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JoAnn Hyslop East Cape Legend and Leader

JoAnn Hyslop, longtime resident and founder of Asociación de Artes passed away peacefully on January 15, 2019 in Thousand Oaks, California. She was 88 years old. JoAnn was born in Pasadena, CA Dec 23, 1930. She raised 6 children in the California area working as teacher, administrator and grant writer. On a grant writing trip to Orcas Island, Washington, she met Russell Hyslop and they married and lived on the island while she had her go at owning a restaurant and after a few years returned to California.

JoAnn lived an adventure filled life traveling all over the world. On one of her adventures, JoAnn and her husband, Russ, came down to the Baja, the East Cape in particular, to get the best viewing of the 1991 solar eclipse. Like many who made the trek, life was not the same. JoAnn and Russ fell in love with the area, and never looked back, moving down three months later.

An artist, activist and teacher, JoAnn quickly saw the need for the arts in the schools, which only taught the three "R's". They would go into LB elementary and teach art classes, bringing all the supplies as there were not any in the schools. Developing from the school classes, and finding many other artists in the area, JoAnn came up with the idea for an art festival..... and in 1993 Festival de Artes was born in the yard of their trailer in Juanito's Garden RV Park. There were 10 artists. Shortly thereafter, JoAnn and a group of about 10 individuals started Asociación de Artes del Mar Cortez. A.C. which was a Mexican non-profit corporation – and that was no small feat. As a long term president of the AdA, JoAnn developed many events and activities: providing art and school supplies to many area schools, Artist Studio Tour, Music Festivals, Holiday Art Show, Saturday Crafts for kids, Art programs for the secondary schools, Mural programs, Puppet shows and a Puppet theatre and of course this publication, East Capers Magazine – of which she was a long time editor. JoAnn's main legacy was to blend the Mexican community with the Gringos. Most of the programs and events that she started, are still going on today.

JoAnn had a great sense of humor, was a tireless volunteer and we all remember her tooling around town in her yellow 1972 VW bug – “*carra baja amerilla*”! When her health did not allow her to live out on the ranch, which was off the grid, JoAnn's daughter came and packed her up to move back to California. She often told us when we called, she was bored – “*all the people at her retirement complex were so old*”!

She was a great friend to the kids of Los Barriles and the East Cape and without her, her ideas and time, many things would not be happening in this area. She will be missed by many and will be remembered as one of the ‘old timers’ and dare we say a ‘founding gringo’s’ in Los Barriles!! JoAnn rest in peace – but, we all know that she is already organizing something in the next life!!!



Artist Studio Tour

We all love to take a peak into the lives of those we admire. This is your chance to take a peak at the *studios* of some of the artists who reside in the Los Barriles area! The Artist Studio Tour **February 13**, from **10am – 4pm** is your chance to browse through 15 of different art studios in the Los Barriles area. Most stops have more than one artist showing, there are new stops and you can see many of the artist working!

Continued on Page 3

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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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Artist Studio Tour Continue from Page 1

Some of the artists you will see on the tour are Elizabeth Perkins with some one of a kind silver and precious stone jewelry, Mary Naylor (artist of the poster) with her colorful and playful pictures and prints, Victoria's Sunny Dresses -the stop with the party atmosphere, Steven King the artist (not the author), Christine Kenck Design and her Mexican Folkloric sewn creations, Michele Melehes with her up-cycled indigenous Guatemala clothing, Tessa Nisbet custom knits, Wendy Erickson with her colorful art from nature and Jeff Heitzman, Connie Heimen and Jose Barchi art – just to name a few.

In the previous years, artist studio tour has become a favorite event for many in the Baja Sur. Friends meet and tour the studios while enjoying drinks or treats at many of the homes. You linger, visit, shop and snack and end the day with dinner at one of our great restaurants. And remember it is the day before Valentines, so you can get your special one (and yourself) a gift on the tour!

Parking is easy and provided at each studio with many within walking distance of each other. You can pre-purchase your tickets at **Baja Beach Boutique** in Plaza del Pueblo in Los Barriles or on the day of the show purchase your tickets and map at our new *drive through* ticket booth across from **Plaza del Pueblo** and right next to the Barrels Fountain in LB. You will enter right by the fountain and exit next to OXXO, simple! Tickets are sold from 9:30 am to 1pm, with studios open to 4pm. Ticket price is just \$5 usd or \$100 pesos.

The Studio Tour is one of the major fundraisers of the Asociación de Artes del Mar Cortez who provides art and school supplies to 19 area schools, Art programs and financially supports sports program at Easter and Cursos de Verano for East Cape Children.

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## ***Festival de Artes-*** ***the beginning of the*** ***second 25 years!***

As we enter our second quarter century, we are going back to our roots for the Festival de Artes. The 2019 festival is **Sunday, March 17<sup>th</sup>** from 10am – 4pm and will be the start of your celebration of St. Patrick's Day! Come and enjoy the sunshine, the vendors, the traditional entertainment, the food and our second to none beverage garden.

La Paz  
Cultural Dancers  
at Right



Continued on  
Page 4

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*Festival De Artes 2019 Continued from Page 4*

This year we are going to get back to our glory days of the early festival by bringing in a higher caliber of artists and reaching out to newer artists with varied mediums. Artists must produce 90% of their own pieces which ensures you get a one of a kind and original designs. We are refining and expanding our food vendors bringing back our favorites like San Antonio Gourmet burgers and pizza, Palmas Carne Asada Taco Stand, Sausage Ladies and their delicious brats and bringing in some new vendors with a wider variety of tasty things to eat. You will be able to hear the ice crackling on the beverages in our bar hosted by Hotel Palmas de Cortez and Asociación de Artes (AdA).... And if we are lucky, we will have green drinks to celebrate with! We will continue with our fantastic traditional folkloric Mexican entertainment featuring our local school kids, along with dancers from the La Paz Ministry of Cultural Dancers and music from some local residents! We have added a new category of vendors that we hope to appeal to a wider variety of our active guests- ie: men (no, not burlesque!). We will tighten up our grounds to leave more parking space and bring in more tables, chairs and shade, and make the experience for our guests more memorable.

With the Festival de Artes landing on St. Patrick's Day, we are your start to a day long celebration. Dare we say, "the longest daytime St Patrick's Day party in the Baja????!!!"

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You have also come to enjoy our raffle and silent auction area. This is the most important area to the AdA as this is our major fund raiser that allows us to continue our mission as we support the children of the East Cape area. We will have a variety of great items that you want and need to have. We have golf packages, fishing trips, original art, hotel stays in a variety of towns in BCS, spa packages, jewelry, shopping opportunities and dinner packages – for a start. You can also purchase a raffle ticket for your chance of winning one of our 'packed full of great stuff' baskets. All these things you are going to buy anyways, so why not buy them from us and help the kids! Watch the Festival de Artes page for the listing of some of the things in our baskets and our silent auction

For more information and complete details on this free event that offers free parking, go to [www.eastcapearts.com](http://www.eastcapearts.com) – and go to the Festival de Artes page and keep up with all the details! Questions? Email: [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com)





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# **BAJA SHAKESPEARE 2019**

## ***The Sea Princessa and the Frijole***

By: Camilla Ford

Baja Shakespeare celebrates its 19th season with *The Sea Princessa and the Frijole*, an adaptation of the successful musical, *Once Upon a Mattress*, which in turn was an adaptation of the fairy tale, *The Princess and the Pea*. This upbeat and funny show is meant purely to entertain and delight. It takes place loosely in medieval times and tells the story of a kingdom where no one can marry until a princess is found for Prince Dauntless the Drab. Because the evil Queen mother never wants her "Snooky Ookums" to grow up and leave her, she rigs the tests so no one can pass....until....."once upon a time." But, you have to come to the show to find out what happens. You will recognize many of your favorite local actors playing quirky characters from the royal court: Minstrels, the Wizard, King Sextimus the Silent, Queen Aggravain, Jester, Princess Winnifred, Prince Dauntless the Drab, Lady Paloma, Prince Harry and others. In the original Broadway production in 1959, Carol Burnett starred as Princess Winnifred. Both the production and Carol were nominated for Tony's that year. Later, in the 1992 revival, she played the role of the Queen. The years' production will transport you to a world of laughter and joy, with just enough conflict to keep things interesting.

The 7 show dates are: Opening Friday March 8, Saturday 9, Sunday Matinee 10, Wednesday 13, Thursday 14, Friday 15 and Closing Saturday March 16, starting promptly at 7pm, with the Sunday Matinee at 1:30pm. Our theatre is located at the Convention Center at Hotel Buena Vista Beach Resort (Spa). The

Hotel is offering their fantastic Mexican buffet with salad bar for 4 of the show nights, both Fridays (8th & 15th) & both Saturdays (9th & 16th), beginning at 5:30pm. The price is only \$17.50 which includes one drink (margarita, wine or non alcohol beverage) and tax. Reservations may be made up to the day before dinner, sign up when you purchase your theatre ticket at Homes and Land Of Baja or call the Hotel directly 624-142-0099 or [hortenia@hotelbuenavista.com](mailto:hortenia@hotelbuenavista.com).

For other shows, dinner will be served, by ordering off the regular menu. As well, the Hotel is offering their super overnight package, \$185 usd for 2 persons which includes room, dinner, one drink pp, show entrance tickets, breakfast with all taxes included. For all info and specials, visit their website: [hotelbuenavista.com](http://hotelbuenavista.com) Come and experience gorgeous beachside dining, folks love the Spa's Mx buffet!

Ticket prices for the play remain the same at \$20 or 400 pesos. You may reserve with Ann at Will Call: [nanatembden@ymail.com](mailto:nanatembden@ymail.com) or 624-141-0314. If you wish to become a Friend of Shakespeare, please contact Anne: [herschleb@gmail.com](mailto:herschleb@gmail.com) Tickets will go on sale in early February at our one location: Homes and Land of Baja, LB. Our shows always sell out so get your group together, decide your show, make your dinner reservations and make a night of it. Do not be disappointed by waiting. The Sea Princessa and the Frijole promises to be lively, fast paced and

### SHAKESPEAREAN NEW YEAR'S RESOLUTIONS, part 2



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## The Health Of Our Dogs And How We Feed Them

By Theresa Comber and Lynn Mirassou

Take a moment to consider this analogy. As human's we're encouraged every day to eat a healthy, unprocessed, close to nature diet. Many try, and work hard toward a healthful life style. Especially here in the East Cape where mother nature beckons us toward the best version of ourselves. But what about the health of our beloved dogs? What do we feed them and how are we responsible for assuring their good health and longevity? Are there options beyond the ubiquitous, processed kibble diet?

Dogs are carnivores – we just need to look at their teeth to know that. A dog won't walk through a rice paddy or a corn or wheat field and graze contentedly along. But put them in a chicken coop or a pen with a herd of goats, that's likely another subject! Dog's want to eat meat. They thrive beyond compare on a natural, raw meat, non-processed diet, as nature actually intended. But what changed in our dog feeding history? Just after WWII the manufacturers of what is now a \$25 billion-dollar industry created kibble. A non-natural, multi-ingredient, processed product that is cooked as many as 4 times at high temperatures, blended into a dough, put into a mold, cooked more, covered with another ingredient to make it taste good and...it's dog food. Twenty first century convenience and common place kibble, two scoops and you're done. But again, we wonder, is that the best we can do for our loved companions?

Feeding dogs 'raw', the current term that covers the method of feeding dogs a raw, meat mix diet comes with bountiful benefits. Their bodies process and absorb nearly all the nutritious food. Without additives like

rice, flour, corn, grain, gluten, they drink much less water, so they don't need to urinate as often. There's no biproducts so their poops are very small, perhaps half the size of a dog on a kibble type product. There is nearly no smell, seriously. And if for any reason it's not picked up, it disintegrates in about four days! A dog's weight is more easily managed, keeping their hips and joints free of extra pounds. If you see a bit of added weight, scale back and within days the dog's body responds and leans out. Feeding and supplementing raw bones means no tartar build up on their teeth. It's the tartar that can be the underlying cause of peritonitis and poor dog health (and the dreaded "dog breath"). Heart and organ meats are like health pills for dogs and keep them youthful. Feeding heart and liver helps dogs get all the iron and nutrients for a long, healthful life.

But HOW do you switch? What's the formula? How much meat for your dog? It may seem daunting,

but in fact, it's not. Nearly all dogs respond immediately, and happily! Remember, they are carnivores. It's recommended to start feeding with 2% to 3% of their desired body weight each day. If they gain weight, slowly adjust down until they look lean and fit. If your routine is to feed once a day, then the entire amount in a serving. If you feed twice a day, split it in half.

*Continued on Page 7*



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

*Dog Food Continued From Page 6*

And what do raw fed dogs eat? Like people, they thrive on a variety of all meats (and fish!) A blend of meats recommended at 45% chicken (with the bones), 20% beef, 20% pork, 5% heart and 10% liver-organ mix. And if it's not perfect, it doesn't matter. It's just an average.

The key is to have a butcher who understands your needs and here in the East Cape it's easy. The butcher in Campemento, 'Carnicero Tito', picks up orders every Tuesday and delivers the prepared meat the following Tuesday. He cuts the pieces into 1-inch and 2-inch squares and fills whatever containers you provide. As an example, for two larger dogs averaging 55-pounds and one small 13-pound dog, a rectangular plastic container filled full and holding 9 pounds will last nearly a week. We order 60 pounds at a time to last 6 weeks, as we have freezer space. But Tito could provide as little or as much as you want each week.

Another quick point - dogs don't know how to cook. They never have and so they don't need their meat or bones cooked, their chicken, either. Cooking destroys much of the nutrition and changes the structure of the bones to splinterable. Uncooked chicken bones are soft and easily digested. It's cooked chicken bones that are dangerous.

If you could feed your dog a raw, non-processed, fresh food diet, full of natural nutrition and it was

nearly as easy as kibble and your dog thrived with great health, would you? Want more encouraging news? It's nearly the same cost as mid-range kibble products. But what about when you return to the US or Canada? Nearly all butchers are now keenly aware of the shift away from kibble and are happy to create a meat blend for your dog.

There is a myriad of websites available offering more knowledge and science to hold up the benefits of natural, raw food feeding. If you already are feeding raw and need a source for meat, or you think you'd like to give your best dog friend the best food possible, please email [rawfeddogsthive@gmail.com](mailto:rawfeddogsthive@gmail.com). We will coordinate for you with Tito for Tuesday orders and pick up. [www.rawlearning.com](http://www.rawlearning.com) (lots of great info here) [www.rawdogranch.com](http://www.rawdogranch.com) (click on raw feeding) [www.rawfeddogs.net](http://www.rawfeddogs.net) (among the great info here is a link to the Raw Feeding yahoo group ~ see below.) [www.rawmeatybones.com](http://www.rawmeatybones.com); [www.mypetcarnivore.com](http://www.mypetcarnivore.com) (click on learn about raw feeding). Not ready to jump into feeding raw? Here are some suggestions on how to improve your dogs' current diet: [9 Healthy Foods For Dogs](#).



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# The Oaks of BCS

By: Artie Arbol (May-June 2002)

Bet you didn't know that the Cape Region has at least three species of oak trees that are classified as endemic and they're so close that you can see them for yourself!

For a little history. Way back in 1905 and 1906, a couple of guys names Nelson and Goldman decided to explore our neck of the woods (literally)! They looked around and discovered three brand new species of oak, which belong exclusively to the Cape Region. They named them Encino Negro (Black Oak) and Encino Roble. Since then a couple of other species of endemic oaks have been found on the peninsula. Let's focus on the three closest to home.

If you are into recreational hiking you will be glad to know that the Cape Region oaks are very easy to find! They like elevations from 500 meters to 1800 meters. If you want to try to identify each of them, here is a set of clues for you to use:

**Encino Negro (Cape Oak):** Large spreading evergreen oak up to 20 meters tall. Leaves large (4 – 6.5 centimeters long and 1 – 2 centimeters wide) elliptical, smooth and sharp at the tip. Acorns long (up to 4 centimeters) slender, base 8 – 12 millimeters in diameters tapering o the tip. Elevation: 500 meters.

**Encino Negro (Black Oak):** Partially evergreen erect tree up to 20 meters tall. Leaves large (4 – 6.5 centimeters long and 1 – 2 centimeters wide) elliptical, smooth and sharp at the tip. Acorns long (up to 4 centimeters) slender, base 8 – 12 millimeters in diameters tapering o the tip. Elevation: 500 meters.



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20 meters tall. Leaves thick, leathery, 3-8 centimeters long and 1-3 centimeters wide with spiny margins ending in sharp tips. Slender acorns less than 2 centimeters long, woolly matted hair on inner surface. Elevation: 1,100 meters plus.

**Encino Roble:** Moderately spreading tree up to 10 meters tall with rounded crown. Large oval leaves grow up to 16 centimeters long and 5 centimeters wide. Acorn shaped like a round Persian pillow. I have asked some of the artisans if they use oak in their work. They laugh and say, "No, solo para el fuego!". There you go – one furniture maker's chair is another's fuel!

Hope you have fun on your hike! Let me know how you did. I will be at the ranch under my Encino Negro.



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scarves will be for sale at the Festival de Artes, March 17 in Los Barriles. Also for sale will be each weaver's created "surprise" project! Nancy's surprise is for a Barbie Doll; Trini's idea is for your table; Stefi's is a personal-

ized yoga surprise; Rosa's warns you "Cuidado" and Marizonia has a surprise for a boy!!!

If you can't wait, go to the Cultural Center in San Antonio, right across from the church, hours are Wed—Sunday 9:30—3p or come and check out their booth at the Festival de Artes in March.

*Weavers working together above and Stephe showing her work at left*



## Weavers of San Antonio

By: Seddon Wylde

Weaving in Mexico has been a tradition handed down for years. The art was almost lost until a group of women from the San Antonio were lucky enough to find a weaver, Seddon Wylde, to teach them the traditional art. The weavers of San Antonio continue to learn the art of hand weaving on shaft looms. After 8 years in the Cultural Center behind the Church in the center of town, 6 or 7 meet twice a week to share their knowledge and create fabric.

Last year they concentrated on the technique of double weave pick up which allows them to create images rather than simple vertical, horizontal or diagonal lines. This year the group will attend a workshop to enhance their organization and productivity. A proposal has been submitted to the town so that they might be able to move to a smaller building that doesn't leak. They also invited Weavers from La Paz to share their ideas and skills which will allow them to master the tradition of weaving.

Their current project has been based on the Color Theory of "Color Me Beautiful". Each weaver has created ponchos to compliment the 4 seasons as well as weaving coordinating scarves. The ponchos and

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

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**Annual Fundraiser for New  
Creation Kids Orphanage  
March 30<sup>th</sup> –  
La Playa Restaurant**

By: Adam Greenberg

Nuevo Creacion Ninos – New Creation Kids, is a home for kids whose parents struggle with addiction, are abusive, are in prison or have simply abandoned their children because they are unable to care for them. These situations are difficult and complex. In some cases, children are abandoned because of the reasons described above and in other cases it is because of financial or another distress. In some cases, such distress has been caused by the difficulties of caring for a sick child or family member.

I have been involved with [www.newcreationkids.com](http://www.newcreationkids.com) for the past 8 years and every year I learn more about the kids we care for, the government regulations associated with operating an AC (Association Civil) which in Canada / U.S we refer to as a ‘Not for Profit.’ The introduction came quite by accident and if you are interested in learning more about how this came to be you can visit our website.

Over the years we have run various fundraisers, bought

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All the kid’s new bikes, helped rebuild after hurricane Odile, planted a garden, installed chicken coups, held pizza parties and more. I have grown to consider NCK an extension of my own family and my involvement feels natural. Funds raised ensures that every child goes to school, with supplies, uniforms, and with tuition paid where required. We prepare over 90 meals a day (3 x 30 people.) We must fill the propane tank, pay the electricity bill, maintain equipment, buy food, diapers, car insurance, fuel and the list goes on and on. Despite this, the operational costs aren’t unmanageable at \$10,000 pesos per week. If you think about it, that’s less than the expense many of us incur to exist as a single person in Canada or the US, let alone to care for a family of 30. That said, there is no government funding, so it is a challenge and we survive month to month. We make ends meet purely from donations (kindness of strangers) through fundraising and from selling the hand-crafted items that are made by the kids and volunteers in the shop (which was also built and maintained through fundraising) It’s not easy and sometimes, frankly we don’t have the money for propane (as an example) and so we have to go from 3 meals a day down to 2 or without hot meals/showers. We do our best though and no one ever goes completely hungry!

On, Saturday March 30<sup>th</sup>, 2019 starting at 5pm, please join us for our fourth annual fundraiser in support of Nuevo Creacion Ninos. Huge thanks to Evelyn and her family from La Playa Restaurant for hosting us each year. In fact, they host a ton of community events and it’s selfless giving like this that makes this amazing community what it is. Every year, local businesses donate items which we auction off, music is played – this year the Lack Family will be entertaining us – food and drinks are sold, and money raised goes to covering the operational costs to keep things running at the orphanage. Over the coming weeks, tickets will be sold, and we will be advertising and seeking volunteers to make this year the best one yet!

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## BREATH by BREATH

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

How often do you think about breathing throughout your day? Probably not a lot. You know it's important to enhance your physical activity, digestion and even mental health, but it's not something you go out of your way to think about.

It's been said that one can spend 30 days without eating, three days without drinking but only three minutes without breathing. So, isn't it time to pay a little more attention to your breath?

### Why Breathing is so Important

According to The Lung Association: "We are powered by breathing ... Our lungs breathe in air, then remove the oxygen and pass it through our bloodstream, where it's carried off to the tissues and organs that allow us to walk, talk and move. Our lungs also take carbon dioxide from our blood and release it into the air when we breathe out."

Breathing is something that we all do without usually realizing it. According to The Lung Association, we breathe in and out about 22,000 times a day. The lungs expand only when there is an increase in the volume of the thoracic cavity. In humans, as in the other mammals, this is achieved primarily through the contraction of the diaphragm, but also by the contraction of the intercostal muscles which pull the rib cage upwards and outwards.

Even though breathing is handled by the autonomic nervous system, there is a lot you can do to consciously improve the efficiency of your breathing—whether doing Pilates, yoga, fitness or just moving through life. It all starts with being aware of the different ways to inhale the good and exhale the bad.

### Nose Breathing

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warms or cools the air (depending on the temperature) before it enters the lungs. As a result of the nose's natural filtration system, the body doesn't have to produce as much mucus as it would otherwise to expel debris from the lungs. Nose breathing is the most efficient and cleansing way to breathe when possible—when you can bring enough oxygen in through your nostrils to meet your body's needs.

### Mouth Breathing

When the nasal passage is obstructed or when you can't seem to get enough air in through your nose, the mouth takes over. Try it and you'll find that the volume of air inspired by the nose is smaller than that of the mouth. Breathing through the mouth can oxygenate the blood more quickly. This is why we tend to breathe through the mouth during intense physical activity. Breathing through the mouth can also help muscles relax, however, it can also dry up saliva and promote the multiplication of harmful bacteria.

### Belly Breathing

The term belly breathing refers to diaphragmatic breathing. While there are many ways to breathe, this is one of the most effective ways to fully saturate the lungs with oxygen.

Try this. Pay attention to your breathing and fill your lungs. Exhale. Then breathe deeply, this time directing the air to your belly. Do you notice a difference? The volume of air is greater when you fill up the part of the lungs towards the belly—the area unobstructed by the ribcage

How we breathe affects everything we do. And breathing is critical to core stability and building bodies that move with ease and integrity.

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## **Monte Carlo Night February 22, 2019**

By: Kim Plotkin

Who needs to travel to Vegas when you have Poker, Craps, Roulette, Raffles, Auctions and Great Food! These are the action filled activities at the **Annual East Cape Guild Monte Carlo Night** which will be held on February 22<sup>nd</sup> at 5:00 P.M. at Spa Buena Vista Hotel.

The Guild is a non-profit organization that provides educational scholarships for children of the East Cape region. As you may or may not know, the Mexican government provides free education only through 9<sup>th</sup> grade, any further education then becomes the responsibility of the families. For many of these children, 9<sup>th</sup> grade is the last grade they will ever complete.

The East Cape Guild has been working hard over the past 19 years to provide scholarships to help these students attend high school. Last year we proudly awarded Scholarships to 204 students, a new record!

Every year we hold charitable events to raise funds in the Los Barriles community. We are happy to report 95% of all monies raised go to education of the students.

The Monte Carlo night is a hugely popular annual event, over one hundred and fifty supporters attended the sold-out event last year so buy your tickets early. It is a serious fun filled, fund raising event to generate scholarships for high school level youth in the East Cape Community.

Monte Carlo Night Tickets will be available at Homes and Land Real Estate Office and the Saturday Community Market or contact Kim Plotkin @ [kplot-](mailto:kplotkin@bahia-realestate.com)



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## *New Orphanage / Home For Kids In El Cardonal*

By: Adam Greenberg

**Nuevo Creacion Ninos** – New Creation Kids, is a home for kids whose parents struggle with addiction, are abusive, are in prison or have simply abandoned their children because they are unable to care for them. These situations are difficult and complex. In some cases, children are abandoned because of the reasons described above and in other cases it is because of financial or another distress. In some cases, such distress has been caused by the difficulties of caring for a sick child or family member.

Over the years I have been overwhelmed by the thanks I have received for taking a leadership role in terms of overseeing operations at Nuevo Creacion, which I have been doing for the past 7 or 8 years. I have also been overwhelmed by the number of people that so generously donate, who offer to volunteer, who share my facebook posts to help spread awareness, and so on. Some have even offered larger and more regular donations, but they require a 501c receipt (this is a US based taxable donation receipt for tax purposes.) It's this part that gave me the idea to create my own NFP in order to raise money (maybe even secure some corporate donations) and to create some more structure around what we do. For example, we need a new website, a better way to recruit and organize volunteers, a regular means of communicating updates, a way to properly collect and account for all our donations and so on. With the help of local resident and retired attorney Phyllis Newton, who has so kindly volunteered her time and expertise to get this setup, we are launching our new organization soon. To learn more, you can visit [www.leaders2give.org](http://www.leaders2give.org)

At the same time, this gave birth to a new business idea (we all need to earn a living after all) which is to create a company that teaches leadership. This new business will help people to funnel their energy, skills and contacts into doing more philanthropic work. People often come to me and tell me that they are inspired by the work that I do. They say they want to do more selfless service, to give back and to make a difference in the world, but simply aren't sure where to start. This new business will therefore teach leadership techniques, how to manage teams and where to begin should you wish to start your own NFP. It will be directly involved with Nuevo Creacion and helping to spearhead the construction of a new facility in El Cardonal as well as other worthy causes, some closer to home (Canada & US). Leaders2inspire has just launched and we are offering humanitarian retreats that bring people to Los Barriles to work together in a hands-on environment. Our first retreat launches on March 28<sup>th</sup> in Los Barriles. Visit [www.leaders2inspire.com](http://www.leaders2inspire.com) to register.



Now, what's this about a new orphanage being built in El Cardonal? You heard it correctly and it was the creation of these two new projects and my experience working with New Creation Kids which led to a connection with another charity here in the Baja. Located in El Cardonal 'Tu Hogar' was the culmination of efforts by a group of compassionate Americans and their Mexican neighbors. About 20 years ago they raised the money to buy a piece of property in El Cardonal with the vision of building an orphanage. They raised enough money to build the first phase, but instead of creating an orphanage they solved a more immediate need and allowed the site to be used as a storm shelter and medical clinic for the local community. The government has since built a new medical center though, so the time is right to repurpose the property and relook at the original plan (although the building still and will for the foreseeable future serve as a storm shelter.)

This group heard about my efforts and approached me seeking to partner on this project. Through my work with Nuevo Creacion and their work with the local medical clinic, we have seen the terrible struggles of poor families trying to care for sick children, so we have decided to build a new albergue (hostel) in El Cardonal (about 25 minutes north of Los Barriles) on the same site as Tu Hogar. In the plan, the current building will remain as storm

*Continued on Page 18*

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*New Orphanage Continued from Page 17*

shelter/community center and new buildings will be constructed for the Albergue, which will be a home for families caring for children that are suffering from cancer or other terrible illnesses. Often fathers are away trying to work to feed the family and put a roof over their heads or are simply unable and ill equipped to cope and so they leave behind single mothers who have to travel long distances to try and save the life of the sick child. They are unable to care for the other children which are sometimes abandoned. The suffering for everyone is unimaginable.

Our vision is to build two dormitories (one for girls and one for boys), a family unit and guest quarters for those who wish to stay and volunteer, or the staff member who oversees day to day operations. For more information on our humanitarian and leadership retreats, to donate, volunteer or learn more about New Creation Kids, please get in touch with me via [info@adamgreenberg.ca](mailto:info@adamgreenberg.ca)



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## All About the Agave

By: JoAnn Hyslop—RIP JoAnn!!!!

For the last few weeks, we have been watching on of our Agave plants put forth its once-in-a-lifetime stalk of blossoms. “Yahoo,” we thought, “this year we’ll have our very own ‘Baja Christmas Tree’.” The first thing we noticed was an asparagus like spear growing up from the center. After a few weeks, green stalks began to appear out of the little “envelopes” along the sides of the spear topped by green clumps of closed blossoms. The tall flower stalk has grown a foot a day and is now about seven meters tall. The creamy yellow blossoms are almost ready to burst open. Soon bats will be hovering around at night, waiting for a taste of the sweet nectar at the base of each flower.

“But,” you say, “I don’t know anything about the Agave plant except what I see on a bottle of Tequila.” Surprise, I’m about to enlighten you! Agaves have played an important role in the Mexican economy since ancient times as a source of food. The Agave plant is mentioned in early Jesuit accounts of native food resources. It can provide food during several of its different growth stages. Early Indian groups often survived for months without any other food. It remains a staple food for peninsular ranchers and itinerant travelers, especially during dry season. The most common practice is to remove the leaves with a machete and pry the base out with a shovel. The crown at the base is pit-roasted for at least a day. The taste is like a juicy tart yam. Another source of food is the asparagus-stage spear before it begins to produce flower stems. When it reached around two or three meters in height, it was also pit-roasted. A cake was sometimes made by mashing the spear.

Early missionaries reported that Indians also used

crushed Agave leaves as an emergency source of water. After the flowers bloomed, the Indians loved to drink the sweet nectar. Iven like to throw a few Agave blossoms into a salad!

Beside food and drink, the fibers of Agave plant have been used to make rope, baskets and mats. But, wait a minute. I glossed over the drink section before I mentioned the famous Agave “drinks of choice, like Tequila, Mescal and Pulque.



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## Why Do You Love Baja?

By Tehroma Lask

I remember the first summer night I slept in a hammock on a beach front porch in Baja. I was fifteen. A bright full moon rose over the Sea of Cortez. Picturesque. That was my first time here after a short visit several years earlier, spending Christmas with Grandpa Jimmy and family.

There was a time when everyone knew who he was. You would see Jimmy Smith driving around town, both hands on the wheel, eyes on the road. Having coffee with Bobby Van Wormer. Hanging out with Steve Chism at Tio Pablo's. It is a treat to meet those who still remember.

He came down when my mom was little. Among his adventures was winning in the first Baja 1000 on a motorcycle. He loved to tell the story about his trophy with an ironic smile and tilt of his head: the trophy was a man on a horse. There must have been a shortage of appropriate trophies that year. This is, after all, the land of improvisation.

Grandpa came here, my mother followed in his footsteps and I followed in hers. My two children were born here. This is home. Of all the places I have visited, there is only one other place I have loved like Baja. Ireland. But that is another story. And that is all it might be: a memory, a connection, a reminder, a dream.

Some of us are fortunate to choose where to live. Among the practicalities, there is a certain criterion. *Must haves* for happiness and wellbeing. For me: connection to the outdoors. The need to have windows and doors open for as many days of the year as possible. Fresh air and natural light. Freedom to move between indoor and outdoor spaces.

In the desert, I walk along trails originally created by free range cattle and goats. I watch for rattle snakes. Especially after it rains when the desert turns green and enlivened with butterflies. In summer I watch the shoreline for clear shiny bubbles with dark blue lines. I have felt the shock of a jelly fish sting once when I was seventeen and swam laps between the shore and a

boat. Or buoy on the days it's owner would take it out on deep water.

Walking, putting one foot in front of the other, such a grounding activity. Feet on the ground. The smell of the air. Temperature. View. Everywhere, there is beauty. I take in the sights with awe. The hills never get old. Nor does the water.

Hurricane season gets old. The boarding up. Living in a dark house, tracking storms, wondering if we will get hit. The sounds at night remind me of living next to train tracks in Oregon. There, the train track was next to the house. In a hurricane, it feels and sounds like a train is roaring through the middle of our home. The weeks after. Waiting for power. Water. The gratitude for owning a generator to run part time and keep food fresh in the freezer. The blessing of an underground water storage tank. Remembering the years when neither of these amenities were part of our home. For many, these amenities still are not. The upside! After a hurricane there is family time, roof top sleepovers, glamping.

Rancho el Aventadero, the property we now own belonged to my husband's family and sat solo for over thirty years. Slowly, Javier, his brothers and our craftsman have revived the land. They ran water to a newly built pila from a natural spring. Planted dozens of mango trees, started a garden, raise chickens that make us eggs for breakfast to go with fresh organic papayas cut into bite size pieces. The land is laced with beautiful hiking and mountain bike paths enjoyed by many.

*Continued on Page 22*

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Why We Love the Baja Continued From Page 21

I feel blessed to live here. Walking the beach one late spring morning, I looked at the horizon as I heard my phone ring. It was a message from Javier on a boat passing by the place I was walking on his way to a fishing tournament in El Cardonal. The sight of sunlight cast upon the water, a boat within the light and jumping manta rays. On the water recently, flying a kite, harness around my waist and board on my feet, moving through swells on dark blue shimmering water, feeling the north wind in my face. Looking at numerous paintings of trails I have created in watercolors, turned into note cards and someday something more. Walking the job site recently and wondering if loving a project, I designed is narcissistic as I fill with pride and joy. All the stories we get to tell through architecture, the homes, and parts of homes, indoors, outdoor spaces, the artistic pieces we co-create. I am grateful to live here.

This all reminds me of a time before marriage, children, a hard earned degree in Architecture, before design took over my brain and creating a healing center poured out of someplace I let go of trying to understand, before I realized Yoga has been my life since before I stepped on the mat, before the wind called me to play, before I lived on this knoll that was a hill with no road to it. I remember long talks and walks with my daughter's god-mother who is originally from El Cardonal and how I would ask her to tell me the stories. Stories about families. The history. Now, I am part of this land too. Part of an ongoing story we are all part of. Part of this land I get to call home.

Why do you love Baja? I love Baja because of how I feel when I am here. The openness, expansiveness, stillness. I feel alive and creative. For me, Baja has become synonymous with home for the heart, body, mind and soul .



Four generations and the man who started it for our whole family: Grandpa Jimmy holding Mr. Dylan, winter 1998.

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## The New Year

By: Carol Dunbar

I like the feeling at the end of the year,  
It brings on a sense of really good cheer -  
To take a clean cloth and wipe the slate clear,  
And chart the new course I'm about to steer.  
Some things I'll pack up and leave behind,  
I have to make room for the new things I'll find.  
Others I'll take, when they're polished and shined,  
A few will go with me, but they must be refined.  
While from somethings it's definitely time to part,  
I'll keep those that are close to my heart.  
I want to do what is correct and smart,  
I like the sense of getting a fresh start.  
To some it's adios, farewell and good-bye,  
To the new it's greetings, hello and hi!  
Somethings may end with a little sigh,  
But new things will start that dare to defy!  
The new year will bring what the new year will bring,  
And that could be just about any thing!  
So it's time to rejoice, raise my voice and sing,  
And get ready to fly like a bird on the wing!

## Baja Reef Conservation Catches On in 2018

By: That Baja Guy-Gary Graham

In 1972, successful U.S. businessman Mike McGettigan bought the 52-foot Cheoy Lee sailboat *Vagabundo* in San Carlos, Baja California Sur. He traveled, dived and fished in the Sea of Cortez for a year. And, he watched as the reefs and reef fisheries declined at an alarming rate. Fishermen using compressed air ravaged them in the 1970s and '80s, spurring him to found SeaWatch, committed to exposing the destruction and often illegal fishing practices.

In 2007, Sea Watch's attorney Maria Ugarte Luiselli, petitioned and received a change in the federal law prohibiting fish extraction by using compressed air, adding that it is also "illegal to use hookah equipment for spear fishing and it is illegal to place nets on rocky reefs, or anywhere there is a coral reef as well."

Regardless, in June 2009, illegal netting and nighttime spearfishing using hookah equipment was still rampant. This decimation was halted temporarily in 2009-2010 as a result of Red de Observatorio Ciudadano ("ROC"), the first citizen-driven vigilance group formed explicitly to prevent illegal fishing in the Bay of La Paz. During its first year, ROC prevented the killing of more than 500 tons of reef fish in the Bay of La Paz and the number of illegal boats was reduced from 29 to 4.

However, in 2011, unlawful fishermen persuaded CONAPESCA to delay and stop the prosecution of illegal fishing, and not patrol the area. Recognizing the success of ROC's efforts, new formal agreements were negotiated with CO-NANP (the Mexican National Park Service), CONAPESCA (fisheries) and PROFEPA (the legal arm of the Mexican National Park Service) that included placing government authorities on ROC patrol boats.

This was brought about with the support of the CONAPESCA inspectors who worked diligently with the ROC Vigilance Team to prevent illegal fishing in the Bay of La Paz and at Archipelago Espiritu Santo. ROC's citizen-driven ROC vigilance, in collaboration with State and Federal authorities, produced outstanding results.

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In 2017, ROC patrol boats worked with CONAPESCA (the federal fisheries authority) leading to the confiscation of 13 illegal *pistolero* boats (carrying divers spearing parrot fish at night while using illegal hookah equipment.) In 2018, ROC acquired a patrol boat and a new 175 HP motor donated by McGettigan making it possible to chase down illegal fishermen and increasing ROC's surveillance in the Bay of La Paz. The new ROC patrol boat is larger, allowing it to carry ROC's captain and staff, along with the federal fisheries' authorities and navy personnel.

Since April, 2018, not one boat has been caught illegally fishing at Espiritu Santo National Park, and fish populations have dramatically increased, especially the heavily targeted parrotfish. The ROC patrol boats are operated by *ex-pistoleros* (illegal fishermen) who are used to

*Continued on Page 24*

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*Baja Reefs Continued From Page 23*

running boats at night without lights, providing around-the-clock vigilance, and know where the illegal boats fish. The volunteers and inspectors traveled more than 14,000 miles and spent in excess of 3,000 hours on the Bay of La Paz; since April 2018, **no illegal fishing has been discovered**. By comparison, in 2017, 13 illegal boats were confiscated.

In response to the tourist closure at Los Islotes Island (a popular destination for snorkelers and divers within Espiritu Santo's protected area), ROC collaborated with CONANP (the Mexican Park Service) to set up a temporary base camp on the island.

For 75 days, staff from ROC and CONANP patrolled the protected area night and day, contacting an average of 55 boats a day and more than 26,000 tourists, sharing information about the new regulations and the reasons for the closure. In November, 2018 Espiritu Santo National Park was named one of the best managed protected areas *in the world* by the [ICUN](#) – International Union for Conservation of Nature – the first ever in Mexico and only the second in Latin America.

Moneys contributed to SeaWatch funded the two programs instrumental in achieving both world-wide recognition for environmental protection in Espiritu Santo National Park, La Paz, and fisheries recovery that has occurred there the last two years.

In 2018, ROC, a citizen-driven vigilance program initiated by and partially funded by SeaWatch and run by Lic. Maria Ugarte, the past director of SeaWatch, also received two awards in November: recognition by the Mexican government as one of the most important environmental organizations for nature conservation in marine protected areas and as a model non-profit conservation organization by the Mexican Senate.

Recently, Sea Watch started a collaboration with the Interamerican Association for Environmental Defense (AIDA), which this year requested the Mexican government include ten species of parrotfish in the national registry of protected species, under Official Mexican Law

059, which is currently being updated. All of the species included in this first draft live in the Caribbean.

In 2019, they will work with AIDA and the Universidad Autonoma de Baja California Sur to meet all the requirements needed by the government to include the species of parrotfish that live in the waters of Archipelago Espiritu Santo and the Gulf of California under this law. The requirements include scientific data, and public engagement. The university will gather scientific data of the parrotfish species in the sea of Cortez; AIDA will focus their efforts in the legal strategy; and the *Espiritu Santo es parte de ti* team will keep working to engage the community in this issue through our campaign.

McGettigan wrote, “Thank you for your support in the past. We hope our successes in 2018 will merit your continued support in 2019. Your donations to SeaWatch go directly to support the *Espiritu Santo es parte de ti* campaign and the successful vigilance efforts of Red de Observadores Ciudadanos (ROC). -Mike McGettigan, Sea Watch <https://www.seawatch.org/>



IN RESPONSE TO the tourist closure at Los Islotes Island (a popular destination for snorkelers and divers within Espiritu Santo's protected area), ROC collaborated with CONANP (the Mexican Park Service) to set-up a temporary base camp

An advertisement for East Cape Vacation Rentals. The background is a photograph of a beach with a thatched umbrella. The text reads: "The Best Rentals in The Best Locations" in a light blue script font. Below that, "East Cape" is written in a large, dark blue script font, and "VACATION RENTALS" is written in a smaller, orange, sans-serif font. At the bottom, the website "www.abajavacation.com" is listed on the left, and the phone numbers "Mexico: (624) 141-0381" and "USA: (530) 350-3161" are listed on the right.





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## ***Los Barriles Community Market***

By: Michelle Melehes

The Los Barriles Community Market is celebrating its eighth season this year and we are in awe of what a wonderful market it has become over the last few years. We are truly better than ever! As we watch Los Barriles grow and change the Market, too, has grown into a bustling and vibrant community event. We have attracted a wonderful group of vendors from all over the East Cape who show up faithfully every Saturday to bring us a fantastic array of tasty food dishes, beautiful produce, local meats and cheeses, savory sweets, fresh juices, fresh bread and more.

Our local artists are scattered throughout the market displaying their colorful wares and it all makes for a fun and lively Saturday Market. The Community Market now provides a place where you can come and socialize, grab breakfast and or lunch, have access to an incredible selection of food products, clothing and art when you need a gift or just a wardrobe update, house wares and more all in one convenient location!

We started the Community Market with the goal of bringing the community together and every Saturday local nonprofits are there in their booths looking for local support for their projects. The kids from the orphanage in La Paz charm everyone each Saturday, the tireless Cortez Dog Rescue, the hard-working turtle group, our recycling gang, and of course the Rotary Club who do so much for the community. We have had the local schools show up to raise money for various projects and we look forward to involving them more in the future.

We've come a long way from our first few markets eight years ago and with our town getting increasingly busy the Community Market is a reminder of what a great and supportive town we have here. We thank you all for showing up every Saturday and bringing the good energy to create such a fun Saturday Market.

The Community Market runs every Saturday from mid-November until mid-April from 9am-1pm (ish) at the New City Park {Parque La Laguna}. See you at the Market!



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

# WINTERFEST 2019 - For the Love of Mexico

By: Steve Reed

Club Rotario Los Barriles presents its annual WinterFest Dinner and Auction this February 9<sup>th</sup> with a Valentine's Day theme, "For the Love of Mexico". Hosted at La Playa Restaurante on the beach in Los Barriles, WinterFest is our local Rotary Club's largest fundraiser of the year. Bars open at 5 PM, the Silent Auction opens at 5:30 PM, dinner will be served at 6 PM, Entertainment will start at 6:15 PM and the Live Auction begins at 7:15 PM. All proceeds go to support our community, providing a cafeteria for our primary school, and scholarships for our local graduating students.

Make a date with your sweetheart and pick up something to remember. Both Silent and Live Auctions offer opportunities to impress your date with your zeal and boost your appeal. From romantic getaways at exotic hotels to guided swims with whale sharks, evenings out, reeling fish in, and many other

unique experiences and beautiful items from art to clothing, even a twenty-dollar a bottle wine tree that hides one \$100 bottle for one lucky buyer. Or get two free bottles of wine to go with your dinners when you reserve a table for eight.

Cost is only 250 pesos each, which includes a traditional Mexican buffet dinner and a beverage of your choice. Get your tickets at the Los Barriles Saturday Market, Seven Seas Property Management, or from any Rotary member. Tickets are limited, so be sure to get yours early. You won't want to miss the gala event of the season. Questions? Chris at [cgeyer@eoni.com](mailto:cgeyer@eoni.com) For an updated list of auction items, visit <https://losbarrilesrotaryclub.org/stories/winterfest-2019-auction-items>



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## What is Team Angel Up To?

By: Christine Courtright

I know you remember the pride of Los Barriles High School, Angel Martinez (you might know him as Jose Barchi's son) and his multiple award-winning science project of making a powerful electric boat motor. Well, Angel, now in his third year, 6<sup>th</sup> semester on his career path, at University of La Paz, is up to it again! Yes, he and his team have developed an award-winning science project that will change the world we live in.... and for the better

On December 2, 2018, Angel and his team mates, Alan Escobar and Olivia Lopez, both from La Paz, received accreditation at ExpoCiencias Nacional in Morelia, Michoacan. Team Angel competed against teams from the entire country of Mexico with the major prize being an invite to participate in the "ExpoSciences International 2019 in Abu Dhabi". Out of 500 other projects, Team Angel won a coveted spot in the contest!! Contests are held all over the world in places like China, United States, Canada, Argentina, Kenya, Brazil, Italy, Romina- a total of 60 contests vying for one of the seven spots to show their project at ExpoSciences. The ExpoSciences International, which is organized by MILSET, is the biggest Science and Technology contest in the world. Winning one of the seven spots is a real milestone!

The new project, called 'Rescue Dasc', is a system of first response aid with the objective of providing basic assistance in case of accidents or natural disasters. System will be moved by a drone, which carries a box, especially manufactured to hold medication and a basic first aid kit. The box will be delivered by the drone to the injured person. Contact will be made with the injured or someone else who is close to the accident and who will assist with the care of the injured with supplies delivered by the drone. The response time in road accidents is essential, often deaths are due to the delay of medical supplies and personal. It is worth

mentioning that in BCS there are around 3,000 accidents a year. Technological development to be implemented is intended to respond quicker to road accidents and thereby avoid the death of people from injuries that were not attended to in a timely manner. By utilizing a drone, traffic and other barriers from disaster will not hinder from getting help to the injured.

To get the service, you request it by a mobile app. This app sends your location to a web site, also developed by Angel and his team, and then the needed supplies are taken by the drone directly to the accident. From the pre-registration on the app, they can see if the user needs special medicine or other special requirements.

The ExpoSciences International in Abu Dhabi is September 22 – 28, 2019. The team estimates that they will need about \$150,000 pesos (about \$7500.00 usd) for all three members – which really isn't a lot for three, in Abu Dhabi, for about a week. The University of La Paz has indicated that they may assist with the expenses, but there have not been any firm commitments.

Team Angel is asking for help in raising the funds to go and present their project on an International stage and represent the Country of Mexico. The doors that can be opened and the change to their and our lives by this competition and possible winning, are too numerous to mention. The fact that 1/3 of the team is a graduate of our very own Los Barriles High School is something we all can be proud of.

If you would like to help, donations can be made at PayDennis in Los Barriles or the GoFundMe page [www.gofundme.com/teamangelmartinez/](http://www.gofundme.com/teamangelmartinez/) Please consider helping the team make it to the competition by giving a donation....no amount is too small to help get them there.

Gee, if Los Barriles High keeps turning out fine and intelligent youth like Angel, we may become known for something other than being the paradise of the Baja!



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# What Happened on February 5 To Get So Many Street Names?

By: Alvaro Amador Muniz

February 5 Mexico celebrates the anniversary of the establishment of its constitution. In general, people tend to believe that the establishment of the Mexican constitution was an insipid period in Mexican history, a period with no heroes wearing sombreros and riding horses as in the Mexican Revolution or during Mexico's War of Independence.

But these notions about February 5 could not be any further from reality. The history of how the Mexican constitution was established is as thrilling as it gets. The current constitution was adopted in the middle of the turmoil of the Mexican Revolution. It was a period with a hero called Venustiano Carranza, villains like Pancho Villa, Emiliano Zapata and Álvaro Obregón, and a tragic and passionate end (just like a good Mexican *telenovela* or *norteño* song).

This is how it happened:

After the assassination in 1913 of the first revolutionary president, Francisco Madero, Carranza became one of the strongest revolutionary figures. He was the only leader able to reconcile the conflicting interests of the diverse groups of revolutionaries. Carranza's ability to bring these rivals together earned him the nickname of "El primer Jefe."

In July 1914, Carranza, in his attempt to legitimize his authority, called for a revolutionary convention in Aguascalientes, but Pancho Villa and Emiliano Zapata, fearing the birth of a new dictatorship, disagreed and distanced themselves from Carranza's movement.

Having lost the support of the two most popular heroes of the revolution, Carranza found refuge in Veracruz while Villa and Zapata's troops took Mexico City and imposed a series of interim presidents in the following years (neither Villa nor Zapata wanted to become president of Mexico).

That same year, Carranza launched an offensive against Villa and Zapata and managed to recover Mexico City. Once in power again, Carranza called for a constitutional convention and after many months of deliberation, drafting, and lobbying for support, a new Mexican constitution was adopted on February 5, 1917. Three months later, Carranza was elected the first president of the United States of Mexico (the official name since that year).

Some months after the ratification and adoption of the new constitution, United States of America President Woodrow Wilson recognized Carranza as the legitimate president of Mexico. Following the example of the U.S., other foreign governments recognized him as well. For

the first time since the start of the revolution, Mexico had a president legitimized by the international community. Things were looking good for Carranza up to that point, but then came the moment when his fate turned towards a tragic ending. During his term in office, his efforts were focused mainly on the reconstruction and reconciliation of Mexico, a titanic task that he would never fully accomplish.

The discontent of the different revolutionary factions kept growing and was harder to contain without the use of force. Then in 1919, the alleged involvement of Carranza's allies in the assassination of Zapata in Morelos triggered a series of events that ended with a coup d'état led by his own minister of war, Álvaro Obregón, in 1920.

Carranza had seen the writing on the wall and had begun the process of moving his government headquarters to Veracruz, where he could regroup and fight back. But on May 21, 1920, his luck ran out, and he was assassinated in Puebla before he could reach his base in Veracruz.

Carranza's death brought about another long period of instability and chaos that needs more than a few paragraphs to be told. The Mexican constitution of 1917, Carranza's enduring legacy, survived the anarchy of the Mexican Revolution and civil wars and remains the pillar of Mexico's contemporary government.



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## Menopause and the Skin

By: Connie Heinen, Licensed Paramedical Esthetician

The hormonal changes that occur during and after menopause tend to change the skin's physiology in new and different ways. A woman should take special care of her skin after she reaches 40 years of age. The decrease in Estrogen during menopause often results in a reduction of oil production, and a decrease in both the thickness and the suppleness of the skin. Light reflectivity decreases leaving the surfaces looking dull and dry. The reduction of Estrogen results in more testosterone which can cause acne flare ups. Estrogen helps to control acne and to keep the size of the sebaceous (oil) gland small while reducing oil secretion. Increased testosterone will also increase terminal hairs on the face, particularly on the chin.

### Loss of elasticity-

Women will notice that their skin is not as elastic. This means that they will experience more sagging or drooping skin and more wrinkles begin to appear. Protein synthesis particularly collagen and elastin are controlled by estrogens. The lowered estrogen levels result in less production and repair of collagen and elastin in the dermis of the skin. This lack of repair is particularly pronounced if the skin has been exposed to UV rays, and who isn't exposed to UV rays living in Baja? COLLAGEN INDUCTION THERAPY (CIT) SKIN NEEDLING or MICRO NEEDLING along

with LED treatments will help to increase collagen and elastin production.

### Thinning Epidermis-

The growth and maintenance of blood capillaries in the dermis is partially under the control of estrogens, thus the blood flow through the dermal capillaries is reduced. The result...less nutrients and oxygen are available to the basal layer of the epidermis. This contributes to the thinning of the epidermis and slower function of the epidermis, which leads to increased transepidermal water loss and dry skin.

### Sun Damage-

Sun damage maybe more pronounced during menopause. The maintenance of melanocytes is controlled by estrogen and when these levels decrease, melanocytes become more visible. This means that areas that have been exposed to the sun for years and years are now beginning to appear as brown spots or age spots known as hyperpigmentation. It is essential to wear a total sun block with UVA and UVB protection and a hat or visor to protect your skin. Glycolic or lactic peels as well as LED treatments can greatly decrease the hyperpigmentation.

### Nourishing your skin-

It is important to nourish your skin with vitamins such as Vitamin C and vitamin A topical application as well as peptides. Getting regular facials and mild peels will greatly improve the overall appearance and texture of your skin. Your skin will look smoother, softer and more hydrated.

Although the fate of menopause is inevitable for most women, there are therapeutic treatments that can be done to the skin to combat the changes that occur. The key to combating the changes that occur with age is finding a trained and qualified skin care professional to provide the proper treatments.

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## *Baja Beach Boutique*

By: Chris Courtright

In the corner of Plaza del Pueblo, next to the Suzie's Consignment...Baja Beach Company for 20+ years, has supplied the community with excellent taste in decor, gifts, kitchen and clothing! Yes, some of you may be confused as they were located in Unit #1 in 2017 & part of 2018. However, as of November 2018, Baja Beach is now a Boutique and is back at home in location #8. Where the focus is on beautiful, stylish and affordable women's clothing, that fits the lifestyle we live here in this tropical location!

The store decoration is beautiful and comfortable, clothing displays of shirts, dresses, pants, cover-ups – basically all types of clothing. As well as shoes and sandals, lots of jewelry styles, beautiful scarfs, trendy sunglasses, easy to wear hats and other fabulous accessories, make viewing easy in this spacious location. The mission is to provide styles that are not offered in Los Barriles, while fitting many different types and sizes of women, in our local community and tourists as well.

The goal is to bring in new styles every couple of weeks, so that you are seeing something different every time you visit. Always keeping a watchful eye in carrying a few of the basics year-round, and in keeping the store stocked with bright, colorful fun clothing and accessories.

At the time of this writing, they have just returned from the mainland with lots of new goodies, and then off to Las Vegas in a few weeks for some completely different looks for the Baja spring and summer. New items will be arriving regularly and we will be sure to keep you informed on Facebook at, [bajabeachboutique](https://www.facebook.com/bajabeachboutique), as well as the The Baja Pony Express. It will be like Christmas year-round!

We will be happy to take notes on things that you want to add to your wardrobe and you can then send in your loved ones, to purchase these items for you. Beautiful Gift Certificates are also available. They aim to please and are always open to your suggestions. Their sales manager Kelly is always available for one on one personal shopping, and if our store hours don't fit your schedule, let us know and we can arrange a time that works for you.

Baja Beach Boutique's hours are  
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things are done for you.*

*Claude M. Bristol*

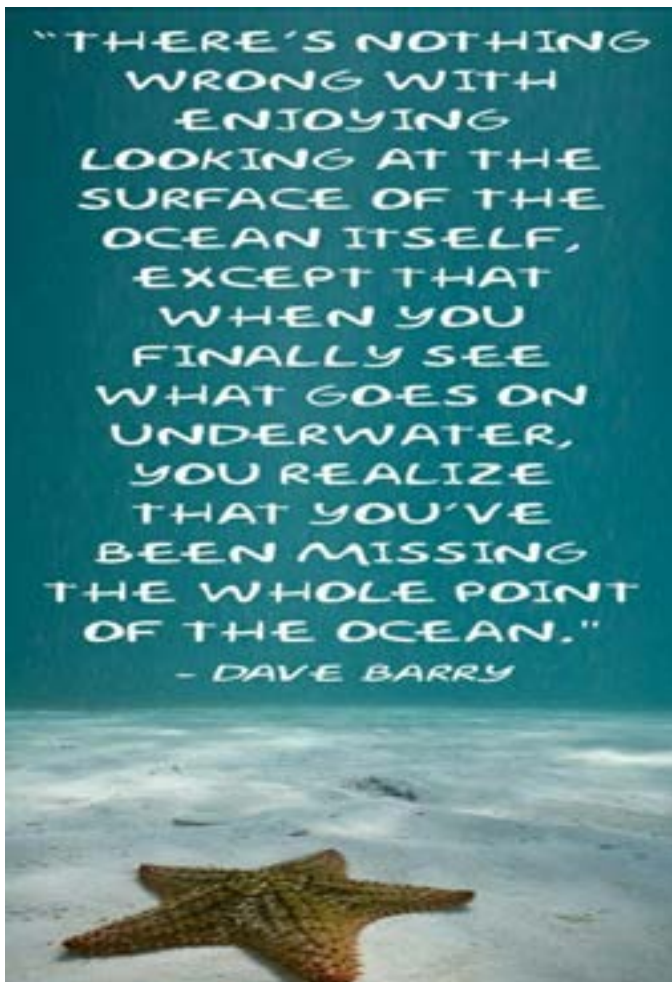


## Early History of the Baja

Baja California Sur was inhabited as early as 11000 B.C. Nomadic tribes left behind artifacts such as arrow heads and Clovis points, which have been discovered in the northern part of the state.

Primitive paintings dating to 1700 B.C. can be seen in Cueva de Palma, San Gregorio, Sierra de San Francisco and Sierra de Guadalupe. The paintings depict animals in motion, such as snakes, cougars, birds and wild cats. Hunters with arrowheads and primitive swords also appear in the paintings. These images are consistent with other evidence suggesting that most of the inhabitants were nomadic hunters and gatherers.

When early explorers and missionaries arrived, they found four ethnic groups, including the Pericú in the south, between Cabo San Lucas and La Paz and on several of the islands in the Gulf. The Guaycura occupied the area north of the Pericú, from La Paz to south of Loreto. The Monquil also lived near Loreto. The final group was the Cochimí, who ranged throughout the middle of the peninsula. Most of these tribes were hunters-gatherers lacking agriculture or metallurgy. However, they produced pottery and were fairly skilled fishermen. The Pericú enhanced their fishing methods by building wooden rafts and other simple forms of watercraft.



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## Recent History of the Baja

During the Mexican War of Independence (1810-1821), Baja California Sur was largely isolated from the hostilities because of its remote location. After the war, the region was divided into four municipalities by President Guadalupe Victoria and Governor José María Echeandía. Loreto, the oldest continuous settlement in the region, served as the capital until 1830. That year, heavy rains forced the government to move to La Paz, which has remained the capital since then.

At the conclusion of the Mexican-American War in 1847, the United States withdrew from Baja California Sur. The following year the two countries signed the Treaty of Guadalupe Hidalgo, in which Mexico agreed to sell the land that now comprises the modern states of California, Nevada and Utah, as well as portions of Arizona, New Mexico, Colorado and Wyoming. In return, the United States acknowledged Mexico's ownership of the Baja Peninsula. Despite the agreement, in 1853 a journalist named William Walker led a group of 45 Americans to capture the city of La Paz. The expedition did not have the official support of the United States, however, and the Mexican Army quickly drove out the Americans.

The territories of Baja California Sur and Baja California were formally established in 1888 under the government of President Porfirio Díaz. Baja California Sur became a state on October 8, 1974.

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## What is Foot Reflexology?

By: Sylvia Ossa, Certified Reiki Master Reflexologist

Reflexology is an extremely therapeutic way to relieve stress, pain, normalize body functions, as well as being effective for maintaining general health and wellbeing. The origins of Reflexology are unknown. In King Tut's Egyptian tomb, there are pharisees working on the feet of Pharaohs. In the ancient Ming Dynasty there are women working on the king's feet. Most Reflexology information usually says that the origins are really known and then suggests the Egyptian and Chinese lore as the origins without specifics.

Reflexology is a complimentary therapy that treats the whole body. Every organ, structure and system of the body is mirrored in the feet. They are connected through a system of energy pathways, which can become congested or blocked, causing the body to function less effectively. Using foot analysis and then applying pressure to specific points on your feet and/or hands a Reflexologist can detect the areas of imbalance in the body. It is more beneficial to work on the feet, but some people like paraplegics and or some who are sensitive to their feet being touched, then the hands can be used to bring the body back into balance. Many practitioners prefer using the feet for more intuitive treatment of imbalance.

Through regular cumulative treatments, balance can be restored, stimulating everyone's natural healing process. Re-



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**Our home prices start at \$99,000! We are part of a 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](mailto: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](mailto:EastCapeMedical@gmail.com)**