

The **ULTIMATE GUIDE** to
Baja Sur Arts,
Culture & Adventure

Revisiting Nature
Revisitando
la Naturaleza

Finding Comfort
in Baja California Sur
Encontrando Consuelo
en Baja California Sur

One Man's Legacy
El Legado de Hal Butler

by / por Mike Brinkman

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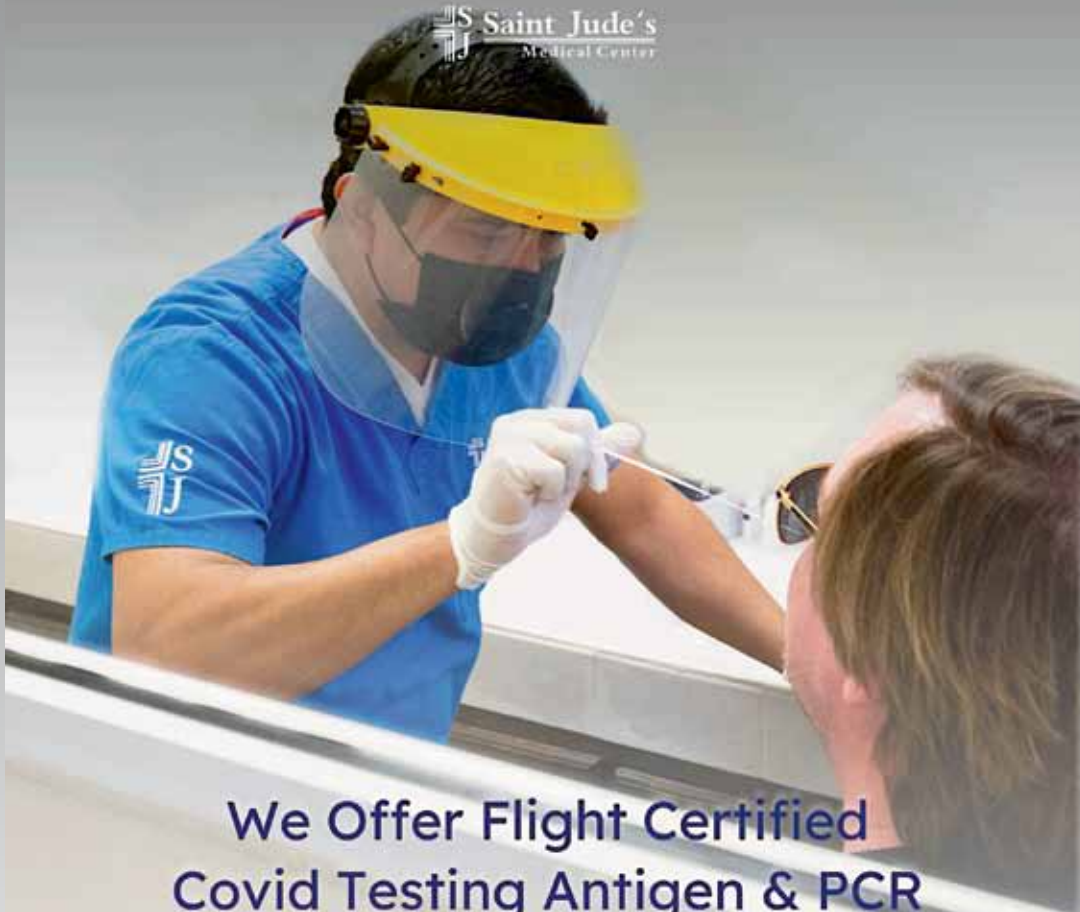
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Finding Comfort in Baja California Sur

Encontrando Consuelo en Baja California Sur



by / por Bryan Jáuregui / traducido por Ivonne Benítez

If any Baja California resident was ever to be voted 'Most Likely to Liaise with the Living Whilst Dead' it would surely be Robin Austin who passed in 2019. Her passion for life was so great, her compassion for those in grief was so strong, and her being was filled with so much vitality that it was literally impossible to concede that she was dead, that all that life force was simply gone. Turns out, we were right to be skeptical. "I walked into my bathroom one day and realized that my hairbrushes had been rearranged," recalls long-time Todos Santos resident Wendy Rains. "Now the only person besides me who ever took an interest in my hairbrushes was Robin since she was a hairdresser by trade. So, I said tentatively to the air, 'Robin?' And in that typical Robin way I heard her laughingly say, 'Well it's about time you figured out I was here!' She went on to tell me that my father, who had recently passed, wanted me to know how much he appreciated the care and assistance that I gave him in his final days, and how much he loved me. I was not surprised at all that Robin would come to give me comfort about my father."

Comfort. It is what we all crave when faced either with our own mortality or that of our loved ones. It is what we all covet when illness overwhelms us, and once-small tasks become insurmountable obstacles. It is what we can offer one another as we face the transitions that mark our passage through life. Wendy started Comfort Care & Assistance in 2017 as a program of the Mexican nonprofit A.C.T.S. (*Asociación de Colonias de Todos Santos*), to formalize comfort for friends and neighbors in the community as they or their families face illness or death. "About five years

Si alguna vez hubiera una votación para elegir al residente de Baja California 'más dotado para servir de enlace con los vivos mientras está muerto,' seguramente sería Robin Austin, quien falleció en 2019. Su pasión por la vida era tan grande, su compasión por los que sufrían era tan fuerte, y su ser estaba tan lleno de vitalidad que era literalmente imposible admitir que estaba muerta, que toda esa fuerza vital simplemente se había ido. Resulta que teníamos razón al ser escépticos. "Entré a mi baño un día y me di cuenta de que mis cepillos para el cabello habían sido reorganizados," recuerda Wendy Rains, residente de Todos Santos desde hace mucho tiempo. "Ahora, la única persona además de mí que alguna vez se interesó por mis cepillos para el cabello fue Robin, ya que era peluquera de profesión. Entonces, le dije tentativamente al aire, '¿Robin?' Y en esa forma típica de Robin la escuché decir entre risas: '¡Bueno, ya era hora de que te dieras cuenta de que estaba aquí!' En seguida me dijo que mi padre; recientemente fallecido, quería que supiera cuánto apreciaba el cuidado y la asistencia que le brindé en sus últimos días, y cuánto me amaba. No me sorprendió en absoluto que Robin viniera a consolarme sobre la muerte de mi padre."

Consuelo. Es lo que todos anhelamos cuando nos enfrentamos a nuestra propia mortalidad o a la de nuestros seres queridos. Es lo que todos codiciamos cuando la enfermedad nos abruma y las tareas que alguna vez fueron pequeñas se convierten en obstáculos insuperables. Es lo que podemos ofrecernos unos a otros frente a las transiciones que marcan nuestro paso por la vida. Wendy ENCONTRANDO CONSUELO cont. en página 8

ago I hosted a seminar on death and dying for A.C.T.S. Not only was the seminar a huge success, but when I put out a sign-up sheet to see if there was anyone who wanted to be trained as a caregiver, 20 people signed up. Interest was so great that Comfort Care rapidly evolved into a not-for-profit service with 40 volunteers and now has a database of 70 volunteers. It is extremely satisfying to see how far this program has come in such a short period of time."

Comfort Care's bilingual/bicultural services start with an initial assessment conducted in the home. The services available from that point cover many facets of care for both the patient and their families including medical assistance (nursing care, medication oversight, dressing changes, wound care, post-operative care, bed baths, palliative care), comfort care (dog walking, pet feeding, shopping, driving, meal preparation, companionship, respite for family caregivers), grief counseling, and end-of-life services. The last two services are where Lu Pearson has really made her mark at Comfort Care.

Lu, who has been coming to Todos Santos since 1992 and living here full time since 2017, is a retired registered nurse from Canada. At the age of 60, after she and her husband closed their wholesale art business, Lu went back to university where she became a Licensed Holistic Health Practitioner. Five years after that, she became a Reiki Master Teacher, then subsequently became a Certified End of Life Doula. "Dropping our physical bodies is much like a birth and a cause for celebration," says Lu. It is simply the transition to another plane. "There's the celebration of coming into our bodies at birth, the celebration of leaving

our bodies at death, and all the other birthdays in between are just numbers." Lu's experience with death and dying is not simply academic. Not only has she worked with countless patients and their families as they face the end of life, she has lost a child, nine siblings, and a spouse. She was not at all surprised to learn of Robin's post-death visit to Wendy. "When my son died, I was sitting in a chair sobbing when he came to comfort me. He said 'Mom, I'm OK' to which I replied 'Well I'm not!'"

Lu uses her vast experience to help patients and families prepare for their final days, and to be able to face them without fear. "There are two stages of dying" notes Lu, "Pre-active dying and active dying. It is very important for families to understand these stages of dying so that they are prepared and not fearful when the symptoms manifest." Lu recounts the case of her former husband as she sat by what was to become his deathbed. "He stated it was time to leave and that he had a date with family and friends on the other side around midnight. He had obviously been quite ill and not eating very much, but after that pronouncement he sat up, ate a huge meal, then laid back down and went into a deep sleep. Shortly before midnight I noticed that his feet were cold. Since we leave our bodies from the feet up, I knew that his death was imminent; he said he saw his father on the other side. I asked him to please wait for our son to come back into the room. He did, then looked at me, said 'Thank you' then closed his eyes and passed peacefully about midnight, right on time."

Education and information are an integral part of Comfort Care
 FINDING COMFORT continued on page 23



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Encontrando Consuelo

continuó de página 6

comenzó *Comfort Care & Assistance* en 2017 como un programa de la organización sin fines de lucro mexicana A.C.T.S. (Asociación de Colonias de Todos Santos), para formalizar el consuelo de los amigos y vecinos de la comunidad cuando ellos o sus familias enfrentan una enfermedad o la muerte. "Hace unos cinco años organicé un seminario sobre la muerte y el morir para A.C.T.S. El seminario no solo fue un gran éxito, sino que cuando puse una hoja de inscripción para ver si había alguien que quisiera capacitarse como cuidador, 20 personas se inscribieron. El interés fue tan grande que *Comfort Care* se convirtió rápidamente en un servicio sin fines de lucro con 40 voluntarios y ahora tiene una base de datos de 70 voluntarios. Es extremadamente satisfactorio ver lo lejos que ha llegado este programa en tan poco tiempo."

Los servicios bilingües/biculturales de *Comfort Care* comienzan con una evaluación inicial realizada en el hogar. Los servicios disponibles a partir de ese momento cubren muchas facetas de la atención tanto para el paciente como para sus familias, incluida la asistencia médica (cuidados de enfermería, supervisión de medicamentos, cambios de vendajes, cuidado de heridas, cuidados postoperatorios, baños en la cama, cuidados paliativos), cuidados de confort (caminatas a los perros, alimentar mascotas, ir de

compras, conducir, preparar comidas, compañía, relevo para los cuidadores familiares), consejería de duelo y servicios para el final de la vida. Los últimos dos servicios son donde Lu Pearson realmente ha dejado su huella en *Comfort Care*.

Lu, quien ha venido a Todos Santos desde 1992 y ahora vive aquí tiempo completo desde 2017, es una enfermera registrada jubilada de Canadá. A la edad de 60 años, después de que ella y su esposo cerraran su negocio de arte al por mayor, Lu volvió a la universidad donde se convirtió en una licenciada en salud holística. Cinco años después de eso, se convirtió en maestra de Reiki y, posteriormente, se convirtió en una *Doula* certificada para el final de la vida. "Abandonar nuestros cuerpos físicos es muy parecido a un nacimiento y un motivo de celebración," dice Lu. Es simplemente la transición a otro plano. "Está la celebración de entrar en nuestros cuerpos al nacer, la celebración de dejar nuestros cuerpos al morir, y todos los demás cumpleaños intermedios son solo números." La experiencia de Lu con la muerte y el morir no es simplemente académica. No solo ha trabajado con innumerables pacientes y sus familias mientras se enfrentan al final de la vida, sino que también ha perdido a un hijo, nueve hermanos, y un cónyuge. No se sorprendió en absoluto al enterarse de la visita posterior a la muerte de Robin a Wendy. "Cuando murió mi hijo, yo estaba sentada en una silla llorando cuando vino a consolarme. Me dijo: 'Mamá, estoy bien,' a lo que respondí: '¡Bueno, yo no lo estoy!'"

ENCONTRANDO CONSUELO cont. en página 22

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FROM LUXURY RESIDENCES TO PREMIUM UNTOUCHED LOCATIONS

El Legado de Hal Butler

por Vickie Butler
y Jamie Sechrist

traducido por
Ricardo Madrazo

El 27 de abril de 2022 falleció en el hospital Fidepaz en La Paz, BCS, el amado miembro de la Junta Directiva de La Sociedad de La Palapa de Todos Santos, AC., Hal Butler. No hay palabras que puedan expresar nuestra profunda gratitud por su servicio dedicado, liderazgo, amistad, y profundo amor por nuestra comunidad.

Hal fue un educador de renombre durante casi 40 años y se desempeñó en una gran variedad de papeles dentro del sistema escolar en California, entre ellos maestro de inglés y educación física, consejero vocacional, entrenador de atletismo, subdirector, y funcionario de la oficina del distrito. Fue el primer director de las escuelas secundarias Los Amigos y Torrey Pines en el sur de California y culminó su destacada carrera profesional en la escuela secundaria Douglas (DHS) en Minden, Nevada. Durante su carrera en DHS, Hal fundó una variedad de programas educativos innovadores que mejoraron en gran medida la calidad de la escuela; el centro multimedia de la escuela recibió su nombre cuando se jubiló. Además, el programa de Orientación del DHS fue honrado con un premio nacional en Washington, D.C. debido a su notable servicio de educación ocupacional.



En la década de los cincuenta, Hal fue un corredor destacado con una clasificación mundial de todos los tiempos en las 880 yardas (media milla); también fue miembro de un equipo de relevos mixtos de distancia récord mundial. Su amor por el atletismo brilló a través de sus excelentes habilidades para el tenis, el esquí, y el senderismo, mismas pasiones que transmitió a sus tres hijos. Incluso aprendió a bucear a finales de los sesenta y caminó hasta el campamento base del monte Everest a los 69 años de edad. El último gran logro de Hal Butler como atleta fue una excursión de cuatro días a la Sierra de HAL BUTLER continúa en página 41



One Man's Legacy: Hal Butler

by Vickie Butler & Jamie Sechrist

On April 27, 2022, The Palapa Society's beloved Board Member, Hal Butler, passed away at the Fidepaz hospital in La Paz, BCS. No words can express our profound gratitude for his dedicated service, leadership, friendship, and deep love for our community.

A renowned educator for almost 40 years, Hal served in a variety of capacities in California school system including English and PE teacher, guidance counselor, track coach, vice principal, and district office official. He was the first principal of both Los Amigos and Torrey Pines High Schools in Southern California and culminated his outstanding professional career at Douglas High School (DHS) in Minden, Nevada. During his tenure at DHS, Hal initiated a variety of innovative educational programs that greatly enhanced the quality of the school; the school's media center was named after him upon his retirement. In addition, the DHS Guidance program was honored with a national award in Washington, D.C. due to its remarkable occupational education service.

During the 1950s, Hal was an outstanding runner with an all-time world ranking in the 880-yard (half mile); he also was also a member of a world record distance medley relay team. His love of athletics shone through his excellent

abilities at tennis, skiing, and hiking, all passions he passed on to his three children. He even learned to scuba dive in his late 60s and trekked to the base camp of Mt. Everest when he was 69. Hal Butler's final major accomplishment as an athlete was a four-day backpacking hike up and down the Sierra de Laguna mountains of Baja California Sur, Mexico. He was 84 at the time.

Before and during retirement, Hal and wife Vickie became avid travelers: the USA, Western Europe, China, Thailand, Costa Rica, Panama, Kenya, Tanzania, and Mexico were among their many journeys. Hal was an open minded and curious person with a great appreciation for new cultures and landscapes.

Hal was a renaissance man with a deep love and appreciation for poetry, nature, athletics, and the arts. Throughout his life, Hal was a true gentleman, the epitome of dignity, compassion, and grace. He was a model as to how one should treat every individual, no matter the age, gender, sexual orientation, race, or station in life. A man of great integrity, he lived a life true to his values.

Always an active member of various service and school accrediting organizations wherever he lived, Hal also had
HAL BUTLER continued on page 37



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Art Talk

by Jill Logan

CREATING IN THE KITCHEN VERSUS THE STUDIO

I love to cook. I really appreciate quality ingredients mixed with creative sauces and cooking methods. As an artist, I have often thought of the comparison of creating in the kitchen to creating in the studio.

In the studio I experiment with different mediums and methods of application which can lead to a muddle of a work or, often, to something truly unique. It's so satisfying to finish a piece and know I pushed myself to the limit to do something fresh and new.

I read cooking magazines and frequently am inspired to do something new. One idea was to grill radicchio, although I don't have a grill, I do know that if I sauté any vegetable in olive oil in a large nonstick frying pan on medium-high heat for a time, it will char like a grill. So, I took the radicchio shredded it, put in the pan with ground cumin seeds and charred it and then at the end added white wine and put the lid on for a few minutes. The flavor was delicious. Almost addicting.

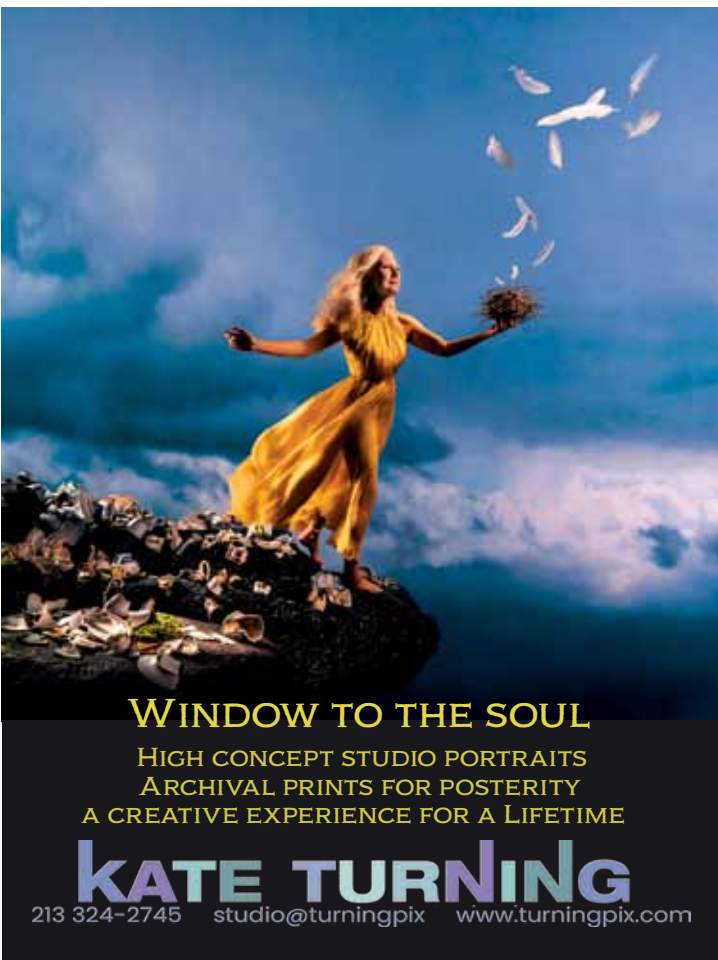
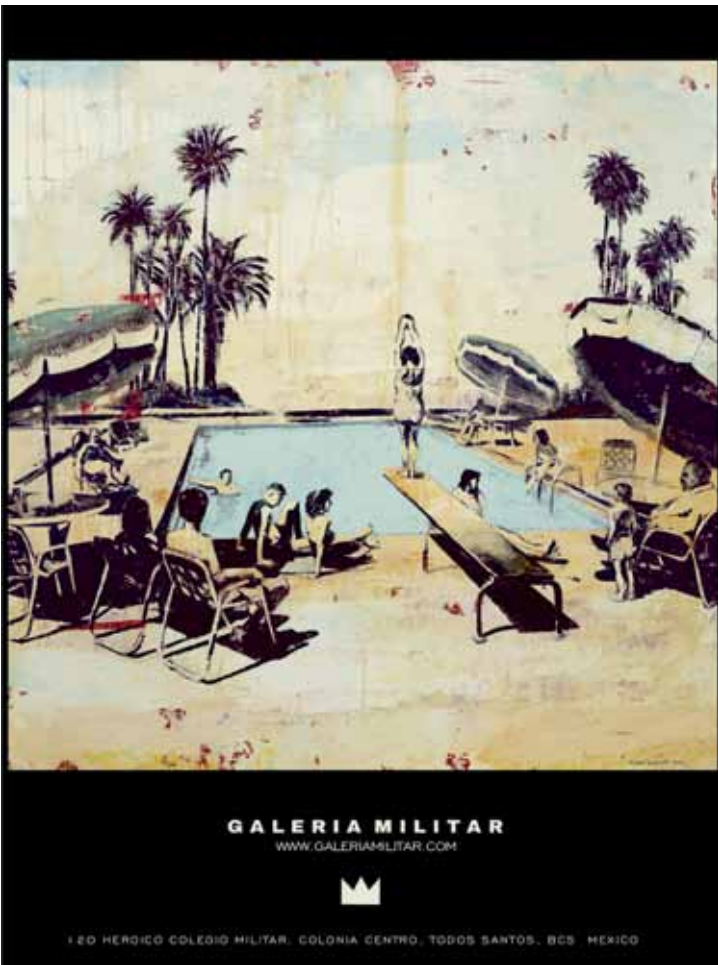
I asked Michael Cope, an artist and consummate chef, and Doug West, an artist and great chef entertainer, to write their thoughts on creativity in the studio versus the kitchen.

Michael wrote: Years ago, a contractor friend, Bruce Kramer, asked me how to make pizza dough. I told him if you know how to mix cement it's kind of the same process. That is how I feel about cooking, painting, drawing, and sculpting—it's the process. Even though it is more strenuous to knead clay than dough. Mixing paint colors, cooking a roux, or blending spices and herbs are pretty much the same process.

Of course, your senses of smell and taste are primary in cooking, but texture, color, and balance are also important. What I liked about cooking in my former restaurant was much different from cooking at home for pleasure.

Michael's was more than a restaurant, it was a social event, I always wanted it to feel like a fun cocktail party. Going to my amazing fish guys or running around trying to find ingredients were always an adventure. The sense of urgency, prepping, timing, making sure that a table of eight all get served at the same time and that every plate was visually appealing. As rewarding as the restaurant was it was still exhausting. At the end of the night the staff would all gather in the kitchen, and I would prepare a leftover dinner with a glass of wine and all of us talked about the night and the latest town gossip, we always laughed and sadly, sometimes cried. I was lucky to have a great team in the kitchen, bar, and waitstaff. Those are the best memories!

Unfortunately, it became more and more time consuming. I chose to semi retire and close Michael's and spend the rest of my productive years in the studio and traveling.



In the end I guess you could say that I chose painting and sculpting over cooking... you'd be right.

One of my favorite times cooking was when our son Lane was attending high school in La Paz. We kept an apartment there which had a painting studio below. So, while Pat was taking care of the gallery in Todos Santos I stayed in La Paz during the week. We also had a student living with us. Somehow our place became a hangout for art projects, homework, and filming videos. There were always six or seven teens around. To keep things interesting, I had them put names of different countries in a hat. Whatever country's name drawn was from the hat was on our menu for dinner. The first one was Russia next was Asia then Greece etc. Not only did they love it I learned a lot of things! In the end almost everyone chose Russian as their favorite. Guess you can't beat Chicken Kiev.

Doug West wrote: Creativity in cooking is like painting a canvas in two distinct ways. Over the years my skills have increased with mixing color and using brushes, and similarly with combining the various ingredients I use in cooking. Creative time invested yields a mysterious gift when having an intuitive feeling that some new combination might work better. This is the magic of having a new idea, and then trying it out. With cooking this is when I am really having fun.

My art is my life. I embrace constant renewal and change. This isn't continual upheaval, but it is a process of watching and measuring cause and effect. I make a stroke of paint



"Elysium" copyright Doug West 2021, 72" x 48", oil on canvas

on the canvas, and I stand back to see its effect. I'm fluid. This feeds my spirit.

Rewards of studio work and painting verses the creativity in the kitchen are different. The studio is a world of working alone, with a show held once a year when I meet my collectors and the public. It has a very solitary emphasis. Cooking is so different because I'm often preparing food for a group of my friends so it's like a "live stage" performance with a very social emphasis. It is a very satisfying "in the moment" feeling.

Michael Cope is a local artist with his gallery, Galería de Todos Santos.

Doug West lives in Todos Santos and shows his work in the prestigious Blue Rain Gallery in Santa Fe, New Mexico.

Jill Logan has a gallery in Todos Santos and her works are on display there.

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Protejamos Todos Santos

por Ken Churchill

traducido por Ricardo Madrazo

La primera vez que visité Todos Santos me sentí cautivado por este pueblo tan mágico y singular. Me enamoré de la belleza natural de la zona y de su comunidad tan amigable. Hallé una casa en Las Tunas que era perfecta para mi familia, y recuerdo pensar entonces: "De aquí soy."

Al deambular por los alrededores de la casa, noté dos cosas: había varios letreros avisando que es ilegal construir sobre las dunas, pero también había varias casas construidas sobre la duna. Siendo naturalmente curioso, me decidí a investigar esta paradoja.

Los letreros hacían referencia al Programa de Desarrollo Urbano (PDU), habilitado en 2012 para: (1) procurar seguridad y certeza hacia el futuro, (2) regular el crecimiento y desarrollo urbano, (3) generar crecimiento económico en la comunidad, y (4) proteger nuestro singular y frágil entorno natural. En otras palabras, los ciudadanos de Todos Santos crearon unos maravillosos lineamientos diseñados para proteger el entorno y crecer de manera sustentable; sin embargo, hacer valer este reglamento cae en manos del municipio de La Paz.

Poco después de enterarme que existía el PDU, fui invitado a una reunión de propietarios locales preocupados por las construcciones sobre la duna. En esta reunión supe de un abogado local que ha estado trabajando en la protección de nuestra duna y en lograr que el municipio acate los lineamientos del PDU. Mi formación y carrera son como asesor ambiental, así que decidí averiguar por qué mi nuevo hogar y su entorno estaban en peligro y por qué no se estaban obedeciendo las leyes.

NUESTRAS BELLAS Y FRÁGILES DUNAS

El cordón dunar de nuestra costa está protegido por el PDU, además de leyes federales y estatales, debido a que son frágiles y de estructura dinámica. La construcción sobre duna y la remoción de la vegetación que crece sobre ella le hace perder su habilidad de proteger el interior durante una tormenta grande.

Una Manifestación de Impacto Ambiental (MIA) realizada en 2005 para 55 lotes sobre la duna en la zona de Las Tunas y San Sebastián preveía la construcción de casas habitación de un solo piso en el 35% del terreno adyacente al camino. Dicha MIA además requería que la vegetación que cubre el 65% restante del terreno sea respetada y que no se podrían construir sistemas sépticos. Tras leer la MIA, se me hizo evidente que las grandes casas de dos o más pisos que existen sobre la duna no cubren estos requisitos.

Gracias a la tenacidad de los residentes durante los últimos 17 años, sólo se han construido seis casas sobre la duna
PROTEJAMOS continúa en página 16

" DEE DEE "

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Protect Todos Santos

by Ken Churchill

The first time I visited Todos Santos, I was captivated by this unique, magical town. I fell in love with the natural beauty of the area and the friendly welcoming community. I found a home in the Las Tunas area that was perfect for my family. I thought to myself, "I belong here."

Then as I walked along roads near our home, I noticed two things: several signs stating that construction on the dunes was prohibited by law and homes built on the dunes. Being curious by nature, I started to investigate this contradiction.

The signs posted along the road referenced the PDU or "Programa de Desarrollo Urbano" enacted in 2012 to: (1) provide security and certainty to the future, (2) manage urban development and growth, (3) create economic growth for the community, and (4) protect our incredible yet fragile environment. In other words, the citizens of Todos Santos, had authored a wonderful set of rules designed to protect our environment, grow in a sustainable manner, but enforcement is left to our municipality of La Paz.

Soon after learning about the existence of the PDU, I was invited to a gathering of local property owners concerned about construction on the dunes. At this meeting, I learned that a local attorney has been working to protect our dunes and trying to get the municipality to enforce the PDU. As a

career environmental consultant, I decided to find out why my new home and its environment were being threatened and its laws not being enforced.

OUR BEAUTIFUL AND FRAGILE DUNES

The coastal dunes are protected by the PDU, as well as by federal and state laws, because they are fragile and dynamic. Construction and removal of native grasses destroys their ability to protect the area behind them during large storms.

An Environmental Impact Report (EIR) prepared in 2005 for 55 dune lots along the beach in the Las Tunas and San Sebastian neighborhoods approved the building of one-story single-family homes constructed of natural materials on the front 35% of the lot adjacent to the road. In addition, the EIR required that the natural grasses covering the other 65% of the lot must be left unharmed and no septic systems could be installed. After reading the EIR it was obvious the large multi-story homes that were built on the dunes do not meet these requirements.

Due to the efforts of residents over the past 17 years, only six homes have been built on the dunes in the Las Tunas area and one project at the end of calle los Mangos was

PROTECT continued on page 17

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Protejamos

continuó de página 14

foto por Mike Brinkman

en el área de Las Tunas, y un proyecto al final de calle Los Mangos fue frenado. El dueño del terreno fue sancionado por la Secretaría de Medio Ambiente y Recursos Naturales (SEMARNAT) y ha cesado toda obra de construcción. Sin embargo, hay aun muchos predios costeros en nuestras costas que deben protegerse del desarrollo.

El Ayuntamiento de La Paz es quien emite los permisos de construcción y urbanización; el PDU de 2012 requiere la formación de un comité de vigilancia que revise todas las solicitudes de permisos y planos de construcción

antes de emitir una luz verde. Sin embargo, a la fecha no se ha formado comité alguno para dar revisión a estas solicitudes. Además, existen numerosas quejas y denuncias ciudadanas con respecto a obras de construcción sobre la duna.

EL ACUÍFERO DE TODOS SANTOS

Baja California Sur es la entidad con mayor déficit hídrico en el país, y también la de mayor crecimiento; por lo tanto, el abasto de agua es una cuestión de gran importancia que debe ser atendida. n estudio reciente realizado sobre PROTEJAMOS continúa en página 40



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Protect

continued from page 15

photo by Mike Brinkman

stopped. The property owner was fined by the *Secretaria de Medio Ambiente y Recursos Naturales* (SEMARNAT) and hasn't built the house. However, there are many other dune lots along this coast to be protected from development.

The Municipality of La Paz issues construction permits; the 2012 PDU required the formation of an oversight committee

to review all permit applications and construction drawings before any permit is issued. To date, no committee has been formed to review permits. In addition, there are also numerous complaints from residents regarding construction on the dunes.

PROTECT continued on page 40



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"Está Bien, mi Perro es Amistoso"

por Lisa Demoney,
Todos los Perros Dog Training
traducido por Paula Angeloni

"Oh, no te preocupes, Fluffy no muerde." Todos hemos escuchado este tipo de afirmaciones de dueños de perros bien intencionados mientras caminamos por la playa, el vecindario, y los caminos de por aquí. Pero lo que mucha gente no se da cuenta, es que incluso si tu perro es el perro más dulce del mundo, en realidad no está bien dejar que corra hacia extraños.

Andar sin correa siempre representa un riesgo no solo para los demás, sino también para tu propio perro. Hay muchas cosas que pueden salir mal, incluso si en la mayoría de las circunstancias tu perro responde y acude cuando lo llamas. No podemos controlar los estímulos externos como son los ruidos fuertes, la aparición repentina de caballos o animales salvajes, personas, bicicletas, y automóviles. Cualquiera de estas distracciones puede hacer que inclusive un perro bien entrenado, ignore los comandos de voz.

Es importante comprender que el hecho de que uno se sienta cómodo con los perros sin correa, no significa que todos los demás estén de acuerdo con eso. Mucha gente le tiene miedo a los perros, incluso a tu lindo cachorro que no lastimaría ni a una mosca. No todos saben interpretar las señales del cuerpo canino, y lo que podemos entender como entusiasmo amistoso, otra persona o perro puede percibirlo como agresión.

También debemos considerar el escenario en el que nuestro perro se acerca a alguien que tiene a su perro con correa. Algunos perros se sienten amenazados cuando otro perro corre hacia ellos. Incluso si nuestro perro está bien socializado, otros perros pueden reaccionar a la defensiva y atacar. Cuando nuestro perro no tiene correa, perdemos la herramienta más poderosa para detener una

pelea de perros antes de que comience.

El comportamiento del perro cambia a medida que los perros maduran. Un cachorro amistoso puede volverse protector, territorial, e incluso agresivo cuando crece. Si esto sucede, puedes obtener un bozal Baskerville con buena ventilación y mucho espacio para jadear. Se puede usar durante largos períodos de tiempo y les permite beber agua.

Ten especial cuidado con el comportamiento de las mascotas cuando estés en la playa. Las vastas extensiones de arena vacía pueden ser un buen lugar para dejar que tu perro corra libremente, siempre y cuando te mantengas alerta. Si tu perro está empapado, no dejes que se seque sobre las personas. Tampoco que juegue con las personas que están sentadas. Mantén a tu perro alejado de picnics, fogatas, y gente pescando. No dejes que orine en artículos personales como mochilas o tablas de surf.

No importa la edad que tenga tu perro, siempre necesitará tu supervisión. Los perros tienen un oído increíble, y pueden escuchar sonidos que no son lo suficientemente fuertes para los oídos humanos. También tienen 300 millones de receptores olfativos, en comparación con nuestros míseros seis millones. Puedes escanear el horizonte y pensar que la costa está despejada, pero tu perro puede saber qué hay en la próxima curva. Mantén a tu perro a la vista. Es tu responsabilidad ser el defensor de tu perro y ayudarlo a evitar estos peligros:

- Incluso el perro mejor entrenado probablemente tendrá dificultades para ignorar a una liebre o un gato que se lanza frente a ellos, y pueden toparse con el tráfico.

PERROS continúa en página 42



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photo:kate turning



"It's OK, My Dog is Friendly"

by Lisa Demoney

photo by Mike Brinkman

"Oh, don't worry, Fluffy won't bite." We've all heard variations of these assurances from well-meaning dog owners while walking on the beaches, neighborhoods, and back roads here. But what many people don't realize is that even if your dog is the sweetest dog in the world, it's actually not ok to let it run up to strangers.

Off-leash running always poses a risk—not only to others, but also to your own dog. There are many things that can go wrong, even if in most circumstances your dog responds and comes when called. You cannot control outside stimuli, such as loud noises, or the sudden appearance of horses, wildlife, people, bicycles, and cars. Any of these

distractions can cause a well-trained dog to ignore voice commands.

It's important to understand that just because you are comfortable with dogs being off leash, it doesn't mean everyone else is okay with it. A lot of people are terrified of dogs—even your cute pup who wouldn't hurt a fly. Not everyone knows how to read canine body signals and what you see as friendly enthusiasm, another person or dog may perceive as aggression.

You also need to consider the scenario where your dog approaches someone who has their dog on leash. Some DOGS continued on page 43







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june

June 3 - 5 | TODOS SANTOS & PESCADERO CULINARY EXPERIENCES at JazaMango in Todos Santos.

June 9 | CHEERS TO 5 YEARS! TODOS SANTOS BREWING 5TH ANNIVERSARY.

June 12 | BEER & FOOD PAIRING DEGUSTATION at Todos Santos Brewing. Six specialty culinary courses paired with TSB beers.

June 19 | FATHER'S DAY / DÍA DE LOS PADRES.

June 21 | SUMMER SOLSTICE

september

September 19 | JOURNAL DEL PACIFICO FALL ISSUE DEADLINE.

october

October 29 - 31 | DIA DE MUERTOS TODOS SANTOS contests and performances in the theater on the plaza. This year's event will take place if allowed under current Covid protocols in B.C.S. For more information: Facebook: Dia de Muertos Todos Santos, fiestadiademuertostodosantos.com

October 30 | DAYLIGHT SAVINGS ENDS in Mexico.

October 31 | HALLOWEEN.

november

November 1 & 2 | DÍA DE MUERTOS TODOS SANTOS events in the plaza: installation and blessing of altars, Catrina parade, pet parade, and awards for best altars and catrinas. This year's event will take place if allowed under current Covid protocols in B.C.S. For more



information: Facebook: Dia de Muertos Todos Santos, fiestadiademuertostodosantos.com

November 6 | DAYLIGHT SAVINGS ENDS in USA and Canada.

November 6 | IRONMAN CABO 70.3. For more information visit: www.ironman.com/im703-los-cabos

November 11 - 13 | GASTROVINO BAJA FOOD & WINE FESTIVAL.

For more information visit: <https://www.gastrovino.mx>

december

December 15 - 18 | 4TH INTERNATIONAL SANGHA YOGA FEST at Cuatro Vientos, Todos Santos. For more information visit: <https://www.sanghawellness.org/event-info/4th-international-sangha-yoga-fest-2022>

HAPPY HOUR

Casa Maya/Barefoot Cantina Su M W Th F Sa 3 - 6 pm, 25 peso Mexican beer, 50 peso house margaritas and tequila shots.

Cerritos Beach Inn Su M T W Th F Sa 2 - 6 pm, 2x1 beer and classic margaritas.

Chill N Grill Su 10 am - 2 pm, 2x1 bloody Marys, mimosas, well drinks.

5 Tacos and Beer Su M T Th F Sa 4 - 6 pm, 2x1 margaritas & mezcalitas.

San Cristobal Pool Bar T 6 - 8 pm, 50% off alcoholic beverages.

Shaka's Su M T W Th F Sa 4 - 6 pm, 50% off: Cerritorita, George's Paloma, J.B. Special, P.P. Paloma, Shakarita, house margarita, and house tequila.

Shakti Bowl, Las Tunas Su M T W Th F Sa 4 - 7 pm, drinks 2x1.



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every week

Discover the Fine Art Galleries of Todos Santos
www.todossantos.art for a map and further information.

sunday

8 am – 3 pm, **CERRITOS MARKET**, Cerritos Beach. A representative from Punto Verde recycle center will be there to collect your recyclables.

8:30 am – 2 pm, **ORGANIC MARKET & LIVE MUSIC** at Baja Beans Cafeteria, Pescadero. Takes place through mid-July.

10 am - 1 pm, **RECYCLING** at **Shakas** at Cerritos. Accepting plastics 1 & 2, aluminum cans, flattened cardboard, clean clear glass, large chunk Styrofoam, by donation of 50 - 100 pesos depending on volume.

6 pm, **SUNDAY SESSIONS** at Todos Santos Brewing.

monday

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos.
Palapalibrary@gmail.com

6 – 8 pm, **LIVE MUSIC** at **Shakti Bowl** in Las Tunas.

tuesday

8:30 am – 1 pm, **LA PAZ FARMER'S MARKET** on calle Madero between 5 de Mayo and Constitución, La Paz.

4 pm, **ROCKIN' TACO TUESDAY** at **Chill N Grill** in Todos Santos. Live music 6 – 9 pm.

6:30 pm, **PARGAZZ GYPSY JAZZ** at **Tre Galline** in Todos Santos.

wednesday

8 am – 3 pm, **CERRITOS MARKET**, Cerritos Beach. A representative from Punto Verde recycle center will be there to collect your recyclables.

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos.
Palapalibrary@gmail.com

thursday

8:30 am – 1 pm, **LA PAZ FARMER'S MARKET** on calle Madero between 5 de Mayo and Constitución, La Paz.

9 am – 2 pm, **PUNTO VERDE RECYCLING CENTRE** behind Super Pollo, off calle Del Huerto at the southern entrance of Todos Santos. Bring your paper, #1 & #2 plastics, batteries, cardboard, cans, metal, Styrofoam, clear glass and electronics. 50 peso minimum donation, electronics are 80 pesos. Please separate and clean materials. For information: ecorreolucionmx@gmail.com, (612) 139-4789

5 – 9 pm, **ARTWALK** in the San José del Cabo Gallery District. Takes place November through June.

friday

9 am – 2 pm, **PUNTO VERDE RECYCLING CENTRE** behind Super Pollo, off calle Del Huerto at the southern entrance of Todos Santos. Bring your paper, #1 & #2 plastics, batteries, cardboard, cans, metal, Styrofoam, clear glass and electronics. 50 peso minimum donation, electronics are 80 pesos. Please separate and clean materials. For information: ecorreolucionmx@gmail.com, (612) 139-4789

WEEKLY EVENTS continued on page 46




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Encontrando Consuelo

continuó de página 8



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Lu utiliza su vasta experiencia para ayudar a los pacientes y familiares a prepararse para sus últimos días y poder enfrentarlos sin miedo. “Hay dos etapas de la muerte,” señala Lu, “la muerte preactiva y la muerte activa. Es muy importante que las familias comprendan estas etapas de la muerte para que estén preparados y no tengan miedo cuando se manifiesten los síntomas.” Lu relata el caso de su esposo finado sentada junto a lo que se convertiría en su lecho de muerte. “Dijo que era hora de irse y que tenía una cita con familiares y amigos del otro lado alrededor de la medianoche. Obviamente había estado muy enfermo y no había comido mucho, pero después de esa declaración se sentó, comió una gran comida, luego se tumbó y se durmió profundamente. Poco antes de la medianoche noté que sus pies estaban fríos. Desde que dejamos nuestros cuerpos de los pies para arriba, supe que su muerte era inminente; dijo que vio a su padre al otro lado. Le pedí que esperara a que nuestro hijo regresara a la habitación. Lo hizo, luego me miró, dijo ‘Gracias,’ luego cerró los ojos y pasó pacíficamente alrededor de la medianoche, justo a tiempo.”

La educación y la información son una parte integral de la misión de *Comfort Care*. Wendy editó el kit lleno de humor *Adios Amigos*, una guía para expatriados que planean pasar sus últimos días en México. *Comfort Care* también tiene una serie continua de sesiones de capacitación en español e inglés tanto para voluntarios como para cuidadores familiares, y pronto lanzará *Neighbor-to-Neighbor*, un programa para brindar capacitación gratuita de *doula* de cuidado a nivel básico. El grupo también tiene un programa de información de recursos de ayuda médica que brinda información sobre dónde encontrar equipos y suministros médicos, así como información de contacto de hospitales, ambulancias, médicos, y servicios holísticos locales.

Wendy vive en Todos Santos desde 2002, pero ahora ha decidido regresar a su Estados Unidos natal para poder ser parte integral de la vida de su nieta. Lu la reemplazará como directora de *Comfort Care*, y ahora están trabajando juntas para crear una estructura de gobierno más formal para la organización a fin de que esté preparada para el crecimiento tanto en los servicios como en la demanda de servicios que inevitablemente seguirán al crecimiento de la comunidad. “Estoy muy feliz de saber que dejo *Comfort Care* en manos tan cariñosas y capaces,” dice Wendy sobre la transición al liderazgo de Lu. “El pueblo está cada vez más poblado de personas entusiastas y capacitadas, y Lu ya está haciendo un gran trabajo al aprovechar estos recursos y llevar a *Comfort Care* al siguiente nivel.”

Si bien uno de los objetivos de *Comfort Care* es ayudar a las personas a morir bien, Wendy le ha dado al pueblo un

ENCONTRANDO CONSUELO cont. en pág. 35



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Finding Comfort

continued from page 7

Care's mission. Wendy edited the humor-filled kit *Adios Amigos*, a guide for expatriates who plan to spend their final days in Mexico. Comfort Care also has a continual series of training sessions in Spanish and English for both volunteers and family caregivers, and will soon launch Neighbor-to-Neighbor, a program to provide free foundation-level care-doula training. The group also has a medical aid resource information program that provides information on where to find medical equipment and supplies, as well as contact information for local hospitals, ambulances, doctors, and holistic services.

Wendy has been living in Todos Santos since 2002 but has now decided to return to her native United States so that she can be an integral part of her granddaughter's life. Lu will take over from her as the director of Comfort Care, and they are working together now to create a more formal governance structure for the organization so that it is prepared for the growth in both services and the demand for services that will inevitably follow the growth of the community. "I am so happy to know that I'm leaving Comfort Care in such caring and capable hands," says Wendy of the transition to Lu's leadership. "The town is increasingly populated with enthusiastic, skilled people, and Lu is already doing a great job of tapping into these resources and taking Comfort Care to the next level."

While one of Comfort Care's goals is to help people die well, Wendy has given the town a 20-year course in how to live well. She celebrated, reveled in, and contributed to Todos Santos at every turn. She was the sassy milkmaid who wrote about the colorful characters of her hometown in *Encounters of an Underground Milkmaid*, her regular column in *El Calendario de Todos Santos*, the precursor publication of *Journal del Pacifico*. She then compiled some of those columns into a book that has become a treasured

piece of Todos Santos history, *Genuine People of Interest in Todos Santos*. She subsequently shifted mediums and wrote, produced, and starred in three different radio shows on Cabo Mil radio station, all celebrating her hometown: *Todos Santos Today*, *Todos Santos Tonight*, and *Weekend with Wendy*. Always agile, during Covid Wendy shifted her format to Zoom interviews with business owners and thought leaders in Todos Santos in *On the Spot with Wendy Rains*. Wendy was so intent on connecting the people of Todos Santos that she even edited the Todos Santos phonebook, a publication of A.C.T.S.

But Wendy's impact will perhaps be most lasting through the formal organizations she helped create that give a strong voice to the residents of Todos Santos on issues of deep importance to us all. She was a founding member of the Las Tunas Home Owners Association which later became *Asociación de Colonias de Todos Santos*, or A.C.T.S. which has led the charge on everything from protecting the dunes, to preventing new mines, to stopping the illegal construction of cell towers in residential neighborhoods. They created the *Vecino Vigilante* program for neighborhood security, which included the monumental task of creating an extremely detailed map of Todos Santos which could be used by police and ambulance services, something which had not previously existed.

"I've poured my heart and soul into trying to provide things in Todos Santos that didn't exist before," says Wendy. "I was always made to feel so welcome here, and I've really done my best to repay all that kindness by helping to usher in new programs, new ideas, and lasting solutions." During her tenure in town Wendy has brought excitement and innovation, but most importantly, as we all face an uncertain future, she has brought us comfort.

If you would like to learn more about Comfort Care's services and/or get involved as a volunteer or nurse, please visit their website at ComfortCare.mx or contact Lu Pearson directly at Lu@comfortcare.mx. To learn more about A.C.T.S. please visit their bilingual website at <https://actsbaja.org>.

FINDING COMFORT continued on page 45





Revisiting Nature

story & photos by Kala Thomson

Palo Zorrillo



There are so many reasons to revisit places in the world, especially in nature. Most aspects of the natural world are part of a highly interconnected ever-changing network of animals, plants, and weather. These aspects coupled with diverse biological and geological structures, hold the

necessary keys to live, evolve, and reproduce. Seasonal changes are also very dynamic, especially when so many species are dependent on changes in temperature, moisture, and consequently availability of food, protection, and habitat.

For example, a sandy and rocky riverbed exposed to hot temperatures in the dry months of the year may seem dormant. However, take that same riverbed after a few rainstorms, when the water flows and seeps into the sand and collects in pools and suddenly, that same seemingly barren area comes to life—plants teeming with leaves, flowers, and seeds. Now birds, reptiles, mammals, and many other species benefit from the renewed lush environment.

On a first visit to a riverbed, island, oasis, or mountain trail, sights of huge boulders, sandy deposits, stands of cactus, and scenic vistas are the first to pop out. The next visit to the same area, now semi-familiar, gives time to take in some of the smaller aspects and observe animals, tracks, spiderwebs, flowers, seed pods, and interesting geological formations.

A possible third visit is the time to relish in details and enjoy the unique and seasonal features that suddenly pop into view that may have been overlooked during previous explorations. Things like freshly molted shiny lizards sunning on their favorite rock, seed pods balanced on a bush of a different species, birds curiously observing you while foraging, as well as nesting, hunting, courting, and sleeping rituals.

With repeat visits to favorite areas at different times of the year, there is much to enjoy and experience in the ever-changing world of nature, it's almost a guarantee that no two visits will ever be the same!

Revisitando la Naturaleza

historia y fotos de Kaia Thomson
traducido por Paula Angeloni

Hay muchas razones para volver a visitar lugares en el mundo, especialmente en la naturaleza. Los aspectos del mundo natural son parte de una red de animales, plantas, y clima altamente interconectada y en constante cambio. Estos aspectos vinculados a diversas estructuras biológicas y geológicas, encierran las claves necesarias para vivir, evolucionar y reproducirse. Los cambios estacionales también son muy dinámicos, especialmente cuando tantas especies dependen de los cambios de temperatura, humedad y, en consecuencia, de la disponibilidad de alimento, protección, y hábitat.

Por ejemplo, el lecho de un río arenoso y rocoso expuesto a altas temperaturas en los meses secos del año puede parecer inerte. Sin embargo, tome el mismo lecho de río después de algunas tormentas cuando el agua fluye
NATURALEZA continúa en página 26



Opuntia flower buds
Capullos de flores de Opuntia

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Naturaleza

continuó de página 25



Nesting Great Blue Herons (*Ardea herodias*)
Garzas azules que anidan



Heart rock formation
Formación de roca del corazón

y se acumula en charcos, y de repente, esa misma área aparentemente estéril cobra vida con plantas repletas de hojas, flores, y semillas. Ahora las aves, los reptiles, los mamíferos, y muchas otras especies se benefician del exuberante entorno renovado.

En la primera visita al lecho de un río, una isla, un oasis, o un sendero de montaña; las enormes rocas, los depósitos arenosos, las arboledas de cactus, y las vistas panorámicas, son lo primero que vemos. En la siguiente visita a la misma área, ahora semifamiliar, da tiempo para asimilar algunos de los aspectos más pequeños y observar animales, huellas, telarañas, flores, vainas de semillas, e interesantes formaciones geológicas.

En una posible tercera visita, es el momento de saborear los detalles y disfrutar de las características únicas y estacionales que aparecen repentinamente y que pueden haberse pasado por alto en las exploraciones anteriores. Cosas como lagartos brillantes que recién mudaron su piel tomando el sol en su roca favorita, vainas en equilibrio sobre una especie de arbusto diferente, pájaros que te observan con curiosidad, u ocupados en rituales de anidación, caza, cortejo, y sueño.

Hay mucho para disfrutar y experimentar en el mundo siempre cambiante de la naturaleza, con visitas repetidas a áreas favoritas en diferentes épocas del año. ¡Es casi garantizado que nunca habrán dos visitas iguales!

An advertisement for Saint Jude's pharmacy in El Pescadero. The main image shows the exterior of the pharmacy with a sign that says "FARMACIA" and "PHARMACY". A QR code is visible in the bottom left corner with the text "Scan this QR Code for more information." The interior of the pharmacy is also shown, with shelves of medications and a counter. The text "Saint Jude's pharmacy also in El Pescadero" is overlaid on the image, along with "We are located in front of Pemex gas station".

Scan this QR Code for more information.

Saint Jude's pharmacy also in
El Pescadero
We are located in front of Pemex gas station

Voces del Pueblo

by Janice Kinne

photo by Kaia Thomson

Welcome to our Summer 2022 issue of **Journal del Pacifico**. Thank you for all your compliments on our last issue with its fabulous cover by artist **Jill Logan**. Summers in Baja are a great time to relax and enjoy this beautiful area at a slower pace.

Photographer **Mike Brinkman** supplied the lovely photo a Todos Santos beach for our summer cover. You will also find more of his stunning images throughout this issue.

Bryan Jáuregui of **Todos Santos Eco-Adventures** has written about changes in **Comfort Care** and its departing director, Wendy Rains, and welcoming the new director, Lu Pearson. Wendy has been a big part of this community for many years and a contributor to our publications.

Jamie Sechrist and Vickie Butler have written a touching tribute to Hal Butler, who left a big mark on **The Palapa Society of Todos Santos** and educational opportunities for local children. He will be missed.

Lisa Demoney, a former digital marketing and media director, contributed a piece on pet etiquette for **Todos Los Perros Dog Training** in this issue. You will be seeing more great features from her in the coming season!

Roc Fleishman took some time off from "*El Cielo*" for this issue, but he will be back next season keeping us informed as to what's up in the sky over southern Baja.

Frequent **Journal del Pacifico** cover artist, **Kate Turning** has opened her studio in Todos Santos. She offers high concept studio portraits and archival prints. It's a creative experience for a lifetime.

Mezcla Concept Store has added a third location at Plaza del Pescador in San José del Cabo. You can still find their unique fashions and home furnishings in Todos Santos and the historic district in La Paz.

Pam Can Do it! Contact Pamela Arreya for your home maintenance, architecture, construction, remodeling, and upholstery needs—covering Todos Santos to Cabo.

Pacific Door not only sells, installs, repairs, and maintains electric garage doors and gates, they can also help you with hurricane protection. Contact them for more information.

Jovialt Anti-Ageing Medical Center in Todos Santos offers non-surgical face and body lifts, face and body fat reduction, facials, fillers, and Botox. Make an appointment today!

Nacuii offers organic cosmetics, gifts, and bath accessories. You can find them in the El Cielito market next to the Hotel California in Todos Santos.

Casa de Todos in Las Tunas is now serving breakfast
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Villa Santorini Beachfront Luxury



Rancho Azul Retreat Center + Orchard

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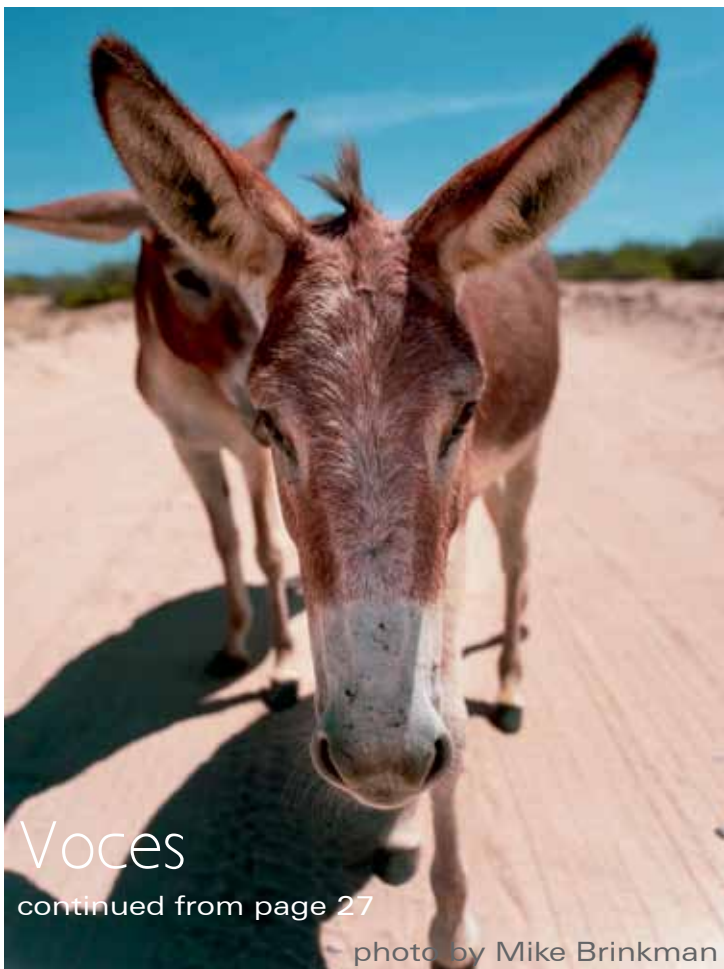
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Voces

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photo by Mike Brinkman

Thursday through Saturday, from 9 am to 12 pm. They have scrambled eggs on toast, or avocado toast with potatoes and salad, chia pudding with granola, delicious chocolate and blueberry muffins and daily specials.

Have you had the eggs Benedict at **Chill n Grill** yet? They are serving breakfast Thursday, Friday, and Monday from 9 am to 1 pm. Saturday and Sunday breakfast is served from 10 am to 2 pm with 2 x1 Bloody Marys, mimosas, and well drinks.

Protect Todos Santos is a local organization working to

protect the fragile environment of the “*pueblo mágico*” we all love. For more information visit www.protecttodosantos.org.

The Agency Todos Santos has moved their office to Hidalgo street between Juárez and Centenario in the historic district.

Baja Smart Real Estate is now open in Todos Santos. Visit their office on the corner of Topete and Juarez in the historic district.

Cerritos Las Palmas is a new boutique hotel in the Cerritos beach area. You do your thing; they take care of the rest.

Mini Super Munchies in Pescadero is open all summer. Stop by this sophisticated country corner store with its wonderful selection of wines, craft beers, excellent chocolate, kombucha on tap, and more.

Zócalo's Pescadero location is now open every day from 9 am to 3 pm. The Todos Santos location is still open daily from 10 am to 6 pm.

Rancho Gaspereño is 42 acres of prime ocean front land between Todos Santos and Cabo San Lucas. See our story in the Holiday / Navidad 2021 / 2022 issue for more information about this unique property.

Cuatro Vientos in Todos Santos offers yoga, dance, Pilates classes and more—current classes are listed in *Groups* in this issue. Please check their website for updates on class availability and times.

The **GastroVino Food & Wine Festival** will be back in November. Our Fall 2022 issue will have more information about what exciting changes will take place at one of our favorite area events.

Día de Muertos Todos Santos will also return this fall, October 29 to November 2. **Hablado Mexicano** is offering a retreat to experience this important Mexican cultural tradition. Contact them for more information.

We will be back in October with our Fall 2022 issue. The deadline is September 19. If you're not in Baja, you can see every issue online at journaldelpacifico.com.



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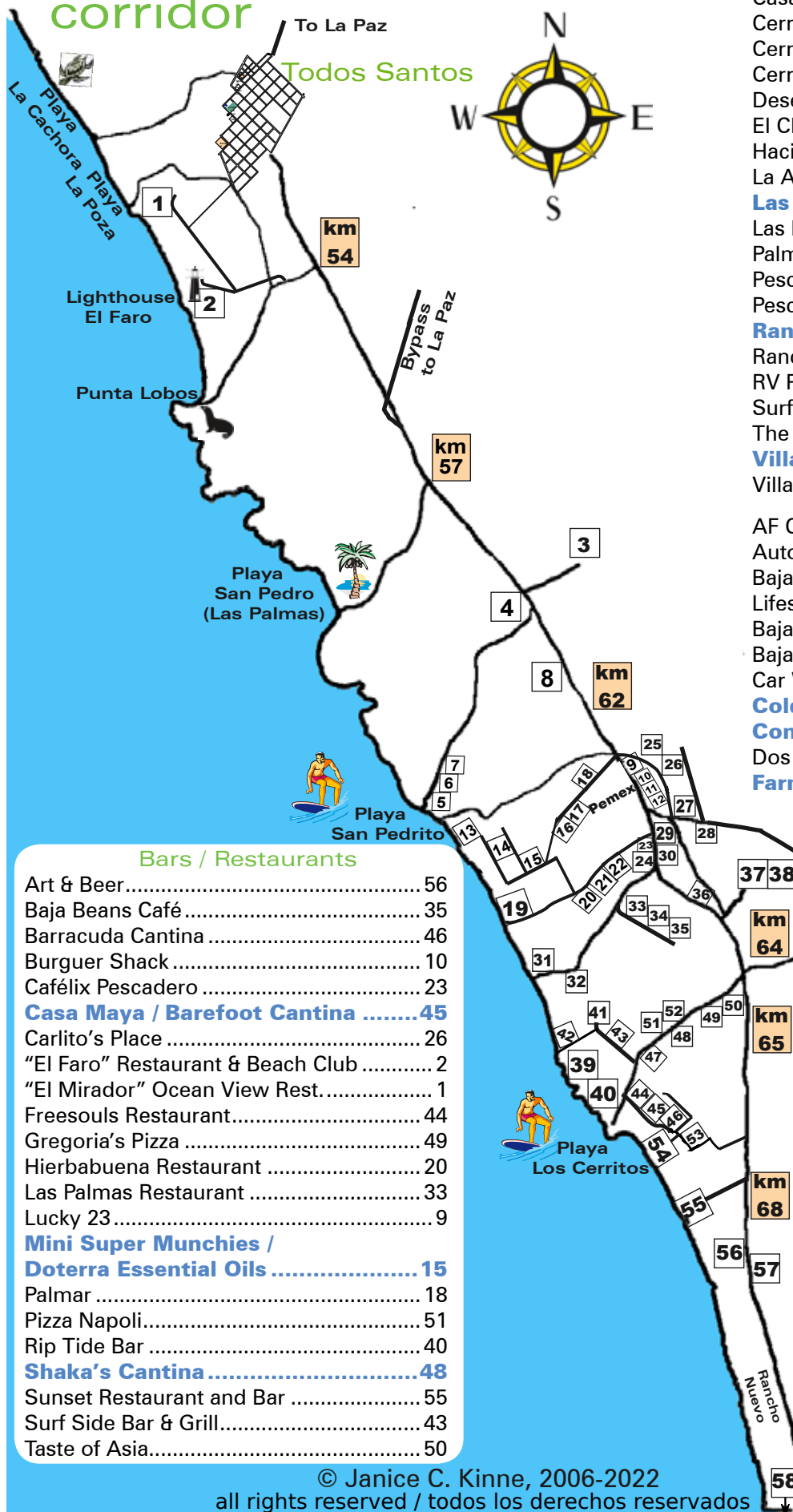
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DAILY FOOD SPECIALS

todos santos—el pescadero corridor



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To Elías Calles and
Cabo San Lucas

Beaches / Playas

by Janice Kinne

Todos Santos lies inland along the rugged Pacific coast. There are miles of beautiful white sand beaches accessible down unmarked dirt roads.

This stretch of the Pacific Ocean is a very dangerous place to swim at any time of the year. Strong rip currents and backwash are common. People have drowned in waters near Todos Santos simply because they were too close to the ocean while on beaches with steep drop-offs. There are no lifeguards on duty at any area beaches.

You can access the **LA POZA** and **LA CACHORA** beaches via the La Cachora road. Both are suitable for walking, fishing, whale watching, relaxing, or sunbathing. They are not swimming beaches.

Because of the big waves breaking on the shore, La Cachora beach has become popular with skim boarders.

La Poza has a large freshwater lagoon that is great for bird watching. If you are going to swim in the lagoon be very careful. The lagoon may appear to be shallow, but has many sudden drop-offs and is actually very deep.

PUNTA LOBOS, named for a sea lion colony, is also known as the fishermen's beach. Simply follow calle Francisco Bojorquez Vidal (formerly calle Punta Lobos) south out of town, or turn off at km 54 from Highway 19. You will pass an old cannery from the days when fishermen could harvest sea turtles legally. There is a small freshwater lagoon at Punta Lobos with a shrine to the Virgin.

The fishermen ride their *panga* boats on the waves onto the beach between 1 and 3 pm. Their return is exciting to watch and you can usually buy fresh fish from the cooperatives.

The two fishing cooperatives have exclusive rights to the "launch zone" at Playa Punta Lobos. For reasons of safety and due to past problems, boat launching at Punta Lobos is not permitted without their express permission.

The only recommended swimming beaches are outside of Pescadero. **SAN PEDRO**, also known as **PALM BEACH** (*Playa Las Palmas*), is near km 57. Its entrance is across Highway 19 from the Campo Experimental—stay to the left as you pass the abandoned hacienda. Las Palmas is a beautiful, secluded beach surrounded by a palm grove with a freshwater lagoon that is home to a variety of plants, birds, and wildlife.

Due to strong currents (especially near the rocky point), swimming is safer 50 meters from the rocks. Swim with caution and always have a land reference. The property surrounding Palm Beach is privately owned. The gates are open from 6 am to 9 pm daily. Car break-ins have been reported at Palm Beach. Leave your valuables at home!

PLAYA SAN PEDRITO is a rocky surfing beach around km 60, about 4.6 miles (7.4 km) from Todos Santos.

PLAYA LOS CERRITOS is located at km 64 about
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Beaches

continued from page 33



photo by Mike Brinkman

eight miles (12.8 km) south of Todos Santos. Look for the turnoff after the hill, south of Puente El Pescadero. Los Cerritos is a popular spot for surfing, boogie boarding, swimming, and fishing. Swim with caution due to strong riptides near the rocks. It is recommended to stay at least 50 meters from the rocks. The most secure swimming area is in front of the restaurant/bar. Swim with caution and always have a land reference. There is a long stretch of beach to the south that is perfect for walking or running. Surfboard rentals and other services are available. Due to COVID-19, there are now three access filters. Only 200 people will be allowed to enter per filter to give a total capacity of 600 people per day.

MARIO'S SURF SCHOOL provides surfing lessons, board rentals, repairs, and accessories. Call for information.

PESCADERO SURF SHOP, #34 on the Pescadero map. The surf shop stocks everything you need for surfing: surfboard rentals, used and new surfboards for sale, wax, ding repair, accessories, surf reports and information. You can also arrange surf lessons, surf and SUP tours, and activities at the store with Mario Surf School.

TODOS SANTOS ECO ADVENTURES, #167 on the Todos Santos map. Since 2002 Todos Santos Eco Adventures (TOSEA) has been providing visitors with opportunities to explore, celebrate, and help conserve the magnificently diverse ecosystems of Baja. TOSEA offers whale and bird-watching trips in the Pacific lagoons; treks and *ranchero* culture programs in the Sierra la Laguna mountains; Sea Turtle Camp and surfing surfaris on the Pacific coast, and kayaking, "glamping," whale shark, and sea lion adventures in the Sea of Cortez.

TODOS SANTOS SURF SHOP, #88 on the Todos Santos map, sells and rents surf boards, offers beach supplies and activities around Todos Santos. They carry international brands and many locally handmade wares, clothes, bikinis, accessories, natural sunscreen, and "Eclipse" boards shaped by Meisy of Todos Santos. They offer tours to swim with whale sharks and sea lions, surfing lessons, fishing trips, trips to Espíritu Santo Island, and whale watching in Magdalena Bay.

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Encontrando Consuelo

continuó de página 22

curso de 20 años sobre cómo vivir bien. Ella celebró, se deleitó, y contribuyó a Todos Santos en todo momento. Era la lechera atrevida que escribía sobre los coloridos personajes de su pueblo en *Encounters of an Underground Milkmaid*, su columna habitual en *El Calendario de Todos Santos*, la publicación precursora del *Journal del Pacífico*. Luego compiló algunas de esas columnas en un libro que se ha convertido en una pieza preciada de la historia de Todos Santos, *Genuine People of Interest in Todos Santos*. Posteriormente cambió de medio y escribió, produjo, y protagonizó tres programas de radio diferentes en la estación de radio Cabo Mil, todos celebrando su pueblo: *Todos Santos Today*, *Todos Santos Tonight*, y *Weekend with Wendy*. Siempre ágil, durante Covid Wendy cambió su formato a entrevistas de Zoom con dueños de negocios y líderes de opinión en Todos Santos en *On the Spot with Wendy Rains*. Wendy estaba tan decidida a conectar a la gente de Todos Santos que incluso editó la guía telefónica de Todos Santos, una publicación de A.C.T.S.

Pero el impacto de Wendy quizás sea más duradero a través de las organizaciones formales que ella ayudó a crear y que dan una fuerte voz a los residentes de Todos Santos sobre temas de profunda importancia para todos nosotros. Fue miembro fundador de la Asociación de Propietarios de Viviendas de Las Tunas, que luego se convirtió en Asociación de Colonias de Todos Santos, o A.C.T.S. que ha liderado todo, desde la protección de las dunas hasta la prevención de nuevas minas y la detención de la construcción ilegal de torres de telefonía celular en barrios residenciales. Crearon el programa Vecino Vigilante para la seguridad de los barrios, que incluía la tarea monumental de crear un mapa extremadamente detallado de Todos Santos que pudiera ser utilizado por la policía y los servicios de ambulancia, algo que antes no existía.

"He puesto mi corazón y mi alma en tratar de proporcionar cosas a Todos Santos que no existían antes," dice Wendy. "Siempre me hicieron sentir muy bienvenida aquí, y realmente hice todo lo posible para devolver toda esa amabilidad al ayudar a introducir nuevos programas, nuevas ideas, y soluciones duraderas." Durante su permanencia en la ciudad, Wendy trajo entusiasmo e innovación, pero lo más importante, ya que todos enfrentamos un futuro incierto, nos brindó consuelo.

Si desea obtener más información sobre los servicios de *Comfort Care* y/o participar como voluntario o enfermero, visite su sitio web en ComfortCare.mx o comuníquese con Lu Pearson directamente en Lu@comfortcare.mx. Para obtener más información sobre A.C.T.S. visite su sitio web bilingüe en <https://actsbaja.org>.



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La Paz Beaches

by Janice Kinne

photo by Mike Brinkman

The *malecón* along the bay of La Paz is the perfect place to walk, run, people watch, or enjoy gazing across the water. Crews clean the beaches and walkways daily, fresh sand has been imported and there are *palapas* to offer shade. Locals and tourists visit the beaches north of downtown to swim, snorkel, or kayak. There are several adventure companies along the *malecón* and at the marinas offering *panga* rides, bay and island cruises, snorkeling, scuba diving, fishing, sailing, and kayak rentals.

EL MOGOTÉ is the spit of land that separates the harbor of La Paz from the *Bahía de La Paz*. This natural treasure used to be, for the most part, accessible only with 4WD. Now driving onto the peninsula is restricted due to the construction of golf courses, homes, and hotels.

PLAYA EL COROMUEL 4.5 km from downtown La Paz, is the first beach north of town and an easy walk from downtown. It is within the harbor boundaries, has shaded *palapas*, and food / beverage services. The water here gets much better flow with the tide change and is suitable for swimming. The bottom is clean sand and rock. Snorkeling is good further out.

PLAYA EL TESORO 13 km from downtown La Paz, is a great little beach for children. The shallow, clear waters allow you to walk out for close to 100 meters. Tesoro has about 25 shaded *palapas*, two small restaurants, and kayak rentals.

PICHILINGUE 19 km from downtown La Paz. Pichilingue is home to the La Paz ferry terminus and a large commercial harbor. There are pleasant, small beaches just north of the deep water port, on the *Vieja Bahía de Pichilingue*. Beachfront food, beverage service, and kayak rentals are available and there is a restaurant with an upstairs view. The *palapa* bar is popular in the hot summer afternoons.

PLAYA BALANDRA 23 km from downtown La Paz, is known for its famous balancing rock formation landmark that resembles a prehistoric mushroom. You can view the rock formation and *playa El Hongo* by walking in the water around the cliff to your right. The large beach and surrounding area are beautiful. The waters surrounding Balandra are shallow and safe for children. Sheltered from wave action from nearly every direction, the water warms early and is very safe for swimmers and kayaking. There are also several little beaches (coves) and mangroves to explore. The beach has no services, so pack your own lunches and drinks for the day. There are vendors renting chairs, selling fruit and drinks, beach *palapas* for shade, and BBQ pits to the south.

PLAYA EL TECOLOTE 26 km from downtown La Paz, is by far the largest and most visited beach in La Paz. Two restaurant/bars offer shade *palapas* and a large number of beach vendors offer refreshments. RV camping is available, along with a wide variety of water sports rentals. Usually there are no lifeguards on duty, but they may be present during *la semana santa* and in the summer. The beach has a beautiful view of Isla Espíritu Santo and *panga* rides to the island are available—a 6.5 km crossing through the San Lorenzo channel. Bus service from the station on the *malecón* to playa El Tecolote is available for a nominal charge.

Sting rays are the biggest hazard at the playas and tend to be present on the bottom in shallow waters during the summer. When walking in the water, shuffle your feet on the bottom to avoid stepping directly on a resting ray.

There are no restrictions for beach fishing at any beaches. Please respect our beaches and help protect the sea turtles; don't leave trash or drive on the dunes or beaches.



Hal Butler
continued from page 11

served as the President of two Rotary International Clubs. When the Butlers moved part-time to Todos Santos, BCS, Mexico thirteen years ago, Hal became involved with The Palapa Society of Todos Santos, A.C. Today, The Palapa Society's Learning Center is considered an educational gem of the community, housing a 10,000-volume library, a 7 to 12th grade school, and afternoon and evening English language instruction for children and adults. For thirteen years Hal dedicated himself to ensuring that children in Todos Santos would have access to educational programs to enhance their lives. During his time with The Palapa Society he served as the treasurer and on The Palapa School committee. His participation was vital and helped The Palapa Society to build, staff, create curriculum and successfully open The Palapa School. Hal's experience in education and love of learning has contributed to the growth of The Palapa Society and his legacy will live on for generations to come.

Hal wanted to live forever, but he died a contented man after a life full of adventures, loving family/friends, admiring colleagues, and a myriad of accomplishments. He is survived by wife Vickie of almost 39 years; daughter Lori Butler of Lake Oswego, Oregon; son Greg Butler (Mimi) of Reno, Nevada; son Jon Butler (Debbie) of Denver, Colorado; stepson Jeff Lankov (Tony) of Dallas, Texas; grandchildren Rachel Butler, Jessica Butler, Alex Junquera, Eva Ellen Junquera, Cole Butler, and Hannah Butler, as well as his dear sister Virginia Gollery and numerous nieces and nephews.

Hal's family will be holding a celebration of life in the late fall. If you wish to contribute to a charity in Hal's memory, his family asks that you consider donating to his beloved Palapa Society.

To dial a United States 800 number FROM a landline in Mexico, replace the 800 prefix with the prefix shown below:

- ▶ 800 numbers Dial 001-880-then the number
- ▶ 866 numbers Dial 001-883-then the number
- ▶ 877 numbers Dial 001-882-then the number
- ▶ 888 numbers Dial 001-881-then the number

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junio

3 a 5 de junio | TODOS SANTOS Y PESCADERO CULINARY EXPERIENCES en JazaMango en Todos Santos.

9 de junio | 5° ANIVERSARIO DE TODOS SANTOS BREWING.

12 de junio | DEGUSTACIÓN DE PLATILLOS Y CERVEZAS en Todos Santos Brewing. Seis tiempos culinarios con su maridaje de cerveza TSB.

19 de junio | DÍA DE LOS PADRES.

21 de junio | SOLSTICIO DE VERANO

septiembre

19 de septiembre | FECHA LÍMITE PARA EDICIÓN DE OTOÑO de Journal del Pacífico.

octubre

29 al 31 de octubre | CONCURSOS Y PRESENTACIONES del Día de Muertos Todos Santos, en el teatro de la plaza. Este año se realizará el evento sólo si se permite bajo los protocolos COVID en BCS. Mayores informes en: Facebook: Día de Muertos Todos Santos, fiestadiademuertostodosantos.com

30 de octubre | CAMBIO DEL HORARIO en Mexico.

31 de octubre | HALLOWEEN.

noviembre

1 y 2 de noviembre | EVENTOS DE DÍA DE MUERTOS TODOS SANTOS en la plaza: instalación y bendición de altares, desfile de catrinas y mascotas, premiación de altares y catrinas. Este año se realizará el evento sólo si se permite bajo los protocolos COVID en BCS. Mayores informes en: Facebook: Día de Muertos Todos Santos, fiestadiademuertostodosantos.com

6 de noviembre | CAMBIO DEL HORARIO en EEUU y Canada.

6 de noviembre | IRONMAN CABO 70.3. Mayores informes en: www.ironman.com/im703-los-cabos

11 al 13 noviembre | GASTRO-VINO BAJA FOOD & WINE FESTIVAL. Mayores informes: <https://www.gastrovino.mx>

diciembre

15 al 18 de diciembre | 4° INTERNACIONAL SANGHA YOGA FEST en Cuatro Vientos, Todos Santos.

Cada Semana

Descubre las galerías de arte fino en Todos Santos (www.TodosSantos.Art), ahí encontrarás un mapa y mayor información.

domingo

8 am a 3 pm, **MERCADO DE CERRITOS**, Playa Cerritos. Un representante del centro de reciclaje de Punto Verde estará allí para recoger sus materiales reciclables.

8:30 am a 2 pm, **MERCADO ORGÁNICO Y MÚSICA EN VIVO** en la Cafetería Baja Beans, Pescadero. Se llevará a cabo a mediados de julio.

10 am a 1 pm, **RECICLAJE** en **Shakas** en Cerritos. Se aceptan plásticos de No. 1 y 2, papel, latas de aluminio, cartón aplanado, vidrio transparente limpio, espuma de poliestireno de gran tamaño, por donación de 50 a 100 pesos dependiendo del volumen.

6 pm, **SESIÓN DE DOMINGOS** en Todos Santos Brewing.

lunes

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

6 a 8 pm, **MÚSICA EN VIVO** en **Shakti Bowl**, Las Tunas.

martes

8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

4 pm, **MARTES DE TACOS** en **Chill N Grill** en Todos Santos. 6 a 9 pm, música en vivo.

6:30 pm, **JAZZ GITANO "PARGAZZ"** en **Tre Galline** en Todos Santos.

miércoles

8 am a 3 pm, **MERCADO DE CERRITOS**, Playa Cerritos. Un representante del centro de reciclaje de Punto Verde estará allí para recoger sus materiales reciclables.

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

jueves

8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

HORA FELIZ

Casa Maya/Barefoot Cantina Do Lu Mler Ju Vi Sa 3 a 6 pm, 25 peso cerveza nacional, 50 peso margaritas de la casa y tequila.

Cerritos Beach Inn Do Lu Mar Mler Ju Vi Sa 2 a 6 pm, 2x1 cerveza y margaritas.

Chill N Grill Do 10 am a 2 pm, 2x1 bloody Marys, mimosas, y bebidas de la casa.

5 Tacos y Beer Do Lu Mar Ju Vi Sa 4 a 6 pm, 2x1 margaritas y mezcalitas.

San Cristobal Bar de Alberca Mar 6 a 8 pm, 50% descuento en bebidas.

Shaka's Do Lu Mar Mler Ju Vi Sa 4 a 6 pm, Mitad precio: Cerritorita, George's Paloma, J.B. Special, P.P. Paloma, Shakarita, margarita de la casa y tequila de la casa.

Shakti Bowl, Las Tunas Do Lu Mar Mler Ju Vi Sa 4 a 7 pm, 2x1 bebidas.

jueves cont.

9 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, atrás de Super Pollo entrando por Calle del Huerto, extremo sur de Todos Santos. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, unicel, vidrio claro, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrrevolucionmx@gmail.com, (612) 139-4789.

5 a 9 pm, **CAMINATA DEL ARTE** en San José del Cabo, en el distrito de las galerías. Todas las galerías que participan estarán abiertas hasta las 9 pm y muchas tienen recepciones y eventos especiales. Noviembre hasta 10 o 17 de Julio.

viernes

9 am a 2 pm, **CENTRO DE RECICLADO PUNTO VERDE**, atrás de Super Pollo entrando por Calle del Huerto, extremo sur de Todos Santos. Traiga su papel, cartón, plásticos de No. 1 y 2, baterías, latas, metal, unicel, vidrio claro, y electrónicos. Donativo mínimo 50 pesos, electrónicos 80 pesos. Favor de separar y limpiar materiales. Mayores informes: ecorrrevolucionmx@gmail.com, (612) 139-4789.

10 am a 1 pm, **BIBLIOTECA PALAPA ABIERTO**, Todos Santos. Palapalibrary@gmail.com

6 pm, **NOCHE DE TRIVIA** en el Todos Santos Brewing.

sábado

8:30 am a 1 pm, **EL MERCADO ORGÁNICO DE LA PAZ** en calle Madero entre 5 de Mayo y Constitución, La Paz.

9 am a 3 pm, **EL MERCADO ORGÁNICO** en San José del Cabo está ligeramente afuera del distrito de arte histórico en la Huerta María en el Camino a las Ánimas. Noviembre hasta el fin de Junio.

9 am a 1 pm, **TIANGUIS NATURAL MALECÓN** (Mercado) en el Callejon Cabezud es en La Paz—el área entre calle Esquerro y el Malecón ubicado en el mural Wyland y la escultura del músico tocando el caracol.

10:30 am a 2 pm, **MERCADO RANCHERO** con arte, muebles y productos frescos de los ranchos de la zona, que incluyen queso, pollo y carne.

6 pm, **SÁBADO DE CANTAUTORES** en el Todos Santos Brewing.

LITTLE FREE LIBRARIES

Donations are needed to keep the three little libraries stocked. The little libraries are located at Pinos park, near La Esquina café, and by Padrino Children's Foundation in Todos Santos.

Donations are accepted at the Palapa Society Library, Monday 10 am to 1 pm.

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Protect

continued from page 17

THE TODOS SANTOS AQUIFER

Baja California Sur is the driest state in Mexico and the fastest growing, so water is a huge issue that needs to be addressed. A recent dune study report found the amount of water being removed from the Todos Santos aquifer exceeds the average annual recharge rate and a University of Colorado study found saltwater intrusion in the aquifer 1.6 kilometers inland creating an additional serious problem. The dune study also reported the other four aquifers in the area are nearing the same situation, even before our recent explosive growth.

PROTECT TODOS SANTOS WAS FORMED TO ADDRESS THESE ISSUES

When I shared my research with other concerned residents, we decided we needed to educate the community and build an organization and fund it so when developers and others violate local laws, we will be ready. Our recently published website (written in both Spanish and English) contains much more detailed information about dunes, the PDU, and water.

We hope you will visit the site at www.protecttodosantos.org and it inspires you to join us and help us protect the "pueblo mágico" we all love.

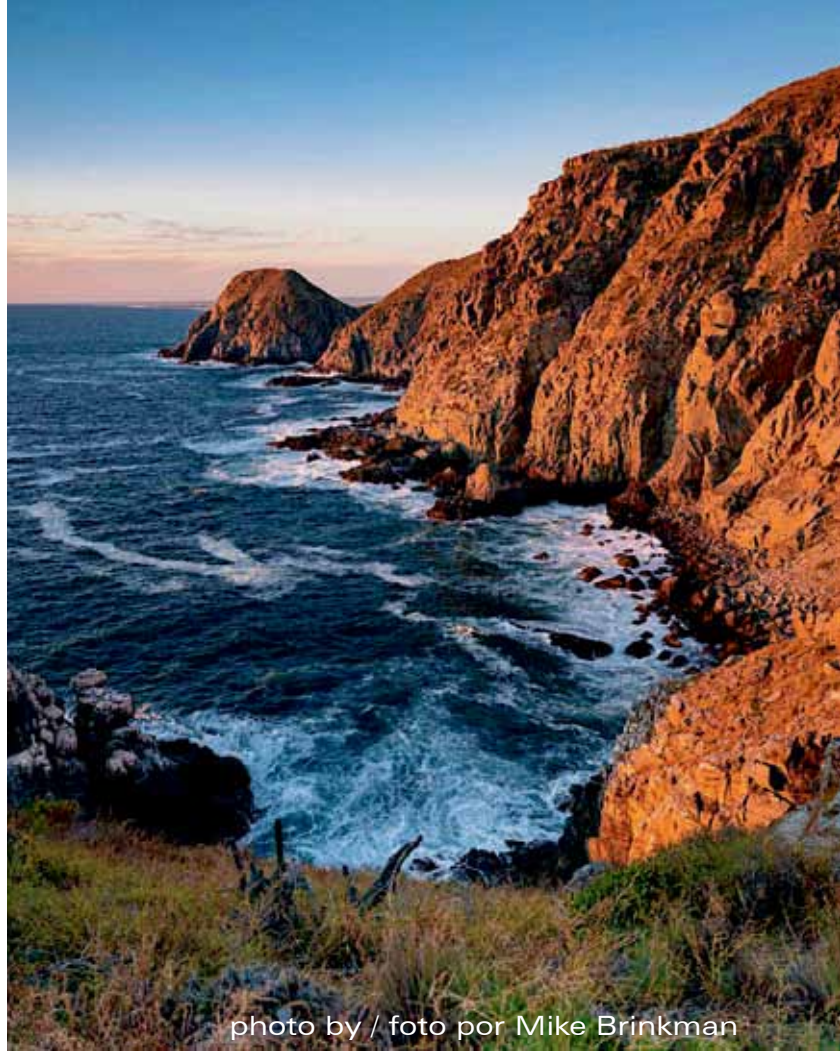
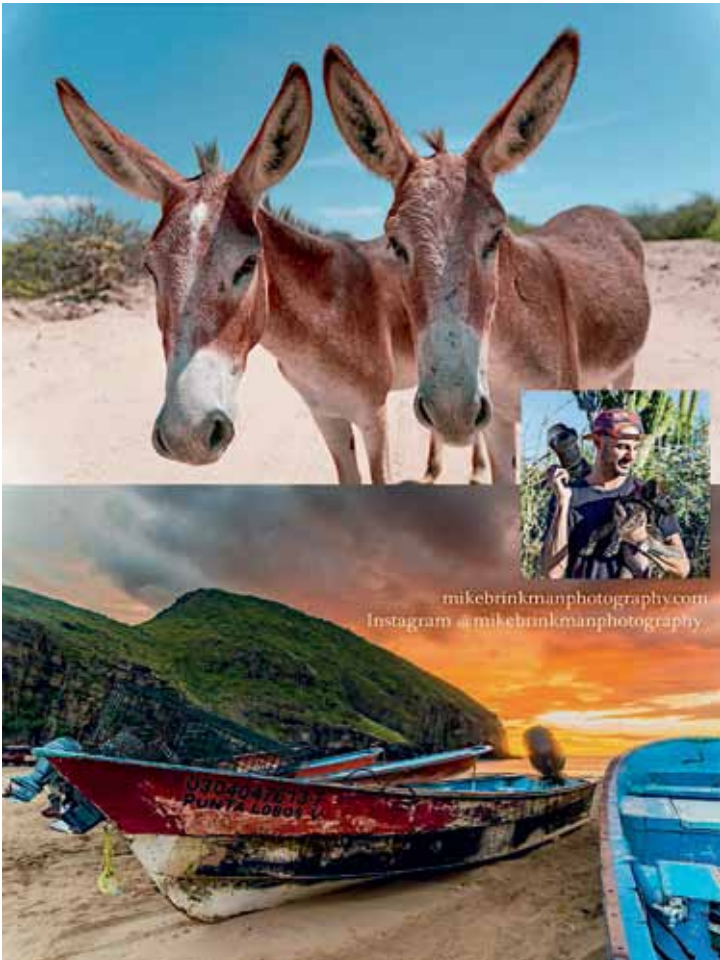


photo by / foto por Mike Brinkman



Protejamos

continuó de página 16

nuestra duna halló que la pérdida de nivel en el acuífero de Todos Santos excede la tasa de recarga del mismo, y un estudio de la Universidad de Colorado reportó intrusiones de agua salada en el acuífero hasta 1.6 kilómetros tierra adentro, lo cual genera un problema adicional de gravedad. El reporte sobre la duna reportó déficits similares en los otros cuatro mantos acuíferos de la zona, incluso antes de nuestro crecimiento explosivo en años recientes.

PROTEJAMOS TODOS SANTOS FUE CREADO PARA ATENDER ESTAS PROBLEMÁTICAS

Cuando compartí mi investigación con otros residentes, decidimos que era necesario concientizar a la comunidad y crear una organización con los recursos necesarios para estar preparados a hacer frente a los desarrolladores y otros que violen las normas ambientales. Nuestro nuevo sitio web, disponible en inglés y español, tiene mucha más información referente a la duna, el PDU y el agua.

Esperamos que visite el sitio en www.ProtectTodosSantos.org y le inspire a unirse a nosotros para ayudar a proteger al pueblo mágico que todos amamos.

Hal Butler

continuó de página 10

Laguna en Baja California Sur a la edad de 84 años.

Antes y después de jubilarse, Hal y su esposa Vickie se convirtieron en ávidos viajeros: Entre sus muchos viajes visitaron Estados Unidos, Europa occidental, China, Tailandia, Costa Rica, Panamá, Kenia, Tanzania, y México. Hal era una persona curiosa y de mente abierta con un gran aprecio por las nuevas culturas y paisajes.

Hal fue un hombre renacentista con un profundo amor y aprecio por la poesía, la naturaleza, el atletismo, y las artes. A lo largo de su vida, Hal fue un verdadero caballero, el epítome de la dignidad, la compasión, y la gracia. Fue un modelo de cómo se debe tratar a cada individuo, sin importar la edad, el género, la orientación sexual, la raza, o la posición en la vida. Un hombre de gran integridad que vivió una vida fiel a sus valores.

Siempre fue un miembro activo de varias organizaciones de acreditación escolar y de servicio y también se desempeñó como presidente de dos clubes de Rotary International. Cuando los Butler se mudaron a Todos Santos hace 13 años, Hal se integró a La Sociedad de La Palapa de Todos Santos, AC. El día de hoy, el Centro Educativo La Palapa resalta como un logro educativo de nuestra comunidad; alberga una biblioteca con más de 10 mil títulos, una escuela secundaria y preparatoria certificada por la SEP, y clases de inglés para niños y adultos de la localidad. Por trece años, Hal se dedicó a asegurar que los jóvenes de Todos Santos tuvieran acceso a programas educativos para mejorar sus vidas. Durante su tiempo con La Palapa, trabajó como tesorero y en el comité académico de la Escuela de La Palapa. Su participación fue vital y ayudó a la organización a construir, dotar de personal, crear un plan de estudios, e inaugurar exitosamente la escuela. La experiencia de Hal en la educación y su amor por la educación ha contribuido al crecimiento de La Sociedad de La Palapa, y su legado perdurará en las generaciones venideras.

Hal quería vivir para siempre, pero murió como un hombre satisfecho después de una vida llena de aventuras, familia y amigos, colegas y un sinnúmero de logros. Le sobrevive Vickie, su esposa por casi 39 años; su hija Lori Butler de Lake Oswego, Oregón; su hijo Greg Butler (Mimi) de Reno, Nevada; su hijo Jon Butler (Debbie) de Denver, Colorado; su hijastro Jeff Lankov (Tony) de Dallas, Texas; sus nietos Rachel Butler, Jessica Butler, Alex Junquera, Eva Ellen Junquera, Cole Butler, y Hannah Butler, así como su querida hermana Virginia Gollery y numerosas sobrinas y sobrinos.

La familia de Hal realizará una celebración de su vida a finales de otoño. Si desea contribuir a una organización benéfica en memoria de Hal, su familia le pide que considere donar a su amada Sociedad de La Palapa.

GARAGE DOOR

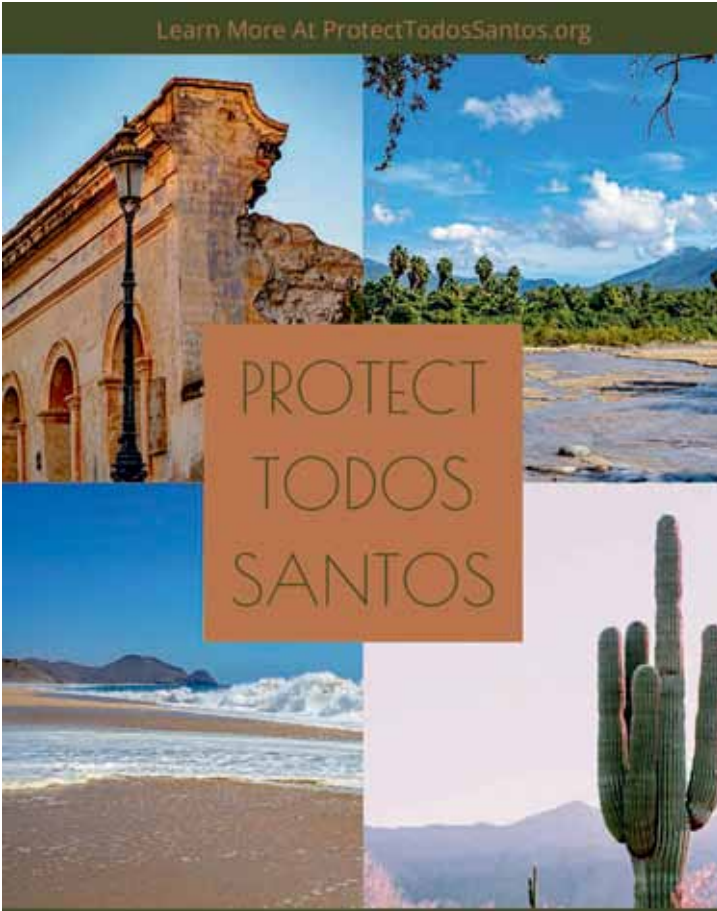
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Perros

continuó de página 18

- Si hay en el suelo comida, envoltorios y otra basura, tu perro podría comer algo que no debería.
- A los perros les gusta perseguir cosas y Baja California Sur es el hogar de muchas criaturas venenosas como serpientes cascabel, escorpiones, y ciempiés, que pueden causar un gran dolor, lesiones graves e incluso la muerte de tu querida mascota.

El entrenamiento extensivo, específicamente el entrenamiento sin correa, es esencial para prevenir estos problemas. Ya sea con un cachorro o un perro mayor, comienza el entrenamiento básico de inmediato. El objetivo de un buen entrenamiento es que el perro responda a los comandos de voz incluso en circunstancias complicadas.

Una vez que tu perro esté entrenado, aún debes ser vigilante y considerado. No olvides estos consejos:

- Ten una correa contigo en todo momento y supervisa activamente a tu perro.
- Si ves que alguien se acerca, llama a tu perro a tu lado y pregúntale a la persona si está bien que vaya a saludarlo antes de que corra hacia él.
- Se respetuoso si alguien pide que llames a tu perro y le pongas la correa.
- Aprende sobre el lenguaje corporal del perro para poder saber lo que está pasando con los perros antes de que ocurran conflictos.

Finalmente, asume la responsabilidad si tu perro mete la pata: los perros no son perfectos y tampoco lo son los humanos. Ocurrirán problemas de vez en cuando. Se amable y pide disculpas cuando sucedan. Un poco de cortesía hace mucho.

Si le interesa entrenar o socializar a su perro, o si necesita albergarlo un tiempo, puede contactar a David Divjak, entrenador certificado de **Todos Los Perros Dog Training** tel. 612-200-5991, tlpdogtraining@gmail.com

Dogs

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dogs feel threatened when another dog runs up to them. Even if your dog is well socialized, other dogs may react defensively and attack. When your dog isn't on a leash, you've lost your most powerful tool to stop a dog fight before it starts.

Dog behavior changes as dogs mature. What was once a friendly puppy can become protective, territorial, and even aggressive when it gets older. If this happens and you have a high-energy breed that will benefit from unbridled exercise, you can get a Baskerville muzzle with good ventilation and plenty of room to pant. It can be worn for extended periods of time and it allows them to drink water.

Be especially mindful of pet etiquette when you're on the beach. Yes, the vast stretches of empty sand can be a great place to let your dog run free, as long as you stay alert. If your dog is soaking wet, don't let them dry off on people. Don't let your dog hump people who are sitting down. Keep your dog away from picnics, bonfires, and people who are fishing. Don't let them urinate on personal items like backpacks or surfboards. Surfers value their boards. Don't let your dog be a kook at the surf break.

No matter how old your dog is, they will always need your supervision.

Dogs have incredible hearing; they can hear sounds that are not loud enough for human ears. They also have 300 million scent receptors, compared to our measly six million. You may scan the horizon and think the coast is clear, but your dog is way ahead of you in knowing what lies around the next bend. Keep your dog within eyesight. It's your responsibility to be your dog's advocate and help them to avoid these pitfalls:

- They can run into traffic. Even the most well-trained dog will probably have a hard time ignoring a hare or cat that darts out in front of them.
- We live in an area where food, wrappers, and other trash are often left lying on the ground. Your dog might run ahead, eat something it shouldn't.
- Dogs like to chase things and Baja California Sur is home to many poisonous creatures. Rattlesnakes, scorpions, and centipedes are frequently spotted. They can cause great pain, serious injury, and even death to your beloved pet.

Extensive training, specifically off-leash training, is essential to prevent these problems. Whether you are beginning with a puppy, or have adopted an older dog, start basic training immediately. Your goal is to produce an exceptionally well-trained dog who responds to voice commands even under complicated circumstances.

Once your dog is trained, you still need to be a vigilant and considerate neighbor. Don't forget these tips:

DOGS continued on page 46



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sunday / domingo

9 am, **VINYASA FLOW YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

10:45 am, **LUNAR VINYASA YOGA W/C KIMBERLY @ Cuatro Vientos**, Todos Santos.

4:30 pm, **DEEP YIN YOGA W/C MAR @ Cuatro Vientos**, Todos Santos.

monday / lunes

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

9:15 am **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **YOGA FOR HEALTHY AGEING W/C LISA @ Cuatro Vientos**, Todos Santos.

11 am, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

12:30 pm, **VAJRA DANCE @ Cuatro Vientos**, Todos Santos.

4:30 pm, **VITAL YOGA W/C ALENKA @ Cuatro Vientos**, Todos Santos.

5 pm, **AA MEETING** via Zoom 854 6570 9347 / 61 66 88. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256

6 pm, **MEN'S GROUP W/C EAN @ Cuatro Vientos**, Todos Santos. First and third Monday.

7 pm, **EROTIC EMBODIMENT FOR WOMEN @ Cuatro Vientos**, Todos Santos. Second and fourth Monday.

tuesday / martes

8 am, **VINYASA YOGA W/C DAVID @ Cuatro Vientos**, Todos Santos.

9:15 am, **ZUMBA W/C JAN @ Cuatro Vientos**, Todos Santos.

9:15 am, **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **VINYASA YOGA W/C PAULINA @ Cuatro Vientos**, Todos Santos.

12:30 pm, **YOGA PILATES W/C MARIANA @ Cuatro Vientos**, Todos Santos.

4 pm, **CROSSFIT/BOXING FOR KIDS, @ Cross2box**, Todos Santos.

4:30 pm, **RESTORATIVE YOGA W/C KIMBERLY @ Cuatro Vientos**, Todos Santos.

5 pm, **BOXING @Cross2box**, Todos Santos.

6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos**, en Español Todos Santos.

wednesday / miércoles

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

9 am, **PESCADERO HIGHTIDE AA MEETING @ Baja Beans**, Pescadero. For information: Don (612) 157-1256.

9:15 am **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **POWER YOGA W/C KIMBERLY @ Cuatro Vientos**, Todos Santos.

11 am, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

12:30 pm, **YIN/RESTORATIVE YOGA W/C ALENKA @ Cuatro Vientos**, Todos Santos.

4:30 pm, **VITAL YOGA W/C ALENKA @ Cuatro Vientos**, Todos Santos.

5 pm, **AA MEETING** via Zoom 817 0359 7498 / 85 96 40. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256

6 pm, **RITMOS LATINOS W/C GABRIELA @ Cuatro Vientos**, Todos Santos.

thursday / jueves

8 am, **VINYASA YOGA W/C DAVID @ Cuatro Vientos**, Todos Santos.

9:15 am, **ZUMBA W/C JAN @ Cuatro Vientos**, Todos Santos.

9:15 am, **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **POWER VINYASA YOGA W/C PAULINA @ Cuatro Vientos**, Todos Santos.

12:30 pm, **YOGA PILATES W/C MARIANA @ Cuatro Vientos**, Todos Santos.

4 pm, **CROSSFIT/BOXING FOR KIDS, Cross2box**, Todos Santos.

4:30 pm, **RESTORATIVE YIN YOGA W/C MAR @ Cuatro Vientos**, Todos Santos.

5 pm, **BOXING @Cross2box**, Todos Santos.

6 pm, **DANCE FITNESS W/C NATHALIE @ Cuatro Vientos**, en Español, Todos Santos.

friday / viernes

9 am, **YOGA W/C MARIMAR @ Cuatro Vientos**, Todos Santos.

9 am, **WOMEN'S CLOSED AA MEETING** via Zoom 863 1292 4030 / 208 002. For information: Kenny: (612)152-2995, Catherine: (612)149-5194, Don: (612)157-1256

9:15 am **FUSION FITNESS @ Cross2Box**, Todos Santos.

10:30 am, **WOMEN'S HEALING YOGA W/C MAR @ Cuatro Vientos**, Todos Santos.

12:30 pm, **PREGNANCY YOGA W/C MAR @ Cuatro Vientos**, Todos Santos.

12:30 pm, **QI GONG W/C RHODA** via Zoom. Beginning Tai Chi course. Email for link: barakabaja@gmail.com

4:30 pm, **VITAL YOGA W/C ALENKA @ Cuatro Vientos**, Todos Santos.

5 pm, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

6 pm, **SACRED DANCE TEMPLE W/C MARIA @ Cuatro Vientos**, Todos Santos.

saturday / sábado

8:30 am, **CERRITOS BEACH WORKOUT**, Cross2box, Todos Santos. Takes place the first Saturday of the month.

9 am, **VINYASA FLOW YOGA W/C LIZ @ Cuatro Vientos**, Todos Santos.

11 am, **YOGA PARA TODOS @ Cuatro Vientos**, Todos Santos.

11 am, **AA MEETING**. On the rooftop at Ricardo Amigo Real Estate on calle Centenario in Todos Santos. For info: Erick (612)156-9980.

AA CABO SAN LUCAS—AA Hacienda Group Cabo, upstairs above Ace Hardware behind McDonalds. Monday – Friday, 4:30 pm and daily at 6 pm. For information: (624) 147-0478

SAN JOSÉ DEL CABO—Next to the Calvary Chapel corner of Degollado and Coronado. 6 pm nightly.

LA PAZ—For information call: Rick M. (612)131-7459, JoAnna (612)108-5342, or Leo (612)197-8639.

Finding Comfort

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Todos Santos Eco Adventures (TOSEA) is the leading eco adventure company in Baja California Sur. TOSEA invites you to join them in the following initiatives to help preserve the habitats of Baja California that both our native and migratory species depend on:

Carbon Capture with Tomorrow's Air. TOSEA is a carbon capture education partner with Tomorrow's Air, and to date has supported the removal of one ton of carbon dioxide from the air. All *homo sapiens* who migrate to Baja are invited to join TOSEA in supporting this incredible project that was awarded Newsweek's 2021 Future of Travel Award in the Visionary category—it is not carbon offset, it is actually removing CO₂ from the air and storing it deep underground. www.tomorrowsair.com.

Zero Waste Alliance of Todos Santos and Pescadero (ZWA). TOSEA is a proud supporter of the ZWA which is actively working to reduce the amount of waste that goes to the local landfill and build circular economies around that waste. All *homo sapiens*, both native and migratory, are invited to join the movement! www.facebook.com/alianzacerobasuratodosantos

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• ZUMA	• ZITROMAX	• IVOLUMBIN
• BARDIN	• ALGESAMIN	• NIBROCOX
• MITREX	• AMOXICILIN	• ALDOPRISA
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Every Week

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friday cont.

10 am – 1 pm, **PALAPA LIBRARY OPEN**, Todos Santos.
Palapalibrary@gmail.com

6 pm, **TRIVIA NIGHT** at Todos Santos Brewing.

saturday

8:30 am – 1 pm, **LA PAZ FARMER'S MARKET** on calle Madero between 5 de Mayo and Constitución, La Paz.

9 am – 1 pm, **MALECÓN TIANGUIS NATURAL (MARKET)** at the Callejon Cabezud in La Paz—the area between Esquerro street and the *malecón* at the location of the Wyland mural and the seashell musician statue.

9 am – 3 pm, **SAN JOSÉ DEL CABO ORGANIC MARKET** (Mercado Orgánico) just outside the San José historic district in Huerta Maria on the Camino a Las Animas. Look for the signs at the big arroyo off Avenida Centenario. Takes place November through the end of June.

10:30 am – 2 pm, **EL MERCADO RANCHERO MARKET** with art, furniture, and fresh products from area ranches, including cheese, chicken, and meat, Todos Santos.

6 pm, **SONGWRITER SATURDAYS** at Todos Santos Brewing.

Dogs

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- Have a leash with you at all times and actively supervise your dog.
- If you see someone approaching, call your dog to your side and ask if it's okay for it to go say hi before it runs up to them.
- Be respectful if someone asks you to call your dog and put it on leash.
- Learn about dog body language so you can tell what is going on with your dog and others before conflicts occur.

Finally, take responsibility if your dog does blow it—dogs are not perfect and neither are humans. Problems will happen from time to time. Please be kind and apologetic when they do occur. A little courtesy goes a long way.

If you are interested in dog training, socialization or boarding, contact certified professional dog trainer, David Divjak, at **Todos los Perros**. tel. 612-200-5991, tlpdogtraining@gmail.com



RANCHO LA TRINIDAD

Todos Santos

5 Bedrooms | 4 Baths | Lot: 35,344.86 M2

\$ 2,650,000 USD

MLS# 20-2900



CASAS TRES ESTRELLAS

Todos Santos

4 Bedrooms | 4.5 Baths | Lot: 2.4 Acres

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CERRITOS OCEAN VIEW

Cerritos

4,000 Sq.Mt. / M2

\$ 1,200,000 USD

MLS# 21-452



NOWHERELAND

Cerritos

4 Bedrooms | 4 Baths | Lot: 1,000 SqMt

\$ 799,000 USD

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ELIAS CALLES BEACHFRONT

Elias Calles

5,000 Sq.Mt. / M2

\$ 620,000 USD

MLS# 22-606



PERFECT PESCADERO LOT

Pescadero

2,033.27 Sq.Mt. / M2

\$ 475,000 USD

MLS# 22-1167



BILL'S DREAM HOME

Pescadero

2 Bedrooms | 1 Bathrooms

\$ 340,000 USD

MLS# 22-279



LOT PASEO DEL MAR 0497

Todos Santos

1,990 Sq.Mt. / M2

\$ 285,000 USD

MLS# 22-1432



RANCHO NUEVO LOT

Rancho Nuevo

1,244 Sq.Mt. / M2

\$ 125,000 USD

MLS# 21-2114

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