in every town and city, one would only hear the rhythmic breathing of deep slumber and the throbbing of his own heart, and the only sounds interrupting this immense meditation would be the wisps of butterfly wings and a prayerful chant quietly echoing, in each community.

"Love." "Love." "Love."

La colaboración es sinónimo de éxito

Por Harriet Hart

El Presidente de Lake Chapala Society (LCS), Steve Balfour, y el Presidente del Lakeside Little Theater (LLT), Brian Mattes, no sólo se parecen, sino que piensan igual. ¿En qué se parecen sus ideas? Ambos quieren hacer de la comunidad de Lakeside un vibrante centro de entretenimiento y creen que las dos organizaciones que dirigen lograrán ese objetivo trabajando juntos.

Como bien saben nuestros lectores, Steve Balfour inició una serie de conciertos benéficos en los jardines de Lake Chapala Society para recaudar fondos para la asociación. Entonces COVID cerró las cosas, golpeando a las empresas y las instituciones sin fines de lucro, Lakeside Little Theatre no fue la excepción.

“Estuvimos cerrados todo un año. Seguíamos teniendo gastos, pero no ingresos. Steve Balfour se ofreció a dar un concierto para recaudar fondos para el teatro. El pasado septiembre actuó en el teatro Nacho Grande, traído por Steve. Fue un gran éxito que permitió recaudar un dinero muy necesario y también dar a conocer la existencia del teatro. El 60%

del público era nuevo en el LLT”. Un segundo “regalo” de LCS fueron dos conciertos de Enrique D’Allende. “Se agotaron las entradas para ambas actuaciones y el público le ovacionó de pie las dos noches”.

Ambos creen que la colaboración es la clave del éxito, no la competencia. “Apelamos al mismo mercado”. Explica que LCS tiene un local al aire libre y Lakeside Little Theatre uno cubierto. “No hay razón para que compitamos”.

Brian me dio un ejemplo de cooperación. LCS necesitaba un segundo foco para un concierto que celebraron hace poco. Lakeside Little Theatre les prestó uno. En otra ocasión “necesitábamos una máquina de humo”, dijo Brian, “y LCS tenía una que nos podía prestar”. Equipos como focos y máquinas de humo no son baratos. Tiene sentido compartirlos.

“Ambas somos organizaciones sin ánimo de lucro al servicio de nuestras comunidades. Quiero que Ajijic se convierta en un importante centro de artes creativas. Puede serlo, y todos deberíamos apoyar esa idea”.

No podría estar más de acuerdo. Mencioné la escritura y cómo Lakeside celebró una serie de conferencias de escritores en el pasado y espero que lo vuelva a hacer en el futuro, y Brian saltó de inmediato. Ha puesto en marcha una Academia de LLT para formar a los miembros de la co-

munidad en los distintos aspectos del teatro: interpretación, iluminación, sonido y dramaturgia. Tiene planeado un curso de dramaturgia para un futuro próximo, y LCS proporciona el espacio para impartir las clases porque el teatro no está preparado para ese tipo de actividad.

Brian Mattes y Steve Balfour comparten otro rasgo: su entusiasmo. Brian es Presidente del Lakeside Little Theatre desde hace un año y ya ha forjado una alianza con LCS que les beneficiará a ambos. Le encanta trabajar con el Presidente de LCS, Steve Balfour, a quien describe como “un gran tipo con una actitud de “sí se puede”.

Hay una curva de aprendizaje en la organización de conciertos y Steve es el socio experimentado dispuesto a compartir lo que sabe. Las obras de teatro y los conciertos son cosas muy distintas. Brian explicó que montar una obra de teatro requiere meses de preparación: planificar el escenario, construir los decorados y ensayar la producción. Un concierto se monta y desmonta en unos días. Es mucho más fácil de montar y Steve está enseñando a LLT la manera de hacerlo. Pero al final, sus objetivos son los mismos: proporcionar más entretenimiento a la comunidad de Lakeside. Demos un gran aplauso a estos dos líderes con visión de futuro.



Art Walk

is happening!!!

Friday, April 14th & Saturday April 15th
10am - 4pm

Artist studios will be open throughout Ajijic
and artists will also be showing at The Garden of Dreams.

MAPS showing each location and the artists represented for the event will be sold for \$150p. Admission to each venue will be the ART WALK MAP.

Purchase your the ART WALK MAP in advance, as of April 1st, at The Garden of Dreams (Calle Constitución #105), at Jose Melendrez's studio (on the Ajijic Plaza) and at La Bella Vida Boutique (Calle Constitución #6).

On April 14th & 15th, the MAPS will ONLY be available at the Garden of Dreams. Stop there first to purchase a MAP, check out the artists showing in the garden and then continue the ART WALK throughout the community.

For more details, visit the Ajijic Society of the Arts Facebook page. We look forward to seeing you at every venue.

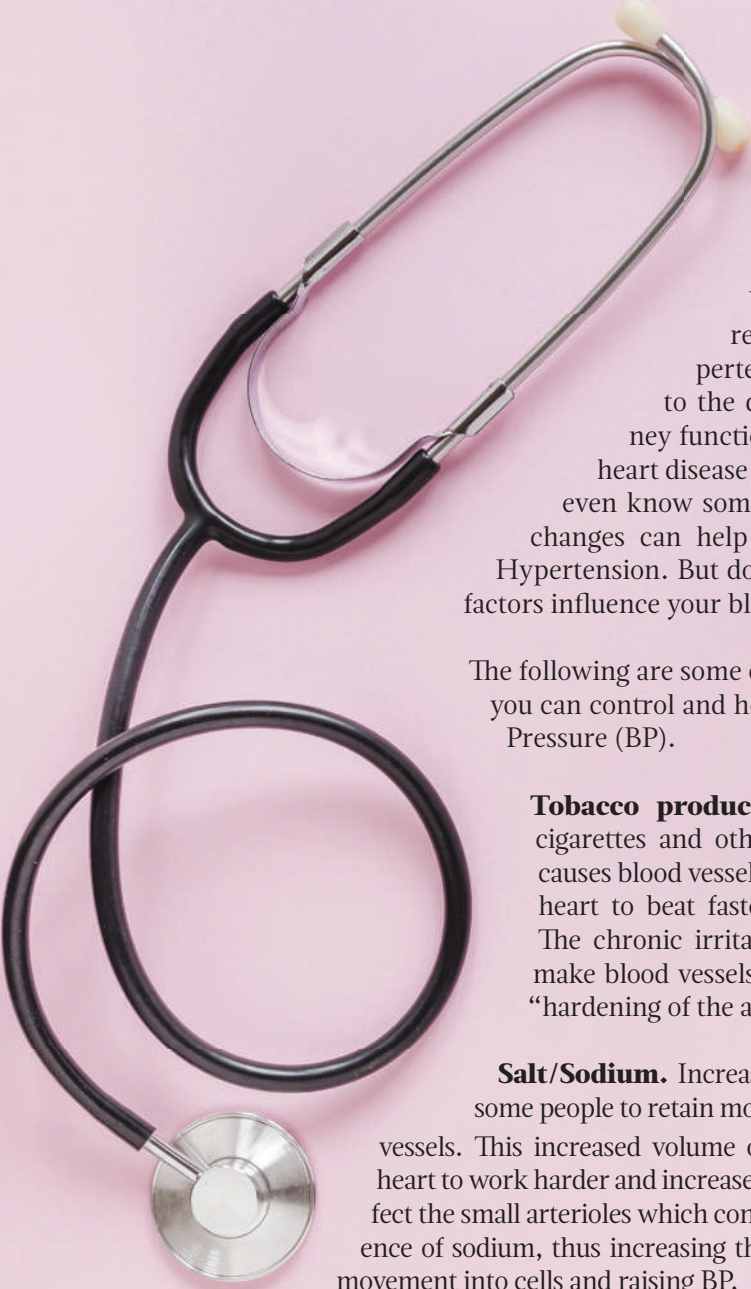
Questions may be directed to societyoftheartsajijic@gmail.com

www.ajijicsocietyofhearts.com

  @ajijicsocietyofhearts

Lifestyle Effects on Blood Pressure

by Marianne Molinari



You most likely already know that Hypertension contributes to the deterioration of kidney function as well as causing heart disease and stroke. You may even know some important lifestyle changes can help prevent or control Hypertension. But do you know how risk factors influence your blood pressure?

The following are some common factors that you can control and how they affect Blood Pressure (BP).

Tobacco products. The nicotine in cigarettes and other tobacco products causes blood vessels to constrict and the heart to beat faster, which raises BP. The chronic irritation of nicotine can make blood vessels more susceptible to “hardening of the arteries.”

Salt/Sodium. Increased salt intake causes some people to retain more fluid in their blood vessels. This increased volume of blood requires the heart to work harder and increases BP. Salt may also affect the small arterioles which contract under the influence of sodium, thus increasing the resistance to blood movement into cells and raising BP.

Obesity. The amount of blood the heart must pump is directly related to one’s weight. Obesity (20 % overweight) causes an increase in the amount of blood needed to be pumped into circulation. The increase overloads the blood vessels, causing the heart to work harder, consequently the BP rises. Additionally, excess fat tends to put more pressure on the blood vessels, raising blood pressure. Being obese often generates a high secretion of insulin in an attempt to lower excessive sugar in the blood. Sugar can elevate BP because it causes inflammation in blood vessels, making it harder for blood to get to the tissues. This is responsible for many changes in the body such as increasing blood volume and water retention by the kidneys, all leading to Hypertension. Sometimes obesity is responsible for an abnormal sensitivity to sodium, causing an increase in the rigidity of peripheral arteries.

Sedentary Lifestyle. Sitting most of the day in a particular spot (like at your computer) causes the heart rate to increase, causing the heart to work harder when pumping blood, thus raising the BP. Exercise stimulates a substance within our bodies called nitric oxide. This is a substance that helps to keep our blood vessels open. Exercise accelerates the pumping of the heart, forcing more blood to flow through blood vessels. As this blood pushes its way along,

more nitric oxide is released needing less pressure.

Alcohol. The benefits of alcohol on the heart have been widely publicized. This doesn’t apply to everyone and only to moderate alcohol intake. For some people, alcohol causes blood pressure to rise considerably. For others, it is inconsequential. The effects of drinking, even the recommended limit, can have a direct effect of narrowing blood vessels, causing the BP to rise.

Stress. Stressful situations often trigger the BP to spike temporarily. Continued high stress, however, can lead to long-term Hypertension. It hasn’t been determined yet exactly how stress increases the blood pressure. Some believe your body produces stress hormones which temporarily cause your heart to beat faster and your blood vessels to narrow, increasing BP.

Caffeine. Caffeinated beverages may cause a brief, possibly dramatic, increase in BP, even if one doesn’t have high blood pressure. Some studies have shown a link between caffeine and elevations in blood pressure, but the results are generally considered to be short-term effects.

Dehydration. Not consuming enough fluids or fluid dense foods causes the blood to be more concentrated and harder to pump. Adequate fluid intake helps to dilute the blood.

Hypertension. Is nicknamed “the silent killer” because there are often no symptoms. Therefore, blood pressure monitoring is important and life-style effects are not something to ignore.

Efectos del Estilo de Vida en la Presión Arterial

por Marianne Molinari

Lo más probable es que ya sepa que la hipertensión contribuye al deterioro de la función renal, además de provocar enfermedades cardíacas y derrames cerebrales. Puede que incluso sepa que algunos cambios importantes en el estilo de vida pueden ayudar a prevenir o controlar la hipertensión. Pero, ¿sabe cómo influyen los factores de riesgo en su tensión arterial?

A continuación se enumeran algunos factores comunes que puede controlar y cómo afectan a la presión arterial (PA).

Productos del tabaco. La nicotina de los cigarrillos y otros productos del tabaco hace que los vasos sanguíneos se contraigan y el corazón lata más rápido, lo que eleva la PA. La irritación crónica de la nicotina puede hacer que los vasos sanguíneos sean más susceptibles al “endurecimiento de las arterias”.

Sal/Sodio. El aumento del consumo de sal hace que algunas personas retengan más líquido en los vasos sanguíneos. Este mayor volumen de sangre obliga al corazón a trabajar más y aumenta la PA. La sal también puede afectar a las pequeñas arteriolas que se contraen bajo la influencia del sodio, aumentando así la resistencia al movimiento de la sangre hacia las células y elevando la PA.

Obesidad. La cantidad de sangre que el corazón debe bombear está directamente relacionada con el peso. La obesidad (20 % de sobrepeso) provoca un aumento de la cantidad de sangre que debe bombearse a la circulación. Este aumento sobrecarga los vasos sanguíneos, haciendo que el corazón trabaje más y, en consecuencia, aumente la PA. Además, el exceso de grasa tiende a ejercer más presión sobre los vasos sanguíneos, lo que eleva la tensión arterial. Ser obeso suele generar una elevada secreción de insulina en un intento de reducir el exceso de azúcar en la sangre. El azúcar puede elevar la PA porque provoca inflamación en los vasos sanguíneos, dificultando la llegada de sangre a los tejidos. Esto es responsable de muchos cambios en el organismo, como el aumento del volumen sanguíneo y la retención de agua por los riñones, todo lo cual conduce a la Hipertensión. A veces la obesidad es responsable de una sensibilidad anormal al sodio, provocando un aumento de la rigidez de las arterias periféricas.

Estilo de vida sedentario. Estar sentado la mayor parte del día en un lugar determinado (como frente a la computadora) provoca un aumento de la frecuencia cardíaca, lo que hace que el corazón trabaje más al bombear la sangre, elevando así la PA. El ejercicio estimula una sustancia de nuestro organismo



Llamada óxido nítrico. Se trata de una sustancia que ayuda a mantener abiertos los vasos sanguíneos. El ejercicio acelera el bombeo del corazón, obligando a que fluya más sangre por los vasos sanguíneos. A medida que esta sangre se abre paso, se libera más óxido nítrico que necesita menos presión.

El alcohol. Los beneficios del alcohol para el corazón han sido ampliamente difundidos. Esto no se aplica a todo el mundo y sólo a la ingesta moderada de alcohol. Para algunas personas, el alcohol provoca un aumento considerable de la tensión arterial. Para otras, no tiene consecuencias. Los efectos del alcohol, incluso en el límite recomendado, pueden tener un efecto directo de estrechamiento de los vasos sanguíneos, provocando un aumento de la PA.

El estrés. Las situaciones estresantes suelen provocar un aumento temporal de la tensión arterial. Sin embargo, el estrés elevado y continuado puede provocar hipertensión a largo plazo. Aún no se ha determinado exactamente cómo aumenta el estrés la tensión arterial. Algunos creen que el organismo produce hormonas del estrés que hacen que el corazón lata más deprisa y que los vasos sanguíneos se estrechen, lo que aumenta la PA.

La cafeína. Las bebidas con cafeína pueden provocar un aumento breve, y posiblemente drástico, de la PA, aunque no se padezca hipertensión. Algunos estudios han demostrado una relación entre la cafeína y las elevaciones de la tensión arterial, pero los resultados suelen considerarse efectos a corto plazo.

Deshidratación. No consumir suficientes líquidos o alimentos densos en líquidos hace que la sangre esté más concentrada y sea más difícil de bombear. La ingesta adecuada de líquidos ayuda a diluir la sangre.

La hipertensión recibe el apodo de “el asesino silencioso” porque a menudo no presenta síntomas. Por ello, es importante controlar la tensión arterial y no hay que ignorar los efectos del estilo de vida.

THE GUADALAJARA PAGE

ThisWeekInGuadalajara.com is your most comprehensive guide to GDL! Subscribe to the free weekly newsletter and receive in your email box the top events, activities and scoops about what's happening in our vibrant city.

Explore. Connect. Enjoy!



APRIL IN GUADALAJARA

* GUADALAJARA BEER FESTIVAL

Culture, brewery houses, gastronomy, and designers on two stages.

Guest country: United States.

WHEN: April 1 & 2

WHERE: Various locations

COST: \$150 MXN

Find more information on:
ThisWeekInGuadalajara.com

In Facebook and Instagram follow us on
[@thisweekinguadalajara](https://www.instagram.com/thisweekinguadalajara)

IN-EDIT FESTIVAL

Big stories - Big screen

IN-EDIT, the festival specializing in music and documentaries, arrives in GDL.

WHEN: April 28th to May 1st, 2023.

WHERE: Guanamor Teatro Studio, C3 Stage, Auditorio Telmex and the Cineteca FICG of the University of Guadalajara.

COST: N/A

PROGRAM: 12 music and fiction documentaries, clinics and master classes given by film and music experts. Enjoy live concerts after the screenings.

* INTERNATIONAL PUPPETS FESTIVAL

12th year of Festin de los Muñecos

WHEN: April 24 to 30

WHERE: Various locations

COST: Free

* TRIBUTE TO ELVIS & ROCK'N'ROLL

Emilio Santoro, the best ELVIS impersonator.

WHEN: April 01 at 8:30 pm

WHERE: Teatro Diana

COST: Starts at \$300 MXN



Poetry at Lakeside

April is Poetry Month so it seems timely not only to celebrate the expressiveness, delight and pure charm of poetry but also to acknowledge the poets who live and write here at Lakeside where both the English and Spanish poetry scene is alive and well. Many of you will remember Jim Tipton, whose “Alphabet of Longing” remains one of my favorite books. Another local poet is Mel Goldberg, the current poetry editor for El Ojo, who has won awards for his Haiku in various competitions, including in Japan, the home of Haiku! Here he tells us of the poetry group he is involved in and in so doing lets us know a little about how poetry—and prose—is created, and also introduces some of the poets who have lived and worked in our community. Other poets working here today, many of whom have been widely published, include Armando García-Davida, John Thomas Dodds, Gabriella Blair, Evelia Lara and Susa Silvermarie.



Ten years ago, in 2013, a group of local poets began having meetings to share their poetry, calling themselves The Not Yet Dead Poets Society, taken from the Robin Williams film, “The Dead Poets Society.” They met once a month at a local restaurant or at one of the poet’s houses. At each meeting, each poet would read an original poem and get critiques from the other poets. The purpose of the critique was to help poets improve their poems. The group consisted of Bill Freyer, Judy Dykstra-Brown, Rob Mohr, Margaret Van Every, Michael Warren, and Mel Goldberg. After the covid plague struck, the poets switched to Zoom which allowed each poet to post a poem each week and get critiques. This also allowed for poets who moved back to the United States to remain with the group so even though Bill Freyer now lives in Maine, Margaret Van Every has moved to Florida, and Rob Mohr is in North Carolina the Not Yet Dead Poet’s Society still survives. Mel Goldberg and Michael Warren still reside at Lakeside as does Judy Dykstra Brown who continues to write and publish poetry although she has left the group. Now, each week one poet posts a poem for the group’s critique. The Not Yet Dead Poets Society is still very much alive!

Poesía en la ribera de Chapala

Abril es el Mes de la Poesía, así que parece oportuno no sólo celebrar la expresividad, el deleite y el encanto puro de la poesía, sino también reconocer a los poetas que viven y escriben aquí en la Rivera de Chapala, donde la escena poética tanto en inglés como en español está viva y activa. Muchos de ustedes recordarán a Jim Tipton, cuyo “Alfabeto del anhelo” sigue siendo uno de mis libros favoritos. Otro poeta local es Mel Goldberg, el actual editor de poesía de El Ojo, que ha ganado premios por sus Haiku en varios concursos, incluso en Japón, ¡el hogar del Haiku! Aquí nos habla del grupo de poesía en el que participa y, al hacerlo, nos da a conocer un poco cómo se crea la poesía -y la prosa-, y también nos presenta a algunos de los poetas que han vivido y trabajado en nuestra comunidad. Otros poetas que trabajan aquí hoy en día, muchos de los cuales han sido ampliamente publicados, incluyen a Armando García-Davida, John Thomas Dodds, Gabriella Blair, Evelia Lara y Susa Silvermarie.

Hace diez años, en 2013, un grupo de poetas locales empezó a celebrar reuniones para compartir su poesía, llamándose a sí mismos The Not Yet Dead Poets tomando como referencia la película de Robin Williams, “La sociedad de los poetas muertos”.. Se reunían una vez al mes en un restaurante local o en alguna de las casas de los poetas. En cada reunión, cada poeta leía un poema original y recibía críticas de los demás poetas. El objetivo de las críticas era ayudar a los poetas a mejorar sus poemas. El grupo formado por Bill Freyer, Judy Dykstra-Brown, Rob Mohr, Margaret Van Every, Michael Warren y Mel Goldberg. Durante la pandemia de Covid los poetas cambiaron a Zoom, que permitía a cada poeta publicar un poema a la semana y recibir críticas. Esto también permitió a los poetas que se trasladaban a Estados Unidos permanecer en el grupo, de modo que aunque Bill Freyer vive ahora en Maine, Margaret Van Every se ha trasladado a Florida y Rob Mohr está en Carolina del Norte, la Not Yet Dead Poet’s Society sigue viva. Mel Goldberg y Michael Warren aún residen en la Rivera, al igual que Judy Dykstra Brown, que sigue escribiendo y publicando poesía aunque ha abandonado el grupo. Ahora, cada semana un poeta publica un poema para la crítica del grupo. La Sociedad de Poetas Aún No Muertos sigue muy viva.



Abandoned Pets Reaches all-Time High

By Diana Hunt

Pets are being abandoned in record numbers lately, according to U.S. shelter statistics. Whether it is the fact that the COVID lockdown is no longer in effect and people find that having a pet is more responsibility than they realized, or they are going back to work, or relocating, or any number of other reasons, pets are being dropped off at random places.



Shelters in Lakeside are feeling the repercussions.

“Our main source of adoptions from the U.S. had dropped to nearly zero,” remarked the manager of The Ranch, Syd Sullins. “Where we were sending dogs up north every week, that has come to a standstill. In addition, shelters we have been cooperating with are now requiring dogs to be under 35 pounds. Pups are still coming in, nothing is going out except some local adoptions. We are at over-capacity right now.”

Recently there has been a rash of pets left at airports across the U.S. by passengers, according to Dr. Karen Becker’s newsletter, Bark & Whiskers. In the past few weeks, three dogs and a tortoise arrived with their travel companions, apparently to fly with their humans. But at some point between check-in and boarding, their owners decided to leave the animals behind.

One dog was found tied to a pole outside the Des Moines Airport. The tortoise was discovered in a restroom at Harry Reid International Airport in Las Vegas. A nine-week old puppy was abandoned by a departure gate at the same airport. Another dog was surrendered to airline employees at the Charlotte, North Carolina Airport. Last summer, a young dog from China was handed over to airline workers in San Francisco.

Obviously, flying with a four-legged friend requires an extra degree of preparation. These stories of four dogs and the tortoise are instructive examples of how failing to take the proper steps before traveling with a pet can lead to unintended consequences.

First, read the airlines’ Rules for Pets on their websites.

Travel requirements for pets vary among airlines and countries, and protocols have changed during the coronavirus pandemic. For example, U.S. carriers stopped allowing emotional support animals in the cabin in 2021. The same year, the Centers for Disease Control and Prevention temporarily suspended the importation of dogs from countries with a high risk of rabies.

Also covered are each carrier’s requirements, such as crate specifications, breed restrictions, age minimums and cost. Airlines limit the number of animals permitted in the cabin, so make arrangements for your pet at the same time you book your own ticket. Carriers may not allow pets to fly in cargo during certain months or hours.

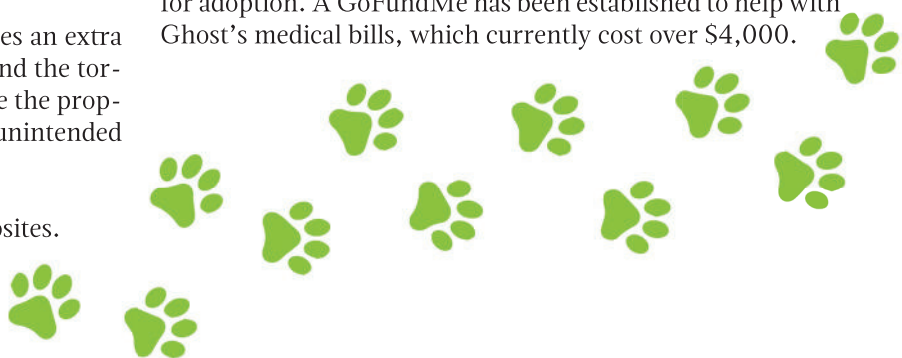
Two of the recent airport incidents involved issues with pet carriers. In Charlotte, the dog’s case was too large to slide under the seat. The owner could not afford the cargo transport fees, so she surrendered her senior beagle mix to an airline agent. The owner of the dog at the Des Moines Airport arrived with only a leash and harness. The traveler had assumed that the airline would supply everything else. In both cases, the owners could have contacted a shelter for assistance as well as having read the airlines’ fine print.

“A couple of weeks ago, we learned of a pure-bred Saluki who was dumped in the middle of a blizzard in Wyoming,” said Janet Noll, the Support Council President of the Saluki Tree of Life Alliance, Inc. “Just kicked out of the truck and left on the side of the road. One hundred percent of our rescue dogs come from unfortunate situations in which they’re misunderstood. People fall in love with the look of a dog, but that does not mean that dog is best suited for one’s temperament.”

Then there was the case of Ghost (named by the local KVVU news station), dumped in the Nevada desert, who had been seen living with a coyote pack. Southern Nevada Trapping Team eventually trapped him because he seemed injured. Despite living for seven months with a pack of coyotes, Ghost is friendly and takes to every human he sees.

“He is the sweetest, most loving dog -- he comes up to you, he wants to be petted, he wants to be held,” said a member of the trapping team.

Living among coyotes did not come without a cost, however. Fights have scarred Ghost’s face and body, he has an ear infection, skin issues, and needs to have a broken toe amputated and to be neutered. Ghost has shown no signs of aggression, and once his medical work is done, he will be up for adoption. A GoFundMe has been established to help with Ghost’s medical bills, which currently cost over \$4,000.



Pet Primer

El abandono de mascotas alcanza su máximo histórico

Por Diana Hunt

Últimamente se están abandonando mascotas en cifras récord, según las estadísticas de los refugios estadounidenses. Si es el hecho de que el bloqueo COVID ya no está en vigor y la gente se da cuenta que tener una mascota es más responsabilidad de lo que pensaban, o que van a volver al trabajo, o la reubicación o cualquier número de razones, las mascotas están siendo abandonadas en lugares al azar.

Los refugios de Lakeside están notando las repercusiones.

“Nuestra principal fuente de adopciones en EE.UU. se ha reducido casi a cero”, comenta Syd Sullins, director del Rancho. “Donde enviábamos perros al norte todas las semanas, eso se ha paralizado. Además, los refugios con los que hemos estado colaborando ahora exigen que los perros pesen menos de 35 libras. Siguen llegando cachorros, pero no sale nada, salvo algunas adopciones locales. Ahora mismo estamos al límite de nuestra capacidad”.

Según el boletín de la Dra. Karen Becker, Bark & Whiskers, recientemente se ha producido una oleada de mascotas abandonadas en los aeropuertos de EE.UU. por los pasajeros. En las últimas semanas, tres perros y una tortuga llegaron con sus compañeros de viaje, aparentemente para volar con sus humanos. Pero en algún momento entre la facturación y el embarque, sus dueños decidieron abandonar a los animales.

Uno de los perros apareció atado a un poste en el aeropuerto de Des Moines. La tortuga fue descubierta en un baño del aeropuerto internacional Harry Reid de Las Vegas. Un cachorro de nueve semanas fue abandonado junto a una puerta de embarque del mismo aeropuerto. Otro perro fue entregado a empleados de la aerolínea en el aeropuerto de Charlotte (Carolina del Norte). El verano pasado, un perro joven procedente de China fue entregado a los trabajadores de una aerolínea en San Francisco.



Obviamente, volar con un amigo de cuatro patas requiere un grado extra de preparación. Las historias de los cuatro perros y la tortuga son ejemplos instructivos de cómo no tomar las medidas adecuadas antes de viajar con un animal de compañía puede tener consecuencias imprevistas.

En primer lugar, lea las normas para animales de compañía de las aerolíneas en sus sitios web.

Los requisitos para viajar con mascotas varían según las aerolíneas y los países, y los protocolos han cambiado durante la pandemia de coronavirus. Por ejemplo, las aerolíneas estadounidenses dejaron de permitir animales de apoyo emocional en cabina en 2021. Ese mismo año, los Centros para el Control y la Prevención de Enfermedades suspendieron temporalmente la importación de perros procedentes de países con alto riesgo de rabia.

También se incluyen los requisitos de cada compañía, como especificaciones sobre jaulas, restricciones sobre razas, edad mínima y coste. Las aerolíneas limitan el número de animales permitidos en cabina, así que haga los preparativos para su mascota al mismo tiempo que reserva su boleto. Las compañías pueden no permitir que las mascotas vuelen en carga durante determinados meses u horas.

Dos de los incidentes ocurridos recientemente en aeropuertos tuvieron que ver con las jaulas de las mascotas. En Charlotte, la jaula del perro era demasiado grande para deslizarse bajo el asiento. La propietaria no podía pagar las tasas de transporte de carga, así que entregó su mezcla de beagle senior a un agente de la aerolínea. La dueña del perro llegó al aeropuerto de Des Moines sólo con una correa y un arnés.

La viajera había dado por sentado que la compañía aérea le proporcionaría todo lo demás. En ambos casos, los dueños podrían haber contactado con un refugio para pedir ayuda, además de haber leído la letra pequeña de las aerolíneas.

“Hace un par de semanas, supimos de un Saluki de pura raza que fue abandonado en medio de una ventisca en Wyoming”, explica Janet Noll, Presidenta del Consejo de Apoyo de la Alianza Saluki Tree of Life, Inc. “Lo echaron del camión y lo dejaron a un lado de la carretera. El cien por cien de nuestros perros de rescate procede de situaciones desafortunadas en las que son malinterpretados. La gente se enamora del aspecto de un perro, pero eso no significa que ese perro sea el más adecuado para el temperamento de cada uno.”

También está el caso de Ghost (llamado así por la emisora local de noticias KVVU), abandonado en el desierto de Nevada, que había sido visto viviendo con una manada de coyotes. El Equipo de Trampeo del Sur de Nevada acabó atrapándolo porque parecía herido. A pesar de haber vivido siete meses con una manada de coyotes, Ghost es simpático y se lleva bien con todos los humanos que ve.

“Es el perro más dulce y cariñoso: se te acerca, quiere que le acaricies, que le cojas en brazos”, dice un miembro del equipo de trampeo. Sin embargo, vivir entre coyotes no ha sido gratis. Las peleas han dejado cicatrices en la cara y el cuerpo de Ghost, tiene una infección de oído, problemas de piel y hay que amputarle un dedo roto y castrarlo. Ghost no ha mostrado signos de agresividad y, una vez finalizado el tratamiento médico, se pondrá en adopción. Se ha creado un GoFundMe para ayudar con las facturas médicas de Ghost, que actualmente cuestan más de 4.000 dólares.

The Anatomy Of A Poem

Conception, Communion, Consummation

The moment you breathe it in,
it rummages in the blood stream,
crystallizes in the lungs where it can take wing
and exhale into the dimension of its manifest,
leaving behind a thought—a raindrop on a petal,
a whisper on a breeze carrying a word, a phrase,
a seed nurtured in memory, in surprise, in harmony
with a note from a symphony of rhyme.

Shaped by the world it is gifted with
a poem takes on a life of its own.

Thoughts synapse in a haze, naked,
fumbling blindly in the dark, tangled
in a maze of dense vine kicking and flailing;
a dream floundering in a matrix of letters
and emotion in a plea for meaning, until
just above the horizon, a glimmering image,
a sound, undecipherable at first—a pitched
battle between Pandemonium, Organum,
Euphony, Music, all pounding at the door
of a poem, seeking recognition of purpose:

Life owns the world it inherits
so too a poem left to its own.

Enter lovers dancing to a distant voice
wrapping love & hope in their arms,
or huddled in the corner of the mind
a frightened adolescent, confused,
tormented by awareness of a world view
where truth hurts and seeks an audience.

In the end, pen to paper opens
to interpretation—a rare bird's melody,
a mood ring wrapped around the mind
touching a heart, tweaking a memory,
a clean laundry of words hanging
on a line in a stanza of breeze,
an image wanting, seeking consent.

JohnThomasDodds.mx



**NO ONE
DOES IT BETTER**

Don't Miss The Good Stuff

~ FREE SEMINAR ~

**AMERICAN LEGION
1:30 Friday, April 21st
(Morales 114, Chapala)**

FREE DRINKS!

**SCHEDULE A FREE PIZZA
PARTY IN YOUR HOME**

(Minimum 6 people)

**BEER & WINE
INCLUDED!**



**Also Available:
In Home, Coffee
Shop and Zoom
Presentations**

**Find me at LCS, First Friday
From 10:00 am-12:00 pm**

**DENISE BAKER
US 253-223-2669 | MX 332-232-8309**

DENISE.BAKER@SKYMED.COM

**SKYMED IS THE BRIDGE BACK TO
YOUR HEALTHCARE COVERAGE AREA**



Children's Day in Mexico
Día del Niño en Mexico
April 30, 2023

**Sometimes
Superheroes Reside
in the Hearts of
Small Children
Who are Fighting
BIG Battles**



**Help us Support the
Children of this Community
who are
Our SUPERHEROES!!**

**To find out more about Niños Incapacitados
Visit our Website
www.programaninos.com**

Make a Difference!

DONATE



WE ACCEPT INTERNATIONAL INSURANCE

Aceptamos seguros internacionales

- ▶ Aetna
- ▶ Blue Cross Blue Shield
- ▶ Cigna
- ▶ IMG
- ▶ Kaiser Permanente
- ▶ Medicare Advantage Plan
- ▶ Seven Corners
- ▶ Travel Insurances
- ▶ UnitedHealthcare – AARP

**Get free
advice on your
health insurance
coverage.**

Recibe asesoría gratuita de la
cobertura de tu seguro médico.

Contact us:

contacto@hospitalsanantonio.com.mx

Monday to Friday from 10 am to 2 pm / 3 pm to 5 pm

376 689 0911// Ext. 212

Dr. Carlos Ramírez Aldrete. UDG.DGP.334648 AECEM-17175