Welcome!

The Vallarta Paper team gives you the warmest welcome to Puerto Vallarta and Riviera Nayarit. We wish you the best of the stays and hope you find the following information useful.

TIME ZONE: The state of Jalisco and the Riviera Nayarit area (Nuevo Vallarta, Bucerías, La Cruz de Huanacaxtle, Punta de Mita, Litibú, Sayulita, and San Pancho, and Lo de Marcos) are on Central time. Please keep this in mind for your flight schedule.

CURRENCY: Mexican peso is the legal currency. However American and Canadian dollars are widely used and accepted in most establishments. We recommend you try to be aware of the exchange rate.

MONEY EXCHANGE: The easiest and cheapest way to exchange money is to use your debit card in the ATM to withdraw pesos. Be aware of the exchange rate option some ATMs offer upon withdrawal. Exchange houses and hotels usually offer higher rates.

TAXIS: The town and surrounding areas are divided into defined zones. if you are staying in a hotel, fares will be posted by the lobby. If you flag a cab on the street, ALWAYS agree on the cost beforehand. In town, prices are by trip, not by person. Only airport- and maritime port-based taxis charge by person, but you cannot catch those in town. Uber is available in town but will not pick you up in federal-sanctioned areas such as the airport.

BUSES: A system of urban buses carry you through the central part of town. There is a different system to travel south up to El Tuito, and yet another one to travel north up to Sayulita. If you want to travel further in either direction, you will need to catch a bus at the central station. Fare within town is 10 pesos. Drivers won’t give you change.

Phone Calls

Mexico has recently adopted the 10-digit system for all local, long distance, and toll-free numbers, either land or mobile lines. If you bring your mobile phone from home, check with your provider about services available in Mexico, or consider getting a Mexican SIM card. Most domestic carriers will give you unlimited calls to Mexico, US and Canada for as little as $50 pesos per month, plus some data included.

International Long Distance Calls From Mexico
US & Canada: Dial 001 + Area Code + Number
Other countries: Dial 00 + Country Code + Area Code + Number

Calls To Mexico From Abroad
To make a call to Mexico from abroad, just dial the country code + the 10-digit number.

Emergency Calls: 911

Important Numbers

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<tr>
<td>Immigration department</td>
<td>322 224 1770</td>
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<td>Canadian consulate</td>
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<td>Jalisco Tourism Office</td>
<td>322 297 2900</td>
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<td>Nayarit Tourism Office</td>
<td>322 297 1006</td>
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<tr>
<td>Consumer protection</td>
<td>800 468 8722</td>
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<td>CFE - Power company</td>
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Drinking Water: Puerto Vallarta’s water has been awarded a certification of purity for the past two and a half decades. However, the quality of the water tested at the source varies greatly from what comes out of the tap at the other end. We strongly suggest you buy bottled water, available all over town.

Tipping: In general, you may tip 10-20% in restaurants and bars. Please also try to tip those who bag your groceries or help load your car. Don’t forget to tip your maid, bell boy, masseuse, the band, the entertainment. And by all means, tip more if you want, it will be very much appreciated.

Getting Around: In many places such as Centro Vallarta and Nuevo Vallarta there are paths for bikes and pedestrians. Please be respectful of these designations.

Exporting Pets: If you are an animal lover and fall for a dog or cat while in town, know that bringing them home with you is an easy and inexpensive process. You only need a certificate of health from a local vet and check with your airline for additional requirements. If you need further information, call the local animal shelter: 322 293 3690.
Dear Friends, Neighbors, Clients, and Readers:

Though we have modestly helped individuals in this crisis, it is the courageous heroes who operate food banks for a community who deserve our support.

How can we donate more? As our gallery is closed, we wanted to turn this into an opportunity to feed more families in need.

Each week an original fine art lithograph will be posted for sale/donation. ALL PROCEEDS GO TO THE FOOD BANK IN PUERTO VALLARTA.

Martin Rosenberg, PhD. Vintage Poster Collection and Author Posters International
martysanmiguel@gmail.com
www.rosenbergcollection.com

Adventurous Child Riding his Horse

In this edition, we have another article about the sculptures of the Malecon. It is the turn of Puerto Vallarta's star attraction: 'Child on the Seahorse', or as everyone knows it and affectionately calls it, 'The Seahorse', which during all these years has created a piece of history we want to tell you today. We have to highlight the adventures that, since 1960, this child has lived, who survived storms with strong waves and monstrous winds while continuing and will continue for many years taming his beautiful sea steed.

Rafael Zamarripa Castañeda, author of this work, was born in Guadalajara, Jalisco on February 8, 1942. He never imagined that at 18 he would sculpt what has been the icon of Vallarta for several decades. Now he has a long career full of successes which make us feel lucky to have one of his works on our boardwalk.

The original statue was placed on 'Las Pilitas' beach in 1960. Years later it was swept away by the current during a strong storm, which is why the artist was asked to make a larger replica. The second work of 3 meters high was placed on the Malecon in 1976. The curious thing is that some time later the original sculpture was found and was placed in the same spot, and since then we have two adventurous children riding their seahorse.

In October 2002, Hurricane Kenna hit our city mercilessly, great waves combined with strong winds devastated everything in its path, and several sculptures suffered serious damage. Our rider and his original horse could not be saved from being devoured by the sea, but as the phrase says 'let it go, if it returns it is yours, if not, it never was,' 'Child on the Seahorse' fought against everything and our beautiful sculpture once again returned. On this occasion they placed a larger base and since then it remains at the same place, on 'Las Pilitas' beach.

Nowadays we are fortunate to have two beautiful examples of this sculpture, both have been protagonists of hundreds of photographs, those that are memories of wonderful trips of tourists that Vallarta receives with love and that we can find in each house of Vallarta families in a hidden album. We want it to remain that way for many more years, to have our sculptures continue to convey magic and the city's good image for the world.
Leigh Thelmadatter arrived in Mexico 17 years ago and fell in love with the land and the culture. She publishes a blog called Creative Hands of Mexico and her first book, Mexican Cartonería: Paper, Paste and Fiesta, was published last year. Her culture blog appears weekly on Mexico News Daily. Courtesy of Mexico News Daily.

Urban gardening is nothing new in Mexico. Lack of space and a growing population led to the invention of chinampas, artificial islands in the lake waters of ancient Mexico City. Today, some of the islands still exist as productive farmland.

The modern concept of reclaiming urban space for agriculture has become popular in Mexico for many of the same reasons as other parts of the world – concerns about the environment, food quality and food availability. It started in the United States, with the victory gardens of World War II, but by the 1980s had spread worldwide.

Mexican urban agricultural organizations are also involved in issues related to genetically modified food, organic farming, food labeling and community building. More recently, Mexico has seen an upsurge of interest in gardening because of Covid-19.

But there are reasons why urban gardening is attractive specifically to Mexico. About 80% of Mexicans now live in urban areas, and much of this population consists of recent migrants from rural areas. In addition, urban sprawl has swallowed former farms and villages.

Poverty is an issue for former rural residents and former rural lands. According to Patricia Iglesias of Tierra Permanente, a Mexico City organization that promotes sustainable agriculture, even small fluctuations in the prices of staples can strain small household budgets. Gardening is one strategy to combat this.

But the issues are not just economic. Mitigating the heat-island effect is particularly important in Mexico as most of the country is in a tropical or semi-tropical zone. Rural migrants and newly urbanized lands are often from highly traditional communities; mestizo and indigenous. These communities risk losing cultural values and the social cohesion that comes with it. This is particularly true for Mexico’s three largest cities: Mexico City, Guadalajara, and Monterrey.

Many urban and community gardens are bottom-up initiatives, but unlike Europe, they tend to be controlled by an individual or well-defined group, with physical restrictions to outsiders. The group may be non-profit, but economic issues tend to dominate over ecological ones.

Mexico can and does grow a wide variety of produce in its urban gardens, which in many places can grow year-round with irrigation. Gardens grow fruit trees, medicinal plants and specialty produce, but the most popular crops are the staples of the Mexican diet: tomatoes, squash, chayote, chile peppers and various greens including lettuce. Iglesias says that even egg production is done in many gardens, something rare in more developed countries.

Urban agriculture is most developed in Mexico City, but gardens and organizations exist all over the country. It includes taking advantage of roofs, balconies, inner courtyards, and windowsills along with the more traditional backyards and abandoned lots. From 2013 to 2017 over 63,000 people participated in urban gardening in Mexico City alone.

Although most projects supplement family food supplies, urban gardens exist for other reasons, mostly concerns related to commercial agriculture. These gardens tend to produce organically and work to increase awareness about problems with pesticides, the development of seeds (including GMO) and depletion of soils.

Some gardens exist to produce gourmet and specialty produce such as uncommon species of mushrooms and plants that were common in the pre-Hispanic diet. Some give the long-term unemployed a chance to contribute economically. There are even corporations that have installed gardens on their grounds, with the produce used in their own cafeterias.

Only 24% of Mexico’s urban residents have access to green spaces. Gover-
nment agencies, especially at the local and state level, support urban gardening with resources such as space, compost, information, and legal rights. In 2017, the city passed a law specifically stating that residents have the right to an urban garden, and all government agencies are required to have at least one in their instalations. The capital was named one of five cities in Latin America doing the most to promote urban agriculture by the UN Food and Agriculture Organization.

Just about all of Mexico’s major cities have urban gardening initiatives, almost all of which were started in the past 15 years. These include Huerto Tlatelolco, Huerto Roma Verde and the Cultiva Tu Espacio programs in Mexico City, along with the Colectivo Huerto Agroecologico Uurtetario and Huerto Comunitario Mejor Santa Tere in Guadalajara. The Huertos Familiares program in Monterrey provides fresh vegetables for 300 families in 39 neighborhoods. The first program in Mérida was established by the municipality in 2018.

Non-profit urban agriculture organizations accept volunteers, and many offer other kinds of services including cultural activities, cooking classes and workshops on a myriad of topics from composting to reclaiming wastewater and even non-gardening topics. Because of the Covid-19 situation, almost all are physically closed at present, but many are offering classes and other services online, although in Spanish. Many for-profit businesses also exist, catering to urban gardeners. Many of them are in Mexico City but can ship nationwide.

Those initiatives near areas where many expats live are likely to have workshops and services for non-Spanish speakers. Huerto Roma Verde has members who speak German, French and Japanese as well as English. Rancho Ecológico, just outside of San Miguel Allende, has one founder who is American. Vivero La Esperanza on Lake Chapala is run by Francisco Nava, who speaks English, and Chapala proper has the Lake Chapala Garden Club as well.

On Lake Patzcuaro there is Tierramor, which was cofounded by Holger Hieronymi, originally from Germany. If you do speak Spanish and live in a rainforest area, Las Cañadas Centro de Agroecología y Permacultura in Veracruz offers 20-day intensive apprenticeships.

Another way to find urban and community gardeners is through businesses that share their worldview, especially health food restaurants and cafes. Several organizations were found for this report by contacting business such as Huerto Café in Chapala and The Green Place in Puerto Vallarta.
By Roberto Aceves

Nayeli & Mario

Wedding in Vallarta
Reimagine! You Can Say I’m a Dreamer

This week’s message from California Governor Gavin Newsom and many other world leaders as they come to grips with the fallout of the coronavirus this week is Reimagine—I love that.

Governor Newsom rolled out the details of how the State of California plans to deal with a recovery in the years to come. Lawmakers just worked over the budget, and I must say it includes some very positive and forward-looking programs for children, education, healthcare, and health care workers, including consideration of climate issues. He ended his presentation, asking us to join him in “reimagining” our future.

I am with him! I hope that out of this devastating experience might come an awakening that would cause us to take a fresh look at our lives and our society and, by doing so, work toward innovative changes for the betterment of our children’s lives and the earth.

That is a big dream, especially as we are still in the thick of things in fighting this virus. However, it is undoubtedly a worthwhile one. We have wandered so far since John Lennon penned those words based on a poem by Yoko Ono, hoping for “the world to be as one.” We are still the same people with the same desire for peace and equality, but somehow, we have allowed others to take control of our destinies. In the excellent documentary on her life called Becoming, Michelle Obama said to President Barack Obama when the Democrats failed to come through in a crucial senate race, “Those were our people! And they couldn’t get off the couch to vote!” (That is a paraphrase). Well, she was right. We are too complacent about our roles. We often allow our leaders to trade our well-being for favors from the corporate world only to enrich them beyond any reasonable level to the detriment of the working and middle classes worldwide, in other words, 99%.

I’ll get down from my soapbox now and offer hope that we will work hard to use this experience as an inspiration to “reimagine” the world we live in, starting with our own lives and our communities.

My daughter just finished reading the revealing book Eviction. I am a landlord. I believe I am a fair one who has maintained my rents at a reasonable level over the years. But even at that am appalled by the cost of housing in my area. I am also a realtor. I recently took a break for a few years. I found it so disheartening trying to find affordable housing for young couples only to be outbid by speculators who never intended to occupy the homes they purchased using the cheap money supplied by bankers for so-called flippers.

Our pursuit of profit at the expense of our fellow man will not end if we don’t begin caring about equality issues. The current pandemic is showing us how vulnerable our fellows and we are and causing us to consider the vast rifts in the ability of different segments of our communities to cope. Governor Newsom and many other world leaders are seeking remedies to help their constituents to recover from the financial woes of the current crisis simultaneously addressing this issue. I hope their efforts continue long after this crisis ends. And may that end be soon!
enslaved the majority of people? numbed us into apathy? How has decades of societal evolution since the 1940’s? Are some of its popular attributes. Have we mirrored the world? To what extent did the mass media tightly control, the opponents labeled as evil, and strategically planned events to distract people from asking questions. From having written a college paper decades ago, I recalled quoting from George Orwell’s book 1984. The film was released in 1984. No coincidence here. George Orwell’s futuristic book 1984 was published in 1949. It chronicles a time when “Big Brother” rules and “The Party” controls every aspect of people’s lives. I speed read through to summarize Orwell’s themes. Our privacy is all too real. It is not just America, though I felt his messages hovered around “community, identity, and stability.”

Once Upon A Time in America

Sergio Leone’s sweeping four-hour epic with Robert DeNiro flooded my mind. Why should my subconscious thoughts pick this movie? My rational mind searched for meaning. Two answers rose to the surface. First, the Amercia that this story of Italian immigration to New York describes ends in the 1970’s. Was that what I was being led to write about? A movie? Or something far more relevant?

As I scanned the movie’s reviews it hit me. The film was released in 1984. No coincidence here. George Orwell’s futuristic book 1984 was published in 1949. It chronicles a time where “Big Brother” ruled and “The Party” controlled every aspect of people’s lives. I speed read through to summarize Orwell’s themes. Our privacy was kidnapped, mass media tightly controlled, the opponents labeled as evil, and strategically planned events to distract people from asking questions.

From having written a college paper decades ago, I recalled quoting from Aldous Huxley’s 1932 published book Brave New World. It is a challenging read, but I felt his messages hovered around community, identity, and stability.

Here we are in 2020 and science fiction is all too real. It is not just America, though much of the world sought to mirror some of its popular attributes. Have we evolved as societies since the 1940’s? Are our governing principles and systems changed in subtle or dramatic ways? Has OUR SILENCE BECOME DEAFENING AND DETRIMENTAL TO PEOPLES LIVES? What don’t we want to recognize and seek to understand? Have cultural distractions numbed us into apathy? How has decades of wanting more things financially enslaved the majority of people?

I wondered if we are so programmed now that we've lost the passion to ask questions and wonder WHY? Leaders jumped to a virus driven lock-down before serious consideration was given to whether this action might be more harmful to people’s health (mentally and financially) than instituting a program of safe and sanitary practice with citizens taking responsibility for their actions. I get the feeling that leaders don't respect our intelligence and ability to think critically. Or are they afraid of the very public they are supposed to represent? I want to believe the vast majority of people would follow reasonable and clear safety guidelines to avoid lost jobs/wages, family hunger and health concerns, more credit debt, bankruptcy, and rent or mortgage issues. Some people will always flaunt rules, demonstrating their arrogance by risking other people's lives and their own. How can we best serve the interests of the majority of people who most need support now? Since there is no universal approach to cope with this virus globally or even in single countries, we won't know which approach worked best for people's health and economic systems for some time. We can speculate on why leaders have taken certain actions? Wonder why the middle class falls further behind in times of crisis? Consider how the digital economy has decimated local community businesses? Be curious as to food and drug administrative policies that weakened people’s immune systems and fostered obesity, diabetes and leave us concerned that products such as artificial sweeteners like Aspartame is contained in so much of what we put in our mouth. Long-term important health issues like GMO food products are reported in studies of questionable source and motive.

In this time of deeper reflection, I am disappointed in myself for focusing too much attention on politician’s rhetoric and not enough observing my everyday life and health. I don't believe societies can let these issues and questions slide by for another decade. We, as a dominant massive industry of video games to keep the youth entertained. What would you add to this list of distractions and superficial pleasures?

Western societies can boast of impressive innovations, wonderful opportunities for the entrepreneurial spirit, and technological tools we never dreamed of. Is this an embarrassment of riches? Or a formula to that needs to be re-evaluated? What do we want? Whom do we believe can best lead our institutions? How can we better balance the economic disparity between very rich and very poor? Is quality education for all children just wishful thinking? When drugs, weapons and sex trafficking are reported to be the largest revenue sources on the planet we surely can do better.
Beyond fresh waters

What is your favorite drink? I am not talking about tequila, but about the tasty “fresh waters” that are served in local tacos and restaurants. Usually they offer us a glass of jamaica, tamarind, lime water, or a drink made from rice or barley. We have become so used to it that they are now part of our typical local food and the tacos would not taste as rich without these drinks. But have you stopped for a moment to think about how these elements have become part of our diet?

The history of barley (Hordeum vulgare) is quite curious, since it is among the first cereals cultivated by man, and there are archaeological records which testify its cultivation since about 9,000 years ago in the Middle East region. Perhaps it is that ancient and intimate human-barley relationship what has allowed humans to use it not only to make bread, but also to obtain beer, whiskey or in our case a delicious fresh water obtained by liquefying their grains and mixing them with sugar and milk. More or less the same happens with rice (Oryza sativa), from which a drink commonly known as horchata is obtained, although in the original recipe brought by the Spanish, it was obtained from the tuber of a different plant known as “tigernut” (Cyperus esculentus). Rice was also domesticated in China from a wild cereal nearly 10,000 years ago!

And how about tamarind water? It has a very particular flavor and is obtained by liquefying the pulp of a pod from a tree called Tamarindus indica. Its botanical name derives from the Arabic “tamare” which means date, and “randi” (Indian), which is translated as ‘date from India’. The curious thing is that it is not a date, nor is it from India, but it is one of the most appreciated fruit trees by man, given its great attributes.

It is believed that it was taken to India from Senegal and from there it traveled to different Asian and European countries, keeping the name “of India” as its place of origin. It was already known by the Egyptians and the Greeks since the 4th century BC, and given the great tradition that exists in Mexico for using it in the elaboration of typical sweets, anyone could think that it is a native plant of Mexico. Is it really? According to scientific literature, the tree was introduced by the Spanish during the 16th century (between the 1700s and 1800s), possibly on African slave ships who carried some seeds with them. However, there is still great controversy about it, and it does not take much research to find conflicting data.

There is a work dating from 1615 entitled “Four books on nature and medicinal virtues of plants and animals of New Spain” and in it, Fray Francisco Ximénez describes in great detail the presence of this tree and how the ancient Mexicans used its fruit and the leaves of this tree for medicinal purposes. The most curious thing is that it makes mention, in the past, that this tree was taken to Spain with the hope of propagating it and taking advantage of its medicinal properties. How did it get to Mexico? Be that as it may both in Mexico and in other distant countries it has been used for centuries as a refreshing drink and although this is not the time to talk about its medicinal attributes, I invite you to do a little research on its uses and benefits.

I must confess that my favorite drink is jamaica, and my love for this drink is torn between its beautiful scarlet red color and its unique flavor. Also called “jamaica flower”, it is a dried flower obtained from a plant called Hibiscus sabdariffa, related to the famous ornamental plant known as hibiscus or Syrian Hibiscus. It is native to tropical Africa and fairly easy to grow. Although a significant part of the jamaica sold in Mexico is cultivated in the country, according to scientific literature, the tree was introduced by the Spanish during the 16th century (between the 1700s and 1800s), possibly on African slave ships who carried some seeds with them. However, there is still great controversy about it, and it does not take much research to find conflicting data.
it is also imported from countries as far away as Sudan, China, Nigeria, or Senegal. It is curious that it is called jamaica flower, because the plant is not native to that country. Apparently, the first plants that arrived in Mexico came from Jamaica and other Caribbean islands and the inhabitants began to call them like that. Here we usually drink it cold, but the infusions are highly appreciated in other countries, and I invite you to try it hot.

Finally, we reach the sweet lime water, as refreshing as few. I could include lemon and orange water here, because, after all, all these fruits come from the same citrus. Did you know that the wide varieties we get today are the result of 8 million years of evolution? And we cannot leave aside the important participation of man, who has cultivated and propagated them for thousands of years.

The Citrus genus arose in Southeast Asia, from a region including China and India, and the genetic crosslinks which gave rise to lemons, oranges, grapefruits, citrons, and tangerines are so surprisingly complex that have led to many genetic studies.

Perhaps most amazing of all is how these fruits, cereals and flowers have accompanied human beings on a long journey of conquests, wars and reconquests around the world, and how despite their simplicity, they have managed to change our diets and our feeding habits. Can you imagine a world without a glass of fresh water? I think the food simply would not be enjoyed as much as we do now. Thanks, fresh waters!
Local Charities and Non-Profit Organizations

For those who wish to support the less privileged in our paradise, here are some of the many organizations that could benefit from such kind gestures. To publish your organization, please email details to editor@vallartapaper.com.

Amigos de La Cruz de Huanacaxtle, A.C.
Cultural, educational, environmental and charitable assistance programs. Tax deductible.
www.amigosdelamagisterio.com

Amazing Grace Missions
Assisting families in Magisteno & Progreso. siv2014nv@gmail.com

American Legion Post 14
Raises resources and manpower to improve facilities needing building maintenance american legion4.co

Amigos del Magisterio
Food delivered directly to workers at the PV dump, their families and schools in Magisteno and Volcanes.amigosdelmagisterio.com

Asilo San Juan Diego Home for the Elderly
Contact: Lupita Sanchez Covarrubias; 322.221.1257 or mesonline.com/asilosanjuandiegho.htm

Asociación Down
Assistance to persons with Down’s Syndrome – Contact: Ana Eisenring at 322.224.9577

Becas Vallarta, A.C.
Provides scholarships to high school and university students. Tax deductible in Mexico and USA, Polly Vicars at 322.223.1771 or Bun Gray at 322.221.5285

CANICA
Centre for Children with Cancer. Provides aid for treatment and services including transport to GDL. Contact: Director, Evelia Basiñes; 322.123.9688

Casa Hogar Máximo Cornejo
A shelter for orphaned, abandoned, disadvantaged or vulnerable children. Luz Aurora Arredondo at 322.221.9308, casahogar_maximocornejo@hotmail.com

Clínica de Rehabilitación Santa Barbara
Rehabilitation of the handicapped. Contact: Laura Lopez Portillo Rodriguez at 322.224.2754

COLINA Spay and Neuter Clinic
Free and by-donation sterilization clinic in Old Town. Only open Saturdays. Contact: cec@rogers.com or 322.104.6609

CompassionNet Impact
Transforming the lives of people living in chronic poverty. Job creation, education, emergency & more. Tax-deductible Contact: 322.133.7563 or nc@4compassion.org

Corazon de Niña
A safe living home environment for children and youth rescued from high risk situations. www.fundacioncorazon.mx

Cruz Roja (Red Cross)
It handles hospital and emergency service in Vallarta. It is the only facility that is authorized to offer assistance to injured people on the street. Contact: 322.222.1533 or 322.222.4973

Desayunos para los Niños de Vallarta A.C.
Feeding programs, education programs, day care centers for single mothers. 322.223.4311 or Desayunos para los Niños de Vallarta A.C.

Discapacitados de Vallarta, A.C. (DIVAC)
Association of handicapped individuals dedicated to helping one another. Contact: Ivan Applegate at 322.221.5153

Ecology and Conservation of Whales, AC.
National Coordination Network for the Assistance of Entangled Whales. Contact: 322.293.7851

Families At The Dump
Supporting families living in the landfill or garbage dump thru education and sustainable initiatives. familiesatthedump.org

Fundacion Punta de Mita
Contact: Ana Liliana Medina Varas de Valdés. ana@fundacionpuntademita.org Tel. (329) 291.5053

Friends of PV Animals
Volunteers working to enhance the lives of shelter animals. For info and donations visit friends@pvensanimals.com

Grupo Ecológico de Puerto Vallarta
Contact: Luz del Carmen Perez A – rayo13@hotmail.com - grupoeologico.com

Horizonte de Paz
Welcoming shelter for men of all ages who are troubled with alcohol & drug addiction. Contact: Maynor at 322.281.0644 horizontedepez@live.com

Instituto de Artes Musicales Puerto Vallarta (IAMPV)
It is Association Civil and the umbrella organization over several groups, including the Puerto Vallarta Orchestra, the Sabby Paw Jazz Orchestra, a children’s music school, and others. Contact: Daniel Oliveros; 322.105.834

International Friendship Club
Provides medical, educational and social services to those in need in Puerto Vallarta and area. www.fvallarta.com

La Brigada de la Basura
A weekly meeting of neighborhood children to clean Vallarta Streets. Contact Que?Pasa. 322.223.4006

Mexico Ministries & Mission, Inc.
It raises funds to the poor in Vallarta. Contact Fr. Jack at 322.229.4291 chruchbythesea.org

Puerto Vallarta Navy League AC
Contact: Carol Smith at 322.137.4902

New Life Mexico
Challenging child poverty with health and education programs. Contact: Philippa Vernon newlifemexico.com

Paradise Felino AC
Refuge and adoption centre for cats and kittens in the Bay of Banderas. Contact: 322.120.4092

Pasitos de Luz
Substitute home for low income children with any type of handicap, offers rehabilitation services and more. 322.299.4446 pasitosde luz.org

Purr Project
No-kill feline rescue - www.purrproject.com

PEACE Animals
Free mobile spay/neuter clinic operating 48 weeks a year, primarily in Puerto Vallarta. Tax-deductible. peaceanimals.org

Pro Biblioteca de Vallarta
It raises funds for Los Mangos Public Library. Tax-deductible receipts for Mexico and USA. Contact: 322.214.9866

Proyecto Pitillal Busca un Amigo
Association created by underprivileged mothers of paralyzed children. Contact: 322.299.4465

Refugio Infantil Santa Esperanza Shelter
for children

Donations are tax-deductible in Canada and the U.S. Contact: Madre Mari at 322.222.7857 - asilosanjuandiego.htm

Roman’s Kids
They educate the children of the Volcanes and surrounding area www.kidsromanmexico.com

Toys for Tots Vallarta
It distributes toys and constructs playgrounds for less-advantaged kids in the Puerto Vallarta area. Contact: Jerry Lafler; 322.221.656

SETAC - Services the GLBT community Contact: Paco Arjona at 322.224.1974

SPCA PV - Provides shelter and vet services to rescued animals. www.spcapv.com

Vallarta Botanical Gardens
To build Mexico’s greatest botanical, research & education of plant life, city beautification programs, bird watching, etc. Donations are tax deductible in the USA. Contact: 322.221.182 or info@vallartabotanicalgardens.ac

For more information or to publish your organization, please email details to editor@vallartapaper.com.