



East CAPEERS

Periódico Free / Gratis



Artist Studio Tour 2025

February 12th, 10am – 4pm

February is the month of love, and everyone loves to go on the Artist Studio Tour in Los Barriles! Always the Wednesday before Valentines Day, this year landing on, February 12th from 10am – 4pm, so convenient for your getting that special one-of-a-kind gift for your loved one! But that is just part of the fun you can have tour. It is not everyday you get to delve into

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Asociación de Artes
Presents the 30th Anniversary!

Festival de Artes

March 16th 10am—4pm



Hop a ride and head to La Ribera

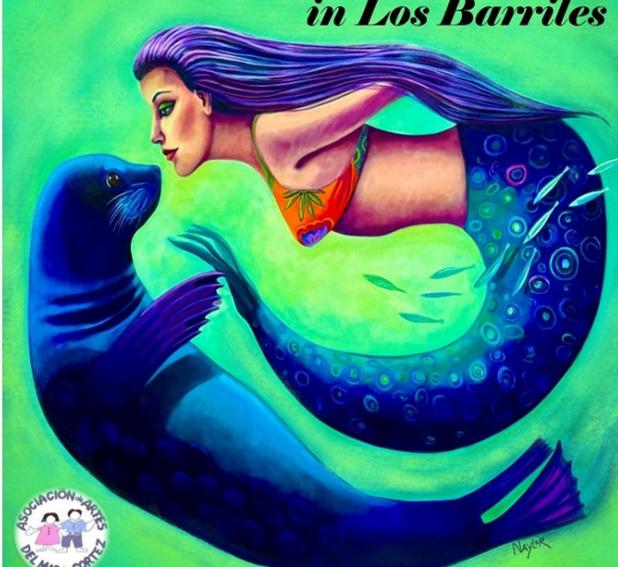
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Produced by: *Asociación de Artes*
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Artist Studio Tour in Los Barriles



February 12th - 10—4
Tickets \$100 pesos

Tickets Sold at Baja Properties in LB
Presented by Asociación de Artes
www.eastcapearts.com

Festival de Artes in La Ribera! 30th Anniversary Celebration!!

By: Chris Courtright

This is really big news!!! The 30th anniversary celebration of Festival de Artes is March 16, 2025!!! We are thrilled to announce that we are moving the festival to the Community Plaza in La Ribera! Don't know where that is? La Ribera is just a short 30km south of Los Barriles, the festival site is next door to the soccer stadium and one half block from the hospital and right at the delegation offices all on the main

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Advertising in East Capers

Advertising in the East Capers gets the word out about your business AND your ad money supports the 3 week 'Cursos de Verano' summer school, for over 120 local children, provides art supplies for 19 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 2024-2025 Advertising Kit by visiting our website at: www.eastcapearts.com

Contributions Can Be Made to the Asociación de Artes

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

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 non-fiction 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.



Newsletter Email Address

eastcapersmagazine@gmail.com

East Capers Periódico

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Asociación de Artes del Mar de Cortez A.C.

Read the color version online at www.eastcapearts.com

Artist Studio Tour Continued From Page 1

the mind and inspirations, let alone homes/studios of great artists, but Asociación de Artes will provide you with that opportunity! And with Los Barriles being conveniently located just a short drive from anywhere, it is easy for all!

If you have not been on the Artist Studio Tour in Los Barriles, now is the time to go as it is a two-in one event!! Not necessarily a home tour, but you get to glimpse into the home and studio of some of the most popular artists in the Los Barriles area... and of course, an intimate art show seeing the latest and greatest work of these select artists. It is great to see the artists' home as you can learn a lot about their art from their home and studio. You can often see where they get their inspiration for their work, understand their love of textures and color and see where their personalities come out in their work and their home.

The 2025 tour will feature 18 homes (many are side-by-side homes) or new and many of the homes will showcase the works of more than one artist, giving you the opportunity of seeing the work of 30+ different artists! Artists on the tour vary from fabric, jewelry, bead or soft goods medium, weaving, photography, oil, acrylic and watercolor paintings, wood, ceramic and pottery and natural materials and that is just a sample! Artists include Julie Shipman photography, the Apron Lady with sewn art creations, Elizabeth Perkins jewelry, San Antonio weavers and the artwork of Mary Naylor- our poster designer, Tamera McKinney, Colin Harvel and Connie Heinen – just to name a few of the artists. We will also have the art of the late Steven King...the artist not author! Our set up allows you to really see the art up close, in small groups and spend time visiting and learning about the artist and their work.

Getting tickets is super easy with our drive-through ticket booth located at the Baja Properties office in Los Barriles (across from Tio Pablos Restaurant and Hotel Palmas de Cortez). It's true, you don't even have to get out of the car!! The ticket booth location will be well marked and is easy to find in Los Barriles. You drive in off of 20th Novembre and exit at the side street. It can't get any simpler! Tickets are sold the day of event from 9:30am – 1:00 and we have decided that prices should remain the same \$100 pesos or \$5.00 usd – and in this time of raising prices, that is great for you! You will get your map to the studios and your wristbands for entry.

No car or do not want worry about driving? AdA has teamed up with Paul Neal with Pablitos Tours and he will drive you and your friends around to each spot you want to go to! Vans fit up to 10 persons each. His fee includes the tour entrance fee, the transportation and his knowledge and fun details about Los Barriles! Let Paul do the driving, and you can enjoy your tour and have twice the fun! Details at

www.pablitostours.com or call 916-759-6298.

The artist studio tour has become a favorite event for many in Baja Sur! Friends meet, tour some studios, take a break for lunch at one of our great restaurants here in Los Barriles and finish the tour stops. Being a few days before Valentine's Day you can get your shopping done while enjoying the tour. Get gifts for your loved ones and yourself! And if you are one of the many new residents in the Baja SUR, what a great chance to get some great local art and accessories for your home! And that includes your closet and jewelry box!!!

The Artist Studio Tour is one of the major fundraisers of the Asociación de Artes Del Mar de Cortez, whose mission is "to help make the educational experience the best it can be". This runs from providing school supplies, maintenance at the schools, library books, sports equipment, art supplies, supporting summer programs and that is just a sample of what we do! Come and help us continue the mission! See you on February 12th, for the Artist Studio Tour!! More details at www.eastcapearts.com



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Festival de Artes Continued From Page 1

road in town! The grounds are concrete and easier for those with mobility challenges, it has a natural raised stage right in the center, real restrooms and lots of room! In a perfect central location with plenty of parking all around the site, it has turned out to be more than we could have hoped for! With the change to the grounds at Palmas de Cortez, the timing could not be better! Thank you Palmas de Cortez for all the years of hosting the event and we are not done with you yet!

What more could you ask for? Maybe it's the expansion to the beer garden—now serving local wines from Rancho LaVenta, a Craft Brewery on site, and domestic beers, margaritas and pop, water and our delicious jamaica – are you thirsty yet? Being in a new location, we will have new food vendors – and yes, many of your favorites will be returning and still with plenty of covered seating with a view of the stage! We will still be showcasing a group of hand selected artisans from all over the Baja, each one individually chosen for their handmade one-of-a-kind creations, originality and quality. We also strive to have a great selection of all art mediums from paintings, wood, fabric crafts, metal, jewelry, clothing, home decoration goods, gifts and furniture. Janet King and Cheryl Osborne are pounding the streets to collect the great items for the fantastic raffle baskets and silent auctions that you have grown to expect. Something for everyone that is for sure! And don't worry they will not disappoint that is for sure! It is all the stuff you are going to buy anyways, so get it from us and help the schools in the process!

And last but not least, we will be having our ever-popular Mexican Folkloric traditional entertainment sponsored by C & G Builders, our stage sponsor, and El Toro y La Luna & Baja Properties as entertainment sponsors! Presentations from local schools, regional dance troupes and larger groups from La Paz and San Jose del Cabo. The entertainment sharing the rich culture from all the different regions of Mexico helping the traditions to continue and remain strong. Our entertainment will bring you there at 10am and

you will be entertained until 4pm! This is a 'must see' for everyone, and with everything else going on, what a great day you will have!

We are excited about the opportunities we have for being in a new town and a new facility. We have lots of new things planned for the festival so watch the website for the announcements! We are working on having a shuttle running between Los Barriles and La Ribera and hopefully a car show! Being our 30th Anniversary, it is a special year, and we are making it a special event! 30 years is a really long time for any event to be held consecutively (well, except for the 2 forced 'covid' break – which we don't count!). It is an even bigger milestone being that there have never been paid staff putting on the event for 30 years! We can also state that we are one of the longest continually running art events in the Baja Sur, and we are very proud of that fact.

2024 was our biggest event to date, and the funds raised bought hundreds of school supplies, sports equipment, classroom furniture and repairs and maintenance for the 20+ schools we support in the East Cape area. We are so thankful that our commitment to the schools in the East Cape area can continue with our new location and look forward to many years of a great big party now just down the road a little way in La Ribera! So, the mission "to help make the educational experience the best it can be" is continuing! Hurrah!!

**So now you know, YES! it
will be worth the drive!
So Hop a Ride with a friend |
and head to La Ribera!**

Paul's One-Liners On Drinking

By: Paul LaGloire

- I call the shots, and today they're all doubles.
- After a double shot (or two), audacity can become effrontery.
- Oscar the beer drinker says he lives in the fast lane; it gets you there faster to the pissing room.
- The way I was brought up would have outraged the abolitionists.
- Originality, some say, was first observed in drunkenness.
- The last time I touched a drop of alcohol, I licked my fingers.
- A case of beer opens up a case of facts and exaggerations.
- If you drink, don't drive ... don't even come out of the pub.
- Drink beer in half-filled glasses, avoid big spills.
- When wine doesn't specify its age in months, it's a better one.
- When drunk the meaning of humor translates to a rugged uproariousness.
- When drinking, I can do it all, I can slur, I can burp, I can magnify and I can order a double shot.

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Songwriters return to Los Barriles

By: John Plotkin

For the third straight year, songwriters from Nashville's Combustion Music, Canada and some local superstars return to Los Barriles to perform their original songs and raise money for the East Cape Guild Scholarship Fund. This year's lineup is really spectacular featuring returning artists Chris Farren, Combustion's founder, Chris Destefano and Jessica Farren. Artists Morgan Evans (from Australia) and Nick Sainato (alternative pop artist from Ohio) will also be performing in Los Barriles for the first time. Canadian songwriter Cara Luft will be making her second appearance in Los Barriles. Also performing will be local favorite Carl Schweitzer and long time returning local Adrienne Ackerman who has gone on to great success up north including performing the theme song for the movie Ezra. Thank you Combustion Music (22 years and 101 number one singles) and visiting songwriters, THIS WILL BE HOT!

Hotel Palmas de Cortez is again sponsoring the songwriter's weekend. The Songwriters will perform at an already sold-out VIP dinner on Friday March 7th at Hotel Palmas de Cortez. The dinner will feature Michelin Star Chef Estaban Luis visiting from Damiana in Valle Guadalupe, Mexican's wine country outside of Ensenada. This will be a special evening with great food and intimate performances.

Hotel Palmas de Cortez will again host the town concert on Saturday, March 8th. Doors will open at 5pm. There will be food vendors providing food for purchase and there will be a silent auction to raise money for the Scholarship Fund. The concert will begin at 6pm with Adrienne Ackerman as the opening act. She will be followed by Carl Schweitzer.

Carl will be followed by Cara Luft and Combustion songwriters, Chris Farren, Chris Destefano, Jessica Farren, Morgan Evans and Nick Sainato. As with last year, the concert will end with a jam session and dancing.

The VIP dinner is sold out but contact Guild President Kim Plotkin at kaplotkin@aol.com if you wish to join the waiting list. Concert tickets are being sold on-line at Eventbrite and are also being sold at the Saturday Community Market and at Homes and Land of Baja. General Admission tickets are \$60 each. Premium Seats, with reserved dining area and up-front seating are \$100 each.

This event was the event of the season last year and is the major fund-raiser for the East Cape Guild Scholarship Fund which in 2024/25 is funding 290 students to attend high school and college. Feel good. Have fun. Be there or be Cuadrado.



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Allspice

By: Renée Lagloire, M.A. Anthropology

Allspice has been used in Mexico for millennia. Its name in English suggests a mixture of various spices, but while it is reminiscent of pepper, nutmeg, clove and cinnamon, it is not a blend of those spices. Allspice is the berry of the *Pimenta dioica* tree, native to Mexico, Central America and the Caribbean. The medium-sized tree thrives in wet forests, with its seedlings benefiting from the shade until they are established. In the summer, the tree produces small whitish flowers that become berries. These are picked green and are allowed to dry, traditionally in the sun. Allspice looks a lot like a peppercorn (native to South Asia), except it is bigger. This explains why Christopher Columbus, who was introduced to allspice in Jamaica, named it *pimienta gorda* (fat peppercorn).

Allspice has a long history in Mexico where it has primarily been grown in what are now the states of Veracruz, Puebla and Tabasco. It is known that the ancient Mayans enjoyed allspice in their hot cacao drinks. Possibly because of their anti-microbial and pleasant fragrance, the leaves of the tree were also used in their funerary practices. Archaeologists have found evidence of human remains wrapped in cloth into which allspice leaves had been placed. Ethnographic work in allspice growing regions shows that in recent history the bark, leaves, and berries of the trees are used. The bark is manufactured into strings used to tie down the

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Los Barriles, B.C.S next to Carmens Cafe

hatches of houses. The leaves, when seeped, make a satisfying tea that is reminiscent of cinnamon. And a water extract of the berries is used to treat gastro-intestinal issues.

Traditionally, allspice was grown in remote communities by indigenous families or in some places, entire communities. During harvest time, everyone took part, from children to the elderly. As times change, however, some agribusinesses have entered that market, globalizing the reach of Mexican allspice. Throughout Mexico, families use allspice in many recipes. Allspice is used as a pickling spice. It is included in adobos, and in a number of rice dishes. The shrimp recipe that follows brings together allspice, chiles, vanilla and pineapple. Crank up the grill and enjoy, you're in for a treat!

Grilled Shrimp & Pineapple Salad With Vanilla & Chile de Arbol Vinaigrette - Ensalada de Camarón y Piña a la Parrilla con Vinagreta de Chile de Arbol y Vainilla

The Vinaigrette:

- 1 cup olive oil
 - 2 garlic cloves, peeled
 - 1 vanilla bean finely chopped
 - 1 to 2 chiles de arbol, stemmed and chopped, seeds removed
 - ½ cup olive oil (additional)
 - ½ cup red wine vinegar
 - ¼ tsp. ground allspice
 - 2 tsp. salt, or more to taste
 - Ground black pepper, optional
 - ½ tsp. sugar, or more to taste
1. Heat the olive oil in a saucepan set over medium heat, until hot but not smoking.
 2. Add garlic clove, vanilla bean and chiles, and cook about 15 seconds, stirring constantly. Be careful not to let them burn.
 3. Remove the pan from the heat and immediately pour its contents into a mixing bowl to cool.

Continued On Page 11

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by
Connie Heinen

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Allspice Continued From Page 10

4. Remove the pan from the heat and immediately pour its contents into a mixing bowl to cool. 4. Put the additional ½ cup olive oil, red wine vinegar, salt, pepper, allspice, sugar and above mixture in a blender. Blend until smooth, there will be pieces of vanilla bean in the mixture.

The Salad:

- * 2 fresh pineapple, peeled and sliced about 1/2" thick into rounds for grilling
- * oil to brush the pan or grill
- * 4 lbs large shrimp, fresh or thawed from frozen, rinsed, peeled, deveined
- * ½ cup olive oil
- * salt to taste
- * ground black pepper to taste
- * lettuce of choice
- * 1 ½ cup red onion very thinly sliced and rinsed in cold water to remove the bite

1. Heat the grill until hot and lightly coat with oil. Grill the pineapple slices for about 4 minutes per side until they are slightly charred. Remove from heat. Once they are cool enough to handle, cut in half, remove the core and cut into medium sized wedge shaped pieces. Set aside.

2. Sprinkle the shrimp with salt and pepper and lightly oil them. Skewer them so that they don't fall through the grate and grill them, being careful to not overcook them. Set Aside.

3. Place the greens in a salad bowl. Drizzle some of the vinaigrette and toss, so that they are lightly coated but not soaked. Transfer the greens to a serving platter.

4. Assemble everything on a serving platter, placing the shrimp, pineapple and red onion on top of the lettuce.

5. Drizzle a bit more of the vinaigrette on top and serve.

Friends Supporting Families Helping Our Community

By: Robin Neal

Friends Supporting Families has had an incredible year. We started the new season at the Saturday Market in mid - November. We have been fortunate for donors supporting our work in the Los Barriles community. We started a "buy a Box, feed a family" promotion at the Saturday market in December. This generosity resulted in our ability to purchase and distribute an additional 60 boxes of food for needy families during the holidays! We expanded our donation options by adding PayPal, Venmo and Zelle accounts to make it easier to support our organization. We celebrated our success over this year

with an end of the year Potluck Luncheon complete with a piñata!! We will be participating in the Artist Studio Tour, Baja Shakespeare cookies concession, as well as the Festival de Artes in La Ribera this March. We are currently providing food for 24 families monthly, and plans are underway for additional support for our community!

A HUGE Thank you to Joe's Market, Gringo Groceries, LazyDaze, and Baja Shakespeare for their continued support!! Please keep in mind that ALL our profits buy food to feed people year-round. Spring is our primary opportunity to raise funds before the end of the Saturday Market in April. Our proceeds continue to support families for 8 months with very limited income earning opportunities. If you are interested in supporting our community, please contact Robin Neal at fsflb.info@gmail.com.



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Club Rotario Los Barriles Cabo Este & The Children Of Our Community

By: Rusty Kilkenny, Member

The Los Barriles Rotary Club can be found helping our community in numerous ways, but our club has a special spot in our hearts for the children of our area. The past month has seen our club commission a 22-kW propane generator at Centro de Salud Clinic, which helps the local clinic continue operations for our community and preserve medications that need refrigeration during power outages.

The most recent Rotary event was the Children's Blanket and Toy Drive in which this year was the biggest and most successful in reaching over 900 children in 10 different towns and villages. Rotary worked with the local delegados, mayors, school administrators, teachers, and various community leaders who possessed tacit knowledge of their individual community to deliver a blanket and a toy on the traditional day of giving, Dia de los Reyes or Day of the Kings, which is when the three wise men brought gifts to the baby Jesus. While respecting Mexico's long cultural history of the Christmas season, we also added a more recent tradition that has found his way south into Mexican Culture and that is Papa Noel, Santa Cos or as is known north of the border, Santa Claus! Our Santa Claus was one of our areas impressive locals, who is loved by everyone and routinely donates his time and resources to help Rotary and others within his community, Hiram Camacho Santa Ana (Hiram even has Santa in his name! 😊)

The communities that were covered were Boca de Alamo, El Cardonal, San Bartolo, Los Barriles, El Coro, Buena Vista, Campamento, Santa Cruz, Agua Caliente, and Santiago. It was

impossible to determine who received the most joy, the Rotarian volunteers, the grandparents, the parents, or the children! We want to thank all of the local businesses for allowing our blanket and toy collection boxes, a big thanks goes to everyone who donated to this endeavor and allowed it to surpass all expectations! We also want to thank our local police and EMTs for covering each event, as when the kids were hitting the pinatas, it would get a little wild and dangerous for our designated pinata volunteer! 😊 The children loved the event, and we all enjoyed being a part of Mexico's rich cultural heritage on Three King's Day and eating the Rosca de Reyes sweet bread! We kept track of who the people were, that found the baby Jesus inside the bread, because as is customary when eating this treat, we intend to collect our free tamales on February 2nd or Dia de la Candelaria, provided by the "lucky" people who found the baby Jesus in their slice of sweet bread! (You know who you are 😊)

Some of the upcoming projects that we have on our calendar for 2025 and a lot of it funded by our biggest fundraiser Taste of East Cape, include but are not limited to the following projects and events.

- Rotary is collaborating with the schools and a local designer to fix up the children's playground across the two schools. This will include lighting, shade, and new equipment for the children to play on.
- Rotary is also providing solar lighting for the El Ancon Football Field (soccer for those north of the border). These will require no expensive electrical installation or monthly electricity bills. This will allow greater use of the field and park and make it safer for the children.
- Rotary is also assisting the local secondary school with the installation of their baseball field.
- ♦ Rotary is hosting our annual Springtime Parade to welcome spring to the East Cape! We are encouraging anyone and everyone to become involved in the parade that will be held March 1st. In the words of a fellow Rotarian, "everybody loves a parade"!



Connie M. Heinen

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You Say You Want A Resolution!

By: Sefi Held

Millions of people eagerly make lofty resolutions to work out more, lose weight, drink less, spend less time on their PDA's etc., etc. Unfortunately in as little time as six to eight weeks those resolutions have fizzled like the New Year's champagne. The studio I worked at in Ontario, Canada was always busting at the seams in the first few weeks following New Year's day. All 20 of the spin bikes were booked a week in advance of each class, and there was a waiting list for the most popular time slots on the schedule.

One of the many reasons for this quick loss of resolutions to change is because people start out with such unrealistic goals and the difficulty of breaking those deeply ingrained habits and these "goals" lead to a lot of disappointments that undermine the willpower we need to keep those resolutions. I actually like the word "intentions" better than resolutions and this simple change of wording has helped some of my clients attain their goals easier with less pressure.

The good news is that small, realistic changes in routines can help us with some of those unhealthy habits by achieving results slowly and changing our couch potato ways. The key is to take baby steps so that your intentions last long after the New Year has passed and your willingness to change the habits you are not satisfied with.

Did you know that 40% of our daily actions are habits and not decisions. The cornerstone of successful behaviour change is willpower. Like any muscle, willpower requires energy to sustain it and if your intention takes a lot of self-control and is too difficult for you this time, your willpower wanes. The 5 Stages of Change is a common questionnaire for evaluating potential clients and their desire to change. (Norcross, Krebs & Prochaska 2011)



5 Stages of Change

1. Precontemplation. The person has no intention of changing behavior in the next 6 months and may be either unaware of problematic behavior or demoralized by past failures.
2. Contemplation. The person is aware of a need to change and intends to take action in the next 6 months but lacks commitment to actually start.
3. Preparation. The person has decided to start changing behavior within a month and has a concrete plan of action, such as going to a class or gym or starting a specific diet plan.
4. Action. The person has made specific changes in the past 6 months. Effective strategies include setting up rewards to encourage new behaviors and avoiding high-risk situations.
5. Maintenance. The person has executed the desired behavior for 6 months and is working to prevent a relapse.

Continued On Page 14



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Resolutions Continued From Page 13

HERE ARE A FEW HELPFUL TIPS TO KEEP YOU GOING

1. Decide to change. Committing to change is a predictor of success.
2. Believe in change. When believing in change becomes a habit, change becomes real.
3. Pick one specific habit to change. Focusing on just one habit conserves willpower.
4. Identify the routine. Journaling helps identify repeated behaviors.
5. Isolate the cue. Writing down the location, the time, the emotional state, who was present and the action/event that took place before an urge occurred helps identify the trigger.
6. Experiment with rewards. Trying different rewards can isolate a craving.
7. Plan. Deciding what to do to revise the old habit loop is the last step.

Change one habit. Changing too many habits at once can weaken willpower

Keep it simple. Weight loss and fitness goals should be within your reach with small daily changes. Drastic

resolutions like “I will never eat” or “I will always exercise every day” limit the likelihood of success.

Write it down. Self-monitoring strengthens control. Journaling and food-and-exercise logs boost willpower and encourage habit change.

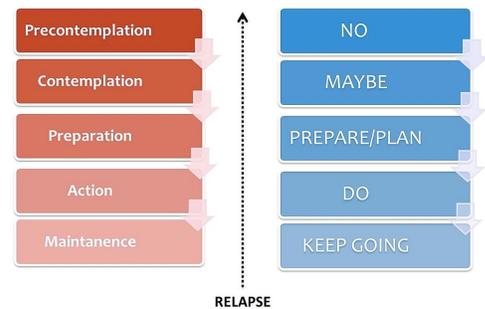
Get social. Social support improves adherence. Let your family and friends know your plan - it helps garner support when temptation strikes.

Give it time. Positive habits require development of new neural pathways, a process that takes at least 3 weeks.

Create positive rewards. Successful goal makers visualize new routines and allow rewards.

Be ready for relapses. New Year’s goals often meet their demise with the first relapse. Drastic changes and stressful life events decrease willpower. To stay on course, continue towards improvement and don’t abandon the good habits that you started. Cheers to continued success and a very healthy and rewarding 2025!!

Transtheoretical Model Stages of change



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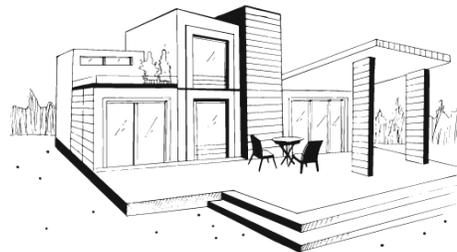


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Little Aprons Help Cook Big Goals

By: Jo Dibbley

Do you remember in childhood when you were taught by a parent or grandparent how to make your first home-made grilled cheese sandwich, or the satisfaction of making mac and cheese from scratch? The delicious aromas wafted through the kitchen and the pride swelled in your heart. Childhood cooking memories that we take for granted aren't memories that children in a foster group home (New Creation Kids) have experienced in their past.

The children at New Creations Kids in La Paz (an organization close to my heart) have faced significant food challenges in their young lives.

Before they arrived at New Creations Kids—they struggled for years with limited access to nutritious food and the knowledge to prepare it.

Mexico has one of the highest rates of childhood obesity in the world. This health crisis arises from a complex mix of dietary, sociological, and psychological factors that these kids have little control over. For the children of New Creation Kids, past food scarcity memories further complicate their lives. They find it difficult to change their unhealthy eating habits.

Coca-Cola, a staple in many Mexican households, symbolizes a culture heavily influenced by profit-driven companies. We must break this cycle and empower the next generation with knowledge about food choices. While the children receive nutritious meals at New Creations Kids, they also need guidance on sustainably preparing and appreciating these foods.

This is where our Little Aprons cooking program comes in for New Creation Kids. Launched on January 12, this five-week initiative teaches children how to cook using locally grown ingredients. It's not just about food; it's about instilling confidence, skills, and pride. Think of it as a mini farm-to-table program.

We invite you to join us on March 2nd

for our graduation and fundraising lunch, where the children will showcase their newfound skills. Imagine the smiles on their faces as they prepare and serve the meals they've created! We've limited this event to just 32 participants to ensure an intimate and impactful experience.

You'll support Team Humanity Baja's mission to Elevate, Educate, and Empower these incredible kids by attending. It's a moment to celebrate their hard work and perseverance, helping them break free from unhealthy eating habits.

Don't miss this opportunity to be part of something meaningful. Join us in creating a brighter future for these children.

Continued On Page 16

julie shipman
PHOTOGRAPHER

Los Barriles

julie@julieshipman.com +1 801 913 1624

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Aprons Continued From Page 15

Contact me for your tickets today, and let's make a difference together! Email: jodibblee@frock-off.com

Together, we can help turn the tide of childhood obesity and create a future where every child thrives. Join us in making a lasting impact on their lives and the community. Your support can change their story, turning struggles into triumphs. Let's give these children the tools to lead healthier, happier lives.

Website: <https://jodibblee.com/#causes> Facebook: [teamhumanitybaja](https://www.facebook.com/teamhumanitybaja)

None of this would be possible without the generous, fabulous, talented Chris Courtright aka the Apron Lady who is making and donating the aprons for each child. You'll find Chris at the Los Barriles Community Market every Saturday in her booth of beautiful aprons, pillow cases and ... In Chris's spare time (right-she has no spare time) but that does not stop her. Chris is the president of Asociación de Artes! Chris, you are amazing!

Thank you, Chris, for all you do for the community, Team Humanity Baja and most importantly New Creation Kids. You hide your cape well, but we all know you wear one.

History of New Creation Kids -

Alma and Roberto have been saving children for more than 25 years. To date they have provided refuge for over 1800 children. They are dedicated to the children and work tirelessly to ensure their safety.

Until Next Time, Be well and thank you for your support.



Some of the things the children will be learning to make! Yum!



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We're Ready to Welcome Children!

By Adam Greenberg

Big news! The John Gullo Home for Children in El Cardonal has officially received its operating permit. This means we are now able to open our doors and provide a safe, nurturing environment for children in BCS whose families are experiencing medical crises. It's been a long journey to get here, and now we're in the final stages of hiring staff, sourcing necessary equipment, and preparing the home for the children who will soon call it their temporary refuge.

Meet Our Team

Leading the charge is Belén Meza Sandez, our Facility Director, who began her role in December. Belén has been working tirelessly to navigate government processes, secure the permits, and oversee final preparations. She is a dedicated advocate for children and families in need, and her leadership is the cornerstone of our mission.

Joining her on February 1st is Sara María Esparza Lucero, who will serve as the Assistant Facility Director. Sara brings a wealth of experience as an educator and community advocate, and her passion for helping others will be invaluable as we provide 24/7 care to the children. Both Belén and Sara will live on-site in the apartments at the home, ensuring round-the-clock support and attention.

We are also in the process of hiring a cook, sourcing an RV for parental visits, and finalizing staff training in safety and operational procedures.

How You Can Help -

While the home is ready and the staff is coming together, there's one critical element we still need: funding. The John Gullo Home for Children operates entirely on donations. There is no government funding. This means that every meal, every utility bill, every hour of care is made possible by the generosity of people like you.

To give you an idea of what it takes to keep the home running, here's the math:

- The annual operating budget is approximately \$100,000 USD.
- With space for 24 children, that breaks down to \$4,166 per month or \$173 per child per month.

Recurring monthly donations are the most effective way to ensure we can meet these ongoing needs. When we know we have a steady stream of support coming in, we can focus on providing the best care possible without the uncertainty of whether we'll be able to keep the lights on.

What Does It Take?

To fully fund the home's operational costs, we'd need:

- * 24 people donating \$173 per month, or
- * 48 people donating \$87 per month, or
- * 96 people donating \$43.50 per month.

The power of recurring donations is that they allow everyone to contribute at a level that's comfortable for them while collectively making a huge impact.

Why It Matters

The children who will stay at the John Gullo Home for Children are some of the most vulnerable members of the BCS community. Their families are facing unimaginable challenges, and this home provides them with a safe haven while their parents or guardians seek medical care. Every recurring donation ensures that we can provide nutritious meals, educational support, a comfortable bed, and a loving environment for each child who walks through our doors.

Join Us in Making a Difference

We're asking for your help to ensure the success of this vital facility. Recurring donations—no matter the amount—create the stability we need to focus on what truly matters: giving these children a chance to thrive, even during one of the most difficult times in their lives.

If you're ready, visit leaders2give.org and click the DONATE button to set up a monthly gift. Your contribution will make a real difference in their lives.



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In this new year, we will continue fulfilling our commitment to support the families in the community. We would like to express our sincere gratitude for the generous donations received in 2024, which have allowed us to provide laboratory services, medical consultations, and essential medications to our beneficiaries. **Thank you for making our mission possible!**

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At East Cape Health Center, our medical team is continuously trained to stay updated and provide the most comprehensive and quality care. The entire staff shares the commitment to delivering excellent medical services to those who need it most. If you require support or personalized care, don't hesitate to contact our reception, we'll be happy to assist you.

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MADRE MIA

By: Kim Scholefield

Baja Shakespeare is turning 25 this year and is celebrating with MADRE MIA, an adaptation of “Mamma Mia”, the perfect show for our 25th anniversary! We all know the hit music of ABBA, the 25-year running Broadway show that became the successful movie. Our adaptation takes place in Los Barriles, in 2025, the present day. Mia runs her Cantina and Hotel, on a former goat farm, as she raises her daughter Sophie. Throughout the play, we explore the themes of community, self-discovery, family, personal journeys, love, all qualities we experience right here in Los Barriles. We are certain you will enjoy taking this joyful, musical, magical journey along with us!

All performances are at the Convention Center at the Hotel Palmas de Cortez. The dates of our 7 shows are: Opening Friday February 21, Saturday 22, Sunday Matinee 23, Wednesday 26, Thursday 27, Friday 28 & Closing Saturday March 1, 2025.

Curtain rises sharp at 7pm for the 6 evening performances and the Sunday Matinee begins at 1:30, perfect for those who do not wish to drive at night. The price remains the same as past years, at 500 pesos or \$25 usd. Tickets are available at Homes & Land of Baja (Carlene’s office, open M-F, 10-4, Sat 10-2, closed Sunday) or at the Saturday Mar-

At each of the 7 performances, we invite a local nonprofit for a 50/50 raffle, held at intermission, and to share the work they are fulfilling within our community. They include East Cape Health Center, East Cape Environmental Education & Recycling, Rotary, SNAP, Cortez Rescue, Friends Supporting Families, East Cape Guild. As well, you are invited to dress up in your ‘70’s costume, ABBA, Mama MIA style and Baja Shakespeare will reward you with a Friends Supporting Families cookie. Come join the fun!

The 25th anniversary of Baja Shakespeare cannot be celebrated without thanking our original Directors Bob & Lesley Currier (also founders of Marin Shakespeare), along with Clarence Moyers (Smokehouse Clarence). They somehow gathered a group of ruffians, fishermen & wind enthusiasts, giving us purpose, pride and entertainment. They exposed our village to the words of Shakespeare in comedic ways that reached our hearts, inspiring us to yearn for more. They brought Shakespeare to life. After directing 12 plays, they eased away and let us grow on our own. Since then, we have adapted a variety of works, to include live music, songs, choreography. We continue to sew our costumes, build our stage, paint our sets discovering & inviting new local talent as our population grows. Thank you to Bob & Lesley for believing in us, we hope we have made you proud.

Please come see one of our 7 performances! Sing along, invite your friends, help us to celebrate this 25th theatrical miracle!



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Understanding the Importance of TNR (Trap-Neuter-Return) for Feral Cats

By: Paula Myers

Feral cats are an integral part of many communities, but without intervention, their populations can quickly grow out of control. There are no formal cat rescues or adoption organizations in Los Barriles. This is where TNR, or Trap-Neuter-Return, comes into play. TNR is a humane and effective approach to managing feral cat populations, ensuring healthier lives for the cats and creating a more harmonious coexistence with humans.

TNR programs are more than just a means to control feral cat populations; they are a pathway to healthier communities, both for humans and animals. Here are some of the top benefits:

1. **Population Control:** By preventing unchecked breeding, TNR significantly reduces the number of kittens born into harsh conditions.
2. **Healthier Cats:** Spayed and neutered cats are less prone to certain diseases and injuries associated with mating behaviors, such as fighting.
3. **Reduced Nuisances:** TNR decreases behaviors like yowling, spraying, and fighting, which are often associated with unaltered cats.
4. **Humane Solution:** Unlike outdated approaches like trapping and euthanizing, TNR provides a compassionate way to manage feral cat populations.
5. **Community Benefits:** Stabilized feral cat populations lead to fewer complaints from residents and a better quality of life for everyone involved. Having a stable cat population also benefits the community by controlling the rodent population.

TNR is a community effort, and your involvement makes a difference and here is how you can help:

- **Volunteer:** Help trap cats, transport them, or assist at spay/neuter clinics.
- **Donate:** Contributions to SNAP support the purchase of traps, veterinary care, and other program essentials. Donation can be made through PayPal: 4snaplosbarriles@gmail.com or use the donation box at Clinica Veterinaria Buenos Aires Dr. Cristobal and Dr. Dea's Office.
- **Spread the Word:** Educate neighbors and friends about the benefits of TNR and encourage them to get involved.

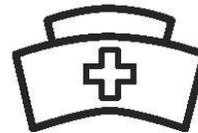
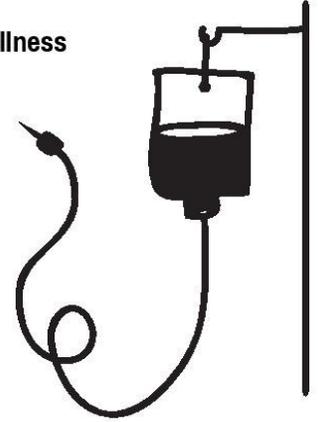
Success Starts with You!

When you participate in a TNR program, you're not just helping individual cats; you're contributing to the health and well-being of the entire community. At SNAP Los Barriles, we're committed to providing the tools and support needed to make

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What is the Crescent Moon Project: Art for Children?

By: Betsy Fox

The Crescent Moon Project (CMP) is a free, community-driven art program for the children of Los Barriles. Founded by Los Barriles native, Priscilla Duran, in 2018, CMP was born from a desire to provide creative opportunities in a town with limited extracurricular activities for youth. With the help of volunteers, CMP began offering free art classes, expanding in 2021 when Melissa McDonald joined the program to help grow its reach, holding weekly classes in local spaces and even creating a vibrant community mural.

The following year, the Crescent Moon Project rented a dedicated art space at Palmas de Cortez Resort with support from local sponsors. By 2023, a full-time art teacher was hired and CMP became an official Mexican non-profit organization with a Board of Directors. This past year, CMP reached an impressive milestone—over 125 children participated in its art classes, contributing to an astounding total of 700 hours of creative engagement!

The Crescent Moon Project is much more than an art program—it's a celebration of creativity, community, and the bright futures of Los Barriles' children. Through the generosity of donors and volunteers, CMP continues to inspire and nurture the next generation of artists in our town.

Why Art?

Art plays a crucial role in a child's development, offering a range of benefits that go beyond just creating beautiful pictures. Here are some ways in which art is important:

- **Fosters Creativity:** Encourages children to think outside the box and express themselves in unique ways
- **Enhances Social Skills:** Promotes collaboration and communication, building stronger relationships
- **Boosts Confidence:** Gives children a sense of achievement, building their self-esteem as they complete projects
- **Supports Cognitive Development:** Improves problem-solving, critical thinking, and fine motor skills
- **Promotes Cultural Awareness:** Exposes children to different Mexican artistic traditions

What Do We Offer?

While regularly scheduled studio art classes comprise our main program, we have expanded our programs in partnerships with local artists and other non-profit organizations.

- **Art Studio Classes:** Weekly free art classes for children, ages 5 through high school, exploring painting, printmaking, sculpture, and more, often tied to Mexican culture. Classes are led by a passionate local

teacher, Yasmin Meraz

- **Artist Collective:** Local artists donate their time to collaborate with small groups of students, sharing their creative processes over a series of sessions. Student collaborative works and artist donated pieces will be featured in CMP's Spring Auction on April 12.

- **Curso de Verano:** CMP co-sponsors a summer camp where over 100 local children receive free art classes and materials.

- **Día del Niño and Dia de Los Muertos:** Crescent Moon Project, along with the Rotary Club, sponsors these local Los Barriles celebrations (commemorative dates celebrating children and those who have passed)

- **Fun Community Art Fundraisers:** Events such as "Ornaments & Margaritas" offer adults the opportunity to create art while raising funds for our children's programs.

What is the Impact of the Crescent Moon Project: Art for Children?

The Crescent Moon Project (CMP) has a profound impact on the lives of children in Los Barriles, helping them build essential life skills through art. By learning about and creating art, children develop confidence, imagination, communication, and problem-solving abilities—

Continued On Page 24



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Crescent Moon Continued From Page 23

skills that contribute to their growth as well-rounded, thoughtful individuals. Art classes not only foster creativity but also enhance social skills, allowing children to collaborate and express themselves in new ways.

Sponsors' support helps ensure that these transformative opportunities continue to thrive, empowering the next generation of artists, thinkers, and leaders in our vibrant community.

How Can You Help?

We need your help and offer a range of ways to be involved:

- Purchase a Student-Art Calendar: Available at the Aquamarine Gift Store, the calendar showcases the children's artwork and helps raise funds for the program.
- Fulfill a Wish: By visiting CMP's Amazon Wishlist, you can purchase supplies or items directly for the program. ((<https://tinyurl.com/3sd9633y>))
- Make a Donation: Donations can be made through the Leaders2Give platform to support CMP's ongoing work. (<https://www.leaders2give.org/donate-now>)
- Attend a fun fundraising event! (watch the Crescent Moon facebook page for more details)



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- February 13: Valentine's Event: Paint Your Partner
- April 12 "Art in Bloom: See Them Shine" (evening dinner/music event with student and professional art for auction)

As a community, we can nurture a future where imagination and creativity flourish!



Artists in the making—one of many classes held at the Crescent Moon Art Studio



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- 18 And Jesus came up and spoke to them, saying,
“All authority has been given to Me in heaven and on earth.
- 19 “Go therefore and make disciples of all the nations,
baptizing them in the name of the Father and the Son
and the Holy Spirit,
- 20 teaching them to observe all that I commanded you;
and lo, I am with you always, even to the end of the age.”



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Panterra Eco Expeditions

By: Chris Courtright with Lela Sankeralli

Let me introduce you to a new advertiser in the East Capers! We are excited to tell you about Panterra Eco Expeditions. I can't wait to go on my own adventure—as soon as the Festival de Artes is over!

Finding an adventure travel company that is the right fit, is the first and foremost priority in investing in a vacation. With Panterra Eco Expeditions, their small group expeditions, naturalists, crew, added extras and personal touch allows them to provide you with an experience of a lifetime, everything Baja! An experience offering warmth and kindness that reflects the beauty and hospitality of the people of Baja California Sur.

Their goal is to impart a knowledge and awareness of the earth's natural history, demonstrate environmental conservation through educational endeavors and enrich the lives of their guests with cultural interaction.

The magic of their expeditions happens well off the beaten path literally in the wilds of the Baja and Sea of Cortez. It takes place in an area they explore where few people venture into. There is an awe-inspiring magic in all of our activities; unique and rare wildlife encounters, hiking where you will explore the unique flora, fauna and geology, snorkeling with mobula rays when possible, whale

sharks (seasonally), an array of undersea life Jacques Cousteau described as the “aquarium of the world” and visiting remote communities (which is home to some of their staff).

On some of the expeditions guests have the opportunity to participate in our Wildlife Conservation Programs and our Baja Gifts Program which is designed to give back to the people and communities they visit. They are not just an adventure travel company, they are a dedicated group of professionals sharing our passion and love of the Baja and touching the lives of their guests in a very meaningful way.

They say that “it is inspiring to see many of our clients return a 2nd, 3rd, some even 5 or 6 times. The Sea of Cortez has a magic onto itself. Guests who embark on their first journey with us often return to experience a different season or to put to rest something that was stirred inside them”. Lela Sankeralli, owner/founder, continues “we have thoughtfully designed expeditions to bring out the natural explorer in all of us and to offer up close and personal experiences with some of the rarest marine encounters one can have on a single expedition”. As one guest wrote “I truly love the Panterra Expeditions and can't wait to go again. There are so many trips to choose from I could spend years returning and playing in the Sea of Cortez” and many of their clients do!”

**See the Panterra Eco Expeditions ad
on page 20 and page 23**

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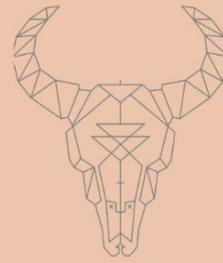
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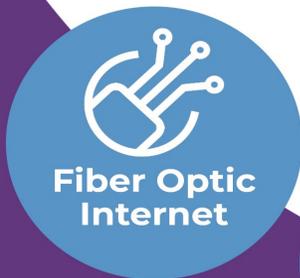
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Nothing To Do You Say? Well, We Have The Cure For That!

By: Chris Courtright

So, you say “I have nothing fun to do”, well let me tell you I have found a cure for that! There is a place you can go every Wednesday from 2:30 – 6:30 learn a new skill, create something beautiful and have a great time! Right here in Los Barriles, you can go to Vita’s Art + Fashion and each Wednesday create something new and learn or improve artistic skill you have already!

Every week is a different project. Each project has a different ‘subject matter expert’ teaching. You might have a painting class, or a hat decoration, jewelry making, dazzling clothing, day of the dead crowns and many other different projects. All things you can put to use in your decorating or your closet – and that is the great part about it.....useful things!

There are no excuses here. No experience is required for any of the projects, and you don’t have to bring a thing. Classes open to all – both men and women. All supplies are provided, all you have to do is show up ready to have fun! What a great chance to do something different with your friends or come and meet new friends. Vita provides appetizers, champagne or non-alcoholic cocktails, so there is no fear of hunger or thirst!

Watching a class in action, you see creativity come out of the participants. In a recent hat making class, each creation was really different, and in the end, you had 6 totally different hats, each done to suit the wearer! It was really fun to see! And some of them were “*I am not creative at all!*” women – that thought disproved in that class!

Class price vary by subject, but average about \$50.00usd with all supplies included. You must pre-register and a 50% deposit is required at the time of registration. Vita limits classes to 6 to ensure everyone can get the attention they will need. Classes take place at Vita’s Art + Fashion in the Shily Fisher Plaza on 20th de Novembre. Upcoming class schedules and more information can be found on FB at Vita’s Boutique, Instagram at [vitasartplusfashion](https://www.instagram.com/vitasartplusfashion) or her website www.vitasboutique.com (go to blog) or call Vita at 624-110-6992 email vitaoleich@gmail.com.

It is so great here in the Baja, you can never be bored if you just look around! There is plenty to do and if you can learn a new skill, meet new friends and have a great time, well, that is just icing on the cake!



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Siri, Texting, USB's, VPN, Viruses & Other Diseases Of Modern Life!

By: Lane Sykes

I have always been suspicious that Apple's Siri was listening for more than their alert word "Siri". Apple just settled a lawsuit for \$95 million dollars. Apparently, Siri was compiling data and allowing other companies access to that data. Personally, I have had conversions in my house that shortly turned into targeted ads. One couple discussed a dog carrier and within hours, they received ads for dog crates with a dog almost identical to theirs. The good news, if you owned an Apple product that had Siri enabled, you can receive \$20 per device not more than \$100 per household. The web page to file for your share of the lawsuit payout is not yet active. When that page is available, I will post it on the BPE.

Texting is something that we all use. Is it safe. Well yes, maybe. The security guys have found some serious loopholes that have not yet been closed. If you text Apple to Apple, the text is encoded end to end - safe. If you text Android to Android, your text is encoded end to end - safe. But! If you text from Apple to Android, it's clear text without any encoding. Same issue Android to Apple. For secure texting cross platform, use "What's App". What's App is encoded end to end regardless of platform. For most of us who cares if I text a friend: "I'm headed to the beach".

An easy way to have your computer hacked is through a USB drive or even a USB cable. To be honest not all USB drives have embedded firmware nor do USB cables. But, let's say that you are at a coffee shop and find a nice shiny USB flash drive on the counter or table, that device may have malware. If you buy a cheap USB cable, it too could contain malware. Now, not everyone is trying to hack your computer but, it's something to be aware of. A number of companies have had "ransom ware" installed on their servers. The bad guys leave a USB flash drive at the nearest coffee shop to the computer system that is their target. Some one finds the drive, takes it into the office, plugs it into the company computer to see what's on the drive. The "ransom ware" now has access to the servers. The bad guys are smart enough not to activate the software until days or weeks later. Then they lock all access to the servers and hold all the company data hostage until the ransom is paid.

Now that we're on the subject of viruses, do you need an anti-virus? With a Windows machine running Windows 10 or 11, probably not. I use the free already installed Microsoft Antivirus included in the operating system and that works just fine. I go to web pages that most people should never visit. No issues in the past 10 years. Why? The money is not there for the bad guys. The money is in ransom ware. I use a Mac as often as I use a PC. There are no

viruses in the wild for a Mac. One big reason for that, there's no money to be made. The Apple market share by percentage (15%) is not there for bad guys to spend the time. In addition, Apple spends a good amount of time locking down their operating system.

For years I've used a browser extension called "Honey". It tracks items that you have an interest while shopping online and can alert you to price drops. Well, Honey has been caught doing some not so nice tactics. They have adjusted their software to jump ahead of legitimate links when you buy a product thereby cutting legitimate web sites from earning their share of referrals. Honey has been known to collect and sell your shopping habits.

VPNs are not just for streaming. If you are on a public WiFi, you may be vulnerable. For instance, your at an airport and while searching for a WiFi network, you stumble across "Free Airport WiFi". That internet access may be setup by a bad guy in search of valuable data. If you enable your VPN, you are safe. The VPN creates a tunnel from your device to the site you're requesting. If you're heading to a banking site, no worries since the Banks and Financial Institutions use strong encryption. But, I still use my VPN in those instances. But! Some banks block VPN's. I have at least 3 banks that block VPNs, one of which is Intercom Bank. Not a real threat since the banks use strong encryption.

Continued On Page 32

Mosaic Workshop

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Modern Diseases Continued From Page 31

Photo backup strategy is extremely important. Let's say you lose your phone or drop it overboard. Your most important photos may disappear forever. Or, you're upgrading to a new phone. To make sure you don't lose anything, back up those photos. Amazon Prime members get free backup of all their photos as long as they are Prime members. Google photos has a very reasonable backup program. Videos have some additional restrictions. The other nice function is access to all your photos from other devices.

Note From Editor—the Computer Guy is the one to thank for helping me solve the computer issues that I only have while putting together this magazine! He is a sanity saver!



The “Milagro” Of San Antonio

By Seddon Wylde

As written in last month’s East Cape News, I have been teaching weaving in San Antonio for 8 years to anywhere from 4-12 students. One of the original weaver, was a mother, Rosa Manriques Flores. She and her son, Rigoberto were the first to understand the complicated process of winding a warp and dressing a loom. In fact Rigoberto helped the other ladies during the week. Unfortunately, Rigo died 4 years go. But his talented and extremely creative Mother continues to this day making designs with interesting color ways and patterns.

Married to Rosa’s other son, Julio Cesar Amador Manriques, is Nancy Neide Cosion Ruis. She also started 8 years ago and is extremely proficient as a weaver and embroiderer.

Last week after my class was started, in walked Julio, Nancy’s husband, with a table loom he had made out of wood: gears and all. This is to be a present for Nancy and then he will make one for his Mother. I cried! Never have I seen such support for a weaver.

What a Milagro!! I still get “holy showers” (as some call goose bumps down here) when I think of the talent, ingenuity, and kindness that Julio presented. I have ordered string heddles and a reed that will complete his work of art.

Although Nancy will have a loom at home, there are 4 others at the center which they all share. Also, they express that getting together helps with figuring out problems and inspires creativity.

I hope you go to the Cultural Center in San Antonio and see their amazing weaving. The Center is open Tuesday – Saturday 9:30 - 3:30.



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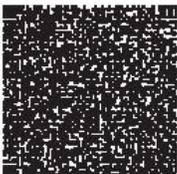
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Traveling With Dogs Continued From Page 34

For flying, if your dog or cat is under 20 pounds, you can take them as carry-on, in an airline approved pet carrier. You must reserve a space, check with your airlines if animals are allowed in-cabin. There is a fee.

If your dog is over 20 pounds, they must fly in cargo. Currently, only Alaska Airlines and WestJet allow dogs in cargo. You must reserve a space, and have an airline approved crate. Again, there is a fee. Always check with your airline for current policies and regulations.

Contact information:

Dr. Gretel de la Torre: +52-624-129-5640 - WhatsApp or phone

Dr. Cristobal Cosio: +52-612-141-4261 - WhatsApp or phone

Dr. Diego (Gloria is clinic manager): +52-624-175-4703 - WhatsApp or phone

The requirements to bring a cat across to the United States are simpler:

They must appear healthy and have a health certificate issued by a licensed veterinarian. A rabies vaccination isn't required, but the CDC recommends it.

For flying, if your dog or cat is under 20 pounds, you can take them as carry-on, in an airline approved pet carrier. Check with your airlines if animals are allowed in-cabin, and you need to make a reservation for them. There's a fee.

If your dog is over 20 pounds, they must fly in cargo. Currently, only Alaska Airlines and WestJet allow dogs in cargo. You must reserve a space, and have an airline approved crate. Again, there's a fee.

I hope this helps! And let's hope that there are no more mandates!



February—March 2025

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Traveling To The United States (And Canada) With Your Dog

By: Irene DeAndero,
Cortez Rescue Volunteer and Board Member

Happy New Year! The USDA/APHIS and CDC have imposed recent mandates on travelers taking their dog from Mexico to the United States, and no doubt it's causing some confusion. Hopefully this will clarify what you need to do.

To import a dog from Mexico into the United States, you must meet the following requirements from the USDA and the CDC:

Age: The dog must be at least 6 months old when it enters the United States;

Health: The dog must be healthy and free of infections, external and internal parasites;

Rabies vaccination: The dog must be vaccinated against rabies by a licensed veterinarian at least 30 days before entering the United States;

Other vaccinations: The dog must be vaccinated for distemper, hepatitis, parvovirus, parainfluenza, and leptospirosis (DHLPP) within 12 months of entering the United States;

Health certificate: The dog must be accompanied by a health and rabies vaccination certificate issued in English by a licensed veterinarian;

Microchip: The dog must have an ISO-compatible microchip;

CDC Dog Import Form: The dog must have a CDC Dog Import Form receipt;

Screwworm Certificate: The dog must meet APHIS requirements for screwworm-free certification. Canada does not require a screwworm certificate, but if you are driving, or you have a layover in the U.S., you will need the certificate.

The CDC Dog Import form should be filled out by the person bringing the dog. This should be completed on-line (Google CDC Dog Import Form). Mexico is considered a dog rabies-free/low-risk country. Once completed, you'll receive a receipt by email. The receipt can be printed or shown on your phone to U.S. Customs officials and/or the airline. This form is good for 6 months and is free.

When flying directly to Canada, you only need a health certificate - a rabies vaccination is recommended (not having one can cause problems at the border). There is NO age limit; CDC and screwworm forms, and microchips are not required.

In the Los Barriles area, Dr. Cristobal Cosio, in Buenos Aires, and Dr. Gretel de la Torre, in Las Cuevas, can examine your pet to make sure it's healthy, give any vaccinations needed, do the microchip placement, and complete the health certificate.

A screwworm certificate must be completed within 5 days of crossing the border, whether by air, sea or land, and completed by a licensed veterinarian who has been certified to evaluate screwworm.

At the time of this writing, Dr.'s Cristobal Cosio is working on getting his screwworm certifications - possibly/ hopefully some time in February.

At the time of this writing, Dr. Gretel's husband, Dr. Saul Ortega, is the only vet certified in the area. Please contact Dr. Gretel's clinic as soon as you know your departure date to make an appointment. Dr. Saul has a clinic in San Jose, but he can see dogs one or 2 days each week, depending on demand, at Dr. Gretel's clinic in Las Cuevas. These appointments are either early, before he goes to San Jose, or when he returns back to Las Cuevas, around 5 pm or later. If nothing is available at Dr. Gretel's, you will have to go to San Jose to his clinic. Dr. Gretel will be taking classes for the certification in February.

Continued On Page 35



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Whale Encounters in Baja Sur Mexico

By: Cheryl Hampton aka Scubacheryl

Baja Sur offers a wide variety of marine life encounters. From Grey Whales in the Pacific to Humpbacks and Blue Whales in the Gulf of California, to turtle releases on both coasts, to Whale Shark snorkeling in La Paz Bay, mobula ray conflagrations and massive schools of fishes for boating, diving and snorkeling encounters, the choices almost seem endless. Here is some basic information on a few of the amazing whale experiences possible in this rich marine environment. There are many great local operators who can help you plan the adventures that best fits your needs.

Human interaction with marine life provides more than just entertainment. Of course the sheer joy of watching these majestic creatures leaping from the water is magical. But awareness of what lives beneath the surface of the seas and oceans is critically important. Through these encounters we can learn about the importance of protection of these species and their environments. Many marine creatures are as curious about us as we are them. Please know I am only advocating responsible, respectful interactions as harassing marine life is highly discouraged for so many reasons.

Mexico has more than 30 documented species of cetaceans. The Baja Sur Peninsula's unique geography offers close proximity to gray whales in the Pacific Ocean's bays one day and humpbacks or Blue Whales in the Gulf the next. Mexican warm water bays offer protected waters for breeding and calving for all the migratory whales. Tour operators have local captains who have grown up on these waters so very experienced and informed. They can create the best interaction for you and the marine life based upon the constantly changing conditions and recent activity in the area.

Grey Whales, approximately 25000 of them, migrate south to Mexico's Pacific warm nursery lagoons each fall to give birth and mate before they return each spring to the cold food dense feeding grounds located in the Gulf of Alaska and the Bering Sea. There are multiple regions and ports in Baja Sur to chose from depending on which works best for you but all offer similar gray whale encounters. There are three main areas from north to south, Guerrero Negro, then the Laguna San Ignacio area, and finally the Magdalena Bay area with multiple ports within that zone.

You will be fitted with life jackets, board small pangas and head out in search of gray whales

that populate the bays from late December to April with the peak season from January through March. Many report the mothers bring their babies right to the panga. I personally have experienced this with the mother lifting the baby up closer to us as if she is showing off her baby. With whale spout spray showering us, we eyed each other before she proceeded to push our panga around in the water entertaining all including the baby. Bucket list experience for sure.

Blue Whales, the largest animal on earth and the largest known population of Blue Whales in the world, close to

Continued On Page 38



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Whale Tours Continued From Page 37

3000, migrate along the Pacific coast to the Gulf. The best viewing location is the Loreto Bay National Marine park. It's season, Jan – early March can be windy so it's not always possible to go out. Local boats leave the marina there early as it can be a bit of a ride to reach the areas known for Blue Whale sightings among the many off shore islands. For some scale on how big Blue Whales are, consider that Blue whales are about the length of 3 school buses and are equal in weight to about 30 elephants. When they come up to the surface they look like a small island and it's quite the sight.

Whale watching is possible from the Los Cabos area marinas via organized or walk up tours. They can travel close to shore so any water based activity can turn into a whale watching experience. Divers and boat snorkelers are often treated to first class whale watching during surface intervals. Recently in Cabo Pulmo National Marine Park, at least seven adult humpbacks traveling together moved closer to our boat as we all traveled north. Maybe they were people watching? Visitors and locales see whales from shore during the season, breaching, splashing and generally enjoying their time in Mexican waters. It's always a delight to point out whales to others nearby as it turns into a happy shared group experience.

Whale Sharks – Not whales, they are the worlds largest shark growing up to 33 ft in length but they are docile filter feeders and pose no threat. La Paz Bay is a great place to experience snorkeling with them. This is a government regulated activity to ensure that there isn't too many people for the amount of whale sharks in the area. Two snorkelers at a time slip into the water from the boat, and can result in an exhilarating swim alongside this gentle giant. A good guide is really helpful in knowing when to enter the water. They look like they are hardly moving from the boat but once you are in the water start swimming immediately as they will quickly overtake you. Occasionally they will tip toward the surface, slow down to almost a stop and begin to gulp. They create a mini tornado to swirl the krill into their mouths and it's fascinating to see if you happen to be in the right spot at that moment. It happened once for my hubby and I and we still get excited when we share that experience with others.

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As your insurance agent it is our business to understand what you need and what is important for you to protect.

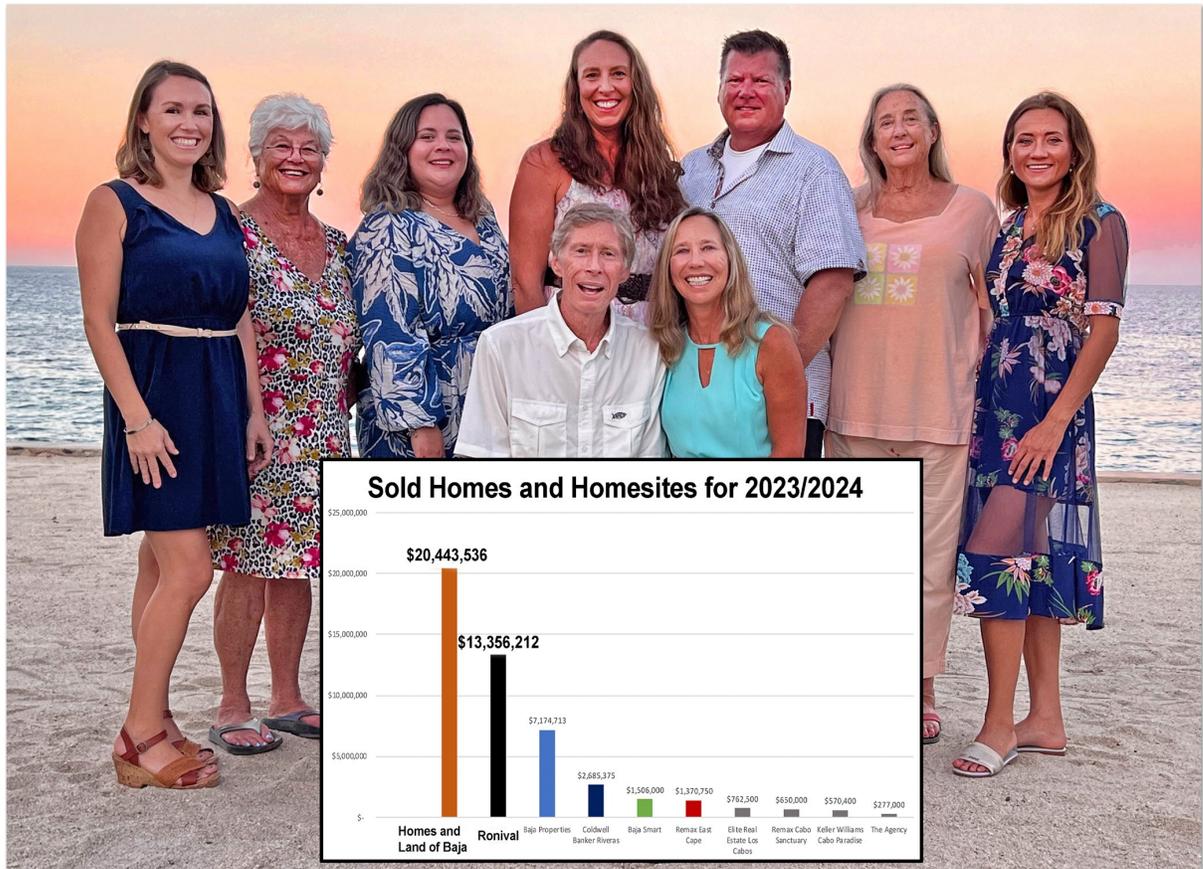
That is why we offer a wide range of insurance products for individuals or businesses with some of the best rates in the market, whether it is standard or a tailored / custom coverage one you need.



Baja 624-124-8083

US 310-494-5700

HomesandLandofBaja.com



Results say it all so give us a call!

Take a look at the 23-24 stats from the Northern part of the East Cape! These are stats that represent where our buyers and sellers actually are, not stats from down close to Cabo. In Real Estate many people talk about how good they are and what they can do for you, but we believe that results say it all.

We would like to thank all our new buyers and sellers for their support! To all of you new sellers, the market is still good so let us know if you would like to sell your home or homesite. Our Office is in the center of Los Barriles in the Palapa building next to the yellow Tiki Bar in the big parking lot. We are also across the street from the veggie stand.

 **EMERGENCIES?**
+52 (624) 160 1997

Your health is our *Priority*



At East Cape Health Center, our mission is to enhance the health and well-being of local residents, ex-pats, and tourists who enjoy the East Cape Mexico. United by our passion for patient care and community support, we offer high-quality medical and dental services, including diagnostics, lab tests, X-rays, dental panoramic exams, and ultrasounds.

As a trusted provider, we accommodate a wide range of insurance plans, offering solutions from short-term travel policies to comprehensive global coverage for your entire family. Our dedication to personalized care ensures that your health and well-being are always our top priority.

Your generous donations help us provide essential health services to those in need. We invite you to support our social assistance programs, ensuring that everyone in our community has access to quality care.

Do you need a specialist? Consult with us: we offer regular services in urology, dermatology, gynecology, and radiology. We're here to help!

PASSPORT TO HEALTH

It is the most comprehensive preventive medicine service offered by East Cape Health Center. Take control of your health by detecting potential health concerns early, before they become critical. It includes a comprehensive consultation and physical examination by a medical doctor, along with laboratory and imaging screening tests to provide a thorough evaluation of your health. Your contribution will be directed to a fund that provides essential medical services to underserved members of our community.

This has already helped countless individuals by preventing diseases and providing timely assistance before it was too late.



Donate to East Cape Health Center

We appreciate your donations, which enable us to continue providing Los Barriles with high-quality medical and dental care, as well as affordable pharmacy services for hard-to-find controlled medications.

All your donations are tax-deductible.

www.eastcapehealthcenter.org

eastcapemedical@gmail.com