

Yes, Virginia, there is Recycling in East Cape

By: Holly Burgin

EAST CAPE RECYCLING teaches 100 kids to swim!

The success of Movie Night coupled with the donations East Cape Recycling received last season provided our Environmental Education Program with funds to teach 100 kids, ages 6 to 12, to swim and snorkel, and some of the Mom's too, during July's Curso De Verano (summer day camp). Inspired by her love of the sea and all its creatures, Theresa Comber marshalled all the available resources and created a program to teach the kids to swim, so they too can appreciate the wonders that lie just below the surface of Jacques Coustea's 'World's Aquarium.'

In addition to the swimming lessons which launched their snorkeling experience, the kids learned how important it is to protect our ocean environment. World class environmental education programs were provided over a three-week period by Paulina Godoy, Program Director of the Cabo Pulmo-based Baja Coastal Institute and Mayra Rodriguez from Desplastificate in La Paz. Hands on learning engaged the kids and they came away amazed with the information they were taught. They are now becoming environmental stewards for our East Cape, both in the sea and on the shore.

The swim program would not have been possible without your support and an incredible team of volunteers. We cannot thank them enough for their help and dedication, so we will thank them again here.



Snorkelers got it!

- Certified Swimming Instructors: Fran Dickson, Kim Bolin, Shelley Hayden, Felix González Rubio
- Instructor's Assistants: Lorie Gammon, Susan Bruggeman, Ben Ballay & daughter Keara, Simone Mills, Paloma Ojeda, Betsy O'Leary, Ian Sanders, Megan O'Leary, Dane Jones, Brent McCubbin
- Water Watchers: Isabel Flores, Lupita Araiza, Betty Araiza, Daniela Rochin, Kay Uekert, Devi Kasson, Chris Schraefel, Lily Lee
- Pool Donators: Don and Lynn Burns, Mary Kurfelt-Antle, Hotel Palmas de Cortez, East Cape Casas and RV Resort
- Reef Snorkel Day: Wendy Werner Crown, John & Teran Penta, Elizabeth Perkins, Megan O'Leary
- Snorkel and Mask Sponsors: Bob & Wendy Sexton, John G. Brandt, Baja's Awesome Sportfishing, Lori Makabe, Michelle Melehes for the Community Market
- Behind the Scenes: Caleb & Lauren Potter, Phil Roskowski, John Hildebrand, Greg Freeman, Bill Kasson, Omar Araiza

Read the whole fabulous story in Issue No. 84, October-November of East Capers.

Recycling Day is the 1st Thursday of the Month

November to August. On Recycling Day our team of volunteers (we need YOU!) will accept **CRUSHED** plastic and aluminum, cardboard, metal cans and miscellaneous recyclables. Visit our website for details. www.eastcaperecycling.com.



Loads of recycling from around LB

Continued on Page 3

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

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

Publisher

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

Editor

Christine Kenck-Courtright

Copy Editor

Eliza Mendoza

Circulation

Brian Cummings

Advertising

Contributors

Gary Graham
Christine Courtright
Umas Kaldveer
Tehroma Lask
Char Wenger
Cortez Rescue
Lauren Cocking
Culturetrip.com
Naturetrails.com
Deb Zeven & Pamolina Godoy
Kim Scholefield
Adam Greenberg
Sefi Held
Theresa Comber
Carol Dunbar
Debra Richie
Holly Burgin



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
eastcapersmagazine@gmail.com

Recycling Continued From Page 1

Sadly, we cannot accept glass, black plastic bags, or tetrapak cartons (coated milk and juice cartons). All plastics can be mixed, as we no longer must separate the different types. Please help by crushing your recyclables at home so you do not need to stay and crush your stuff when you drop off.

To help cover the cost of managing and transporting recyclables, East Cape Recycling requests a donation of \$100 pesos/\$5 usd a month at drop off. East Cape Recycling is located in East Cape Casas and RV Resort, on Noviembre 20, across from Modelorama.

Movie Night is back!

The first Movie Night this season is Thursday, January 10, 2019 (the film will be announced). East Cape Recycling will screen current Golden Globe and Academy Award nominated and winning films, as they become available, two times a month from January to April. Go to our website for all the scheduled dates. www.eastcaperecycling.com.

Each Movie Night is held in the Parque de La Laguna at 7:00 pm. The Parque is the same venue as Saturday's Community Market. You may place your chairs after 5:00 pm at the Parque Laguna in front of our BIG screen and professional sound system... NOT a bad seat in the house!

We ask for a \$100 peso/\$5 usd donation that goes 100% to support recycling and environmental education. We will be selling red and white wine, beer, bottled water and fresh popped theater style popcorn (with real butter and sea salt!). So, have your folding chair ready and we will see you at the movies!

El Cardonal has Recycling Day!

Recycling Day in El Cardonal is the 1st Wednesday of the month, from 9:00 – 11:00 am at the Cancha. There are receptacles in front of the sub-Delagados office in El Cardonal for drop offs on other days. This program will succeed only with your help. If you live in this area, please recycle and volunteer. And donate. They need money for gas to transport the recyclables to Los Barriles, and their trailer needs new tires. For information contact Lauren Scott - bajaus.scott@gmail.com.

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.

Or if you would like to volunteer for a job that does NOT involve sorting recyclables on Recycle Day, we have small, specific tasks for which we need volunteers (one hour a month is all we ask). If you would like to support our program by volunteering, please drop us a note at



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.



Recycle volunteers above and Snorkelers below



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

Asociación de Artes Happenings

By: Chris Courtright

Welcome back everyone! This writer personally got here later than usual, and each week I see more and more faces, as everyone trickles back to our beloved East Cape. And am I the only one who has noticed the building boom? Exciting! For several of us, it is our friends that are helping the building boom and that is great.

By the time this issue comes out, our Holiday Art Festival will be in the history books. I will report now that it was wonderful, lots of food, drinks, shopping, happy raffle winners and seeing old friends – that is my crystal ball forecast, as this writing is before the event!

We want to thank all who supported the event, and remind you of the next event, the popular **Artist Studio Tour**, which is **February 13th** at 10am-4pm -always held the Wednesday before Valentine's Day. This is a really unique event and opportunity as you get to go to various artists that reside in the East Cape area and see their studios, get a really good feel for who they are and where they get their inspiration. We try to limit the homes to about 15, so that you have a chance to go to each home, where there are more than one artist showing their work. Mark your calendar now. As we get closer, presale tickets will be available, and more details will be out there for you.

We also want to remind you about **Festival de Artes on March 17th**. With the Festival landing on St. Patrick's Day, we are calling this the '*all day St. Patrick's party of East Cape*'!! Get started at Festival de Artes, and after 4pm, move on to your next stop. The festival is the largest fundraiser for the programs we support, and the more support we get from everyone coming out to our events, the more we can do for the kids in the East Cape Area. We will keep you informed of the party of the year, so keep watching this publication, the BPE and our website for details.

We are still looking for a few volunteers to help with the Saturday Art program here in Los Barriles. It only involves ONE Saturday a month for a couple of hours and you can do a project of your choice -and you can do one month if that is all the time you have. We have lots of craft supplies and can work with you to show you what it is all about. The kids love it and we *guarantee* that you will have a great time! Giving back of our talents to the school kids here really can make a difference in their lives. If you are interested in learning more, contact us at eastcapearts@gmail.com

We put out another reminder that if you are a writer and would like to share some of your experiences of living and exploring the East Cape, we invite you to submit your articles. We love to hear about new adventures, funny stories or mishaps in the Baja. We have two more issues this season and would love to share your stories, so pull out those pencils!



Wolf Property Management

Located next to East Cape Health Center

Our Management services includes such as:

 Property inspections	 Construction projects
 Gardener & Maid, supervision	 Remodeling projects
 Utility bill payments	 Property paperwork
 Pool maintenance	 Vacation rentals, Rental tax
 Emergency service	 Long term rentals
 Ground Transportation / Taxi	 Sport fishing, tours, activities

CONTACT
www.wolf-pm.com
info@wolf-pm.com

Local Phone: (624) 124 8171
US Phone: 858 222 3539

El Cardonal - Las Tinias - Punta Pescadero - Los Barriles - Buena Vista - Spa Buena Vista - Rancho Leonero

Snook, Robalo or Snipe?

By: Gary Graham

Recently, in one of those “Show me your Favorite Fish” challenges on Facebook, (*bear with me, I know many of you who read this column don't know Facebook from a good book*), I was tagged and chose a photo of a black snook that I had caught in 2010 while fishing with Dennis Braid when he was shooting an episode of his “Monster Fish” series. The photo drew lots of attention.

Beginning in the mid-seventies, snook has often been the topic of conversation in columns written by Ray Cannon, Tom Miller, Fred Hctor, Gene Kira and Neal Kelly. Their ‘intel’ was sketchy as only Cannon and Kelly had actually caught snook; the others had written stories that were basically hearsay.

Nearly three decades ago, I journeyed to Puerto San Carlos in search of what some considered Baja’s version of snipe, determined to prove snook’s existence in Magdalena Bay.

I stayed at Brennan’s Hotel and was very fortunate to hook-up with Enrique Soto, a local bi-lingual guide who had spent his life fishing those waters. Ed Brennan assured me that Enrique knew the local mangroves like the back of his hand and was the go-to guy to help me find the elusive snook.

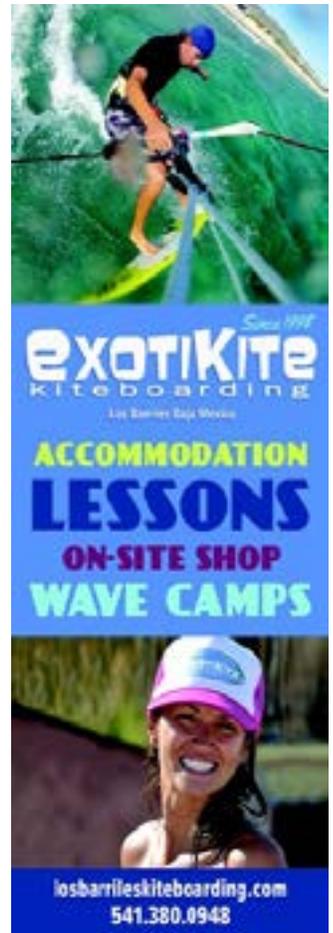
Enrique had an amigo, Ramón, a commercial diver, who was familiar with the areas where snook resided. Would Ramón be willing to share the location? Fortunately, because I was fly fishing and not fishing with conventional tackle, he didn’t consider me much of a threat to his livelihood, especially when I explained that I would release every fish I hooked. (I have to this day never tasted snook.)

After a lengthy conversation with Enrique and Ramón, I struck a deal that Ramón would show me his most productive spots and Enrique would provide the panga for the trip. In return I would pay them separately and after being sworn to secrecy on the actual locations, we were off.

For three days we zipped up and down the mangrove-lined channels, some so narrow I could touch the overhanging mangroves on both sides, while others were wider than Interstate 5.

In retrospect, Ramón was generous with his knowledge of Magdalena Bay and didn’t hold back any information. Talk about a crash course in Snook 101, Ramón would motion here and there and Enrique would expertly guide his panga to the spot, interpreting as he explained the attributes of one spot after another.

We looked south to Isla Creciente north up to Devil’s Curve and above. He even allowed me to make a few casts here and there to confirm that the spots were fishy.



Continued on Page 6



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



Snook Continued From Page 5

Not always, but often enough to merit investigation, I noticed that many of those hot spots shared several similarities. The bottom would drop off rapidly from the bank caused by how the tidal flow current had eroded the shore; a hint that might be missed is that tops of the mangroves in that location are often silver instead of the usual verdant green because of the constantly exposed roots.

Once while fishing in the Florida Everglades with a local guide, I told him the silver top story and he had a puzzled look as I finished. I asked if that were true in Florida as well. "We usually keep that tidbit to ourselves," he mumbled.

Since that first fateful week with Enrique and Ramón, many assumptions and absolutes have demanded reconsideration over the years. The entire area continues to be assaulted by commercial overfishing, beginning with sardines and working all the way up to gillnetted swordfish.

That said, Magdalena Bay still is my favorite fishing hole in Baja. While most know of the incredible offshore fishing found there in the late fall, the mangroves in late October and early November offer some extraordinary opportunities for trophy-sized snook.

Finding the snook is only one small part of snook fishing; catching them requires both patience and finesse.

It's no secret that Baja snook are one of my favorite fish to catch. For the first time in a number of years my schedule will allow me to be there myself this year. See you there?



RECENTLY, IN ONE of those "Show me your Favorite Fish" challenges on Facebook, (bear with me, I know many of you who read this column don't know Facebook from a good book).



Beauty

By: Tehroma Lask

That moment when the sky turns a certain color
And the lighting glows in a way
That stops you in your tracks
Creates a lump in your throat
And makes you wonder how it is possible
For beauty of this magnitude to exist
Enraptured
You stop, in this moment and forget everything
Nothing exists but this color, these mountains, this sky,
this lighting
As you continue on
Around the next corner
The lighting changes
And shadows return
Mountains a moment ago lit
Are now dull
You see the road ahead of you
And you keep going because it's what you do
Moving through shadows
Remembering the light
And all the spaces in between

Read the color version online at www.eastcapearts.com

Education to Action

By: Deb Zeyen, Executive Director & Paulina Godoy, Program Director, Baja Coastal Institute

“Education to Action” is a first of its kind program in Southern Baja, under the direction of the ‘Baja Coastal Institute’ (BCIBaja.org), a Cabo Pulmo-based environmental organization. This incredible program is the brainchild of Deb Zeyen, Executive Director and Pat Wright, board member of BCI, which has formed alliances with the Monterey Bay Aquarium (MBA) to bring high school science teachers from Santiago and Los Planes to the California based aquarium for environmental instruction which they will use to inspire their students. Paulina Godoy, the Program Director for BCI is providing inspired management and direction to this program. Below are the details for this outcome-based and forward-thinking program:

Alliances: Baja Coastal Institute (BCI) in partnership with the Secretary of Education of Baja California Sur (SBCS), the Monterey Bay Aquarium (MBA), Ecology Project International (EPI) - Mexico, the Northwest Biological Research Center, and Cabo Pulmo Learning Center (CIBNOR).

Background and Environmental Challenge: The east coast of the southern Baja California peninsula has great natural and cultural wealth. Its islands, the Cabo Pulmo reef and La Laguna mountains are renowned as UNESCO World Heritage sites. This coastline begins just north of the heavily developed Cabo San Lucas mega-tourism center. While still relatively pristine, the East Cape is under intense pressure to become part of the line of hotels, condominiums, and golf courses. But the fragile ecosystems, including the fresh water aquifers and the Gulf’s basaltic reefs are too fragile to support this kind of development. New proposals for mining further threaten to pollute the fresh water supplies in this desert region. The 10,000 residents of this region are vulnerable to losing their vital natural resources to unplanned and unmanaged development.

Opportunities: Armed with science-based information, people can have the necessary tools to make wise decisions about land use. How do we make sure the citizens in this region have access to that information? A solution includes “Education to Action” to inform residents about threats to natural resources by involving high school students in project-based learning that takes place in their own communities.

At the two main high schools in the East Cape region, students from 24

communities and ranches attend the Santiago and Los Planes high schools. “Education to Action” identified six teachers and the two school principals who traveled to California this summer for intense environmental training. They will spread the program to other teachers and teach it to their students.

Program: Using experts to teach teachers, this innovative program then engages high school juniors through environmental classroom education and fieldwork. Students form personal connections with nature and witness the fundamentals of sustainable development. In the second semester of their year-long training, students define and conduct conservation projects that require scientific research and measurement and that centers around work with local community leaders to solve a community environmental problem.

Community projects range from testing drinking water for pollutants; working with fishermen to reduce oil pollution near reefs; and processing used cooking oil to run stoves and refrigerators. Projects respond to the needs of the community and are quickly put into action. Using this innovative and collaborative process, many of the 10,000 residents from these communities experience an immediate impact while the students prepare to become future leaders. Two teams of teachers are receiving training from CIBNOR (a recognized center for science research); Ecology Projects International (known for leading field experiences for students in Mexico); and from Monterey Bay Aquarium (which has run high school project-based programs for over a decade). Every partner in this program, including the Secretary of Education of BCS, EPI, CIBNOR, and the Monterey Bay Aquarium is involved in

Continued on Page 8



Connie M. Heinen

For an appointment call:

(624) 141-0422

email: permsolutions@aol.com

www.solutionsdebelleza.com

Certified & Licensed
Paramedical Aesthetician

Master Certified
Permanent Makeup Artist

Specializing in:

Therapeutic Skin Care

LED Photo Rejuvenation

Permanent Cosmetic Tattooing

Ultrasonic Micro Exfoliation

Waxing and Electrolysis

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

Education Auction Continued From Page 7

developing and evaluating the program and in making significant in-kind contributions.

Proposed Outcomes: 24 communities are home to student-led projects that solve existing environmental problems. • East Cape citizens have access to scientific information necessary to decide what kinds of land-use to support in the future. • 60 students each year are prepared to take leadership roles in the future use of their state’s natural resources while armed with information about conservation and skills in critical thinking, self-confidence, presentation and leadership. Six teachers graduate from two-year training. • Students are exposed to new careers in a location where employment opportunities may be limited.

“Education to Action” will ultimately equip all residents of this Southern Baja coastline with research and with knowledge, which ultimately

mately makes it possible for them to become the first line of defense against unwanted assaults on their natural resources. Further, this program provides a foundation for future decisions regarding economic expansion and the protection of natural resources in this unique region. Interested in knowing more? Please email: debzeyen@gmail.com, Executive Director, Baja Coastal Institute, Cabo Pulmo.



BL | BAJA LEGAL SOLUTIONS

Services

Real Estate Law | Closing Services | Tax Planning
 Immigration | Corporate Law
 Buyer Representation | Notary Services
 Trusts (Fideicomisos) | Translations | Accounting

Offices in La Paz
 Alvaro Obregon 829-4
 (next to Euopcar Rental) Colonia Centro
 La Paz, BCS, Mexico

Gisela Talamantes Saenz
 Attorney at Law & Official Translator

Offices in Los Barriles
 (The East Cape)
 Calle 20 de Noviembre
 at Plaza Guadalupe
 behind Caleb's café
 Los Barriles, BCS, Mexico

Cell 612-136-4598 Office 612-129-4044
Gisela@bajalegals.com
www.bajalegals.com

Baja Properties®

Serving the community since 1986



**View Lots Starting at
\$39,000 USD**



**Beach Front Homes
Starting at \$875,000 USD**



**Beach Front Lots
Starting at \$395,000 USD**



**View Homes Starting at
\$238,000 USD**



**Several Commercial
Properties for sale,
Ask for information!**



**Beachfront Studio
Starting at \$209,000 USD**

Sales Agents

Mary Phillips Dede Bacon Danny Castellanos Wayne Kirchner
Sharon Kirchner Christine Rogers Esmeralda Lucero

Closing Agent

Leonora Márquez



www.losbarriles-bajaproperties.com

Call us Today! Los Barriles 141-0075 USA/CAN (619)-819-5062



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

BE AWESOME!

Catch a Fish • Ride a Horse
Watch a Whale • Cruise in a Kart



BE AWESOME TODAY!

Call 624•14•10231 OR 624•18•22355

From the Heart

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

As we age, there are certain components of fitness that we must focus on: muscular strength, flexibility, balance, coordination and cardiovascular fitness (a strong heart). Each of these fitness components are equally important to maintain function and a high quality of living.

If we must prioritize these components, exercising your heart is probably one of the most essential. Without a strong, healthy heart we can't accomplish much. We certainly can't do effective muscle resistance training, balance and stretching and even the routine activities of daily living such as walking, gardening, getting groceries, taking the garbage out, etc. without them becoming onerous.

Let's look at a way that we can introduce this important fitness component into our every day lives. Let's make sure our heart is strong so that we can be active and enjoy life as we age.

Cardiovascular Exercise: Training Heart Rate Zone

By definition, cardiovascular exercise is any physical activity that raises your heart rate above resting level for a sustained period of time. However, to achieve cardiovascular training, your elevated heart rate must be within a designated "training zone" for a minimum of 20 minutes.

The easiest way to calculate your "training zone" is a two-step process;

Cardiovascular Training Zone

1. Determine your maximal heart rate using the following formula: $220 - \text{your age} = \text{maximal heart rate}$.
2. Calculate the heart rate between 60% and 70% of this maximal heart rate as your "training zone".

Example:

1. $220 - 65 \text{ yrs of age} = 155$ Estimated Max Heart rate
2. $60\% \text{ of } 155 = 93$
 $70\% \text{ of } 155 = 109$

Training heart rate Zone is between 93 and 109 beats per minute.

Aerobic vs Anaerobic Cardiovascular Training: Which is best for the Older Adult

There are two types of cardiovascular exercises named for the energy system that fuels them:

Aerobic—requires oxygen to produce energy - is moderately paced and can typically last for a long time. The more intensely you exercise aerobically, the shorter the time you can do.

Examples: walking, easy jogging, bicycling, swimming

2. **Anaerobic**— does not require oxygen to produce energy but uses glycogen which is the major carbohydrate storage form in our bodies. Primarily stored in the liver and skeletal muscle. Is higher intensity exercise and of shorter duration due to the depletion of muscle glycogen.

Examples: High Intensity Interval Training (HITT) high intensity, spin classes, running sprints

Regrettably, **Baja Foot Reflexology** is taking a sabbatical to take care of some issues in US, and returning December 2019. Thank you for all your patronage throughout the years.
Happy Feet, Healthy Body,
Sylvia Baja Foot Reflexology,
treaturfeet@yahoo.com

Because of the intensity of the exercise, the older adult should engage in an anaerobic form of cardiovascular training only after they have developed a very strong base of aerobic cardiovascular fitness. With anaerobic / interval type exercises there is greater stress on the heart due to the rapid rise in heart rate and blood pressure as well as increased risk of injury to the muscles, ligaments and tendons if they are not properly conditioned.



See page 32 for Cardiovascular Training Guidelines.

Joel's Palm Trees and Desert Plants

Royal Palms or Coco Palms
10' – 30' tall

Zabals Fan Palms

Terotes Cactus

Cecas or

Elephant Feet

*Delivered and
planted!*

Over 200 Palms to
choose from!

~We also tree
moving with a crane~



ronlaribera@yahoo.com

East Cape Health Center- H+ Hospital Coming Soon to Los Barriles

By: Char Wenger

Living a healthy care free life in Baja is one of the most common themes. To assure you and your families the comfort of knowing we have great medical and dental attention in Los Barriles. With the expansion underway and new association with Hospital H+ in San Jose we will provide more health care choices with specialists coming from H+.

Our Primary Care Docs can stabilize any emergency situations and most common minor illness, food borne infections, accidents, falls and athletic injuries. Or just a quick ambulance ride to SJ. For those with chronic illness and pain due to aging we have treatment options to help with a genuine home health care program on the horizon. A quick introduction to our team of specialists who offer advice and assistance with no waiting period. They will come monthly or sooner if the need is great. If you want to see an Orthopedic, Dr. Luis Cardenas with his new Physical Therapy unit CIFO will encompass a large section of our clinic with a Physical Therapist available in LB. Jorge Berzunza, Cardiologist is available at all hours at H+ and will be coming on a regular schedule to provide evaluations and pacemaker

checkups. Dr. Juan Carlos Bernabe, Pulmonologist can assist with chronic COPD and other breathing problems. Dr. Lauren Miranda will bring her OB/GYN specialty with Ultrasound. Dr. Luis Landeros ENT will join us too, he has specialty treatments for vertigo. For those of us with frown lines can easily be treated with "specialty" injections. Dr. Arturo Macias, Retinol Ophthalmologist and spouse Dra. Isis Pamela Herrera.

Ophthalmologist started coming over the summer and provide specialty eye exams and surgeries. Dra. Griselda Izabal Wong one of the best Dermatologist in Baja is eager to care for an array of skin conditions and treatment options. Dr Luis Enrique Sotelo Gastroenterologist will evaluate and treat conditions of the GI tract. Chronic pain specialists are available at H+ to provide help with the special medications you may need. No wait for diagnostic studies like Mammogram, Ultrasound, CT and MRI, we will make the appointments for you. Our Laboratory is open daily with certified Chemist on site to quickly analyze your samples. Our Dental Clinic offers panoramic and digital X-Ray to help fully diagnose and provide a base for braces, molar extractions and dental implants. While Veronica and Sammy provide oral hygiene, whitening, fillers, extractions and an array of great crown, bridgework, dentures and braces we welcome to our team Dr. Jose Luis Alonso, Prostonodontist with specialty in dental implants. All that being said, having good International Health Insurance is vital to living abroad and traveling the globe. It will comfort you in the end to be fully insured when an emergency occurs. You've already overcome so much in your life, don't allow yourself to be a statistic of the high rise of healthcare in the US and uncertainty your insurance will cover you in Mexico and beyond. Now offering short-or long-term travel insurance to and from US and Canada. Ultimately, in the eventuality of a severe medical event that requires Emergency Air Transport, think ahead. We offer TravelMedEvac Insurance, apply one day and you are covered the next and this particular insurance takes you to your hospital of choice.

For your insurance needs please contact Ruth Ryan or Char at eastcapehealthcare@gmail.com /624-157-0081 charlene.wenger@gmail.com Lastly, in the event of untimely death in Baja please visit our website www.eastcapemedical.com for more information on what documentation is needed (ie: passport, copy of marriage certificate, copy of birth certificate, POA), Most importantly rest assured we will help you every step of the way. This is a time for you to enjoy ocean breezes, fishing, sports and peace and quiet, regardless of age knowing medical and dental attention is available right here in the tall pink and green and yellow Plaza Libertad close to Bancomer near the entrance to town.



Permanent Makeup
by
Connie Heinen
Certified Permanent Makeup
Artist since 1998
Master Certified
Instructor Certified
Board Certified Esthetician
since 1992

"A Beautiful Investment in Yourself"

Beautiful Brows
Eyeliner
Full Lips
Breast Areola Repigmentation
Following Reconstructive Surgery

To schedule an appointment please email:
permsolutions@aol.com or call:
(624)141-0422 Los Barriles
www.solutionsdebelleza.com

Primas Hermanas Nadando – Swimming Sister Cousins

By: Theresa Comber

Lupita Araiza & Betty Araiza are cousins, but really, more like sisters. Both in their early 20's, they were born and raised right here, Lupita at the end of Costa Brava Drive and Betty just around the corner - her father owns the Green's Restaurant building. Both their fathers are fishing Captains. Their grandfather was the iconic Jesus Araiza who decades ago at Rancho Buena Vista helped establish our fishing culture here in the East Cape. They are generations deep in family relationships to the sea and live just 1000 feet from it, and yet, they did not know how to swim. They could wade at the shore, but they did not duck under, they did not float, had never worn a mask and snorkel, had never seen a live, swimming fish.

Lupita and Betty have been alongside our East Cape Recycling & Environmental Education program for four Cursos de Verano summer camps as invaluable interns. This summer they were poolside helping every step of the way, listening, absorbing, learning as 100 little six to twelve-year old's learned to swim. I told Lupita and Betty I would teach them to swim when the program was through, which was received with a mix of excitement and trepidation. On the last day, high from our incredible day with all 100 kids snorkeling at the reef, we drove straight to the pool at our resort and jumped in. As a gift, I gave them their own adult masks and snorkels. Like nothing I had EVER seen in my life, in less than 30 minutes these two young women, masks donned and snorkels in, were swimming laps around the pool. And just like the little ones, there was almost no stopping them. When Betty finally stood up, appearing like a beautiful mermaid, in her face there was absolute joy and amazement, awe, at her own personal accomplishment. We shared a very wet hug and we both added to the pool water with our tears of happiness. Now, these two *Sister Cousins* spend all their free time snorkeling on the reefs

Taste of East Cape

If you missed it, you *really* missed a great time with food, drink and fantastic entertainment! The third Annual Taste of East Cape presented by Club Rotario Los Barriles Cabo de este, was a huge cooperation of the Rotary, local restaurants and many local volunteers.

The local restaurants donate the tastes of a signature dish, or two knowing that the funds raised at this event stay right here in Los Barriles and will benefit everyone, with a focus on the kids. The attendees definitely got plenty to eat from the 13 different restaurants providing the tastes. Everything from pasta, sushi, fish to ice cream! The entertainment from Terry Townson was outstanding and led to the atmosphere which was just lovely.

Tickets are always limited to 250, so it is an event that you can not procrastinate about - you have to get your tickets early as they sell out way before the event. We will let you know of next year's date so you can get it in your calendar now... so stay tuned for details!



A great time was had by all!

An advertisement for East Cape Vacation Rentals. The background is a scenic view of a beach with white sand, clear blue water, and a thatched umbrella on the left. The text is overlaid on the image.

The Best Rentals in The Best Locations

East Cape

VACATION RENTALS

www.abajavacation.com
Los Barriles, Baja Mexico

Mexico: (624) 141-0381 USA: (530) 350-3161

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

Here is Why Mexican Kids Don't Receive Christmas Presents

By: Lydia Carey from Culturetrip.com

No, it's not because their parents are mistreating them. While Christmas is definitely an important holiday in Mexico, Three Kings' Day is actually a much bigger holiday and while kids might receive a few gifts on Christmas, the real goodies are saved for the celebration in early January.

The holiday that pays homage to the Three Middle Eastern Kings or Magi who brought the baby Jesus gifts 12 days after he was born is celebrated on January 6. There is a common misconception that the 12 days of Christmas ends on December 25. This is incorrect, as the 12 days of Christmas actually last from December 25 to January 6, or the duration of the journey the Three Kings made when they followed the Star of Bethlehem to find baby Jesus.

For Latinos, Three Kings' Day has always been the real kids' holiday as adults don't often participate in gift giving during this celebration like they do at Christmas. Kids leave their shoes outside their doors on the night of the 5th and, just like they do for Santa and his reindeer, they leave a little something for the Kings' camels—some grass and water.

The Three Kings, in turn, leave them gifts, large and small, of sweets and toys. This is the day that parents usually reserve for the "big" gifts, like a new bike or a video game.

Kids in Mexico will stay up, just like at Christmas, trying to catch the Three Kings and their camels as they sneak around to hand out their gifts and, of course, no bad little boy or girl will get anything from them. In many parts of Latin America, people will dress up as the Three Kings and parade through town, often in town festivals that are being held with food, dancing and fireworks.

On the day of the Three Kings', families come together and eat a *Rosca de Reyes*, a type of yeast bread with dried fruit and sugar on top, with some hot chocolate. One or two tiny plastic figurines of the baby Jesus will be hidden in the bread and whoever gets one in their piece of cake must buy the tamales and *atole* (a hot corn- and masa-based drink) for *Día de la Candelaria*, celebrated on February 2 to commemorate when Jesus's parents first took him to the temple to be blessed.

Mexico's proximity to the United States has meant that Christmas traditions have been gaining importance in the Latin American country during the past few years, but Three Kings' Day will always be a special day in Mexico and Mexican kids will continue to wait for it all year long.

C&G

BUILDERS

New home and remodeling experts

César González
Engineer

Designing and building In East Cape BCS, Mexico for over fifteen years.

Office Phone: 624-124-8012

Email: cgbuilders@prodiqy.net.mx

Cell: 045-612-127-0925

Web Site: www.cgbuilders.com.mx

All Construction Service

**Office Services Include: Regular copy and FAX Service – Designjet Printer for CD
Plan copies for: property owners, builders, architects, engineers and designers**

Office Open: Monday – Friday

Closed on Saturday





B & B Casitas

Pool-Sauna

Art Studio

Event Hosting

Retreats

Winery-Vineyard Tastings Weekly
Farm to Table Lunches/Dinners by reservation
Transportation Packages Available
Ranch made Products



www.rancholaventa.com

rancholaventa1@me.com

Message -612-156-8947



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



“The Sea Princess & The Frijole”

By: Kim Scholefield

Baja Shakespeare’s 19th annual production promises to be a unique and outrageously funny production! Our Directora Camilla Ford and her writing team have been busy! *The Sea Princess & The Frijole* is a Baja adaptation of the classic fairy tale, *The Princess & The Pea*, which was also an acclaimed Broadway musical starring Carol Burnett.

In our story, Queen Aggravain sabotages the efforts of every young princess who hopes to marry her son, Prince Dauntless, and no one can settle down until he does! Honorable Sir Harry is determined to marry the lovely Lady Paloma so he sets off to the mountains and lagoons of southern Baja, returning with the unlikely candidate, Princess Winifred. It’s love at first sight for the Prince, so the Queen sets about planning her most difficult challenge. The lively characters fill the palace with merriment, mischief, song and dance!

This show will be a hoot and a holler! There is still time to join our merry troupe! If you’ve seen our past productions, you know that no experience is necessary! We are a true community spirited theatre company, please consider joining us on stage! You are welcome in any capacity, singing, dancing, acting, backstage!

Email Kim: tyfield1@hotmail.com

Mark your calendars and do not miss this entertaining show! Time to laugh out loud, giggle, snicker, sing along! Seven performances: opening show, Friday March 8, Saturday 9, Sunday Matinee 10, Wednesday 13, Thursday 14, Friday 15, Closing Saturday March 16. Shows begin at 7pm, Matinee 1:30pm, at our theatre, the Conference Center, Hôtel Buena Vista Beach Resort (Spa).

Will Princess Fred pass the Queen’s test? Will Prince Dauntless find true love? Will actors forget their lines? Stay tuned for all the latest news on *The Frijole*.

Christmas Celebrations in Mexico

Holidays in Mexico begin by observing the religious traditions on December 12th and does not finish until February 2nd. Filled with posadas, Noche Buena, Navidad, the Feast of Guadalupe, Día de los Inocentes, Los Reyes, and Día de la Calendaria, it is a joyous two months of celebration and cheer. Everywhere you go, the holiday season is marked by robust flavors, colors and aromas. Seasonal food and goods become available, offering fresh experiences even to veteran travelers. Small towns, beach resorts, big cities, and off-the-grid pueblos, almost anywhere you visit in Mexico you are sure to find a fiesta to celebrate the season in a variety of ways

Las Posadas— Singing processions held December 16—24th across the country fill the streets with candles, reenacting Joseph and the Virgin Mary’s journey through Bethlehem in search of shelter. Residents sometimes play the roles of innkeepers and in many places the processions are beautifully detailed with angels and children carrying poinsettias. It is traditional for the entire procession to be performed through song until reaching the final location to share prayers of thanks before enjoying a marvelous feast. Ajijic, Jalisco; Taxco, Guerrero; and Queretaro, Queretaro have especially moving posadas. Keep in mind that in some places, a Mexican

chakra
gifts for the soul

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.

www.chakrabajayoga.com
bajachakra@gmail.com
+1 541 380 0948



**BEING A FULL-TIME
RESIDENT OF
LOS BARRILES, I CAN
PUT MY INSIDER
KNOWLEDGE TO WORK
FOR YOU. WHETHER
BUYING OR SELLING,
CHRISTINE ROGERS**

**AND BAJA PROPERTIES WILL GET
THE JOB DONE!**

**Office: 624-141-0075, Cell: 206-669-1675
email: christine@bajaproperties.com**



How Is Christmas Celebrated In Mexico?

By: Lauren Cocking from Culturetrip.com

While countries like the US and the UK celebrate Christmas over perhaps a three-day period at best, from December 24th to 26th, Mexico goes one better – almost one month better actually! Festivities across the country begin on December 12th and extend right through to January 6th the following year. So just how exactly is this holiday period celebrated?

Everything gets kicked off with the tradition of *posadas*. While this literally translates to ‘inn’, over the yuletide period it refers to a series of processions or parties in which both children and adults participate. Traditionally, each night from December 16th through to Christmas Eve, various houses are decorated and children pass from door to door to sing a song and ask if there’s a figurative ‘room at the inn’. This recreation of the Christmas tale which sees Mary and Joseph doing much the same thing, only ends on Christmas Eve when they are finally invited in to celebrate and enjoy the party. In practice though, a *posada* most commonly refers to a generic Christmas party enjoyed in the run up to the festive season, with an abundance of food, drink and, of course, *piñatas*

Aside from the *posada* tradition, Mexico is well-known for its love of an over-the-top Nativity scene, or *nacimiento*. While many houses will lay out their own interpretation, town centers also go mad for the tradition, with many places creating huge replicas of the manger, surrounded by animals, the Three Kings and shepherds. Baby Jesus, the undeniable main attraction, isn’t added until December 24th however.

Speaking of which, in Mexico, unlike the US and the UK, Christmas Eve bears the brunt of the festivities rather than December 25th proper. Otherwise known as *nochebuena*, Mexicans will typically take part in the final *posada* celebrations before enjoying a large and extravagant family meal and heading to mass to ring in Christmas Day. It isn’t uncommon for there to be fireworks and heaps of poinsettia flowers (a.k.a. *flores de nochebuena*) present during this time either. As in most of the Western world, the tradition of decorating a Christmas tree has also taken off in Mexico. Again, in town centers right over the festive period, you’re likely to come across enormous examples in the central plaza, decked out with lights and decorations to mark the occasion.

An additional Christmas period celebration in Mexico is that of Día de Los Santos Inocentes on December 28th, not to be confused with Día de Los Angelitos which takes place on November 1st. The most straightforward explanation for this day of mischief making is that it’s the Mexican version of April Fools’ Day.

But what about Santa Claus?! Well, he does ‘exist’ (so to speak) in Mexican Christmas celebrations, although he stops by Mexico on the evening of December 23rd and early hours of December 24th to leave presents. Typically, Mexican children used to expect the delivery of their much longed for gifts on the Día de Los Reyes (January 6th, otherwise known as Epiphany). They would write a letter to the Reyes Magos, before sending it into the sky tied to a balloon and leaving a shoe on their windowsill in

Continued on Page 18

CMC
CONSTRUCTION
SPECIALIST IN CUSTOM HOMES
SINCE 1994

"We Build to Your Budget"



Contact us :
Office: 624-124-8176
Cell: 612-103-8310

Email: coscetti23@hotmail.com
www.cmcconstructionmx.com
Km 111.5 Hwy #1 Los Barriles

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

Christmas Celebrated Continued From Page 17

which to receive the presents. While this tradition endures in the south of the country, most other places have adopted a more Western approach to present delivery. Even without presents though, January 6th marks an important date in the Mexican Christmas calendar, as it's when the sweet bread known as Rosca de Reyes is eaten. Hidden within this oval shaped loaf, which is decorated with jellied sweets, are tiny figurines of baby Jesus. But you don't want to be the one to find him in your slice, because tradition dictates that the Jesus-finder must buy everyone *tamales* on February 2nd during *Candelaria*, or *Candlemas*.

While celebrations are generally the same format across the country, there are still some regional traditions worth mentioning, most notably Oaxaca's Noche de Rábanos (Radish Night) which is held annually on December 23rd, and celebrates all things created from radishes. In Yucatán, there's a Mexican take on Christmas caroling over the festive period, whereas the State of Mexico's Tepoztlán, in contrast, is known for its *pastorelas*, or Nativity plays.



4C Boutique Clothing Rummage Sale

By: Cortez Rescue

Cortez Rescue **4C Boutique Clothing Rummage Sale**. What is that, you ask? 4C stands for Clothing, Canapes, Cocktails and Cortez. It's a fun event on **February 16** from 5:00-7:30 PM where you can pick out gently used and stylish clothes (donated by our awesome community) while mingling and enjoying appetizers, drinks and music. It's like shopping with friends, but better! We'll gather at a cool location; the prices will be reasonable and we'll have dressing rooms and mirrors so you can try your clothes on. 100% of the proceeds will be donated to Cortez Rescue, so you can feel great about helping our animal friends. Watch BPE and our Facebook page <https://www.facebook.com/cortezrescue/> for updates. You can drop off any clothes you would like to donate to our friends at Homes and Land of Baja. Questions? babsrob23@gmail.com



JOE'S DELI MART

Imported cheeses - Fresh Bread
Organic Products - Imported cold cuts

Isela y José

20 DE NOVIEMBRE S/N C.P. 23330 LOS BARRILES, MPIO. DE LA PAZ, B.C.S.
TEL 624 35 883 47 / 16 164 72 E-MAIL: joe_lapaz@yahoo.com





RIVERAS REAL ESTATE

O: +52 (624) 141 0808 | US/CA: 858 427 5273 | info@cbriveras.com

CBRIVERAS.COM



CASA COSTA DEL SOL

Rancho Leonero

5 BR + 5 BA + 3 ½ BA | MLS# 18-1969
\$2,800,000 USD



CASA RUBANO

Buenavista

4 BR + 3 BA | MLS# 18-1306
\$430,000 USD



CASA 401K

Buenavista

4 BR + 3 BA | MLS# 18-2519
\$599,000 USD



CASA VERDE

La Ribera

2 BR + 2 BA | MLS# 17-34
\$139,900 USD

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



☎ (612) 122-0006 Brecha California 1035
 📘 facebook.com/CasaKootenay Colonia: Benito Juarez
 📷 instagram.com/casakootenaybaja La Paz, BCS Mexico

VISIT:
www.casakootenay.com

host of other fun events. We already have some planned so, be sure to sign up for our newsletter so you can be the first to know what's happening (plus you'll get a 10% off coupon!) www.losbarrileswine.com

If the name Greenberg & Guzmán is familiar that's because Joe (José) Guzman founded Joe's deli in town and you may have met me or my wife, Tracey, at the market or fundraising event. We oversee operations for the Nuevo Creación Orphanage in La Paz and have been an advocating presence here in town for some time.

Together we created Greenberg & Guzmán and are offering wines by the glass starting as low as \$55 pesos as well as over 50 wines from around the world by the bottle, including both high value and premium selections. Can't decide which glass of wine to order? We also offer wine flights, where you can select four different 2oz pours. In what other instance can you be considered 'classy' for having four drinks at once? Would you like cheese with that? We offer a charcuterie board with delicious cheese, meat, chutney, crackers, olives and more sourced as much as possible from the artisan producers across northern Baja.

All our wine is hand selected by resident wine expert Emma Barnes-Webb. Emma will be sharing her wine stories and expertise with you during our events. Our store man-

Good Wine In Los Barriles!?

By Adam Greenberg

It's really no surprise that wine is popular here in town. We have a large ex-patriot population used to having wines from around the world at their local stores and supermarkets. But let's face it, the wine selection and wine storage practices here in town leave much to be desired. Not to mention, schlepping to Cabo to load up at Costco isn't fun. Personally, we wanted to drink wine out of proper glasses and served at proper temperatures. And what about Mexican wine? Is there anything decent produced here? I'll answer that question in greater detail below, including some of the rich history of the Mexican wine industry, but first let me tell you what we've created—a solution to all those problems and questions!

Welcome to Greenberg & Guzman—Casa de Vino y Licores, a fun new wine shop in town. We are very excited to bring a great selection of wines for all budgets and palates to Los Barriles. We are conveniently located in Mercado la Costa which is the 'new' plaza next to Chapitos. The plaza is creating quite a buzz around town because of its tranquil courtyard and amazing businesses inside! Soon to come is a roof top patio where we will host wine pairings, tastings, wine makers series and a



Greenberg & Guzman
 Casa de Vino y Licores
 Los Barriles • BCS • Mexico

NOW OPEN!

Located in Mercado La Costa plaza – Next to Chapitos Supermarket

- Wine Flights
- By the Glass
- By the Bottle

Whiskey & Tequila coming in 2019

- Wine Club
- Charcuterie
- Events

Sign up for our newsletter and receive a 10% off coupon
losbarrileswine.com

Wine Continued From Page 20

warm smile and service. As for me, I'm an expert at drinking wine, however, I also have my Level 2 Wine Sommelier certification, so if you need help picking out the perfect wine for a special occasion or event, either Emma or I can help.

Now, back to that information I promised you... Mexico has a very under-rated and mostly unknown wine industry with a very diverse and interesting history. It was in 1519 after completing an arduous journey by sea from Spain to Cuba and onwards to the coast of Mexico that Hernan Cortes and his thirsty conquistadores first arrived and were greeted by wild vines indigenous to the local terroir here. These Spanish invaders were used to washing down their meals with glasses of wine and their Catholic emissaries used the beverage for celebrations and ceremonies. About 100 years later (más o menos) wine-growing was starting to become well established at haciendas as far west as Michoacán. In fact, the records show that the first commercial winery was planted around 1593 by a Spanish captain named Francisco de Urdinola at Parras de la Fuente in Coahuila. The name Parra means vine and Parras is still the centre of viticulture with the plantation of Don Francisco which is located between Monterrey and Torreón.

Fast forward to the last 20ish years and we can see the emergence of a major, winemaking industry in the northern Baja. The Wentz family of Livermore has been a big influence and so have other well-known producers from the U.S such as James Concannon. Other expert influencers have come from France and beyond. In 1962 famous winery Santo Tomás hired Dimitri Tchelistcheff as technical director. His father Andre was the genius behind private reserve wines of Beaulieu Vineyard, which is one of the oldest and most historic wineries in the Napa Valley. At Dimitri's request some of the vines were

Robert Rosa

Custom Carpenter

Locally doing business in
Los Barriles over 10 years.

Director of an apprenticeship program that passes on new carpentry methods and techniques to local young men in the community

1robertrosa@gmail.com

Office: 624-142-8010 Cell: 624-175-4855

Calle Los Locos
Arroyo San Bartolo
Los Barriles, BCS MX

replanted with Cabernet, Pinot Noir, Riesling, Chenin Blanc and Chardonnay. He was also credited with creating Baja's first sparkling wines (which, by the way, are excellent and value priced!) It was this event, in my opinion, that started the flow of interest. Many of the world's most respected wine experts started to take notice and visit the Baja and big investments started to follow. In fact, it was in 1972, after a huge winery was founded by Pedro Domecq, that L.A (Luis Angel) Cetto was established which has now grown into the largest wine holdings company in Mexico. Cetto was also credited with introducing Nebbiolo grapes to the region after his winemaker studied in Italy.

Continued on Page 22



Bahia Real Estate

**Realty, Escrow, Title Services
Fideicomisos and Construction
Your One-Stop, Full Service Realtor
Since 1995.**

Phone and Fax 011-52-624-141-0277

www.bahia-realestate.com

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

Wine Continued From Page 21

Mexico has amazing wine made right here in the Baja and we have made sure to feature plenty of them. Rest assured that all of our wine is stored and handled according to vintners' best practices and if you are enjoying wine at Greenberg & Guzman, it will be served at the correct temperature and in the proper glass.

Together let's reshape the world of wine in Los Barriles. No one wants to be a 'wino' so, be part of the 'wine-yes' community by signing up for our newsletter (don't forget, you'll receive a 10% off coupon!) You can do that at www.losbarrileswine.com Salud!



ENJOY THE BEST OF HEALTH!
Therapeutic Massage
With
Christene Comstock
624-160-1203
spadecortez@yahoo.com
MASSAGE • FACIAL • BODY SCRUB

**From rehabilitation to relaxation,
here are top reasons why
people get massages**

- Relieve stress and anxiety.
- Relieve lower back pain.
- Reduce pain in other areas of the body.
- Reduce muscle tension.
- Improve flexibility.
- Relieve tension headaches.
- Reduce depression.
- Boost your immunity.

**The original neighborhood Salon and Barber Shop
Serving Los Barriles since 1986!**



- Walk-ins welcome
- Haircuts for men, women and kids
- Manicure, pedicure and shellac
- Full service color, highlights and touch-up
- Massage (with appointment)
- Permanents
- Waxing
- Warm and friendly service

Monday - Friday 10am - 8pm

On the Panteon road, past Willy's, in the green building, #12

Office: 624-141-0346 Cell: 624-121-7871

NatySalon0506@gmail.com

Mail Boxes Los Barriles

By: East Capers Magazine Staff Writer

Our mail problem has finally been solved! There is a new business in town, that will make all our lives in Los Barriles easier. That is Mail Boxes Los Barriles on Costa Brava Calle in front of Bahía Residencial.

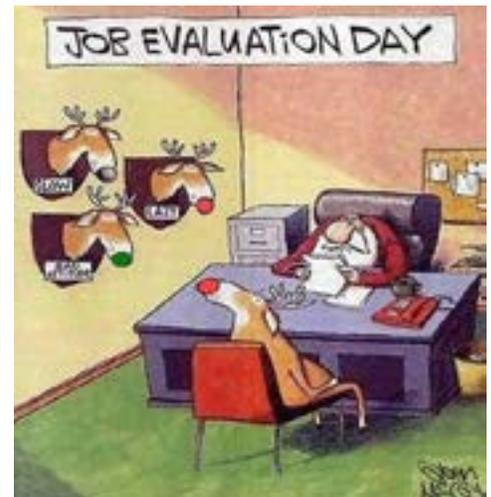
The one big issue with living full time or part time in the Baja has been the mail service, and how you get your mail from up north, down here. Well, Mail Box Los Barriles can take care of that for you. Not only can you get your mail forwarded or sent to their San Diego address, but if you order from Amazon, or other stores, you want an oven, refrigerator, quad or car brought down here or shipped north, well they can take care of that for you. Terry Gray Curtis, who has lived in Baja Sur for over 30 years, has been importing and delivering things for folks for years. He saw the need and put his years of business in Mexico experience to work and started this service for us and we thank him! A store in Todos Santos has even just opened.

You can inexpensively rent a private mail box that can be shared by up to 4 people (just like at post offices up north), and you can access your box Monday – Friday 9 – 4 during business hours. He takes care of all the import paperwork for your packages, and you do not need to rent a box to get mail or packages delivered. He can also help you with shipping down your personal household items, so you don't have to pay import fees on your 'used' stuff.

Shipments from San Diego come 1-4 times weekly, and as long as you have provided them with the proper invoices for purchases, they can properly process everything, from the time of arrival in SD to arrival in LB is usually a week depending on time of year. He even provides an outgoing mail service – so you don't have to worry about not getting your Mother's Day card out!

Customer service is the primary focus at Mail Boxes Los Barriles, and their goal is for you to always be happy. If you have lived down here very long, you have discovered that you can't do everything via the internet, and now you have an option to still take care of business 'the old-fashioned but still absolutely necessary way'! Besides, with all we can order online, you don't have to miss out because you cannot easily and efficiently get it here! You can contact them at mailbarriles@gmail.com or just go down and talk to Terry or Judith and learn about all that they can do.

Oh yeah, there is an Intercam Bank Cash machine right out front!



MAIL BOXES LOS BARRILES

TERRY GRAY CURTIS

US Address*Weekly Delivery*Mail*Packages



Shipping*Vehicles*Boats*Households*South & North

Tel Mex 624.151.5530 Tel USA 310.272.9500
Calle Costa Brava, L.B. BCS, Mexico 93330
mailbarriles@gmail.com

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

MERCADO LA COSTA

**Shop.
Wine.
Dine.
Chill.**

Now open in the heart of Los Barriles. Restaurant, coffee and dessert shop, bar, wine store, real estate office, info and concierge center, plus premium clothing and jewelry shopping in a lovely courtyard. Follow the blue signs, just past Chapito's.



QUADGIRL

**ATV/UTV
Rentals**

888-QUADS4U
(888-782-3748)

011 521 624-154-7661

www.quadgirlinc.com

Los Barriles, BCS, MX
Located across from the OXXO Store

The Intimate and True Adventures of “El Ballenero”

By Urmas Kaldveer, PhD

Episode 20: The End of an Era

As the title implies, I have come to the end of one of many “eras” in my life. I will be 77 in just a few days and I have been intimately engaged with “The Whale People” since 2005 here in Mexico and for a period of five years with them on The Pacific side in Northern California during the 90’s. It has been an especially rewarding era because of my love for Mexico and its people, the acceptance of the whale people into their lives, the beauty of the east cape and the many wonderful friends I have come to know and cherish.....and love, here in this very special place.

I cannot mention everyone, so I will mention no one for it would simply not be complete and I know someone would be left out and thought they were forgotten. You all will never be forgotten.

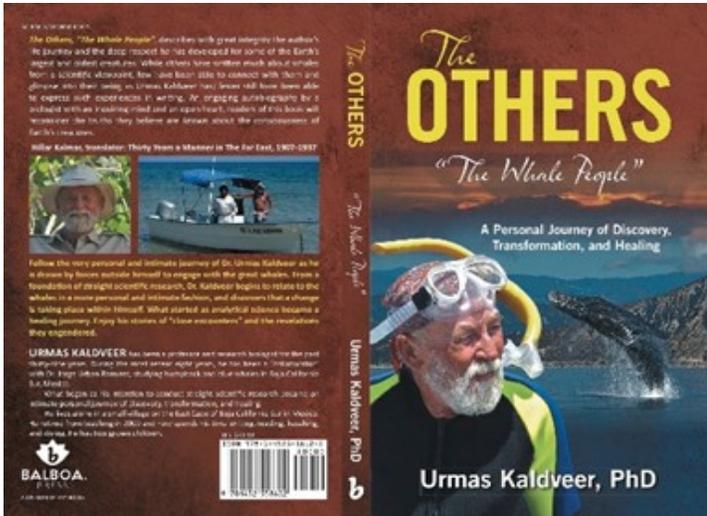
The end of this era is due primarily to the hangover from prostate cancer, kidney stones, a stroke, seizures etc. and now cancer around my neck (I have to return to The States on the 30th for another operation but I WILL BE BACK, this is my home). Many of you have had or are dealing with the same issues now so you know what I mean. I just do not have the energy to do the field work so it’s a good time to say goodbye to my whale family and enjoy the rest of my time here as best I can. I still swim 20 laps in the ocean every other day and walk when the mood strikes me. I was a competitive swimmer and avid water polo player in HS and college so doing laps is second nature. Ironically, after all the years in competitive water sports I vowed never to do another lap. Ah.....The Great Mystery had other plans. I swim parallel to the beach in front of El Cardonal with mask and snorkel in about 4 feet of water and watch all the fish, eels, rays and occasional octopus beneath me. Glorious!

The sea in front of my home is my pool and I consider myself blessed to have it within walking distance. I also have cherished neighbors who have made their lap pool available to me whenever the sea is too rough for me to swim.

I am hoping that someone will pick up the slack on monitoring our humpbacks here in my area; for their lives, as I described in the last episode, are in danger. Chris Clark of Cornell’s bio-acoustics lab, who I had

Continued on Page 26

Whales Continued From Page 25



the pleasure of working with on the Hawaii ATOC study, feels the greatest concern is the increased oceanic ambient noise from boats, oil extraction, etc. and is making it more and more difficult for the humpbacks to navigate and stay in touch with each other. It is not unlike a bad phone line. <https://news.mongabay.com/.../whales-and-dolphins-change-the-.../>

Remember: these marine mammals are The Others, “The Whale People” and are our intelligent counterpart in the world’s oceans. Please love and respect them and if you come across one while diving, swimming or kayaking, give them my best from “El Ballenero”.

The book of my adventures with “The Whale People” is available on Amazon, Barnes & Noble and Balboa Press. If you purchase and after reading have the time, please make a comment on Amazon.

I also do a monthly blog: www.urmkalii.blogspot.mx

Thank you “East Capers Magazine” for giving me a venue to share my journey.



Organic composted soil for your landscape and garden

VitaMix™

SUPER SOIL

Buen Provecho™
Baja MEXICO

Available in Los Barriles at
Electrica y Plomeria
Armando Molina's Hardware
on Trans Peninsular (30 and 5 kilos)

VitaMix Super Soil is produced in small, hand-turned batches in the Buen Provecho orchards in San Bartolo, it is rich and dark (and smells wonderful). Enjoy!

Questions:
VitaMixSuperSoil@gmail.com | Cell: 612-119-8034

4C Boutique Clothing Rummage Sale

By: Cortez Rescue

Cortez Rescue **4C Boutique Clothing Rummage Sale**. What is that, you ask? 4C stands for Clothing, Canapes, Cocktails and Cortez. It's a fun event on **February 21** from 5:00-7:30 PM where you can pick out gently used and stylish clothes (donated by our awesome community) while mingling and enjoying appetizers, drinks and music. It's like shopping with friends, but better! We'll gather at a cool location; the prices will be reasonable and we'll have dressing rooms and mirrors so you can try your clothes on. 100% of the proceeds will be donated to Cortez Rescue, so you can feel great about helping our animal friends. Watch BPE and our Facebook page <https://www.facebook.com/cortezrescue/> for updates. You can drop off any clothes you would like to donate to our friends at Homes and Land of Baja.

Questions? babsrob23@gmail.com

Lucky Us

By: Carol Dunbar

People are blessed in different ways,
We, in Los Barriles, should all give praise.
Where else do you have so many perfect days?
And such beautiful sites at which to gaze?

The Sea of Cortez is an incredible site,
It's greens and blues are vivid and bright.
Year round the temperature is definitely right
For a swim in the sea, all day or at night.

There's rarely a day when the sky is not blue,
Crystal clear for miles, too good to be true!
Or with fluffy white clouds that the sun shines through.
Rainy days, in a year, there are only a few.

All around Los Barriles there are rolling hills,
With trees and cactus and flowers like frills.
The sheer beauty is one of the wondrous thrills,
To enjoy it one need not have special skills.

Yes, we who live here are definitely blessed,
With comfort and beauty we are all caressed.
Come visit L.B.- you'll be well impressed.
To this, I believe, most here will attest!



Breakfast • Lunch
• Espresso •

• Free Wireless Internet •

Roadrunner Café & Bakery

- Soda Fountain
- Milk Shakes
- Root Beer Float
- Cinnamon Rolls
- Burgers • Deli Sandwich
- Sourdough
- Whole Wheat
- Jalapeño Cheese
- Hamburger Buns
- Baguettes
- Raisin Oat

ACME ROAST
Roadrunner Coffee

LOS BARRILES, B.C.S. MEXICO

Open 7 days a week • Hours: 7:00am - 4:30pm • Sat & Sun 7:00am - 2:00pm
Plaza del Pueblo #5 • Los Barriles, BCS, Mexico, bajabakery@gmail.com • orders: 124.8038

A community space to grow and connect through yoga, embodied movement, therapeutic treatments, art and special events.

Yoga
Sukhasana Studio
Strength Training

The Green Room
ACUPUNCTURE

Healing Winds
Holistic Center

Libelula Art Studio

TRANQUILITY

romalask03@gmail.com
facebook.com/HealingWindsHolisticCenter
www.ubldesigns.com/healing-winds-holistic-center



Long Time Residents of East Cape!!!

This is a call to all of you out there that have been coming and living in the East Cape for over 20 years. East Capers Magazine is interested in your "How I found East Cape stories". What is your story? Please share it with the East Capers and our readers. With all the change here, it is fun to hear about what it was like, in the early years. Send your stories to eastcapersmagazine@gmail.com Don't worry if you are not a writer, we can edit!

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

The Wildlife of Mexico from *Native Trails*

Baja California, land and sea – a real paradise for all who love nature!

The Baja California is part of the Sonoran Desert ecologically. Of the four North American arid regions, this desert has the greatest number of species and is the home of a very diversified avifauna. More than 300 bird species live here, and you can discover many of them, when taking a walk. In particular the giant cacti (cardones) are very popular breeding-places and often serve as multi-story apartment buildings. Each spring, Gila woodpeckers hammer holes into the stems to breed there. After they have moved out, other species move in: elf owl, cactus wren, American kestrel, Western kingbird, and increasingly often imported European starlings and house sparrows. Other birds build their nests in the axils of cacti – for instance, white-winged doves, red-tailed hawks and mocking birds. From the very top of the cacti, turkey vultures and the crested.

When you take a look at the lower stories, you will usually be able to observe pigeons, various hummingbirds and Gambel's quails. Sometimes "Roadrunner", the swift cuckoo, will cross your way. The seas surrounding the peninsula – the Pacific Ocean in the west and the Gulf of California or Sea of Cortés in the east – are extremely rich in nutrients

and fish, a paradise for seabirds. Their breeding areas – the islands in the Sea of Cortés – are still undisturbed and are protected under the national nature conservation laws. Everywhere near the sea, you can find brown pelicans, the elegant divers. Together with Western gulls, Heermann's gulls and magnificent frigate birds, they are present, wherever fish is landed or gutted. During boat excursions, double-crested cormorants and three other cormorant species can be observed on their breeding rocks, as can be blue-footed boobies and brown boobies. A typical example of the very efficient Mexican wild-life preservation policy is the osprey. Favorable breeding conditions for this bird are established everywhere by providing towers of electric transmission lines with platforms, and at least 150 pairs breed in the Guerrero Negro area alone.

Finally, the mangrove zones. They cover large areas along the coasts and line tranquil bays where gray whales bring forth their offspring. The mangrove zone is the home of no less than nine heron species – e.g. the Louisiana heron, the snowy egret, and the yellow-crowned night heron – besides the white ibis and the belted kingfisher, the biggest kingfisher in the New World.

The Baja California is also an important migrating area for birds from the north. The range is overwhelming, from American white pelicans and brants to blue-winged teals, buffleheads and northern pintails to black-necked grebes and pied-billed grebes. During ebb tide, large areas of mud are exposed and attract wading birds such as avocets,

Continued on Page 29

A cozy café and tea shop with big taste and friendly service.

Serving breakfast, lunch, snacks, and tasty treats!

Handmade Ice Cream Bars, Floats, and yummy desserts!

House Specialties :

Hibiscus Twist, Teas & Tisanas-
Coffee, cold brew & French Press

Gluten free & vegan options



Over 35 loose leaf teas, herbal blends and tisanas.

- Teapots
- Cups and mugs
- French Press
- and ALL THINGS TEA!

Traditional high TEA service available by reservation.

Our cold libations served by the glass, or growler bottle "to go" (with deposit)

teaofcortez@gmail.com

Find us on Facebook



LA BUENA VIDA BAJA

Authorized dealer of *Mavi Jim* and ZEAR eco friendly sunglasses in Los Barriles B.C.S., the heart of the EAST CAPE

Treasures from Baja and beyond! Threads, kicks and bling. Accessories and gifts for home, bath and body.

Greeting cards, Artisan crafts, .925 sterling silver from Taxco Mexico. Aroma therapy & pure essential oils.

Est. December 2015 * FAIR TRADE POLICY in practice * Open Tuesday—Saturday * labuenavidabaja@gmail.com



G&T
PEST CONTROL
624-182-1963
Problems with Pests?
Ants * Rodent * Beetles * Termites * Scorpions
Guaranteed Wood Pretreatment
Protection from Termites
Local and Reliable!
Free Estimates Year- Round
Email: genespestcontrol@yahoo.com

Wildlife Continued From Page 28

long-billed curlews, greater and lesser yellowlegs, black-bellied plovers, and ruddy turnstones.

In April/May, as temperatures rise, lizards become active. Spiny lizards, side-blotched lizards and desert iguanas begin to scurry over the stones, and rattlesnakes of 18 species go preying, among them the peculiar Santa Catalina rattlesnake, which is endemic of the island of Santa Catalina. In the course of evolution, it lost its rattle, because it has no enemies in its habitat. Mammals are relatively seldom seen in Baja, on the one hand, because they live in hidden and secluded places, and on the other hand, because many species have become rare as a result of persecution and destruction of their biotopes. The latter factor affects mountain dwellers, e.g. cougars, ocelots and black bears, as well as lowland animals such as pronghorns and bighorn sheep. Of the two latter species, only several hundred animals have survived in a preserve in the Vizcaíno desert. Greater numbers are found of mule deer and white-tailed deer – and of coyotes, the wild mammal that is most often seen and heard. You may fairly often have a chance of seeing prairie dogs and other sciurids, brush rabbits, black-tailed jackrabbits, whereas other rodents such as the kangaroo rat are active only at night.

Watching the animal life in the sea is no less interesting. Divers often realize an old dream in the Baja, when they can look at schools of hammerheads, manta rays or pods of dolphins. No less than 60 shark species frequent the waters around the peninsula, among them the plankton-eating whale shark – the largest of its kind. The marine turtles, on the other hand, which were so frequent formerly, become increasingly rare despite protective laws. Some 900 known fish species live in the Gulf of California, among them the spearfish (sailfish, marlin and swordfish). These elegant fishes of prey can be more than 15 ft (5 m) long; they travel enormous distances and can briefly attain a speed of more than 60 mph (100 km/h). The marlin owns its renown to Hemingway's novel "The Old Man and the Sea". Its great fighting strength makes it a favorite prey of "sport fishers", a fact that sustains a whole industry. The Baja California ranks

as a stronghold of anglers for spearfish, who take the sword as a trophy all over the world. The large tuna species, e.g. the yellow-fin tuna, the wahoo and the mahi-mahi, are also caught in great numbers.

Whales and dolphins are seen on almost every boat trip. Bottle-nosed dolphins, common dolphins and spinning dolphins are not worth mentioning; humpback whales, sperm whales, killer whales, and even blue whales are seen somewhat less frequently.

The secret kings of the Baja are the California sea lions. They are said to number 150,000 animals, with 60% living on the coasts and along the islands of the Sea of Cortés. The young are born between May and August and impress onlookers by their comical shows and unbelievable swimming skills. Baja California, land and sea – a real paradise for all who love nature!



CALEB'S
café
where the desert meets the sea
Extensive Breakfast Menu
Large variety of Deli Sandwiches & Salads
Expresso Bar, Home made Breads.
Muffins, Cookies & much more!
Reasonable prices, friendly Service
624 141-05-31 7:30 a.m. - 3:00 p.m.
Tues - Sat

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



ASM

WINDOWS AND DOORS

HURRICANE SHUTTERS

WE MANUFACTURE AND INSTALL:

- Storm Aluminum Panel
- Accordion Hurricane Shutters
- Roll Up Shutters
- Baja Shutters



NOW INTRODUCING:

- Welded Aluminum Gates
- Mechanical Aluminum Handrail
- Welded Aluminum Handrail
- Security Nuts and Screws



 hs@asmwindows.com
 ASM Hurricane Shutters

 624-150-6717
612-102-9017
 624-124-8358

Family Company located in Los Barriles, BCS since 2006

If you could wish for anything, what would it be?

By: Debora Ritchie

Perhaps you might wish for happiness, creativity, focus, deeper connections, a more engaged life, freedom from worry, self-criticism, doubt? How do we go about achieving these?

Generally, we lack awareness of what holds us back from living a vital and creative life or enjoying more meaningful relationships. We catch glimpses of our potential, but deeper change eludes us. American spiritual teacher, Craig Hamilton writes: "We live in relationship, and the measure of our spiritual development is largely found in the way we navigate our interactions with other human beings. And so, the challenge of spiritual life, of evolutionary life, is primarily a challenge of evolving our relationships. But we must realize that our ability to have an evolutionary relationship with others requires first and foremost that we have an evolutionary relationship to ourselves, to our own lives."

Working with various teachers over several decades and sitting in meditation for months at a time with meditation masters in SE Asia, Canada, the US, I've found that the labels given to direct experience are less important than the inner knowing that arises; that sincere spiritual work challenges our egos, develops humility, and nurtures clarity, regardless of what we might call the ultimate end point: Christ Consciousness, Buddha Nature, Unity Consciousness, or God's Grace. Opening our minds and hearts to our highest potential, radical new possibilities for being emerge.

We live in a time of great change and even greater challenge as humans struggle to find our way through self-centered and self-destructive behaviors towards a more unified, compassionate, and joyful connection with all the beings on this incredible spinning globe. Setting our intention to bring calmness and peace to

NEW LOCATION!!!



Oscar the Mechanic

WE WORK ON CARS & TRUCKS
Next to Freddy's Key Shop on 20 Novembre

Open Monday thru Saturday
8am to 5pm

Call us at: (cell) 624-117-3412

determination and ourselves can be a vital first step towards building the energy needed to heal ourselves and our communities. It's a deeply satisfying journey. Perhaps we may share some of this journey together.

I may have met some of you a couple of winters ago while I was visiting Los Barriles. At that time, I offered two talks with meditation at Bonnie Herter's home and enjoyed meeting those who attended. This year I'm returning to Los Barriles in early December and plan on staying until mid-March. For those of you who enjoyed our earlier interchange, or who wish to explore fresh ways of deepening your inner work, I'm offering two talks with guided meditations on the second and third Tuesday of December, from 3:30 to 4:45pm. In the tradition of SE Asia, there is no charge for this event.

For further details, please contact Debora, at wa2peace@gmail.com.



The Original Payment Service in Los Barriles and East Cape Since 1964

paydennis
LOS BARRILES B.C.S

Specializing in Payment and Contract Services Including:

Utility Bills· Gardener, Maid, etc· Bank Trust – Insurance
Beach Concessions – Construction – Property Tax & More

Our Office is Now Structured to Assist With the Following:

Immigration Services: Temporary & Permanent Resident
Accounting Services, Social Security Payments, Mexican Income Taxes & Rental Tax Payments.

Hours : 9:00am – 5:00pm Monday through Friday

Callejón Salsipuedes #9
Apartado Postal #45
Los Barriles, B.C.S., Mexico 23330

Tel. 624 141 0261. Fax 624 141 0441

paydennis@gmail.com
dennis@paydennis.com

www.paydennis.com

Recycle and share with a friend or return to East Capers Rack!
Cardiovascular Training Guidelines for Adults 50+

By: Sefi Held

<u>Description</u>	<u>Beginner</u> (Very low to Low Fitness)	<u>Intermediate</u> (Average Fitness)	<u>Advanced</u> (Above-Average Fitness)
Goals	<ol style="list-style-type: none"> 1. Improved health 2. Increased energy 3. Daily activities made easier 4. Weight reduction 	<ol style="list-style-type: none"> 1. Improved health 2. Weight Reduction 3. Advanced activities of daily living made easier 	<ol style="list-style-type: none"> 1. Improved health 2. Weight maintenance 3. Sports training for competition.
Frequency	1-3 times / week	3-5 times / week	4-6 times / week
Intensity	55%-64% Max HR	65%-74% Max HR	75%-90% Max HR
Time	15-30 min. (Initially this does not have to be continuous)	20-45 min.	40-60 min.
Type	<ol style="list-style-type: none"> 1. Walking 2. Stationary bike 3. Swimming 4. Water aerobics 5. Basic fitness classes 	<ol style="list-style-type: none"> 1. Stair climbing 2. Treadmill 3. Fitness Classes 4. Cycling (spin) classes 5. Cross-training 	<ol style="list-style-type: none"> 1. Complex movements 2. Sports 3. Interval training 4. Cross-training

After you have enjoyed reading the East Capers Magazine, please drop it back to one of our stands so others can enjoy it too!! We encourage the recycling of the magazine and appreciate your help in being able to share it with others.





SUP BAJA

: Stand Up Paddle Board Sales and Supplies

Boards: Multiple Brands, Styles, Sizes Lessons: Free Lessons with Board Purchase

Equipment: Beach Wheel Kits, Leashes, Roof Racks, Garage Racks, Fins, Adjustable Paddles & Fishing Setups

supbaja@hotmail.com

Call Don 624-125-2038 cell
624-142-8019 casa

Sea Turtle Release Fall 2018

By: Chris Courtright

On a beautiful November morning we made our way down to the beach to watch the mornings turtle release. Although I have seen this release before, I am amazed and thrilled each time. The crowd must have been at least 30 persons, all just in awe of how the cute little turtles know their way to the water. You watch them and cheer them on (turtle racing??!!) and the 'GPS' challenged ones, get help to head to the water along with the back floppers. Today's releaser, Omar Araiza, tells me that there were 55,000 turtle eggs this season, the most EVER since they started 8 years ago. They ply the shores every morning beginning in July and releases are at their height from mid-October to mid-November with only about two weeks more of daily morning releases.

The efforts of the turtle nest rescue are done through volunteers, donations and the tireless work of Omar and Noe Araiza. You can see the Grupo Tortuguero booth at the Farmers Market in Los Barriles and the shirts, cards, or other great items where proceeds go to help the saving of this beautiful animal of our oceans. So, to keep our oceans balanced, and please help support the turtle rescue efforts.



Looks like a turtle race to me!

El Jardin de Santa Maria
Affordable New Home Development
Brand new quality homes starting at only \$269,500!

DEDE BACON
530-545-3407 US CELL
624-141-0075 OFFICE
www.dedebacon.com



SELLERS: Call for a free Comparative Market Analysis of your home or land value. Don't end up with a listing that doesn't sell!

BUYERS: Use a Realtor who has YOUR best interest in mind... not only their seller's interest! Contact me to show you ALL the local offices listings (not only our own).

Let me show you around and present the best opportunities for you to own your retirement or second home, or enrich your investment portfolio!

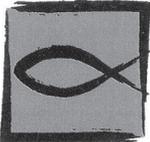
Baja Properties
A REAL ESTATE MARKETING AND DEVELOPMENT COMPANY
San Jose • Cabo • Los Barriles



Super Cute!



Omar making sure the turtles are right side up



Everyone is Welcome
for
Worship and Fellowship
Sundays 9am

East Cape Community Fellowship
LOS BARRILES, B.C.S.
<http://www.eastcapecf.com/>
English Services * Bible Teaching * Christ Centered



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

Baja Sur Bans Plastic Bags, Straws & Styrofoam

By: Theresa Comber

In a bold and unprecedented move, on July 24 Baja Sur's outgoing state legislature passed a sweeping environmental law banning plastic bags, plastic straws and disallowing the use of Styrofoam take away containers in our state. The law provides for a 12-month transition period to give restaurants, stores, consumers and any others effected with time to transition and comply when the law goes into effect next summer, in July 2019. Baja Sur joins two other states in the country of Mexico to adopt legislation to ban these plastics plus styrofoam; three more states have proposed legislation with the expectation that they also will be successfully passed.

The momentum for this environmental legislation was harnessed by Mayra Rodríguez Director of the La Paz-based organization "Desplastificate". Mayra brought together more than 38 diverse, environmentally driven nonprofit organizations to create a wave of energy that promoted and encouraged the legislation. East Cape Recycling & Environmental Education (ECREE) was proud to have been one of the organizations involved in the passing of this essential and progressive law.

Learn Mosaic in 1/2 Day!

Are you looking for something creative, fun and inspiring to do with friends, family, kids, grandkids? Consider this 4-hour workshop where you will learn the basics of mosaic tile art in an inspiring setting. All the materials will be supplied, simply show up with work clothes and ready to have fun. You'll be shown how easy it is to create a beautiful mosaic table top. You can organize your own group of 6-8 or join with others. Located in the heart of Los Barriles with plenty of room to park. Light snacks and beverages are provided. By the end of the four-hour workshop you will have learned mosaic tiling and completed your own beautiful table top or wall hanging.

Classes run from 9-1 and the fee is 1000 pesos. Contact Christene at spadecortez@yahoo.com 624-160-1203 for more information - *gift certificates available*



your personal life. Adapt your lifestyle and adopt positive habits that work in favor of our environment. Every person does make a difference and backed by progressive laws we will lead the way to making lasting environmental protections and impacts.

If you don't already have them, now is the time to buy your reusable shopping bags (available through ECREE and the popular Pitaya Fruit and Vegetable store), your reusable straws (available at Chakra) and by purchasing your own take away containers that you use when you go out to dinner. We continue to encourage you to recycle and get involved. The Baja is too great not to protect and our Sea of Cortez deserves to be plastics free.

Cabo Este Verde

A new local organization, "Cabo Este Verde" (Green East Cape), was formed by young adults and local high school aged students this summer. The organizers were inspired by their excitement for this new law and encouraged by Mayra and Paulina Godoy of the Baja Coastal Institute. ECREE's environmental programs provided during the summer Curso de Verano program was the nexus that brought everyone together and incubated the organization. ECREE will be sheltering them while they grow.

SALON DE CORTEZ
SPA & BEAUTY



salon.cortez@yahoo.com
www.schedulicity.com
624-124-8056
www.facebook.com/salondecortez

THE SPA BUILDING, PALMAS DE CORTEZ HOTEL

WEEKDAYS: 10AM - 5PM
SATURDAY: 10AM - 1PM

Homes and Land of Baja HomesandLandofBaja.com



Our home prices start at \$99,000! We are Multiple Listing Service (MLS) and can show you All the properties. Sellers: We have sold many homes and lots last season and are always looking for new listings. See us at The Los Barriles Information Center across from Joe's Deli.

HomesandLandofBaja.com



Call about our weekly open houses. USA 310-494-5700 MX. 624-124-8083

Passport to Health

This annual program provides a thorough analysis of your health for a reasonable cost of \$500US.

You'll receive:

- Comprehensive Physical Exam
- 36 Element Lab Panel
- EKG
- Chest X-Ray
- Ultrasound
- Stool and Urine Analysis
- Recommendations for treatment or monitoring health issues

No-Cost Care For Kids

Our mission is to provide access to high quality health care to everyone. All children under 18 receive no cost medical and dental care!

Affordable Insurance Is Here

East Cape Medical is a trusted provider of a variety of insurance plans from short term travel policies to comprehensive global coverage for your entire family. Med evac and air evac options are available, too. Contact us for a quote at EastCapeHealth@gmail.com

Plaza Libertad, Los Barriles
624-157-0081

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!



Hospital H+ Los Cabos



EastCapeMedical@gmail.com