

Asociación de Artes Holiday Art Show

Welcome Back my Baja friends! This time of year is so exciting for many of us, as we get to return to our beloved East Cape and all our Baja friends and activities. One activity that is coming up is the *Asociación de Artes Holiday Art Show* at Colina del Sol (oops! is it too early to say the word 'Holiday'?).

This year the Holiday Art Show is **December 2nd** – always the first Sunday of December – and it is in the same beautiful place Colina del Sol club house with again, great food, drink, vendors with shopping opportunities and visiting with old and new friends. This is also your opportunity to get some really great (dare I say gift?) items through your opportunity to buy a raffle ticket – or 10 – at our Asociación de Artes booth. We have the things you are going to buy anyways, so why not buy a ticket (or 20) and get your chance to win a basket of dinner certificates, fishing trips, massages, just to name a few of the great things and help out the kids. This is one of our big fund raisers for the programs we support – school supplies, Cursos de Verano, Saturday Art Class, etc.

So, mark your calendars for **December 2nd, 10am – 4pm** and come and join us for a lovely day at the club house of Colina del Sol! Vendors, contact us for more information at eastcapearts@gmail.com or check out our website www.eastcapearts.com - see you then!



3rd ANNUAL TASTE OF EAST CAPE

By: Steve Reed

What do you call a gathering of the best chefs of East Cape? Wonderful? Delightful? Delicious? Yes, but also an event that has quickly become among the most popular of Baja California Sur. The 3rd Annual Taste of East Cape takes place in Los Barriles at 6PM on Friday, November 23rd, 2018. Under a full moon. It's the perfect date.



Thirteen Mexican master chefs of memorable magnificence will stand mano a mano to serve up the best of their culinary skills to all who will attend. Check off eleven samples on your ticket, and a beverage and a dessert. It's a twelve-course meal accompanied by the music of Grammy Award winner Terry Townson. Add a no host bar, table service, the dedication of our new Laguna Park in Los Barriles, a 50/50 Raffle, and you'll find yourself among the happy revelers dancing in the light of a full moon.



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Advertising in East Capers

Advertising in the East Capers gets the word out about your business AND your ad money supports the 3 week 'Cursos de Verano' summer school, for over 120 local children, provides art supplies for 18 East Cape public schools, baseball camps, just to name a few things the Asociación de Artes does!

In addition to space in the printed version, your color ad appears in the online version at no additional cost. You can download the 2018/19 Advertising Kit by visiting our website at: www.eastcapearts.com

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 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. If you would like to volunteer, send an email to: 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

Thank You!

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

East Capers Periódico

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Asociación de Artes del Mar de Cortez A.C.,
Los Barriles, BCS, Mexico

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Printer

Imprenta Ciudad Los Niños,
La Paz, BCS, Mexico

To learn about Ciudad Los Niños, visit their website at:
<http://ciudadninoslapaz.org/english/home.htm>

The opinions expressed within the articles in East Capers are those of the author and do not necessarily reflect the opinions of the Asociación de Artes del Mar de Cortez A.C.

Newsletter Email Address
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Taste of East Cape Continued From Page 1

Restaurants participating in the Taste include Beans & Rice, Buena Vista Beach Resort, La Casita, -Ciao Beppe, Coffee by Carmen, El Gecko, Green's Restaurant, La Hornilla, La Playa, La Providencia, El Rincón, Smokey's, and Zopilotes. Be sure to vote for your favorites for the Diners' Choice of East Cape.

Sponsored by both Club Deportivo and Club Rotario Los Barriles, all proceeds go to support our East Cape communities and youth programs, from tech centers to sports fields. Other projects include renovating Laguna Park in Los Barriles featuring new handicapped access, and a new cafeteria for our secondary school.

A special East Cape calendar featuring local beauty will be available for purchase at the Taste and the Saturday Farmer's Market. Sponsored by local businesses, all funds raised from calendar sales go to Rotary projects. Local events and holidays, as well as those in the USA and Canada are displayed in both English and Español.

Cost is only \$540 pesos or \$30 USD each. Tickets will be available at Homes and Land of Baja, LB Property Services, and the Saturday community market as well as from Rotary members. Don't procrastinate or you'll be too late. Tickets are limited. Last season they sold out quickly, so get yours before they're gone.



New 'Season', Same Desires

By: Chris Courtright

We all love this place- the East Cape of Baja. Many of us come here for the same reason – warm weather, the Sea of Cortez and the *Baja Magic* peace. We walk the beach, read, visit with our 'Baja' friends, go on adventures and take the time to do our hobbies. Then, many of us spend time, now that we have time, giving back and sharing our talents. That is what I am asking more of you to consider. Sharing your talents and a little time with the *Asociación de Artes*, or one of the other volunteer opportunities in the Baja.

As president, I can talk about the *Asociación de Artes* - a lot. Our goal/mission is to provide opportunities to the children of the East Cape to learn different art mediums and to have supplies to do so. In the past years, we discovered that basic school supplies (paper, pencils, scissors, glue, crayons, etc.) were needed as much as anything. We additionally discovered that at the end of the school year, teachers were doing tests on the back side of other school work as they were out of copy paper! Now they get mid year school supplies, and end of year paper supplies.

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New Season Continued From Page 3

School is different down here, it is the basics. Classes like art are not included in the normal school day. The *Asociación de Artes* started doing art classes over 25 years ago. At first going into the school, then doing a Saturday art class at the local cancha. The kids loved the classes, and were grateful for the skills they learned. And there are some really talented kids here! For the past two seasons we have been unable to have our regular monthly Saturday classes due to the lack of volunteers and leadership. We are looking for folks that want to volunteer and maybe head up one class each season – we do classes October thru May. Each class we get the age appropriate students from Los Barriles Primary school for the project being taught. We provide the supplies, a snack and helpers. Often there are only one or two Spanish speaking leaders there, but the kids can follow directions in ‘sign/show’ language just fine. We all have a great time, and it is really cool to get a hug from the kids later when they see you around town. It takes up only a couple of hours one Saturday each month – normal hours being 11:30ish – 1:30. Being that this was the kick off of the entire *Asociación de Artes*, we feel it is important to get back to basics! No experience is necessary, no crafting or art skills necessary, just ability to assist the teacher – men and women both. If you are willing to give us a couple of hours and volunteer, please email us at eastcapearts@gmail.com

Asociación de Artes also has other opportunities. We put on two art shows, one first Sunday in December – this season December 2nd, and the big Festival de Artes the 3rd Sunday in March – this season March 17th – and what a St. Patrick’s Day it will be this year! We can always use more helpers

for things like set up and tear down folks - a strong back is not needed, ticket sellers for the food and drinks and general assisters. These two events are a HUGE part of our fund raising which buys the school supplies and art supplies and supports other events like Cursos de Verano, Baseball Camps, special school needs (new costumes for traditional dancing) and other projects that support the school kids in the East Cape.

Not only does our events help raise funds for our projects, but it gives our local artists a venue to sell their art – whatever the medium. Our three events, the two art shows and the Artist Studio Tour – this season February 13th, are great opportunities for you to get your art out in front of buyers! We are always looking for new artists for the shows and our studio tour. And if you are an artist, what a great opportunity to support an organization that supports you. You also can help us with a little time, suggestions to improve and some of your talents.

We also have a need to fill a few spots on our board. We don’t take up lots of time, do not ask for money and try to make everything we do fun and entertaining. We love to get fresh ideas through our new board members, and can feel your volunteering needs!

If you would like more information on our projects, being an artist or giving us a little of your time, please contact us at eastcapearts@gmail.com. We offer a time back guarantee if you don’t have a great time volunteering and supporting the *Asociación de Artes*! Heck, what more could you ask for??



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LEGACY DONATIONS LAST FROM GENERATION TO GENERATION 'A GIFT THAT KEEPS ON GIVING'

By: Steve Reed

If you are reading this, you are one of us, one of the fortunate. We are privileged indeed to find ourselves living in East Cape, embraced by our local community while we sit back and bask in the sun and the fun. For most of us who have retired from north of the border, life here is good, very good. Others here are not so fortunate. We know this. We see it every day all around us. And we always help where we can.

We find it easy to open our hearts and wallets when confronted with immediate need, but funds are not always available when needed most. The expense to rebuild streets and homes and utilities continues long after a storm has passed. Disaster relief funds are emptied more frequently now, and basic education and college scholarships, youth activities, and family health also require regular funding to survive.

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A Legacy Donation through Rotary International, or one of the other fine organizations here in the Baja, is an easy way to make this happen. A regular endowment can make sure your neighbors receive assistance when it's most needed.

Our local Club Rotario Los Barriles can help you set up your endowment. You can even specify how and where you want it used. You may dedicate your legacy to youth who excel in science in school, or to bettering the sports facilities, or for orphanages, or elementary schools, scholarships, or for whatever your passion and purpose in life might be. You can choose your gift and level of commitment, and your fund can bear your name or that of a loved one, and will send you updates on your Rotary Legacy during your lifetime and then to your family ever after. For more information, ask any local Rotary member, or go to the following internet website: <https://www.rotary.org/en/donate/planned-giving> (see list below for other organization contact information)

If I have two pesos and you have none, we're both richer if I give you one. A Rotary Legacy endowment lets you share your good fortune with those who have less. Everyone in our community has always pitched in and done what they could, but very few can continue to contribute after they're gone. We can, because we are the fortunate. Your Legacy awaits you.

Other Non -Profit organizations in the Baja are:

Asociacion de Artes del Mar de Cortez AKA: the Art Association. The primary goal of the Association (a legal Mexican Nonprofit Corporation) is to provide art supplies to 19 East Cape Public Schools along with supporting activates for youth. For more details, contact us at: eastcapearts@gmail.com

East Cape Guild: To go to school above the 8th grade, it costs in Mexico. The Guild has a scholarship program. Contact: Jill Borggreve 624-156-8739
www.eastcapeguild.com



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Legacy donations Continued From Page 5

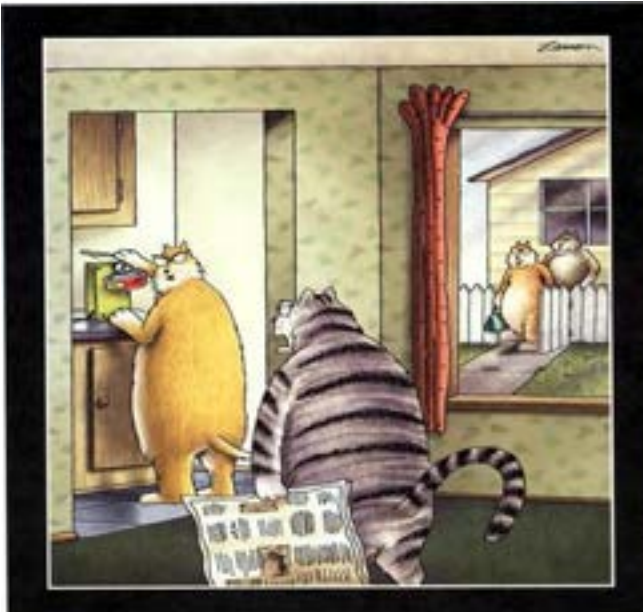
Baja Sports Mexico: Bringing sports activities to the local youth and working towards a sports complex here in Los Barriles. Contact: Ken at bajadays@aol.com

SNAP - Spay, Neuter and Prevention: Just as the name indicates, that is the mission of SNAP with bi-yearly clinics and year-round education. Contact: snaplosbarriles@gmail.com

East Cape Health Center – Charlene D. Wenger, Founder 624-157-0081 or 624-141-0797
www.eastcapemedical.com eastcapedental@yahoo.com

New Creations Kids. Help make lives better for the children of the orphanage in La Paz. For information see their website. www.newcreationkids.com

Cortez Rescue & Outreach Dog & Cat rescue, adoption, prevention and medical www.cortezrescue.org
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“Zelda! Cool it! The Rothenbergs hear the can opener!”

Making a Plan - Being Informed

By: Ruth Ryan

Living here requires that you plan what you will do in an emergency, whether from a fall, a sudden cardio episode or the unexpected onset of a serious disease or illness, that demands immediate hospitalization, treatment or surgery.

Many people depend on Medicare, Canadian Govt. Health Ins., the V.A. and other coverage's from outside Mexico. While these are all good to have, you need to recognize that they do not cover you in Mexico or other countries. Medicare, Canadian Gvt. Ins., the V.A. and the like can work well when you're THERE. Here in Mexico the reality is that you must pay for all services in full, usually by credit card. Some insurance will cover you in an 'emergency', but be aware the insurance companies definition of an 'emergency' can be very narrow and may also have a cap of allowable payment. As part of your "Plan" be sure you understand what would be covered and what would not. The time to find out is not after you or your loved one is in a Serious Situation.

Options

If you are a Full Time or Part Time Resident, meaning you have a Mexican address, International Insurance is available to you. These policies are much the same type of coverage's as offered in the U.S. including coverage for doctor, hospital and emergency care. These policies also follow you if you travel and can be used globally. Some of these companies also offer protection inside the U.S. Some people choose a Travel Med Evac plan which will fly you to your home in the event of an emergency for treatment there. The important part of this information is to alert you to the fact that you really need to be aware of what to expect in an emergency situation and how best to protect yourself and your loved ones. As they say, "Life happens when you've mad Plans".... Make a Plan to take charge of your health and healthcare.

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The ABCs of Reducing or Eliminating Capital Gains Tax



By: Lic Eduardo Garibay, Closing Manager

The purchase or sale of a property usually involves the payment of some taxes for both the Buyer and the Seller. In the case of the Seller, perhaps you are aware that it is possible to claim deductions and exemptions against the tax payable, which is true, but there are some conditions that must be met, and that require filling certain documents.

When someone realizes a profit from the sale of a property (being National or Foreign), Capital Gain Tax must be paid. This tax applicable for both individuals and Corporations, and in the first case it is the Notary who calculates and collects the tax.

For individuals it is possible to exempt the payment of Capital Gain Taxes (CGT) or deduct expenses from the gain of the sale of the property, and as a result in some cases, little or no tax is paid. In the case of Corporations, this tax is also charged but it is accumulated as a part of total income.

Requirements for exemptions of the payment of Capital Gain Taxes for a National and Individual entity:

The income obtained for the sale of the property that is exempted from this tax cannot be more than 700,000 USD (investment units indexed to inflation in Mexico or an approx. of \$4,000,000/00 pesos), for each one of the Sellers involved, referring to each person selling, as long as he/she proves that it is his/her primary residence by providing the following documents:

1. Fiscal payment certificates of electricity and/or phone services.
2. Bank statements, of commercial establishments or non-bank credit cards.
3. Official ID with the current address of the property sold.

The above-mentioned documents could be under the name of the contributor, his/her spouse, ascendants, descendants in line and it can only be exempted once in every three years.

Deductions in the CGT

In some cases where it can't be exempted (for repetition within a three year period, for reaching the established amount by the law, or because the property is not a private residence) some items can be deducted by the Notary appointed to calculate the applicable tax. To do that, the Notary must receive receipts and valid invoices for such expenses. It is very important to consider that some of these

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Capital Gains Tax Continued from page 7

receipts are obtained when the purchase is being made and others while the property is being occupied, and these can't be claimed if not submitted on time.

1. Verified Acquisition Cost (the cost to the Seller to acquire the property) is credited to those who acquired properties before April 2014 with the notarized deed, and from the date forward, with inclusion of invoices from the Notary with aforementioned expenses. It is very important to make sure that you have the Notary invoice at the moment of purchase, otherwise the deduction wouldn't apply.
2. Investments in Building, Improvements and Expansions are credited with corresponding invoices, with the "Terminación de Obra" document, or with a valuation (in this particular case only at 80% of value). It is highly recommended to document and preserve original invoices whenever possible to avoid conflicts in the future.
3. Notary fees, accredited with the corresponding invoice. Closing Company (or other similar closing company),
4. Commissions and mediations. This refers to the amount that is paid to the Real Estate Advisors or Brokers. To deduct these expenses, an invoice is required and issued at the moment of the sale, if not, there won't be a deduction for that item.

It is recommended to ask your Notary about anything related to the exemption and deduction of the Capital Gain Taxes from the moment of the acquisition of the property, because without that information or documentation, it might not be possible to acquire the necessary invoices and bills in the future.

It is also important to stress that every case, both for Nationals and Foreigners, is different and must be analyzed in great detail. At Pacific Closing Company (or other similar closing company), we can advise you about this, or any other issue related to closing of your property. You can send us and email to egaribay@cbriveras.com and we'll be glad to evaluate your case.

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East Cape Guild

By: Jill Borggeve

The East Cape Guild is a fully volunteer, Mexican non-profit which has been working for the past 21 years to raise money to send our local students to high school. The greater East Cape area is the geographic area we cover. Currently the Guild is supporting 203 students in grades 10 through 12 providing tuition and transportation to several local high schools. To qualify each year the student must submit an application which includes their report card, a letter explaining why they deserve the beca (scholarship) and a recommendation from a non-family member. The Guild holds fundraising events like the Baja Ha Ha Golf tournament which will be held on November 24 this year and the popular Monte Carlo Night which will be held February 22, 2019. We also accept cash donations for which you can receive a US tax deduction. We believe that all of us in the community benefit by keeping more young people in high school.

The Guild doesn't always get to follow the students after high school, but if you do banking in Los Barriles you have probably met one of our becados without realizing it. Miguel Mieres Gonzáles graduated from high school in 2004 after receiving scholarships for all three years. Miguel grew up in La Ribera and following high school he attended Instituto Tecnológico La Paz and received a degree in Administration. He has worked for Bancomer for eight years advancing to the position of Director of our local branch. Miguel says he learned English on the job. If you do business with Bancomer in Los Barriles you may have occasion to speak with Miguel and you will be pleased with his efficient and helpful manner. Miguel's brother, Jesus, also received scholarships and has graduated University with a degree in Engineering. These students do come back to serve the community in positions of responsibility. Miguel embodies the Guild's reason for existence.



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Baja or Bust, Sink or Swim

By: Tehroma Lask

Playing in the Sea of Cortez has been part of my life since I was a little girl camping on the beaches of Sonora. But, that is another story.

People often ask: How long have you lived in Baja? Twenty-six years. At fifteen, I came down for a visit and fell in love at first sight, on the porch under a moonrise over the Sea of Cortez...it was home.

The next two years included a year of *Secundaria* in Santiago, the first foreigner to attend that school, then *Preparatoria* in La Paz, remembering my long forgotten stored Spanish, sticking out like a sore thumb, then blending in and just being *one of the gang*.

The first day of school felt like returning to kindergarten. Everyone was looking at me. I was asked how to say things like: "How you say 'chorizo' in English?" Chorizo. "And, how do you say 'Teresa'?" Teresa. Laughter followed by: "That sounds like chorizo". I walked to the restroom and cried. Comfortable with my previous life of sports, friends and now I was starting over and could only understand and speak very basic Spanish.

To make the experience a little more challenging, there were no school books and teachers would dictate from their one book in the class room and you would write it down. One teacher, realizing I would need help, asked Criselia (from Greens Restaurant) to let me copy her notes. Criselia was my angel.

I didn't understand much the first six months, but I learned to memorize and started passing with C's. I was learning that I could do anything, to be creative in my approach, to sink or swim and that I am a strong swimmer. The one reprieve, I thought, was English as a Second Language. For sure, I could get an easy A in. No,



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luck, she gave me the assignment of reciting the *Honores a La Bandera*, an equivalent to a Pledge of Allegiance to the Flag. I memorized the words, stood up in front of the entire school of about hundred. I would say a line, pause, and they would say a line, until we completed the *Honores*. At the end, they broke out into applause, which is not part of the routine. I felt supported and so proud of myself.

For *Preparatoria* or High School I went to La Paz and lived with Georgina Rochin, who is still a dear friend, and her sister Rosy. The first day of school, we sat in a circle, said our names and where we were from. I said "Los Barriles". No one blinked or asked, "but where are you from originally?" My Spanish was great and accent free. My hair and eyes are dark brown and I carry myself in a way that easily says: Mexicana. Something happened after that first year of school in La Paz. I went back to Oregon for a visit family and stayed. I did all the normal high school things, including dreaming of majoring in English Literature and become a professor. Baja became a memory. It made sense to stay in Oregon.

Growing up bi-culturally, for me, came with deep conflicts about where to create a life. My heart was in Baja, but my mind and focus for the future was in the US...I had two conflicting dreams. I could stay in the States

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and become a Professor and visit Baja during vacations and retire and live out the rest of my days alongside the Sea of Cortez. Or, I could follow my heart to Baja, where I feel at home, and figure out the rest there. I chose the adventure. I followed my heart.

Returning to Baja took two years. I was there and I missed being here. Terribly. I saved my money. Okay, not very much. I chose community college evening classes to graduate from High School as soon as possible. The day I finished my assignments, I turned in my books, said thank you and goodbye. My family asked "*Why are you leaving at five thirty in the afternoon? Wait til morning*". I knew where I was going and had waited long enough.

Five days of driving one of the smallest cars imaginable - a Yugo! I had a cooler full of essentials. And a friend who came along for the ride. I had just enough money to land in Los Barriles. In southern California, my friend got tired of eating peanut butter and jelly sandwiches and I got tired of listening to the complaints- resulting in twelve dollar burgers. I ran out of money and gas just south of La Paz, and had to sleep in the car. First thing in the morning, I hitchhiked the rest of the way -including a trip with a new Semi driver and the back of a pick up. I was dropped off at the fountain-less entrance to Los Barriles, my heart soared... I was home. My mom was speechless, my early landing was a surprise. My mom offered me job cooking, cleaning answering phones. Then something happened: a partner left the company. Work was scarce. The architect had little to do. My mom asked him to teach me how to draw plans. Six years of working side by side. He taught me to draw, to design "site specific", we checked job sites together.... But, that is another story.

My first Baja home was a tiny camper, upgraded to a small trailer and finally moving up in the world when I bought a trailer with a separate bedroom! Five years later I found a piece of land. And, here I stand. Over twenty years, a magical home developed giving a beautiful roof over my head. Dylan and Paloma are chatting in the living room, Javier is fishing and my mom is probably painting in her gallery. My grandpa Jimmy passed on the year before Paloma was born, the same year Javier and I got married. He often shared the story of visiting Doña Tila and bouncing a baby Javier on his lap.

Many stories.
Many connections.
One land, one heart, one family.
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Every day, a chance to add to this story. A story of one unique and beautiful life that is connected to so many.



Tehroma and Grandpa Jimmy 1994 or 1995

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HEALTHY HYDRATION

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

Water is one of the most essential components of the human body and yet many people do not understand the importance of a well hydrated body nor how much water is lost during the day. Water regulates the body's temperature, cushions and protects the vital organs and aids the digestive system. Water composes more than half of the human body and it is impossible to sustain life for more than a week without it.

Water is necessary to the healthy function of all internal organs and must be consumed to replace the amounts lost each day during basic activities. Water not only composes 75% of all muscle tissue and 25% of fatty tissue, it also acts within each of our cells to transport nutrients and get rid of waste.

Water regulates the body's temperature, allowing heat to evaporate from the body in the form of sweat. In one hour of exercise the body can lose more than a quart of water, depending on the exercise intensity and air temperature. If there is not enough water for the body to cool itself through perspiration, the body enters into a state of dehydration.

In a dehydrated state the body is unable to cool itself, leading to heat exhaustion and possibly heat stroke. Without an adequate supply of water the body will lack energy and muscles may develop cramps.

For regular exercisers maintaining a constant supply of water in the body is essential to performance. Dehydration leads to muscle fatigue and loss of coordination and in extreme cases, Hyponatrimia, a condition caused

when sodium levels drop and an electrolyte imbalance occurs causing seizures. Even small amounts of water loss may hinder athletic performance.

It is important to drink even before signs of thirst appear. Thirst is a signal that your body is already on the way to dehydration. It is important to drink more than thirst demands and to continue to drink throughout the day. One way to check your hydration level is to check the color of your urine. The color should be light to clear unless you are taking supplements which will darken the color for several hours after consumption.

You don't need expensive sport drinks to stay hydrated, water is the best fluid replenisher for all individuals. If you are concerned about lost electrolytes, add a pinch of pink sea salt to your water especially if you are exercising at high intensity or in excess of 60 - 90 minutes.

Let's stay hydrated in Baja this season and it's easy to prevent dehydration with pure, healthy refreshing water.



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Bob Bisbee Sr, a Baja Legend

By: Gary Graham

Bob Bisbee Sr., patriarch of the Bisbee's Black & Blue Tournaments phenomena, peacefully passed away June 14 in the north Dallas Metroplex, leaving behind a legacy, a loving family and a circle of friends from around the world.

Born March 6, 1933, in Excelsior Springs, Missouri, his life's journey led him to California in 1958, where he met and married Aina, the love of his life, in 1960; it was a marriage that bridged 58 years.

Settling in Orange County, he founded the Marine Fuels & Sportfishing Headquarters on Balboa Island in Newport Harbor, a family-run business that slowly developed into a fundamental part of the fast-growing Southern California fishing and boating community. He provided tackle and fuel to the fishing vessels throughout Southern California and Baja, as well as becoming an excellent resource for the latest fish dope communicated via his shop's VHF radio.

"I worked with Bob at his 76 Fuel Dock in Newport Beach for six summers in the early '70s. I loved the job in large part because Bob was such a great boss and friend. I am still using his witty sayings to this day. My thoughts and prayers go out to the Bisbee Family. All the best." - Argyle Nelson

Boats became larger and eager owners and captains ventured farther down Baja's coast to Cabo San Lucas to fish the fertile waters filled with exotic fish reputed to exceed 1,000 pounds. As the fleet grew, technology also improved and Bisbee added a SSB (single side band radio) to his operation to provide a much-needed communication link for crews and owners traveling from Cabo to the U.S. in their yacht sports fishers. Not only was he there to deliver messages to families, but he also was there for emergencies and much-needed parts.

Ultimately, Bisbee became active in many personal and business ventures throughout Baja, specifically in Cabo San Lucas, BCS, allowing him to develop numerous life-long friends.

The Bisbee Black & Blue Marlin Tournament series was just a whim he had in the 1980s, which became a reality that changed his life forever when he founded the first Black & Blue Marlin Tournament with six teams and a purse of \$10,000.

By 1990, Bisbee's lease in Newport Beach for the store and fuel dock expired and with prize money from entry fees near \$750,000, he decided to retire and only operate the tournament. The Bisbee's Black & Blue Marlin Tournament in Cabo San Lucas grew to a series of three and is now in its 38th year!

Bisbee ran the tournament until 1995 when his son Wayne took over. His daughter, Patricia, joined as a minority stakeholder and vice president and was joined by other family members as both full and part-time staffers. He and Aina moved to Lucas, Texas, and resided there since 2006.

He is survived by his wife Aina, children Debbie, Bob Jr., Wayne, Tricia, Erik and Destiney, many grandchildren and great-grandchildren. He also leaves his sister June and brothers Larry, Gary, George, and Bruce. A private family gathering was held in Texas on June 23.

Since his influence and friendships are spread throughout the world, the family feels that the most appropriate way for everyone who would like to say good-bye would be at a celebration of life in Cabo in October.

"On behalf of sports fishermen of Seychelles, Seychelles Sports Fishing Club and all of Seychelles sends its sincere condolences to Wayne Bisbee and the Bisbee family. We recognize and admire the amazing lifelong achievements of Bob Bisbees Sr. in the development and promotion of sports fishing, especially the gold standard of sports fishing tournaments – the Bisbee's Black & Blue Marlin Tournament in Cabo San Lucas. SSFC is honored to share the Bisbee family name in one of our tournaments with the Bisbee's Fish and Wildlife Conservation Fund which will carry on for years to come. While we may be oceans away in the Indian Ocean, we will be in Cabo in spirit as Bob Bisbee is honored in October." - Secretary Seychelles Sports Fishing Club Grant Heyer · Victoria, Seychelles
"As Cabo is where so many of us all gather each year anyway, we will all be able to offer him a toast and spread his ashes in the waters he loved so dearly," Wayne announced.

Details will be posted on their website as they are finalized at Bisbees.com/FarewellBob, where comments and pictures can be displayed. All are very much appreciated.

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Bob Bisbee Continued From Page 14

“Mr. Bob Bisbee, founder of the famous Bisbee's Black & Blue Marlin Tournament, radiated his passion through sports fishing and inspired the lives of so many Los Cabos locals and international fishermen. His commitment to such an amazing sport has sprung endless open opportunities for our local sports fishing community. On behalf of our TAG Cabo Sportfishing team, we would like to thank you, and your family for the legacy you have gifted us all with here in Cabo San Lucas, MX. Thank you for paving the way for so many of us anglers. RIP Mr. Bob Bisbee Sr.” - TAG Cabo Sportfishing team

There are far too many condolences to include for this Baja Legend. Be it known that he was well-loved and added greatly to a people and place that he considered his “home” and his remains will be returned to the waters that he was drawn to throughout his life.



BOB BISBEE SR., patriarch of the Bisbee's Black & Blue Tournaments phenomena, peacefully passed away June 14 in the north Dallas Metroplex, leaving behind a legacy, a loving family and a circle of friends from around the world.

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Movement is the Best Medicine

By: Jackie Reeves

We have all heard many times that laughter is the best medicine....I agree with that wholeheartedly, however, movement comes up strongly as a close second.

Our human bodies experience movement and vibration down to the quantum level....all “matter” on the planet (and that includes our bodies) is composed of dynamic, vibrating, moving parts....atoms, electrons, neutrons etc. Looking from a larger scale, we experience movement every moment in our lives with our breath, digestion, nervous system, muscular

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contraction and huge variety of other more subtle goings on. Our healthy lives depend on movement...movement is imperative...we crave it...it is necessary, important and crucial to our well being.

What is really a wonderful and fun fact is that VARIETY is the best strategy....a variety of different movement patterns and intensities is the best recipe for health and longevity. Walking, biking, weight training, Pilates, dancing, yoga, swimming, household chores, gardening and so many more all count in your “movement inventory”.

Studies show that it takes about 2 to 6 months of committed, consistent practice to establish a habit that will last you for your lifetime. (studies vary in that timeline) In my thinking, I ask....what could be more important than to have a healthy habit like movement to enhance and extend your life? If you are here in our amazing community of Los Barriles even for a month during the fall/winter season, you could begin with clear intention to create and maintain some habits of healthy movement to continue for the rest of your life.

Use this season now to set an intention to move more, sit less, and yes, LAUGH more too! Here’s one of my favorite quotes by Goethe about this very idea:

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one’s favor all manner of unforeseen incidents, meetings and material assistance which no person would have dreamed would have come their way. Whatever you can do or dream you can, Begin It....Boldness has genius, power and magic in it...Begin it Now.

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

Caps for Cancer Baja

By: Annette Kaiser

It has been a great year for Capsforcancerbaja. This is a group of women who volunteer their time and talent to make caps, blankets, booties and scarves for our cause. We have over 80 women participating. Our newest group of ladies are from La Ribera, in the East Cape. I met with them at a restaurant and found dozens of hats, scarves and booties on display for our cause. Not to mention a busy group of ladies in Texas. They have been furiously making hats on the loom for our causes. We now supply 2 orphanages, a rehabilitation Center, the Hospital in La Paz and a group of women who are undergoing Chemo and Radiation in La Paz.

Those of you who are returning to Los Barriles or the East Cape in the Fall, please find room in your luggage to bring down and donate a ball of yarn for our causes. We use only acrylic soft yarns. We are raising funds at a garage sale coming this December 16, to supply all our volunteers with yarn throughout the year. If you have anything to donate to our garage sale, please contact Annette at iikaiser@fiii.com.



How to Peel a Mango

From "The Baja Survivor's Guide" 2005

The best way to peel a mango is not the obvious way. Peeling it like apples leaves you with a slippery, frustrating handful which is apt to jump out of our grasp onto the floor. Nor can you cut a mango in half like a peach, since the flat, fibrous seed does not separate readily from the flesh.

Here is the method:

Take a good sharp knife. Put your mango on a cutting board and appraise it. The seed runs parallel to the flatter sides of the mango. A little practice will teach you to cut both cheeks of the mango off neatly, leaving very little attached to the seed.

Now you have two cheeks and the mango seed with a thin rim of mango left around it. Cut each cheek in two and then score it down to the skin in a tic-tac-toe design. Force the piece of mango flat on a cutting board. It will open up. Run the knife between the flesh and skin. Voila! Perfect mango cubed with a minimum of mess.




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East Cape Health Center

By: Char Wenger



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East Cape Health Center continues to grow. The expansion is well underway with progress made each week. We focused our attention on a generous well stocked emergency room and 2 observation rooms with adjoining new X-Ray machine. Several physicians from H+ will join us allowing easy access to various specialties, Orthopedics and Rehabilitation with Dr. Luis Cardenas, ENT, Dr. Luis Landeros, Cardiology, Dr. Jorge Berzunza, OB/GYN, Dra. Lauren Miranda, Dermatology, Dra. Griselda Izabal Wong, Dr. Arturo Macias and Dra. Pamela Herrera, Ophthalmology, Dr. Hugo Aguilar/ Dr. Christian Geier, Urology and Dr. Juan Carlos Arriola Surgeon, just to name a few. Our laboratory will expand to include all the necessary equipment with fully functional Microbiology room. Our project includes reconfiguring our existing medical site to move and enlarge the Dental Clinic from the corner unit to our existing site. We have a new partnership in the Dental Clinic with Dr. Jose Luis Alonso Oral Surgeon from Mexico City providing the newest and best in implants and Dr. Belan Cruz providing root canals. We will eventually be under "one roof" taking full advantage of our solar panels and large generator in the event of power outage. Nothing more important than keeping the lights on and the machines running smoothly when a storm passes by. Please stop by for a visit when you're in town and take a tour. Thank you to all who have contributed in OUR community Clinic, this is one to be proud of.



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Cursos de Verano in 2018

By: Francis Olachea

This is 10th year, in which Cursos de Verano (summer camp) has been held in Los Barriles. This year we had 150 children and young people participating in the different sports and cultural activities in Los Barriles. Along with the participants, we had 55 volunteers among who 25 were young people from the junior and high schools, which we separated in groups of 5 with each group working with 30 children – each group was assigned a different color for easy identification.

Why did the idea of Cursos de Verano begin?... So, the children would have a place to have fun, where they were able to learn new things and where they can get exercise during the summer. The schools have summer holiday for 40 days and it is too much time for children and young people to sit by, just watching television, playing with the telephone or with the multiple electronic games that exists.

Cursos de Verano is life, it is energy, it is happiness, It is fellowship, it is fun. All children have activities as football, baseball, athletics, swimming, volleyball, basketball, pickleball, music, drawing, painting, crafts, dance, modern dance, zumba, yoga, chess, cooking and reading of poetry.

This would not be possible without the valuable support of Asociación of Artes de Mar Cortez that supports us with the cost of the summer course that along with other

East Cape organizations the programs are completely free for children and young people.

Now, I, Francis Olachea, after 10 years of organizing the summer courses, wish to thank the Asociación de Artes for assisting us with this project, for making it possible and for trusting in me with the organization of Cursos de Verano. After 10 years, I retire with the satisfaction of having left a formed work team for the future of the summer courses. This year, 2018, is



the last one that I have organized as president or general manager of the Cursos de Verano, but I am confident that the new mayor in Los Barriles will assume the position and carry out the Cursos de Verano 2019.



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Baja Shakespeare: A Story of One-upmanship

By Roxy Rosenblatt

“How do they DO that?” A question we hear after every year’s performances since inception in ‘01 (*MacBeth*), by audience members who have raved about how we once again ‘topped last year’s show’. That’s a lot of pressure. Every year everyone involved in BS knows they must ‘bring it to the next level’ to keep folks coming back. And, ahem, thanks to the ‘theatre gods’, we’ve done just that!

The road wasn’t always smooth over the last 18 years. Finding a cast was the first challenge. Los Barriles is not a bastion of retired, professional actors BUT, it is a bastion of brave, big hearted folks, who have come to love the fun & adventure of putting on a play. Our Founding Directors, Bob & Lesley Currier of Marin Shakespeare (CA) fame, would perform important roles in 6 of our earliest shows. They were shanghaied into their new ‘job’ by local, Clarence Smokehouse Moyers (Empresario) one day when they needed their fresh-caught fish ‘smoked’. Clarence scoured the town for a cast, mostly by going into the local bars and twisting arms. The 3 of them, most importantly, instilled the “Party Every Night” tradition but really didn’t take ‘life after Season 1’ seriously. Little did they know.

Actual auditions were soon adopted and everyone who showed up got a role. Gals played men’s roles on a grand scale in those early years of male scarcity. Presently, we’re on our fourth Director, our beloved star, Camilla Ford, who took the helm 4 years ago. She played mostly leading roles in all but 2 of our shows until her

promotion to Jefe.

An unexpected bump in the road was having to find a new venue for our ever-growing productions. We’ve had over 40 people in the cast, on the stage at one time and with other “real life” considerations, we are now residing in our fourth venue, The Convention Center at Hotel Buena Vista Beach Resort in Spa BV. Men even came to auditions in droves. The audience continues to grow and thus, the number of performances; from 4 (‘01-‘14), then 5 (‘15) over one weekend, to 7 shows over two. Folks come from all around the Cape, including La Paz. Many looking forward to a cultural & tranquilo weekend away at the hotel. And still, we kept hearing the same comment, “This show is even better than last year’s!”

The last bump in the road, affecting our incredible Producer, Kim Scholefield, the most was selling those tickets. Back in the old days, there were no advanced ticket sales. They were available locally and through Will Call but it wasn’t until after Opening Night (heavily attended by Friends of Shakespeare) and after word spread as to how “great” we were, that tickets began to sell and we had butts in the seats! In our 18th Season we sold out 5 of 7 performances; 2 of those before we even opened. Kim has also performed with us onstage; you may have seen her once or twice. You may even have whispered in her ear afterwards, “This is now my favorite show!”

Continued on Page 21

An advertisement for Chakra Gifts for the Soul. The top part features the word "chakra" in a lowercase, sans-serif font, with each letter above a colored dot: red, orange, yellow, green, blue, dark blue, and purple. Below this is the tagline "gifts for the soul" in a smaller, lowercase font. The main text describes their boutique: "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." At the bottom, there is a small map on the left and contact information on the right: "www.chakrabajayoga.com", "bajachakra@gmail.com", and "+1 541 380 0948".

Baja Shakespeare Continued from Page 20

No one expected Baja Shakes to last this long. After performing all of Will's comedies at least once (*A Midsummer Night's Dream* was revisited 3 times in 3 different styles, '02, '06, & '13), we didn't know what to do next to live up to our reputation. We graduated to other material: contemporaries of Wm. Shakespeare resulted in *Knight of the Mighty Rod* ('10); a British Panto, *Cinderella* ('12); an original piece by local resident, Larry Epstein, *The Puppet's Ire* ('14); spoofs on classic, children's books (*Robin Hood* '15 and *Lost Barrels of Pleasure Island* '16); fairy tales (*Snow White* '17) and last year's adaptation of Woody Allen's, *Bullets Over Broadway*, *The Baja Shake-up*. All with as many local jokes and music as we could muster.

And while we're talking music, our earliest shows were staged in a more traditional or "Period" style, a 16th century song & folk dance. *Taming of the Shrew* in '05,

introduced recorded 50s rock n roll snippets and Season 8's *Twelfth Night* continued that trend with recorded '60s music and live MC with back-up singers. Shows just got sillier & sillier. In 2014 a live band & a chorus of dancers was added and boy, did THAT up the ante! Ever since, a small group of local musicians have joined the actors onstage; first led by Musical Director, Jeanette Grittani and last year, by Greg Herback. And, *The Smokehouse Hotties* were dancing up a storm this year.

Watching our beloved Baja Shakespeare evolve & 'grow up' has been quite the adventure. Season 19 is just around the corner and no one can believe it. We haven't picked a play, yet but we do have our dates: Opening Friday, March 8th, Sat. 9th & Sunday, 10th, a Matinee at 1:30 pm. Then, Wed. 13th through Closing on Sat. 16th. All evening performances start at 7:00 pm. Auditions will be posted on our Facebook Page, <https://www.facebook.com/Baja-Shakespeare> and so will all other details as they unfold.

Be advised that if you really, REALLY want to be an integral part of our next, unique season, you'll buy your tickets early. Then, we'll provide you with the opportunity to 'play' with us inside the theatre and when you exit, we'll happily hear your hearty exclamation that "This was the BEST SHOW EVER!"



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100 New Snorkels Sticking Out of the Sea of Cortez

By: Theresa Comber

On any given day now, along our shores you can find 100 new snorkels sticking out of the Sea of Cortez, attached to kids squealing in awe. These are Los Barriles' children, from just six to twelve years old, most who did not know how to swim and nearly all who had never worn a mask and snorkel nor seen the creatures in our incredible sea. It's the myriad reef fish and coral and starfish and turtles that have them wide eyed with joy and shouting into their snorkels.

The concept had been percolating with me for nearly ten years; it could simply wait no further. The goal was to create awe inspired swimmers and snorkelers, in just three weeks' time, during July's *Curso de Verano* (Summer Camp). It required logistics of epic proportions for our little town when volunteer resources are at their lowest and challenges seemed at their highest. First, our East Cape kids don't know how to swim. It's not part of their family culture; they can bob and wade at the shore, maybe they can dunk under and dog paddle, but predominately they cannot swim. Second, they didn't know the aquarium of the Sea of Cortez which is out their backdoor. We wanted them to swim, don a mask and snorkel, experience what's below the surface. We wanted them to know this precious sea and along with us embrace the idea of protecting it.

Lofty goals create great energy and the most dedicated and talented summertime volunteers joined our efforts. We would have 25 kids each hour, four hours straight, two days a week for three weeks (a total of just six days in the pool). We set our 2:1 ratio, assuring no more than six kids and three adults in the water at a time. We needed four pools in the heart of town and within four minutes' drive of the Cancha near Tio Pablo's. We needed four bilingual Red Cross Certified Swim Instructors (seriously!) and two assistants for each instructor. We needed a dedicated "water watcher" at each pool whose only task was to watch the kids in the water at all times. We needed four large cars and drivers, plus a volunteer on the deck getting kids into their pool clothes, showered off then into the water.

Many kids had never been in water besides to bathe. For all 100 kids we first needed parent approval and to water test their ability at East Cape Casas & RV Resort pool; that took 25 volunteers for two evenings and half that again for two more evenings. (Some parents were so excited about the idea they said they wanted to learn, too, so we taught seven adults on the weekends!) Based on their water abilities, kids were divided into four 'fish' groups that corresponded with our dry land curriculum. Our Swim Instructors felt naturally drawn to specific skill levels, from the least experienced to those most confident, and the groups formed, the stars aligned, and

the lessons began.

We taught floating, face up and face down. Perhaps we were a bit unique in some of our methods; we taught the kids out of the pool to windmill their arms so they knew they would use them to stroke. We taught them 'Machete, Copa', to use their arms like a machete to slice the water, 'grande dedo' (big thumb) first, then make a cup with their hands and pull the water using their arm muscles. We told them to close their eyes and create muscle memory and to fall asleep seeing themselves swimming and saying 'machete, copa, machete, copa'. They loved it!

When we put the mask and snorkel on and positioned their faces to the bottom their bodies planed out at the surface and they immediately became more buoyant. Able to see through the mask and breathe through the snorkel, confidently they floated quietly, still and comfortable for long stretches. Then adding the 'machete, copa' we simply couldn't stop them from swimming if we tried.

The ultimate goal was to take all the kids to the shore, into the sea, out to a reef, to see their first fish and experience the Sea of Cortez with them. Back to the need for 25 volunteers, and again they came. The final day of camp is always a BIG, FUN event day for the kids; a scheduling problem created a great opportunity to move the event to Rancho Buena Vista, with a great pool and a

Continued on Page 24

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Snorkels Continued From Page 23

reef within walking distance. Each group performed a demonstration and then again, in pool 25 kids at a time, raced down the sand to the umbrella station prepared at the shore for them. A great delight came when each child was gifted their very own mask and snorkel! Then, again using our 2:1 ratio, with hearts open and arms linked we waded in, then out, to the sea.

It was hard to separate sea water from tears of joy that day. For those of us with the immense privilege of being with these children on their first foray into the sea, it's etched on our hearts. They were joyful, gleeful, astounded, awed. And that in fact, was our goal.



Four Tons, the Reward of a Horse Ride and 18 kids to Cabo Pulmo

We also run a recycling competition during the summer program. Each Friday kids bring recyclables collected with the help of their Tías, Abuelas, Amigos throughout the week. To incentivize each week, Baja's Awesome Beach Rides provided that week's winner with a horse ride. At the end of three weeks, we collected just shy of FOUR TONS of plastics, aluminum, cardboard, metal. We took 18 winners for a full day of snorkeling and awe inspired discovery to Cabo Pulmo. Even six year olds were back rolling off the Cabo Pulmo Water Sports donated snorkeling panga into the water for more awe, including the big turtle that blew their minds. Getting back to the panga? "Machete Copa" ruled the moment.

The hard truth of Barriers to Entry

In our community, a barrier to entry into the sea and its undersea world may be as small as the \$200 pesos/\$11usd cost of a mask and snorkel. That was one of the primary take-away we learned from each child; their families could not afford that expense. Another significant barrier to entry? Most people learn to swim in a pool, often a public pool or the YMCA. For our local Mexican families, there are no public pools or a YMCA near the East Cape to learn to swim. Yet, with great optimism, there is a cultural shift toward swimming that has now begun! East Cape Recycling & Environmental Education is ongoing as we are committed to the imperative of creating awe inspired swimmers and snorkelers.



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 Healing Winds healingwinds@gmail.com

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***Cut out this page and keep it close at hand
 for the important numbers on it!***

Cut Here

Mexico

By: Carol Dunbar

*When one rubs their eyes and begins to see clearly,
What they thought they saw isn't even nearly-
What they thought it was and they can pay dearly.
Hopefully it won't be like a tax paid yearly!*

*The fact that one could have been so very wrong
About something of which they had felt so strong,
Something they believed for so very long.
Sounds like some old country and western song!*

*When clarity comes it's accompanied by shame,
There's no possibility there's someone else to blame
For getting caught up in an emotional game.
It leaves one feeling rather dim and lame.*

*There's no point in extending the wasted time
Wallowing in self-pity would be like bathing in slime,
Stand up on your feet and get out of the grime.
You're not the first or last to have committed this
crime.*

*So lift up your chin and dust off your hat
Don't even look back - be a very cool cat!
Swear you will never be another door mat
As you know very well you deserve better than that!*

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Dolphin Facts



- ◆ They stay for a long time with their mothers, sometimes up to 8 years.
- ◆ Dolphins have two stomachs, one is used for storing of the food, the other for digestion.
- ◆ The average life expectancy in dolphins is 50 years.
- ◆ They can dive up to 1000 feet underwater.
- ◆ There are 40 different species of dolphins.
- ◆ Dolphins help their injured members.
- ◆ They are extremely intelligent, considered to be the 2nd most intelligent living creatures next to humans.
- ◆ They never chew their food and only use their teeth to catch their prey.
- ◆ It has been proven that dolphins are being recognized among themselves by name.
- ◆ They sleep only with their half brain in order to keep them safe and enables them to breathe while sleeping.
- ◆ Dolphins are friendly to humans and other animals.
- ◆ Dolphins can migrate if they don't have enough food.
- ◆ They have sensitive skin but also the potential to heal quickly.
- ◆ They usually swim from 3 – 7 mph but have been recorded swimming more than 20 mph.

The Intimate and True Adventures of "El Ballenero"

By: Urmas Kaldveer, PhD

Episode 19: The World Hunger Problem and The Death of "The Whale People"

Years ago while teaching at Mendocino College in California I announced to the surprise of my students, "there is no Food Problem in the world but there is a mighty Hunger Problem". At the present time there is enough food produced to feed the entire world's population twice over. The problem is that food production is no longer for the feeding of the people, it is for profit.

Millions of people around the world are simply too poor to be able to buy food. They also lack the resources to grow their own food, such as arable land and the means to harvest, process, and store food. There are many causes of poverty that contribute to the problem of world hunger. I won't go into those but you know what they are.

What does this have to do with The Whale People?

Simply: the search for more food to produce, even though there is plenty already, has endangered the flow of marine mammals around the globe. There are three main concerns regarding whales though many other:

Fishing gear:

Called drift gillnets, the often mile-long nets used to catch swordfish also traps and kills many other species, including whales. "Anything that comes in its way, it's going to (catch) in its net," said Paul Shively, project director of Pacific Ocean conservation at Pew Charitable Trusts species are involved; turtles, dolphins, seals etc, which has been working to ban the nets for five years. "It's not only inhumane, it's just not a good way to manage our U.S.

resources."

Recently in The Gringo Gazette:

Fishermen found about 300 dead olive ridley sea turtles off the southern Pacific coast of Mexico. The poor tykes formed a raft, all floating together, tangled up in an abandoned illegal fishing net.

Boat strikes:

"The solution would be to move ships a little bit offshore into deeper waters less favoured by whales," he said from the Scottish island of Coll, where he was observing minke whales and dolphins last week. A marine mammal expert with the International Fund for Animal Welfare, Leaper has spent more than 20 years studying ship strikes and says that in Greek seas they account for more than 60% of whale deaths although most, he adds, go unreported and unrecorded.

Greece is not alone. The southern tip of Sri Lanka – one of the world's busiest shipping routes – poses a similar danger for the blue whale population.

Plastic:

With an increasing amount of plastic discarded in oceans, whale deaths due to ingestion of plastics are becoming far too common. Just two years ago a pod of 13 sperm whales all washed ashore dead from ingestion of plastic waste.

A pilot whale has died off southern Thailand after swallowing 80 plastic bags, Thai marine officials say.

While no baleen whales are thriving like they did 300 years ago, the following five are among the biggest losers so far:

Bowhead whales: Concentrated around the Arctic, bowhead whales have huge, 16-foot-long skulls that help them break through sea ice, as well as the thickest blubber of any whale. Western whalers hunted them for nearly 400 years, eventually reducing their population to about 8 percent of its pre-whaling average. Since the IWC ban, bowhead numbers have risen to roughly 20 percent of their former heights, but they're still threatened by melting sea ice and the expansion of offshore drilling that's likely to follow.

Gray whales: Commercial whaling severely depleted both remaining gray whale populations, located in the Eastern and Western North Pacific Ocean. The Eastern Pacific gray whale has fared better, with some 18,000 to 30,000 living along western North America. But the Western Pacific gray whale, found along East Asia's coasts, numbers fewer than 100, making it the most endangered of all baleen whales. According to the U.S. National Oceanic and Atmospheric Administration (NOAA) Office of Protected Resources, "its continued survival is questionable."

Humpback whales: Although some humpbacks stay in tropical waters all year, others



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Whales Continued on Page 29



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Wales Continued From Page 28

Perform the longest migrations of any mammal, in one case traveling 5,160 miles from Costa Rica to Antarctica. Humpbacks are still recovering from long-term whaling losses, with some populations showing more progress than others. NOAA has identified 14 distinct population segments of humpbacks worldwide, nine of which "have recovered enough that they don't warrant listing under the Endangered Species Act .

Right whales: Along with bowheads and humpbacks, right whales were among the most heavily hunted in the 18th and 19th centuries. Their name comes from whalers' belief they were the "right" whales to hunt, since they not only often swam near shore but also floated conveniently on the surface after being killed. NOAA warns the population is still "nearly extinct."

Sei whales: Pronounced like "sigh," sei whales weren't widely hunted until the late 1950s because they're thinner and less blubbery than other baleen species, but whalers eventually began targeting them after more desirable species crashed from overharvesting. Even with this late start, some sei populations today are only about 20 percent of what they were before the '50s.

All these causes: gill nets, boat strikes, plastic are connected to the food and recreation industries and the mistaken belief that it is necessary to provide more food – there is plenty of food but in the pursuit of higher profits "The Whale People" as well as innumerable other marine species are being endangered.

Our own humpback population is beginning to feel the effects of the great plastic mass and 50% of the whales we have identified here show signs of boat strikes. Entanglement in gill nets are also becoming more common.



How to Cook with Rocks

From "There It Is: Baja" By Mike McMahan

The primitive Indians of Baja ate most of their food raw. In later times, fire entered their lives, either through lightning or by rubbing sticks together. Since they had no pottery, they invented an interesting porridge – strange assortment of wild nuts, weed seeds and acorns, which they cooked on a rock. The secret of this remarkable culinary innovation apparently came from the Indian's instinctive knowledge of heat conservation. Long before it became an 'in thing' in culinary circles, they knew how to cook with rocks. Try it yourself.

Take a plat-sized flat rock, heated in a small fire and the rock will pass its heat back slowly for a pancake – whether made from nuts and acorns or Betty Crocker's mix. A large flat rock can also cook fish or game.

If you want hot soup, drop your hot rock in the pot. Wash sand off the rock first. Also a large flat, warm rock near your cooking fire makes a handy place to heat up plates, keep coffee and second helpings warm.



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Cortez Rescue & Outreach

By: Emma Nicholson

Welcome to Cortez Rescue & Outreach - the new non-profit humanitarian organization based in Las Cuevas - our Rescue Center is at the back of Dr Gretel's clinic. Our geographical region is Las Cuevas to Cabo Pulmo/La Ribera, Los Barriles and San Bartolo. We're registered in Mexico and the US meaning you can make tax efficient donations while doing a great thing for our community!

What are we trying to achieve?

Our vision is to eradicate cruelty and mistreatment of animals in the East Cape region through education and community support. We want to achieve this by promoting responsible pet ownership in the East Cape region through supporting the existing spay and neuter network, educational and community-focused programs and the treatment and re-homing of dogs where and when required. We can't do this alone, and we're proud to work alongside the existing spay and neuter network that includes SNAP and Amigos de Animales.

What does Cortez Rescue do?

We rescue and re-home abandoned, sick and cruelly treated animals (60 so far) AND we have a community program to help bring about change from within. Activities include:

Schools project – engaging game that encourages children to work together to better understand responsible pet ownership.

Household education – Spanish language leaflets / folios to educate families about the importance of responsible pet ownership.

La Paz County – we're members of a larger La Paz team to help bring about change with regard to cruelty to animals.

Socialization/rehabilitation programme – making sure our dogs are fit to go to their new homes.

Mexican A Team – committed team of 15 Mexican volunteers on the frontline with the wider community.

Feeding the region – distributing food to the most needy in our community (short-term).

Spay and neuter – supporting the spay and neuter network with financial aid and help.

Who runs Cortez Rescue & Outreach?

We're fortunate to have major community leaders as our founders and board including John Ireland (Rancho Leonero), Ron MacRae (QuadMan) and Christine Dearden (Inn at Rincon).

Day-to-day is handled by our volunteer managers alongside Dr Gretel de la Torre and her hard working team at Las Cuevas.

Who supports us?

We're funded by YOU our generous community. Thank you to those who have generously donated this year to SNAP's and Amigos' clinics: Tres Palapas Pickleball Resort, Baja's Awesome Beach Rides, QuadMan, Inn at Rincon, JA Custom Home, Rancho Leonero and Costa Palmas.

Spay and Neuter Network: SNAP and Amigos de Animales

Amigos de Animales and SNAP fulfil a vital function in our community by holding spay and neuter clinics throughout the year. Both groups are led by a number of dedicated, hard-working volunteers such as Kathy Ice (SNAP) and Joanna Rinaldi (Amigos de Animales) who work tirelessly to control the dog and cat populations from San Bartolo to Las Cuevas / Cabo Pulmo / La Ribera using Dr Cristobal Cosio (Los Barriles) as their lead clinic veterinarian.

Continued on Page 32



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Rescue Continued From Page 31

SNAP (Spay, Neuter and Prevent) – an independent Los Barriles-based volunteer group that strives to hold a spay and neuter clinic on a monthly basis. SNAP has spayed or neutered over 250 pets from January 2018 to September 14 2018. This season SNAP is holding 8 - 10 clinics. SNAP is wholly funded by donations from the local community including business sponsors.

Amigos de Animales – has spayed or neutered over 120 dogs/cats since January 2018. Animales members assisted in Miraflores, Santiago, El Campamento clinics for a total of 107 spayed or neutered dogs and cats. This season Animales will again provide 3 clinics in La Ribera and also assist in 3 regional clinics.

Where do our dogs go?

Unfortunately the local region is saturated with dogs/cats so we have to look towards the US and Canada for adopters. This means flying our dogs to their forever homes/foster parents.

What we're not

We're not a 'dumping ground' for unwanted dogs – simply because the dog has grown too big or isn't the cat or pet that they expected. When it comes to re-homing, our priority is genuinely abandoned, sick or severely neglected animals.

How can you volunteer?

- Fostering – can you foster for just a few weeks while we work to re-home them?
- Puppy Cuddlers / Socialization – just an hour per week can make a huge difference!
- Rescue Group Liaison team – can you help us to get our dogs northwards?
- Marketing – can you help with content creation, social media and general marketing?
- Airport runs – can you drive dogs to the airport to meet escorts?
- Escorts – Flying to Calgary, Vancouver or Portland (WestJet or Alaska)? Can you take a doggie with you? It's very easy!

Want to adopt?

We will have Open Days where serious adopters can meet our cats/dogs. Look out for announcements. We will not be at the Saturday Market.

View dogs for adoption/foster at www.cortezrescue.org and follow our active Facebook page <https://www.facebook.com/cortezrescue/>

How can you donate?

PayPal and Credit card (via DonorBox) – visit www.cortezrescue.org

Check/larger amounts - please email info@cortezrescue.org

Old pesos! Please leave at Homes and Land (mark 'Cortez Rescue').

Dog and cat food – we always need food! Last year 70 bags were donated!

Dog toys, leashes, collars, pee pads, shampoo, kennels Business Sponsorship – we have lots of sponsorship options; benefit from joint marketing.

SNAP – email Kathy Ice at kathyp1210@yahoo.com or drop off money at Homes and Land of Baja in SNAP donation box. Call Kathy on 624-240-9347.

Amigos de Animales - email Gloria Winans gwinans@sbcglobal.net. Call 624-130-0218 or email Joanna Rinalidi - bajajoanna@gmail.com. Drop off at Homes and Land of Baja.

How much can you donate?

We offer monthly donation options plus a 'one-off' option at www.cortezrescue.org. For larger donations, please email info@cortezrescue.org. Thank you!

How do we spend the money?

It can be up to \$100 - \$300 /month per animal. We try to re-home them ASAP but it's not always possible. Overheads/expenses include airline fees, kennels, printing of folios, cleaning, food, vet bills.....

Thank you!

Thanks to ALL the hard-working volunteers over the summer including Kathy (SNAP), Joanna (Amigos), Cindy Seburn, Jenn, Terri, Irene, Juliana, Lauren P, Bee, Emma, Gretel, Kenya, Sabrina, Nellie, Tish, Paulina, Sergio, Teresa, Rosemary, Carolyn, Dr Cristobal, Liz/Bob, Paul, Lisa D, Mary/Rick, Christina, Rebecca, Bonny and John Ireland, Ron MacRae and Christine Dearden, Kathy O, and Homes and Land of Baja. Apologies for anyone forgotten!

And finally, when it feels like the world of rescue becomes overwhelming, we think of Sheila and her boundless energy and passion. RIP Sheila – you continue to be our dog rescue inspiration.

Contact Information

Website: www.cortezrescue.org
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What To Do If You're Stopped By The Police

From Gringo Gazette - Spring 2018

People! Do not feed these thieves, you only make it worse for yourself and for everyone else. If nobody gives them money, they will stop asking.

If you are stopped, and you have actually made a boo boo, ask for a ticket and go down to the police station later on or the next day, or even the next week, and pay it. They will take your drivers license, and there is nothing they can do with it. You will get it back when you pay the fine.

If you have not broken any law, just keep asking for a ticket. "Darme un ticket por favor". Be polite but be firm.

If they threaten you or get nasty, write down their name or if they are not wearing their name badge, (mandatory, but still it's common for them to stick it in their pocket), then haul out your phone and take their picture. That's like holding a mirror up to a vampire, and they will jump in their car and scurry away like cockroaches when you turn on the light. They will let you go with some face-saving mumble like, "just a warning this time".

It's extremely rare for them to write a ticket, and for sure they will not cite you when you haven't done anything wrong. And, if you have broken a law, the ticket is ridiculously small. Man up and go down and pay it, don't take the cowardly/lazy way out and throw money at the officer.

Ok, once more now, altogether, "darme un ticket".

This extortion would stop in a week if everyone would grow a back bone and stand up to them. If it doesn't stop, then it's your own fault.

Thoughts from the Editor-

I have done as suggested in the above article and it worked twice last spring. I did the added effect of pulling out my map and asking them to mark where the police station was so I could go there right away. As a gringo and female in a US plated car, I know that I am a 'easy mark' (or so they think), but I will be darned if they get any of my money that could go to a real cause.... like chocolate!

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Swimming Pool of Volunteers Made This Experience Happen

By: Theresa Comber

Holly Burgin sees through the fog, uses laser focus and can ferret out the details to assign to paper the nebulous. Her partnership is invaluable, especially in these logistical challenges.

Omar Araiza is the ever present, always resourceful, forever calm force that has been helping to shepherd our ECR&EE program for the past five years.

Fran Dickson created early on the ripple of enthusiasm that turned into the wave of excitement that we rode through the entire program. She was our first Red Cross Certified Instructor to sign up, bringing more than a decade of experience to the table as we worked through the myriad details to assure the safety of all our children.

Kim Bolin, newly planted in Los Barriles and a woman of deep energy and a true community spirit, brought immense joy to each day and enlightened the entire “Excelente!” process. She’s a natural athlete, another certified swim instructor, loves kids and generously brought along her husband Ben and step daughter Keara who jumped into the pool alongside Kim. They ALL speak Spanish.

Shelley Julienne Hayden brought her flowing locks and flowing fun to the pool every day. The least experienced kids were in her capable hands and she inspired each one of them, some which started with fear and reluctance, and they all ultimately were in the sea.

Felix González Rubio is a born teacher. As a competitive swimmer in his youth, his insight in the pool and his ‘coach’ like personality naturally draws kids to him. He runs Baja’s Awesome Beach Rides’ Equestrian Center but was happy to be out of the saddle and in to the pool to encourage the most skilled of the kids in the program. He’s also a swim instructor, he naturally speaks Spanish, but English, too!

Our Instructor’s Assistants & Water Watchers were volunteers from just 20 days in town to living here for more than 20 years, and they filled the day. And the kids in the pools filled their hearts. To a person they have each said they can’t wait for next summer! With gratitude to Lorie Gammon, Susan Bruggeman, Dad Ben & Daughter Kiara Ballay, Simone Mills, Paloma Ojeda, Betsy O’Leary, Ian Sanders, Megan O’Leary, Kay Uekert, Baja Devi & Bill, Chris Schraefel, Lily Lee, Dane Jones, Brent McCubbins, Caleb & Lauren Potter, Phil Roskowski, John Hildebrand, Wendy Werner Crown, John & Teran Penta, Elizabeth Perkins, Fireman

Donations Make a Splash

We required each child to have a long sleeve rash guard, bathing suit bottom or trunks. For some purchasing them was not possible, and more challenging with multiple kids in the program. We also needed swim equipment for teaching. It was always on my mind to provide masks and snorkels Greg. for each child. Once they learned, they



needed them to explore, experience and be in awe all on their own. A daunting task, we sourced more than 100 high quality, kids sized, mask and snorkels here in southern Baja and these folks helped to make it possible: Bob & Wendy Sexton, John G. Brandt, Baja’s Awesome Sportfishing, Lori Makabe, Michelle Melehes for the Community Market, Francis Olachea for the Art Association.



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H+ Partnership

We are proud to announce our partnership with H+ Hospital. H+ is known for high quality, affordable health care. With our facilities, they can serve our growing community. Your support is vital as we expand our medical center to make room for this exciting arrival. Please stop in and donate to help us to continue to provide Los Barriles with top notch local medical and dental care!



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