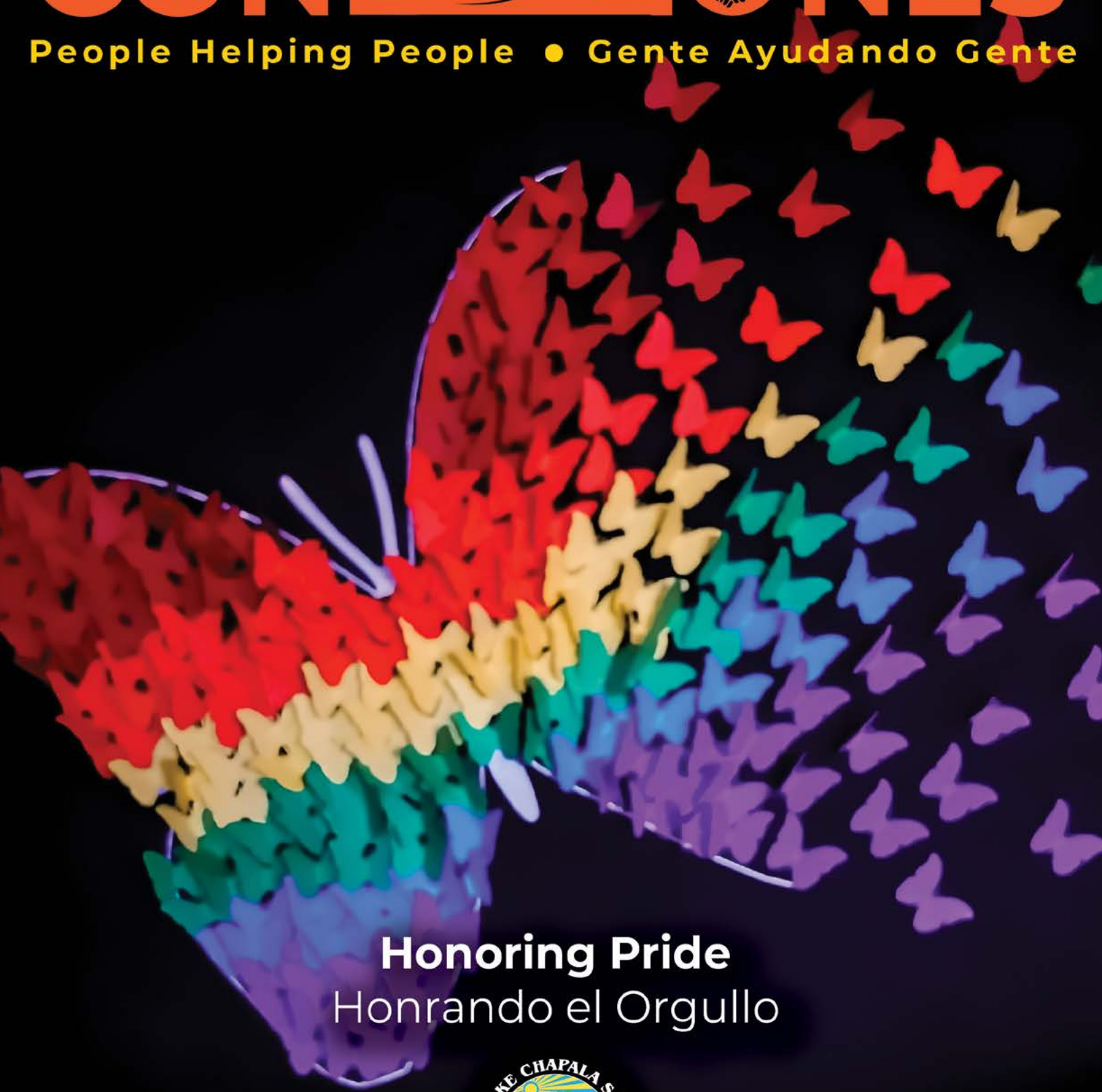


#65
June | Junio 2024

Free
Gratis

CONEXIONES

People Helping People • Gente Ayudando Gente



Honoring Pride
Honrando el Orgullo

Publicación Bilingüe



Bilingual Publication

CONEXIONES MAGAZINE

IS LOOKING FOR:

VOLUNTEER
POSITIONS



Join our vibrant team!

We're seeking creative volunteers for Art & Design
and Sales & Promotion roles at our magazine.

Contact us at editor@lcsac.org.

INTERESTED?

LET'S MAKE MAGIC TOGETHER!

IS TAKING A
SUMMER
VACATION! 🌂

We will not be publishing
an edition during July and
August while our
volunteer staff spend time
with their families and
travel. Look for a
sparkling fresh edition in
September.

Happy Holidays 🌞



WE NEED YOU!

The Children's Art Program and Summer Art Camp are seeking volunteers who are
passionate about art and eager to teach children.

JOIN US TO MAKE A DIFFERENCE!

Contact Víctor Camarena at education@lcsac.org

President's Message

By Steve Balfour

I want to share some important updates from the May 14Th board meeting.

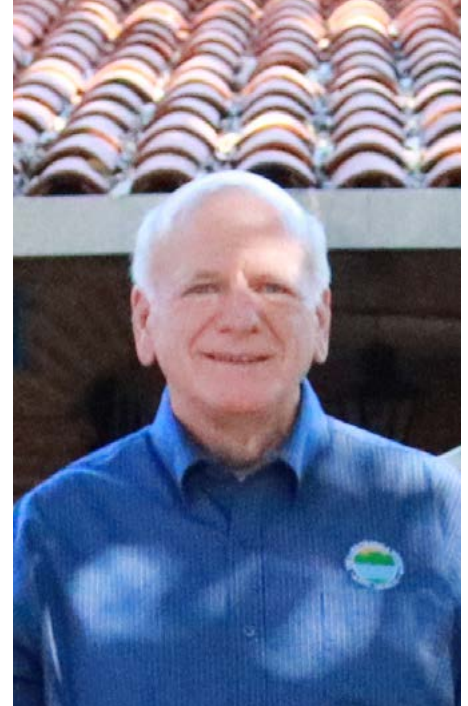
We've reverted the monthly board meeting schedule to its long-standing time: the 3rd Thursday of each month from 10:00 am to noon. Each meeting will start with a closed session from 10:00 to 10:30 am, followed by an open session from 10:30 to noon, where all members are welcome.

The board has approved chairs for the sub-committees, where most of our work gets done. We need people with specific skills to join these committees. Fundraising remains our greatest challenge, so we are particularly seeking those with nonprofit fundraising or sales management expertise. Additionally, the program committee needs individuals skilled in analyzing our classes and activities and working with the Education Director to develop strategies for improving our offerings. If you have relevant skills and are interested in joining a committee, please send your resume or bio to Hunter Johnson, chair of the Board Development Committee.

Following the resignation of our former Executive Director, we must fill this role quickly to address the many challenges we face. Typically, it takes about five months to find a new Executive Director, but we cannot afford to leave this position vacant for that long. With over 50 years in the nonprofit sector, I have agreed to step down as President to serve as Interim Executive Director during the search process.

I am incredibly grateful to Yoly Martinez for stepping up from Vice President to President until the August Extraordinary meeting. Yoly has been a dedicated advocate for LCS, offering her skills, talents, and energy to support the lakeside community. She has strong connections with all levels of government affecting lakeside and currently serves as President of the Cruz Roja Chapala. Her leadership and commitment receive widespread respect. She has asked for the community's support as we navigate this transition.

We've set August 20 at 10:00 am for the Extraordinary Meeting, where members will determine the term for the next elected President of LCS and nominate candidates for the position. There will then be the opportunity for candidates to run for that term for the President's position.



Organizations at Lakeside continue to face many challenges, including those impacted by COVID and the ongoing recovery process. We've seen organizations close due to a lack of leadership and struggle for volunteers and financial support. Whatever your interests and passions, there is a Lakeside organization in need of your help.

This issue of Conecciones reflects Pride month, which is globally recognized in June, and showcases the diversity of our community. We hope you find value in the articles and learn about the efforts to enhance our quality of life here at Lakeside. We have much to be proud of in our community.

On a personal note, I deeply appreciate the tremendous support I've received as your President over the past four years. These years have been challenging for the organization and all of us. There is still much work to be done, and I look forward to continuing to serve the community in any valuable way. I am committed to giving my best as the Interim Executive Director. My door is always open, and I value emails that people send me with their thoughts and ideas. Together, we are moving forward.

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: Mike Platt

Treasurer/Tesorero: Tim Boardman

Directors/Directores: Christy Caldwell, Greg Custer, Greg Distefano, Madera Glenn, Linda Goman, Steve Graham, Hunter Johnson, Leon Felipe Muñoz, George Radford.

Development Director/Directora de Desarrollo: Claudina González Durán

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: Steve Balfour

Managing Editor: Sandra Baird

Assistant Managing Editor: Catherine Austill

Associate Editors/Editores asociados: Harriet Hart, Diana Hunt

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

Domitzu Medrano

Proof-reader/Revisión final: Thomas Gay

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

Conecciones Advertising Prices Precios de los Anuncios 2024

	Cost / Precio
Back cover / Contraportada (8.5 x 11" / 21.5 x 28 cm)	\$6,600 MXN
Inside front & back cover / Contraportada interna (8.5"x11" / 21.5 x 28 cm)	\$6,060 MXN
Full page / Página completa (7.8 x 10.2" / 20 x 26 cm)	\$4,590 MXN
1/2 page / 1/2 página (4.7 x 7.2" / 12 x 18.5 cm)	\$2,775 MXN
1/4 page / 1/4 página (3.5 x 4.7" / 9 x 12 cm)	\$1,465 MXN
1/8 page-business card / 1/8 página-tarjeta de presentación (3.5 x 2" / 9 x 5 cm)	\$510 MXN

INDEX / ÍNDICE

- 1 **President's Message**
- 3 *Mensaje del Presidente*
- 4 **The Tenth Muse**
- 5 *La Décima Musa*
- 6 *Ajijic CARES: A punto de hacer grandes cosas*
- 7 **Ajijic CARES: On the verge of great things**
- 9 **Did you know? LCS Strives to be Inclusive?**
- 10 *¿Sabías que? LCS se esfuerza por ser inclusiva?*
- 11-12 **COVER STORY: Getting to Know the Rainbow Alliance**
- 13 *ARTÍCULO DE PORTADA: Conociendo the Rainbow Alliance*
- LCS-1 Activities**
- LCS-2 Educational Classes**
- LCS-3 Library Column**
- LCS-4 Bus Trips**
- LCS-5 Español en Acción, Open Circle**
- 16 *EDUCACIÓN Y CULTURA: Lo que no se nombra no existe*
- 17 **EDUCATION AND CULTURE: What is not named does not exist**
- 18 **Finding New Community and Culture in Lakeside**
- 19 *Encontrando una nueva comunidad y cultura en la ribera*
- 21 **El Negrito**
- 23 *El Negrito*
- 24 **Courage Under Fire**
- 25 *Valor bajo el fuego*
- 27 **What's in a name? That which we call a Puma, by any other name, would be the same cat.**
- 28 **HEALTH: Ancient Paths: Modern Technology**

Cover: Photo by: Erika Balbier
Art by: Mimí Martinez

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

Mensaje del Presidente

Por Steve Balfour

Quiero compartir algunas actualizaciones importantes de la reunión de la junta directiva del 14 de mayo.

Hemos vuelto al horario habitual de las reuniones mensuales de la Junta: el tercer jueves de cada mes de 10:00am a 12:00pm horas. Cada reunión comenzará con una sesión a puerta cerrada de 10:00am a 10:30am, seguida de una sesión abierta de 10:30am a 12:00pm, en la que todos los miembros son bienvenidos.

La junta directiva ha aprobado coordinadores para los subcomités, donde se realiza la mayor parte de nuestro trabajo. Necesitamos personas con aptitudes específicas para formar parte de estos comités. La recaudación de fondos sigue siendo nuestro mayor reto, por lo que buscamos especialmente a personas con experiencia en recaudación de fondos para organizaciones sin ánimo de lucro o coordinando ventas. Además, el comité de programas necesita personas capacitadas para analizar nuestras clases y actividades y trabajar con el Director de Educación en el desarrollo de estrategias para mejorar nuestra oferta. Si posee las aptitudes necesarias y está interesado en formar parte de un comité, envíe su currículum vitae o biografía a Hunter Johnson, presidente del Comité de Desarrollo de la Junta Directiva.

Tras la renuncia de nuestro anterior Director Ejecutivo, debemos cubrir este puesto rápidamente para hacer frente a los numerosos retos a los que nos enfrentamos. Normalmente, se tarda unos cinco meses en encontrar un nuevo Director Ejecutivo, pero no podemos permitirnos dejar este puesto vacante durante tanto tiempo. Con más de 50 años de experiencia en el sector no lucrativo, he aceptado dimitir como Presidente para desempeñar el cargo de Director Ejecutivo interino durante el proceso de búsqueda.

Estoy increíblemente agradecido a Yoly Martínez por pasar de Vicepresidenta a Presidenta hasta la reunión extraordinaria de agosto. Yoly ha sido una defensora dedicada de LCS, ofreciendo sus habilidades, talentos y energía para apoyar a la comunidad de la ribera. Ella tiene fuertes conexiones con todos los niveles de gobierno que afectan a la ribera y actualmente se desempeña como Presidenta de la Cruz Roja Chapala. Su liderazgo y compromiso gozan de un amplio respeto. Ella ha pedido el apoyo de la comunidad a medida que navegamos esta transición.

Hemos fijado el 20 de agosto a las 10:00 am para la Reunión Extraordinaria, donde los miembros determinarán el periodo para el próximo Presidente/a de LCS y nominarán candidatos para el cargo. Habrá entonces la oportunidad de que los candidatos se presenten para ese mandato para el cargo de Presidente.

Las organizaciones de la ribera siguen afrontando muchos retos, incluidos los efectos por el COVID y el proceso de recuperación en curso.



Hemos visto organizaciones cerrar debido a la falta de liderazgo y la lucha por conseguir voluntarios y el apoyo financiero. Sean cuales sean sus intereses y pasiones, hay una organización en la ribera que necesita su ayuda.

Esta edición de Conexiones refleja el mes del Orgullo, reconocido mundialmente en junio, y muestra la diversidad de nuestra comunidad. Esperamos que los artículos sean de su interés y que conozcan los esfuerzos realizados para mejorar nuestra calidad de vida aquí en la ribera. Tenemos mucho de lo que estar orgullosos en nuestra comunidad.

A título personal, agradezco profundamente el enorme apoyo que he recibido como Presidente durante los últimos cuatro años. Estos años han sido difíciles para la organización y para todos nosotros. Aún queda mucho trabajo por hacer, y espero seguir sirviendo a la comunidad de cualquier forma valiosa. Me comprometo a dar lo mejor de mí como Director Ejecutivo interino. Mi puerta está siempre abierta, y valoro los correos electrónicos que la gente me envía con sus pensamientos e ideas. Juntos, seguimos adelante.

The Tenth Muse

By Sandra Gutiérrez



How can we begin to talk about Sor Juana Inés de la Cruz? For those who do not know her, she is a 17th century nun and poet from New Spain whose talent, wisdom and way of writing earned her the nickname of the Tenth Muse. Sor Juana was born in Tepetlixpa on November 12, 1648 or 1651¹ and died on April 17, 1695 in Mexico City. To this day she is considered one of the greatest exponents of the Golden Age of Spanish literature.

It is said that the reason Sister Juana entered a convent was because she did not wish to marry, which in the poet's time were the only two options for a woman, to be a nun or to marry. This, together with the fact that the convent was the only place where she would have access to books, be allowed to study, write, have gatherings, and receive visits, such as those of Leonor de Carreto, who was the poet's patron until the viceroys took over. Leonor and Sor Juana developed such a great friendship that it earned Leonor several elegies to the viceroy by Sor Juana, among these stands out *Of Laura's Beauty in Love*.

In 1680, seven years after the death of Leonor de Carreto on her way to Veracruz, the substitution of the viceroys took place, at which time she met María Luisa Manrique de Lara y Gonzaga or "Lisi" as Sister Juana called her. This woman is very relevant in the poet's life for several reasons. I will begin by saying that Sister Juana also wrote a great number of poems praising Lisi's qualities, which, in her role as patron, could be compared to the poems she wrote for Leonor. However, when comparing what she wrote to Leonor with what she said about Lisi, it is clear that the words she used to describe Maria Luisa were more than just praise... for yielding to hers my joy, / for not getting to see her misused, / I even think I would feel to see her mine."²

The relevance of the vicereine in the life of Sor Juana is not only based on the stanzas that the poet wrote about Lisi, but also on the details that they had with each other. The Countess of Paredes possessed a portrait and a ring that the writer herself had given her, while María Luisa did everything possible to make the poet's texts known upon her return to Spain.

If you read this exponent of Spanish literature, you notice that her writing is mostly focused on the feminine. She defends women and their right to education, as well as delves into Sapphic poetry, which positions her as a literary reference within the LGBT+ community. And while the

idea of this writing is not to convince or to choose a position on Sor Juana's sexual orientation, I would like to leave you with a reflection made by Domenech in her book. "It seems terrible to me that a gentleman and a lady at any time in history should vaguely cough on each other and it is taken for granted that they loved each other, but if I come with fifty Sapphic love poems in hand, they will ask me for conclusive proof as if this were CSI: *New Spain*."

Heterosexual love is presupposed, but to admit that one woman in history could have fallen in love with another, we need a sworn confession, twelve medical vouchers and a freeze-dried unicorn horn."³

¹ Some authors differ on the year of birth. However, November 12, 1648 is cited as the most probable date.

² 1674, Yo adoro a Lisi, pero no pretendo...

³ Illustrious ladies who were embedded long ago, 2019.

La décima musa

Por Sandra Gutiérrez

¿Cómo comenzar a hablar de sor Juana Inés de la Cruz? Para quienes no la conocen, se trata de una religiosa y poeta novohispana del siglo XVII cuyo talento, sabiduría y manera de escribir le valieron el apelativo de la *Décima musa*. Sor Juana nació en Tepetlixpa el 12 de noviembre de 1648 o 1651¹ y falleció el 17 de abril de 1695 en la CDMX. Hasta la fecha se le considera una de las grandes exponentes del Siglo de Oro de la literatura en español.

Se dice que la razón de que sor Juana entrara a un convento se debió a que ella no deseaba casarse, lo cual en el tiempo de la poeta eran las únicas dos opciones para una mujer, ser religiosa o contraer matrimonio. Esto, aunado al hecho de que, además de una universidad, el convento era el único lugar donde tendría acceso a libros, tenía permitido estudiar, escribir, hacer tertulias y recibir visitas, como las de Leonor de Carreto, quien fue mecenas de la poeta hasta el relevo al cargo de los virreyes. Leonor y sor Juana desarrollaron una amistad tan grande que le valieron varias elegías a la virreina por parte de la escritora, entre estos destaca *De la beldad de Laura enamorados*.

En 1680, siete años después de la muerte de Leonor de Carreto rumbo a Veracruz, se produce la sustitución de los virreyes, momento en el cual conoce a María Luisa Manrique de Lara y Gonzaga o “Lisi” como la llamaba sor Juana. Esta mujer resulta muy relevante en la vida de la poeta por varias razones. Comenzaré diciendo que también a Lisi le escribió un gran número de poemas alabando sus cualidades, lo cual en su papel de mecenas podría compararse con los poemas que escribió para Leonor. Sin embargo, si se hace una comparación con las cosas que escribía a Leonor y lo que decía sobre Lisi, podemos notar que las palabras que utilizaba para referirse a María Luisa eran más que sólo alabanzas “... pues cediendo a la suya mi alegría, / por no llegarla a ver mal empleada, / aun pienso que sintiera verla mía.”²

La relevancia de la virreina en la vida de sor Juana no se basa únicamente en las estrofas que la poeta haya escrito sobre Lisi, sino también en los detalles que tuvieron la una con la otra. La condesa de Paredes poseía un retrato y un anillo que la misma escritora le había dado, mientras que María Luisa hizo todo lo posible por dar a conocer los textos de la poeta en su regreso a España.



Si se dan la oportunidad de leer a esta exponente de las letras españolas, podrán darse cuenta de que su escritura está orientada mayormente a hacia lo femenino, ya fuese defendiendo a la mujer y su derecho por la educación, o a la poesía sáfica, lo cuál la convierte en un referente literario dentro de la comunidad LGBTQ+. Y si bien la idea de este escrito no es convencer ni que se elija una postura acerca de la orientación sexual de sor Juana, sí me gustaría dejarlos con una reflexión que hace Domenech en su libro “...me parece terrible que un señor y una señora en cualquier momento de la historia se tosan vagamente encima y se dé por sentado que se amaban, pero si yo vengo con cincuenta poemas de amor sáfico en la mano, me pedirán pruebas concluyentes como si fuera esto CSI: Nueva España. El amor heterosexual se presupone, pero para admitir que una mujer en la historia pudo enamorarse de otra, necesitamos una confesión jurada, doce justificantes médicos y un cuerno de unicornio liofilizado.”³

¹ Algunos autores difieren en el año de nacimiento. Sin embargo, el 12 de noviembre de 1648 se cita como la fecha más probable.

² 1674, *Yo adoro a Lisi, pero no pretendo...*

³ *Señoras ilustres que se empotraron hace mucho*, 2019.



el Instituto Conalep, la Preparatoria Regional de Chapala y el Tecnológico Superior de Chapala.

"Pero Covid acabó con estos esfuerzos educativos", explicó Lancaster con pesar.

Sin embargo, este año, el décimo aniversario de Ajjic CARES, la organización está, de hecho, "a punto de hacer grandes cosas". Para empezar, ha contratado a su primer director, Mitsunari Zapata. Licenciada en Psicología por la Universidad de Guadalajara, Zapata está entusiasmado con lo que se avecina. "Vamos a abrir una oficina junto a la Panadería Francesa (Carretera Chapala-Jocotepc Poniente, 268) que servirá no sólo como lugar de reunión seguro para todos, especialmente para las personas de minorías sexuales, sino que será un puente importante entre ellos y los recursos que puedan necesitar. Además, esperamos obtener por fin el estatus oficial de asociación sin ánimo de lucro (AC).

Dado que los gastos de la organización aumentarán de 200.000 pesos anuales a al menos 400.000, la recaudación de fondos será esencial; lo que explica el propósito y la importancia de la obra "Facing East" en el Lakeside Little Theatre del 21 al 23 de junio. La mayor parte de lo recaudado con la venta de entradas se destinará a Ajjic CARES.

"Facing East" describe la tortuosa conversación de una pareja de mormones sobre la tumba de su hijo gay en la que finalmente reconocen su complicidad en su suicidio. Es una obra fascinante, tensa y redentora, y una forma adecuada de recaudar fondos para Ajjic CARES. El rechazo de los padres a los niños gays les expone a un riesgo extremo de contraer el VIH y suicidarse.

Las entradas están disponibles en lakesidelittletheatre.com



A PUNTO DE HACER GRANDES COSAS

Por David Ellison

Tomando prestada una línea de la aclamada obra de teatro "Facing East" (Orientación Este) que se presentará en el Lakeside Little Theatre con el objetivo de recaudar fondos para la organización, Ajjic CARES está "¡a punto de hacer grandes cosas!".

En 2014, fundamos Ajjic CARES para honrar el 25º Día Mundial del SIDA, que conmemoramos cada 1 de diciembre. (En español, el acrónimo CARES significa *Comunidad, Aceptación, Respeto, Esperanza y Salud*).

"Había perdido a más de treinta amigos a causa del SIDA", recuerda Bobby Lancaster, el único miembro fundador de Ajjic CARES que sigue viviendo en la ribera. "Todavía estaba de duelo. Y me resultaba duro oír a otros decir: '¿No se ha acabado el SIDA?' o 'A mí no me afecta' o 'No tengo que preocuparme por el VIH. No soy gay'. Esta persistente ignorancia de la amenaza del SIDA es peligrosa, ya que no hay cura".

Según la Organización Mundial de la Salud, el SIDA ha matado a 50 millones de personas en todo el mundo. Cerca de 40 millones viven con la enfermedad, la mayoría en el África subsahariana, y la mayoría son mujeres heterosexuales. Anualmente se producen aproximadamente 1.3 millones de nuevas infecciones y 630.000 muertes adicionales por complicaciones relacionadas con el SIDA. En la zona de Chapala, hay 123 personas que viven con la infección (pero eso no incluye las infecciones detectadas por el IMSS o el ISSSTE).

Lancaster agregó: "Nunca una generación de personas debió ser impactada por una pandemia como ésta, en la que tantas instituciones no hicieron nada. Mis amigos y yo sabíamos que teníamos que hacer algo".

El primer acto de Ajjic CARES en el Malecón de Ajjic incluyó una escultura de 12 pies del logotipo del lazo rojo del SIDA, discursos, música y baile. Fue una oportunidad para que los vecinos recordaran y honraran a los que habían perdido a causa del SIDA, y para difundir información esencial sobre la enfermedad, aún omnipresente y mortal. Desde entonces, la organización ha trasladado el acto en dos ocasiones a The Lake Chapala Society, donde se ha convertido en un emotivo espectáculo musical.

En colaboración con otras organizaciones locales, como Vihas de Vida de Guadalajara, DKT México, Mesón y la AIDS Health Care Foundation, Ajjic CARES también patrocinó seminarios y actividades de divulgación sobre sexo seguro. Ajjic CARES patrocinó clases en varias escuelas locales, como

AJIJIC CARES ON THE VERGE OF BIG THINGS!

By David Ellison

To borrow a line from the acclaimed play *Facing East* which will be performed at the Lakeside Little Theatre as a fund-raiser for the organization, Ajijic CARES is “on the verge of big things!”.

In 2014, we founded Ajijic CARES to honor the 25th World AIDS Day, which we commemorate every December 1st. (In Spanish, the acronym CARES stands for Comunidad, Aceptación, Respeto, Esperanza y Salud, or Community, Acceptance, Respect, Hope and Health.)

“I’d lost over thirty of my friends to AIDS,” recalls Bobby Lancaster, the only founding member of Ajijic CARES who still lives Lakeside. “I was still grieving. And, it was hard for me to hear others say, ‘Isn’t AIDS over?’ or ‘It doesn’t affect me’ or ‘I don’t have to worry about HIV. I’m not gay.’ This ignorance of the ongoing threat of aids is dangerous since there is no cure.”

According to the World Health Organization, AIDS has killed 50 million individuals worldwide. Close to 40 million are living with the disease, mostly in Sub-Saharan Africa—most of them are heterosexual women. Annually, there are approximately 1.3 million new infections, and 630,000 additional deaths from AIDS-related complications. In the Chapala area, there are 123 individuals living with the disease (but that does not include infections detected by IMSS or ISSSTE).

Lancaster added, “Never should a generation of people be



Ajijic CARES Founder, Bobby Lancaster (left) and its new Director, Mitsunari Zapata.

impacted by such a pandemic where so many institutions did nothing. My friends and I knew we had to do something.”

The first Ajijic CARES event on the Ajijic Malecón included a 12-foot sculpture of the red ribbon AIDS logo, speeches, music and dance. It was an opportunity for locals to remember and honor those they’d lost to AIDS, and to disseminate essential information about the still pervasive and deadly disease. Since then, the organization moved the event twice to the Lake Chapala Society, where it became an emotional, musical extravaganza.

Partnering with other local organizations such as Guadalajara’s Vihas de Vida, DKT Mexico, Mesón, and the AIDS Health Care Foundation, Ajijic CARES also sponsored safer-sex outreach and seminars. Ajijic CARES sponsored classes in various local schools, including Conalep High School, Preparatoria Regional de Chapala, and Tecnológico Superior de Chapala.

“But Covid ended these educational efforts,” Lancaster explained ruefully.

However, this year, Ajijic CARES’ 10th-anniversary, the organization is, indeed, “on the verge of big things!” For one, it’s hired its first director, Mitsunari Zapata.

With a degree in Psychology from the University of Guadalajara, Zapata is enthusiastic about what is coming. “We’re going to open an office next to the French Bakery (268 Carretera Chapala-Jocotepc Poniente) which will serve not only as a safe gathering place for everyone, especially sexual-minority individuals, but will provide an important bridge between them and the resources they may need. Also, we hope to obtain official non-profit (AC) status, finally.

Given that the organization’s expenses will increase from \$200,000 pesos annually to at least \$400,000, fund-raising will be essential; which explains the purpose and importance of the play *Facing East* at the Lakeside Little Theatre June 21st - 23rd. Most of the proceeds from ticket sales will benefit Ajijic CARES.

Facing East depicts the tortuous conversation of a Mormon couple over the grave of their gay son in which they finally acknowledge their complicity in his suicide. It’s a riveting, edgy, redemptive play; and a fitting way to raise funds for Ajijic CARES. Parental rejection of gay kids place them at extreme risk of HIV/AIDS and suicide.

**Tickets are available at
lakesidelittletheatre.com.**

Oticon OPN S T.M.

Brain hearing. New rules. Rechargeable
Nuevas reglas en audición cerebral. Recargable

Enjoy
30% better speech understanding
mejor comprensión de las palabras

Reduce your listening effort by
20% menor esfuerzo para escuchar

Remember
20% more of your conversations
mayor recuerdo de las conversaciones



oticon

Carlos Alonso Flores M.D.
(Licensed Audiologist)
Médico Especialista en Audición Certificado
Ced. Esp. 10394596 U.N.A.M.
doctorcarlos@audiologia-auxiliares.com

Chapala MED
Libramiento Chapala-Ajijic
132 int. 21
Plaza Interlago
Tel (376) 766 5126 / (376) 766 4435

Clínica Luvare
Av. Paseo de la Arboleda 950
Colonia Jardines del Bosque
GDL, Jalisco
Tel (33) 3122 2257 / (33) 3122 2266



Restylane
7% OFF

Rejuvenate with Galderma products

IRRESISTIBLE Duo Combo
Silk lifting facial +
holistic massage
~~\$1980~~ **\$1,515** Cash
save: \$368
~~\$1980~~ **\$1,573** card payment
save: \$307

RENEWAL Combo
SILK Lifting Facial

+ Massage (1hr)
+ Spa Manicure
+ Spa Pedicure
~~\$2275~~ **\$1890** Cash
save: \$385
~~\$2275~~ **\$1965** Card Payment
save: \$310

Dra. Yolanda Ramírez MD.

Ced. Profesional 1951341 Permiso Sanitario UCS P20182608P055



33 2589 7707 376 766 3379
Ocampo 33A, Ajijic
Office: Mon-Fri: 9-5 pm, Sat: 9-3 pm
Spa: Mon-Fri: 9-6 pm, Sat: 9-3 pm
www.totalbodycarespa.com.mx

Member of:



**Audiology-Hearing
Care Specialists**
Cuidado Auditivo - Audiología



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.



Property management & Tenant screening



Testate/Intestate
succession

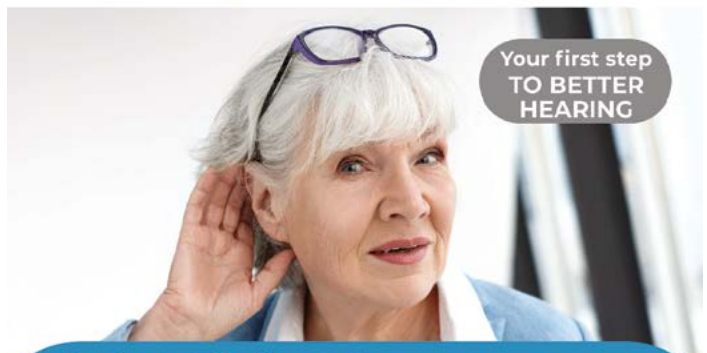


Legal advice for landlords & tenants



And a whole host of others

Ramón Corona 11, Ajijic +1 (619) 214-0841 Monday to Friday, 8 am to 5 pm
376 688 4563 @Mtro. Felipe González info@felipegonzalez.com



Your first step
TO BETTER
HEARING

- 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.

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

Book your
appointment: 332 945 3267

www.clinicasob.com
chapala@clinicasob.com

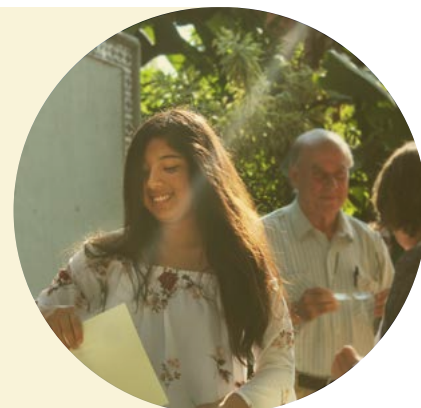
Did you know?

LCS Strives to be Inclusive?

By Harriet Hart

In 1955, a small group of expats formed a society and invited foreign residents living at Lakeside to join. Since then, LCS has evolved from an informal, exclusive social club to a modern organization with a paid executive director and staff, a computerized English library and various programs and services that contribute to making this community such a desirable place to retire. It seeks to be inclusive.

The Oxford Dictionary defines inclusion as “the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized, such as those who have ... disabilities and members of other minority groups.”



While Mexican nationals are in the majority here at Lakeside, they are in the minority at LCS. The following are ten ways LCS has addressed this situation:



- Offering English classes free of charge at the Wilkes Center.
- Providing financial assistance for Mexican students pursuing higher education through the Student Aid Program.
- Hiring Mexican employees when positions become available.
- Holding concerts and events geared to everyone's tastes – mariachi, blues, rock, and jazz, craft sales and tequila tastings that showcase Mexican talent.
- Operating the Spanish library at the Wilkes Center, the only one of its kind at Lakeside.
- Running the Children's Art Program year round and the Children's Art Camp every summer, taught by Mexican artists.
- Holding a Chess Club for Mexican children.

- Offering photography classes for Mexican children.
- Recruiting Mexican volunteers as Amigos.
- Publishing Conecciones with many of the articles translated into Spanish. (I can testify that when I deliver them to the Ulloa physical therapy clinic, the Mexican receptionist and therapists are eager to get their hands on them).



A second target group for inclusion is persons with mobility impairments. I recently took a tumble and currently have to use a cane, joining those in wheelchairs or using walkers who know how treacherous the streets of Lakeside are. LCS has taken these steps (no pun intended) to be accessible:

- Designating a parking space for the handicapped by the front entrance.
- Ramping the entrances to the library and offices.
- Holding all classes on ground level.
- Gradually replacing all the gravel pathways on the grounds with paved, smooth ones.
- Designing totally wheelchair accessible toilets for the new bathroom facilities scheduled for completion in mid-May.

Barriers to including minorities include attitudinal, organizational, architectural, informational and technological. The most crucial is the first. We believe LCS is for everyone at Lakeside, so our task is to ask ourselves what more can we do to remove any remaining barriers?

What can you, the reader, do to keep it moving forward?

¿Sabías que?

LCS se esfuerza por ser inclusiva

Por Harriet Hart



En 1955, un pequeño grupo de expatriados formó una sociedad e invitó a los residentes extranjeros que vivían en la ribera a unirse a ella. Desde entonces, LCS ha pasado de ser un club social informal y exclusivo a una organización moderna con un director ejecutivo y personal remunerado, una biblioteca en inglés informatizada y diversos programas y servicios que contribuyen a hacer de esta comunidad un lugar tan deseable para jubilarse. LCS busca ser una organización inclusiva.

El Diccionario Oxford define la inclusión como "la práctica o política de proporcionar igualdad de acceso a oportunidades y recursos a personas que de otro modo podrían quedar excluidas o marginadas, como las que tienen ...discapacidades y los miembros de otros grupos minoritarios".



Aunque los mexicanos son mayoría aquí en la ribera, son minoría en LCS. Las siguientes son diez maneras en que LCS ha abordado esta situación:

- Ofrecer clases de inglés gratuitas en el Wilkes Center.
- Proporcionar ayuda financiera a los estudiantes mexicanos que cursan estudios superiores a través del Programa de Ayuda Estudiantil.
- Contratar empleados mexicanos cuando haya puestos disponibles.
- Organizar conciertos y eventos para todos los gustos: mariachi, blues, rock y jazz, venta de artesanías y degustaciones de tequila que muestren el talento mexicano.
- Gestionar la biblioteca en español del Wilkes Center, la única de este tipo en Lakeside.
- Dirigir el Programa de Arte Infantil durante todo el año y el Campamento de Arte Infantil cada verano, impartido por artistas mexicanos.
- Organizar un Club de Ajedrez para niños mexicanos.
- Ofrecer clases de fotografía para niños mexicanos.
- Reclutamiento de voluntarios mexicanos como Amigos.
- Ofrecer clases de fotografías gratuitas para jóvenes mexicanos
- Un nuevo centro digital de computación en español en el Centro Educativo Wilkes
- Creación de un Consejo Consultivo Mexicano cuyo objetivo es ayudar a la a LCS a crear una mayor integración entre las comunidades mexicana y extranjera de acuerdo con su visión, misión, valores y planes a largo plazo.
- Publicar Conexiones con muchos de los artículos traducidos al español. (Puedo atestiguar que cuando los entrego en la clínica de fisioterapia Ulloa, la recepcionista y los terapeutas mexicanos están ansiosos por tenerlos en sus manos).

Un segundo grupo destinatario de la inclusión son las personas con problemas de movilidad. Yo me caí hace poco y ahora tengo que usar bastón, junto con las personas en silla de ruedas o andadores que saben lo traicioneras que son las calles de la ribera. LCS ha tomado estos pasos (sin juego de palabras) para ser accesible:

- Designación de una plaza de estacionamiento para minusválidos junto a la entrada principal.
- Poner rampas en las entradas a la biblioteca y oficinas.
- Impartir todas las clases en la planta baja.
- Sustituir gradualmente todos

los caminos de grava del recinto por otros pavimentados y lisos.

- Diseñar aseos totalmente accesibles en silla de ruedas para los nuevos cuartos de baño, cuya finalización está prevista para mediados de mayo.

Los obstáculos a la inclusión de las minorías son de actitud, organizativos, arquitectónicos, informativos y tecnológicos. La más importante es la primera. Creemos que LCS es para todos en la ribera, por lo que nuestra tarea consiste en preguntarnos qué más podemos hacer para eliminar las barreras restantes.

¿Que puede hacer usted, lector, para que siga avanzando?



Getting to Know the Rainbow Alliance

By Amy Hagstrom

Folks Lakeside may have noticed a bright and colorful new logo floating around social media that belongs to The Rainbow Alliance for Lakeside Charities. Created to help raise funds and awareness for local 501c3 and AC-accredited charities, The Rainbow Alliance hosts events open to all, and enjoys tremendous support from both the LGBTQ+ community and the Lakeside community as a whole.

At the core of the Rainbow Alliance is the belief that our community is caring, strong, and willing to help in any way possible. Many people want to give support, but with so many organizations vying for attention on social media, it's hard to know where, how, or when. The founding team members noticed that some charities at Lakeside are widely known, while others need help to gain the following they deserve. This prompted the creation of the Rainbow Alliance. Its mission is to support charities that may have less of a presence or support system but have just as strong a need as others, helping them be effective and successful.

The Rainbow Alliance team also understands that it's essential for new and longtime residents alike to be able to trust the legitimacy of charities and to ensure that the help they give goes where it is supposed to. The Lakeside community can feel confident that Rainbow Alliance events will shine a spotlight on deserving charities that have been vetted, while simultaneously hosting meaningful opportunities for connection and fun. Past Rainbow Alliance events have included Drag for Paws Bingo benefiting Bone Voyage Dog Rescue, Operation Drag Bingo benefiting Operation Feed, and a Cinco de Mayo concert at Lake Chapala Society benefiting Escuela de Mariachi Pedro Rey.



While the committee for the Rainbow Alliance is at capacity at present, the best way to show support is to join the Rainbow Alliance Facebook page to become aware of events and fundraisers to attend. While Rainbow Alliance members are primarily LGBTQ+, all are welcome, and the support shown by the straight community has been unbelievable, as is evident by event turnout. The team also welcomes help to facilitate the day of event operations when needed. The Rainbow Alliance Facebook page differs from the Gay Alliance Facebook page, which is intended for LGBTQ+ members of the Lakeside community.

As the landscape of Lakeside continues to grow and change, the Rainbow Alliance is committed to adapting alongside it. The team views the charities they support and the people they reach as rainbows in and of themselves, and they strive to ensure that each one is given the opportunity to gain the attention and funds they deserve. The team is currently looking for their next charity to feature and are excited to design an event based on its mission and the crowd they think it will appeal to. The committee is aware that during this time of year, many residents are traveling, and will ensure the timing is right to help the next charity accomplish its goals. They hope you will come alongside them on their mission. It takes a village!

The following members currently make up The Rainbow Alliance: Steve Cross, Mike Martinez, Steve Graham, David Freeman, Mark Skrivaneck, Mike Platt, Gustavo Pennock, Kate Williams, Ean Mattet, Carolyn Cothran, and Sasha Flores Lara (not pictured).



Conociendo The Rainbow Alliance

Por Amy Hagstrom

Los residentes de la ribera pueden haber notado un nuevo logotipo brillante y colorido flotando alrededor de las redes sociales que pertenece a The Rainbow Alliance for Local Charities (La Alianza Arcoíris para organizaciones benéficas de la ribera). Creada para ayudar a recaudar fondos y concienciar a las organizaciones benéficas locales 501c3 y AC-acreditadas, The Rainbow Alliance organiza eventos abiertos a todos y goza de un enorme apoyo tanto de la comunidad LGBTQ+ como de la comunidad de Lakeside en su conjunto.

En el núcleo de Rainbow Alliance está la creencia de que nuestra comunidad es solidaria, fuerte y está dispuesta a ayudar de cualquier manera posible. Mucha gente quiere dar su apoyo, pero con tantas organizaciones compitiendo por la atención en las redes sociales, puede ser difícil saber dónde, cómo o cuándo. Rainbow Alliance surgió cuando los miembros del equipo fundador se dieron cuenta de que, mientras algunas organizaciones benéficas de la ribera son ampliamente conocidas, otras necesitan ayuda para ganar el seguimiento que merecen. La misión de Rainbow Alliance es apoyar a organizaciones benéficas que pueden tener menos presencia o sistema de apoyo pero una necesidad tan fuerte como otras, ayudándolas a ser tan eficaces y exitosas como sea posible.

El equipo de Rainbow Alliance también entiende que es esencial que tanto los residentes nuevos como los veteranos puedan confiar en la legitimidad de las organizaciones benéficas y asegurarse de que la ayuda que prestan va a parar a donde se supone que debe ir. La comunidad de la ribera puede estar segura de que los actos de Rainbow Alliance centrarán la atención en las organizaciones benéficas que lo merezcan y que hayan sido verificadas, al tiempo que ofrecerán oportunidades significativas de conexión y diversión. Los eventos anteriores de Rainbow Alliance han incluido Operation Drag Bingo en beneficio de Operation Feed y un concierto de Cinco de Mayo en la Lake Chapala Society en beneficio de la Escuela de Mariachi Pedro Rey.

Mientras que el comité de Rainbow Alliance está en su capacidad en la actualidad, la mejor manera de mostrar su apoyo es unirse a la página de Facebook The Rainbow Alliance para estar al tanto de los eventos y eventos para recaudar fondos para asistir. Aunque sus miembros son principalmente LGBTQ+, todos son bienvenidos, y el apoyo mostrado por la comunidad heterosexual ha sido increíble, como lo demuestra la asistencia a los eventos. El equipo también agradece la ayuda prestada el día del evento para facilitar las operaciones cuando sea necesario. Cabe señalar que la página de



Facebook de The Rainbow Alliance es diferente de la página de Facebook Gay Alliance Facebook, que está destinada a los miembros LGBTQ+ de la comunidad de la ribera.

A medida que el paisaje de la ribera sigue creciendo y cambiando, The Rainbow Alliance se compromete a adaptarse con él. El equipo considera que las organizaciones benéficas a las que apoyan y las personas a las que llegan son arcoíris en sí mismas, y se esfuerza por garantizar que todas tengan la oportunidad de recibir la atención y los fondos que merecen. El equipo está buscando su próxima organización benéfica y está deseando diseñar un acto basado en su misión y en el público al que creen que atraerá. El comité es consciente de que en esta época del año muchos residentes están de viaje y se asegurará de que el momento sea el adecuado para ayudar a la próxima organización benéfica a alcanzar sus objetivos. Esperan que los acompañen en su misión. ¡Se necesita un pueblo!

La Rainbow Alliance está formada actualmente por los siguientes miembros: Steve Cross, Mike Martinez, Steve Graham, David Freeman, Mark Skrivanek, Mike Platt, Gustavo Pennock, Kate Williams, Ean Mattet, Carolyn Cothran y Sasha Flores Lara.



Foreign Exchange | Checking Account | Canadian & U.S. Checks | Digital Banking | Dream Loan | Escrow & Trust | Insurance | Mutual Funds and much more.

LET OUR BANKING SOLUTIONS BRING YOU PEACE OF MIND.

Contact us:

Ajijic Center: 376 766 4055

Ajijic: 376 766 5980

[intercam.com.mx](https://www.intercam.com.mx)

#HumanizingBanking[®]

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

 **INTERCAM[®]**
Banco



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

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

***Open to the Public**

(S) Sign up

(C) Member card

(M) LCS members only

LESSONS (M)

Bordado Artístico (Spanish)	M+W+F 4-6
Children's Art - Open to all (Children 5 years & under must be accompanied by an adult)	Sat 10-12
Children's Chess Club	Sat 12-2
Exercise	M+W+F 9-9:50
Gentle Yoga & Body Awareness	W 10-10:50
Intermediate Hatha Yoga	T 2-3:30
Iyengar Yoga	F 11-12
Learn to Knit	T 12-1:30
Line Dancing, gail@doughertynet.com	T + TH 10-11:15
Being Love & Bliss Meditation	W 10:15-11:15
Move to the Beat	M 10-11
Mudlarks Pottery Open Studio	M + F 10-2
NIA Fitness	F 10-10:50 Begins June 21
Stretch & Balance	M + TH 8:45-9:45

harry_bertram@hotmail.com

Spanish in Action classes (español en acción)

See LCS website or in the office for more info

Tech Help via Email	lcs.tech.training@gmail.com
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	F 1-4:30
Discussion Group	W 11:30-1
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
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
----------------------	----------------

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 - hearing care specialists	T+W+F 9-3
(Consultation fee) Call for appointment 332-945-3267	
Becerra Immigration	TH 10:30-12:30
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 assist U.S. citizens in registering and requesting absentee ballots on Mondays from 10-1, on the NJ Patio until 15 October. Larry Pihl, larry.pihl@gmail.com, 331-704-6475

IMSS & IMMIGRATION SERVICES

IMSS & Immigration Services will resume the Monday and Tuesday schedule at the LCS with a time change to 11-1:30. Call Veronica for an appointment at 333-157-9472.



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



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

By Víctor Camarena

- **Wednesday, June 12 CLASS**
9:30 am to 11:30 am
Wednesday, June 19 TEST
visit to the Secretaria de Transporte
- **Wednesday, July 10 CLASS**
9:30 am to 11:30 am
Wednesday, July 17 TEST
visit to the Secretaria de Transporte
- **Wednesday, Aug 14 CLASS**
9:30 am to 11:30 am
Wednesday, Aug 21 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.

**Free Class
Clase Gratis**

Celebrating Pride

By Víctor Camarena

Tuesday, June 25

2:00 pm to 3:30 pm

Join our free session to explore the Pride movement's origins, key LGBTQ+ milestones, global impact, and challenges. Reflect on progress and ongoing issues. Celebrate the courage, strength, and resilience of millions fighting for acceptance. Embrace love in all forms and champion equality and dignity for all.

To register please send an email to education@lcsac.org



Mexican Manners and More

By Víctor Camarena

- **Wednesday, June 5**
- **Wednesday, July 3**
- **Wednesday, August 7**
10:00 am to 12:30 pm

General fee: \$760

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



Introduction to Spanish

By Inez Dayer & Christine Wysock

- **Thursday, June 6, 13 & 20**
- **Thursday, July 11, 18 & 25**
- **Thursday, Aug 1, 8 & 15**
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.



All about Wills

By Solbes & Solbes Abogados

Friday, June 21

12:00pm to 1:30pm

General fee: \$460

Join us to discuss the importance of granting a will in Mexico, learn what is the "Month of the Will" as well as its implications and all the details.



Mobile Devices 101

By Andrea Putnam

Wednesday, June 26

10:00 am to 12:00 pm

General fee: \$650

This class begins with basic operations— leveraging essential features, including email, WhasApp, texting, installing, and removing apps and widgets. The trainer will walk through sharing content between devices and connecting with Wi-Fi or Bluetooth.

CLASSES

MEMBERS GET A 30% DISCOUNT



Enrich your life using Facebook: Do's and Don'ts to get the best of Social Media

By Carolyn Goulart Cothran

Wednesday, June 26

1:00 pm to 2:30 pm

General fee: \$440

Keep up with current local activities, connect with friends and family, read review of travel destinations, restaurants or anything else you are interested in. See how Facebook can enhance your life and eliminate the negativity.

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

By Gareth Collingwood

Wednesday, July 10, 17 & 24

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!

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

By Reba Mayo

Friday, July 12

2:00pm to 4:00pm

General fee: \$650

Welcome to Mexico!

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

In Our Library: BOOKS ABOUT LGBTQ ISSUES AND THEMES

By Deb Gang

In keeping with the theme of this issue of *Conecciones*, the LCS library would like to add to the celebration of Pride month by making our readers aware of our rich collection of books about LGBTQ issues and themes.

For readers who might look for historical information on LGBTQ issues:

To Believe in Women [What Lesbians Have Done for America] described as a landmark work of lesbian history focusing the battle to secure the rights and privileges that large numbers of Americans enjoy today.

Queers in History [Comprehensive Encyclopedia of Historical LGBTs] which is hailed as the first comprehensive biographical compendium of important historical and contemporary figures who were/are gay, lesbian, bisexual, or transgender From Egyptian pharaohs, Catholic popes, and Abraham Lincoln to Neil Patrick Harris and Angelina Jolie

The Gay Metropolis has a social and political history of modern gay life, focusing on New York City and describing the gay rights movement and prominent gay figures.

Interesting memoirs in our collection:

The Best Little Boy in the World Grows Up by Andrew Tobias

Pleasures of a Tangled Life, an anecdotal memoir by Jan Morris of her colorful life, controversial sex-change operation, and journey to self-discovery

How We Fight for Our Lives by poet Saeed Jone, the 2020 best-seller and winner of numerous awards where he explores coming of age as a young, black, gay man from the South.

For our members who prefer **literary fiction**, the library has a diverse collection of interesting titles to choose from. These include books written by gay or lesbian authors and stories with LGBTQ protagonists. You might recognize some titles, while others might be unfamiliar to you:

Tales of the City series by Armistead Maupin's is beloved by readers everywhere.

Rubyfruit Jungle by Ruby Mae Brown, a landmark coming-of-age novel.

Tipping the Velvet by Sarah Waters

Giovanni's Room by James Baldwin

Oranges Are Not the Only Fruit by Jeanette Winterson.

Many of our readers have also enjoyed the humorous *Red, White and Royal Blue*, the historical fictions novel entitled *The Song of Achilles* and the *Seven Husbands of Evelyn Hugo*. And finally, we'd like to recommend the Pulitzer prize-winning novel *Middlesex*, by Jeffrey Eugenides.

Happy Pride Month and Happy Reading from the volunteers at the LCS library!

TOURS



THE LIENZO CHARRO JALISCO "THE CATHEDRAL OF CHARRERÍA" IN GUADALAJARA

TUESDAY, JUNE 18

8:30am to 5:30PM

Embark on an authentic Mexican journey at Lienzo Charro Jalisco. Immerse in the national pride of Charrería, UNESCO's cultural heritage. Explore the museum, learn from charros about their worldview, and master horse riding. Experience the essence of Mexico and pursue your dreams with Entre Charros

GENERAL FEE: \$1,950

MEMBERS GET A 30% DISCOUNT

SHOPPING FRENZY OR TIME TO PAMPER YOURSELF AT THE BEST MALL IN GUADALAJARA PLAZA ANDARES

TUESDAY JULY 30

10:00am to 6:00pm

Discover the most exclusive shopping destination in Guadalajara: Andares Mall. With over 230 national and international brands, top restaurants, a spa, gym, salons, and entertainment options, it offers unparalleled luxury in the beautiful Zapopan area. Visit Andares for a premier shopping and leisure experience.

GENERAL FEE: \$1,300

MEMBERS GET A 30% DISCOUNT



We will depart from La Floresta sculpture

Limited seats.

Registration required at:

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

www.lakechapalasociety.com



NOTIFICATION

EXTRAORDINARY MEETING OF THE MEMBERS

- Date: **August 20, 2024**
- Time: **10:00am**
- Location: **Gardens at LCS**

Please join us for this Extraordinary Meeting for the election of the new President of the LCS Board of Directors, as well as to make changes to the LCS Constitution. Coffee and snacks will be served



SPREAD THE WORD

WE'RE HIRING!

LCS is looking for a dynamic, experienced

Executive Director

to help us fulfil our mission

The Executive Director is responsible for overseeing the operations, programs, budget and strategic plan of LCS, including leadership of fundraising, marketing, and community outreach initiatives.



Scan for more information

Send your profile to
talentohumano@lcsac.org

ESPAÑOL EN ACCIÓN

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

A ten week workshop
from basic to advanced

Level **1A** - **2A** - **3A**
Starting June 17

Level **1B** - **2B** - **3B**
Starting June 18

For more information email educoor@lcsac.org

JUNE

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



**JUNE
2ND**

Greg Custer

Murder, Mayhem, and Mexico:
on-natural death and what the
statistics reveal



**JUNE
9TH**

Steve Balfour

Our Broken Relationship
with Charities



**JUNE
19TH**

Suzanne Salimbene

Dance: the Anti- Aging Secret
Weapon!





Lo que no se nombra no existe

Por Víctor Camarena

En los últimos años, se ha llevado a cabo una evolución significativa en el lenguaje para referirse a la diversidad sexual y de género. Este cambio se ha llevado a cabo debido a los esfuerzos de activistas que han impulsado la necesidad de reconocer, respetar y validar las identidades de las personas no binarias y de la comunidad LGBTQ+ (Lesbianas, Gays, Bisexuales, Transgénero, Queer y otras).

Una de las formas que el lenguaje ha evolucionado es a través de la creación de neologismos y términos específicos para describir identidades de género y orientaciones sexuales. Anteriormente muchas de estas identidades no tenían un vocabulario específico para describirlas. Hoy en día, términos como "cisgénero" (una persona cuya identidad de género coincide con el sexo asignado al nacer) y "transgénero" (una persona cuya identidad de género difiere del sexo asignado al nacer) son ampliamente reconocidos y utilizados.

Otro aspecto es el uso de pronombres neutros para referirse a personas cuya identidad de género no se ajusta a los pronombres tradicionales de él o ella. Pronombres neutrales como "elle", "les" o "nosotres" están utilizados en diferentes contextos sociales y lingüísticos.

La introducción y aceptación de nuevos términos han enriquecido el lenguaje, ofreciendo términos para articular diversas orientaciones sexuales e identidades de género que antes eran ignoradas. Conceptos como "pansexual", "asexual", y "cisgénero" proporcionan el vocabulario necesario para expresar las identidades y reflejan la visibilidad y representación de los miembros de la comunidad.

El lenguaje inclusivo busca evitar la discriminación y la exclusión de personas LGBTQ+ y no binarias al utilizar un lenguaje que no asuma la heterosexualidad ni la cisgenderidad como norma. Por ejemplo, en lugar de utilizar expresiones como "muchacho y muchacha" o "marido y mujer", se prefiere utilizar términos más neutros como "personas" o "pareja".

Sin embargo, existe un debate con relación al lenguaje inclusivo y mientras unos reconocen la necesidad de la evolución del lenguaje para respetar a la comunidad LGBTQ+, hay quienes consideran que estos cambios están provocando efectos negativos e incluso hay quienes lo toman como burla, alimentando la intolerancia y discriminación de la sociedad hacia la diversidad sexual.

Por su parte, la Real Academia Española (RAE), una institución jurídica fundada en 1713 ha causado controversia al enfatizar en 2022 que el lenguaje inclusivo se puede prestar a múltiples confusiones en situaciones en que no es bien empleado, por lo que refrendó que a su juicio el "masculino genérico" es la opción más viable para lograr una comunicación efectiva y que el uso de la "e" para sustituir a la "a" y a la "o" como terminaciones, es innecesario y "ajeno a la morfología del español".

Por su parte la organización de las Naciones Unidas (ONU) define el lenguaje inclusivo de género como un "modo de expresión oral o escrita sin discriminación o especificidad" y lo ha implementado al interior del organismo, haciendo una gran campaña de comunicación interna para difundir su uso en los seis idiomas oficiales de la ONU.

Lo que es un hecho es que, a pesar de la controversia, el lenguaje ya ha evolucionado significativamente para reflejar y respetar la diversidad de identidades de género y orientaciones sexuales dentro de la comunidad LGBTQ+. Sin embargo, aún queda trabajo por hacer para garantizar que todas las personas sean tratadas con dignidad y respeto y que así como el lenguaje continúa evolucionando también la empatía de la sociedad y la celebración de las diversas identidades y orientaciones sexuales.



What is Not Named Does Not Exist

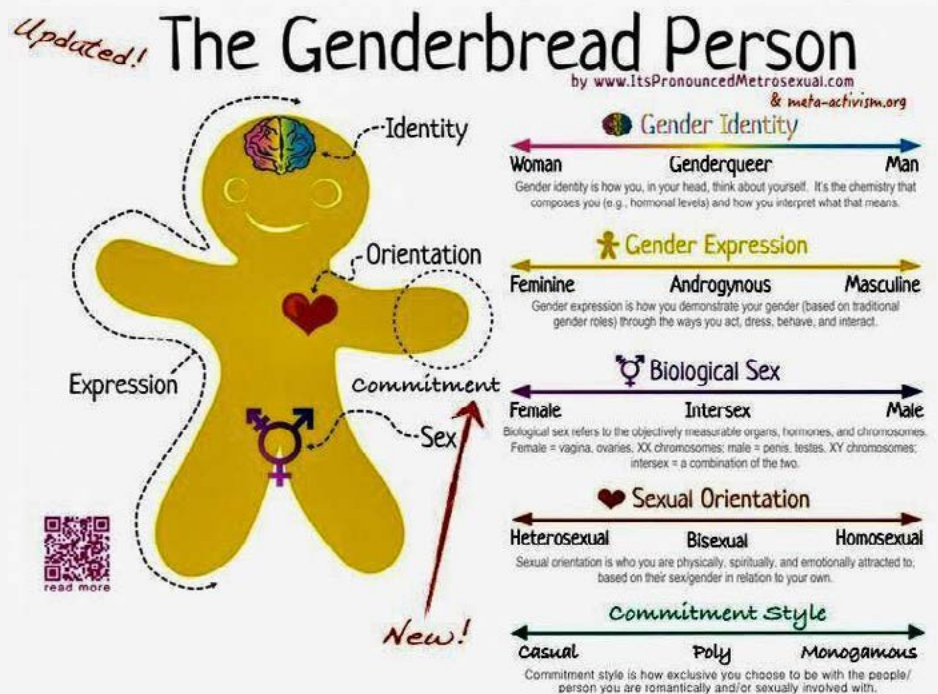
By Victor Camarena

In recent years, there has been a significant evolution in the language used to refer to sexual and gender diversity. This shift has taken place due to the efforts of activists who have pushed for the need to recognize, respect, and validate the identities of non-binary people and the LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer and other) community.

One way that language has evolved is through the creation of neologisms and specific terms to describe gender identities and sexual orientations. Previously, many of these identities had no specific vocabulary to describe them. Today, terms such as "cisgender" (a person whose gender identity matches the sex assigned at birth) and "transgender" (a person whose gender identity differs from the sex assigned at birth) are widely recognized and used.

Another aspect is the use of neutral pronouns to refer to people whose gender identity does not match the traditional he or she pronouns. People use neutral pronouns such as "they" or "them" in different social and linguistic contexts.

The introduction and acceptance of new terms have enriched the language, offering terms to articulate diverse sexual orientations and gender identities that were previously ignored.



Concepts such as "pansexual," "asexual," and "cisgender" provide the vocabulary to express identities and reflect the visibility and representation of community members.

Inclusive language seeks to avoid discrimination and exclusion of LGBTQ+ and non-binary individuals by using language that does not assume heterosexuality or cisgender as the norm. For example, instead of using expressions such as "boy and girl" or "husband and wife," more neutral terms such as "people" or "couple" are preferred.

However, there is a debate regarding inclusive language and while some recognize the need for the evolution of language to respect the LGBTQ+ community, there are those who consider that these changes are causing negative effects and there are even those who take it as a mockery, fueling intolerance and discrimination in society towards sexual diversity.

In 2022, the Royal Spanish Academy (RAE), a legal institution founded in 1713, caused controversy by emphasizing that inclusive language can lead to multiple confusions in situations where it is not well used. RAE endorsed the "generic masculine" as the most viable option to achieve effective communication and that the use of "e" to replace "a" and "o" as endings, is unnecessary and "alien to the morphology of Spanish".

On the other hand, the United Nations (UN) defines gender inclusive language as a "mode of oral or written expression without discrimination or specificity" and has implemented it within the organization, making a large internal communication campaign to disseminate its use in the six official languages of the UN.

What is a fact is that, despite the controversy, the language has already evolved significantly to reflect and respect the diversity of gender identities and sexual orientations within the LGBTQ+ community. However, we still need to do work to ensure that we treat all people with dignity and respect and that as language continues to evolve, society also continues to empathize with and celebrate diverse identities and sexual orientations.

Finding New Community and Culture in Lakeside

By Amy Hagstrom



and jobs in the United States, and though our search in Mexico and Central America started out wide, the first time we saw the mountains cradling Lake Chapala, it narrowed to Ajijic quickly.

Having traveled extensively in Mexico in the past, the warmth and friendliness of Mexican people did not come as a surprise. What *has* surprised us, after having lived here only a year, is how welcome and connected we feel both in the gay community and in the expat and Mexican

My wife Erika Balbier and I arrived to live in Ajijic on the hottest day on record for 2023, and in immediate order: I got food poisoning, dropped our new house keys into an impossible-to-reach crack of our camper van, locked us out of our house — with our dog inside it. But even as we sweated through those early days trying to make ourselves at home, we were already telling everyone we knew we loved it here, and most days, we meant it. On the rest, we knew we were *going* to mean it soon.

We had never lived abroad before, and we continue to find it to be an interesting thing, living in a country that is not ours by birth. At least for a time, we are not *of* here, and not *from* here, and that can feel disorienting, even distancing. But this unique position has allowed us, like so many other expats, to have a bird's-eye view and see contrasts and similarities in culture, language, and even landscape that can become hazy or lost when you've been immersed since infancy. And as our ability to adapt stretches, that newfound flexibility lends itself to new ways of thinking. We now better appreciate aspects of our birth country we always took for granted, while simultaneously deciding to let go of things that never served us, replacing them with something new.

Erika and I began talking about moving abroad after honeymooning in Portugal, but it took the pandemic to make it possible. While I have always worked remotely as a travel industry writer and author, Erika suddenly found herself able to do the same after getting the green light to work as an account manager for her Oregon-based company from anywhere. We quickly decided Europe was too many time zones away from our families



communities at large. We feel safer and more accepted here than we did in the States, and the more relaxed pace of life in Ajijic allows us time to get to know our new neighbors and the town, even as we continue to work. With so many artists in Ajijic, Erika has found many with whom to share her passion for photography, and it was fun to discuss my debut book, *The Wild Between Us*, with my local book club. I hope to celebrate the launch of my second novel, publishing in November, with friends here in Mexico as well, and I know Erika will continue to find inspiration in the landscapes of Lake Chapala.

Thank you all for the warm welcome and we look forward to giving back to this vibrant community.



Encontrando una nueva comunidad y cultura en la ribera

Por Amy Hagstrom

Mi esposa Erika Balbier y yo llegamos a vivir a Ajijic en el día más caluroso registrado en 2023 y yo de forma inmediata: me intoxicqué con comida, se me cayeron las llaves de nuestra nueva casa en una grieta imposible de alcanzar de nuestra camioneta, y nos quedamos encerrados fuera de nuestra casa ... con nuestro perro dentro de ella. Pero incluso mientras sudábamos esos primeros días intentando sentirnos como en casa, ya le decíamos a todo el mundo que nos encantaba estar aquí y la mayoría de los días lo decíamos en serio. El resto de los días, sabíamos que pronto lo diríamos en serio.

Nunca habíamos vivido en el extranjero y nos sigue pareciendo interesante vivir en un país que no es el nuestro por nacimiento. Al menos durante un tiempo, no somos de aquí, ni de aquí, y eso puede desorientarnos, incluso distanciarnos. Pero la vista de pájaro que nos ofrece esta posición única nos ha permitido, como a tantos otros expatriados, ver contrastes y similitudes en la cultura, el idioma e incluso el paisaje, que pueden volverse confusos o perderse cuando se ha estado inmerso desde la infancia. Y a medida que se amplía nuestra capacidad de adaptación, esa flexibilidad recién descubierta se presta a nuevas formas de pensar. Ahora apreciamos mejor aspectos de nuestro país natal que siempre habíamos dado por descontados y al mismo tiempo, decidimos desprendernos de cosas que, resulta, nunca nos sirvieron, sustituyéndolas por algo nuevo.

Erika y yo empezamos a hablar de trasladarnos al extranjero después de pasar la luna de miel en Portugal, pero tuvo que llegar la pandemia para hacerlo posible. Mientras que yo siempre he trabajado a distancia como escritora y autora para el sector de los viajes, Erika se encontró de repente en condiciones de hacer lo mismo tras recibir luz verde para trabajar como gestora de cuentas de su empresa con sede en Oregón desde cualquier lugar. Rápidamente decidimos que Europa estaba a demasiados husos horarios de nuestras familias y trabajos en Estados Unidos y aunque nuestra búsqueda en México y Centroamérica empezó siendo amplia, la primera vez que vimos las montañas que acunaban el lago de Chapala, se redujo rápidamente a Ajijic.

Habiendo viajado bastante por México en el pasado, la calidez y amabilidad de los mexicanos no nos sorprendió. Lo que nos ha sorprendido, después de haber vivido aquí sólo un año, es lo bienvenidas y conectadas que nos sentimos tanto en la comunidad gay como en las comunidades de expatriados y mexicana en general. Nos sentimos más seguras y aceptadas aquí que en Estados Unidos y el ritmo de vida más relajado de Ajijic nos da tiempo para conocer a nuestros nuevos vecinos y a la localidad, incluso mientras seguimos trabajando. Con tantos artistas en Ajijic, Erika ha encontrado a muchos con los que compartir su pasión por la fotografía y fue divertido hablar de mi primer libro, “*The Wild Between Us*”, con mi club de lectura local. Espero celebrar el lanzamiento de mi segunda novela, que se publicará en noviembre, también con amigos aquí en México y sé que Erika seguirá encontrando inspiración en los paisajes del lago de Chapala.

Gracias a todos por la calurosa bienvenida y esperamos poder retribuir a esta vibrante comunidad.



GET RELIEF FOR YOUR NECK OR BACK PAIN

DECOMPRESSION THERAPY

Is safe, painless non-surgical therapy developed to relieve the pain associated with degenerative disjs and pinched nerves.

Come in today for an initial exam to see if you're a candidate!

- * Herniated and bulging discs
- * Sciatica * Pinched Nerves
- * Degenerative discs
- * Posterior Facet Syndromes
- * Decompression therapy system
- * A Non-surgical painless highly effective solution for disc pain



Are you suffering from

- * Back or Neck Pain?
- * Degenerative Disc Disease?
- * Facet Syndrome?
- * Stenosis?
- * Bulging Herniated Discs?
- * Sciatica?
- * Failed Back Surgery?



Mardella S.

For three long years I had severe lower back pain. Doctors said I would have to learn to live with it. I'd been using a walker and could not stand more than 5-10 minutes without excruciating pain. I was unable to sleep in a bed.

After 12 treatments with **Spinal Decompression Therapy**, I am now sleeping in a bed, and my walker is put away. I'm able to go shopping, cook meals and clean without having to sit down every 5 minutes because of pain. I am so thankful I tried Spinal Decompression and would encourage you to do the same.



Lowell Birch, D.C
Ced. Prof. CA9R3S4180000503
Ced. Estatal PEJ 29223
Western States Chiropractic College

331-319-1799
Centro Laguna
(Across from the Casino)
lsbdc@yahoo.com

El Negrito

By Harriet Hart



Recently I came upon an interesting book titled *Black in Latin America* by Henry Luis Gates Jr. I knew nothing about slavery in Mexico. My knowledge of racial injustice in this country began and ended at Cortez and the Spaniards, their conquest and the subsequent loss of millions of indigenous people. Such was the loss of population that the Spaniards turned to the importation of slaves to work the silver mines and plantations.

Gates begins the chapter on Mexico with his discovery of El Negrito, card number 26 in the popular *La Loteria* game. He asks: “What was a black man doing—not a mulatto but a man with demonstrably Negroid features—at the center of a popular Mexican parlor game?” *El negrito*, is a trace of Mexico’s long buried African past.

Mexico may have had the largest slave population in the New World. Over the course of the slave trade, they brought 700,000 Africans to this country (and Peru), which is a quarter of a million more black people than went to the USA. They arrived at the port of Veracruz. “*Moreno*” is the term for a person of mixed race, especially in the states of Oaxaca and Guerrero. Mexico had 16 categories of racial mixtures. Artists painted and distributed paradigms of *castes*, showcasing what these people looked like, both here and in Spain.

Author Gates describes how, for decades, black Mexicans were socially in better positions than the indigenous peoples.

Prof. Gates wonders why, if “Mexico has blackness all over it, why can’t we see it?” He actually asks Prof. Maria Elisa Velásquez Guittérrez from Mexico City: “Why were your white people more willing to sleep with black people than my white people?” She answers that there were no restrictions about interracial marriage, perhaps because back in Spain, there had been a Moorish population for 800 years. The Catholic Church forbade black/white marriages in Brazil, but not here. And subsequently, Mexicans today, she says, are “like a braid—there are three strands, black, indigenous and Spanish.”

Two war heroes, Generals Morelos and Guerrero, who fought for Mexican independence, were both descended from black people. Guerrero became the second president of the country and abolished slavery in 1829, (thirty-three years before Abraham Lincoln). Author Gates jokes to a Mexican scholar he interviewed that “You had your Barack Obama back in 1829.”

Africans brought their culture with them. It surprised me to read that Mexico’s most famous song, La Bamba, has African roots. Slaves from Angola, who first sang it here back in 1683, brought their culture



with them. And the Fandango is a mixture of African rhythms, Mexican guitar flourishes and Spanish influences.

Prof. Gates is an engaging writer whose curiosity and enthusiasm for his subject is infectious. However, he carries his American values with him and seems puzzled by the Latin Americans he meets who exhibit brown, not black pride. “Just as I had in Brazil, I was encountering here in Mexico a society in which traces of black roots were buried in brownness. Blackness was okay, if it was part of a blend and present through a trace, a hint, a telltale sign.”

At the end of his chapter on Mexico, the author interviews a journalist Eduardo Zapata, born and raised in Costa Chica, who celebrates his black **and** his Mexican identity and says: “We’re not foreigners. We’re Mexicans, too. We also helped to build this country.” Zapata convinces Prof. Gates that black pride can also be national pride.

I recommend this fascinating book, but if you prefer, watch *The Black Grandma in the Closet* on YouTube based on Prof. Gates’ research.



HOSPITAL



RIBERA
MEDICAL CENTER



24^{hr}
EMERGENCY
SERVICE

Hospitalization, Laboratory
Imaging, Intensive Care Unit
Specialist consultation

"WE ACCEPT INTERNATIONAL INSURANCE"

 376 765 8200

 info@riberamedicalcenter.mx

 Carretera Libramiento Chapala-Ajijic, #153, San Antonio Tlayacapan, Jalisco

El Negrito

Por Harriet Hart



Hace poco me topé con un interesante libro titulado "Black in Latin America" (Negros en América Latina), de Henry Luis Gates Jr. Yo no sabía nada sobre la esclavitud en México. Mi conocimiento de la injusticia racial en este país empezaba y terminaba con Cortés y los españoles, su conquista y la subsiguiente pérdida de millones de indígenas. Tal fue la pérdida de población que los españoles recurrieron a la importación de esclavos para trabajar en las minas de plata y las plantaciones.

Gates comienza el capítulo sobre México con su descubrimiento de El Negrito, la carta número 26 del popular juego de La Lotería. Se pregunta: "¿Qué hacía un negro -no un mulato, sino un hombre de rasgos manifiestamente negroides- en el centro de un popular juego de salón mexicano?". El negrito es un vestigio del pasado africano de México, enterrado hace mucho tiempo.

México puede haber tenido la mayor población esclava del Nuevo Mundo. A lo largo de la trata de esclavos, trajeron a este país (y a Perú) 700.000 africanos, lo que supone un cuarto de millón más de negros de los que fueron a Estados Unidos. Llegaron al puerto de Veracruz. "Moreno" es el término con el que se designa a una persona mestiza, sobre todo en los estados de Oaxaca y Guerrero. México tenía 16 categorías de mezclas raciales. Los artistas pintaban y distribuían paradigmas de castas, mostrando el aspecto de estas personas, tanto aquí como en España.

El autor Gates describe cómo, durante décadas, los mexicanos negros estuvieron socialmente en mejor posición que los indígenas.

El Profesor Gates se pregunta por qué, si "México tiene negritud por todas partes, ¿por qué no podemos verlos?". De hecho, pregunta a la profesora Maria Elisa Velásquez Gutiérrez, de Ciudad de México: "¿Por qué sus blancos estaban más dispuestos a acostarse con negros que mis blancos?". Ella responde que no había restricciones sobre el matrimonio interracial, quizá porque en España había habido una población morisca durante 800 años. La Iglesia Católica prohibía los matrimonios entre blancos y negros en Brasil, pero no aquí. Y posteriormente, los mexicanos de hoy, dice, son "como una trenza: hay tres hebras, negra, indígena y española".



Dos héroes de guerra, los generales Morelos y Guerrero, que lucharon por la independencia de México, descendían de negros. Guerrero se convirtió en el segundo presidente del país y abolió la esclavitud en 1829, (treinta y tres años antes que Abraham Lincoln). El autor Gates bromea con un erudito mexicano al que entrevistó: "Ya tuviste a vuestro Barack Obama en 1829".

Los africanos trajeron consigo su cultura. Me sorprendió leer que la canción más famosa de México, "La Bamba", tiene raíces africanas. Los esclavos de Angola, que la cantaron aquí por primera vez en 1683, trajeron consigo su cultura. Y el Fandango es una mezcla de ritmos africanos, florituras de guitarra mexicana e influencias españolas.

El profesor Gates es un escritor cautivador, cuya curiosidad y entusiasmo por su tema son contagiosos. Sin embargo, lleva consigo sus valores estadounidenses y parece desconcertado por los latinoamericanos que conoce y que exhiben un orgullo moreno, no negro. "Al igual que en Brasil, aquí en México me encontré con una sociedad en la que los rastros de las raíces negras estaban enterrados en lo moreno. La negritud estaba bien, si formaba parte de una mezcla y estaba presente a través de un rastro, un indicio, una señal reveladora".

Al final de su capítulo sobre México, el autor entrevista a un periodista, Eduardo Zapata, nacido y criado en Costa Chica, que celebra su identidad negra y mexicana y dice: "No somos extranjeros. También somos mexicanos. Nosotros también ayudamos a construir este país". Zapata convence al profesor Gates de que el orgullo negro también puede ser orgullo nacional.

Recomiendo este fascinante libro, pero si lo prefiere, vea en YouTube "The Black Grandma in the Closet", basado en la investigación del Prof. Gates.

Courage Under Fire

By Judy Dykstra-Brown



The life story of Dr. Margarethe (Grethe, pronounced Greta) Cammermeyer can easily be found online and can be viewed in more detail in her autobiography *Serving in Silence* and a movie by the same name that was produced by Barbra Streisand and Glenn Close, who also took the role of Margarethe in the movie.

Who is Grethe Cammermeyer? In a nutshell, in 1951, when she was 9, her family immigrated to the U.S. from Norway. At the age of 19, she joined the Army and after completing her degree at the University of Maryland, she went on active duty as an Army nurse serving in Germany, the U.S. and Vietnam. In Germany she married a fellow officer with whom she had four sons. They divorced after 15 years.

Throughout her career, she later earned a master's degree and a PhD from the University of Washington, but her greatest accomplishment was an act of courage that tens of thousands of LGBT soldiers have profited by in the past thirty years.

In 1988, as part of a military security clearance, she disclosed that she was a lesbian. By regulation, homosexuality was incompatible with military service, so after a 25-year career and a two-year inquiry, she was discharged from the military in 1992. It was not the first time that a homosexual was discharged from the military, but it was the first time that someone openly disclosed that they were homosexual and the first time that they challenged the discharge in federal court and won! In 1994, two years after her discharge, she was reinstated.

Although Bill Clinton was unable to make good on his campaign promise to allow all citizens to serve in the military regardless of sexual orientation, as a compromise, he was able to introduce the DADT measure (Don't ask, Don't Tell) which was enacted on December 21, 1993. This did not guarantee, however, that gays and lesbians served in the military with a status equal to straight personnel. During the years between 1994 -2009, in spite of DADT, 13,194 LGBTQ men and women were discharged for "various" other reasons, and Grethe continued to campaign for its repeal and the instatement of a policy which treated LGBTQ members of the military in the same way as heterosexuals. And so it was that on December 22, 2012, Grethe was asked to lead the Pledge of Allegiance in the ceremony in which Barack Obama announced its repeal. The repeal of DADT allowed service members who had previously been discharged for their LGBTQ+ status to re-enroll, and ended discrimination against future recruits. By 2015, a survey of over 16,000 service members found that 5.8 % of the respondents identified as LGBTQ.

It is rare that the actions of one person could have such a far-spreading consequence, and although she won in her attempt to be reinstated in the military and to repeal DADT, what Grethe lost by her action was still considerable, for her victory was not without its consequences. At the time of her interrogation for top security clearance, her goal was to go to War College to become the first female general. Those hopes, along with her hopes for advancement to serve in the Pentagon as chief nurse of the National Guard, were dashed due to her resolve to tell the truth by making the simple declaration, "I am a lesbian."

After retiring from the military in 1997, Grethe served as hospital commissioner of Whidbey Health Medical Center and operated a three-bedroom adult family home care facility in her home on Whidbey Island, Washington. What brought her to the Lake Chapala area, where I was lucky enough to make her acquaintance, was her work in the Aging project. Aware that rapidly rising long term health costs in the U.S. (\$12,000-\$15,000 a month for nursing homes) are making long term health residences above the financial capabilities of many of the nation's aged and prodded by a friend whose husband is in care here, she came to investigate resident care facilities lakeside. Her findings? She was impressed by the personal care given to residents and will be creating a pamphlet giving information about the top 8 long term care/nursing homes located lakeside.

In short, at the age of 82, Grethe is still "in service" trying to better our world. There are two kinds of courage. One bucks the system to set up a path. The other follows it to its end. Dr. Grethe Cammermeyer, RN PHD, is a woman who is the embodiment of both.

Valor bajo el fuego



Por Judy Dykstra-Brown

La historia de la vida de la Dra. Margarethe (Grethe, pronunciado Greta) Cammermeyer puede encontrarse fácilmente en Internet y verse con más detalle en su autobiografía "Serving in Silence" (Sirviendo en silencio) y en una película homónima producida por Barbra Streisand y Glenn Close, quién también interpretó el papel de Margarethe en la película.

¿Quién es Grethe Cammermeyer? En pocas palabras, en 1951, cuando tenía 9 años, su familia emigró a Estados Unidos desde Noruega. A los 19 años se alistó en el ejército y tras licenciarse en la Universidad de Maryland, pasó al servicio activo como enfermera del ejército sirviendo en Alemania, Estados Unidos y Vietnam. En Alemania se casó con un oficial con el que tuvo cuatro hijos. Se divorciaron al cabo de 15 años.

Siguió formándose a lo largo de su carrera, y más tarde obtuvo un máster y un doctorado por la Universidad de Washington, pero su mayor logro fue un acto de valentía del que se han beneficiado decenas de miles de soldados LGBT en los últimos treinta años.

En 1988, como parte de una autorización de seguridad militar, reveló que era lesbiana. Por reglamento, la homosexualidad era incompatible con el servicio militar, así que tras 25 años de carrera y una investigación de dos años, fue dada de baja del ejército en 1992. No era la primera vez que un homosexual era dado de baja del ejército, pero sí la primera que alguien revelaba abiertamente que era homosexual y la primera que impugnaba su baja ante un tribunal federal, ¡y ganaba! En

1994, dos años después de ser dada de baja, fue readmitida.

Aunque Bill Clinton no pudo cumplir su promesa electoral de permitir que todos los ciudadanos sirvieran en el ejército con independencia de su orientación sexual, como solución de compromiso pudo introducir la medida DADT (Don't ask, Don't Tell -No preguntes, No Digas) que se promulgó el 21 de diciembre de 1993. Sin embargo, esto no garantizaba que gays y lesbianas sirvieran en el ejército con un estatus igual al del personal heterosexual. Entre 1994 y 2009, a pesar de la DADT, 13,194 hombres y mujeres LGBTQ fueron dados de baja por otros motivos "diversos", y Grethe siguió haciendo campaña por su derogación y la instauración de una política que tratara a los miembros LGBTQ del ejército de la misma manera que a los heterosexuales. Y así fue como el 22 de diciembre de 2012, Grethe fue invitada a dirigir el Juramento a la Bandera en la ceremonia en la que Barack Obama anunció su derogación. La derogación del DADT permitió a los miembros del servicio que habían sido dados de baja anteriormente por su condición de LGBTQ+ volver a alistarse, y puso fin a la discriminación contra futuros reclutas. En 2015, una encuesta realizada a más de 16,000 miembros del servicio reveló que el 5.8% de los encuestados se identificaba como LGBTQ+.

Es raro que las acciones de una persona puedan tener consecuencias tan amplias, y aunque ganó en su intento de ser readmitida en el ejército y de derogar el DADT, lo que Grethe perdió con su acción fue aún considerable, pues su victoria no fue sin consecuencias. En el momento de su interrogatorio para obtener la au-

torización de máxima seguridad, su objetivo era ir a la Escuela Superior de Guerra para convertirse en la primera mujer general. Esas esperanzas, junto con las de ascender para servir en el Pentágono como jefa de enfermeras de la Guardia Nacional, se vieron truncadas por su determinación de decir la verdad al hacer la simple declaración: "Soy lesbiana".

Tras retirarse del ejército en 1997, Grethe trabajó como comisionada hospitalaria del Centro Médico Whidbey Health y dirigió un centro de atención domiciliaria para adultos de tres habitaciones en su casa de Whidbey Island, Washington. Lo que la trajo a la zona del lago de Chapala, donde tuve la suerte de conocerla, fue su trabajo en el proyecto Aging (Envejecimiento). Consciente de que el rápido aumento de los costos sanitarios a largo plazo en EE.UU. (entre 12.000 y 15.000 dólares al mes en residencias de ancianos) está haciendo que las residencias de larga duración estén por encima de las posibilidades económicas de muchos de los ancianos del país, y empujada por una amiga cuyo marido recibe cuidados aquí, vino a investigar los centros de atención a residentes a orillas del lago. ¿Sus conclusiones? Quedó impresionada por la atención personal que se presta a los residentes y va a crear un folleto con información sobre las 8 mejores residencias de cuidados de larga duración/enfermerías situadas a orillas del lago.

En resumen, a sus 82 años, Grethe sigue "en servicio" intentando mejorar nuestro mundo. Hay dos tipos de valor. Uno se resiste al sistema para abrirse camino. El otro lo sigue hasta el final. La Dra. Grethe Cammermeyer, RN PHD, es una mujer que encarna ambos.

ENGAGE CONNECT SUPPORT



Your donation plays a crucial role
in shaping the success of our educational initiatives, community projects
and outreach efforts.





WHAT'S IN A NAME?

THAT WHICH WE CALL A PUMA, BY ANY OTHER NAME, WOULD BE THE SAME CAT.

(With apologies to Wm. Shakespeare)

By Diana Hunt



There are 40 names attached to the Puma, the most common being Cougar, Mountain Lion, Catamount or (incorrectly) Panther. Puma is the name used in Latin America and in most parts of Europe. They have a vast range, spanning the Yukon of Northern Canada, through the Rocky Mountains, the Sierras of Mexico to the Amazon Rainforest and the Andes Mountains into Patagonia. By the way, Pumas also are the name of the Mexico City professional football (soccer) team.

The mountains above Lakeside are the tail end of the Sierra Madre Occidental Mountain range, a region that is the most species-rich in North America. Among the animals that live here include deer, bobcats, coyotes, bears, the Zacatecan deer mouse and — the Keystone species, the beautiful, tawny Puma. A balanced and healthy ecosystem depends on the health of the Puma population.

Their activity pattern varies with climate, availability of prey and size of its terrain. Now, with the hot, dry weather and the mountain wildfires we see leading up to the rainy season, they may be driven out of their natural habitats looking for food — and toward another problem, encroachment by human development in their territory.

Pumas are shy, solitary animals, and attacks on humans are rare — and then because the animal was frightened or felt threatened. But as more people enter their habitat and build houses or farms, interaction is likely to become more common.

The remote Sierra de Cacomá mountain range of western Jalisco, between Lake Chapala and the Pacific Coast, includes five of the six remaining cat species of Mexico, not to mention many species endemic to this region. The area faces the usual threats of illegal infrastructure projects. Rainforest Trust and their local partner, Pronatura México, are working to protect the area by convincing the government to designate these water-rich forests as a Hydrological Protection Area.



The forests form the headwaters of four important watersheds that provide critical water supplies to communities in the region. The mountain range also forms a corridor between other ranges that allow for migration and genetic diversity.

Interestingly, the size of Cougars increases as distance from the equator increases. So, the cats are smaller north of the Amazon River in South America and larger south of it. The grace and power of the Cougar have been an integral part of the mythology and cultures of the Indigenous peoples of the Americas. Descriptions of the Cougar have appeared in stories of the Winnebago of Wisconsin and Illinois and the Cheyenne, the Apache and Walapai of the Southwestern United States. The Algonquins and Ojibwe believe the Puma lived in the underworld and was wicked, whereas it was a sacred animal among the Cherokee.

Whatever the name or belief system, Pumas are magnificent creatures.

Ancient Paths:



Modern Technology



By Sharon Brooks

Welcome to our series on alternative health modalities! Join us as we explore a world of unique healing practices, **from ancient traditions to modern innovations** like PEMF therapy. Discover new ways to boost your wellness and vitality!

****While PEMF devices are free of harmful EMF waves, it's always advisable to consult with health-care professionals before starting any new therapy, especially for individuals with medical implants or other health conditions, including pregnancy.***

***PEMF (Pulsed Electromagnetic Fields) therapy** delivers frequencies of controlled electromagnetic field pulses to promote healing and reduce discomfort.

Studies have shown that PEMF therapy can have a beneficial effect on pain, stiffness, and physical function in patients with a variety of conditions. Researchers also report that PEMF therapy is a natural, safe, and effective long-term wellness solution. It influences cellular activity by stimulating the body's self-healing processes. PEMF improves sleep quality, decreases inflammation, and strengthens the immune system.

Newcomers to PEMF technology might wonder what physical sensations they will experience while pulsing? Your practitioner will set the frequencies to your personalized comfort level. PEMF therapy is a painless treatment. Most users often report a relaxed experience.

There are various frequency options:

- **High-frequency PEMF therapy:** often used for non-invasive pain management and tissue repair.
- **Low-frequency PEMF therapy:** often used for bone healing and osteoporosis, athletic injuries.
- Targeted PEMF therapy involves the use of a specific frequency to target a particular area of the body.

Warning: Don't **confuse PEMF therapy with EMFs** (Electromagnetic Fields). EMFs are broad-spectrum frequencies which are emitted naturally by Earth's magnetic field as radiation from the sun, lightning, and fire as natural sources of EMFs. Power lines and communication innovations such as cellphones, satellites and air traffic control towers generate human-made EMFs.

PEMF provides **measured exposure, considered safe and beneficial for health, and approved by the FDA for certain medical conditions, unlike the broad-spectrum EMFs.** It is a non-invasive option that can complement other treatments with no medication or surgery.

Website for more information:

www.pemfadvisor.com

NEXT MONTH: We explore Biophoton Light Therapy





WE ACCEPT INTERNATIONAL INSURANCE

Aceptamos seguros internacionales

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

Recibe asesoría gratuita de la
cobertura de tu seguro médico.

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

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

Hidalgo/Carretera Oriente # 23. San Antonio Tlayacapan. C.P. 45992

Birthday Concert

Steve Balfour's 70th celebration

With a little help from my Friends

LET'S FINISH

The **+** Cruz Roja Building

FEATURING

Roy Cruz, Maru Prado Conti,
Tim Johnson, Luis Sánchez, Marco Antonio
González, Kieta Fox and Roy Haynes



SUNDAY, JUNE 09

Show at 5:00 PM

VIP Table seating \$500 - General seating \$350

Show at Lake Chapala Society

Tickets available at the Lake Chapala Society

Office 10:00 am - 2 pm, Monday through Saturday,
or at LakeChapalaSociety.com