



60 years of "People Helping People"

January 2018

The Lake Chapala Society

www.lakechapalasociety.com

The LCS Undergoing Major Transition

You've retired to Lakeside. You support one or more of the local charities or other worthwhile causes locally. But something is missing. You're looking for a challenge. You're looking for a way to apply your considerable experience, skills and expertise in a different and meaningful way.

Many think of LCS in its previous existence – a social club for expats. But we're much more than that now. LCS is evolving into a vital focal point for the whole Lakeside community. We're increasing our outreach and integration into our host Mexican community; we're focusing on providing continuous education and stimulation for our members and we're increasing our influence as a focus for communicating and representing issues of significance for our entire lakeside population.

Please consider a volunteer position on one of the Board of Directors' standing committees. To the right are the standing committees who are seeking new members:

The **Fund Development Committee** is seeking individuals with a background in accounting, general management, IT change management, marketing, or public relations. An added qualification would be experience with non-profits of any nature. Fund Development projects include establishing a formal Planned giving program, obtaining Canadian Charitable status for donations, developing commercial (business) membership classes and creating a long term fund development strategy.

The **Community Committee** is working to develop long-term awareness of LCS in both the Mexican and the expat communities. The committee, following its newly developed Marketing Plan, is building a recognizable brand for LCS. Utilizing surveys of our membership and the community the committee recommends ways to enhance our outreach to all lakeside residents.

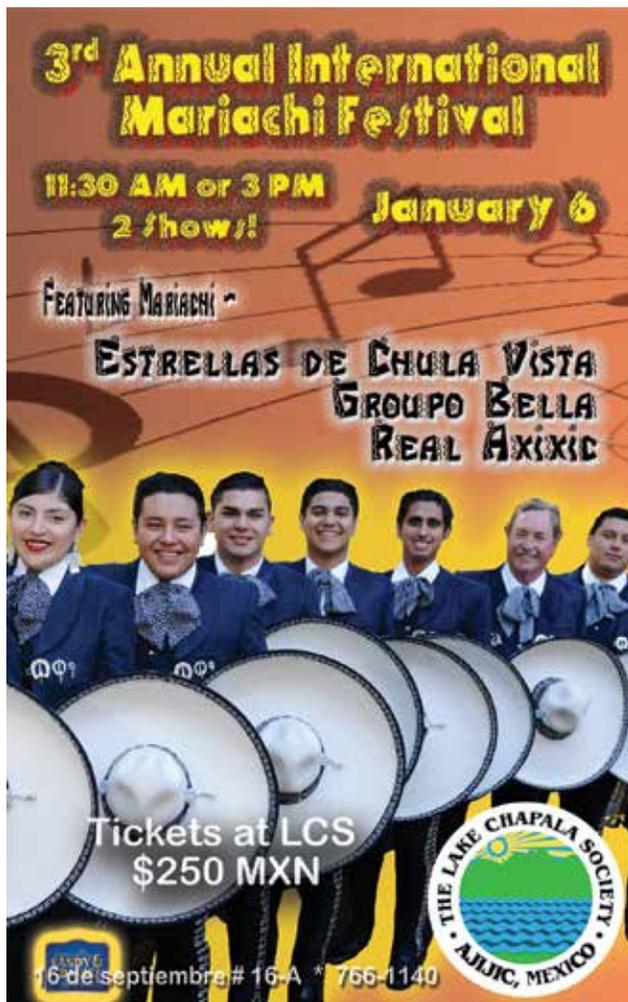
The **Campus Committee** is busy preparing LCS for future membership growth and to provide adequate facilities for all current activities. These activity spaces include: Meetings and classes, English and Spanish libraries, Administration offices, program spaces, consultant spaces and green garden areas.

The **Program Committee** is preparing policies and evaluations of programs, services and activities supported by LCS. In addition, the committee prepares recommendations for potential new programs to be implemented based on input from LCS members and the community.

The **Finance Committee** projects include achieving "Donataria" status for LCS, working to partner with a Canadian charitable group to achieve tax-deductible status for donations to LCS from Canadian citizens, reviewing investment vehicles used by LCS and reviewing financial statement presentation and required footnotes to comply with International Financial Reporting Standards for not-for-profit organizations.

If you're looking for a challenge, would like to work with other motivated professionals, want to apply the skills and expertise you're accumulated over a lifetime to make a lasting contribution to our community please contact Volunteer Coordinator Rachael McMillan 766-1140 or apply online on our web site at lakechapalasociety.com/weebly/volunteer.php.

**LCS Closed
January 1 and
February 5**



Introduction to Spanish

This casual class for the beginner covers the Spanish alphabet, simple vocabulary, phrases useful about town, and information about Lakeside and Mexican culture.

Two sessions in January starting the first Tuesday for three weeks, The first session begins Tuesday, January 9 from 12 until 1:30 p.m. in the Gazebo, the second session runs from 2 to 3:30 p.m. in the Ken Gosh Pavilion. Tuition is \$175 pesos.

Warren Hardy Spanish Classes

Begin Monday, January 8 and continue through February 26. Classes meet two days a week for an hour and a half at the Wilkes Education Center (*Biblioteca*) on Galeana #18.

The LCS Spanish program uses the Warren Hardy Spanish language system designed for the adult students. The program manager will register students every day during the week of January 2 to 5, from 10:30 a.m. to 1:30 p.m. on the Blue Umbrella Patio. Tuition is \$900 pesos. The required course textbook is an additional \$670 pesos; other instructional materials may also be purchased.

All LCS Spanish classes are for members only and your membership must be current for the duration of the program. Register for LCS Spanish classes in the office or online. For more information, visit the LCS website.

Bus Trips January

Thursday, January 11 Centro/Downtown

Self Guided Walking Tour of central Guadalajara. 17th, 18th, and 19th century architecture. Stunning murals and artwork. Relax and people watch in the beautiful plazas, have lunch in the *Plaza de los Laureles* or other fine eateries in the area. --- A detailed map will be provided. Cost is \$370 pesos for members/\$470 pesos for non-members. Bus will leave promptly at 9:30 from *La Floresta*.

Wednesday, January 24 Galerías Mall/Costco

Major retailers including Best Buy, Sears and restaurants Cheesecake Factory, PF Chang and more, also shop nearby Costco, Sam's and Mega. Cost \$370 pesos for members and 470 pesos for non-members. Meet at the sculpture in *La Floresta*; bus departs promptly at 9:30 a.m.

Upcoming Social Club Activities

LCS SOCIAL CLUB
Tuesday, January 9
Depart La Floresta Sculpture at 10 AM.
The LCS Social Club invites you to take a trip with us to Guadalajara to visit the new Acuario Michin.
Sign up in the LCS office.
ACUARIO MICHIN GUADALAJARA
\$370* Per Person
*Includes cost of the bus only. Entrance fee is \$199 or with INAPAM card, \$120 MXN. Non LCS members pay an additional \$20. The aquarium has a cafe.

LCS SOCIAL CLUB
Sunday, January 28
Depart La Floresta Sculpture at 4:30 PM.
The LCS Social Club invites you to take a trip with us to Guadalajara to witness Lucha Libre.
Sign up in the LCS office.
\$520* Per Person
*Includes bus trip and entrance fee. The coliseum has snacks and drinks (and beer). Non LCS members pay an additional \$20.

Neil James Lectures

January 2: Gary Blauer, "Why is Artificial Intelligence Suddenly Real...and Where Does It Go From Here?"

For decades, experts talked about the potential for artificial intelligence (AI) but almost nothing actually happened. Recently, and seemingly out of nowhere, the field has exploded and is bringing very rapid change. The explanation for this strange history is fascinating, quite understandable for non-techies, and instructive about what is coming.

January 9: Loretta Downs, "The New Age of Dying and Death: From Ignorance to Bliss"

When Elizabeth Kubler-Ross published *On Death and Dying* in 1969 showing the absolute denial of death in hospitals, a revolution began. Nearly 50 years later we have reached critical mass in the worldwide movement about the end of life experience that mirrors the growth of the birthing movement.

Today, discussions about dementia and advance care planning are being conducted. Legal aid-in-dying is increasingly considered to be a human right.

January 16: Phil Rylett, "What Are We?"

Do we ever consider what we are? If we are asked, we may respond...retired, ex-accountant, Canadian, grandmother, etc. All true, but all incomplete.

Once we peel away the layers what are we left with to answer the question? A factory of chemical reactions? A collection of blind atomic forces? Our lives were billions of the years in the making – they didn't start several decades ago - but often we are oblivious to this wonder.

Discover a new approach of how to view yourself. You have journeyed from stardust to Ajijic. Reviewing this journey will help you understand what you are and better understand what you can do to keep this miracle machine ticking.

January 23: Pete Soderman, "Recovering in Chaos"

Americans are killing themselves with drugs like never before. More Americans died from opiate overdoses in 2016 than were killed in the Vietnam and Iraq wars combined.

The economy, the unsettled political situation, health care, climate change, government policy, and the threat of war all contribute to an environment in which recovery from addiction, becomes orders of magnitude more difficult, as the addict can't see a clear path to a life better than the one they're currently living. Is there anything to be done?

January 30: "Mexico Good, Bad and Ugly: 2018 Update"

Mexico's size, biological diversity, population and economy make it one of the more important countries on the planet. For example, did you know it is the world's 4th biggest auto exporter, behind only Japan, Germany and South Korea. On the other hand it has big-time problems such as obesity, corruption, and violence. This update provides background for the important 2018 Mexican presidential election.

Follow Us on Facebook



For all things LCS, you can like us at www.facebook.com/lakechapasociety.

If you want to keep up with LCS events, just click the 'Follow' button under the header on Facebook.



January Activities

*Open to the Public ** US Citizens (S) Sign in (C) Member card

Health Insurance *

IMSS & Immigration Services Mon+Tues 10-1
Lakeside Insurance Broker Tues+Thur 11-2
San Javier Hospital last Fri 10-12

Health and Legal Services *

Becerra & Galindo Services Thurs+2nd+4th Sat 10:30-12:30
Blood Pressure Mon+Fri 10-12
Hearing Aid Services (S) Mon+2nd and 4th Sat 11-4
Ministerio Publico Wed January 10+24
10-2Optometrist Claravision (S) Thur 9-3
Skin Cancer Screening (S) 2nd + 4th Wed 10-12
US Consulate** Sign up Tues Jan 2 10:30 Sign up 10

Lessons(C)

Chair Yoga Fri 2-3
Children's Art Sat 10-12*
Children's Chess Club Sat 12-1
Children's English Class Sat 9:30-10:30
Clases de Bordado Artístico Mon 3-6, Wed & Fri 4-6
Exercise Mon+Wed+Fri 9-10
Exploring Spanish Wed 12-1:30 Sat 11-12:30
Fitness Thru Yoga Mon 2-3:30
Intermediate Hatha Yoga Tues+Thur 2-3:30
Introduction to Lakeside (S) Thurs 9-1
Introduction To Spanish (S) Tues 2-3:30 cost
Line Dancing Tues+Thurs 10-11:15
PEP Series (S) Cost-check office for details 11:30-1:30
Photography Club 1st Mon 12-2
Scottish Country Dancing Thurs 11:30-1
Stretch and Balance Exercise Tues+Thurs 8:45--9:45
Tai Chi Chih Fri 10-12
Tech Help Desk Thurs 12-2
Warren Hardy Spanish Classes (S) Mon-Sat check office
Write-to-Prompt Writers' Group Thurs 10-12
Zumba Gold Wed 10-11

Libraries

Audio Thur 10-12
Book & Video Mon-Sat 10-2
Library of Congress Books*/ Talking Books Thurs 10-12
Wilkes Mon-Fri 9:30-7, Sat 9:30-1*

Members Only Social Activities (C)

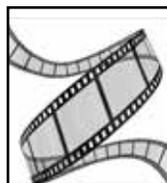
All Things Tech Fri 10-11:30
Bridge 4 Fun Tue+Thurs 1-5
Conversaciones en Español Begins Monday January 15 Mon 10-12
Creatively Mindful Art Wed 11:30-1
Discussion Group A Wed 11-1:30
Discussion Group B Wed 12-1:30
Everyday Mindfulness Mon 10-12
Film Aficionados Thurs 2-4:30
Games Group Mon 1-4
Needle Pushers Tues 10-12
Neill James Lectures Tues 2-4
Next Chapter Book Group 2nd Thurs 1:30-3
Scrabble Mon+Fri 11:30-1:30
Spanish/English Conversation Sat 11-12:30
TED Talk Learning Seminars Tues 12-1:15
Tournament Scrabble Tues 12-1:50

Service and Support Groups *

Al-Anon (in Spanish) Mon 6-7:30, Wed 5:30-7:30
Information Desk Mon-Sat 10-2
ASA Board Meeting Jan 3+31 10:30-12
Alzheimer's Caregiver Support Mon 1:45-2:45
Lake Chapala Painting Guild 2nd Fri 1:30-3:30
Lakeside AA Mon +Thurs 4:30-5:30
Open Circle Sun 10-11:30
Smart Recovery Mon 2:30-4
Toastmasters Mon 7-8:30 p.m.

Ticket Sales: Monday-Friday 10-12 a.m.*

Video Library January



Great news for distant and local members: all video rentals now have a five day return period!

The LCS Video Library has some of the best films, foreign and domestic, and we're always on the lookout for more films that will interest LCS members. If you have any suggestions about good movies, *old or new*, please give the title, your name, and your e-mail address to the volunteer on duty and we'll get back to you.

We can also copy your old videotapes onto compact discs: \$50 pesos for members and \$75 pesos for non-members. Don't forget to check the tables and shelves outside the Video Library for previously viewed DVDs at bargain prices.

The Video Library needs volunteers to bring DVDs to help keep our inventory current. We order them on-line, pre-pay them and have them shipped to the address of your choice. Contact Tom Keane at atkeanhombre@prodigy.net.mx.

Personal Enrichment Program (PEP) - Sign up now!

Creative Writing

Instructor: Rachel McMillen
Course Fee: \$800 MXN
Course Dates: Jan 08- Feb 12
Course Time: Mon 2 to 4 pm

Beginning Gardening At Lakeside

Instructor: Francisco Nava
Course Fee: \$700 MXN
Course Dates: Jan 09- Feb 01
Course Time: Tue and Thur 1-2 pm

Advanced Gardening At Lakeside

Instructor: Francisco Nava
Course Fee: \$700 MXN
Course Dates: Jan 09- Feb 01
Course Time: Tue and Thur 2-3 pm

Prospects Beyond Man

Instructor: Paul Basset
Course Fee: \$400 MXN
Course Dates: Jan 10 - Feb 07,
Course Time: Wed 12 -1:30 pm

Prueba Mexico series early 2018

The 4 cardinal points: Their Energies and Rituals (Pre-Hispanic Mexico)

Instructor: Ricardo Navarro "Yohualoceloth" and Cesar Matta.
Course Fee: \$920 MXN
Course Dates: February 6 - March 2, 2018
Course Time: Tuesday and Friday, 12:00 to 1:30 pm.

Fire energy (Pre-Hispanic Mexico)

Instructor: Ricardo Navarro "Yohualoceloth" and Cesar Matta.
Course Fee: \$650 MXN
Course Dates: February 6 to 27, 2018
Course Time: Tuesday, 9:30 - 11:00 am.

Pre-Hispanic nutrition

Instructor: Ricardo Navarro "Yohualoceloth" and César Matta.
Course Fee: \$820 MXN
Course Dates: February 12 - March 9, 2018
Course Times: Monday and Friday 10:00 to 11:30 am

Four films by Akira Aurosawa, Plus One

Instructor: Marshall Krantz
Course Fee: \$580 MXN
Course Dates: Jan 12 - Feb 09
Course Time: Fri 1:30 to 4:30 pm

Communication for Challenging Times

Instructor: Anna Cassilly
Course Fee: \$350 MXN
Course Dates: Jan 25 and 26
Course Time: Th-F, 10 -1 pm

Rementia Approaches for Caregivers. (Alzheimer connection)

Instructor: Kassandra King
Course Fee: \$500 MXN
Course Dates: Jan 31 - Feb 28
Course Time: Wed 2 -3:30 pm

Coming Home: Echoes from the Wall

Instructor: Judy King
Course Fee: \$580 MXN
Course Dates: Feb 01- March 8
Course Time: Thur 10:30 to 12:30 pm

TED Talks

Tuesdays In the Sala 12 noon to 1:15 p.m. Members only. Bring your card.

Jan 2 A Doctor's Case for Medical Marijuana

Pete Soderman hosts this TED Talk by physician David Casarett. Dr. Casarett was tired of hearing hype and half-truths around medical marijuana, so he put on his skeptic's hat and investigated on his own. He comes back with a fascinating report on what we know and what we don't know, and what mainstream medicine could learn from the modern medical marijuana dispensary.

Jan 9 How Megacities are Changing the Map of the World

Fred Harland facilitates this TED talk by Parag Khanna who asks us to re-imagine how life is organized on earth. As our expanding cities grow ever more connected through transportation, energy and communications networks, we evolve from geography to what he calls "connectography." This emerging global network civilization holds the promise of reducing pollution and inequality -- and even overcoming geopolitical rivalries.

Jan 16 Why Humans Run the World

Clive Overton hosts this TED talk by Yuval Noah Harari. About two million years ago our human ancestors were insignificant animals living in a corner of Africa. Their impact on the world was no greater than that of gorillas, zebras, or chickens. Today humans are spread all over the world. The very future of life on earth depends on the ideas and behavior of our species. Why did our species become so dominant? There have been many theories, all with some credibility, but Harari presents a reasoned argument that is hard to refute.

Jan 23 The Future of Humanity

Clive Overton guides this TED talk by Yuval Noah Harari entitled: "Will Humans Soon Disappear?". With the help of novel technologies, within a few centuries or even decades, human beings may upgrade themselves into completely different beings, enjoying godlike qualities and abilities. Is this inevitable?

Jan 30 - What You Can Do to Prevent Alzheimer's

Fred Harland facilitates this TED talk by neuroscientist and author of "Still Alice," Lisa Genova. Alzheimer's doesn't have to be your brain's destiny, says Lisa Genova. She shares the latest science investigating the disease -- and some promising research on what each of us can do to build an Alzheimer's-resistant brain.



Thursday Film Aficionados

Open to LCS members only. Bring your card. All films shown in the Sala from 2 to 4 p.m. No food. No pets.

January 4 **Wind River** 2017 USA

A veteran tracker with the US Fish & Wildlife Service helps to investigate the murder of a young Native American woman. Possible multiple Academy Award nominations here. (104 minutes)

January 11 **Icarus**- 2017 USA

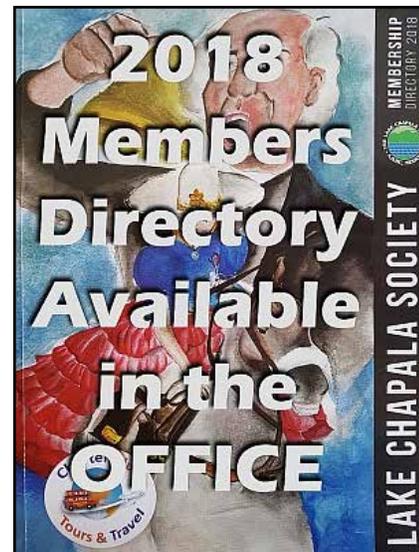
When an investigator sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. On the short list for an Academy Award for Best Documentary. (118 minutes)

January 18 **Mudbound** 2017 USA

An epic story of two families pitted against a ruthless social hierarchy yet bound together by the shared delta farmland of the post WWII American South. Likely Academy Award nominations here. (128 minutes)

January 25 **Good Time** 2017- USA

Motivated by an almost ferocious love for his intellectually disabled brother and a thirst for a better life, Connie involves his sibling in an ill-conceived bank robbery. This highly original film is generating a lot of Academy award buzz. (99minutes)



THE LAKE CHAPALA SOCIETY, A.C.

16 de Septiembre #16-A, Ajijic, Jalisco LCS Main Office: (376) 766-1140

Office, information and other services - Monday-Saturday, 10:00 a.m. to 2:00 p.m. Grounds open until 5:00 p.m.

LCS BOARD OF DIRECTORS

President - Ben White (2018); Vice-President - George Radford (2019); Treasurer - Michael Searles (2019); Secretary - Carole Wolff (2018); Directors: Dee Dee Camhi (2019); Nicolas Hanson (2019); Cate Howell (2018); Philip Newbold (2018); Philip Rylett (2018); Roberto Serrano (2019) Janis Sirany (2019)

Immediate Past President: Howard Feldstein. * Executive Director - Terry Vidal

The LCS Newsletter is published monthly. Deadline for submissions is the 17th of the month preceding publication.

Submit all news items to lcsnewsletter2016@gmail.com

Note: The editorial staff reserves the right to edit all submissions according to time, space availability and editorial decision.