

WELCOME TO 360 XOCHI QUETZAL

Residency Handbook

Our mission is to provide artists, writers and guests with a tranquil, uninterrupted stretch of time to focus on creative projects and exploring Mexico. This Handbook is designed to answer many frequently asked questions, explain how things work at the residency live/work spaces and introduce you to Lake Chapala.

We are delighted to welcome you to our artist and writer's residency program. This Handbook is designed to address issues that frequently come up before and during the residency and to outline the expectations that we have of our residents and guests. Please take the time to read through the Handbook. It will answer most of your questions and help you make a smoother transition to life in Mexico.

*Deborah 'Cobra' Kruger, and Christian Robertson, Hosts
Sandra Hernandez & Ellen B. Siegel, Administrators*

Where am I?

Chapala is in the state of Jalisco, which is in the center of Mexico and just 45 minutes south of Guadalajara, the third largest city in Mexico. If you are flying, your destination is the Guadalajara International Airport (GDL) just a 25 minute taxi drive to the residency casitas. We are at 5,000 feet elevation and enjoy some of the best year round weather in the world. Look in the binder for a map of Chapala, which will orient you to local stores and other important destinations.

Changing Money

You cannot use other currencies here, so you will need to change your money to pesos. **When you change money, you must present your passport!** You cannot cash checks or U.S. Travelers' Cheques. Most businesses will NOT take credit cards. We advise using your debit card at local ATMs when you need cash. (*Hint: make sure you contact your credit card company to advise them of your travel plans.*)

AAA: If you have AAA, you may be able to change dollars to pesos for a very low rate.

Chapala Cambio: Two doors from the main traffic light (heading west), on Hidalgo (ice cream store next door)

Intercam: This Cambio has the best rates and is located in **Ajjic** on the Carretera next to OXXO. Don't forget your passport!

ATMs: There are several ATMs on Madero (Bancomer, Banamex) and Hidalgo (Santander). ATMs are also located in Soriana supermarket and Walmart. Your bank will determine how much you may take out daily (Fees can be charged by the local bank & *your* bank- so check in advance.)

Eating Safely

We recommend soaking fruit and veggies for ten minutes in water that has 15 drops of Microdyn disinfectant to reduce possibility of microbes. There may be a small vial in the kitchen; if not, it is available at most abarrotes and vegetable shops.

GROCERY SHOPPING

Local fruit and veggies

- Central market (*Mercado*) on Plaza
- Several little shops on Juarez behind the Mercado

Local meat, poultry and fish

- Central market (*Mercado*) on the Plaza has everything; fish market on second floor
- Fish & meat markets next to Super Lake in San Antonio Tlayacapan, west of Chapala

Tianguis (street markets): hours 10am - 1pm

Mondays in Chapala in the neighborhood across from Soriana

Mondays in San Antonio, turn left two blocks east of Super Lake, see sign in 1st block: prepared food, soups, empanadas, homemade bread, gluten-free products

Tuesday Organic Market in West Ajijic at La Huerta Eventos (take a bus or taxi) find prepared food, veggies, cheese, gluten-free products, clothes, jewelry, health products

Wednesdays in Ajijic on corner of *Carretera* & *Revolucion* (Plaza Bugambilias) Everything!

Friday Market in West Ajijic at La Huerta Eventos (take a bus or taxi) and find prepared food, veggies, cheese, gluten-free products, clothes, jewelry, health products

Supermarkets

Chapala: Soriana is the largest nearby supermarket

Chapala: Surtidor is on Madero (across from Degollado) and has most things you need; closed on Thursdays

Chapala: There is a small market on the corner of Flavio Romero and Juarez which has many items including sushi supplies

San Antonio Tlayacapan: Super Lake (caters to *gringos*)- you can get gluten-free food, organic products, baked goods

The abarrote (grocery) on the corner of Gonzalez Gallo and Lopez Cotilla now sells small packages of ground coffee, eggs, and other basic products.

TRANSPORTATION

Buses run from 7am - 9:30pm, but after 7:30pm they are not reliable.

Chapala Bus Station: Located on Madero and Miguel Martinez. Buy your tickets at the counter.

Local Buses: Use these to go to San Antonio or Ajijic. They cost a little less and you don't need exact change. There are several bus stops on Madero in Chapala: the closest one is at the corner of Madero and Lopez Cotilla (across from the Plaza if you are traveling toward Ajijic), and both local and express buses stop here. Watch where the locals wait - you'll see them raise their hands to flag down the bus. Local buses detour through San Antonio center and Ajijic center during the day and are slower than the express bus.

Express Buses: Use these to go directly to San Antonio and Ajijic 3 times/hr. These are larger and more comfortable buses. They cost a little more and you don't need

exact change. They will only drop off and pick up at designated stops; often the same stops as local buses.

Express Bus to Guadalajara: These leave on the half hour from the bus station. They take about an hour and arrive at the old bus station in Guadalajara. It is safer to travel during daylight and we recommend taking a local taxi, Uber or Cabify (only available in the large cities of Mexico) as you exit the bus station.

You can also take a bus to any pueblo along the lake including San Antonio, Ajijic, San Juan Cosala (where the thermal baths are located) and Jocotopec to the west, and Mezcala to the east.

Taxi cabs

It's easy to find taxis at each of the town squares (*plazas*.) If you plan to be out after dark, pre-arrange a taxi pickup; taxis do not cruise looking for fares. Rates are set by distance and time of day (costs more after dark). We suggest getting the price of the ride from the driver before you depart. Example: Chapala to Ajijic = 80p

Taxi Armando: 333.104.4863 speaks English/very reliable for early airport pickups

Taxi Francisco: 333.157.8060

Taxi Arturo Fernandez: 333.954.3813 Bilingual

Taxi Jacob Romo: 331.401.0266 Bilingual

Taxi Antonio: 376.765.6696

Taxi Chapala: 376.765.3511

Taxi Juan Carlos Ortiz 333.179.0127 speaks English

If you need a taxi for a distance, like to the airport, it's best to call a day or two ahead (and then call again the day before to remind them!) Taxi drivers are usually on time especially for early morning pickups. Allow ½ an hour to get to the airport and a minimum of 3 hours for international flights.

Airport Arrivals and Departures: Airport taxis cost 400 pesos. Uber taxis from the airport cost \$180 pesos. Taxis from Chapala to the airport are around \$400 pesos. An appropriate tip (*propina*) is 10% of the fare or a bit more if they help you with luggage. There is a taxi stand at the airport when you enter the terminal after passing through customs. You can pay with a credit card, USD or pesos. The drivers are safe and will take you directly to our residences. We will supply you with driving directions in English and Spanish so that you can guide the driver when you get into Chapala.

INFORMATION ABOUT OUR CASITAS

Utilities: All houses have solar water. There is more hot later in the day; let the water run for a 3 - 6 minutes until it reaches the right temperature. There are also backup gas hot water heaters for the rare weeks when it is cloudy.

Trash: Tie up your trash and hang it on the hooks outside your house early in the morning. **Do not leave trash out overnight** or the street dogs will tear it open. Please clean up your trash if it scatters. Trash is picked up every day except Sunday; pickup generally between 10am - noon.

Noise: Please be mindful of the residents living above, below or beside you. Keep music, conversations and moving chairs/furniture quiet between 9pm – 7am. Please wear slippers in the house instead of more noisy shoes.

Bathrooms: You need to dispose of **ALL toilet paper in the trash can beside the toilet**. Our municipal water system is very old and cannot handle ANY paper.

ENERGY CONSERVATION

Utilities are very expensive in Mexico: Please use water sparingly, do not use lights or fans unless you need them. Only leave lights on at night if you are out and only leave one on. Turn off computers and other electronics when not in use. Keep shower time under 5 minutes.

INTERNET LOGINS

GONZALEZ GALLO #1B (Red house on corner) -

UPPER AND MIDDLE CASITAS: Modem is located in the Middle Casita and serves the Middle and Upper Casitas. Network = Infinitum6254_2.4

- Network: INFINITUM6254_2.4
- Wep Key/Password: Db7uYPLBr3

LOWER CASITA:

- Network: INFINITUM132_2.4
- Wep Key/Password: zun1aaNHt9

LOPEZ COTILLA #212B (terra cotta house with dark blue garage door)

- Network: Infinitude j82q
- Wep Key/Password: a4dddaaf82

GONZALEZ GALLO #13A (Chris and Cobra's house)

- Network: Infinitum 0669
- Wep Key/Password: HmmU48zoGU (use small letter "o", not a zero)

Maid, Laundry, Water, Food

Maid (Ama de Casa): Each live/work space is deep cleaned prior to your arrival and also cleaned once a week during your residency. If you desire additional maid service during your stay, the cost is \$60 pesos per hour; you can pay the maid directly. The maid (Vero or Alicia) usually comes on Fridays between 12 - 3pm. We will inform you about changes to the weekly schedule. She has a key and will not take anything from you.

Each week, the maids will wash floors, clean kitchen and bathroom, and water plants. If you want your sheets changed, leave a fresh set on your bed. (Clean sheets are in the bottom drawer of your bureau; look for the label). **You are responsible for laundering your own sheets & towels and clothing.**

Our laundry: There is a keypad knob (code 0888#) which opens the door to our bodega at the front of the red personal residency house on Gonzalez Gallo #1B (at the south end of the street nearest to the lake) and across from the Cruz Roja (Red Cross). Please feel welcome to use the cold-water washer, dryer, washing supplies, and the lines for drying clothes. **Please be sure to clean out the filters inside the washing machine and dryer,** especially after you wash towels. If we don't all make an effort to keep it clean, it will clog and the machines will not run well.

Public laundry (lavandaria): This neighborhood laundry is located on the corner of Lopez Cotilla and Zaragoza, and is open 9am – 9pm on Mon – Sat, and 9am - 2pm Sundays. Cost is approximately \$70 pesos per load (wash, dry, fold). Tell them Cobra sent you.

Water: No one drinks tap water (but you can brush your teeth with it). We provide each casita with one full jug (garrafón) of filtered water on a water dispensing stand. There are 1 - 2 additional empty garrafóns. When your water is empty, bring the empty jug down to the Bodega and put \$20 pesos underneath. Juan our water guy will check to see if you have 'ordered' another garaphon. Pay the water guy or gardener 5 pesos as a propina (tip) to bring it into your house and flip it onto the water stand (it is safe to let him in). All purchased ice is safe to drink.

Food: You are welcome to use whatever food you may find in cupboards or refrigerator.

Gardener: Alicia the maid will water when she does cleaning. She has a key and will not take anything. We would appreciate you watering the plants in your house or patio several times a week or when they look like they need a drink.

SAFETY AND SECURITY

How safe is it?

We find Chapala to be quite safe. No residency house has been broken into, but there have been break-ins in our neighborhood. We recommend that you hide your electronics when you leave the house, just in case there is a break-in. **We are not responsible for any lost or stolen items.**

Do not let people you do not know into the house, including the police. The exceptions are approved subcontractors like the maid, gardener and others on the contact list (at end of this guide).

LOCK ALL THE DOORS when you go out (and when you go to bed) **and make sure you bring your keys with you when you are out.** Sandra has an extra set. We also advise keeping your patio locked during the day.

If you are out at night, stay in lit areas, do not carry much cash, and be smart.

If you are going away overnight or for a few days, **please leave one light on, but turn off the fans and other electronics.**

Flashlight & Fire Extinguisher:

There is a flashlight and fire extinguisher in each casita.

PHONES AND CALLS IN MEXICO

Mexico Country Code = +52 and then dial 1 followed by area code

International Calling Options:

- **Purchase a short-term international plan** for your existing cell phone before leaving home.
- **Buy a cheap Mexican cell phone** (150 - 200 pesos) and get a 1 - 3 month plan such as Telcel or ATT. Telcel kiosks are located all over - there is a large one on the corner of Hidalgo and Madero.
- **Unlock your cell phone** (check how on UTube) and buy a local sim card once you arrive. We recommend ATT
- **Use Skype for free.** Did you know you can buy a Skype phone number that rings through your computer for only \$6.99/month?
- **Possibly the best and easiest option** is to download WhatsApp while you are still in the US or Europe. This is a free and easy way to stay in touch with friends and family while traveling. We are also on WhatsApp.

Cell Phone Calls (using a Mexican cell) to ALL Mexican Phones:

Dial 3 digit prefix (area code) + 7-digit phone number. The common area codes are: 331, 332, 333

How to Dial Toll Free Numbers from Mexico:

~ Calling from Mexico to US or Canadian Toll Free numbers ~

For 800 numbers: Dial 001-880 & the seven digit number

For 866 numbers: Dial 001-883 & the seven digit number

For 877 numbers: Dial 001-882 & the seven digit number

For 888 numbers: Dial 001-881 & the seven digit number

Mail Delivery

Mail coming from the United States takes a *minimum* of three weeks. It USUALLY arrives, but not always. It would be more reliable to contact IShopMall in San Antonio

Tlayacapan (near SuperLake grocery store) and arrange for a personal delivery there if you need to ship supplies in advance of your residency 376.766.5070.

Printing Digital Copies

There are at least two locations in Chapala where printing can be done from a thumb drive.

- The copy/barber shop next to Bancomer near the traffic light and fountain on the main road through town. They also have a large printer for architects as well as conventional commercial printers. One of the clerks speaks some English.
- The *papelaria* on the corner of Flavio Romero and Degollado Privada (it's an orange-colored store on the corner). They have a printer and two members of their family speak English.
- The *papelaria* on Guerrero between Morelos and Ninos Heroes. They have two printers but no English spoken.

WEATHER

Chapala has one of the best weather systems in the world. Our high altitude (5,000 ft) ensures year-round daytime temps in the 70s & 80s and it is cool at night (60s). Winter (the month of January) is cooler (50s) and May is our hottest month (90s but dry).

Rainy season runs June – September with most of the rain falling at night or early in morning. Rain is rare other times of the year. Locals are more likely to use an umbrella to shield from sun than rain! There are ceiling fans, floor fans, heated mattress covers and space heaters to use as needed. It can be chilly at night in the winter, so bring layers and slippers; bring sturdy shoes for our cobblestone streets. All casitas have umbrellas to borrow during your stay.

HIGH WINDS

- Sometimes high winds blow through, especially in the winter. This can cause the electricity to go out.
- There are flashlights in your kitchen area. If a big storm is brewing, consider taking out the flashlight in case you lose power.
- We like to keep extra ice in the freezers so that you can put some in the fridge during a brown-out and keep your food cold.
- Power usually goes back on in a couple of hours, but sometimes it takes until the following day. If you need the internet, try going to an internet café like Coffee Hour or *Él Arbol de Cafe* in the middle of town. They usually stay powered up.
- Be prepared for laying low, reading by candlelight and slowing down.

LEAVING A TRACE

Although it is not a requirement, we would appreciate the donation of a small piece of art, a poem, a sample of your writing/music or some other evidence of your time here.

We have started a collection of work by residents of 360 Xochi Quetzal for the enjoyment of others who visit our facility.

Thank you in advance!

ARTS AND CULTURE

Lakeside: Look copies of *El Ojo del Lago* (monthly, free) or the *Guadalajara Reporter* (weekly, 20 pesos) for listings of local events, plays, concerts, restaurants, etc.

Cultural Center Gonzalez Gallo (CCGG) - Chapala Train Station: This vintage 1920's station on Gonzalez Gallo has been converted into a cultural center, gallery, sculpture garden and has many free concerts and events:
c.c.gonzalez_gallo@hotmail.com

Cultural Center Antigua Presidencia (CCAP): This was once the president's palace, located on the corner of Madero and Hidalgo at the traffic signal in the center of town. There are concerts, cultural events and two art galleries.

Ajijic Cultural Center: On the *Plaza* in Ajijic - ongoing art exhibits and events. There are also **numerous galleries** on the surrounding streets in Ajijic. Look for openings where you can meet local artists.

The Lake Chapala Society: Located in Ajijic, the **LCS** offers a full schedule of activities, meetings, outings for members and non-members. There are video and book libraries, meeting rooms, and a cafe on the campus.
www.lakechapalasociety.com

The Music Appreciation Society (MAS): Hosts many classical and Mexican concerts and cultural events **www.masajijic.com**

Lakeside Little Theater: <http://www.lakesidelittletheater.com>
A 112-seat, self-sustaining not-for-profit organization providing Theatre Arts to lakeside residents. <http://www.lakesidelittletheater.com/llt-s-history>
Phone: 376-766-0954

The Naked Stage: Minimalistic play readings for adult theater lovers held the last weekend of every month. **nakedstagereservations@gmail.com**

Web Listings for More Ideas:

- www.accesslakechapala.com/guide/chapala-living/activities-and-events
- www.chapala.com/wwwboard/webboard.html
- www.ajijicnews.com/pages/eventscalendar

GUADALAJARA

Explore Guadalajara and see museums, the Orozco murals at the Cabanas, world class zoo, attend the symphony, street fairs and much much more.

University of Guadalajara Museum (MUSA): Check out the ongoing exhibits using the URL below. Use the box in the upper right to translate the site into English.
<http://musa.udg.mx/wordpress/temporal-s/cortazar-para-armar/#>.

Museum of Art in Zapopan (MAZ) FB Page: Museo de Arte de Zapopan. Lots of contemporary artists show here. Large museum on a lovely plaza with restaurants and shopping north of central Guadalajara. Take the bus to Guadalajara and then a taxi to Zapopan.

MAJOR VENUES

Jalisco Philharmonic Orchestra and classical music, Opera, Cabaret, Ballet, *Live from the Met*, Folkloric Dance, Jazz, Rock Concerts and more are primarily performed in three main venues:

Teatro Degollado: Phone 333.614.4773

Teatro Diana: Phone 333.614.7072 www.teatrodiana.com

Auditorio Telmex: Phone 333.636.5200 or www.auditoriotelmex.com

Ticketmaster: Phone 333-818-3800 or www.ticketmaster.com.mx

HAVING FUN!

We know you are here to work, but when you need a break, here are some fun things to do.

EATING OUT

Coffee:

For coffee aficionados, there is a local roaster in Chapala. Visit *El Arbol de Cafe* which is located on Hidalgo (the *carretera*) heading towards Ajijic across from the Chapala mural. Lalo is the owner and they also serve breakfast and lunch. They will grind to your specifications and mix blends. Their sealed packages make great gifts to take home.

Cenadurias: These Mexican dinner restaurants open at 7pm. There are lots in the neighborhood, so check them out! We recommend ordering *Pozole* which is a typical Mexican soup.

Taco Stands: Everyone has their favorite and many open on the sidewalks or on the Plaza in the late afternoon and into the night.

Mexican Restaurants in Chapala: All the fish restaurants on the *malecon* (lakefront walkway) are good. Some of our favorites on the Malecon are *Molcajete*, *Cozumel* and *Guichos*. Also check out *El Zapote* on Morelos, and *Elbas* on Zaragoza. Hotel San

Francisco is on the side street of the malecon and offers breakfast in an elegant patio atmosphere.

Mara's Restaurant: Fabulous family run buffet from 8am - 5pm. \$70 pesos for a huge plate. Hecho a mano tortillas and aguas frescas. Bring a plastic container for leftovers. Pedro Moreno 86, Chapala CLOSED SUNDAYS

El Tejado de Don Eme: On Miguel Martinez on Chapala. Goat Birria, Chamorro, and Birria Tacos; handmade tortillas. Tuesdays Special
5 Birria Tacos + 1 soda + soup \$59 pesos
Open Thursday to Tuesday
CLOSED ON WEDNESDAY

American Legion: On Morelos in Chapala. Not only does it offer good and inexpensive meals, it is a great spot for coffee, beer, games and other activities.

More Upscale in Chapala:

Restaurant del Mar three blocks past the Train Station on left side of Gonzalez Gallo: 331.117.2325. We also recommend *El Guardino* which is on Madero and has five levels of restaurant crawling up the mountain. The menu has something for everyone and no reservation is necessary. This is a good choice if you are going as a large group.

Romeo and Julietas: Authentic Italian gelato including eight non-dairy options. Located around the corner from Gonzalez Gallo on Ramon Corona which runs parallel to the Malecon. Open 7 days a week from 10am - 8 or 9pm.

Outside Chapala: There are a lot more restaurant options in nearby Ajijic

AJIJIC TANGO

Lakeside's most popular restaurant, Argentinean food, grilled steaks 15 choices for vegetarians. Please reserve to avoid long waits
Tel. 766-2458 Morelos #5, Ajijic
CLOSED TUESDAYS Credit cards accepted

ARILEO

Steaks, Salads, Pizza, Pasta, Fish & Sea Food, Daily specials
Thursday to Tuesday 12 Noon- 10 pm
Carr. Chapala - Jocotepec No. 1088, Los Charales, San Juan Cosalá, Jal.
Tel: (376)106-1627 facebook: arileosteakhousebar
CLOSED WEDNESDAY Credit cards accepted

COCINARTE

One of our favorite restaurants, daily specials, great curries
16 de 45920, 16 de Septiembre, Ajijic
Reservations: 01 33 1395 3810 Open 10am – 2pm; 5 – 9pm
CLOSED MONDAYS/TUESDAYS Credit cards accepted

ELEGANTE

Offering Fine Dining American /Continental Cuisine

Tuesday through Saturday 5:00 - 9:30 pm

Reservations 376 766 1066

Constitución #59 (Between Galeana & Javier Mina, Ajijic)

CLOSED SUNDAY/MONDAY

GO LE CLUB

A new upscale weekend, late night tapas option in Ajijic.

10 hot & 10 cold hors D' Oeuvres designed for sharing. Four Changing main courses
hand made desserts espresso & capuccino.

Reservations: (376) 766 4747, Cell: 333 502 6555

Emiliano Zapata #50, Ajijic CLOSED SUNDAY/MONDAY

HUERTO CAFÉ

Delicious Coffee & Organic Salads, Omelette, BBQ Ribs

Facebook: LUPES BBQ Instagram: @LUPESBBQ E-mail: LUPESBBQ@GMAIL.COM Tel:
37610-80843

In Hidalgo, Riberas Del Pilar #212 / Rocio: (376) 108 0843 huertocafe@gmail.com

Open Daily Mon- Fri: 9 am - 5 pm. Sat: 9 am - 3 pm / Fri/Sat: noon

CLOSED SUNDAY

LA MISION

Fine dining menu includes appetizers, daily specials, duck, quail, steaks from USA &
Sonora, Prime Rib, Seafood.

Call (376) 108-0887 or drop in at Rio Bravo #7 Ajijic

CLOSED MONDAYS

MEL'S

Great Sunday Brunch 10:00am - 4:00pm (All You Can Eat)

Reservations: 766-4253 or 331-402-4223

facebook: [Mel's Restaurant-Bar Ajijic](#)

Zaragoza 44, 2 blocks West of Colóns/west corner

CLOSED MONDAY/TUESDAY

SIMPLY THAI

Authentic Thai Cuisine

Zaragoza #24C, Ajijic, Jal.

Reservations: 766 4767 Cell: 333 393 2770

12:00 pm to 9:00 pm

CLOSED WEDNESDAY

THE PEACOCK GARDEN

Beautiful Garden with Peacocks
Open Daily 11 am – 9 pm Sundays 9 am – 8pm
Colon #8-A 100 meters from the Plaza in Ajijic
Reservations: 376 766 1381 Credit cards accepted

TONY'S RESTAURANT CAMPESTRE

Fabulous Barbeque in the countryside
Open Wed-Mon 12 noon-8pm
Reservations Cell: 331- 433-6112
Carretera Chapala-San Nicolas # 1011, km 5 (Just past Santa Cruz, look for our sign on the right) CLOSED TUESDAY

YVES

Restaurant Bar with French/Italian specials with Lake View
Breakfast, lunch & dinner. Fresh salad bar daily.
Mon. – Tue. 8a.m. - 8:30 p.m.; Thur. – Sun. 8 a.m. - 8:30 p.m.
Reservations Tel: (376) 766 3565 Paseo del Lago #48-A, Ajijic.
Credit Cards Accepted CLOSED WEDNESDAY

San Antonio Tlayacapan is the newest restaurant hot spot:

CAFÉ ADELITA

Great food, great prices, dancing Fri, Sat, Mon to live band
Independencia 124, San Antonio Tlayacapan
Reservations: (376)766.0097 Open Daily 12 – 10pm
Facebook: Adelita Bar & Grill Credit cards accepted

Oh-Lin Vegan (see their FB page) 331.819.3969

Everyone will enjoy this tasty menu in a lovely garden setting
Independencia #137B

LA133 (visit their FB page @cafeteriaLA133) Daily menu, live jazz, feels like you are in Brooklyn. Reservations: 376.766.2033 Independencia #133
Tues & Thurs 9 - 4pm; Friday & Sat 9 - 9pm; Sundays 9 - 2pm; CLOSED WEDNESDAY

Check the local magazines/phone book for contact info and always call first to check which days they are closed and who requires reservations.

SPORTS

Christiania Park: The residency houses are both minutes to Cristiania Park, along the lake, where you can play tennis, volleyball, swim (summer only), jog, or picnic. The entry fee to the park is 5 pesos. There are additional fees for the tennis courts and pool.

Gym: There is a great gym, **Health House**, located on Guerrero between Morelos and Lopez Cotilla. Drop in costs 40p/visit.

Swimming: You cannot swim in the lake. In addition to **Christiania Park**, there is a great pool at the **Hotel Monte Carlo** (90p/swim or join for the month for \$450p if you swim a lot). Take local bus to *Farmacia Guadalajara* on Hidalgo. The *Monte Carlo* is across the street. There is a good Mexican restaurant on the premises.

Naranja Aquatics Club on Pepe Guizar in Chapala (no local info at this time)

Nautica in Riberas on the mountainside of the Carretera.

Horseback Riding: Contact Stephanie Decker who owns a ranch to the east of Chapala. She can accommodate all levels of riding 331.466.7753

motherdecker@gmail.com facebook: Rancho.SanFrancisco.mx

Horseback Riding: Walk over to the stables at the end of the malecon past the restaurants to the left and hop on.

Fishing: There are now half and full day bass fishing tours of Lake Chapala. Call Luis 333.407.0437

SPANISH STUDY

Spanish Teacher and Private Tutor: Juan Alarcon Reyes

Juan is a native Spanish speaker and is also trained in the Warren Hardy Method of Mexican Spanish. He is an excellent teacher and lives in Chapala with his partner Michael. He is very patient and offers group classes and private tutoring.

376.765.5498 or email: juanmdurango@hotmail.com

Karla Orozco: Private Spanish Tutor

Karla is born and raised in Guadalajara and comes into Chapala on Saturdays for private lessons. Her classes are usually 45 min and cost \$100 pesos. She will tailor your study to your level and learning style. 331.147.9252 (also WhatsApp)

HEALTH: Take time to care for yourself; you deserve it!

AMBULANCE/RED CROSS (Cruz Roja) 065 or 376.765.2308

HEALTH CARE AT THE LAKE is a lot less expensive than back home. This may be a good time to take care of dental work, get acupuncture, physical therapy massage or other treatments that will enhance your health without emptying your pocketbook. Here are some of our favorites, but there are more listed in the phone book and in the free magazines. Be sure to say that Cobra sent you!

DENTAL: Our go-to dentista is Rocio Vidrio at Ajijic Dental right on the Carretera across from Telmex in Ajijic where you can get off the bus. Call her assistant to make an appointment for a

cleaning: 376.766.3682 and mention that Cobra sent you. Cleanings cost \$350 pesos (\$20 USD).
Speaks English

DENTAL AND HOMEOPATHY: Some of our guests have recommended Dra. Lucero Becerra Ferreira for a rare combination of dental, orthodontics and homeopathic remedies. Morelos #164B, Chapala 331.268.2628 lucero.bf@hotmail.com Some English

CHIROPRACTOR: Dr. Victor Youcha is located in Ajijic above Sky's Gym on the right side of Carretera; treatments cost \$600 pesos (\$35US) call 376.766.1973. Speaks English

DERMATOLOGIST: Check out those spots you've been ignoring; call 376.765.2400 right here in Chapala. Spanish only; understands a little English

FACIAL: Connie Kimmet is European trained and will give you the best facial you have ever had in your life. Promise! Cost is \$600 pesos for a 1.5 - 2 hours treatment. Email her for appointments and directions: chkmex@yahoo.com Speaks English

DEEP TISSUE MASSAGE: Maria provides a deep, wonderful one hour massage for \$200 pesos (no tip needed.) Her office is in the American Legion compound on Morelos in Chapala: 331.062.3192 Spanish only; understands a little English

REFLEXOLOGY: Lolita also does massage that is more alignment based for \$300 pesos for one hour. She is also a homeopath. Her office is on Degollado #310 between Gonzalez Gallo and Guerrero.
Call 331.076.9881 Spanish only; understands a little English

SHIATZU MASSAGE: Arturo Perez offers a gentle shiatzu massage and also angel readings for \$200 pesos per hour at his home on Flavio Romero #44B (camel colored house on left between Degollado Privada and Juarez) +52 331.088.2402 (WhatsApp) Speaks English

HOT STONE MASSAGE (also Swedish, Lymphatic etc): Maru will come to your casita with her table and costs \$450 pesos per hour. 331.473.4827 (WhatsApp) spa.maru.masaje@hotmail.com
Understands some English.

TAI MASSAGE: Shelly offers a 90 minute massage at your casita for \$600 pesos. She is an experienced yoga teacher and body-worker. +52 314.116.4487 (WhatsApp) Speaks English.

PODIATRIST: This is completely different from what we get back home. It's more like a high intensity foot spa, which includes power sanding your persistent calluses. Call 376.765.3783. Costs \$210 pesos and is worth every centavo! Located in Chapala on Hidalgo, one block on the left heading towards Ajijic. Some English

PHYSICAL THERAPY: If you have old, chronic sports injuries, visit Cesar Martinez (bi-lingual). He offers at least 4 modalities during each 1 hour session (heat, electrical stimulation, ultrasound and massage) for \$300 pesos (\$20US). He is located on the Libramiento in the shopping plaza that has Lake Taco. Address: Plaza Interlago #18. You can get there by bus (get off at Walmart and walk uphill) or take a taxi. 376.766.3793 or 331.801.9627. There is also another Physical Therapist in the same plaza as Dr. Pinto (see below). Speaks English

EYE DOCTOR: We love Dr. Pinto who will test your eyes for \$600 pesos and fit you for new glasses. 376.765.7793. His office is located in Riberas, on the lakeside of the carretera opposite *Orma AutoParts*. Speaks English

MEDITATION: There is weekly meditation and study here in Chapala. Please refer to the Chapala Meditation Community website for details: <http://danschaller.com/cmc/schedule/>

There is a larger meditation community in nearby Ajijic:
<http://heartofawareness.org/>

THERMAL SPA: For a real treat, take the bus to San Juan Cosala and tell the driver to let you off at the *Balnearios (Agua Termales)*. Walk down the hill toward the lake and go left at the bottom to *Hotel Balneario*. Entry is \$220 pesos for a self-indulgent day of swimming in thermal waters, natural hot tubs, and natural steam baths. Pay a little extra to enter their spa for massages and even mud baths! There are places to eat and drink. Just bring your bathing suit, sunscreen and a towel.

WEIGHT WATCHERS: There is a group in Ajijic called "Lighten Up". Members use a variety of weight loss plans. They share information, have discussions and provide support. It meets at La Bodega restaurant, on Calle 16 de Septiembre. They meet every Thursday at 10 a.m. The cost is \$75 pesos whether you weigh or not. Your first visit is free. For more information, contact James Wayne lcdancefit@outlook.com

ALCOHOLICS ANONYMOUS: Meets regularly at the American Legion 765.766.5961

ADULT CHILDREN OF ALCOHOLICS: 376-766-4409 Katy

AL-ANON FAMILY GROUPS: 376-106-1199 or 331-828-9513 Ellen

OVEREATERS ANONYMOUS: 376-106-1199 or 331-828-9513 Ellen

GUESTS

Spouses, Partners: If you having a personal residency, your spouse/partner is welcome, but check first to ensure that your casita is large enough for both of your needs. We tend to steer couples to Lopez or Middle Casitas. Please ask about this.

Pets and Children: We do not accept pets or children at our program. There are other residencies that may be able to accommodate your family.

Beds and Bedding: Most live/work spaces have matrimonial (double) beds. The middle casita on Gonzalez Gallo #1B has a queen size bed and queen size pull-out couch. Each apartment has three sets of sheets in the bottom drawer of the dresser/or in the closet (middle casita has another set of queen size burgundy sheets that are specifically for the pull-out). Each apartment has 4 - 5 sets of towels. **Please do not co-mingle laundry between units.**

Peace and Quiet: We expect your guests to comply with the rules of our residency program and you will be held responsible for their behavior. There is probably another resident living above or below you, so please be mindful of the sounds that travel, like heavy footsteps, conversations, music and sliding chairs. Wear slippers or socks in the house instead of shoes.

Noise: Mexicans love to celebrate events, saints days and just about anything. There are over 200 Mexican holidays each year. Parties can last until morning. We have supplied all our units with white noise machines to help get you through the night during holidays. And there are also rockets that go off early in the morning on some holidays (6am!) to express their exuberance. These is NOT gunfire! Just a heads up.

Socializing: We encourage you to meet other artists, writers and musicians living lakeside. We will supply you with the names of people in your field and art lovers that you might like to visit. Sometimes we arrange meet and greets, game nights and spontaneous shared meals.

Overnights: We do not permit local overnight guests.

RESOURCES FOR ARTISTS AND WRITERS

Writers' Group meets at the Nueva Posada in Ajijic on the 1st and 3rd Friday each month, 10 am - noon, with an opportunity for lunch afterward. The Writers' Group was organized in 1988 by Grattan-Dominguez, a former Hollywood screenwriter, author of eight novels, and editor of the Ojo del Lago, a monthly magazine featuring the work of local writers. Email: grattan@prodigy.net.mx

Shut Up & Write! is an organization dedicating to helping writers hone their craft and prepare for publishing through a dedicated hour of writing every week. The Lakeside group meets every Wednesday afternoon from 1 to 3 at the delightful LA133 cafe/ bistro in San Antonio. It's right across from the plaza and even has live music!

We have two or three sessions of focused, uninterrupted writing; no prompts, lessons or critiques.

Contact: Joanna Babiak Cell 331 739 8479 Email: canadacalling88@yahoo.ca

Ajijic Society of the Arts (ASA) An organization for artists working in all media. It encourages working and aspiring artists to develop their talents, and it provides and promotes events to showcase their work. ASA also functions as a social and educational network, helping further individual artistic growth and ability. Meets 1st Monday of the month, 10am - noon, at La Bodega Restaurant, 16 de septiembre, Ajijic. Contact one of their members, photographer Jaime Barbiery jbarbiery@yahoo.com, who can post any of your public events on their private Yahoo Group.

Life Drawing Sessions and Plein Air Group

Life Drawing meets most Wednesdays and Saturdays in a private home. There is a cost to pay models. Plein Air usually meets weekly. Contact Steve Achs for more information:

steveachs@prodigy.net.mx Phone: 376.766.0348 home or 331.276.6807 cell.

For Sculptors Local Mexican artist Estella Hidalgo in Ajijic works in stone & wood. Contact her at estela@hidalgo55sculptor.com or, contact Deena Metzger (president of ASA) to inquire about other stone and wood sculptors in the area. oliodee@hotmail.com

ART21 STUDIO Bronze Foundry Av. Angél Leaño 407 Los Robles, Zapopan (just north of Guadalajara) <http://www.art21studio.com/>
Phone: Francisco Quiroz 333.170.6135

Engineering support, mold making, sand and lost wax casting, shell finishing, patinas and coating, polymers in art and ceramics.

Art Books: *Malasangre Poeticas en Escenario*

This group meets in Guadalajara every Monday to make handmade books which incorporate writing, art, or interesting paper for journals. Go to their Facebook Page for more information.

Printmaking: Coxala Grafica is a professional printmaking studio in Ajijic. The owner, is Luis Pinedo 331.769.7365 lapinedo@yahoo.com

Ceramics: Write to Jeanne Greene who lives in Chapala. She has a kiln that she will share with adequate notice and also offers small group instruction at a very affordable price. Jeanne is also a great resource about what clay body is available here in Mexico: jeanne_in_mex@yahoo.com

ART SUPPLIES You can buy some supplies at station stores - *papelerias* -in the neighborhood or in Ajijic.

EFREN GONZALEZ ART CENTER

Calle Marcos Castellanos #7, Ajijic, Telephone 376-766-5381

Mon - Fri: 10 am to 6 pm Sat - Sun: 10 am to 3 pm

This is a very well-stocked store, esp. for oil and acrylic painting supplies. Also has pencils, watercolors and related supplies, and excellent well-priced matting and framing services.

COPY RIBERA

In Ajijic on the lakeside of the Carretera, just west of the traffic light at Galeana, opposite Oxxo.

They offer a surprisingly extensive selection of materials, both professional and student-grade, including paints, brushes, painting & sculpting tools, craft paints and supplies, grounds such as gesso, thinners, papers and more!

LUMEN'S

In Guadalajara, on the corner of Pedro Moreno and Enrique Gonzalez Martinez in Guad Centro (accessible by bus).

Downstairs is a paper store with many types of printing papers, handmade papers, newsprint, etc. Upstairs are art supplies.

In the blocks around Lumen's are many other smaller art supply stores. There is free parking up the ramp on the roof of Lumen and there is a city parking lot about 1/2 block Located in Plaza Patria in Zapopan which is on Av. Patria between Av. de las Americas and M. Avila Comacho. The store is on the outside of the mall, on the north side. This is probably the best-stocked art store in Guadalajara.

LA TIENDA AZUL FRIDA KAHLO

Located in Guadalajara, at Lopez Cotilla 2275B about a block off the Minerva Glorieta. It is a small place on the south side of the street with a few parking spaces in the front. They are

downstairs, which is a few steps below street level. They have Rowney watercolors and pastels also, in addition to some other hard to find supplies.

FAUSTO/FAUSTAS

This store is on a short dead-end street in **Guadalajara** that is off the south side of Av. Hidalgo, about three blocks east of Federalismo. This is only about two-three blocks from Lumen's. This is another pretty well-stocked store that also has framing.

SHARING YOUR WORK

Sometimes residents want to share their work with the public. We encourage you to do this, but we do not have the administrative support to organize receptions/art shows. Here are some ideas about how to put on an event.

Venues:

CCGG - Chapala Train Station/Cultural Center: This vintage 1920s station on Gonzalez Gallo has galleries and a concert space with grand piano and digital projector. Walk over and introduce yourself to the director.

You will be expected to suggest and try to collect an entry fee (\$50p-100p) and let the audience know that their donations will go to support cultural programs in Chapala.

C.C. Antigua Presidencia: There is a gallery space on the corner. Contact Christina, the director, for more information.

Ajijic Cultural Center: Visit the Center located on the *Plaza* in Ajijic, and see if they can sponsor your program.

Alma Grande Art Gallery: This new artisanal coffee shop has a professional and well-lit gallery. Contact owner and visionary Fatima Ortiz 333.956.5132 or fatimaortizg@almagrande.com.mx

Event Promotion:

Guadalajara Reporter: Contact them in advance for a free cultural listing:
lakesidenews2013@gmail.com

Local Web Boards: There are many local web boards like the Ajijic News: **www.ajijicnews.com/pages/SubmitNews** and Facebook pages including any you create for the event and the XQ FB page.

Cobra's network: I will send out a Newsletter to my local contacts (250) and also a listing in ChapalaGals, a local Yahoo Group (250) & Twitter if you give me one week's notice and if I am not on a deadline.

Public Artist Reception Suggestions:

Buy *botanas* (snacks) at Guichos: The first mustard yellow restaurant on the Chapala *Malecon* makes lots of inexpensive and tasty hors d'oeuvres (guacamole, marlin and ceviche tostadas, etc).

Make Popcorn: This has been popular and very inexpensive.

Beverages: Don't bring too much, maybe 2 large soft drinks and 1 mineral water. No Alcohol permitted.

AIRPORT ARRIVAL IN GUADALAJARA

WHAT TO EXPECT AS YOU GET OFF THE PLANE: You will arrive either directly at the terminal or take a bus to the terminal after deplaning. First you will enter the immigration area. Have all your documentation ready and make sure you are in the correct line (visitors/foreign) unless you have a Mexican passport. **Be sure to keep the bottom part of the Visa, which will be returned to you by the immigration officer with your passport. You will need this paper for departure so put it in a safe place.** Once you collect your baggage, you will wait in line in front of several kiosks. The customs agent will ask you some questions and then you will press a button. If green light, exit customs and enter the terminal. If red light, another customs agent will take you aside and look through your luggage.

GET PESO\$\$\$

If you need pesos, there is a staffed kiosk between immigration and customs. Just get enough money for your taxi (\$500 pesos). You'll get a better exchange rate in downtown Chapala or Ajijic (see earlier section on Changing Money).

GETTING TO THE RESIDENCY:

Once "green-lighted" to enter the airport terminal after customs, there is only one path to reach the exit doors. Look for taxi kiosk as you enter the terminal. You pay for the taxi at this kiosk (the current rate is \$400 pesos) and receive a receipt which you will give to the taxi coordinator outside on the curb. Use the directions we've provided at the end of the handbook to guide the driver. It is customary to tip the driver an additional \$40 - 50 pesos. If your cell phone is working, you can also call an Uber.

DIRECTIONS TO CHAPALA FROM THE AIRPORT (these directions are effective until construction on Morelos is complete in spring 2018)

Personal Residency House, Gonzalez Gallo #1B

- As you come down into Chapala, you will be on the main street called Madero
- Continue through the 2nd traffic light, in the middle of town in front of fountain
- Turn Left and drive to the end of Morelos (until you are looking at the Park)
- Right onto Gonzalez Gallo

- Continue to the end of the street; look for bright red residency house on right corner (Cruz Roja/Red Cross is across the street)
- The corner house on your right is #1B Gonzalez Gallo

The downstairs casita has a white gate; the middle and upstairs casitas have a stained glass door; there is a beautiful mural on the side of the building (done by one of the residents)

Personal Residency House on Lopez Cotilla #212B

- As you come down into Chapala, you will be on the main street called Madero
- Continue to the 2nd traffic light in the middle of town in front of fountain
- Turn Left and drive to the end of Morelos (until you are looking at the Park)
- Left onto Gonzalez Gallo for one block
- Left onto Lopez Cotilla
- The adobe red house is halfway up the block on your left, Lopez Cotilla #212B

360 Xochi Quetzal Residency House on Gonzalez Gallo #13A

- As you come down into Chapala, you will be on the main street called Madero
- Continue through the 2nd traffic light, in the middle of town in front of fountain
- Turn Left and drive to the end of Morelos (until you are looking at the Park)
- Right onto Gonzalez Gallo
- We are the third house on your right #13A Gonzalez Gallo
- The gate is teal green and with lime trim

LEAVING CHAPALA AFTER YOUR RESIDENCY:

Don't forget to arrange your taxi transportation a day or two in advance of your flight. Plan to arrive at the airport at least three hours prior to departure. Make certain to have your ticket, passport and Visa stub!

PAYPAL ACCOUNT

Please use our PayPal account for paying rent or other fees. We request the balance of your rent 30 days before your arrival and then on the first of the month if you are staying for longer period of time. Please pay in US Dollars to our PayPal Account (please be sure to spell this correctly): **360xochiquetzal@gmail.com**

Choose the US Friends/Family category to avoid additional fees. You are responsible for any fees charged by PayPal or shortfalls due to conversion rates. You can pay balances in pesos once you arrive.

JUST IN CASE

Keep this contact information your wallet at all times. Even if you don't have a phone, most passers-by are glad to help a FRIENDLY, perplexed traveler, and will make a call on your behalf.

CHAPALA ADDRESSES

Cobra/Christian: **Gonzalez Gallo 13A** (lime green above our teal green gate)

Personal Residency: **Gonzalez Gallo 1B** (bright red house on corner)

Personal Residency: **Lopez Cotilla 212B** (terra cotta with blue door)

EMERGENCY NUMBERS

AMBULANCE/RED CROSS (Cruz Roja) 065 or 376.765.2308

CHRISTIAN CELL +52 333.378.4741 also WhatsApp

DEBORAH CELL +52 331.993.8523 also WhatsApp

JAY CELL 331.190.6114 also WhatsApp (contact Jay if you have ANY legal issues)

POLICE*FIRE*AMBULANCE*CRIME 066 or 376.765.4444

We Need Your Feedback

Thank you for taking the time to read through these important residency guidelines. We assume that you will agree to follow the letter and spirit of these instructions.

Please let us know if corrections or additions need to be made to this RESIDENCY HANDBOOK.

Deborah 'Cobra' Kruger, Founder

Sandra Hernandez, Tyler Buhl & Ellen B. Siegel, Administrators

360 Xochi Quetzal Artist and Writers Residency

Personal Residency Programs

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