

East CAPEERS

Periódico

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Asociación de Artes 2024-25 Season!

By: Chris Courtright

Wow! is all Asociación de Artes (AdA) can say about our Festival de Artes 30th anniversary celebration! Our new home in La Ribera turned out to be more than we could have hoped for! The plaza is a fantastic place to have a festival, with plenty of room, smooth grounds and lovely surroundings. Parking was aplenty all around, our stage was elevated so that more spectators could easily view, lots and lots of seating in our beer garden, great food and our improved bar with great margaritas (thanks Steve Potts and Meghan!) and craft beers! Our first annual car show was a great addition and will only grow as the word gets out – and we are excited about that. AdA, along with many others at the event, feel like we had more guests than at past festivals. We know we sold more food and there were so many new faces and first-time guests! The sun was shining, it was a lovely day! Our only issue was the wind....the one thing we could not control- hm, we have to work on that one!

AdA got a late start in planning the festival due to our location issue and had to plan and organize the entire festival in 3 months -which is just amazing...and tiring! We have some folks to thank that contributed to make the festival the success it was. First and foremost, Gonzalo Torrado, from Mango Bakery, who was our first point of contact with the La Ribera delegato. Without his help, connections and support, the festival would have ended due to a lack of a suitable festival location. AdA will always be grateful to Gonzalo and Anabel! Mary Naylor provided us with the exceptional artwork with stand out branding poster and shirts which provided and gave us notice.

Having artwork like that was so important, especially with a new location! Our raffle and silent auction team, Janet King and Cheryl Osborne provide everyone with lots of really great raffle and silent auction items, which is a really large part of our fund-raising efforts. Without them, we would not have a silent auction and raffle! We also thank everyone who bought tickets and items and the community of sponsors who made it all possible! Isabel Flores, our entertainment coordinator, had the task of chasing down our dancers and entertainment. With so many new groups, it was a real balancing act! Next year will be pleased to be having some of the largest Traditional Folkloric Dance groups in the area performing –so our great entertainment only gets better! We also say thank you to Joe's Market for being our beverage contact for the beer/pop/water and for the use of their truck to make many loads into one! Paul Neal for organizing and running the shuttles to and from Los Barriles. And let's not forget our 'day of' volunteers that took their shift, some for all day, to help the event run smoothly and made it look like we all knew what we were doing!!

Continued On Page 3



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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.

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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:

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Thank You!

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



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Asoc de Artes Continued From Page 1

We would be remiss if we did not thank our entertainment sponsors, C&G Builders, Mango Bakery, Baja Properties, El Toro y La Luna and Wolf Property Management. It takes lots of money to put on an event of this size, and it is through our sponsorship that happens! And we are very grateful for them and their support for our festival.

Having our new home in La Ribera for an East Cape institution, which is Festival de Artes, ensures Asociación de Artes with a strong future for the festival and the ability to continue our mission “helping to make the educational experience the best it can be” for the 20+ schools in the East Cape that we support. We know the impact the AdA has had on the thousands of students that we helped over our 32 years of existence. Make the educational experience better, and the students gain a love of learning, and it continues for life!! This is a big deal to us, and it should be a big deal to you too!

Now that the festival is over, the school needs request letters are pouring in and we will be busy the next few months shopping and doing work orders, but that is what it is all about. We are happy we can help with those needs. AdA has had a great event year with our Artist Studio Tour and the Festival de Artes and now we are looking forward to our next season, which will bring some new and exciting events. Watch out for details on that! (I think they call that a teaser!)

This season, AdA put out 4 great East Capers issues and we thank our writers and advertisers for their support so we can bring you the information you need to make living in East Cape easier and more enjoyable.

And finally, Asociación de Artes thanks everyone for their support to the AdA and our mission. We were very touched with the outpouring on social media for Festival de Artes and we so appreciate the kind words and the fact that our mission is appreciated and supported. We hope everyone has a great summer and we will see you in the fall ready, to go for a great 2025-2026 season!



Photos by Kim Haun

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Baja Shakespeare 25th Anniversary

By: Camila Ford

Baja Shakespeare just celebrated its 25th Anniversary with the hit musical "Madre Mia", the popular jukebox musical and movie with music by the hit band, ABBA. (Meryl Streep described it as "an affirmation of life...") Roughly, 800 members of our community came out to support and share in the joy of this jubilant production set-in present-day Los Barriles. As the cast and crew recover from their months of hard work, creative focus, and dedicated commitment, I hope they will feel proud and renewed and even more connected to the community and to the roots that birthed this company. Baja Shakespeare co-founders, Bob and Lesley Currier, made the trip down to participate in the celebration and, like proud parents, came to every show, ignored our mistakes, and instead, beamed and applauded us.

Though the show has ended this year, the warmth and joy live on in our beautiful, healing, climate and community. And people are already wondering and whispering about next year's show and anticipating, perhaps, another quarter century of theater...at least! The dream of Baja Shakespeare

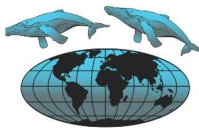


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The spirit of Los Barriles and of Baja Shakespeare are expressed in the ABBA song: "I have a dream, a fantasy to help me through reality. I believe in angels! Something good in everything I see..." YOU Los Barriles "angels" have turned fantasy into reality for a quarter of a century!



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By: Char Wenger

We have always prided ourselves on catering to the health needs of the East Cape community and beyond. Our ongoing efforts to obtain vital equipment save lives for common and complex illnesses, and accident injuries. Our absolute gratitude to our donors as we plead for donations from those interested in helping our clinic. We are a non-profit foundation offering and rely on your donations large and small. All donations have the benefit of tax deductions in the US and Mexico. More giving that comes to our clinic allows us to offer substantial discounts which impacts children and families in need. Giving can be contagious and offers us opportunities for growth with the latest technology for early diagnosis and treatment.

Grateful to announce that every lab test is now processed internally, offering rapid results and cost savings. The newest addition is a biologic machine that analyses all the female and male hormones, endocrine/thyroid functions, and cancer markers. The other is a blood gas analyzer used in the ER that determines the oxygen / CO2 concentration and immediate electrolytes for triage in an emergency crisis.

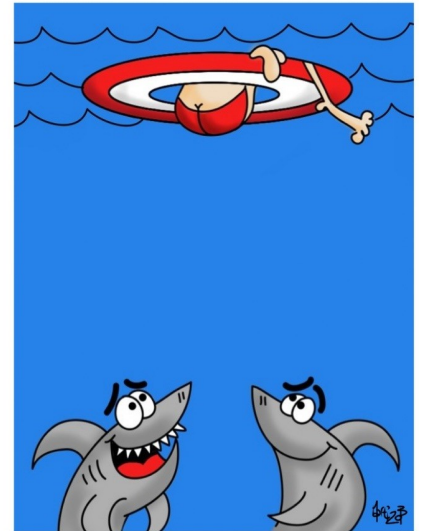
The Dental department now has a digital scanner to achieve accurate digital pictures of your teeth in less than 10 minutes. This replaces the mud we have endured for years. This aligns with the digital panoramic CT machine, used for full mouth images proved essential to review the bone structure for teeth. This CT scanner also detects sinus infections, facial injuries, bone depth for implants, visual for extractions of molars and alignment for braces. This new technology is designed to improve the processes with rapid digital imaging that goes straight to the dental lab for creating the crowns, and bridges.

East Cape Health Center Pharmacy is moving to Local 1&2 in Plaza Libertad, right across the parking lot. Currently under construction to expand and offer a greater capacity of new product lines of over-the-counter medications, specialized creams, and lotions used primarily by dermatologists and a line of weight management. We offer lines of a more natural approach to functional medicine vitamins, and specialized hard to find medication. We are the only pharmacy legally licensed to carry controlled medication.

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Introducing Dr. Paul Winterton who will speak on the afternoon of Saturday April 12 @4:00 pm at Palmas de Cortez conference room. Please google information on this speaker who will address one of our new concepts in WELL Specialty clinic. The invitation is FREE, hope to see you there.

Link at https://youtu.be/vbd_7oNkzZo?si=JlYHQQz0e6-400dd



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East Cape Guild Scholarship Fund Brings Music to Los Barriles

By John Plotkin

The 2024/25 Season was another fabulous year for the East Cape Guild with the Guild bringing music to Los Barriles to raise money for high school and college scholarships. Here is a recap of this season's musical and other fundraising efforts and a glimpse at next season.

The Guild's Third Singer/Songwriter weekend on March 7th and 8th was again a great success. Combustion Music's founder, Chris Ferran, again brought Los Barriles an award-winning lineup of Nashville-based songwriters to perform over the weekend. For the third straight year, Chris performed with his close friend and exceptional guitarist, singer/songwriter Chris DeStefano. Jessica Ferran made her second LB appearance with her sweet voice and harmonies. Morgan Evans (an Australian import) made his first Los Barriles appearance as did up-and-comer Thomas Baldwin. Joining the Nashville crew from Canada was Cara Luft, who made her second LB appearance, and local favorite Carl Schwitzer. Finally, making her a triumphant return to LB was Adrienne Ackerman, who spent much of her childhood in LB. This was an immensely talented group of songwriters/musicians who again made the

Guild's Songwriters Weekend the event of the season.

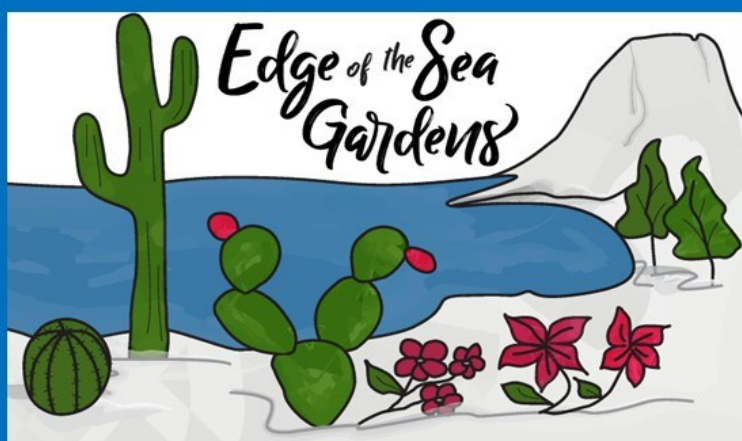
And it wasn't just the music! Michelin Star chef Estaban Lluís from Damiana in Valle Guadalupe and his team of chefs wowed the Friday VIP dinner with his culinary offerings ranging from oysters to yellowtail, tuna, and lamb to dessert. The dinner was truly divine. Guild Scholarship students helped serve attendees. Hotel Palmas de Cortez again hosted the VIP dinner and Saturday's concert. Huge thanks to Palmas de Cortez for helping make this amazing event possible. Kudos also to the Guild's other sponsors Candoo, Homes & Land of Baja, Teccazul Tequila, and Fat Tuna. Finally, thanks to Tio's, Mango Bakery, and Palmas de Cortez which provided food at the Saturday Concert. Well done all!

The Guild's other musical events this season included the Linda Ronstadt cover band concert in December and open-mic night every Wednesday which migrated from Restaurant La Playa to the Hideout Bar and Restaurant at Palmas de Cortez Pickleball Academy. If you haven't been to open mic night at the Hideout you need to check it out. Great music in a great venue.

The other big Guild fundraiser this year was National Tamale Day celebrated at the Concha in February. This event keeps getting better every year and this year was attended by many gringos in addition to large numbers of Mexican nationals. The tamales were amazing, made by Guild students and their parents, and the competition among the various delegations for the best tamale was spirited as well as tasty. Add live music, traditional Mexican dancers and a mechanical bull and this has become another not to miss event! The Guild members provide salads and desserts, but this event and fundraiser otherwise is organized and promoted by Guild Scholarship students and their families.

Finally, thank you to Baja Shakespear, which does one performance for the benefit of the Guild, and Hotel Spa Buena Vista which does Chef's dinners and fishing tournaments that benefit the Guild. Thank you as well to the many members of our community who publicly or anonymously donate to the Guild.

For the 2024/25 school year, the Guild funded 292 school scholarships, of which 87 were college scholarships. We anticipate that the demand for scholarships (awarded at the Guild Scholarship ceremony at the Concha in May) will be even higher next year. So, please consider a contribution to the Guild Scholarship Fund before you leave for the season. Every dollar or peso contributed goes towards scholarships for high-performing students from families with financial needs. The Guild remains, as it enters its 29th year, a single-purpose, volunteer-only organization that has provided scholarships to students who have become business owners, teachers, town mayors, architects' engineers, and other members of the community. Tax-deductible contributions (for US taxpayers) to the Guild can be made through the International Community Foundation at ICFDN.org by specifying the East Cape Guild as the recipient of the donation. Donations can also be made through our website EastCape-Guild.com.



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Grupo IHKITI

By: Trini Amanda Manriquez G

San Antonio is an historical town of more than 250 years, it is about 40 minutes north of Los Barriles, a place where Seddon Wylde came to find that there was a loom in the Cultural Center of San Antonio; a loom that she had donated to Los Barriles, two years before. Right then she decided to start giving weaving lessons at no cost. She would take the bus every Friday from Los Barriles to San Antonio, hold a class from 9AM – 12 PM from November to March. All of this started in the year 2009 with 3 or 4 students. In the year, 2015 more students started to come.

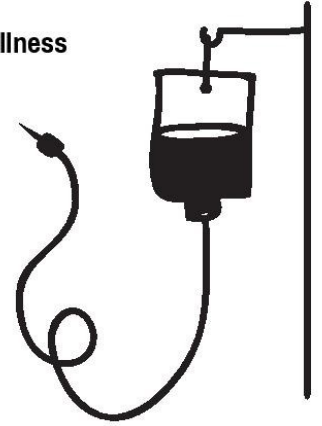
After learning the Spanish words for warp, weft, twill and plain weave (urdimbre, trama, segra, tejido encilla) they were soon taking exams. By 2016, the group was as big as 8 between weavers and embroiderers. They would make bags, runners, scarves, curtains, and selling them at the Cultural Center to locals and tourists. They also started to anticipate in all of the different Art Festivals that were organized in Los Barriles, as well as El Triunfo and La Ventana. In 2020 a book was printed about their work! In 2021, Seddon Wylde motivated the group to organize and to grow, asking them: would you like to weave only for you and sell small things or in reality to make a business and weave more and sell in more places?

In 2023 the weavers thought that they should be dressed alike, Seddon donated white blouses and they created red

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apron with a Pitia flower embroidered on each one. The Pitia is the signature flower of Baja Sur.

Soon after they renamed "The Weavers of San Antonio" to "Ihkiti" which translates to "weavers" in the Nahuatl indigenous language. As a Ihkiti, Seddon designed a logo, that is now the group's brand; they made stickers, and business organize and support each other.

Also in 2023, Ihkiti participated in the weavers and embroiderers shop of Arts and Crafts of San Antonio BCS, a program that the federal government sponsored to raise money to grow their business. With this project, Ihkiti was able to raise the 100% of the funds asked. In return, they promised to share their knowledge with the community of San Antonio, by giving free classes of weaving and embroidery to kids and adults from March to September of 2024.

The workshops were a big hit and of grand acceptance from the people of San Antonio. Ihkiti continued in October of the same year together with the new students of the workshops started to meet once a week, the group growing from 8 to 20 students. They meet at La Casa de Cultural, every Wednesday in San Antonio. Seddon meets them once a month to follow up on their work and to support them as necessary



Introducing Mexico's Fabulous Cheeses

By: Renée Lagloire, M.A. Anthropology

Mexico's cheese industry began soon after the Spanish conquest when cows, goats and sheep were brought to the New World. Along with the animals came the techniques for cheese making. Before that, there were no milk products in indigenous diets. As years have gone by, cheese has become interwoven into the fabric of Mexican cuisine. Mexico is the proud birthplace of four popular cheeses: Oaxaca, Cotija, Chihuahua and Manchego. There are delicious cheeses to be found in Mexico and you are much encouraged to experiment with them. This article outlines Mexico's fresh, melting, and hard cheeses, with a few words about goat cheese.

Fresh Cheeses - Fresh cheeses often have a crumbly texture, and when they are heated they do not melt, becoming instead soft and creamy without losing their shape. While typically eaten fresh, they can also be sliced into sticks or cubes and fried (without breading or anything on it) becoming brown and crispy on the outside and soft on the inside. Fresh cheeses generally have a mild flavor. There are five primary fresh cheeses available throughout Mexico:

* **Panela** – This cheese crumbles very easily and has a slightly salty flavor. Typically molded in a basket, this fresh cheese is sometimes sold as queso de canasta (canasta means basket). The unusual shape and textured exterior help distinguish this cheese—which is best enjoyed while still moist and fresh—from its counterparts. It fries well.

* **Queso Blanco** – The term can be used for any fresh white cheese. It often refers to a creamy, white cheese made from skimmed cow's milk, and has been described as being a cross between cottage cheese and mozzarella. It is traditionally coagulated with lemon juice, giving it a fresh, distinctive lemon flavor, although now it is often commercially made with rennet. It softens when heated, but doesn't melt. It is very similar to Monterrey Jack or Mozzarella in flavor, but has a softer texture.

* **Queso Crema** – It is just like cream cheese, it does not melt

* **Queso Fresco** – This cheese crumbles easily. The name means "fresh cheese." It is a salty cheese that's usually enjoyed crumbled but can also be sliced. It does not melt.

* **Requesón**- This has a very soft texture similar to Italian ricotta cheese. Soft, creamy, and mild-tasting, requesón is a by-product of cheesemaking. To produce requesón, whey—with its residual small pieces of curd—is heated. The curds then form a layer on the surface that is skimmed off and strained. It is perfect for stuffing chiles.

Melting Cheeses – Four Mexican cheeses melt very well. They do not separate or get greasy when they are heated so they are ideal for any dish that calls for a lot of cheese like quesadillas, burritos or nachos. They are also great for American dishes like pizza and cheeseburgers.

* **Asadero** – Mild-tasting with a pleasant acidity, this fresh cheese is slightly chewy yet tender. It melts wonderfully, and can get stretchy like mozzarella.

* **Chihuahua** – This cheese has a similar flavor to that of a mild cheddar. It is also sometimes referred to as queso menonita, for the Mennonite farmers who first made this cheese or queso quesadilla because it melts so nicely on tortillas. When fresh, it resembles a mild soft cheddar or jack in taste and texture. As it ages, its flavor becomes tangy.

* **Manchego** – This cheese has a yellow color and tangy flavor. Manchego cheese was introduced to Mexico from the Spanish region of La Mancha, but it tastes quite different now. It is made with a mixture of cows' and goats' milk in Mexico rather than sheep's milk. It has a buttery taste and melts well. Normally, manchego is not aged, but the aged version is called queso manchego viejo.

* **Oaxaca** – This has a similar texture to string cheese. The "mozzarella of Mexico" (sold as quesillo in Oaxaca) is a ball of cheese created by rolling up broad skeins of cheese whose texture resembles that of string cheese. Shredded, it

Continued on Page 12



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Cheeses Continued From page 11

can top refried beans, tostadas, and soups. Sliced, it melts wonderfully for quesadillas or served with chile de agua.

Hard Cheeses - Three Mexican cheeses have a hard texture and can be grated. They are often used in refried beans, not only as a topping, but also mixed into the beans. Because of their strong flavors, they make a perfect topping for salads and even grilled meats.

* **Añejo** – This cheese is dry and salty.

* **Cotija** — This cheese has a strong flavor, similar to Italian parmesan aged, making it a bit dry, salty, and almost granular in texture. Often served crumbled, Cotija doesn't melt so much as it softens.

* **Enchilado or Añejo Enchilado** – This cheese has a very strong flavor and is coated in chile powder or paprika.

Goat Cheese in Baja California Sur - In Baja California Sur, while most of the goat cheese produced is for the families' own consumption. There is, however, a budding cottage industry of goat cheese production. The cheeses can be found in farmers' markets, and in private ranchos. There are two types, the hard and the soft goat cheeses.

There's no better time than now to start experimenting with these delicious cheeses. This fabulous soup recipe is presented because it features the Mexico-born Chihuahua cheese, and because it is scrumptious as a first or main course. Enjoy!

Caldo de Queso Sonorense - Sonoran Cheese Soup

2 tablespoon unsalted butter
2 tablespoon olive oil
12 green onions, chopped
4 cloves garlic (large), chopped

4 medium (about 24 ounces), white or red boiling potatoes, peeled and diced

4 medium tomatoes, peeled, seeded, and chopped

4 Anaheim peppers, roasted, peeled, seeded and diced

2 cups corn kernels

4 cups chicken broth

2 cups milk, half and half, or cream

1 teaspoon salt, or to taste

8 ounces Chihuahua cheese, grated

1. In a large saucepan, heat the butter and oil over medium heat.

2. Cook the green onions and garlic until softened, about 2 minutes.

3. Add the potatoes, tomatoes and peppers, and cook, stirring, until the tomato juices evaporate, 4 to 5 minutes.

4. Stir in the corn and cook 1 more minute.

5. Add the chicken broth, cream, and salt. Bring to a boil, reduce the heat to medium-low and simmer until the potatoes are very tender, 15 to 20 minutes.

6. Divide the cheese among soup bowls. Ladle the hot soup over the cheese and serve at once.



Paul's One-Liners On Truth And Mistruths

By: Paul LaGloire

- A hammer and a saw, and he calls it a workshop.
- Inflation of self-aggrandizement can also be too costly.
 - Silvery predictions are up for a daily polishing.
 - Cooked-up excuses would be more credible if they were baked.
 - A gossip is an observation unaware of any accuracy.
 - Truth is first heard, then twisted, so to be soon denied.
 - Minnie was told a million times not to exaggerate.
 - If you tell the truth, your recall will match your memories.
 - At the fish market I told Al there, throw me a five-pounder, I want to tell my wife I caught it without lying.
 - The truth never requires ornamentations.
 - An excuse is too often a second lie.
 - Explanation can bring a grain of salt from another ocean.



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Life of a Baja Dog: The Last Story

By: Bill Osborne

Hi, this is Missy, the Baja Dog that has been telling you about my life in Los Barriles and in Washington State for the last two years. When we left off last time, my health was declining rapidly and I knew that my parents, Bill and Cheryl, were very upset about what was happening to me. As the cancer progressed; I didn't like it whenever one of them was not with me.

After Bill took our family portrait on September 30, 2024, he spent some time on the computer looking at the pictures he took that morning. I sat at his feet on a blanket and watched him intently. He called Cheryl over to where he was working and said, "I got it. This picture is perfect!" Cheryl looked at the picture, gave me a hug and started crying. I couldn't understand why she would cry if the picture was so good. I would find out soon what brought her to tears.

October 1, 2024, started like every other day. I woke Bill up early by whining and scratching at him. I had to go now! He quickly got dressed and took me for my walk. Unlike most mornings, I did my major duty quickly. Then he did something I had never experienced. He burst into tears and cried uncontrollably. I had seen Cheryl cry many times in the last few months, but this was a first for Bill. At first, I tried to pull away, but I realized he needed me, so I sat down beside him and looked into his eyes. The crying continued. He held my head in his hands and kept saying, "I love you so much." I knew he and Cheryl loved me, but this time was different.

After what seemed like an eternity, Bill stopped crying and took me to the house for a special breakfast. Cheryl gave me some freshly-cooked chicken and Bill topped it off with a chocolate-covered ice cream bar, one of my favorite treats. I heard Cheryl say that dogs aren't supposed to eat chocolate, but "It doesn't matter anymore."



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After a nice nap, I reminded Bill that I needed to go again. To my surprise, Bill cried again. I could not figure out what was wrong. We walked down to the river, but unlike yesterday where I swam in the river, today I looked at the water and headed back to the house. Cheryl greeted us with a hug for Bill and a nice tummy rub for me.

When I went to one of my beds, they both sat next to me and showered me love and affection. I slept for an hour or so, when Bill came to me with the lead. This time, both of them took me for a walk. Little did I know this would be the last such walk for me. They put me in the car, and we headed to The Dalles, Oregon. It felt like just another trip for Cheryl to go shopping. She stopped at the Fred Meyer store to get some things she needed for dinner. As was the usual case, I sat in the passenger seat and nervously awaited her return.

Instead of returning home they drove to the Columbia Veterinary Clinic. I had never been there before. Bill went in alone to talk with them. Like it was when Cheryl was the grocery store, I was much happier when he returned. The two of them hugged me and professed their love for me.

We all exited the car and went into the office. One of the nice ladies escorted us into a small room where we were greeted by two nice women. Of

Continued On Page 14



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A Dog's Story Continued From Page 13

course, I had to greet them, lick some hands and check out the room by sniffing everything. The vet talked very seriously to Bill and Cheryl. She explained what was going to happen next. After going into great detail, she asked, "Do you want to stay?" They both nodded their heads.

The veterinarian said, "The first shot I am going to give her will sting like a big bee sting. She isn't going to like it, but the pain will be brief, and she will become very calm." After receiving the shot, I turned around and licked her hand.

Cheryl kneeled down, held my head, and rubbed my ears. Bill laid down beside me with his face next to me. I looked at him, gave him a big kiss on the lips and fell asleep. The next shot was given in my left rear leg. Within a minute, I stopped breathing, and my heart stopped. My life had ended.

From my place in Dog Heaven, I watched the two people who loved me like no others cry and left the room. For the first time in more than two years, I was out of pain. I know it was the toughest thing Bill and Cheryl ever did but letting me go with dignity was the

I always lived my life with warmth and kindness. My legacy, I hope, is for people to live life by showing kindness to others because life is so short.



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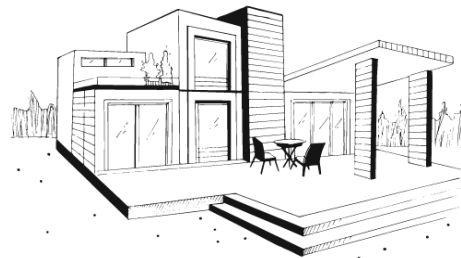


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From Empty Rooms to Open Arms

By: Adam Greenberg

Not all heroes wear capes—some carry paperwork, host community events, and build playgrounds. Over the past few months, the John Gullo Home for Children in El Cardonal, BCS has taken incredible strides toward opening its doors, ensuring that vulnerable children have a safe and stable place to stay while their families receive critical medical care. Thanks to the tireless work of our team and the generosity of our community, we are closer than ever to making this home a true refuge.

Here's a look at some of the milestones we've reached:

Connecting Families with Support

Facility Director Belén Meza Sandez and Assistant Facility Director Sara María Esparza Lucero have been working non-stop to make sure that families who need support know where to turn. They've traveled across Baja California Sur, meeting with institutions that support vulnerable children, including DIF (Mexico's child welfare agency), hospitals, social workers, and women's foundations.

One of their biggest priorities has been education access for children staying at the home. In collaboration with local school directors, they have ensured that children will have seamless entry into schools in El Cardonal, with appropriate placements based on their age, needs, and abilities.

Spreading broad awareness has been another key focus. Belén and Sara have taken to the radio and TV airwaves, sharing the mission of JGHC on Canal 8, La Radio de Sudcalifornia, and Radio Fórmula La Paz. Their goal is simple: to ensure that every family in need knows that help is available.

A Community Comes Together

In February, JGHC hosted a major open house event, bringing together local authorities, civil organizations, and nonprofit leaders. Representatives from Los Cabos Children's Foundation, Fundación Padrinos, DIF Los Planes, and multiple community groups toured the home, learning about its mission and discussing ways to collaborate.

"This event is an opportunity to

strengthen ties with organizations that share our commitment to children and the well-being of families," said one representative.

The event was a powerful reminder that the work of the John Gullo Home for Children is built on community collaboration.

Playgrounds, Laptops & a Garden of Healing

A home for children isn't complete without a place to play. Thanks to the generosity of the Rotary Clubs of Pemberton, Squamish, New Westminster, and Whistler, a brand-new playground with a shade structure has been installed.

Continued On Page 16



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Empty Rooms Continued From Page 15

But the support didn't stop there. TruTech and Gaotec stepped in to provide and configure laptops for the children, ensuring they have the tools they need to learn and stay connected. And Char Wenger from the East Cape Health Center in Los Barriles donated an emergency first aid kit and essential medical supplies, making sure the home is fully equipped for the children's well-being.

And then, there's the garden—a deeply meaningful addition to the home. This space, designed to offer comfort and healing, was made possible by two generous donations and was created as a memorial to a loved one. More than just a garden, it's a place of remembrance, reflection, and a place where children can connect with nature and learn how to grow their own food.

What's Next?

With so much progress behind us, the most important milestone still lies ahead—welcoming children into the home. In the coming weeks, we will continue working with DIF and our partner organizations to make sure families in crisis know they have a place to turn.

To everyone who has supported this journey—whether by donating, volunteering, or simply sharing our story—thank you. You are part of something truly life-changing.

Would you like to get involved or donate towards food, utilities, and other operational expenses? Visit lead-ers2give.org to learn more.



"Have you gone mad?! Get your head in the car!"

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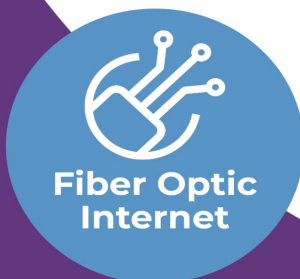
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New Creations Kids in La Paz

By: Jo Dibblee Founder of Team Humanity Baja

Her eyes are now shining with joy and excitement. Her confidence is contagious... Cristina will graduate from her 7-month hairstyling program. And she has a job waiting for her. Most young adults would be able to go home and share the wonderful news with their parents. Not so for Cristina. She will still go home and share her good news—but it will be with the thirty foster children of New Creation Kids in La Paz and their caregivers, Roberto and Alma. Because Cristina has spent almost her entire young life raised within this wonderful foster home.

Team Humanity Baja serves the children of New Creation Kids in La Paz. We have worked with Roberto and Alma for 9+ years. These two have dedicated their lives to saving children and those in need. And in the last 25 years, they have saved 1800 children from abandonment, abuse, neglect, and danger.

The initiatives that Team Humanity Baja partners with New Creation Kids range from large building projects to garden, animal husbandry, and art therapy programs. Everything is designed to become self-sustaining. Imagine two young individuals realizing their dreams as they enroll in hair-dressing school (Cristina and Angel) on scholarship, set to graduate in May with exciting job opportunities waiting for

them. This isn't just about personal achievements; it's about fostering a community where dreams can take flight. And let's not forget Little Aprons—our cooking program that's igniting joy and building confidence! Children aged 2 to 17-years-old learn how to prepare their own delicious farm-to-table creations and celebrate their successes. Over seven weeks, they've whipped up delectable main courses, desserts and countless memories, all while embracing valuable life skills. With 24 kids sporting their aprons, star badges and big smiles, the sense of accomplishment is in the air.

Let's talk about "the shack", which has become a vibrant and welcoming La Casita de La Esperanza (the little house of hope) for three girls and one young adult caretaker. Thanks to our amazing online fundraiser, we surpassed our goals in just one week! This achievement allowed us to bring about impressive changes to the casita: brand new door, bright windows, a fully renovated bathroom, and fresh paint that breathes new life into the space.

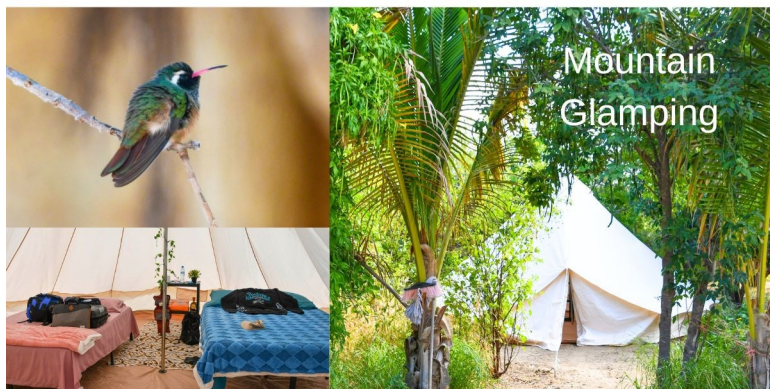
Team Humanity Baja—isn't not stopping here. Our board is actively fundraising for a new transition house to support young adults aged 18 to 21. This initiative is crucial for providing a safe and nurturing bridge for the older foster children who are stepping into the next phase of their lives. Please join us in making a lasting impact for children! Every small effort contributes to a brighter future for these incredible young people. Let's continue to spread the word, raise funds, and uplift the community of New Creation Kids together.

There are many ways to create family and friendships, and children like Cristina, who have been loved and supported by their New Creation Kids family—are living proof of its success.



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Little Aprons Program participants serving the meals prepared by themselves



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Latest Tech New From Computer Guy

By: Lane Sykes

Have you seen the Space X missile launch? They are beautiful. Search for Vandenburg Launch Schedule for the date and time. I use the same search for YouTube: Vandenburg Launch Live. You can watch the rocket lift-off from Vandenburg, Ca. About six minutes later, you will see the rocket appear above the horizon in the area of San Bartolo. Depending on the orbit of Starlink satellites, you can see them low or high over the horizon. Don't miss it.

Windows 10 end of life is scheduled to happen on October 14, 2025. What happens? The operating system will continue to operate as it always does. However, the system will no longer receive security updates. Over time security holes may begin to appear. You can purchase a one-year extended security update plan from Microsoft for \$30. Feature updates for Windows 10 will end in October 2025. Some antivirus programs will continue to be supported with updates. At some point it's appropriate to consider the free upgrade to Windows 11. Most of your Windows 10 programs will work in Windows 11. It's always difficult to say the word "all" when you change operating systems.



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Satellite communication is getting closer. The newer model iPhones and the newest Google Pixel phones offer satellite texting when you are not in normal cell range. Having said that, not available in Mexico. Coming very soon, Verizon and T Mobile will offer direct to cell voice and text options. SpaceX has announced their Pi phone. It's a premium phone (which means expensive). It connects directly to the Starlink satellites for voice, data and text. That system finally gives us global communication capabilities. The back of the phone is a solar panel that will charge up to 30 percent in one hour of sun. The Pi phone should be available later in the year, but things tend to slip in the Starlink/SpaceX world.





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Sunday, April 20th— 6am

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1 Corinthians 15:20—22

- 20 But now christ has been raised from the dead, the first fruits of those who are
- 21 For since by a man came death, by a man also came the resurrection of the dead.
- 22 For as in Adam all die, so also in Christ all will be made alive.



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BODY and MIND CONNECTION

By: Sefi Held

Did you know that the fastest growing segment of our population are those people over 65 - especially those over 85?

If you are in this age bracket, no doubt you have seen the changes happening not only as the body fitness declines, but also in brain fitness, having trouble with memory - where is my yoga mat - as our brains lose volume, and our lungs also lose capacity which can lead to shortness of breath and fatigue.

Normal aging is not a disease but if you allow your body to be sedentary over the years chances are that you will become less independent and at a higher risk for chronic diseases such as hypertension, diabetes and heart disease. Just like a sedentary body, the unchallenged mind will lose neural connections displaying symptoms of memory loss, confusion and less ability to process quickly any new, complex information. The thing is not to give up! Too many older adults still believe that "you can't teach an old dog new tricks" which has proven to certainly not be the case with my students. We have over 100 billion brain cells at maturity and 100 trillion connections

between them and, yes, we can afford to lose a few as we get older.

Our body and brain are interconnected and chronic diseases in the body can impair mental function but we can slow down some of the normal cognitive decline that happens with aging. Evidence has shown that the brain can re-wire itself. This capacity of the brain to change in response to stimulation is known as neuroplasticity which comes into play when we pay close attention and focus on learning a new task.

Most experts agree that light to moderate physical activity is one of the best protectors against the loss of both body and brain function. The ideal solution for enhanced brain function may be the combination of physical activity, intellectual stimulation, and social interaction, all at the same time. Keeping in mind that a heart-healthy diet is also a brain-healthy diet and may help to preserve memory and thinking skills.

Lets combine physical, intellectual, and social activity with a good diet, and you are building a 'cognitive reserve' – kind of like a high interest saving account for your brain which may well delay the onset of the normal symptoms of aging.

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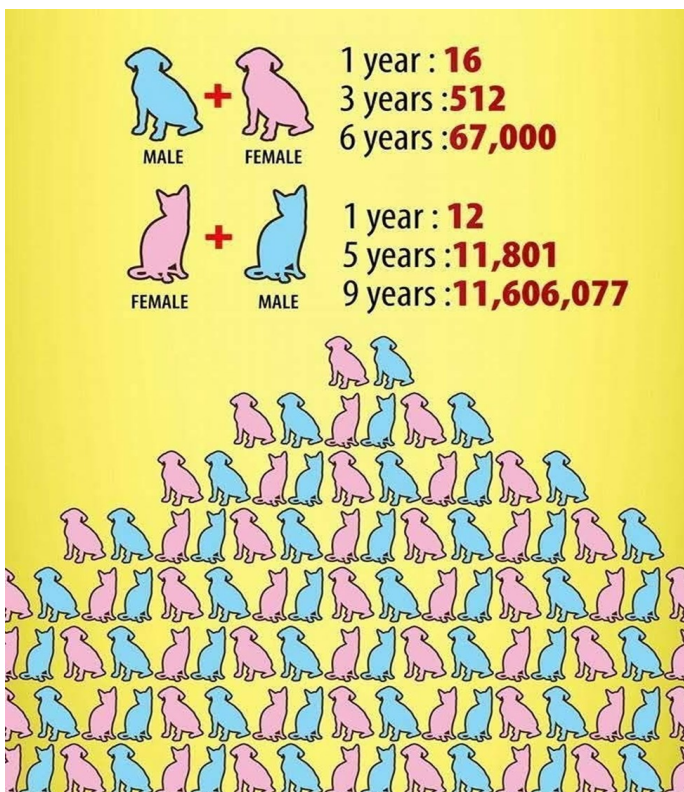
SNAP's Year-Round Commitment to Animal Welfare in East Cape

By: SNAP Team

As the season comes to a close, many visitors pack up and head north, but for SNAP (Spay, Neuter, and Prevention – Los Barriles), the work never stops. SNAP has been in full swing, providing essential sterilization services to hundreds of pets and promoting responsible pet ownership throughout the East Cape. However, as the temperatures rise and the crowds thin, our commitment remains just as strong.

During the upcoming summer months, known as the "dog days" for good reason, SNAP will continue its mission by ensuring at least 125 dogs and cats receive free spay and neuter surgeries so long as the budget allows. Preventing unwanted litters is a year-round effort, and summer is no exception.

Education also remains a top priority. SNAP is excited to once again participate in the annual Curso de Verano summer camp, where we will engage with at least 100 school-aged children. Through interactive lessons and hands-on activities, these young minds will learn about the importance of sterilization and responsible pet ownership—knowledge that will help shape the future of animal welfare in our community. The children are always stunned by the sheer numbers one male and one female dog or cat can produce.



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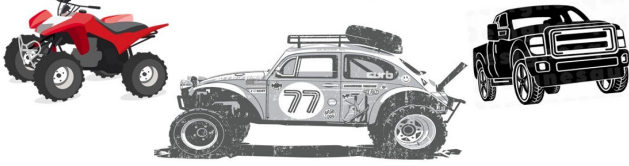
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Life on a Liveaboard

By: Cheryl Hampton AKA Scubacheryl

Sitting by the sea, watching a boat pass by, have you ever wondered who is aboard, or where it's going or what adventures they are off to experience? You don't have to be a millionaire or a superstar to find out. Welcome to the world of Liveaboards. What is a Liveaboard? It's just what it sounds like. You live aboard a boat, with a group of like-minded individuals, on scheduled packages and head out into the blue to experience a variety of experiences. Liveaboards operate in many locations throughout the world but here in Southern Baja, you can choose among sailing adventures, kayaking adventures, marine life watching, snorkeling or diving adventures.

Recently I chose The Valentina, a 115 ft ship out of La Paz by Fun Baja as part of group of 20 divers who departed San Jose del Cabo Marina in Feb 2025. Destination – for the remote Revillagigedo Archipelago, commonly referred to as Socorro, the largest of the four volcanic islands that lie 285 miles southwest of Cabo San Lucas. This marine national park is known for big marine life such as Giant Oceanic Mantas with up to 30 ft wingspans, many varieties of sharks, dolphins, whales and more which makes this a bucket list trip for most advanced scuba divers. The crossing is over 30 hours each way and most trips are 10 days to allow enough time to enjoy all these waters have to offer.

Typically, travelers arrive at least one day ahead of departure to allow for travel delays, recovery from jet lag and also to meet up with your fellow travelers. For this trip I was introduced via common friends about a year ago as they began to plan this trip. I had previously visited these islands 4 years earlier and was ready for a return trip. Many who use Liveaboards travel in pairs, so they have a built-in roommate and dive partner. But others like myself on this and earlier trips I have made use this as an opportunity to make a new friend. Cabins are cozy so you need to travel light with minimal clothing as it's a very casual environment. En-suite bathrooms are provided with bunk beds, being fairly typical.

We boarded the ship and immediately began to settle in while the ship fueled and finished provisioning. We board-

-ed the ship and immediately began to settle in while the ship fueled and finished provisioning. Valentina has a crew of 10 who operates the ship, cooks and serves all the delicious meals as well as all the dive operations. We enjoyed dinner and went to bed while the ship began its long journey to the first island of our adventures. We traveled all the next day and arrived the following morning. The ship offers outdoor and indoor lounge areas so there is plenty of space for everyone to either spend time together or separately. There was a former park ranger aboard serving as one of our dive guides who provided detailed briefings on the islands and what we could expect to experience when diving in this area. Most specialty Liveaboards offer naturalist briefings or area experts, so you get the full benefit of local knowledge.

Liveaboards are eat, sleep, experience and repeat. You have none of the usual time lost with transportation to and from lodgings and whatever you really want to be doing. You live on top of what you are there to see. Typically, we woke up when they ring a bell. Make our way upstairs for coffee or whatever your morning choice is followed by getting into our dive gear so we could be ready to board the skiff. We were divided into three teams, mine was the Sharks, and we always dove with the same group with the dive guides rotating across the three groups. We also rotated the order in which we dove so each group got to be

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Liveaboard Continued From Page 27
first in the water. Short 5–10-minute ride to the dive site and then back roll entry followed by descent into an amazing world. All too soon we ran low on air or dive time and had to return to the surface. It's deep drift diving so the skiff returns when we surface as a group. Excited chatter about all the cool stuff we saw on the dive began as soon as we hit the surface. Once back aboard we shed our dive gear, put on something dry and headed for the dining room to replenish and share stories with the other groups. After a short surface interval we returned to the dive deck to do it again as 3–4 dives are offered daily.



Sometimes it felt like we dropped into a Manta party with 5–6 gentle giants gliding around. They love our bubbles and would swim above us to enjoy them. They each have

unique markings like a fingerprint and our guide told us they have one that's been seen for over 35 years. We saw many types of sharks cruising by us at the cleaning stations they visit where fish pick off their parasites in a truly symbiotic relationship. Dolphins made their appearance, octopus and eels roamed the reefs and a mom and baby Humpback whale glided above. This was peak whale season, so their singing was our background soundtrack along with our own breathing. It's truly a magical experience. It's impossible to fully convey in words this experience so please visit my YouTube Channel, LB Beach Gear AKA Scubacheryl@LosBarrilesBeachGear, to view the crew video from this trip.

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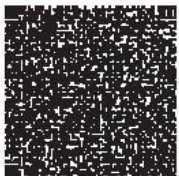
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Improvement: Community and Self through Rotary

By: Debbie Whitt, member

We are out cleaning up the beaches after a hurricane. We are handing out Christmas gifts in our local East Cape communities. We're conducting health screenings of the area's children. We're even crawling on our hands and knees cleaning up the iconic Los Barriles Fountain. These, among many other community focused activities, show what the Los Barriles East Cape Rotary is doing to make our community a better place for all.

To fund these actions, and many more, we hold fundraisers which themselves become local area events. For example, the Taste of East Cape, which is a much anticipated and highly attended showcase of the breadth of "tastes" our local community restaurants have to offer. This annual event is one of our largest fundraisers of the year!

Every Rotary member of our Los Barriles team has a particular set of skills and a deep knowledge base that they can lend to the group's success. Together, with the help of Rotary International, we can focus on those skills so as to best help those around us. "Service Above Self" as their motto reads.



"Be with people who make it easy for you to believe in yourself."

I look forward to our meetings on Thursday mornings at Don Roberto's - they are pleasant, happy, and everyone enjoys each other's company. Each and every one of us has our projects that we participate in, helping the group as a whole come together and accomplish what needs to be done.

Our President always starts out the meeting with the; Thought of the Day:

"Life is like riding a bicycle, to keep your balance you must keep moving", Albert Einstein.

We are all asked at the top of the agenda, "Anyone have a Rotary moment"? I often do! For instance, my moments could be an update of the progress on the music class I'm teaching and offering an update on how the local kids are progressing in their lessons.

Being a member of this community since 2006 (more of a regular since retiring in 2022), I have always sought ways to give back. The music lessons above, for instance, are not necessarily a Rotary activity, but Rotary is still there to help me fulfill my desire to help others. If not strictly a Rotary function, Rotary is still there to give moral support – they're focus is always community effort for community improvement. So too are the friends I have made, who in turn have shared their special talents with me, allowing me to share those with Rotary as ways to fundraise and keep the good work happening. For instance, spending time in Deborah Regan's wonderful yoga classes, and Brandice Smith's Humans & Horses classes have given me the insight and desire to share those with the community at large by getting these special friends of mine to donate to the silent auction fund raisers conducted by the Rotary. Win-win for all, sharing other's passions and helping Rotary help the community at the same time. So too with the wonderful new ownership of Tres Palapas Pickleball Resort, sharing the community's love of pickleball and showcasing the incredible talents of their restaurant (at the Taste of East Cape). Friendships garnered in the community can often pay off for the whole of our wonderful East Cape.

Being a Rotary member means connecting with this community. The people we strive to help are warm and appreciative of what we do. The sense of fulfillment in being part of the positive side of this community is a feeling not to be taken for granted.

I will finish with a short story of Rotary involvement that did and still does bring a wide smile to my face.

It was two years ago in the pueblo of Boca del Alamo, where we (Rotary) were giving our Christmas presents to the children of that community. We went there on Three King's Day, handing out presents to a most appreciative group of children and their parents. It's a small community, so it did not take long to hand out the gifts, let them

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Rotary Continued From Page 30

have some lap time with Santa and watch as they enthusiastically beat the candy-stuffed piñata that Rotary also brought for them. As we were getting ready leave, this tall, thin teen yelled out, “wait, don't go” (in Spanish, of course) as he ran away toward his home down a small path. He was only gone for a couple of minutes. When he came back he had a fistful of beautiful shells he had previously collected on the beach. He was offering each of us one of these beautiful shells from his collection, doing so as his way of saying “Gracias” for what the Los Barriles/East Cape Rotary has done for his village. It was a moment that will live with me forever.



This year, when we visited Boca del Alamo, I was on the look-out for him, he had left that indelible of an impression. But he did not come. As our trucks began pulling away for the next town, I made a point of asking some of the adults there where that young man was. I was told that he could not come this year because this young man now had to work to help support his family. Saddened by not getting to see him, but still aglow in the generosity he showed from the previous year, I went to our truck and pulled out a soccer ball and blanket, gave this to the teacher and asked her to please pass them on to that precious young man, which the teacher enthusiastically agreed to do. These are the moments when being a part of Rotary, to giving back to the community we so love, touches one's heart. Believe me, Rotary makes your heart feel good!

Thank you for all you do with your donations, they definitely help make Rotary the successful group of volunteers that it is.

Thought of the Day:

“Coming together is a Beginning; Keeping together is Progress; Working together is Success”

Edward Everett Hale, Unitarian Min-









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Good Things Happening at Cortez Rescue

By: Christine Dearden

So far the 2024/2025 Season at Cortez Rescue and Outreach has shown what the energy, commitment and creativity of Volunteers can accomplish. The continuing support of these dedicated people is what makes Cortez Rescue stand out in our own community as well as among the larger Rescue community.

The facility at MiniCortez has become a happy meeting place for Volunteers and visitors alike. Having a few select dogs fostered at MiniCortez has made it possible for both visitors and volunteers to "check out a dog" for local walks and bonding time. Sometimes all people need is to snuggle a dog to feel better and miss their own animals a bit less and the benefit to the Rescue dogs is huge. This has also, happily, resulted in some very special adoptions of the dogs fostered there. MiniCortez also hosts a weekly vet clinic with our own Vet Maria supported by skilled volunteers to make it easier for our resident dogs and other dogs being fostered in Barriles to get their check ups and vaccines as needed.

In addition to the traditional Saturday "Pup Ups", MiniCortez is also serving as a comfortable spot for Volunteer gatherings ranging from informational/orientation meetings, a seminar on Leash Training, and the Volunteer Dance Party with our own Volunteer "DJ Patrick" in control of the music. The volunteer Board of Directors also uses the facility for meetings and planning sessions. It will be interesting to see what new and varied uses this location will enjoy in the coming months. Educational programs? Dog handling training? Craft days? Support for SNAP programs? All options are on the table and any suggestions for future events or projects are welcome.

Those of you who follow Cortez Rescue have probably noticed changes in our social media and Pet Finder listings. The talents of our Volunteers are showcased in these changes. Cortez Rescue is blessed by the seemingly limitless dedication to those who design, write, photograph for, and keep our media updated and as transparent and fresh as possible. The website is the next big project that you will be seeing changes to over the coming months. We hope you will keep an eye out and watch Cortez Rescue messaging mature and improve. You can find us at www.cortezrescue.org

Adoptions are a cornerstone of Rescue. As many of you know, shelters in the US and Canada have also seen overcrowding as more and

more dogs are being returned as adopters are required to return to the office after Covid. In addition, the recent CDC changes to the requirements for bringing dogs into the USA have become more complicated and expensive and now require that puppies are held longer in Mexico before they can be brought into the US. Those concerns have contributed to Cortez Rescue moving toward more local adoptions as well as more direct adoptions in both the US and Canada. There are still a few adoptions through other Rescues but those are primarily with groups who do their best to keep us updated on who and where our Cortez dogs are being adopted. *Continued On Page 34*



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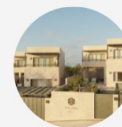
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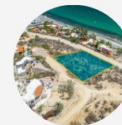
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Good Things Continued From Page 33

Improvements at the Cortez shelter facility in Las Cuevas are nearly complete. The onsite vet clinic, built for Vet Maria, is in use five or six days a week supporting the dogs at the shelter. Much time and energy has also been put into creating eight "play yards" for our resident dogs waiting for their chance to go into either foster homes or to their furever homes when adopted. This means that every healthy vaccinated dog gets out of their kennels at least six days a week. The more time a dog gets to spend out of a kennel with other dog friends to play with in fresh air and sun the better quality of life they experience and an easier path to adoption. This improvement to their lifestyle is only possible by the continuing support of the Staff at the shelter every day and by having Volunteers working with the dogs at the shelter six days a week. Our wonderful Volunteers and our loving professional shelter Staff work together seamlessly to make waiting for adoption as good of a life as possible for our beautiful Baja dogs.

While much has changed at Cortez Rescue and Outreach over the last six months there has been no change to the dedication and commitment to helping as many local dogs as possible. With the continuing professional level of care by Cortez Outreach's dedicated Shelter Staff, with Cortez Rescue's selfless, talented and giving Volunteers, with the loving adopters in all



three countries and with the wonderful supportive donors who help keep the doors open Cortez Rescue is truly a blessed multinational Rescue. We hope that you will keep our dogs in your thoughts and continue to watch Cortez Rescue grow, mature and do all we can to improve the lives of our Beautiful Baja Dogs.





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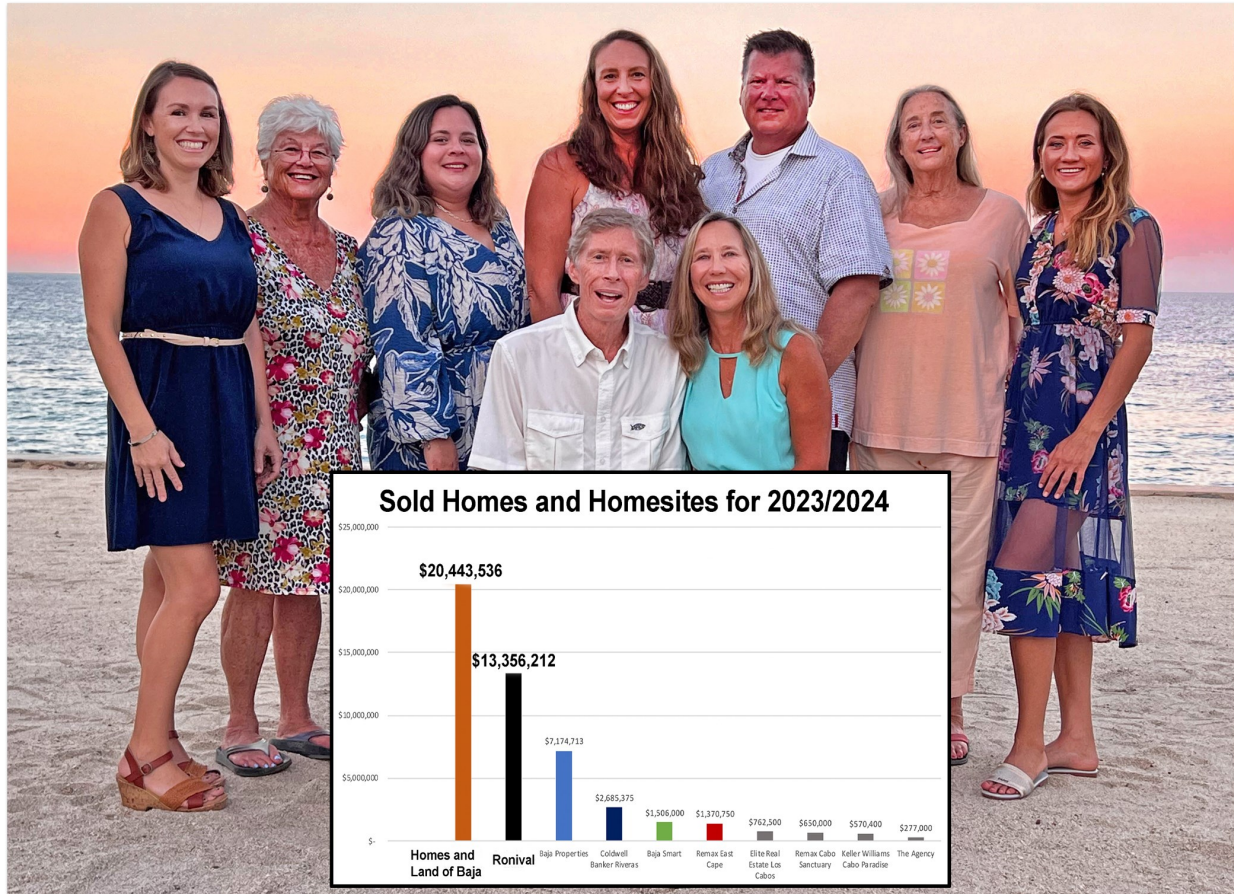
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