

#67
October | Octubre 2024

Free
Gratis

CONEXIONES

People Helping People • Gente Ayudando Gente

Many ways to honor the dead and celebrate life

Muchas maneras de
honrar a los muertos
y celebrar la vida

Bilingual Publication
Publicación Bilingüe



MONACO LIVE BAND

SUNDAY, OCTOBER 6 SHOW AT 5:00 PM



✧ Dance and Relive the Magic ✧

annual WINE TASTING

Friday, October 18

2:30 pm to 5:30 pm

in the Garden of the Lake Chapala Society

Music by: Abby Rivera



Steve Balfour presents
Concerts in the Park

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

President's Message

This is an exciting time, as we look to the future and continue to improve our campus, programs, and support of the many communities that are involved and engaged with The Lake Chapala Society. With the rain easing up and the return of "Snowbirds," many events and classes are being planned, including the highly anticipated Concerts in the Park.

LCS has a long and proud history. Did you know that a group of 21 highly motivated expats officially founded this organization in 1955? Since then, over 45 presidents and thousands of volunteers have worked to bring us to the LCS of today. We are determined to continue building on their generosity and decades of work.

It is encouraging to see so many people taking an interest in LCS. Since the Extraordinary Meeting in late August, many people have contacted me who are interested in becoming more involved in the Lake Chapala Society and the important work we do in the expat and Mexican communities. Thank you for your generous offers of your expertise, experience, and time!

Don't know where to start? You can begin by going to the LCS website and read about our history, current volunteer opportunities, and more.

We also continue to work toward stronger transparency and governance, and we want you to be a part of that process! Watch for announcements of scheduled listening sessions with LCS leadership and staff, and other opportunities to weigh in on our collective future.

You also can write to me directly at: president@LCSac.org. I will share your thoughts and ideas with the Board and other leaders.

Now, as we head into the end of the year, our focus is on unity, optimism and looking toward the future... and that future needs your financial support. Income from memberships, Concerts in the Park, and LCS classes and programs aren't enough to balance the costs of operations and much-needed maintenance.

October could be a perfect time to make your year-end donation. It will aid us in planning our 2025 budget and help ensure we have the resources to fulfill our ongoing commitment. Enriching the quality of life for all Lakeside residents through the exchange of knowledge, expertise, culture, heritage and language.

Please accept my ongoing appreciation for your support of LCS!

Yoly



Concerts in the Park, benefit Ajijic Cares 2022; Photo by D. Medrano

Mission & Vision

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

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

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

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

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Conecciones Team

The magazine’s name, Conecciones - Connections in English - reflects its purpose, which is to enable the Lake Chapala Society to connect with the Lakeside community.

El nombre de la revista Conecciones refleja su propósito, favorecer la conexión de The Lake Chapala Society con la comunidad.

Publisher/Editorial: Lake Chapala Society

Managing Editor: Sandra Baird

Assistant Managing Editor: Catherine Austill

Associate Editors/Editores asociados: Harriet Hart, Diana Hunt

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

Domitza Medrano

Translations/Traducciones: LCS

Editorial inquiries

Conecciones welcomes submissions of articles from Lakeside authors. We reserve the right to edit as necessary. Submissions should be in MS Word approximately 600 words and should be directed to: editor@lcsac.org

Conecciones agradece el envío de artículos. Nos reservamos el derecho de editarlos si es necesario. Los envíos deben ser en MS Word de 600 palabras aproximadamente y deben dirigirse a: editor@lcsac.org

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Cover: Miguel Medina

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

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

Conecciones Advertising Prices Precios de los Anuncios 2024

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Mensaje de la Presidenta

Este es un momento emocionante, mientras que miramos hacia el futuro y continuamos mejorando nuestro campus, programas y el apoyo de las muchas comunidades que están involucradas y comprometidas con The Lake Chapala Society (LCS). Muchos eventos y clases están siendo programados - incluyendo los siempre populares Conciertos en el Parque - mientras las lluvias disminuyen y los "Snowbirds" regresan.

LCS tiene una larga y orgullosa historia. ¿Sabía que esta organización fue fundada oficialmente en 1955 por un grupo muy motivado de 21 extranjeros? Desde entonces, más de 45 presidentes y miles de voluntarios han trabajado para llevarnos a la LCS de hoy. Nos comprometemos a seguir maximizando su generosidad y décadas de trabajo.

Es alentador ver a tanta gente interesándose en LCS. Desde la Reunión Extraordinaria a finales de agosto muchas personas me han contactado para decirme



Elton John tribute, Concerts in the Park; Photo by D. Medrano

que quieren involucrarse más en la Lake Chapala Society y el importante trabajo que hacemos en las comunidades de expatriados y mexicanos. ¡Gracias por sus generosas ofertas de su experiencia, conocimientos y tiempo! ¿No sabes por dónde empezar? Puedes comenzar visitando el sitio web de LCS y leer sobre nuestra historia, oportunidades actuales de voluntariado y más.

También seguimos trabajando para mejorar la transparencia y la gobernanza, y queremos que formes parte de ese proceso. Esté atento a los anuncios de las sesiones para escuchar que serán programadas con el liderazgo y el personal de LCS, y otras oportunidades para opinar sobre nuestro futuro colectivo.

También puede escribirme directamente a: president@LCSac.org y compartiré sus pensamientos e ideas con la Mesa Directiva y otros líderes.

Ahora que nos acercamos al final del año, nos centramos en la unidad, el optimismo y la mirada puesta en el futuro... y ese futuro necesita tu apoyo financiero. Los ingresos procedentes de las membresías, los Conciertos en el Parque y las clases y programas de LCS no bastan para equilibrar los costos de funcionamiento y de un mantenimiento muy necesario.

Octubre puede ser el momento perfecto para hacer su donación de fin de año. Nos ayudará mucho a planificar nuestro presupuesto para 2025 y a garantizar que dispongamos de los recursos necesarios para cumplir nuestro compromiso permanente: enriquecer la calidad de vida de todos los residentes de la ribera través del intercambio de conocimientos, experiencia, cultura, herencia e idioma.

Por favor, acepte mi agradecimiento por su apoyo a LCS.
Yoly



Wine Tasting; Photo by D. Medrano

Is Green Finance the Future?

Finestra
Cultura
Financiera

By Jose Carlos Guerrero

financial world thinks. It's not just about short-term profits anymore; it's about considering long-term impacts on the environment and society. **This requires rethinking investment strategies** and making ESG (Environmental, Social, and Governance) criteria a key part of decision-making.

In short, green finance is more than just a trend—it's becoming essential for a sustainable future. By integrating environmental and social factors into financial decisions, **we can better tackle climate change and build a more stable economy.** The road to green finance may be challenging, but the push from clients, regulations, and the need to address climate risks is speeding up the adoption of more responsible financial practices.

Green finance isn't just something to keep an eye on—it's a crucial part of creating a better and more sustainable world!



HERE'S WHAT YOU NEED TO KNOW

Lately, green finance has been getting a lot of buzz. With climate change becoming a huge issue and businesses feeling the pressure to be more eco-friendly, the financial world is shifting toward more sustainable practices. This change is happening because people are demanding it, governments are making new rules, and everyone's realizing that ignoring climate risks can be expensive.

WHY WE NEED TO CHANGE THE GAME.....

In the past, finance was all about chasing the highest profits. This meant investing in things like oil and coal, which can be bad for the environment. This focus on making money often came at the cost of the planet.

Now, we're seeing that **climate change is a huge financial burden—costing over \$300 billion a year** and doubling in just two decades. As a result, people see that ignoring environmental issues can lead to big financial losses.

WHAT'S NEW WITH GREEN FINANCE

Enter green finance: this is all about putting your money into projects and companies that help the environment. Think renewable energy, energy-saving tech, and smart resource use. It's about making money while also being kind to the planet.

Governments and international organizations are jumping in to help. For example, the European Union has set up a plan to make the financial system more

sustainable. This includes creating guidelines for what counts as a "green" investment and making companies report on their environmental impact.

In the U.S., the government is pushing for more transparency about how companies handle climate risks. These moves show that sustainability is becoming a crucial part of long-term financial stability.

HOW FINANCIAL INSTITUTIONS ARE GETTING INVOLVED

Banks and investment funds are also getting on board. Many are now **focusing on companies that are good for the environment. They're even creating green financial products**, like green bonds and sustainability funds, so investors can support eco-friendly projects.

Green bonds, for example, have been growing fast. These are used to fund projects that benefit the environment, like building green infrastructure or developing clean tech. The demand for these bonds is rising because both big investors and everyday people want to support green initiatives.

THE ROAD AHEAD: CHALLENGES AND OPPORTUNITIES

Even with all this progress, there are still hurdles. One major issue is that there's no universal definition of what counts as a sustainable investment. **This can lead to "greenwashing,"** where companies make their products seem more eco-friendly than they really are.

Switching to green finance also means changing the way the

¿Es la Finanzas Verde el Futuro?

Finestra Cultura Financiera

Por José Guerrero

LO QUE NECESITAS SABER

Últimamente, la finanza verde ha estado ganando mucha atención. Con el cambio climático convirtiéndose en un gran problema y las empresas sintiendo la presión de ser más ecológicas, el mundo financiero está cambiando hacia prácticas más sostenibles. Este cambio está ocurriendo porque la gente lo está exigiendo, los gobiernos están creando nuevas reglas y todos se están dando cuenta de que ignorar los riesgos climáticos puede ser costoso.

POR QUÉ NECESITAMOS CAMBIAR EL JUEGO

En el pasado, las finanzas se trataban de buscar las mayores ganancias. Esto significaba invertir en cosas como el petróleo y el carbón, que pueden ser dañinas para el medio ambiente. Este enfoque en ganar dinero a menudo tenía un costo para el planeta.

Ahora, estamos viendo que el cambio climático es una carga financiera enorme: cuesta más de \$300 mil millones al año y se ha duplicado en solo dos décadas. Como resultado, la gente ve que ignorar los problemas ambientales puede llevar a grandes pérdidas financieras.

LO NUEVO EN FINANZA VERDE

Aquí es donde entra la finanza verde: se trata de invertir tu dinero en proyectos y empresas que ayudan al medio ambiente. Piensa en energía renovable, tecnología que ahorra energía y uso inteligente de los recursos. Se trata de ganar dinero mientras también eres amable con el planeta.

Los gobiernos y las organizaciones internacionales están participando para ayudar. Por ejemplo, la Unión Europea ha creado un plan para hacer que el sistema financiero sea

más sostenible. Esto incluye la creación de pautas para definir qué cuenta como una inversión "verde" y la obligación de que las empresas informen sobre su impacto ambiental.

En Estados Unidos, el gobierno está impulsando una mayor transparencia sobre cómo las empresas manejan los riesgos climáticos. Estos movimientos muestran que la sostenibilidad se está convirtiendo en una parte crucial de la estabilidad financiera a largo plazo.

CÓMO SE ESTÁN INVOLUCRANDO LAS INSTITUCIONES FINANCIERAS

Los bancos y los fondos de inversión también están subiendo al tren. Muchos ahora se están enfocando en empresas que son buenas para el medio ambiente. Incluso están creando productos financieros verdes, como bonos verdes y fondos de sostenibilidad, para que los inversionistas puedan apoyar proyectos ecológicos.

Los bonos verdes, por ejemplo, han estado creciendo rápidamente. Se usan para financiar proyectos que benefician al medio ambiente, como la construcción de infraestructura verde o el desarrollo de tecnologías limpias. La demanda de estos bonos está aumentando porque tanto los grandes inversionistas como la gente común quieren apoyar iniciativas verdes.

EL CAMINO A SEGUIR: DESAFÍOS Y OPORTUNIDADES

A pesar de todo este progreso, aún hay obstáculos. Uno de los principales problemas es que no hay una definición universal de qué cuenta como una inversión sostenible. Esto puede llevar a "greenwashing", donde las empresas hacen que sus productos parezcan más ecológicos de lo que realmente son.

Pasar a la finanza verde también significa cambiar la forma en que piensa el mundo financiero. Ya no se trata solo de ganancias a corto plazo; se trata de considerar los impactos a largo plazo en el medio ambiente y la sociedad. Esto requiere repensar las estrategias de inversión y hacer que los criterios ESG (Ambientales, Sociales y de Gobernanza) sean una parte clave del proceso de toma de decisiones.

En resumen, la finanza verde es más que una moda: se está convirtiendo en algo esencial para un futuro sostenible. Al integrar factores ambientales y sociales en las decisiones financieras, podemos abordar mejor el cambio climático y construir una economía más estable. El camino hacia la finanza verde puede ser desafiante, pero la presión de los clientes, las regulaciones y la necesidad de enfrentar los riesgos climáticos están acelerando la adopción de prácticas financieras más responsables.

La finanza verde no es solo algo a lo que prestar atención: ¡es una parte crucial para crear un mundo mejor y más sostenible!



Did you know?

¿Quien?

¿Qué? ¿Cómo?

¿Cuándo?

¿Dónde? y

¿Por Qué?

Part 2

LCS NOT ONLY OFFERS NUMEROUS ACTIVITIES AND SERVICES TO ITS MEMBERS, BUT A VARIETY OF OUTREACH PROGRAMS ARE ALSO AVAILABLE TO SUPPORT LOCAL FAMILIES IN NEIGHBORING COMMUNITIES. THE FOLLOWING PROGRAMS ARE IN ADDITION TO THOSE PUBLISHED IN LAST MONTH'S CONECCIONES (SEPTEMBER 2024, PAGE 7).

FINANCIAL SUPPORT FOR THE STUDENT MARIACHI SCHOOL

A fundraiser in 2024 paid for the Student Mariachi Band to travel to Mexico City to compete at the national level.

CONALEP PROGRAMS

The National College of Professional Technical Education is a public high school focused on the technical training of students. LCS offers:

- * **Career Day and Internships.** Isaias Peraza, LCS' current IT Coordinator, graduated from CONALEP and interned at LCS
- * **Free sexual education classes** through Ajijic Cares for students at the Chapala location
- * **Free ESL classes** for CONALEP students

LCS has other collaboration agreements with the University of Guadalajara, and CETAC (which has six locations that offer technological baccalaureate education, including two campuses in Jocotepec).

THE WILKES CENTER

An extension of the LCS campus, Wilkes offers the only Spanish language library in Ajijic; ESL classes six days a week; a free Summer Remedial Program in partnership with local primary schools; and a free Computer Lab providing courses in Word, Excel and Powerpoint. LCS offers free ESL classes to local emergency services employees.

LIFE SKILLS WORKSHOPS

* Assertive Communications workshop – conflict-reso-

lution for adults

* Self-Esteem group workshops

* Culture of Peace workshop -- how to communicate openly and honestly and to resolve parent/child conflicts

CHESS CLUB FOR STUDENTS

LCS hosts an annual Chess tournament in November

EMBROIDERY GROUP

Provides space for local Mexicans who come to campus Monday, Wednesday and Fridays

NEEDLE PUSHERS GROUP

Makes and donates clothes for Mexican kids

FIESTA MEXICANA

Annual fundraiser supporting Ajijic's annual Mexican Independence Day events

ANNUAL HALLOWEEN PARTY

Will be held on October 27

More information can be found on the LCS website, or contact Victor Camarena, Director of Education, at education@lcsac.org.



Halloween Party; Photo by V. Camarena

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"TEACHER, HOW DO YOU SAY...?"

By Ellen Ray

There are several favorite things about teaching English Second Language (ESL). Over 50 volunteers at Wilkes Education Center in Ajijic teach conversation classes, as well as five levels of English. Most agree that their favorite thing about teaching ESL is the students who are:

"kind, funny, smart and motivated,"

"open, friendly, fun and so nice,"

"dedicated to learning."

The rewards are great for both teachers and students. It is very gratifying when a student speaks louder and with more confidence. Getting to know the local community through language teaching inspires volunteers, and their students increase their business and personal opportunities by acquiring a second language.

Students come to class motivated to learn and look



Wilkes ESL Students & Teacher Level 2; Photo by D. Mark

forward to conversation opportunities with classmates and teachers. They gain the ability to better understand and speak English with more confidence. Many students tell us they don't get enough opportunities to practice what they learn. When asked what would make ESL classes better, answers vary:

"... classes are excellent;"

"... classes could have more varied activities and materials;"

"... weekly lesson review and evaluation;"

"... classes three times a week can be helpful."

Inez Dayer is one of the many dedicated volunteers at Wilkes. As volunteer Director for over 15 years, Inez and Maria Huerta, Manager, keep the programs running. The programs offer classes six days a week, serving nearly three hundred students throughout the year.

Volunteers are not required to have teaching or ESL experience. Motivation to teach varies, but the most common denominator is the desire to contribute and give back to the community. As one volunteer shared, **"For a few hours of my life, I get to make a difference that I hope will cascade forward for generations."**

Teachers consistently exchange ideas for enhancing the program and facilities. Some ideas include building maintenance and cosmetic improvements, and sourcing larger desks to provide work space for students 15 years and older. Supplies and resource materials are always in demand, with teachers often supplying their own. Volunteers saw a need and helped launch summer conversation classes. Other ideas include book clubs, children's story time and a computer room.

If working with ESL interests you, please reach out! For more information, contact Inez Dayer at inezme@gmail.com.

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"MAESTRA, ¿CÓMO SE DICE...?" POR ELLEN RAY

Hay varias cosas favoritas sobre enseñar Inglés como Segundo Idioma (ESL). Más de 50 voluntarios en el Centro Educativo Wilkes en Ajijic imparten clases de conversación, así como cinco niveles de inglés. La mayoría coincide en que lo que más les gusta de enseñar ESL son los estudiantes, que son:

"amables, divertidos, inteligentes y motivados,"
"abiertos, amigables, divertidos y muy agradables,"
"dedicados a aprender."

Las recompensas son grandes tanto para los maestros como para los estudiantes. Es muy gratificante cuando un estudiante habla más alto y con más confianza. Conocer la comunidad local a través de la enseñanza del idioma inspira a los voluntarios, y sus estudiantes aumentan sus oportunidades de negocio y personales al adquirir un segundo idioma.

Los estudiantes llegan a clase motivados para aprender y esperan con ansias las oportunidades de conversación con compañeros y maestros. Adquieren la capacidad de entender y hablar inglés con más confianza. Muchos estudiantes nos dicen que no tienen suficientes oportunidades para practicar lo que aprenden. Cuando se les pregunta qué haría que las clases de ESL fueran mejores, las respuestas varían:

"... las clases son excelentes;"
"... las clases podrían tener actividades y materiales más variados;"
"... revisión y evaluación semanal de las lecciones;"
"... clases tres veces a la semana pueden ser útiles."

Inez Dayer es una de las muchas voluntarias dedicadas en Wilkes. Como directora voluntaria durante más de 15 años, Inez y María Huerta, la gerente, mantienen los programas en funcionamiento. Los programas ofrecen clases seis días a la semana, atendiendo a casi trescientos estudiantes a lo largo del año.



Wilkes ESL Students & Teachers, Level 1 Advance; Photo by E. Ray

No se requiere que los voluntarios tengan experiencia en enseñanza o ESL. La motivación para enseñar varía, pero el denominador común es el deseo de contribuir y devolver algo a la comunidad. Como compartió un voluntario, "Por unas pocas horas de mi vida, tengo la oportunidad de hacer una diferencia que espero se refleje en generaciones futuras."

Los maestros intercambian constantemente ideas para mejorar el programa y las instalaciones. Algunas ideas incluyen mantenimiento y mejoras cosméticas del edificio, así como la adquisición de escritorios más grandes para proporcionar espacio de trabajo a los estudiantes de 15 años en adelante. Los suministros y materiales de recursos siempre están en demanda, con maestros que a menudo aportan los suyos propios. Los voluntarios vieron una necesidad y ayudaron a lanzar clases de conversación en verano. Otras ideas incluyen clubes de lectura, horas de cuentos para niños y una sala de computadoras.

Si te interesa trabajar con ESL, ¡no dudes en ponerte en contacto! Para más información, contacta a Inez Dayer en inezme@gmail.com.

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Fresh Vision! Line Up of Six Plays!

BRAVO THEATER 2024-25 SEASON

By Lara Rob

The BRAVO! Theater begins a new chapter as its founder, Jayme Littlejohn, hands the reins to new management. Suki O'Brien, Randy Warren and their team of theater professionals are taking over the artistic and daily management of the theater, helping it to grow and reach its next level of excellence. They have been hard at work, and they are excited about their 2024-2025 season.

Their first show, which ran September 20-22, was the hilarious and heartfelt staged reading of *Love, Loss, and What I Wore*.



Next up is *Almost, Maine*, by John Cariani. One cold, clear, winter night, as the northern lights hover in the star-filled sky above *Almost, Maine*, nine couples fall in and out of love in unexpected and often hilarious ways. Show dates are **October 11-13 & Oct 18-20**.



The musical comedy for the season is *You're A Good Man, Charlie Brown*, based on the comic strip *Peanuts* by Charles M. Schulz, with book, music and lyrics by Clark Gesner. Follow the *Peanuts* gang as they explore life's burning questions, play baseball, struggle with homework, sing songs, swoon over their crushes, and celebrate the joy of friendship. Show dates are **November 15-17 & Nov 22-24**

Coming just in time for the holidays is a familiar tale from a different point of view, Jacob Marley's Christmas Carol, written by Tom Mula. To escape his own eternal chains, Marley must first redeem Scrooge. So, a journey of laughter and terror, redemption and renewal begins, during which Marley indeed discovers his own heart before opening Scrooge's. Show dates are **December 17-22**.



Springtime brings us *Constellations* by Nick Payne. This spellbinding journey begins with a simple encounter between a man and a woman, which then unfolds into a multiverse of possibilities, raising questions about the difference between choice and destiny. Show dates are **March 7-9 & March 14-16**.



Rounding out the season is the 10 Minute Play Festival. This entertaining evening features a series of plays, lasting no longer than ten minutes each, by different playwrights from anywhere in the world. Stay tuned for the announcement of the show dates.

Acting Classes, Play Workshops and More...

Besides our six-play season, the new BRAVO! will also offer acting classes, play workshops, rental space and various volunteer opportunities. To keep up with all the great things happening at The BRAVO!, you can like and follow them on Facebook and check out their website at www.thebravo.org

Weekday shows start at 7:30pm and Saturday & Sunday shows start at 4 pm at the BRAVO! Theater, 441 Hidalgo, Ribera Del Pilar (just a few doors west of S&S Auto).

Tickets are \$400 for the musical and \$350 for the plays. Reserve tickets by emailing tickets@thebravo.org.

Cast of *Love, Loss, And What I Wore* from Left to Right:

Lynn **Gutstadt**, Chris **L'Ecluse**, Kathleen **Morris (understudy)**, Jayme **Littlejohn**, Debra **Felix**, Patteye **Simpson** & Pamela **Johnson**

Photo by: **J. Voller**

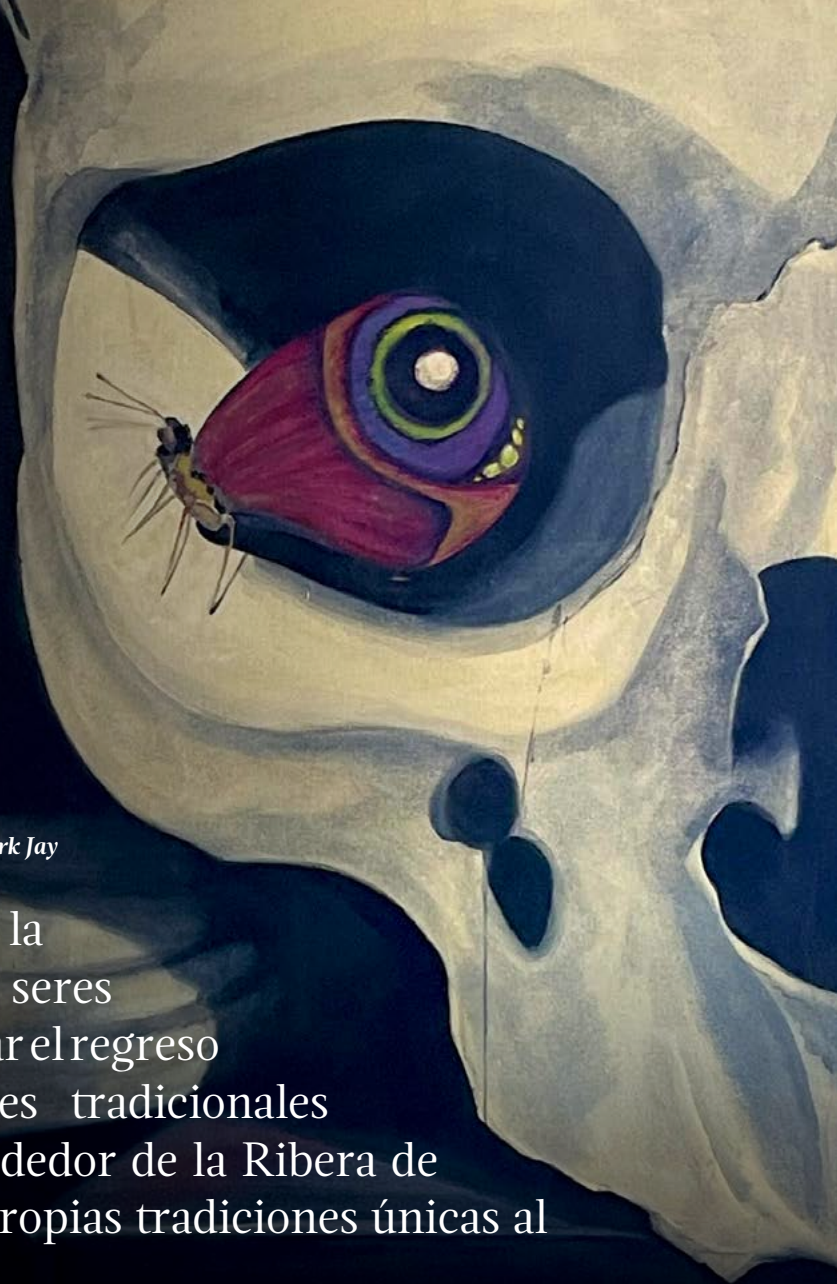


Muchas maneras de honrar a los muertos y celebrar la vida

Por Harriet Hart, Domitzu Medrano y Cathy Austill

Pintura original por Mark Jay

Las celebraciones en toda la comunidad de fe honran a los seres queridos que han fallecido al abrazar el regreso de sus espíritus con costumbres tradicionales mexicanas. Las comunidades alrededor de la Ribera de Chapala adoptan algunas de sus propias tradiciones únicas al celebrar el Día de los Muertos:



San Juan Cosalá



Agustín Vázquez Calvario recuerda cómo era honrar a los muertos en San Juan Cosalá cuando era niño. "Mi familia iba al cementerio. La gente se sentaba toda la noche esperando el amanecer. Comían comida sencilla como tamales rellenos de frijoles, bebían café, encendían fogatas y los chamanes dirigían ceremonias". Estos eran rituales tranquilos, ocasiones para llamar de vuelta a los espíritus de los fallecidos, pero "no los veíamos, solo los recibíamos de vuelta en nuestros recuerdos".

Con el tiempo, Agustín observó que un elemento comercial había invadido las celebraciones y, como líder comunitario (es dueño de Viva México, el popular restaurante en San Juan Cosalá), tuvo una idea. "Podríamos rescatar las tradiciones del Día de los Muertos y combinarlas con nuestro culto a Michicihualli, el espíritu femenino del Lago de Chapala". Él y un grupo de residentes decidieron que una mujer local, vestida de disfraz, lle-

garía a la orilla en un bote, recibida por el pueblo. Una procesión de figuras vestidas de blanco la llevaría al quiosco en el centro del pueblo, adornado con brillantes flores de cempasúchil de papel.

Durante dos años, accidentes empañaron las celebraciones: una vela volcada hizo que las flores se incendiaran el primer año, y el segundo, un pirómano inició un fuego. Agustín cree que estos eventos ocurrieron porque él y los demás habían olvidado

su propósito original: un espíritu de reverencia por el lago, sus bendiciones y por aquellos que se habían ido antes que ellos. “Esto no es acerca de nosotros, es acerca de ellos”.

Este año, el pueblo de San Juan Cosalá realizará nuevamente su celebración única el 1 de noviembre a las 6:00 p.m. Michichualli llegará en bote y una procesión la llevará desde la orilla hasta el quiosco. El 2 de noviembre, la comunidad organizará una fiesta allí con pintura de caras, comidas tradicionales y música. Viva México también ofrecerá un menú especial de platillos precolombinos.



San Juan Cosalá; Foto por Judy Dykstra Brown

Chapala

En Chapala, la tradición del Día de los Muertos comenzó hace más de 20 años en la calle 5 de Mayo. Los vecinos sacaban sus altares a la calle, ofreciendo atole, té de canela y pan de muerto a los transeúntes. Con el tiempo, la calle se convirtió en una tradición, llena de altares de los lugareños, escuelas y peatones disfrazados.

Mientras tanto, el atrio de la iglesia se convirtió en escenario para

el actor y compositor Luis Manuel “El de la Paloma,” quien presentó un espectáculo teatral y musical con La Catrina acechándolo. Su entrada fue inolvidable, con docenas de botes iluminados con velas y adornados con cempasúchiles, que partían desde la Isla de los Alacranes.

Hoy en día, la tradición se ha trasladado a la avenida principal, donde estudiantes de preparatorias de la región crean altares y com-

piten. El evento comienza con un desfile silencioso, con estudiantes y cualquier amante de la tradición vestidos como esqueletos, sosteniendo velas, mientras caminan por la avenida hacia los altares. La noche concluye con una presentación de video mapping en el edificio municipal y el encendido del Árbol de la Vida en el Zalate de Felisa, como un susurro del pasado que continúa resonando.

www.lakechapasociety.com



Concurso de lápidas; Foto por D. Medrano



Concurso de Altares de la Preparatoria Regional de Chapala; Foto por Gobierno de Chapala

Ixtlahuacán de los Membrillos



Aunque la tradición en Ixtlahuacán de los Membrillos tiene solo seis años, la pasión por celebrarla es innegable. En 2007, el municipio construyó la Catrina más grande del mundo, ganándose un Récord Guinness. Desde entonces, el pueblo ha adoptado concursos de coronas florales, altares, tapetes, fotografía y gastronomía, junto con impresionantes disfraces de Catrina. La competencia es feroz, con artistas de todo México trayendo su talento con la esperanza de ganar el gran premio, que varía entre 30 y 50 mil pesos. Colores, música y arte inundan las calles desde el fin de semana antes del Día de los Muertos, culminando el 2 de noviembre. Ixtlahuacán se convierte en un mosaico viviente de tradición y modernidad, un lugar donde los muertos y los vivos celebran juntos el arte del recuerdo.



Concurso de Catrinas; Foto por Ixtlahuacán TyC



Ajijic

Las celebraciones que comenzaron hace años en Ajijic sentaron las bases para tradiciones que continúan hoy. El sábado 26 de octubre de 2013, celebraron el tercer baile anual de Thriller de Michael Jackson en Ajijic, junto con el primer concurso anual de tallado de calabazas.

El baile de Thriller es un evento benéfico mundial que apoya a organizaciones locales. El primer concurso anual de tallado de calabazas, organizado por la artista local Diane Pearl, introdujo a la comunidad mexicana de la Ribera a las celebraciones más tradicionales del Halloween estadounidense.

Artistas locales y muchos jóvenes artistas en ciernes exhibieron alrededor de 120 creaciones talladas para ser juzgadas. Los organizadores subastaron las calabazas como una recaudación de fondos para apoyar programas infantiles locales. "Nada se desperdició", explicó Pearl. "Los residentes recogieron los restos y semillas de calabaza como alimento para su ganado y aves. Una vez que las familias admiraron las creaciones de sus hijos,



Día de muertos en Ajijic; Foto por La tradición de Ajijic

las calabazas talladas se prepararon para la cena".

Incluso Santa Claus apareció en el desfile de zombis, destacando la anticipación de la Navidad. Pearl continuó involucrando a la comunidad local, compartiendo la tradición estadounidense de decorar galletas navideñas. "Se animó a los niños a usar su imaginación", reflexiona. "Muchos de ellos estaban tan emocionados que usaron ambos lados de la galleta".

Desafortunadamente, las dificultades para conseguir calabazas prohibieron todas las esperanzas de un segundo evento anual de tallado de calabazas. Afortunadamente, **el baile de Thriller continúa** en su 14° año

con una presentación en el Malecón de Ajijic el **sábado 26 de octubre a las 3:00 p.m.**, con las ganancias destinadas al Club Rotario de Ajijic. **Y las Brujas de Ajijic realizan sus bailes de la Caminata de las Brujas** por todo Ajijic por segundo año, abriendo para el baile de Thriller. **LCS organiza su fiesta anual de Halloween para niños el domingo 27 de octubre.** Los negocios y residentes locales participan en el truco o trato el jueves 31 de octubre, repartiendo dulces a los niños disfrazados.

Estas celebraciones y eventos continúan conectando culturas y tradiciones entre expatriados y mexicanos en la Ribera de Chapala.



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

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

LESSONS (M)

Being Love & Bliss Meditation	W 10:15-11:15
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 Huara Chess Club	Sat 10-12
Crochet Class	TH 12-2
Exercise	M+W+F 9-9:50
Gentle Yoga & Body Awareness	W 10-10:50
Intermediate Hatha Yoga	T 2-3:30
Iyengar Yoga	F 11-12
Learn to Knit	T 11-12:30
Line Dancing, gail@doughertynet.com	T + TH 10-11:15
Move to the Beat	M 10-11
Mudlarks Pottery Open Studio	M + F 10-2
NIA Fitness Seasonal	F 10-10:50
Stretch & Balance Resumes November	M +TH 8:45-9:45
	<i>harry_bertram@hotmail.com</i>
Spanish in Action classes (español en acción)	
	See LCS website or in the office for more info
Tech Help via Email	<i>lcs.tech.training@gmail.com</i>
Write to a Prompt Writers' Group	TH10-12

LIBRARIES (M)

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

SOCIAL ACTIVITIES (M)

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

HEALTH INSURANCE*

Hospital San Antonio	TH 10:30-12:30
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IMSS & Immigration Services	M+T 11-1:30
Call Veronica for an appointment 333-157-9472	
Lakeside Insurance	T+TH 11-2
Ribera Medical Center	T 10:30-12:30
Shiatsu Chair Massage	1st & 3rd TH 10-12
By appointment only, call 331-604-0971	

HEALTH & LEGAL SERVICES*

Audiology Oir Bien- hearing care specialists	M+W+F 9-3
(Consultation fee) Call for appointment 332-945-3267	
Becerra Immigration	TH 10:30-12:30
Blood Pressure Screenings -seasonal	F 10-12
Finestra Investment Consulting	3rd TH 10-1
Intercam Banking Services	M - F 10-1
Optometrist Claravision	TH 9-4
Call for appointment 331-411-1178	
Solbes & Solbes	2nd M 10-12
SkyMed	1st W 11-1

SERVICE & SUPPORT GROUPS *

AA Women's Meeting	T 4-5
Al-Anon (Spanish)	M 6-7:30, W 5:30-7:30
Caregivers of Spouses with Dementia	T 11-12:30
	(Support Group)
Diabetes Support Group	Zoom 1st F 1:00
contact welchk4diabetes@gmail.com	
Information Desk	M-Sat 10-2
AA Open Meeting	M+TH 4-5
Needle Pushers	T 10-11:45
Toastmasters	M 7-9
Voter Registration	M 10-1 until 15 Oct

NEW ACTIVITIES:

U.S.VOTER REGISTRATION

Democrats Abroad will be assisting registration and ballot requests on the following dates on the NJ Patio or Blue Umbrella Patio from 10-1 September 2,9,17,19,21,23,24,25,26,27,30 and October 3,7,10,15. Larry Pihl, larry.pihl@gmail.com, 331-704,6475.

FLU SHOTS AT LCS

Lidia will provide on wednesday, Oct 9 from 10 to 12:30 The cost to the consumer is \$650 pesos prefer payment in cash at time of shot. Reservations are available in the LCS Office. Or through the LCS website.



The Lake Chapala Society **CLASSES**

MEMBERS GET A 30% DISCOUNT

Registration Required at:

LCS office | Mon to Sat | 10 am to 2 pm
www.lakechapalasociety.com

There is no refund

For any questions related to classes
Please contact education@lcsac.org



Mexican Manners and More

By Victor Camarena

- Wednesday, October 2
- Wednesday, November 6
- Wednesday, December 4

10:00 am to 12:30 pm

General fee: \$760



Introduction to Spanish

By Inez Dayer & Christine Wysock

- Thursday, Oct 3, 10 & 17
- Thursday, Nov 7, 14 & 21
- Dec 5, 12 & 19

10:00 am to 12:00 pm

General fee: \$790

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

The Art and Science of Longevity: Lifespan and Healthspan

By Dan Bunger

Monday October 7

9:30am to 11:30am

General fee: \$485

Discover how proper nutrition and exercise can enhance both lifespan and "healthspan," ensuring vitality in your golden years. Learn how small changes can lead to significant benefits, regardless of your current health and fitness level.



Latin American Short Story Workshop

By Mario Z Puglisi

Wednesday, October 9, 16, 23
y 30

2:00 pm to 3:30 pm

General fee: \$1,500

Unlock the art of storytelling in our four-week Latin American Short Story Workshop. Explore literary history, master creative techniques, and study renowned authors while crafting your own narrative voice. Join us and elevate your writing skills.



Advanced Care Planning - Living Well and Dying Well at Lakeside

By Loretta Downs

Friday, October 11 & 18

10:00 am to 12:00 pm

General fee: \$780

This is a two class course. Empowers you with the knowledge and tools to navigate this delicate but essential aspect of life, ensuring your choices and values are upheld.

Financial Planning Basics

By Reba Mayo

Friday, November 1

2:00pm to 4:00pm

General fee: \$850

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



Tools for Pronunciation: Speak - and Hear - Spanish Better!

By Gareth Collingwood

Wednesday, Nov 6, 13 and 20

10:00 am to 12:00 pm

General fee: \$860

In this 3 week course, students will master the phonology (the sounds) of Spanish. Lose your foreign accent! Avoid potentially embarrassing or confusing situations! Understand all the Spanish you hear as you go about your day!

CLASSES

MEMBERS GET A 30% DISCOUNT



Getting your Jalisco Driver's License... Without Losing Your Mind

By Victor Camarena

- **Wednesday, Oct 9 CLASS**
9:30 am to 11:30 am
Wednesday, Oct 16 TEST
visit to the Secretaria de Transporte
- **Wednesday, Nov 13 CLASS**
9:30 am to 11:30 am
Wednesday, Nov 20 TEST
visit to the Secretaria de Transporte

General fee: \$850

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



Life Transforms!

Dr. Kelly Bennet

Thursday, October 31 and November 7, 14 and 21

3:00 pm to 5:00 pm

General fee: \$1,500

This 4-week course invites participants to explore life's deeper meaning, seek real purpose, and make better choices.

In Our Library: A Deadly List

By Deb Gang - LCS Librarian

As I'm sure all of you are aware, the end of October is when our families celebrate Halloween North of the Border (and some Mexicans have adopted the holiday). October is also when Lakeside starts preparing for the Day of the Dead festivities. Although the official dates are November 1&2, preparations begin weeks before as altars to honor loved ones who have died are planned and families return to their home towns to visit the graves of their ancestors.

So as a literary homage to Day of the Dead, this month the library is featuring books related to death. Many of these are mysteries by some of our favorite authors; some are classics; and some are non-fiction to help us deal with issues surrounding death.

Classics include *Death of a Salesman* by Arthur Miller, *A Happy Death* by Albert Camus, *Death Comes for the Archbishop* by Willa Cather, *The Death of Santini* by Pat Conroy; and *Death in the Afternoon* by Ernest Hemingway.

Many of our regular patrons are familiar with the "In Death" series by JD Robb, including *Purity in Death*, *Three in Death* and *Ceremony in Death*. We have 64 titles in this series! Other popular writers in this category include Dana Stabenow, Donna Leon, Carlos Fuentes and Patricia Cornwell.

For our readers who enjoy non-fiction, we recommend *Dead Man Walking* by Helen Prejean; *Cheating Death* by Dr. Sanjay Gupta; *As I Lay Dying* by Richard Neuhaus; *Golden Stone: The Untold Life and Tragic Death of Brian Jones* (the founder of the Rolling Stones) by Laura Jackson or *Talking about Death Won't Kill You* by Virginia Morris.

And lastly, for the inner child in all of us, if you haven't read the Harry Potter series, you should! They should be read in order but *Harry Potter and the Deathly Hallows* definitely deserves a mention in this category.

We hope you will visit the library soon to experience our wonderful new library system. Our friendly librarians always look forward to seeing you and sharing their love of books!

TOURS



THANKSGIVING SHOPPING COSTCO, SAM'S AND GALERÍAS 360 MALL

TUESDAY, NOVEMBER 19
10:00am to 6:00pm

Let LCS help you with your Thanksgiving shopping. Enjoy a comfortable trip to major retailers including Costco, Sam's and Galerías 360 mall (Liverpool, Sears) and excellent restaurants such as Cheesecake Factory and PF Chang. Travel in the comfort of a bus or a sprinter

GENERAL FEE: \$1,100

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We will depart from La Floresta sculpture

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Registration required at:

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

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



Lillie Henley
What the Hell Is It With Families?

OCTOBER 6TH



Chrisan Herrod and Sharon Brooks
The Mystery and Origins of Crop Circles

OCTOBER 13TH



Devi Mohan
Realize "YOUR FLOW",
Balancing your masculine and feminine energies

OCTOBER 20TH



Loretta Downs
How Rituals Can Heal Grief

OCTOBER 27TH

Yes, You Can Vote from Mexico.

LAST CHANCE! Return your U.S. Ballots now!

**All U.S. Citizens:
Return Your 2024 Ballot
as soon as humanly possible
in October.**

Ballots were delivered to many voters via email in the Lake Chapala area in late September (if previously requested).

Now it's time to return them based on your state's requirements:

- **Postal Mail Required**—No later than October 9 to avoid having to use DHL (expensive!). With DHL, you have until about October 23.

Return & Request

- Definitely **RETURN** your ballot *right away* at nearest iShop. If you must return by mail, DHL is strongly recommended **starting Oct. 10**. For details, visit: democratsabroad.org/mx_lake_chapala
- You might still be able to **REQUEST** your 2024 ballot (varies by state). For details, go right now to VoteFromAbroad.org

- **Electronic Options (Email, Fax, etc.):** No later than October 25

TIP: Leave yourself plenty of time to contact your Local Election office to confirm their receipt *and* acceptance of your ballot—or to fix any issues.

Even if you miss these deadlines, Vote From Abroad *might* still be able to help. Ask us for details!

Need in-person assistance? Visit the Vote From Abroad team here at LCS.

Details at left (below).

Still need to Request Your 2024 U.S. Ballot?

It might be possible depending on when you're reading this in October—and your state's requirements. Find out more at www.VoteFromAbroad.org

Make sure your vote is counted and your voice is heard. Get your ballot back on time! Vote From Abroad is here to help.

Questions? Email us at: VoteLakeChapala@gmail.com or call our new Voter Hotline at **332-969-1209**.

Vote From Abroad is NON-partisan—and helps all U.S. Citizens regardless of party affiliation. A service of Democrats Abroad.

2024 U.S.
ELECTIONS

LAST CHANCE TO **VOTE FROM ABROAD.ORG**

All U.S. Citizens:
Hurry! Return Your 2024 Ballot—or Request Your Ballot at VoteFromAbroad.org *now!*
See article for details.

Questions? Visit us in person for certified **Personal Voter Assistance @ Lake Chapala Society**
Oct. 3, 7, 10, 15
10 am-1 pm each day

Limited availability for last-minute requests:
Oct. 17, 21, 24, 28, 31 and Nov. 4
10 am-1 pm each day

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Many Ways to Honor the Dead and Celebrate Life



By Harriet Hart,
Domitzu Medrano and
Cathy Austill

Celebrations throughout the faith community honor loved ones who have passed by embracing the return of their spirits with traditional Mexican customs. Communities across Lakeside embrace some of their own unique traditions celebrating Day of the Dead, or *Días de los Muertos*:

San Juan Cosala

Augustin Vasquez Calvario remembers what honoring San Juan Cosala's dead was like when he was a small child. "My family went to the cemetery. People sat all night waiting for the sunrise. They ate simple food like tamales filled with beans, drank coffee, lit bonfires, and the shamans' led ceremonies." These were quiet rituals, occasions to call the spirits of the departed back, but "we didn't see them, we just welcomed them back in our memories."

Over the years, Augustin observed that a commercial element had crept in and as a community leader (he owns Viva Mexico, the popular restaurant in San Juan Cosala) he had an idea. "We could rescue the Day of the Dead traditions and combine them with our worship of Michichihuali, female spirit of Lake Chapala." He and a group of residents decided that a local woman, in costume, would arrive on shore in a boat, greeted by the townsfolk.

Catrina; Photo by M. Medina

A procession of figures dressed in white would greet her and lead her to the bandstand in the center of town that was festooned with bright orange paper marigolds.

For two years accidents marred the celebrations—an overturned candle caused the flowers to ignite the first year, and the second an arsonist started a fire. Augustin believes these events occurred because he and the others had forgotten their original purpose, a spirit of reverence for the lake, its blessings, and for those who had gone before them. “This is not about us, it’s about them.”

This year the town of San Juan Cosala will stage its unique celebration again on November 1st at 6:00 p.m. Michichihuala will arrive by boat and a procession will take her from the shore to the gazebo. On November 2nd, the community will host a party there with face painting, traditional foods, and music. Viva Mexico will also provide a special menu of pre-Columbian dishes.



Monumental Altar; Photo by Paseo de Michincihualli, San Juan Cosala

Chapala

In Chapala, the Day of the Dead tradition began over 20 years ago on 5 de Mayo Street. Neighbors would bring their altars out onto the street, offering atole, cinnamon tea, and pan de muerto to passersby. Over time, the street became a tradition, filled with altars from locals, schools and costumed pedestrians.

Meanwhile, the church atrium turned into a stage for actor and composer Luis Manuel “El de la Paloma,” who presented a theatrical and musical show with La Catrina haunting him. His entrance was unforgettable, with dozens of boats illuminated with candles and adorned with marigolds, set sail from the Island of Scorpions.



Concurso de Altares de la Preparatoria Regional de Chapala; Foto por Gobierno de Chapala

Today, the tradition has shifted to the main avenue, where regional high school students create altars and compete. The event starts with a silent parade, with students and any lover of the tradition dressed as skeletons, holding candles, as they walk along the avenue toward the altars. The night concludes with a video mapping presentation on the municipal building and the lighting of the Tree of Life at Felisa’s Zalate, like a whisper from the past that continues to echo.

Ixtlahuacán de los Membrillos

Though the tradition in Ixtlahuacán de los Membrillos is only six years old, the passion for celebrating it is undeniable. In 2007, the municipality built the world's largest Catrina, earning a Guinness World Record. Since then, the town has embraced contests in floral crowns, altars, rugs, photography, and gastronomy, along with stunning Catrina costumes. The competition is fierce, with artists from all over Mexico bringing their talent hoping to win the grand prize, which ranges from 30 to 50 thousand pesos. Colors, music and art flood the streets starting the weekend before the Day of the Dead, culminating on November 2nd. Ixtlahuacán becomes a living mosaic of tradition and modernity, a place where the dead and the living celebrate the art of remembrance together.



Tallest Catrina in the world 31.70 meters



Ajijic



Celebrations that started years ago in Ajijic laid the foundation for traditions that continue today. On Saturday, October 26, 2013, they celebrated the third annual Ajijic Michael Jackson Thriller Dance, along with the first-ever pumpkin carving contest.

The Thriller Dance is a worldwide charity fundraising event supporting local charities. The First Annual pumpkin carving event, organized by local artist Diane Pearl, introduced the Lakeside Mexican community to more traditional American Halloween celebrations.



Photo by: AccessLakeChapala.com 2013/11/07

Local artists and many budding young artists displayed about 120 carved creations for judging. The organizers auctioned pumpkins as a fundraiser to support local children's programs. "Nothing went to waste," explained Pearl. "Residents collected the pumpkin scraps and seeds as feed for their livestock and poultry. Once families admired their children's' creations, the carved pumpkins were prepared for dinner."

Santa Claus even appeared in the Zombie parade, highlighting the anticipation of Christmas. Pearl continued engaging the local community, sharing an American holiday tradition of decorating Christmas cookies. "Children were encouraged to use their imaginations," she reflects. "Many of them were so excited, they used both sides of the cookie!"

Unfortunately, the difficulties in sourcing pumpkins prohibited all hopes for a second annual pumpkin event. Fortunately, the Thriller Dance continues in its 14th year with a performance on the Ajijic Malecón Saturday October 26 at 3pm, with proceeds going to the Rotary Club of Ajijic. And the Brujas de Ajijic performs its Witches Walk dances throughout Ajijic for the second year, opening for the Thriller Dance. LCS hosts its annual Children's Halloween Party on Sunday October 27. Local businesses and residents take part in trick-or-treating on Thursday, October 31, handing out treats to costumed children.

These celebrations and events continue to bridge cultures and traditions between expats and Mexicans throughout Lakeside.

EDUCATION AND CULTURE

Day of the Dead: A Cultural and Community Celebration

By: Victor Camarena

As the colorful and traditional town of Ajijic prepares to celebrate Día de los Muertos (Day of the Dead), the Lake Chapala Society (LCS) invites the community to join the “Intercultural Celebration of Life and Honoring Death”, a series of free special events that honor this deeply rooted Mexican tradition. From educational workshops and community altar-building to festive gatherings for children and ceremonies of remembrance, these events at LCS offer a blend of culture, celebration, reflection and community spirit. **The activities will take place over several days, beginning Thursday, October 24, and running through Monday, October 28.**

Thursday, October 24:

Learning the Traditions of Día de los Muertos

The celebration kicks off on Thursday, October 24, with a free educational class on Day of the Dead tradition. From 2:00 to 4:00 PM, Victor Camarena, Director of Education at LCS, will offer a presentation on this iconic Mexican holiday. The workshop will delve into the meaning and history of Día de los Muertos, a holiday that dates to pre-Hispanic times and remains a symbol of love, remembrance, and celebration of life. Participants will also learn how to build traditional altars, or ofrendas, a key element of the holiday. Registration at education@lcsac.org

Sunday, October 27:

A Day of Reflection and Fun

Open Circle: How Rituals Can Heal Grief

Marks a full day of activities at LCS, beginning with an inspiring talk at 10:30 AM at the Open Circle. Loretta Downs, a noted speaker, will present, “How Rituals Can Heal Grief,” sharing experiences as a death doula and how she uses rituals to heal grief. Open Circle is a weekly gathering held at LCS, where members and visitors alike come together to share ideas, reflections, and experiences. Loretta’s speech promises to offer a unique perspective on living a meaningful life, one that continues to impact others even after we are gone. The event is open to the public.

Free Fun Children’s Halloween Party

Later that day, LCS will host a free and fun-filled Children’s Halloween Party from 3:00 to 6:00 PM. This event is all about bringing joy to the young ones in the community, with a costume contest, traditional piñatas, games, and, of course, the beloved trick-or-treat tradition. The event is free but tickets for children are required. Tickets will be available at the Service Desk Office of LCS.

Monday, October 28:

Building Altars

The last day of the celebrations will begin with the construction of com-



munity altars from 10:00 AM to 2:00 PM. In this collaborative event, the community comes together to build ofrendas in honor of loved ones who have passed away. Building these altars is a meaningful tradition in Mexican culture, as it allows individuals to reflect on the lives of those they’ve lost while celebrating their memory with personal mementos and offerings of their favorite food and drinks. All are welcome to build altars.

Celebration of Life

Ceremony

The day will conclude with the Celebration of Life Ceremony, held from 4:30 PM to 6:30 PM. This candlelight event offers a moment of reflection and remembrance, as artists, musicians, and motivational speakers come together to create a powerful and emotional tribute to life. The ceremony will provide participants with an opportunity to reflect on their own journeys, as well as the lives of their ancestors.

Whether it’s learning how to build altars, enjoying a family-friendly Halloween celebration, or participating in a touching ceremony of remembrance, LCS provides opportunities for everyone to engage with this meaningful Mexican holiday. For more information, please email education@lcsac.org

EDUCACIÓN Y CULTURA

Día de Muertos: una celebración cultural y comunitaria

Por Víctor Camarena

Mientras el colorido y tradicional pueblo de Ajijic se prepara para celebrar el Día de los Muertos, The Lake Chapala Society (LCS) invita a la comunidad a unirse a la “Celebración Intercultural de Vida y Honrando a la Muerte” una serie de eventos especiales gratuitos que honran esta arraigada tradición mexicana. Desde talleres educativos y construcción de altares comunitarios hasta fiestas para niños y ceremonias conmemorativas, estos eventos en LCS ofrecen una mezcla de cultura, celebración, reflexión y espíritu comunitario. Las actividades se llevarán a cabo durante varios días, comenzando el jueves 24 de octubre hasta el lunes 28 de octubre.

- **Jueves 24 de Octubre:**

- **Aprendiendo las Tradiciones del Día de los Muertos**

La celebración comienza con una clase educativa gratuita sobre la tradición del Día de los Muertos. De 2:00 a 4:00 PM, Víctor Camarena, Director de Educación de LCS, ofrecerá una presentación sobre esta icónica festividad mexicana. El taller profundizará en el significado y la historia del Día de los Muertos, una festividad que se remonta a la época prehispánica y sigue siendo un símbolo de amor, recuerdo y celebración de la vida. Los participantes también aprenderán a construir altares tradicionales, u ofrendas, un elemento clave de la festividad.

- **Domingo 27 de octubre:**

- **Jornada de reflexión y diversión**

- **Open Circle, charla “Cómo los rituales pueden curar el duelo”**

Iniciamos con una charla inspiradora a las 10:30 AM en Open Circle. Loretta Downs, oradora de renombre, presentará “Cómo los rituales pueden curar el duelo”, compartiendo experiencias como doula para la muerte y cómo utiliza los rituales para curar el duelo. Open Circle es una reunión semanal que se celebra en LCS y la plática de Loretta ofrecerá una perspectiva única sobre cómo vivir una vida con sentido, y que siga influyendo en los demás incluso después de nuestra muerte. El acto está abierto al público.

- **Fiesta infantil de Halloween- divertida y gratuita**

Ese mismo día, LCS organizará una fiesta infantil de Halloween gratuita y llena de diversión de 15:00 a 18:00 horas. Este evento tiene como objetivo llevar alegría a los más pequeños de la comunidad, con un concurso de disfraces, piñatas tradicionales, juegos y, por supuesto, la querida tradición de “Trick or Treat”.. El evento es gratuito, pero se requiere boletos para los niños. Los boletos estarán disponibles en la Oficina de Servicio de LCS.

- **Lunes, 28 de Octubre:**

- **Construcción de Altares**

El último día de las celebraciones, comenzará con la construcción de altares comunitarios de 10:00 AM a 2:00 PM. En este evento colaborativo, la comunidad se une para construir ofrendas en honor a los seres queridos que han fallecido. El acto de crear estos altares es una tradición significativa en la cultura mexicana, ya que permite a las personas reflexionar sobre la vida de aquellos que han perdido



LCS catrina and mat ; Photo by D. Medrano

mientras celebran su memoria con ofrendas de sus comidas favoritas, bebidas y recuerdos personales.

- **Ceremonia de Celebración de la Vida**

El día concluirá con la Ceremonia de Celebración de la Vida, que tendrá lugar de 16:30 a 18:30 horas. Este acto a la luz de las velas ofrece un momento de reflexión y recuerdo, en el que artistas, músicos y oradores motivacionales se reúnen para crear un poderoso y emotivo homenaje a la vida. Antes o después de la ceremonia no se puede perder visitar los altares comunitarios y disfrutar de pan de muertos y chocolate caliente. La ceremonia brindará a los participantes la oportunidad de reflexionar sobre sus propias jornadas, así como sobre las vidas de sus antepasados.

Ya sea aprendiendo a construir altares, disfrutando de una celebración de Halloween o participando en una ceremonia conmemorativa, LCS ofrece oportunidades para que todos participen en esta significativa festividad mexicana. Para más información, envíe un correo electrónico a education@lcsac.org

HALLOWEEN

and Mexican Monsters

By Sandra Lomelí

Illustration by Julisa Chávez



What's the first thing you think of when you hear the word Halloween? If you are like many, you probably think of costumes, candy, pumpkins, witches and things like that. But How did this celebration become what it is today?, how did it come to Mexico?, Why is it not as important a holiday here as in other countries?, Are Halloween and Day of the Dead the same thing?

Let's start with a little bit of history. This celebration has its origins in the Celtic people, they had a celebration called "Samhain" (the end of summer), in which they dressed up to not be frightened by the spirits that descended to earth; at the same time these people put candles in the windows to guide those spirits, and food waiting for visitors to take it, as they believed that at this time of the year those who had already died returned to be with the living. "Samhain" was also a celebration to give thanks for the end of the harvest and to bid farewell to the Sun God.

As you have probably already guessed, "the time" when this celebration took place was in October and the Celtic peoples we are referring to were pagans, that is, they didn't belong to a religion. With the Christianization

of these tribes "Samhain" was renamed All Saints' Day, the English translation of the latter is All Hallow's Eve, which eventually became Halloween.

"All Hallow's Eve" arrived in the United States in 1840 with the Irish Catholic immigrants, it was there where this celebration began to acquire greater popularity and to move away from its original meaning. However, it was not until 1921 when it began to be celebrated on a massive scale and later spread to other parts of the world through the media.

It is no news to anyone that "Halloween" in Mexico doesn't have the same relevance as in the USA, since "Day of the Dead" is celebrated here, and although there are things in common between both festivities, they also have their differences, such as the origin, meaning and way of celebrating it. One of the main differences is that "Day of the Dead" is usually a more

solemn celebration than "Halloween." However, this is not to say that "Halloween" is not celebrated in some parts of Mexico, although we do it a little differently. For one thing, not as many children go out trick-or-treating, so not as many people are ready to give candy to those who do. The most common thing to do on this date is to have a costume party with the people you know, which in a nutshell means family and friends.

Finally, we must recognize that this celebration has been gaining more notoriety in the last couple of decades. That's why here are some recommendations of costumes that you can make for your next Halloween party with Mexican monsters that you may not know, but that can give you an interesting topic of conversation.

Nahuales

They are witches or supernatural beings from pre-Hispanic mythology capable of transforming into a half animal half human creature.

Son brujos o seres sobrenaturales de la mitología pre-hispánica capaces de transformarse en una criatura mitad animal mitad humano. Entre las criaturas más comunes con las que se le asocia son lobos, búhos, zopilotes, perros o ajolotes, todos con un aspecto de malicia.



HALLOWEEN

y Monstruos mexicanos

Por Sandra Lomelí
Ilustraciones
Por Julisa Chávez



Way chivo

It's a witch goat with human appearance whose only purpose is to scare and ram people who cross his path. His most recurrent appearances are in the towns of the Yucatan Peninsula.

Es un chivo brujo con apariencia humana cuyo único propósito es asustar y embestir a las personas que se cruzan en su camino. Sus apariciones más recurrentes son en los pueblos de la península de Yucatán.

¿Qué es lo primero que piensas cuando escuchas la palabra “Halloween”? Si eres como muchos, seguramente piensas en disfraces, dulces, calabazas, brujas y cosas así. Pero, ¿cómo llegó esta celebración a ser lo que es hoy en día?, ¿Cómo llegó a México?, ¿Por qué aquí no es una fiesta tan importante como en otros países?, ¿“Halloween” y “Día de muertos” son lo mismo?

Empecemos con un poco de historia. Esta celebración tiene sus orígenes en los pueblos celtas, ellos tenían una celebración llamada “Samhain” (El final del verano), en la que se disfrazaban para no ser atemorizados por los espíritus que descendían a la tierra; a su vez estos pueblos ponían velas en las ventanas, para guiar a esos espíritus, y comida esperando que los visitantes la tomaran, ya que creían que en esta época del año los que ya habían fallecido regresaban para estar con los vivos. El “Samhain” también era una celebración para agradecer el fin de la cosecha y despedir al Dios Sol.

Como probablemente ya habrás podido adivinar “la época” en la que esta celebración sucedía era en octubre y los pueblos celtas a los que nos referimos eran paganos, es decir, no pertenecían a una religión. Con la cristianización de estas tribus el “Samhain” pasó a llamarse “Día de todos los santos”, la traducción al inglés de este último es “All Hallow’s Eve”, el cual con el tiempo se transformó en “Halloween”.

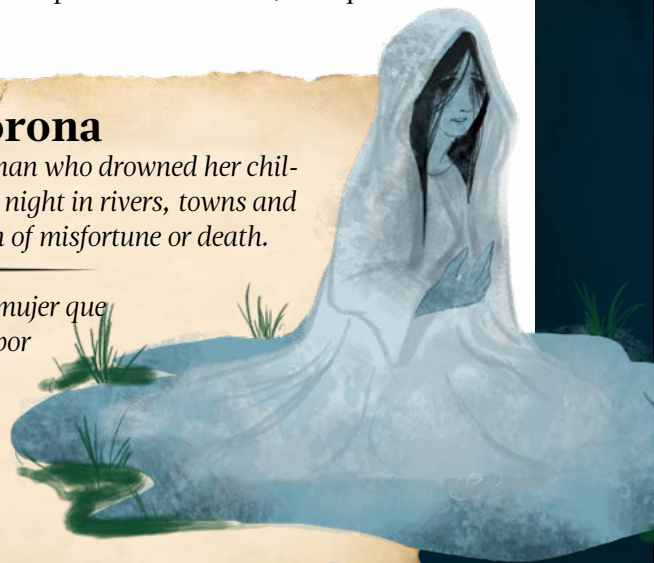
El “All Hallow’s Eve” llegó a Estados Unidos en 1840 con los inmigrantes Irlandeses Católicos, fue ahí donde esta celebración comenzó a adquirir mayor popularidad y a alejarse de su sentido original. Sin embargo, es hasta 1921 cuando se empieza a realizar de manera masiva y posteriormente a difundirse a otras partes del mundo a través de los medios de comunicación.

Para nadie es novedad que el “Halloween” en México no tiene la misma relevancia como en EE. UU., ya que aquí se celebra el “Día de muertos” y si bien hay cosas en común entre ambas festividades, también tienen sus diferencias, tales como el origen, el significado y la manera de celebrarlo. Una de sus principales diferencias es que el “Día de muertos” suele ser una celebración más solemne que el “Halloween”. Sin embargo, esto no quiere decir que no se conmemore el “Halloween” en algunas partes de México, aunque

La Llorona

It's the grieving soul of a woman who drowned her children and searches for them at night in rivers, towns and cities. It symbolizes an omen of misfortune or death.

Es el alma en pena de una mujer que ahogó a sus hijos y los busca por las noches en ríos, pueblos y ciudades. Simboliza un augurio de infortunio o muerte.



lo hacemos un poco diferente. Por una parte, no hay tantos niños que salgan a pedir dulces, por ende, no hay tantas personas que estén listos para dar dulces a los que sí lo hacen. Lo más común para esta fecha es hacer una fiesta de disfraces con las personas que conoces, lo que en pocas palabras significa familia y amigos.

Por último, hay que reconocer que esta celebración ha ido adquiriendo más notoriedad en el último par de décadas. Es por eso que a continuación te dejamos algunas recomendaciones de disfraces que puedes hacer para tu próxima fiesta de Halloween con monstruos mexicanos que quizá no conocías, pero que te pueden dar un tema de conversación interesante.

El Chupacabras

It's described as a being that attacks animals in various livestock or rural areas. Its name derives from the way it attacks animals, since it sucks the blood of domestic animals, especially goats.

Se describe con un ser que ataca a los animales en diversas zonas ganaderas o rurales. Su nombre se deriva de la manera de atacar a los animales, ya que les chupa la sangre a animales domésticos, en especial a las cabras.



Dzulum

It is a mythological Mayan creature similar to a feline. He has a supernatural power to seduce women whom he hypnotizes to accompany him to the jungle.

Es una criatura mitológica maya parecido a un felino. Tiene un poder sobrenatural para seducir a las mujeres a las cuales hipnotiza para que lo acompañen a la selva.



Los Aluxes

They are mischievous elves of Mayan origin, they are associated with nature and if you make offerings to them they can be your protectors for 7 years.

Son duendes traviesos de origen maya, se asocian a la naturaleza y si se les hacen ofrendas pueden ser tus protectores por 7 años.

Did you know that...?

The least terrifying monster in the world is the Ajolote. It's an amphibian endemic to Mexico and its name literally means water monster.

¿Sabías que...?

El monstruo menos aterrador del mundo es el ajolote. Es un anfibio endémico de México y su nombre literalmente significa monstruo acuático.



Celebrating Life and Healing Grief

By Loretta Downs

The extraordinary Mexican fiesta of The Day of the Dead, Dia De Los Muertos, on November 2nd has been inscribed on the UNESCO Representative List of the Intangible Cultural Heritage of Humanity. This artistic and flamboyant day is the one time every year that Mexicans publicly express and share their grief in national unity. Even though it is not a religious holiday, it is as sacred as Christmas and Easter.

Symbolic altars, ofrendas, adorn homes, streets, plazas, and cemeteries all over Mexico, transforming them into sacred ground. Each ofrenda is a creation of love and imagination. They adorn all of them with mementos of loved ones and bright golden cempasuchil, marigold, flowers. Each is a work of art, a manifestation of the healing process of grief and a statement of remembering.

The essence of the Day of The Dead is to remind us that being alive is a cause for celebration. By remembering loved ones who have died, we acknowledge death as a natural part of life that we can see and even dance with, rather than hiding or denying it as Western Culture tends to do.

Grieving is as natural as breathing, and research has proven that sharing one's grief eases us into the healing process. There is a tonic provided by participating in funerals and memorial services. As Western life and attitudes evolve and families now live long distances apart, these essential human rituals are evolving into something else: Celebrations of Life.

We design Celebrations of Life with gratitude in mind. They are opportunities for individuals, families, and communities to recognize the value of a person's life, share their stories, spread our longing and grief on many shoulders, and transform grief into gratitude.



Our Lady of the Monarch. Artist Demetrio Garcia Aguilar.
Photo by Harriet Hart

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One of the majestic symbols of a celebration of life and transformation is the Monarch butterfly. They begin as an egg, like we do. They hatch as a caterpillar on a milkweed leaf and eat and eliminate, like we do, for about ten days until they are ready to transform into a chrysalis, like the silent stage before humans die. For about ten days, another miracle of transformation occurs, and a butterfly emerges from the chrysalis, surprised by its new form. Every single one of them has a program for transformation, just like us.

In August and September, the last generation of summer Monarchs that have spread north from Mexico, across the United States and up to Canada, stop reproducing and float south on a journey they have never made before.

These genetically engineered great-great-grandchildren of the Monarchs, who left the Mexico winter grounds in March, can find their way back to the same overwintering grounds in Michoacan where tall oyamel trees await to keep them safe through the winter.

Year after year, millions of Monarchs mysteriously and miraculously arrive on the Day of the Dead. As if out of nowhere, clouds of them appear in the skies, descending on the hillsides.

The residents in the area believe they are the souls of the dead returning. Their arrival signals the celebration of life that is the underlying message of the Dia de Los Muertos: everything dies and everything changes form. Love is all that matters.

Share your grief and gratitude by joining in the October Celebration of Life and Honoring Death events at the Lake Chapala Society from October 18th through Oct 29th.

We will sell memorial luminaria for 50 pesos each and memorial cards for 10 pesos every Sunday in October before and after Open Circle, and in the office after Oct 20th.



Celebration of life; Photo by D. Medrano


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THINKING ABOUT TRAVELING SOLO?

By Diana Hunt

Are you still waiting for someone to go with you on that trip you've dreamed about? If so, you are missing out on some grand experiences. Do you think people will think you are a loser because you are alone? Forget about it!



Winery stop on bike tour

The freedom to explore a new destination with no need to constantly check in with your travel partner or adhere to a set dinner time is truly revitalizing. You might have the chance meeting with a friendly local, like the tiny woman in Myanmar who dragged me into her house to meet her husband and her birds.

Adventure travel is often best managed in groups because of the myriad details. The collective excitement of discovering somewhere new on a tour with a group of like-minded individuals is a bonding experience. Joining a group adventure is the perfect way to throw caution to the wind and let someone else take the wheel. **You'll have all the enjoyment of a life-changing lark, and none of the angst of planning. Letting go of control can be difficult but liberating.**

You can combine doing it solo and hiring local tour guides. You get the inside scoop, meet other people — but how and when is up to you.

Do your research. If you prefer to travel alone, you will need to make all the arrangements or have a travel agent you trust do it for a fee. There is a certain feeling of adrenaline when you first board that airplane, boat, train, or bus.



Author with Maasai friend; photo by C.Roberts

For your first foray traveling alone, try going with a small special-interest group, like a tour aimed at singles, or a tour for women only, or for single men, or to see the Aurora Borealis (it is supposed to be extra special this winter), a tour aimed at gays or to volunteer. Sign up for a quick tour relatively close by, like the Farm Sanctuary in New York's Finger Lakes Region or to Mexico City.



Safari Leopard adventure



Petra Jordan

For your own safety, let friends or family know of your trip. If your house will be empty while gone, don't share photos of your trip until you return.



Wasi Rum Jordan

Always be aware of your surroundings and alert to what's happening. If you're uncomfortable in a place or with someone who approaches you, go with your instinct and get away. **In crowds be alert for pickpockets. Do not carry more money than you think you'll need for that day and leave your passport in the hotel safe.** You might separate cash and credit cards or keep your money in a money belt. Use a cross body bag.

Get local currency before you set out. Do not exchange money at the airport (their fees are



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outrageous) but, if you must, get just enough for tips or bus fares until you get to an ATM or bank.

Travel light. Nothing is more stressful than hauling big, heavy bags onto busses or trains or small planes on an African safari.

Do consider buying travel insurance, especially if you are in a remote corner of the world. Your credit card may protect you with your commercial flights, but if you have to be airlifted out of Sri Lanka, you sure want to be protected.

So, get off the couch, expand your horizons, stretch your comfort zone.

It is a wide, beautiful world out there waiting for you to discover it.

Tap Into Wellness: Surprising Benefits of Emotional Freedom Techniques

By Sharon Brooks

This month's Alternative Health series brings to you the Emotional Freedom Technique (EFT) which burst onto the scene in the 1990s thanks to Gary Craig. This quirky method is a universal healing tool for physical pain, disease, and emotional distress.

Imagine this: once learned, you simply tap on specific points on your body while focusing on perhaps a phobia, physical pain, or an annoying habit. Giving your issue a gentle nudge and saying, "You are no longer needed." A simple technique you can do at home, or with a qualified practitioner to give your problem the boot.

The EFT technique has shown dramatic success in the treatment of posttraumatic stress disorder \ PTSD. It has worked successfully with thousands of soldiers with PTSD, showing rapidly diminished symptoms.

Not only does it bring relief to those with psychological challenges, but it can produce quick results when used for physical problems as well. The method works by releasing the emotional memories associated with physical symptoms.

EFT has proven effective in improving sports, school, and business performance. There are specialty books on these subjects, such as **EFT for Sports Performance**, **EFT for Back Pain**, and **EFT for the Highly Sensitive Temperament to suggest a few.**

EFT is easy to learn and simple to apply. In brief, simply measure the intensity of the emotion associated with a traumatic memory, such as on a scale of 1-10, then pair that memory with a statement of self-acceptance. This pairing uses two very well-researched psychological techniques, called exposure (remembering the trauma) and cognitive restructuring (self-acceptance). You then tap with your fingertips on a series of acupressure points on your face and body. The tapping



sends a calming signal to your brain, telling it you are safe. So, as before, the memory might have sent your body into a conditioned stress response. You are now re-conditioning your brain with a positive association.

American psychologist Roger Callahan discovered he could cure his patients of phobias in a single session. To this day, phobias are one of the easiest conditions for EFT to treat. EFT has cured phobias such as a fear of deep water, fear of flying, and fear of the dark. The Emotional Freedom Technique can also address destructive habits, such as smoking, nail biting, and narcotic drug use.

In summary, your mind and body have a healing wisdom that usually directs healing power toward the place where it is most urgently required. All it takes is an understanding of the technique, your determination to keep an open mind and do the process. Or find a local practitioner to assist you through the process. There are qualified practitioners available in the Lakeside Area to support you or get you started.

EFT should not replace conventional medical treatment, especially for serious conditions. It is best used as a complementary therapy.

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