



## Lots of Activities Coming Up in Los Barriles !

By: Christine Courtright

It is often said you can tell a lot about a person from their work space. What if that person is an artist? Do you see their inspiration or get a feel for the artist in their studio? Well, your chance is here **February 7**, from **10am – 4pm** to see the studios of 15+ of different artisans whom reside in the Los Barriles area. And to get more bang for your buck, many of the homes will showcase the art of more than one artist, giving you the opportunity of seeing the work of about 30 different artists! Artists on the tour vary from fabric, glass, jewelry, bead or soft goods medium, oil and water color paintings, ceramic and pottery and wood or rocks, just to name a few. Artists include Mary Naylor (artist for the poster), Elizabeth Perkins with some one of a kind silver and precious stone jewelry, Victoria's Sunny Dresses with her Baja perfect clothing, Steven King the artist, not the author, Christine Kenck Design and her Mexican Folkloric sewn creations, Michele Melehes with her up-cycled indigenous Guatemala clothing to contemporary clothes and Tessa Nisbet custom knits – just to name a few. We will have several new stops on the tour with new studios showcasing glass, tile art, nature art, cards and custom candles and handmade chocolates!

The artist studio tour has become a favorite event for friends to meet and enjoy touring the homes and shop-

ing, then capping off the day with dinner in one of the LB restaurants. You linger, visit, shop and snack. You can also see many of the artists in action as they work right there! Don't miss this great opportunity to enjoy, view and purchase some great works of art. Valentine's Day is coming soon, and you might need to pick yourself up a gift or 6!

Parking is easy and provided at each studio, and many of the studios are within walking distance of each other. You can pre-purchase your tickets at **Baja Beach Company** in Plaza del Pueblo in Los Barriles (across from the fountain) or purchase your tickets the day of the show **Homes and Land Real Estate** office on 20 November in Los Barriles. Tickets are sold from 9:30 am to 1pm, closing at 1pm.

So now the tour is over what is next? Well, it is **Baja Shakespeare Festival and Festival de Artes ...the 25<sup>th</sup> Anniversary!!** Yes, can you believe we are at the 25<sup>th</sup> Anniversary of the Festival de Artes in Los Barriles which will be celebrated Sunday, March 18, 2018 from 10am – 4pm ...an event, 25 years in the making! Festival de Artes is one of the longest, if not the longest, continuously running art shows in the Baja Sur, and for sure the greatest!!!

It all started with JoAnn and Rus Hyslop, two retired school teachers and artists who moved to LB in 1992 and found out that local schools do not have art programs. They started teaching art at the local school

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## Tax-deductible Contributions to the Asociación de Artes

The Asociación de Artes del Mar de Cortez A.C., Los Barriles, B.C. Sur, Mexico is a legal non-profit Mexican corporation not affiliated with any other organization, association, club or business.

The Asociación is in full compliance with the terms of the NAFTA agreement of January 1, 1994. As such, contributions made to the Asociación de Artes are tax-deductible in the United States, Mexico and Canada. For more information visit: [www.eastcapearts.com](http://www.eastcapearts.com) or the NAFTA Website at: <http://www.ustr.gov/trade-agreements/free-trade-agreements/north-american-free-trade-agreement-nafta>.

## Volunteers Needed!

The Asociación de Artes needs volunteers to help support their programs that bring the arts to the local communities and the schools. To learn more about these programs, visit: [www.eastcapearts.com](http://www.eastcapearts.com). If you would like to volunteer, send an email to: [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com).

## Call for Articles

East Capers is looking for fiction and true stories about our region and items that affect our residents. If you are interested in submitting articles, recipes, stories or your personal experiences in Baja, email your 1,000-words or less article to: [eastcapersmagazine@gmail.com](mailto:eastcapersmagazine@gmail.com)

## Thank You!

This publication is possible with the help of the board members of the Asociación de Artes and members of the community.

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*Festival de Artes and Shakespeare Continued from page 1*

but art supplies scarce, so they had to come up with a way to make money. As artists, they also wanted a place to sell their art. So, the Hyslops, along with a small group of friends, formed an Art Committee to organize an art festival where local artists could show their original work. On April 2, 1994, 25 artists showed their art at the first annual **Festival de Artes** held in Juanito's Garden in Los Barriles. The mother's club from the Los Barriles Elementary School provided the food so they could earn some school project money. The word was put out and they got visitors and artists from all over the area. They even had the group of Folklórico Dancers from La Paz to perform.

After that first Festival, they sat back and said "hey, the festival was a success and it is a great idea, lets do it again!" And off they went.

It was this same group of artists that in 1999 formed Asociación de Artes del Mar Cortez, an official Mexican Non-Profit corporation which supports art, school supplies in the area schools. It is money generated from events, the raffles and silent auction that helps supports this project to this day!

Now, 25 years later, the festival has the same basic format..... Art, Food, Beer and Entertainment. We will have over 120 vendors with original art mediums such as oil, acrylic, water color, fabric, pottery, silver & precious stones, leather, wood, glass and a combination of all! Enjoy the creations of other artists with fabric, flowers, silver, gold and precious stones in designs like no other. We strive to ensure that our artists design and create their original works so that you know you are getting an original hand-crafted piece directly from artist to you!



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The smells coming from the Food Court will tantalize you with the famous Palmas Carne Asada Taco Stand, hamburgers from San Antonio Gourmet Burgers and Pizza, Sausage Ladies, and more, with the ice crackling in the beverages from our bar that is second to none!

While you are taking a break with your food and cold drink, you will be entertained with traditional folkloric Mexican dancing

from the Elementary, Secondary and High Schools here in Los Barriles. We will also be honored to have the folkloric dancers from *La Paz Cultural Ministry* coming to entertain us with traditional Mexican dancing. The entertainment will be every hour starting at 10:30.

We have also stepped up our game with our raffle and silent auction. You will be able to bid on a variety of packages including: fishing trips, hotel stays in Todos Santos, Los Barriles, La Paz & Cabo Pulmo, golf packages, guided tours, quad rentals, Multi-day Expeditions, whale watching, jewelry, paintings, shopping trips, dinner packages and our stuffed raffle baskets – and that is just to start. The raffle and auction is a great opportunity to save some money on the things you are going to buy anyways, and help out the kids in doing so.

This is the Asociación de Artes largest fundraiser and we have gone out of our way to ensure that there is something that everyone will want! Watch for details on the website [www.eastcapearts.com](http://www.eastcapearts.com) or facebook page festival de artes 20 For information on being a vendor email: [festivaldeartes20@gmail.com](mailto:festivaldeartes20@gmail.com) For general questions [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com)

## ***THE BAJA SHAKE UP!***

By Kim Scholefield

Baja Shakespeare is proud to bring you our 18<sup>th</sup> season, roaring in with the '20's! THE BAJA SHAKE UP! is an adaptation of Woody Allen's "Bullets Over Broadway", a 7 time Oscar nominated, 1994 movie. Our creative Director Camilla Ford has rewritten it with a rather different



*Shakespeare continued on page 4*

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*Baja Shake Up Continued from page 3*

twist! Our hero, Billy Shakes, a realtor, quad rental salesman and local playwright, has written a play called “Romeo and Juliet” which he is hoping to get produced on the East Cape. What ensues is a hilarious comedy as his cast comes together. This play within a play, examines art, love and the pursuit of dreams!

Talented Musical Director, Greg Herback and his band, The Baja Rag will play a collection of 1920’s music guaranteed to have you toe tapping. Greg’s band includes his all-star singers, The Titillating Twosome, Tootsie and Trixie!

No 1920’s production would be complete without a Chorus Line! Choreographer Robin Jackman’s, The Smokehouse Hotties, will wow you with their sexy costumes, tempo, & moves! Costume Goddess Colleen Baltzer is sewing and collecting our ‘20’s costumes as I write. Our set artists, Connie Heinen and Sheryl Segal are painting a stunning speakeasy backdrop!

We are offering you a choice of seven shows. Opening night is Friday March 9th, Saturday 10th, Sunday Matinee 11th, Wednesday 14th, Thursday 15th, Friday 16<sup>th</sup> and Closing Saturday March 17th. Curtain, if we had one, rises at 7pm sharp, doors open 6pm; the Sunday 11<sup>th</sup> Matinee is a 1:30pm start, the perfect afternoon entertainment for those who don’t wish to drive in the dark.

Our theatre is located at the Convention Center of the Hotel Buena Vista Beach Resort (Spa). The Hotel offers a complete pre-show menu and there’s no prohibition at this bar!! Dinner reservations are a must: [info@hotelbuenavista.com](mailto:info@hotelbuenavista.com) or call directly at 624-142-0099. The Hotel offers rooms

with meals at a special theatre rate. Contact for the latest. Tickets remain the same at \$20 or 400 pesos, available at two locations in Los Barriles: Homes & Land of Baja, Sara’s Café & Galeria Los Angeles or through Will Call, contact Anne: [nanatembden@gmail.com](mailto:nanatembden@gmail.com) 624-141-0314. Shows do sell out so talk to your friends, pick your date and secure your tickets to avoid disappointment! Toot toot Tootsie! Don’t miss this show!

## *The History of Baja Shakespeare*

By Kim Scholefield

Eighteen consecutive years of local theatre is a triumph for any company, let alone one in a small fishing village, in Mexico, with a name of Baja Shakespeare. How did this happen? It all started back in 2000, when Empresario “Smokehouse” Clarence Moyers bribed Bob and Lesley Currier, Artistic Director and Producer of Marin Shakespeare, with smoked fish to direct Macbeth. Most people, including and especially the actors thought it was a joke. We would give it a try then go back to what we know best, fishing & water sports.

Bob & Lesley Currier directed us through all of the Shakespeare comedies, passing the torch to local talented actor and director Camilla Ford who has taken us through fairy tales, British Pantos, and this year to a roaring ‘20’s adaptation, “THE BAJA SHAKE UP!”.

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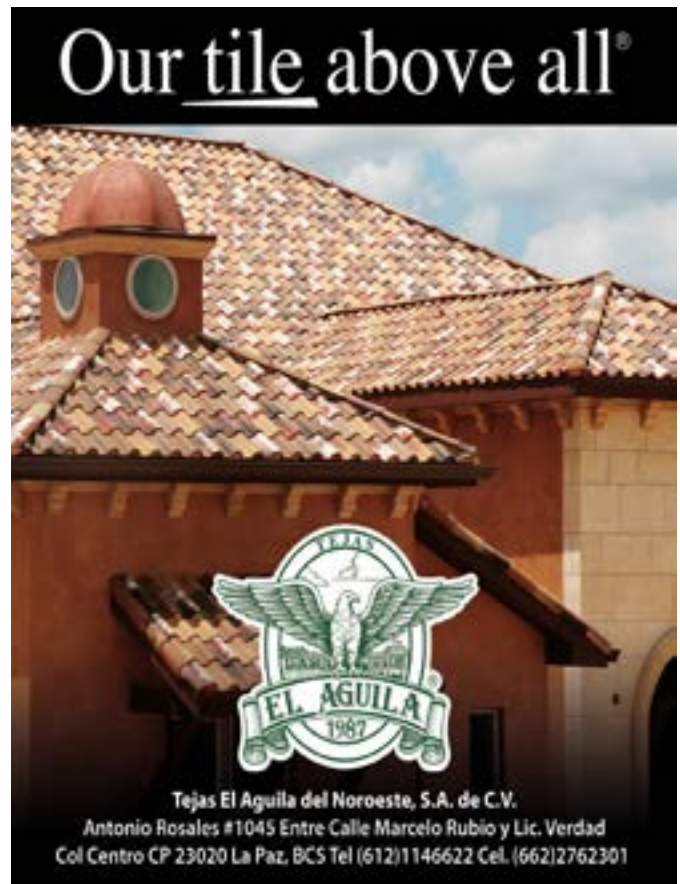


*History of Baja Shakespeare Continued from page 4*

Camilla believes the troupe's success is due to the wonderful, honest, naïve, fresh energy of the actors. There is nothing jaded or stale about this kind of theatre. We are a motley, spirited group of Gringos, with no acting experience, pretending to be half our ages, willing to give it all we got. We believe in each other, don't take ourselves seriously, work as a team and have always welcomed with open arms anyone who wishes to join us on stage.

Our comedies have always included music, local jokes, outrageous themes, colorful costumes, amazing sets and plenty of laughter. Our audiences have loyally supported and followed us from Hotel Palmas de Cortez, to Rancho Buena Vista, and to Hotel Buena Vista Beach Resort, through electrical outages, septic problems, wind, rain and sun. We even have a patron group of supporters called, The Friends of Shakespeare, who donate a little extra to help cover our costs and are rewarded with front row seats, insider scoops and invitations to parties. We love our front row FOS, pulling them up on stage, sitting on their laps and generally ridiculing whenever possible. If you would like more information on becoming a Friend of Shakespeare, please email Anne: [herschleb@gmail.com](mailto:herschleb@gmail.com)

How many shows have you seen? Anyone out there, besides my husband, who has been an audience member for every show? Which was your favorite?



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| 2006 – Much Ado About Nothing  | 2015 – Shakespeare's Robin Hood           |
| 2007 – Midsummer Night's Dream | 2016 – Pleasure Island                    |
| 2008 – Twelfth Night           | 2017 – Snow White and the Seven Mariachis |
| 2009 – Comedy of Errors        | 2018 – THE BAJA SHAKE                     |

Since 2008, we have joined forces with The Arts Association to hold our production on the same weekend as The Arts Festival, creating a massively popular destination for out-of-towners, putting Los Barriles on the cultural map. This year, The Arts Festival will be held on Sunday March 18<sup>th</sup> following our closing show.

Baja Shakespeare represents the true spirit of community theatre. The Cast & Crew look forward to our annual production claiming it to be our favorite time of the year. We are constantly changing, growing, bringing fresh, new ideas. If you've never been, we hope you will come to THE BAJA SHAKE UP! Perhaps it will inspire you to join us on stage next year. If Baja Shakespeare has become an annual excursion for you and your friends, get ready, this year is going to be a fast paced, wild ride!

## *The Intimate and True Adventures of "El Ballenero"*

By Urmas Kaldveer, PhD

Episode 18: "Moby Dick" and personal close encounters with Sperm Whales

Herman Melville's fictional story of the search for a great white whale, actually comes from his interview with Owen Chase, the first mate of the whaling ship Essex which was indeed rammed and sunk by a very large (but not white) sperm whale in 1820. The ship went down after being rammed many times by this whale. First person accounts of this event can be read in the book written by the then cabin boy (later captain) Thomas Nickerson titled "The Loss of the Ship "Essex" Sunk by a Whale and the Ordeal of the Crew in Open Boats". And First Mate Owen Chase's account in his book "The Narrative of the Most Extraordinary and Distressing Shipwreck of the Whale-Ship Essex". Both relay a truly extraordinary event that caused the death of all but eight of the crew and their equally incredible ordeal (including cannibalism) to sail in three small whale boats until rescued with each boat having its own adventures. These are both highly recommended accounts and worthy of perusal for anyone wanting to understand the inspiration that initiated Melville's classic. There is another story that may have inspired the book Moby Dick that I cannot verify called "Mocha Dick" that supposedly was indeed a white sperm whale that destroyed over 20 whaling ships during its life in southern pacific waters.

The Essex was not the only verified ship sunk by whales. In 1807 a whale attacked and sank the whale ship Union. In 1835 the Pusie Hall was attacked, in 1836 whales attacked the Lydia and Two Generals, in 1850 a whale sank the Pocahontas, in 1851 the Ann Alexander was sunk and as late as 1999 a humpback whale sank the Herreshoff in Whale Bay, Alaska. All these ships were whaling ships and were engaged in the hunting and killing of whales for commercial profit. The whale calves were often harpooned first to attract the mothers for an easy kill.

This is not to discourage anyone from recognizing the beauty and benign character of the "Whale People" for we have both these species of whale here in the east cape and especially in the case of the humpbacks at this time of year there may be as many as 6-8,000 of them in the area of Baja Sur due to this being the second largest breeding and calving ground in the north pacific for this species. As far as I know, no ships have ever been sunk in our area – barring unintentional ramming. 50% of the whales we photo ID'd between 2004-2007 showed marks of boat strikes on their bodies; usually propeller scars.



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In my four years of tracking blue whales in the pacific and my thirteen years here on the east cape tracking humpbacks I have had only one aggressive encounter by a whale and that was only a warning. I had a hard time one day getting a good fluke shot (photo of the underside of the whales' flukes) of a single humpback traveling south. We tracked it from El Cardonal to Punta Pescadero without a good shot. Finally, near Punta Pescadero it dove and when it emerged it was headed straight for us at speed and for a moment Vicente and I were concerned. Then just ten feet from the side of our panga it dove and splashed us intentionally with it's flukes. As it passed underneath I saw it turn on its side and give me a look which I interpreted as "OK dude, that's enough, get off my tail". We agreed to do so. I have tracked hundreds of whales here on the east cape, successfully photo ID'd 283, this was the only one I felt was time to leave alone. In my kayak and swimming with the whale people I have never felt anything but curiosity, intelligence and a completely benign nature.

I have had three close encounters with sperm whales; one in the pacific and two here in the east cape. In 1998 I crewed on the 84' sailing schooner Dariabar from San Francisco to Hawaii. Midway to the islands we came across a single sperm whale that we followed for a short while, but then reversed course to continue our heading. It was exciting to see my first "Moby Dick" even if for a short while. My second encounter was here on the east

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Read the color version online at [www.eastcapearts.com](http://www.eastcapearts.com)

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cape while searching for humpbacks in 2006. Vicente and I came across a group of four sperm whales about three miles out from Punta Pescadero. They were very still in the water simply catching their breath after a dive (this is sometimes called "logging"). As we moved in closer one of them broke off and headed for us as if to protect the group. After eye balling us for a few moments it rejoined the group and we stayed with them for another half hour during which I got some good ID shots for a colleague at UABCS. My third encounter was the best because by 2011 I had begun swimming with the whales and was ready to join any whale I saw if the energy was right. Again, while searching for humpbacks we came across a large (we counted 27) sperm whales about 2 miles out from San Isidro. As we came along side I dove in and for the next 15 min swam amongst them as if one of them. They were aware of my presence and seemed only curious and playful. Never once did I feel threatened or in the least concerned.

Love them, enjoy them and please help protect them.



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## WHAT THE H.I.I.T.

By: Sefi Held, A.C.E., CanfitPro certified Personal Trainer

HIIT - High Intensity Interval Training is a big buzz word in the fitness industry these days and for very good reason. A lot of research has been presented in the last few years showing that a higher level of fitness can be achieved in much less time if you are willing to work at a high enough intensity when you are exercising.

The book, *The One Minute Workout*, by Martin Gibala, Chair of the Department of Kinesiology at McMaster University in Hamilton, Ontario Canada, presents evidence that HIIT is not just a trend in the fitness industry but a sound, scientific approach to high performance training and it can improve anyone's level of fitness, even those that are untrained.

The basic theory of HIIT is that short bursts of intense exercise separated by periods of recovery will get you just as fit as exercise that is longer in duration, less intense and at a more constant pace. Basically, it means that you get more bang for your buck per unit of time. The kicker is that in order to get the full effect of HIIT training you have to go HARD. I have tried this particular style of training at Fitness Conferences taught by 30-year-old trainers and thought my legs were no longer part of my body!

So, the Question - is HIIT appropriate for the older adult



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or the unfit? Some of the research on HIIT training has involved patients suffering heart issues and recovering from by pass surgeries. These patients used to be advised to limit their amount of physical activity but now exercise has become of prime importance as part of the rehabilitation because exercise helps heal the heart. The more intense the exercise, the quicker the rehabilitation process for the patient.

However, many older adults and untrained individuals can not walk continuously for 15 to 20 minutes, but they can walk quickly or briskly for 30 seconds, slow down and then repeat that scenario a few more times. The "intensity" of the workout is then relative to the fitness level of the individual and much more attainable. This style of HIIT is much easier for me to accomplish plus I am not risking injury. Over time, as the fitness level improves, the intensity level of the exercise bursts can and should also increase.

An easy to follow HIIT Walking Workout would be:

- 5 minutes warm up
- 30 seconds walk at a brisk or fast pace
- 1 minute walk at a resting pace
- 5 minutes cool down

You can also follow this principle on a stationary bike. The bottom line of course is that the best exercise is the one that works for you!

Remember that AGE is not a barrier. The biggest risk is not getting enough exercise regardless of what kind it is.



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# Meditation Benefits

By: Dr. Mercola

Meditation benefits include improved attention, memory, processing speed, and creativity. It may also help counteract age-related loss of brain volume.

Meditation can give you an energizing boost like caffeine, but meditation accomplishes this without the adverse effects associated with caffeine.

Meditation provides your body with rest that is two to five times deeper than sleep. Meditating for 20 minutes equates to a 1.5-hour nap, but you won't have that "sleep hangover" afterward. Instead, you'll feel awake and refreshed.

Fifteen to twenty minutes of meditation every day is good and helps to relax body, mind, and soul. Studies have been carried out to ascertain the various health benefits of meditation and its impact on day to day life.

Beginning with ten minutes meditation session daily may help to lower stress levels. Many people suffer from this condition especially due to the lifestyle and challenges that exist in the modern society. It may not be easy to notice the level of stress that one is wallowing in and without precautionary measures, it is possible for one to slip into advance stages that could lead to serious health issues. A good remedy to this condition is relaxation which is easily achieved through meditation. The finding of researchers suggests that transcendental meditation may reduce the risk of psychological distress and hypertension amongst young adults.



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7	44.6	32	89.6
8	46.4	33	91.4
9	48.2	34	93.2
10	50	35	95
11	51.8	36	96.8
12	53.6	37	98.6
13	55.4	38	100.4
14	57.2	39	102.2
15	59	40	104
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20	68	45	113
21	69.8	46	114.8
22	71.6	47	116.6
23	73.4	48	118.4
24	75.2	49	120.2
25	77	50	122

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## ***EAST CAPE RECYCLING NEWS***

By: Holly Burgin

Happy New Year!!! The season is in full swing and East Cape Recycling has some exciting announcements.

### **EAST CAPE RECYCLING has a new website!**

Volunteers Emma Nicholson, Cindy Salmon, and Dan Clemens tackled the much needed re-design of the East Cape Recycling website – [www.eastcaperecycling.com](http://www.eastcaperecycling.com). The new streamlined site is up and running and provides all information relating to our recycling program, including Recycle Day dates (the 1<sup>st</sup> Thursday of the month, November-August), recyclable materials we accept, Movie Night announcements, and other important environmental protection information. Check it out.

### **Recycling is now easier!**

We recently confirmed that we no longer have to separate plastics. We now can mix clear, opaque and all other plastics, which makes it easier to recycle at home, and MUCH FASTER AND EASIER to process plastic on Recycling Day. Due to our space constraints, we must still crush plastic and aluminum cans. If this is done at home, you save space; and it is so much more efficient to process. So, please crush your plastic and aluminum. Our volunteers will thank you.

### **Movie Night is back!**

East Cape Recycling has scheduled Movie Night two times a month from January to April. We screen current Golden Globe and Academy Award nominated and winning films, as they become available. We have a new BIG screen (10.5' x 18') and professional sound system that brings a film alive. Our first film in January will be Dunkirk (Kenneth Branagh, Mark Rylance); and we anticipate screening other nominated films, including The Post (Tom Hanks, Meryl Streep), Three Billboards Outside Ebbing, Missouri (Francis McDormand, Woody Harrelson), and Star Wars: The Last Jedi. Visit our



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website for the schedule – [www.eastcaperecycling.com](http://www.eastcaperecycling.com).

On Movie Night, you may place your chairs at the Parque Laguna (Community park) anytime after 5pm for a 7pm movie start. We ask a \$100 peso donation at the door and we sell beer, wine, water, and freshly popped popcorn (with real butter and sea salt!). 100% of your donations support local summer school and environmental education!

### **El Cardonal has Recycling Day!**

Through the efforts of Lauren Scott, one of our volunteer's, and subdelegado Luis Enrique Lucero Meza, El Cardonal launched their first Recycling Day in December. Local secondary school students and members of the community volunteered to process and bag recyclables collected in their community. Then the large Cemex bags filled with recyclables were brought to East Cape Recycling for storage and ultimately for pick-up by our recycling vendor in La Paz.

Recycling Day in El Cardonal is the 1<sup>st</sup> Wednesday of the month, from 9:00 – 11:00 at the Cancha. There are receptacles in front of the subdelegado's office in El Cardonal for drop offs on other days. The way this program will success if with your help. If you live in this area, please recycle and volunteer. And donate. They need money for gas, and their trailer needs new tires. For information contact Lauren Scott - [ba-jaus.scott@gmail.com](mailto:ba-jaus.scott@gmail.com).

*Recycling continued on page 12*

## Recycle and share with a friend or return to East Capers Rack!

*Recycling Continued from page 11*

### **EAST CAPE RECYCLING needs You!**

Our philosophy has always been that volunteering should not be a big job; so, all we ask is one hour a month of volunteer time from people who care about the environment and support our program. We also know many hands make light work, which has been proven by our wonderful volunteers on Recycle Day. It is amazing how much is accomplished with a great group working together.

Now, that our recycling program has grown and is so successful, East Cape Recycling needs help. We have small, specific tasks for which we need volunteers (one hour a month is all we ask) that do NOT involve sorting recyclables on Recycle Day. If you would like to support our program by volunteering, please drop us a note at [info@eastcaperecycling.com](mailto:info@eastcaperecycling.com), so we can chat and see what skills you might bring and how they might fit with our needs. You can make a difference, without a huge commitment.



### **Happy Trails**

By: Todd Simmler

Sun, sand, and sea may be the first things that lure people to the Cape Region of Baja, but an increasing number of people around North America are coming to check out the trail network in the Los Barriles/Buena Vista area. In the 1980's when windsurfers got hip to the windy winters to be enjoyed here they inevitably sought out other less weather-dependent endeavors such as mountain biking, hiking, and trail running. The first 'trails' that folks used to ride their rigid mountain bikes were the power line access roads that crisscross the area between Buena Vista and El Coro. Over time a few hardy souls took the initiative to widen and enhance some cow trails and the first single track trails appeared. A few of these undulating trails kept the small crowd of enthusiasts happy through the 1990's and into the 21st century. As the community of active people grew and the technology of the bikes improved so did the desire to have more trails to explore, not just when the wind failed to blow, but every day.

Starting in 2008 riders started finding new trails branching from familiar routes. Each successive year trails were added to the network. Usually initiated by one, then with assistance from others the new trails took shape and then took on a life of their own as word spread and more people came from near and far to ride, hike, and run the trails. It has become a real riding scene, smaller, but on par with any of the mountain biking meccas such as Park City, UT, Bend, OR, Sun Valley, ID, or Whistler, BC.

Now totaling approximately 50 miles and climbing to 1000+ feet above sea level there are plenty of combinations of loops to keep riders and hikers pleased for many days. With this trail volume, inevitably much maintenance is required.

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Annual rains come all at once along with the tropical storms and hurricanes at the end of summer. The ensuing plant growth and erosion can make for difficult riding conditions when the bulk of the riding community arrives in November. Local mountain bike guides and eager volunteers arm themselves with loppers, rakes, shovels, and leather gloves to cut, shape, and buff the trails out for another winter of fun. Their hard work pays off all year long. Without the work parties and the daily riders, the desert would reclaim the trails in just a few years.

The difficulty level of the trails varies from intermediate to advanced. The nature of the flora in Baja with most plants covered in thorns makes building "easy" trails a challenge. The trail surface is mostly hard packed soil with embedded rock and only occasional patches of soft sand. Sandy arroyos are mostly avoided or crossed quickly. Climbs rarely last more than fifteen minutes, which in this desert might feel longer or steeper than they are.

Throughout Mexico cycling is growing rapidly both on-road and off, much like it did in the US and Canada in the 1990's. In addition to the large winter expatriate community Los Barriles and Buena Vista have a small, but growing community of Mexican locals riding and competing in races throughout the state. Three years ago, a bike shop opened in town offering rentals and repair. This year a new tour company has launched offering guided hikes and guided bike rides on high quality bikes. With the businesses in town to support these adventures, there is no excuse not to get out and ride!



Read the color version online at [www.eastcapearts.com](http://www.eastcapearts.com)

## *Earth-Block*

By: Andrew Tuck

### What is it?

Earth is the most basic, and the most ubiquitous, building material known to man. It has the benefit of being easily worked, using the simplest of tools, yet it can fulfill the most demanding of roles'. Earth can be used in a wide variety of ways within construction to form walls, floors, roofs and other elements. It can provide excellent thermal and acoustic insulation and has a particularly good ability to regulate internal air humidity and quality. If properly used, it is an extremely durable and beautiful material.

Earth-Block or Compressed Earth Blocks (CEB) are machine-made blocks of compressed, stabilized clay soil, a modern variation on an ancient building material. The earthen materials are screened and mixed in exacting portions and ratios to create an incredibly strong, 100% environmentally sustainable solid building block. The blocks are then hydraulically compressed using U.S. military grade equipment.

### Is this something new?

Yes, it is in the way they are being manufactured to exacting standards with military precision. No, in that 'Earth' in its fullest sense is currently widely used in construction, as primary materials such as aggregates, sands and minerals, and as fired clays. However current construction practice generally involves a high level of processing for these materials. Compressed Earth-Block does not.

Earthen buildings have been around since pre historic times and there are over 3 billion + people in the world are still living in earthen structures. In fact, the longest standing and

still inhabited buildings, in the world are made of the same material. To name a few in the Americas, you only have to look at the Taos Pueblo, still standing and occupied for over 1000 years, or the California peninsula, starting in San José del Cabo, Baja California Sur and all the way up the coast to San Francisco, California USA to see the beautiful Missions created with Adobe in the mid 1600's, still standing and occupied. There are over 500,000 earthen homes in use today in the U.K. alone.

### Why use Earth?

The principal reason for using earth-based materials is its cost benefits and their excellent sustainability characteristics as well as the most thermally advanced material in extreme climates. These also include low carbon emissions, efficient use of finite resources, and minimizing pollution, minimizing waste, use of benign materials, local sourcing and biodegradability.

Earth construction has inherently good environmental characteristics, is easily adaptable to the modern construction processes and has the capacity for making buildings of highest quality and durability. It is thought that earth may be particularly appropriate for use in new buildings in national parks and as a finish for buildings in special landscapes.

Earth-Block can be used in any architectural style or vernacular including but not limited to Modern, Spanish, Colonial, Mission, etc. They can be used for Exterior walls, garden walls, planter boxes, pavers and ovens, to name a few.

### Historical Context... Building in Mexico

Historically, homes in Mexico have been made from earthen materials such as adobe and have performed



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*Earth Block Continued From Page 13*

the advent of concrete, building structures were able to be created quickly, which meant “inexpensive” in most cases, without consideration to building performance such as thermal characteristics, structural integrity nor the cost to operate. As time went on other building technologies emerged such as polystyrene panels covered with concrete or “shotcrete” and were introduced hoping to address the heat problems inherent in the concrete blocks (CMU)

Take a typical CMU block made in Mexico, which is the material used in 95% of the buildings constructed in the Baja. It is inexpensive to produce and has little structural integrity with an R value of only about 3. An Earth-Block has significant thermal mass with an R value of 36, the walls breathe, and the building is significantly cooler. An Earth-Block is 100% environmentally friendly and a lime plastered Earth-Block wall will actually scrub clean the internal air.

### What makes Earth-Block function better than the other building choices?

Earth-Blocks’ possess “thermal mass”. The thermal mass along with the clay and lime enable the blocks to absorb the sun’s energy and breathe like your skin. Earth-Block is also “phase change material” which means it absorbs moisture and humidity and releases cool air. The end result is your home is significantly cooler with less humidity when needed in the hot season and warm and comfortable in the cool season.

### What about cost?

**Energy Savings:** One of most compelling and remarkable aspects of Earth-Block construction is the unbelievable energy savings that occur for the lifetime of the building. The thermal dynamics and insulating nature of Earth-Blocks that are unequalled by any other traditional or new construction

methods. The fuel we use for electricity in our homes in the Baja comes from very low-quality bunker fuel and diesel generators. Electricity is currently subsidized by approximately 50% by the Mexican government and this subsidy will be ending soon bringing significantly higher electric rates.

**Labor and Materials:** The cost build and to operate an Earth-Block home are often less expensive than concrete or foam constructed houses. Both concrete block and foam constructed houses require more materials and more labor than an Earth-Block home. The material to bond the Earth-Blocks are significantly less expensive as well.

**Strength:** Our Earth-Blocks are testing out at well over 3000 psi. There is not a concrete block in Mexico nor foam that can come close.

### Simply put, Earth-Block is superior in strength, thermal dynamics and cost.

The health, comfort and durability of CEB buildings are superior to the other alternatives to the predominant building materials and methods in the Baja peninsula. Because of their thermal mass, CEB homes naturally provide some passive heating and cooling, providing increased comfort for its inhabitants.

This appropriate technology is environmentally friendly and transferable to large and small scale applications. Reliance on toxic substances, mining and forest resources is largely eliminated and energy consumption in the production of Earth-Blocks is many times less than that required for concrete block, Styrofoam, wood and or fired brick.



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## *Courtside Bistro* *At Tres Palapas*

By: Chris Courtright

I know you have heard about the new pickleball courts in North Beach area, but did you know it is also a destination for some great food, and a fun bar and fine dining? Let me introduce you to *Courtside Bistro* at Tres Palapas, open 7 days a week 8am – 3pm, *La Pin Chi Bar* open Tuesday to Sunday and the *Cocina – Creative Kitchen* open 4 days Thursday to Sunday, with the hopes to open 6 days a week soon.

Lawrence Jaconetta, head chef and entrepreneur, wife Paula Jo Jaconetta and partner of José Guzmán is the face at the restaurant that you will want to know. Lawrence, who has been in the kitchen for over 25 years, and has a very intriguing philosophy of how he creates his delicious menu. He describes his menu as ‘Asian meets Southwest with an American Gourmet homey twist’. Looking at the menu, his description is right on. All looks delicious and I am hungry writing this piece. One big difference with *Courtside Bistro* is the menu will be continually evolving. If Lawrence had his way, he would change the menu bi-weekly. He really listens to the customer and see’s what is being ordered. As he discovers new dishes, well, it goes to the menu. If it is a hit, you will see it continue, if it is not, it is off. This allows the customer to be directly dictating the menu and makes life in the kitchen more interesting allowing the chefs to continue to evolve the dishes and menu.

Their tacos are unlike any other in the Los Barriles. Their hand made tortillas use blue corn, stuffed with fresh salsa, Chimichurri slaw, sambal sour cream, marinated red onions and your choice of protein. You know the tacos have to be outstanding because Lawrence, who owns two restaurants in Colorado, was featured in *Sunset Magazine* as one of the Best Taco’s in the West! You can get breakfast or lunch and a variety of beverages.

Dinner is in the works at *Cocina- Creative Kitchen* with a casual fine dining atmosphere. Lawrence and his team are creating dinners that will be unlike any other establishment in the area. And, with the grounds at Tres Palapas, it will be a nice place to bring friends, celebrate, or just enjoy fine dining. I would say that is enough work for one group, but we have not mentioned the Roof Top Bar, *La Pin-chi Bar*, where you can watch the sunrise and sitting in the same spot turn and watch the sunset. The bar is a great hang out and host a great happy hour from 4 to 6pm daily (except Mondays). So, why not take the short ride north and check out *Courtside Bistro*, *Cocina- Creative Kitchen* and *La Pin-chi Bar*!

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## *Whale Ho! ... Baja Style*

By: Gary Graham

While sportfishing dominates the Baja scene the majority of the year, during winter and often into early spring, the West Coast of the peninsula becomes the destination of one the largest species of mammals in the world: the gray whales that call the Pacific Ocean their home.

These massive creatures make one of the longest migrations of any mammal on earth, traveling more than 10,000 miles roundtrip between Mexico's nursery lagoons and the feeding grounds in Alaska and the Arctic.

Whale watching in Baja swings into high gear as the California gray whales begins trickling in to take refuge in the Pacific lagoons and bays along the Baja Coast. Three primary places in the world offer sanctuary as they give birth to their babies, all in Baja – Magdalena Bay, Scammon's Lagoon (aka Ojo de Liebre) near Guerrero Negro, and San Ignacio Lagoon.

These gentle giants make the long, hard trip an annual ritual, returning to their place of birth during January through March where they bring their own babies into this world. Once hunted to near extinction in the very waters they instinctively struggle to visit, the gray whale is protected in the U.S. and México. It is believed that the population is now over 20,000 strong. Because the lagoons and bays are shallow and protected from the strong waves and currents of the Pacific Ocean, and because the only predator of the gray whale,

the orca or killer whale, will not enter into shallow waters, the lagoons provide the perfect environment for mothers to nurse their newly-born calves. It's also easy for the mothers to supervise the young calves as they learn how to swim, how to breathe, feed, dive and interact with other whales.

Whale watching in Baja is a much different experience than in other places on the whale's journey south along the U.S. Pacific coast. There, crowds get into large boats and cruise next to the whales. In the lagoons, whale watching is done in pangas, low to the water, where people and whales interact.

The mother whales, along with their young, seem to relish interaction with the gawkers. Amazingly, they often seek out the pangas and at times the mothers will lift their babies out of the water or allow them to rest on top of their huge bodies, letting the babies get the attention. This happens close enough to the boats to permit humans to touch and pet the mammals, who seem to enjoy the experience as much as the humans. The feeling from being "up close and personal" with these behemoths and their young is awesome and unique, leaving many speechless.

The whales seem more relaxed in the lagoons allowing for some unbelievable photo opportunities. The three most popular whale watching lagoons range along approximately 450 miles of Baja's coast, beginning with Guerrero Negro (Scammon's Lagoon). Ninety miles south of Guerrero Negro, San Ignacio is a bit more

*Whale HO! Continued on Page 17*



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*Whale Ho Continued from page 16*

remote than the others. It opens to the Pacific, but there is no development of any kind nearby. This lagoon is said by many to have the friendliest whales of any other location. The classic Baja town of San Ignacio is 40 miles east of the lagoon on the main highway and offers a beautiful central square, food and lodging. You can easily arrange tours to visit the whales in the lagoon.

Bahía Magdalena, 365 miles south of San Ignacio is the southernmost location where the gray whales also visit to give birth. It consists of a series of channels and estuaries stretching along the coast for about 132 miles protected by five barrier islands.

Because of its length and many entrances, this bay is unique. You can arrange whale watching tours in two locations: San Carlos, the main port is the only deep water port on Baja's Pacific Coast and is located 36 miles west of Ciudad Constitución (on Mex 1).

Located 40 miles north of Ciudad Constitución, the small village of Puerto López Mateos is at the midpoint toward the upper end of Bahía Magdalena and is devoted almost entirely to whale watching during the winter months.

For road warriors traveling south, all of the areas are easily accessible from Mex 1. For those flying to Los Cabos or La Paz, there are plenty of operators offering daily flights or bus trips to Mag Bay locations.

For the upcoming few months, visitors who are looking for an extraordinary opportunity to witness a unique Baja event, try Baja Whale Ho. It's an experience of a lifetime!



The advertisement for Chakra features the brand name 'chakra' in a lowercase, sans-serif font, with each letter in a different color. Below the name is a row of seven colored circles: red, orange, yellow, green, blue, dark blue, and purple. Underneath the circles is the tagline 'gifts for the soul' in a smaller, lowercase font. The main text of the ad reads: 'Our boutique specializes in all that is beautiful, functional and luxurious. We lovingly curate the collection with a focus on the things we use in our daily practices of yoga, watersports play, and living the Baja beach life.' To the left of the contact information is a small map showing the location of the boutique. The contact details are: [www.chakrabajayoga.com](http://www.chakrabajayoga.com), [bajachakra@gmail.com](mailto:bajachakra@gmail.com), and the phone number +1 541 380 0948.



THE WHALES SEEM more relaxed in the lagoons allowing some unbelievable photo opportunities. Photo courtesy of *Tailhunter International*



HUMPBACKS ARE A special treat with their unexpected spectacular leaps. A FEW SPOUTS, then with a wave of the huge tail the whale sounds.



The advertisement for Casa Kootenay features a collage of images showing the exterior and interior of the property. The exterior is a two-story building with a red roof and large windows. The interior shows a modern living area with a pool and lounge furniture. The text at the bottom of the ad includes: phone number (612) 122-0006, Facebook link [facebook.com/CasaKootenay](https://www.facebook.com/CasaKootenay), Instagram link [instagram.com/casakootenaybaja](https://www.instagram.com/casakootenaybaja), address Brecha California 1035, Colonia: Benito Juarez, La Paz, BCS Mexico, and the website [www.casakootenay.com](http://www.casakootenay.com). The word 'VISIT:' is placed above the website address.

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## ***SNAP Activities***

By: Linda Toan

It is with a great deal of honor and enthusiasm that SNAP (Spay, Neuter, and Prevention) announces a new partnership with Dr. Cristobal Cosio. Dr. Cristobal studied veterinary science at UABCS. He is a licensed veterinarian who works at the Secretaria de Salud for the Mexican government. SNAP, with Dr. Cristobal will hold spay/neuter clinics every other second Saturday of the month at Las Iguanas Plaza. More frequent clinics will increase our ability to provide a critical solution to pet overpopulation which improves the quality of life for the animals as well as our community. These clinics are supported by local donations. SNAP, an all-volunteer group, is grateful for each and every donation. All donations are used to pay for anesthetics, antibiotics, vet services as well as any needed after care. Those donations have purchased crates and clean bedding used for recovery.

We are in need of collars and leashes. We provide the owners with a gift of a set for their pets. Many people use an old rope, wire, or even an old extension cord to bring their pets to the clinic. The collars and leashes are so much better for the dogs. The owners always leave with a big smile. SNAP wants each dog to wear their new collar and leash in hopes that their recent surgery will become a distant memory. The Dollar Store and garage sales are reliable sources.

SNAP can always use crates. If you drive down, the inside of crates can be used for storage. The large crates are great, but we are happy with any size. SNAP uses piddle pads for





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One female dog and one male dog and their offspring can produce 67,000 puppies in 6 years. During 2017, SNAP clinics sterilized 279 animals. Spaying and neutering your pet is the single best decision you can make for his or her long-term welfare. There is a reduction in homeless pet population and improvement in overall pet behavior. There is a reduction in pet cancer prevalence. Spaying and neutering adds 1 to 3 years to a dog's life. It reduces spraying, marking, and roaming. A spayed or neutered pet has an overall healthier and happier life. [snaplosbarriles@gmail.com](mailto:snaplosbarriles@gmail.com)

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A map of the Baja Peninsula is shown with two office locations marked: Los Barriles Office and La Ribera Office. The map includes a compass rose and labels for the Pacific Ocean and Sea of Cortez.

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## **CLUB ROTARIO LOS BARRILES 2018**

By: Steve Reed

Club Rotario Los Barriles Cabo Este BCS was founded in 2005 to meet many of the needs in our community. Among our first projects were rebuilding homes destroyed by Hurricane Juan and eradicating mosquitoes bearing Dengue virus. We began as a small group who wanted to help, and today's Club is more than thirty strong and still growing.

As we grew, we became more aware of the needs of the many small pueblos around us. We began serving Los Barriles, but today we include the entire East Cape area, including the pueblos of La Ribera, Santiago, San Bartolo, San Antonio, La Ventana, El Cardonal, El Triunfo, and many others.

Service above self is the Rotary motto, and it is also fittingly true for our local culture. Our little Rotary club could not accomplish our many projects without the help of all our friends and neighbors. Last spring, we contributed to Carnaval 2017 in Los Barriles where everyone joined in the fun, making it truly memorable for the kids. In March the new technology center in La Ribera opened next to the school, and the community pitched in with time and funds to repair the Los Barriles Fountain last summer. Our new Rotary Interact students welcomed

Madera Rotary students, and together pursued an ambitious project schedule during their spring break in April.

Our ever-popular Taste of East Cape kicked off our winter season last November, serving over 300 happy diners, and December saw our Interact youth reach out to collect over a hundred Christmas gifts for disadvantaged families at the official dedication of our new fountain.

Each new year brings new projects, as well as continuing support of any previous. Ongoing projects we support are Tech Centers in Los Barriles, La Ribera, and San Bartolo, the distribution of healthful water filters to small pueblos and individual ranchos, health and medical for children and



Continued on Page 21

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*charlieschocolatesbcsmx@gmail.com*



Rotary Continued From page 20

East Cape outreach programs, and enhancement of the "Women's Care" programs offered by East Cape Health Center. New sports facilities for our youth are high on our priority list, as well as a new scholarship program to help twelve students from East Cape continue their education at Universidad in La Paz.

Saturday morning, January 13th, we will be on the beach near the first arroyo cleaning up the remnants of the heavy rain and flooding. That night is the Kings' Day Festival at 6 PM at Buena Vista Park, where all are welcome. Our Carnival 2018 parade will roll through Los Barriles on February 24th, complete with costume competitions and lots of prizes for the kids at Laguna Park. The crown jewel of our Rotary new year is our annual WinterFest Dinner and Auction on Saturday, February 17<sup>th</sup>, at the Laguna Park in Los Barriles. Only 200 pesos each, half of the tickets have already been purchased more than a month in advance. Tickets may still be available at Homes and Land of Baja, Seven Seas Property Management, or from any Rotarian.

The hardships of some East Cape communities can be challenging, especially when forced to face them alone. At these times the greatest riches are received when neighbor joins neighbor, not hat in hand, but hand in hand. This is who our Rotary club strives to be. Anyone can be a friend or member of our Rotary family. Our regular weekly meetings are every Wednesday at 8AM at La Playa Restaurante in Los Barriles.

Stop in and say hi. We'll buy you a cup of coffee.



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## *New Year's Resolution*

By: Seddon Wylde

Seven duck bobbing in the sea  
 Fat pelican happy as can be.  
 Snorkelers, paddlers and a dolphin splashing about.  
 Black line of wind on the horizon.  
 White shore break by the sand.  
 Houses dot the landscape.  
 Sea green water layered with blue black ovals.  
 Slip under my board.  
 Reach, dig deep, stroke;  
 One two there four, stroke!  
 Think only of these things.  
 With love.



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## Benefits of Cold Press Juicing

By: Tatiana González

The positive consequences of consuming raw fruits and vegetables are evident and tangible for the human body. Juicing makes the daily intake quick, simple and delicious. As a family with two young children, and wanting healthier eating habits, we noticed the limited options in our very athletic community. With the desire to improve our life-style, and the determination to run a business of our own, we put our experience and expertise to the test, and opened our own juice bar!

The staple fruits and vegetables utilized in juicing are excellent detoxifiers, high in antioxidants, help our immune system to be strong and active, create an unfavorable environment for cancerous cells, increase our energy levels and improve our overall health.

For example:

**Beet:** packed with cancer-protective antioxidants and anti-inflammatory molecules, known as the natural blood cleanser, it significantly detoxes the blood of toxins, heavy metals and waste; and has been proven to reduce high blood pressure.

**Celery:** The benefits of celery begin with it being an excellent source of antioxidants and beneficial enzymes, in addition to vitamins and minerals such as vitamin K, vitamin C, potassium, folate and vitamin B6. Special compounds help celery to act as a diuretic and reduce bloating, also give it the ability to improve liver, skin, eye and cognitive health.

**Turmeric** has been used as a spice and medicinal herb since ancient times, it is a great source of manganese, iron, vitamin B6, Fiber, Potassium and Curcumin, which supports healthy cholesterol levels and helps maintain a healthy digestive system.

**Carrot:** from balancing blood sugar, improving blood health, relieving congestion, fighting inflammation and

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cleansing the kidneys to protecting eyesight, brain function and fighting Leukemia, carrot juice benefits can help nearly every part of your body!

**Cilantro:** Rids the body of heavy metals, lowers blood sugar levels, protects against cardiovascular disease, settles digestive upset, prevents urinary tract infections, lowers anxiety and improves sleep.

**Ginger:** contains Gingerol, the main bioactive compound responsible for much of its medicinal properties. It has powerful anti-inflammatory and antioxidant effects, ginger can treat many forms of nausea and indigestion, especially morning-sickness, as well as acting as a muscle pain reliever, including menstrual pain.

As opposed to Centrifugal Juicers, in which sharp steel blades spin rapidly to chop the food and produce the juice that will be extracted with the centrifugal force, Cold Press Juicers mash the food through a slow and gentle process, avoiding oxidation, then extracts the pristine liquid with a hydraulic press. This way, our food is not subject to the heat created by high-speed rotation. It allows our food to retain as much vitamins, minerals, enzymes and properties

as possible. Since cold pressed juice contains none of the fibrous pulp of the whole fruits and vegetables, our digestive system doesn't need to break down the fiber before being able to absorb the ample nutrients it provides, hence the almost instantaneous surge of energy and well-being. We offer personalized assistance in juice cleanse design, created especially for your needs, 3 – 10-day all-juice detox programs and more.

It is important to make an effort to get the very best produce available for all juices, smoothies and more. Most of our organic finds come from Oscar's Produce from their farm in Miraflores, which most of us know, and love. To continue to live a healthy lifestyle is not only encouraged, but more appealing in a place like the East Cape. And with the business's here that promote eating healthy, staying active, being stress free and relaxed, it is so much easier and more fun! This is what we want for ourselves, our kids and our community.



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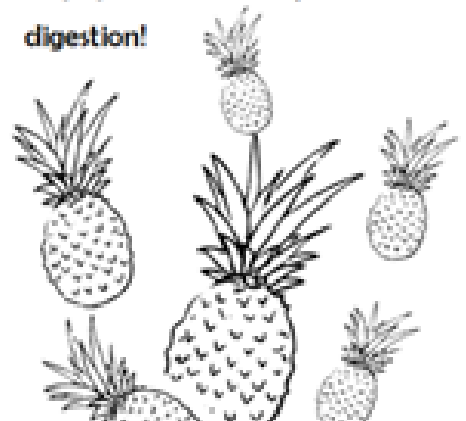
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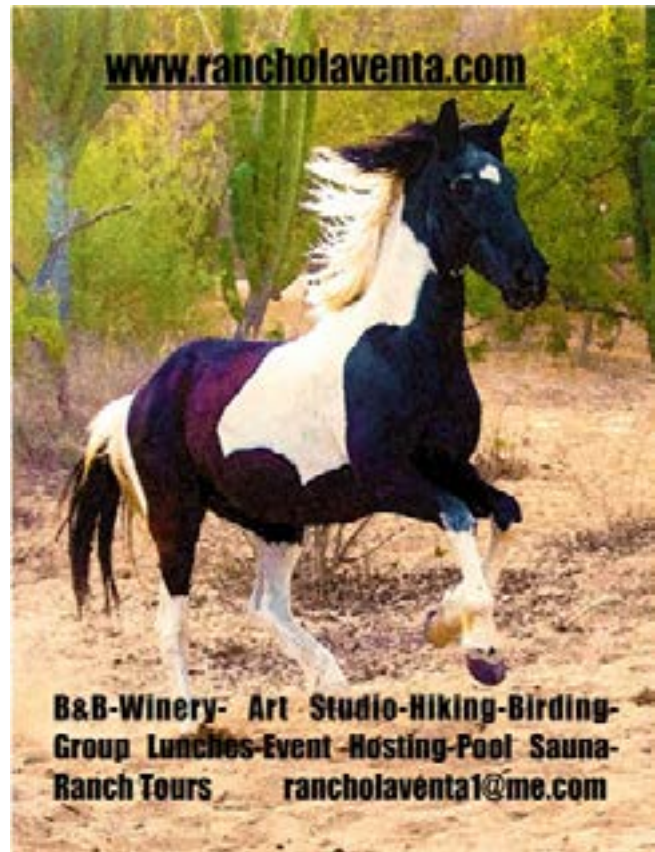
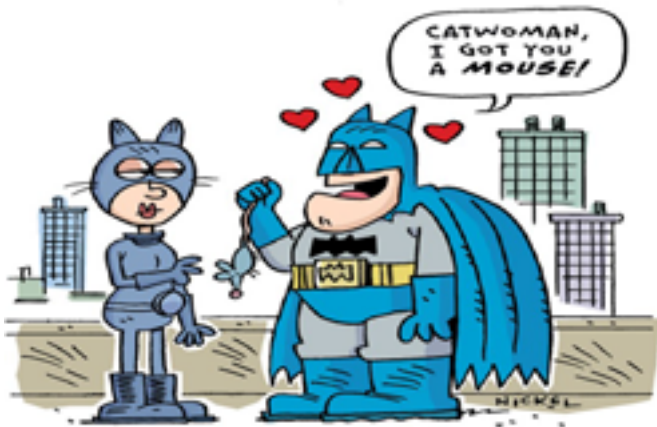


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*East Cape Urgent Care Clinic Continued from page 27*

offer affordable programs with Global Coverage. The companies we represent are backed by United Health Care and Lloyds of London and compete with US pricing by offering plans in Mexico.

TravelMedEvac now teamed with Nationwide Insurance offering new affordable pricing with guaranteed satisfaction. Their claim is to take you all the way home in emergencies. New programs and rates for extended stay, monthly, or daily plans can offer you the coverage you may need as you globe trot around the world.



## Caps For Cancer Baja

By: Annette Kaiser

We artisans are excited to announce we have now expanded our donations to Cabo Los Niños sick children, CRIT, the Rehabilitation Center in La Paz as well as another orphanage in La Paz.

Our artisans have been hard at work, and deliver bags and tubs of blankets and hats. Our artisans hail from La Riviera, Buena Vista, Los Barriles and San Bartolo. A group of women from the United States, mail packages of hats to Caps for Cancer. So far since January 2016 we have made 1025 hats, 93 scarves or ponchos, 118 pairs of booties and 102 blankets.

As you can imagine we can always use more yarn. So, if you are coming down to the East Cape, please bring down some yarn for us – our supplies are dwindling fast! We prefer the soft acrylic yarns – which is better for the sick children. For more information contact Annette at [ijkaiser@frii.com](mailto:ijkaiser@frii.com)

Thanks for keeping the donations coming!



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## ***East Cape Community Urgent Care Clinic “Expansion Project”***

By: Char Wenger, RN, ARNP

We know most of you are grateful to our community clinic for our many years of service to residents and visitors. For 15 years we have generously provided “free” medical and dental services for children up to eighteen years of age who often cannot afford an office visit, medication or oral hygiene and restoration.

We provide high quality medical services at reasonable prices for our local residents, growing community and tourists.

With the growth of the community we are embarking on a well-designed plan for expansion. Our location at Plaza Libertad allows us the opportunity for expansion in the corner unit adjacent to our clinic. This area will become the medical center we have strived for, allowing space for an expanded Emergency Room with attached Radiology and Medical Specialists in Cardiology, Dermatology, Orthopedics, Physical Therapy and Ophthalmology with onsite Optometrist to clean, adjust, repair and fabricate glasses. Our long association with Dennis O’Brien will allow him the flexibility to work his own schedule.

East Cape Dental Clinic residing in the corner unit will move to our current medical clinic space. This will allow more room for our Dentists and specialist in Endodontics. One of the rooms will be designated for the Dental Panoramic X-Ray machine. Those who have needed this for diagnosis generally take an entire day and long drive to La Paz or Cabo for this service. The crucial time to ask for community support is now.

There are ways you can help:

1. Personal or Corporate \*Tax Deductible Contributions
2. Host a Social event with Char Wenger as a guest speaker
3. Personally contact 20 and ask for their support
4. Generously offer your organizational skills

**YOU MAKE A DIFFERENCE EVERY SINGLE DAY AND YOU GET TO CHOOSE WHAT SORT OF DIFFERENCE YOU WANT TO MAKE**

East Cape Health Care offers International Health Insurance and TravelMedEvac with our office conveniently located within the Dental Clinic. Char and Ruth Ryan have teamed with Katya Berci in San Jose to

*Continued on Page 28*

## ***The Importance of Planning Ahead***

By Char Wenger

East Cape Health Center, going on 5 years strong as the medical hub serving the East Cape Community. Uniquely situated between SJC and La Paz, located in Plaza Libertad, our medical and dental clinic are about to merge. Offering programs for the community at large, we also provide medical and dental care for all the children at no cost for the families. With unprecedented one on one health educational programs, we offer the same to all age levels in the schools. By allowing new opportunities for children, we feel we make a significant difference. We seldom miss offering innovative ways to open their eyes, minds, and hearts to conscious healthy living, which contributes to their overall health and welfare. Empowering the less financially fortunate or providing those children in neglected, abusive homes, we feel this is a contribution for our next best generation to lead our community. But, we need continuous funding.

Our goal has always been to provide a unique preventative children's health program along with affordable medical and dental care to the families and Expats in the area. Our local diagnostics are complete, including X-Ray, Ultrasound, Laboratory and full Pharmacy with the available special order, name brand and controlled medications for your convenience.

Each season, as we meet more and more newcomers to the East Cape, we realize another clinic expansion is essential for our success. Growth in the community has given us more reasons to improve and expand our medical and dental services. Our expansion focus this year is to better equip and enlarge our emergency room, improve our diagnostic capability, offer medical specialists office space, including a new optical center and International Health Insurance office. By creating professional space for specialists, EMERGENCY Information Center and enrollment of International Health Insurance, we are hopeful this topic will be taken very seriously. Considering coverage with one of our many International Health Insurance Plans and or TravelMedEvac, the gold standard in the Medical evacuation, we hope to consider all the needs of Expats living abroad.

The proposed site for medical expansion is the corner unit next to our existing clinic this would allow space for our Dental Clinic to relocate into our existing space. This will allow for better continuity of care utilizing our solar panels and generator to benefit us in this area of the plaza. Please join in our efforts by considering tax-deductible contributions to International Community Foundation ( [www.icfdn.org](http://www.icfdn.org) ) contact Alana Ortiz email: [alana@icfdn.org](mailto:alana@icfdn.org) ph: [619-336-2255](tel:619-336-2255) or Char Wenger email: [charlene.wenger@gmail.com](mailto:charlene.wenger@gmail.com) ph: 624-157-0081. Please stop by the clinic for more details ph: 124-8203

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*East Cape Urgent Care Clinic Continued from page 27*

offer affordable programs with Global Coverage. The companies we represent are backed by United Health Care and Lloyds of London and compete with US pricing by offering plans in Mexico.

TravelMedEvac now teamed with Nationwide Insurance offering new affordable pricing with guaranteed satisfaction. Their claim is to take you all the way home in emergencies. New programs and rates for extended stay, monthly, or daily plans can offer you the coverage you may need as you globe trot around the world.



## ***Fingertip to Fin – swimming with a humpback in the Tahitian Islands***

By: Theresa Comber

A long dreamed of a journey to Tahiti and the Society Islands came to pass in September, in pursuit of diving, fishing, kiting, exploring and fingers crossed - swimming with humpbacks – as well as uncovering the history of my husband's Great Uncle who sailed on vacation to Tahiti in March of 1939, and overcome with the island's beauty, never returned to the US. On the top of my list was swimming with a whale, a permitted opportunity that can regularly happen here, and Tonga. I've been in the Sea of Cortez with our humpbacks which summer in the Arctic, and wanted to experience the Southern Hemisphere humpbacks that summer in the

An advertisement for Hacienda de Palmas Boutique Hotel. The top half features the hotel's name in a large, stylized, black serif font with decorative flourishes. Below the name, it says "Boutique Hotel - La Ribera, Baja California Sur" in a smaller, black sans-serif font. Further down, contact information is provided: "Contact us at: info@haciendadepalmas.com", "US calls dial 206 497 7321", "Locally dial 624 159 4855", and "www.haciendadepalmas.com". The bottom half of the ad shows a black and white photograph of a tropical beach scene with palm trees and a building in the distance.

Antarctic. Our first day on Moorea was diving and on our first dive in a virtual aquarium, we were joined by five black tip sharks, following us like they were our shark dogs. Topside we moved to a mooring for our second dive, warming with tea and cookies when the Captain saw a humpback whale, making my heart skip a beat as it came straight toward us. I was in the water in 30 seconds and it seemed she was looking for a playmate. From deep below its enormous shape gained clarity and it just came straight, straight, straight to us. Fingertip to fin, her long, white arm stretched out toward mine and the magic was clear. She moved around us, turned on her back, came alongside eye to eye, spun around then away, diving almost out of sight. But there was more play time to be had so she came back again, spy hopping her nose out of the water, lolling in circles, side to belly to back and the sense of awe and wonder and gratitude of being with this immense creature like we were old friends from the playground was set.

An advertisement for East Cape Vacation Rentals. The background is a vibrant photograph of a tropical beach with white sand, turquoise water, and a thatched-roof hut. The text "The Best Rentals in The Best Locations" is written in a white, cursive font at the top. Below that, "East Cape" is written in a large, blue, stylized font, and "VACATION RENTALS" is in a smaller, red, sans-serif font. At the bottom, the website "www.abajavacation.com" and "Los Barriles, Baja Mexico" are listed on the left, and phone numbers "Mexico: (624) 141-0381" and "USA: (530) 350-3161" are listed on the right.



## *In with the Pilot Whales*

By: Theresa Comber

We were in the East Cape breadbasket – 15 miles out, 3000 feet deep, pre-fishing the day before the start of the East Cape Bisbee Offshore Tournament and my husband Shaun Speer had just released a beautiful 350 blue marlin. We were re-rigging for more action when the sea surface went alive with splashing animals. WTFish! Acting like Bottlenose dolphin, they were WAY bigger; we weren't sure *what* they were. They were racing to the boat and flying out of the water, clearing their tails on the big wake behind the boat and cruising like missiles vying for space and calling for my attention at the bow, where I could hear their high-pitched songs. Left, right, in front, to the back, they had come from behind us, were now all around and putting on an unparalleled show.

I went racing for my Mermaid Board. HURRY! Connect the lines, slow the boat, I grabbed my mask and thought – this time, put on your fins in case you lose the board, and I popped onto the swim platform and was overboard. The boat took out the slack as Captain Adan was finding 2-1/2 knots, the perfect speed for being towed under the water and I felt the pressure pick up. Directing the Mermaid Board, I dove down 15 feet into the gorgeous deep blue and could count 7 whales UNDER the boat, drafting *underneath*, with more in front at the bow. I could see three or four off to the left, playing and spinning with Bottlenose dolphins. More to my right and then I could feel two...close...at my fins. Eeeeh! With the pressure of the water you can't look behind, so I waited for them to come alongside and within seconds we were wide eyed to wide eyed, one to my left, one to my right and each just an arm's length away.

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It felt joyful coupled with perplexity as seldom mixed beings having fun together in the sea. We're all mammals, so after two or three minutes as I directed the Mermaid Board toward the surface, they came up with me and we surfaced. We drew in deep breaths and in underwater harmony we headed down again. The whale to my right effortlessly moved ahead of us and sped up below the boat; my new whale friend on my left kept eye to eye with me just three feet away as we made more surfaces and descents into the clear blue below. Clarity and visibility were endless. My clan of traveling whales were everywhere and under the water, there was happiness.

Without my own tail to propel me, my arms gave out and I surfaced, the boat slowed, and my mermaid heaven with the Pilot Whales slowly dissipated. Yet my eye to eye experience is now sealed in my heart and mind forever.



Recycle and share with a friend or return to East Capers Rack!

## Do You Know All the Health Benefits of Chocolate?

By: Mark Stibich, PhD

Chocolate is made from plants, which means it contains many of the health benefits of dark vegetables as part of your anti-aging diet. These benefits are from flavonoids, which act as antioxidants. Antioxidants protect the body from aging caused by free radicals, which can cause damage that leads to heart disease. Dark chocolate contains many antioxidants (nearly 8 times the number found in strawberries).

Flavonoids also help relax blood pressure through the production of nitric oxide and balance certain hormones in the body.

In fact, cocoa and chocolate products have been used as medicine in many cultures for centuries.

**Heart Health Benefits of Dark Chocolate-**  
Dark chocolate is good for your heart. A small bar of it every day can help keep your heart and cardiovascular system running well. Two heart health benefits of dark chocolate are:

1. Lower blood pressure: Studies have shown that consuming a small bar of dark chocolate every day can reduce blood pressure in individuals with high blood pressure.

2. Lower cholesterol: Dark chocolate has also been shown to reduce LDL cholesterol (the bad cholesterol) by up to 10 percent.

**Other Benefits of Dark Chocolate-**

Chocolate also holds benefits apart from protecting your heart:

1. It tastes good
2. It stimulates endorphin production, which gives a feeling of pleasure.
3. It contains serotonin, which acts as an anti-depressant.
4. It contains theobromine, caffeine and other substances which are stimulants.

Here is some more good news - some of the fats in chocolate do not impact your cholesterol. The fats in chocolate are 1/3 oleic acid, 1/3 stearic acid and 1/3 palmitic acid:

**Oleic Acid** is a healthy monounsaturated fat that is also found in olive oil.

**Stearic Acid** is a saturated fat but one which research shows has a neutral effect on cholesterol.

**Palmitic Acid** is also a saturated fat, one which raises cholesterol and heart disease risk.

That means only 1/3 of the fat in dark chocolate is bad for you.

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## The Fabulous (Gluten-Free) Coricos of Mexico

By: Renée Lagloire, Buen Provecho

*Coricos* are a favorite Mexican dessert in the northern part of the country. Typically, in the shape of a wreath, these cookies are light, flaky, and simply delicious. While the ingredients vary regionally, the basic recipe involves butter (originally lard) and sugar. Instead of wheat flour, though, the recipe calls for *masa harina*, nixtamaled corn that is ground into a flour, making these cookies gluten-free. For those who are not familiar with this product, *masa harina* is the result of a process where field corn is soaked in an alkaline solution, changing its chemical composition. This process is called nixtamal. Nixtamaled corn is ground and dried and is the central ingredient in corn tortillas, tamales, and *coricos*.

*Coricos* originated in the northern Mexican states of Sinaloa, Sonora and Baja California Norte, where they are still served at weddings and various celebrations. In the 1880s in Sinaloa, the Sur-Pacifico Railroad was called the *Tacuarinero*. When it would stop on its way from Altata to Culiacan, women would come aboard the train to sell *coricos*. Over time these cookies became locally known as *tacuarines*. By either

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name, you will find them very satisfying with ice cream or yogurt, or just by themselves. Here is a recipe:

### Coricos - Mexican Corn Cookies

- 1 cup butter, very soft
- 1 cup sugar
- 1 tsp vanilla
- 2 eggs
- 2 1/3 cup *masa harina*
- 1 tsp. baking powder
- 1/2 tsp. salt

Cream the butter, and sugar until fluffy.

**Beat in eggs, and vanilla.**

Stir in masa, baking powder and salt.

**Using a pastry bag, pipe the cookies into circle shapes. Or chill the dough and roll into strips and form into circles by hand.**

Bake at 375 degrees until barely golden.



Recycle and share with a friend or return to East Capers Rack!

## ALMA Q&A

By: Emma Nicholson

We want to thank everyone that has supported ALMA so far, this year; from volunteers and donors to fosters and adopters of our pets. For those that don't know us, we have created the following Q&A:

### 1. Who Is ALMA?

ALMA is the largest animal non-profit organization in the Los Barriles and surrounding area committed to re-homing animals to give them a better life. We were originally founded in February 2003 by a group of concerned volunteers who wanted to help the local animals. Today, ALMA is quietly working behind the bustling scenes of Los Barriles to re-home and rescue sick, injured, unwanted dogs and cats.

### 2. What do we do?

Our team, supported by Dr. Gretel de la Torre, works in partnership with a number of American and Canadian shelters while helping to transport puppies and dogs to the US and Canada, nurse injured dogs back to full health and arranging fostering and adopting-out of over 250 dogs every year. We work with other non-profits such as SNAP (spay and neuter clinics) and Amigos de Animales while planning important educational activities in the local community around responsible pet ownership.

### 3. How is ALMA funded?

We are funded solely by private contributions to cover an annual budget that includes emergency medical attention, vaccinations, boarding for abandoned pets, rescue and adoption activities and spay and neuter of dogs prior to them traveling north.

### 4. How can I get involved with ALMA?

You can get involved by:

Donating - ALMA is a fully registered legal entity in the US. Your donation is tax deductible as we are a US 501(c)(3) non-profit organization.

Volunteering - we are always looking for caring individuals who can make a difference by donating their time.

Fostering - we have an on-going need for foster homes - especially during summer months.

Adopting - if you are looking for your forever friend, then look no further than our dogs [www.almahumanitaria.org](http://www.almahumanitaria.org)

### 5. Can I become a member of ALMA?

We invite new members. ALMA members can vote in our annual elections for the Board of Directors (30 days after payment). If you are an annual or a monthly donor, you are automatically a voting member. The cost is \$200 Pesos annually which will help support and rehome the many animals in our care. Your donations are tax deductible as we are a US non-profit. Please visit [www.almahumanitaria.org](http://www.almahumanitaria.org) to donate either via credit card or PayPal.

### 6. What does ALMA spend its money on?

We try to spend every peso on our animals and seek sponsorship where we can to cover our expenses. Our partnerships with local veterinarian(s) provide access to the highest of quality care at a discounted rate. But as the region grows, so does its unwanted animal population. Each

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rescue requires money for vaccinations and sterilization and some require more serious and immediate medical intervention that can be costlier. In addition to medical needs there are transportation expenses and the costs of the essentials like food, leashes, collars, and bedding. In the summer season, as local employment wanes, and the snow birds leave town, we see a 100% increase in surrendered and recovered dogs. At that time, our volunteer pool is at its lowest and the burden on our core team is the greatest.

### 7. What volunteering roles do you have available?

- Join as a Coordinator - fulfill a pivotal role by working as part of the core team. Vacancies: [www.almahumanitaria.org](http://www.almahumanitaria.org).
- Foster Parent - Become a foster parent and provide a dog with a happy temporary home until we find their forever home.
- Escorts - become an escort and transport pets to their forever home in the USA/Canada.
- Saturday Market fun! We need help with set-up, transporting our furry friends to and from the location and to meet-and-greet visitors.
- Driver Pool - are you willing to help drive our doggies to the airport to join their forever families?
- ALMA Ambassador - We need help establishing relationships with reputable foster and adoption organizations in Canada and US.
- Fundraising Events - we have a packed calendar of events throughout the season.
- Donor Campaigns - Help us network with potential donors and reach out to other animal lovers.
- Puppy Cuddlers! - help to socialize our dogs at Dr. Gretel's clinic.

Education Programs - get involved with our responsible dog ownership community outreach activities.

### 8. How do I foster?

By fostering, you don't own the animal, but you are helping it through a tricky time in its life. By providing love, care and attention to a homeless dog, you are playing a vital role

*Continued on page 33*



Alma Continued From Page 32

in the rescue process. Enjoy their companionship, assess their temperament, and soak up the love and affection of a rescued dog waiting to transition to a permanent home.

**9. How do I adopt?**

If you're ready to share your life with a rescued dog, ALMA will help identify the right companion for your life and household. From energetic puppies, to mature dogs with lower exercise needs, every dog is different. ALMA takes great care ensuring your new companion has the exercise requirements, temperament and personality to be a good fit with you!

**10. How much can I donate to ALMA?**

However much you donate, your contributions to ALMA's mission ensure we never have to turn our backs on injured, sick or pregnant dogs.

- Gold Member Sponsor – \$100 per month
- Silver Member Sponsor - \$50 per month
- Bronze Member Sponsor - \$10 per month
- Or simply donate as much as you can.....

Monthly giving is easy with credit card via DONOR-BOX and/or Paypal. Year-end gifts and on-time donations are always welcome. Visit our website [www.almahumanitaria.org](http://www.almahumanitaria.org) or call +1 206-407-3732.

**11. Is ALMA a registered non-profit?**

If you are a US resident, your donation is tax-deductible as the ALMA Humane Society is a fully registered US 501(c)(3) non-profit organization, and payments can be made directly to us in the US.

**12. Contacts**

- |                       |  |
|-----------------------|--|
| <b>Volunteer</b>      | <a href="mailto:Info@Almahumanitaria.Org">Info@Almahumanitaria.Org</a> |
| <b>Donate</b>         | <a href="mailto:Info@Almahumanitaria.Org">Info@Almahumanitaria.Org</a> |
|                       | (206) 407-3732 (US)  |
| <b>ALMA's Advice</b>  | <a href="mailto:Info@Almahumanitaria.Org">Info@Almahumanitaria.Org</a> |
|                       | 624-355-8192 (Mex) (907) 315-9967 (US)                                 |
| <b>Help Transport</b> | <a href="mailto:Info@Almahumanitaria.Org">Info@Almahumanitaria.Org</a> |
|                       | 624-355-8192 (Mex) (907) 315-9967                                      |
| <b>Emergency</b>      | ALMA Emergency Number:   |
|                       | 624-137-0226   |



Zorrillo a unhealthy dog as it came in to ALMA—on left



Hombre a healthy and happy dog after loving treatment with ALMA volunteers—on right

# Interesting Mexico Facts

Mexico is one of the most bio-diverse countries on earth. The country has the most reptile species in the world housing over 700 reptile species and also has the second most (over 430) mammal species in the world.

In Mexico, there are jaguars, pumas and huge iguanas. Whales, manta rays and manatees are common in the oceans and can sometimes be spotted off the Yucatan coast. In the jungles of southern Mexico, one can encounter various types of lizards, monkeys and colorful birds, such as parrots.



The flag shows three bands: green, white and red. The emblem on the white ground shows an eagle standing on a cactus with a snake in the beak. What do the colors in the flag stand for? The colors of the Mexican flag stand for independence, unity and religion. The legend describes, that the Aztec settled and built their capital city which they named Tenochtitlan, which is today's Mexico City, on the place where they saw an eagle sitting on a cactus, eating a snake.

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## Baja Sur Essentials

By Suzanne Barbezat

### Baja California Sur's Missions

Loreto is located on Baja California Sur's east coast and is considered one of the state's oldest settlements.

Founded in 1697 by Father Juan María Salvatierra as *Misión de Nuestra Señora de Loreto*, today it is a water-sports paradise: world-class fishing, kayaking, snorkeling, and diving attract thousands of visitors year-round. After Loreto, the religious order of the Jesuits built a new mission approximately every three years. When the Spanish King Carlos III expelled the Society of Jesus from all Spanish territory in 1767, the 25 missions in the southern part of the peninsula were taken over by Dominicans and Franciscans. Remains of these missions (some of them are well restored) can still be seen in San Javier, San Luis Gonzaga and Santa Rosalía de Mulegé, among others.

### El Vizcaino Biosphere Reserve

Baja California Sur is home to the *Reserva de la Biósfera El Vizcaíno*,



Latin America's largest protected area with an extension of 15 534 miles (25,000 km). This vast desert with scrub brush and dense cacti stretches from the Vizcaíno Peninsula on the Pacific across to the Sea of Cortez. In the heart of this nature reserve, the Sierra de San Francisco is a declared Unesco World Heritage Site, due to the spectacular pre-hispanic rock paintings in some of its caves. The small town of San Ignacio is a good starting point for excursions to the Sierra and here you can also see Baja's most beautiful church, the 18th-century Dominican mission church.

### Whale Watching in Baja California Sur

From the end of December through March, great gray whales from Siberian and Alaskan waters swim 6,000 to 10,000 km to the warm waters of Baja's lagoons to give birth and raise their calves for three months before starting their long journey back to their feeding grounds. Seeing these whales can be an amazing experience!

San Ignacio is the gateway to one of Baja's main whale watching areas, the Laguna San Ignacio south of Vizcaíno Peninsula, besides the Laguna Ojo de Liebre, also known as Scammon's Lagoon south of Guerrero Negro and Puerto López Mateos near Isla Magdalena as well as Puerto San Carlos in the Bahía Magdalena further south.



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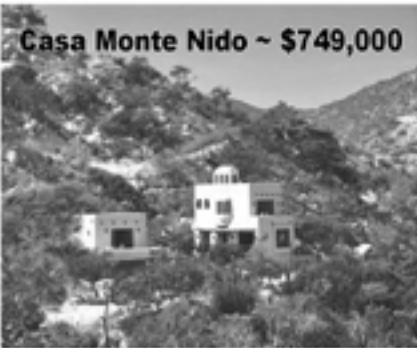


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