

## Rosa Maria Ruiz Gonzales – Los Barriles Founder of Tourism

By: Maru Blanco and Chris Courtright

One of the best known and most beloved founding pioneers of tourism in the East Cape is Rosa Maria Ruiz Gonzales Van Wormer. Best known to family and friends as "Chacha" or "Doña Chacha", a lifelong businesswoman, originally from right here in Los Barriles, Baja California Sur. Doña Chacha was born on June 27, 1937 as the first-born of the marriage formed by her parents, the Mrs. Rosa González Castillo and Mr. Eduardo Ruiz Yériz.

In June 1965, Mrs. Rosa María Ruiz González married Mr. Robert Van Wormer with whom she had three sons Roberto, Eduardo and Carlos, who made her a happy grandmother of ten grandsons and granddaughters.

Working tirelessly for her entire life, she and her late husband built a thriving resort/tourism empire with her hotels, fishing activities and many other tourism related businesses in the East Cape – most notably Hotel Palmas de Cortez – our '5' star resort here in Los Barriles. Even at the young age of 83 years, Doña Chacha is still in charge of the companies, where through lots of hard work and effort she with her husband formed and grew their empire over the years to what they are today, always RIP, occupying the position of general director.

Throughout the years, these companies have become the center of tourism of the East Cape and the main source of employment for the Los Barriles community and its neighboring towns. You could almost call her the "mother of tourism" in the East Cape.

Many of us spent our first night in Palmas de Cortez upon our arrival to the area. Many of you still remember the hotel being the only place to get a 'real' meal in town. The fond memories and stories go on and on and so many of them centered around the Van Wormer empire.

Recently, Doña Chacha was recognized for her contribution to tourism in Los Barriles. This recognition

read:

*For your great effort and dedication, we want to recognize the great work and commitment of the Van Wormer Ruiz family, especially Mrs. Rosa Maria Ruiz Van Wormer, a woman of determination and enthusiasm, dedicated to promoting tourism in Los Barriles.*

*Rosa Maria Ruiz Van Wormer has been a woman of encouragement and work creating a company with great success.*

*For this reason, we are today recognizing her career as one of the pioneers in hospitality and fishing in the region.*

Asociación de Artes wishes to thank Mrs. Van Wormer aka Chacha, for the support she has given to the association and Festival de Artes over the years. Festival de Artes could not have grown to what it is today without having the beautiful facility and prime location to hold the event. We look forward too many more years working with Mrs. Van Wormer and her staff!



Doña Chacha receiving her award March 15 at Festival de Artes

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

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## *Asociación de Artes .. The Year in a Flash*

By: Christine Courtright

What a trying and life changing time we live in at this moment! We have gone from a full town and a busy season and working on many different school and community projects, to a complete halt with the threat of the Corona virus impacting our community. The exit was so fast, we did not get to say goodbye to many of our friends and neighbors. We only hope and pray that everyone returns home safely and that they are able to keep their environments clear of any of the virus and its effects.

Asociación de Artes had a successful year this season. AdA is proud of the quality of writers we had in the East Capers Magazine again this year. Even with this issue being only online, we strive to make it a useful tool for those living and visiting in the East Cape. In December, we had a great Holiday Art Show and raised money through our raffle and silent auction that went right into purchasing school supplies for the 19 schools we support in the East Cape. In February we had our Artist Studio Tour, which was the best attended we have ever had, and those funds bought supplies to build a bodega at the primary school here in Los Barriles and materials for repairs at Santa Cruz schools. Then just in the past few weeks, we had the 27<sup>th</sup> annual Festival de Artes at Hotel Palmas de Cortez. What a great time we had, with lots of hand sanitizer around, partial sun, light wind (even thought high winds were predicted), lots of great vendors, a food line up that would tempt anyone, a fast moving bar thanks to plenty of bartenders, and another line up of fantastic traditional folkloric entertainment presented by local students, schools and clubs. Crowds may have been lighter due to the season ending early, but everyone who attended had a great time! Another Festival de Artes that we are proud of.

Did you have a chance to see our Raffle baskets and silent auction options? What great items we had and we were so pleased with the support the community provided in buying raffle tickets and bidding on our silent auction items. Even though our crowd was down, we surpassed our goals in the silent auction. We have Janet King and her tireless work ethic and cheerful disposition to thank for the success of our raffle and silent auction. Janet's efforts and your purchases means we can support the building of a new classroom at the primary school, buy lots more library books and fulfill the special needs of the schools in the area. We also wish to thank the other volunteers that put in many hours into the festival. Without Brian Cummings, Jamie Kepler, Marcos Grisetti, Elizabeth Perkins, Steve Potts, Doug Foster, Maru Blanco, Mayor Luis Lucero, Dennis O'Brien and countless others, we would be unable to pull off such a great event. We would also like to thank our title sponsor

CanDoo Rentals for their support and confidence in us to become the title sponsor!! We also want to thank the many businesses in the area that support our Raffle and Silent auction through their generous donations along with our stage and entertainment sponsors: CG Builders, CMC Construction, Baja Properties, Coldwell Banker Riveras, Homes & Land Real Estate, Bahia Real Estate, Wolf Management, East Cape Vacation Rentals and Chapitos Market. Thank you all!!!!



The youngest member of this troupe!... And one of the cutest!

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*Asociación de Artes Continued From Page 3*

With the high season ending abruptly 2 months early, we know that the school needs will be even greater than ever next year. Families are often asked to help fund special projects at the schools, but next year that will be especially hard for families, so our assistance to the schools will be more important than ever. We ask visitors and part timers/full timers to our beautiful Baja paradise to support our community more than ever. Maybe when you get back in October, or if you are here now, you can eat out (take out) just a little more, do all your Christmas shopping early at the local shops and vendors and give the economy a shot in the arm to get going and get back to what is likely to be a new normal. And might this new normal include that we might all go from the hug and handshake to a bow and tipping of our hats as our greeting of the future??!! Might be something to think about... May you all have good health and follow the guidelines!!!

***Next years Dates to remember are:***

Holiday Art Show December 6, 2020

Artist Studio Tour February 10, 2021

Festival de Artes March 21, 2021



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## *A Holistic Approach to Reducing the Effects of Stress in Times of Uncertainty*

By: Tehroma Lask

When we are under constant stress, we feel dis-ease. When we are relaxed, we feel a sense of ease. When we feel at ease, we relax and our heart, body, mind and soul have an opportunity to restore and regenerate health on all levels.

The reality is:

All we have is today.

And, all you really have to do is: today.

One breath and one minute at a time.

Somewhere it is written, if you take care of the present, the future will take care of itself.

In this moment, wherever you are, take notice of your breathing. The rhythm of your inhale and exhale, their duration and where sensation in your body is most prominent. These are all a reflection of the state of your mind in this very moment in time. Is there any space between your inhale and the release of breathing out? How about after you exhale, is there any amount

out? How about after you exhale, is there any amount of space, however brief, before your body naturally draws in the following breath?

Current events are inviting us to slow down, return to privacy, connect with the earth, prioritize and remember:

What makes you feel alive?

What will you do to make the most of this precious gift called life? Today?

In order to understand the meaning of a holistic approach to reducing the effects of stress in times of uncertainty, it helps to break it down:

What is the meaning of holistic? Imagine the whole picture. Imagine that every part of you is connected: your heart, body, mind and soul are in constant interplay, one aspect of your life creatively informing another. You are a whole being and when one part is "off", another part also falls out of place. By that same token, when one part of you feels "on", other parts of you fall into place. Imagine a domino effect that can go either way, towards your sense of ease or dis-ease.

Think about your heart. Happiness is good for your heart and strengthens your immune system. What makes you happy? What inspires joy? Bliss? What reminds you of the inherent connection shared between your existence and all living

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*Holistic Approach Continued From Page 5*

beings? Happiness also improves your sleep, reduces stress levels and pain, improves productivity, inspires creativity, improves mental health, can lengthen your life expectancy, promotes a healthy life style and improves your overall cardiovascular health. Your heart is surrounded by your lungs. When you breathe, you communicate with and massage your heart from the inside. How is your breathing now?

Think about your body. Imagine a building. How would you love to live in a space you are imagining? Your home, a second skin, an outer dwelling, a tangible building? Now, how do you want to live in the space you already inhabit? Your first home on this earth, your body, your first skin, your mobile dwelling?

Now think about your mind and the current relationship you share with your inner world. Imagine the connection between your breathing and your mind. If your breathing is short and shallow, there is a good chance your mind is busy. By that same token, if your mind is racing, there is a good chance

that your breathing will mirror that pace. There is a direct relationship between your mind and your breathing. How do we slow down our racing minds? Slow down your breathing. In particular, slowing down your exhale. For the next minute, simply take notice of how you let go. Notice the subtleties in your exhalation. Bring your attention to the beginning, middle and end of your exhale and stay with it until there is nothing left to release. After you reach the end of the exhale, notice the pause. However brief. Notice the space between the breaths. A portal to inner peace and tranquility. Your body will naturally draw in the following breath. Again, stay with your exhale until you reach the end and again, you visit this place of stillness. However brief. Do this for one minute. On average, humans breathe 15 breaths per minute. This changes depending on the circumstances. Another way to practice is to close your eyes and practice ten breaths in this manner, counting the breaths on each finger of both hands. There are many breathing practices available to stimulate your parasympathetic nervous system, your ability to rest and digest, to relax and feel a sense of ease. This is merely one practice. Imagine a sense of ease available to you, anywhere and anytime. All you have to do is check in with your breathing. Slow down the exhale. The rest will take care of itself.

Now think about your soul. Your aura. Your energetic body. Your energy and your breathing. Again, here is the relationship between your breathing and connection to your soul. Imagine a soulful existence that enlivens your being and provides a sense of continual connection. Imagine your connection to nature. If you are in Baja, then there is a part of nature that fuels your soul. What do you love? The water? Mountains? Both? Now, imagine the opposite of nature: electronics, social media, and devices. Everything serves a purpose. Begin to notice how each one of these elements makes you feel. Where do you feel relaxed? More of that! What causes anxiety? Less of that! Which way do you direct the domino effect?

How do you reduce the effects of stress in times of uncertainty? Check in with your heart, body, mind and soul. Continually. Trust the innate wisdom of your being. You are in Baja where beauty abounds. Beauty strengthens the lungs. Be where you can breathe easily and you will feel at ease. Stress will melt away. Even if only momentarily. The practice of living with ease is like strengthening a muscle. Resilience training. When you feel the effects of stress on your heart, body, mind and soul, pause, reset. You can always begin again. Every breath is a new beginning.

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## About COVID19

By: Dr. Dennis O'Brien

There are currently scads of information on social media, television etc. regarding Corona virus in the US and abroad. Most of it is useful and requires the application of common sense and action. Below, I'd like to share a few thoughts with you that will hopefully put your mind at ease.

Corona viruses have been around for a while. SARS, from a few years back, is a corona virus.

This present virus, COVID19, just like any other virus, will not respond to antibiotics as there is no cell wall to destroy (unlike a bacteria).

So.....what do we do? There are many things we can do to decrease the likelihood of contracting a viral infection, being a carrier, or both. All of the precautions regarding hand washing, direct contact, avoiding large crowds and public places are good things to practice and make good common sense and remember: **YOU CAN BE SYMPTOM FREE AND STILL BE A CARRIER.** That said, let's all be responsible community members.

Good over all self-care is also a must right now. Simple things such as staying hydrated, avoiding sugar of all kinds (and booze), rest, avoiding smoking of any kind, avoiding over exposure of sun, minimizing stress, avoiding over exercise and avoiding overeating are a good place to start. Perhaps the best single self-care item is **AVOIDING FEAR** in all its many sources. It has been well demonstrated that stress lowers an immune response, and this is even more important now.

Regarding an immune response, the following will be helpful for us all in moving forward.

Getting information: As mentioned, there is a lot of information out there about COVID19. Your best bet is to listen to the experts in the field of immunology and epidemiology. To date, information coming from hopeful drug companies and politicians have been incorrect and misleading in my

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observation.

That said, Mainstream medicine and Big Pharma are planning an **OUTSIDE IN** approach to treating this. That is, recommending drugs that have not been tested for safety and efficacy, as well as massive vaccinations. The problem with **OUTSIDE IN** is that even if it produced good clinical outcomes, which it may or may not, it will not be available for at least a year from now and by then the damage will already have been done.

**INSIDE OUT** works in a different way. What it does is to activate your own immune response from the inside, allowing your own immune players to selectively fight off an invader of any kind.

How do we achieve that? The self-care tips above are a good place to start.

Next, (and oversimplified), we have to activate certain white blood cell types known as **PHAGOCYTES**.

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What they do is patrol your body from cell to cell, and when they detect that there is an invader, they engulf the invader and destroy it. For this to happen the phagocyte needs the triad of Soluble Calcium, real Vitamin C (NOT ASCORBIC ACID), and essential fatty acids. Soluble Calcium is needed to get the white blood cells mobile and patrolling. Essential fatty acids are needed to get Calcium out of the bloodstream and into the tissues and thus, into the phagocyte so that it can be mobile and get to work where it is needed. Real Vitamin C is what allows a phagocyte to have the knockout punch it needs to eliminate an invader. (Note: ascorbic acid is the antioxidant portion of the Vitamin C molecule and is less than 5% by weight of the complex Vitamin C molecule. To say that ascorbic acid is Vitamin C is like saying that a steering wheel is a car. Don't get bamboozled!).

The triad I have used for the last 29 years regarding viruses is made by Standard Process.

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Standard Process has recently started a program called PATIENT DIRECT, which gives patients the ability to order directly from them and deliver to your door. Please let me know if you have any questions about this.

Back to COVID-19. We have to remember that microorganisms such as this are NOT PREDATORS, THEY ARE SCAVENGERS. That said, they will thrive on dead, raw, irritated, devitalized tissue. So..... if you are interested in the INSIDE OUT principle, the above information will be helpful to you.

It is estimated that the majority of humans on the planet will be exposed to COVID 19 within a year. In the US, unlike China and S Korea, it will be more difficult to contain for a variety of reasons and will continue to spread over a longer period of time, increasing our odds of exposure. That said, we as individuals have limited options regarding exposure to COVID-19. What we do have is the ability to make good choices for ourselves and our families by raising our vitality FROM THE INSIDE OUT.

If you have any questions about any of the above information, feel free to contact me at [den-saidyes@aol.com](mailto:den-saidyes@aol.com).

Dr. O'Brien is a Chemist, Doctor of Chiropractic and a Doctor of Natural Medicine





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## *Mariachis or ??*

By: Spanish Lingo for the Savvy Gringo

Mexico has on of the largest and most varied musical repertoires of any country in the world. Her national styles of music differ widely, from the strident strains of the mariachis, to the strangely limping rhythm of the **cumbia**, to the sweet serenade of the romantic trios, not to mention the lively ranchera music of the Mexican cowboy that seems to grate on gringo ears. For Anglo listeners, the type of Mexican music which appears easiest to appreciate is the romantic trios. It has some characteristics which have been popular in the U.S. music, yet combines them with distinct foreign elements in a pleasing way.

Many Americans tent to call any strolling musicians in Mexico “mariachis,” but this is not correct. The mariachis are the guys in the charro suits – wide brimmed sombreros, short jackets and tight pants, all trimmed with silver and braid. There are usually at least five of them, but may be as many as fifteen or more. Their instruments include guitars, guitarrón (a big, bass guitar), violins and trumpets.

The conjunto norteño is usually three or more musicians whose costumes are levis, western-style shirts, and cowboy hats and boots. They are the only strolling musicians who include an accordion and snare drum, along with the ever present guitar and possibly a guitarrón. Unless you are a truly season “Mexiphile” or a real lover of the ranchera music, I advise most visitors to pass on this conjunto. Their music is an acquired taste, even for fans of American cowboy music.

The third kind of strolling musicians seen in Mexico are the romantic trios. This is, of course, three men, usually dressed in business suits. But their unremarkable style of clothing belies the beautiful music which the produce. Their instruments include a requinto (a small guitar strummed sort of like a mandolin), one or tow guitars, and/or some kind of hand- held rhythm instrument, like maracas or claves. The trios románticos are the musicians who produced what has come to be known as Mexico’s golden age of music in the 30’s and 40’s. But this style of music is never out of fashion, even today. They sing in close harmony, like barber shop quartets, but their music is set to exotic beats like the bolero the son and the bossa nova. They also sing to such familiar rhythms as the foxtrot, ballad and waltz, and even sweetly-intoned, tamed down ranchera now and then. They style is largely a method of interpretation lending itself to many songs. You may even recognize American favorites like “The Way We Were,” translated and sung in three part harmony.



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## Summertime in the Sub-Tropics

From Summer 2009 East Capers Magazine

When the traffic in downtown Los Barriles begins to slow down, when R.V.'s with British Columbia, Oregon and Washington license plates start heading north on Highway 1, when airport vans loaded with fishermen arrive replacing the strong, fit group of north-bound wind and kite surfers, we know it's the beginning of summertime in our little corner of the sub-tropics. Those of us who are 'year-rounders' are left behind to enjoy the peace and quiet as the temperature climbs. We slow down to a crawl, finding shade where we can. Strenuous activity is 'out'. Speculating on how many hurricanes we'll have this season is 'in'. Resident curmudgeons arrive under the ramada at the Roadrunner Café every morning where they reminisce about the "good old days" and expound on the condition of the world today.

There are more subtle, signs of summer's seasonal change. As April and May move into June and July, sub-tropical plants begin their steady metamorphous in a variety of ways. Although Cacti remain erect and stoic during this transition, closer examination will reveal buds at the tip of their arms heralding the beginning of the flowering season. *Pitahaya Dulce*, for the bats and insects to visit and pollinate example, produce

cream colored flowers tipped with light purple through July. They open only at night, inviting the plant for another season. In late summer, red watermelon-flavored fruit appears, considered a local summer treat by man and bird! Although most sub-tropical trees have lost their leaves by early June and appear to be lifeless, two small yellow blossoms which dominate tree living throughout the La Laguna mountain range, puts out small puffy white blossoms in early summer, thus inviting swarms of bees to play tag throughout its branches.

As summer settles in, the activity of winter-migrating birds slows down. Hooded and Bullocks Orioles have mated, nested and are now teaching their offspring to fly before they head north. The Varied Bunting, a small finch with a plum-colored body, blued crown and a red nape patch are filling up on summer insects as they make plans to join them. Blood-red Cardinals, their look-alike Pyrrhuloxia and the Xantus' Hummingbird are year-round residents of southern Baja. If conscientious human beings put out a sugar-water container, the Xantus' rewards them with energetic sideshow. As dominate males spend most of their time defending the feeder from the males and relentless females their captive audience (us) must keep the feeder continuously filled.

Although we complain about the abundance of the summertime insects, mosquitoes, wasps, click beetles, bobos, etc., there are a couple of harmless ones that we find very entertaining. Take for instance the Cicada. During the hot 'dog days' of August, male Cicadas produce a buzzing whining 'song' by vibrating membranes at the base of their abdomen. Some years the Cicada song is less abundant than others since it may take up to 13 years for a new hatch of Cicadas to emerge from their underground nursery. The champion insect of them all is the *Phyllophaga*, better known as the 'June Bug'. This little critter is actually shock-resistant. When male June bug become an adult, and is driven to attract a female, he flies clumsily about, slamming into window screens, noisily colliding with outdoor lights, ricocheting off porch walls and clattering across the floor. Since females of the species have smaller wings and cannot fly, they are forced to wait for the one of these ardent aviators to make a crash landing nearby. We love the show! Since there are fewer humans around in the East Cape during the summertime, we have to get our entertainment wherever we can find it!!



When facing a **health** crisis, actively cultivating **positive** emotions can boost the immune system and counter depression. Studies have shown an indisputable link between having a **positive** outlook and **health** benefits like lower blood pressure, less heart disease, **better** weight control and healthier blood sugar levels. From the NY times 2017

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## *Easter in Mexico – Semana Santa and Pascua*

By: Journey Mexico

Easter in Mexico is a two-week holiday consisting of *Semana Santa* (The Holy Week, beginning on Palm Sunday and ending Easter Saturday) and *Pascua* (Starting with Easter Sunday and ending the following Saturday). *Semana Santa* is undoubtedly the most important holiday in Mexican culture. Schools and often businesses in Mexico close during these two weeks and many Mexican families go on holiday during *Semana Santa* and *Pascua*.

Across the country, Mexicans celebrate the last days of Christ during Holy Week with elaborate and much anticipated processions, ceremonies, and rituals. Most of the larger *Semana Santa* celebrations include a dramatic reenactment of the capture, the trial, and the crucifixion of Jesus. To be a part of these productions is a great honor and the actors are known for delivering inspiring and moving performances. Different regions of Mexico are known for practicing unique traditions during *Semana Santa* such as acts of physical torture, public displays of political/social ridicule, and displays of resolutions and commitment.

In some of the more devout regions of Mexico like Taxco, the reenactments include *penitentes* – men and women who show their penitence and prove their



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faith by inflicting physical pain on their bodies by whipping themselves or carrying large religious objects on their backs. This is an ancient tradition that dates back to the middle ages and was introduced to Mexico by the Spanish more than 500 years ago. During the reenactments, the actor playing Jesus usually wears a real crown of thorns and carries a massive cross weighing hundreds of pounds over great distances to the scene of crucifixion. Actors prepare both physically and mentally for months before hand with the support of their families and communities.

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## ***The Sabio Sees a Sow***

From Mexican Folk Tales

There was an old man living in the village of Santa Maria. Everyone in the region thought he had the ability to find things that had been lost. Actually, he had been deceiving the people for many years by taking things from their houses, hiding them for a while, then pretending to retrieve them by using powers of divination. "There goes the Sabio," (seer) the people would exclaim whenever he passed by.

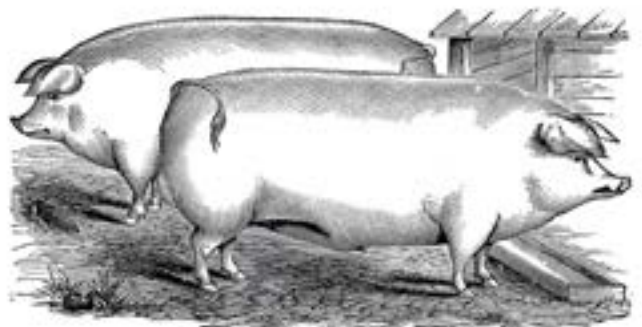
One day a group of pistoleros (gunmen) from a nearby rancho came to town. They stopped by Porfirio's cantina. After several drinks, they started arguing about the powers of the Sabio. Finally, one of the pistoleros suggested that they kill a pig and bury it behind the cantina to test the Sabio's power.

Early the next morning, the pistoleros went to the Sabio's casa and woke him up with loud knocking. "Who is it?" the Sabio called. The men replied, "Something has been buried behind Porfirio's cantina. You are the Sabio so come and tell us what is buried there." The sleepy old man was reluctant to get out of bed, but he recognized the voices of the pistoleros and decided that it would not be wise to oppose their wishes. "The devil's really got hold of me now," he thought as he walked with them toward the cantina.

Word had gotten around quickly. There was a large crowd of people waiting for the Sabio to arrive. As soon as he got there, they began to ask him questions. They all wanted to know what was buried behind the cantina. "Give me time to think it over," said the Sabio. "Sometimes the spirits take a long time to answer." The poor Sabio was very frightened. "I might as well tell them the truth," he decided. Everyone watched as he walked toward the back of the cantina.

"This is it," he said dejectedly, "This is where the sow twisted her tail." (This was his way of admitting that he had finally been discovered as a fake).

As soon as the pistoleros heard the word "sow," they exploded into cheers. Soon everyone was shouting, Esa la persona sabia vive (That the wise person lives)! Needless to say, the old man had had such a fright that he never wanted to practice divination every again. He preferred to lose his reputation rather than his life.





## *The Faces of Rotary*

By: Steve Reed

The faces of Rotary here are not what most might expect. These faces are not just the ex-pats and retirees who populate our Saturday Market. The faces of Rotary are not those most visible marching in their colors in the Carnival parade, or celebrating local cuisine, or having a little too much fun doing no matter what it is we do (yes, it's true – we do have a lot of fun).

The real faces of Rotary are those neighbors who pitched in to significantly better the lives and welfare of all who live in our East Cape. Locals and ex-pats, rich and poor, the entire community helps to make a difference for those in need. From opening three new Technology/Library centers in Los Barriles, Buenavista, and La Ribera; providing free health and dental care to all children under 18 throughout all our East Cape; and distributing water purification systems to over 350 homes in small rural areas. Current/future projects include a new Community Vision Center, creation and construction of a community center / athletic complex, and a teacher exchange dedicated to giving teachers the skills to help our kids respect and protect the incredible resource that is the Sea of Cortez. Rotary assists these projects, but it is our neighbors, the very people who quietly live and work next door to you, who make it all possible.

Gracias to those to contribute to our community. They are the real faces of Rotary. Without them, our Rotary would just be an ineffective posturing party planner. Thank you to all who help Los Barriles and the East Cape be the wonderful world we are privileged to live in.



The many faces of Rotary along with the many projects.



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## ***Technology in Baja***

By: Lane Sykes [thecomputerguy@usa.com](mailto:thecomputerguy@usa.com)

Technology changed everyday life in Los Barriles and BCS probably as much as anything. The changes here in the past 27 years have been immense. Daily life from entertainment to banking to shopping is so different. Let's take a look back. Remember, there were no cement mixers, no TV, no radio and a couple of VCR's that survived the summer heat. There was no power grid. In the spring we could sit on the front porch and watch the brown outs that affected the entire coastline.

Thirty years ago, there were six banks in La Paz and about that many in the Cabo, San Jose area. When you went to the bank, there would typically be long lines behind each of the three windows. There was only one bank ledger that the tellers would record every transaction. When one teller completed the transactions, she would pass it on to the next teller. All bills were counted manually by both the customer and teller. If your dollars or pesos had marks or cuts, they were virtually unusable. Most Gringos brought cash with them and found ways to convert to pesos, not always at the bank. Credit cards were difficult to use except at large hotels. Today, we have ATM's, credit cards everywhere and two banks in town.

Paying bills back home years ago was a challenge. Most of us left pre-signed checks with trusted friends back home to pay bills or left large amounts of credit on account. Today,

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Twenty-Seven years ago, there were less than 50 phones in Los Barriles and Buena Vista. If you needed to place a call to the US, it was a trip to the Phone Casita in Buena Vista or San Bartolo. Pay phones were everywhere and expensive. It cost \$600 USD to install a phone line which required a trip to the main office in San Jose. Back then there were no area codes in Mexico. Long distance calls were very pricey. Folks used the VHF Marine radios to connect as well as CB radios. Long distance calls could be

*Continued on Page 17*

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*Technology Continued From Page 16*

made over the HAM radio nets. After hurricanes, the HAM radio operators were the best way to get word out to people in the US/Canada. May I digress, 27 years ago there was one bridge on Hwy 1 south of Ensenada to Cabo; that was the bridge in San Bartolo. The HAM net was vital to let folks know if the roads were passable because of flooding in the arroyos. In the rainy season, there would be two or three day delays traveling to Baja due to flooding arroyos. Today we have cell phones with backup generators at the cell towers. We can get road reports almost instantly.

Back in the day, there were no "Google Maps", we used paper maps from a few scarce sources. Carole's famous map of La Paz had all the one-way streets marked with all the electric, plumbing, tile shops annotated. It was copied and spread around town. Now, we can google a shop or product, locate it on an electronic map and use "street view" to actually see the store. You can send the map with directions to your phone.

Google translate has been a great asset for those of us with limited Spanish. You can talk to the Translate App in English and it will translate into audible Spanish. Use the camera app in Google Translate to translate any street sign or virtually anything in Spanish to English.

Entertainment has changed as well, Netflix didn't

exist. Potluck dinners were a way to entertain ourselves, share skills and gossip. We became interdependent on each other's skills since there were limited skills available in the local community. Today, what VPN do you use for Netflix?

Before email, there was the Fax Machine. There was one fax at one office that would fax out and receive faxes back. That office would keep a file for everyone to check to see if they had important faxes. Good way to start some good old-fashioned gossip.

"Back in the Day" there were no paved roads in town, no dump trucks, no back hoes, no street lights and about 6 ATV's. There was one tiny store for vegetables, electrics and auto parts. Now we have big box stores and plenty of options for groceries. We can order almost anything online and have it shipped to us. We have a whole new society that is connected and almost dependent on social media. The "Old Timers" chuckle at some of the requests and searches. OMG what do you mean there is no "bubble wrap" in town!

A large advertisement banner for Fiber Tech. At the top is a logo with a sun-like face and the text "Fiber Tech" and the phone number "624-358-2900". Below this, the text reads "Fast Internet and Faster Service in Los Barriles". At the bottom, it provides the email "FiberTech1@yahoo.com" and the website "www.eastcapeinternetpako.com". On the left and right sides of the bottom section are small logos for "iTech".

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# East Cape Health Center Priorities for Emergencies

By: Char Wengler

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1. If you have an emergency and an ambulance arrives, always ask to be taken to our clinic first. We can quickly access your situation, obtain x-rays, labs, start the IV and stabilize your condition. If we feel hospitalization is indicated, you can choose your hospital facility of choice. Personally, we prefer working with Hospital H+ because the physicians and trauma team are excellent. If you prefer another facility transportation can be arranged.

2. If someone comes in with signs of cardiac arrest or stroke, we make an immediate assessment, start an IV, get an EKG and draw blood to test cardiac markers.

3. In the event of death we make the first call to the Police

and then Ministerio Publico. They will come to determine the cause of death. After their reports are completed, they contact the Coroner from La Paz to transport the deceased.

4. In the event of death in your home contact the local Police authorities who will assist at your home. Make sure you have passport and ID. The police will contact the Ministerio Publico who will determine the probable cause of death. Lastly, the Coroner will come from La Paz to pick up the deceased.

5. Ensure your paperwork is in order. Keep several copies of Passport, Residence Card, Marriage certificate, and Birth Certificate if available. This helps the authorities process their forms. In our clinic we have an "Emergency Contact" form so we can locate your next of kin.

6. All deceased will be taken to La Paz Institute for autopsy. The deceased will be held there until the family arrives to take care of all the necessary paperwork. The usual recommendation is cremation.

7. Planning ahead with the anticipated paperwork will make the process easier.

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## ***Good News From the East Cape Guild***

By: John Plotkin

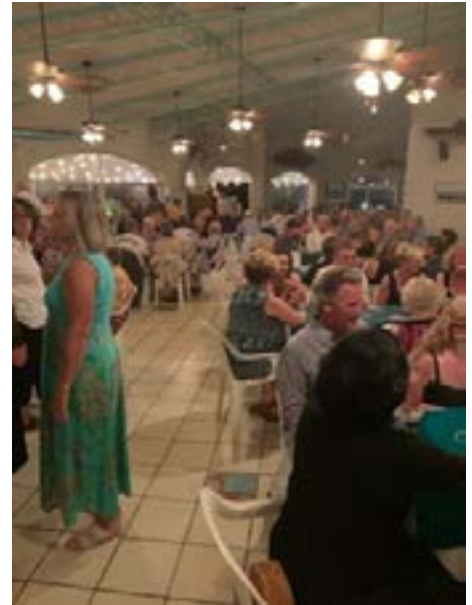
The East Cape Guild had another great year, despite the Covid-19 shortened season, raising enough money to provide 2020/2021 schoolyear scholarships for 160 high school students with 37 new and 14 continuing college students. Established in 1997, the Guild is the East Cape's oldest and most established non-profit with a singular mission; enabling children of the East Cape to attend school. Last year was the first year the Guild expanded its scholarship program to colleges.

The East Cape Guild was able to hold two sold-out FUN fundraisers this year; a Paella Party in November and its annual Monte Carlo night in February. The Guild's success was also thanks to enormous support from the community including local musicians raising money at weekly Open Mic night at La Fogata restaurant, Jackie Reeves (Yoga Garden), Cheryl Dondlinger (Baja Pony Express), Sandy and Jim Hall, Sharon Cook and Tom McVay (Ian Brochill Pickleball Tournament), Costa Palmas, Jill and Bruce Borggreve (annual fishing tournament), Larry Cooper (garage sale), Kathleen Bolin and, Kim and John Plotkin (Donations) and the generosity of so many other merchants and community members who give gifts for auction, money, time and support.

Next season the Guild introduces a brand-new event! A Musical Festival to be held November 29th. Stay tuned

for the details. Right now, the Guild expects to have at least 4 bands, including world renown songwriter and musician Rob Lamothe (of RiverDogs fame)! Expect good tunes, food and beverage at the Guild's first Tunes for Education Musical Festival. The Guild will also offer some great auction items to open the season and 2021 East Cape Calendars sponsored by local merchants. A be there or be square event!

Look for the Guild to also host its annual Monte Carlo night in February and Bocce Ball Tournament in April. One other note, the graduation and scholarship award ceremony will most likely not be held this year to protect the kids and community from exposure to Covid-19



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## Praying for the Next Deluge

By: Jorge Bergin

It is often my pleasure to show visitors from the states a little of my personal Southern Baja California surroundings. The Laguna Mountains, about 20 miles to the west of my little village are home to rugged canyons that often hold the surprise of waterfalls and crystal streams. The trips are best in October when rains from the Pacific, from monsoons and the occasional hurricane or tropical storm or depression grace the long, thin range with everything wet from fog as thick as pogonips to thundering deluge.

Every canyon has its own look; some straight, deep and narrow, others winding stair steps rising randomly to peaks more than a mile above the sea. I have witnessed droughts that leave the whole range dead and barren; the canyons no longer lush and inviting, more like wrinkles in a tattered big top tent strung between the hilltops.

On one recent, memorable trip to a steep canyon with easy access I had the chance to swim in the movie set pools, lay out on the rocks above the water to dry and daydream. I wondered who or what used this place before I arrived. Didn't have to look far to see that picnicking families left evidence of their day in the canyon – empty beer and pop cans were strewn about the rocks and pools. On my walk up the canyon the

jungle hid any unsightly *basura* as it does every rainy season. I have learned to ignore it, rain or drought, everywhere I travel in Baja California while taking special note of the almost demonic habit of blatant disrespect for the land by natives and visitors.

We are all guilty. The skunks and *babisuri* who lived here long before human visitors, left their awful stench, the inedible parts of young water snakes and snails, *tuzas* and lizards and birds' eggs. Likewise, the first humans here left animal and fish parts carried up the canyon to sustain them when they filled their animal skins with life-giving fresh water. They filled their bellies with the tender shoots and roots of fall punkweed, not knowing when or what they would eat next. Perhaps some of them left messages on the burnt basalt rocks that make up the canyon walls.

A quick study of the structure of the upper canyon tells you the water has flowed for all the 4 plus million years the finger of land was drifting west and north away from Mexico. Some granite slides and bowls have been ground deep and smooth by the constant flow of water and detritus over those eons – there is much evidence that really heavy rains at the peaks above have created incredible falls – powerful cascades of water pushing every small thing down and out of the canyon. So, I guess we can all take heart in the fact that all the ugly human waste we see now will one day be down below, not up here in this timeless paradise.



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## Indians

By: Jorge Bergin

The present, here and now, second by second, is the personal reality of each of us from our individual perspectives. The future, therefore, becomes predictable. It is the past that seems to be in constant change.

When I was a schoolboy, Christopher Columbus was Italian, born in Genoa, Italy. Now historians say he was Spanish, born in Catalan, Northern Spain. My teachers said he was following a map made by Amerigo Vespucci. Now we know he was using a map made by Enricus Matellus – the words for India, the Indies, on his map, had come from the Indus River which runs between India and Pakistan.

On Oct. 12, 1492, Columbus' ships landed on Watling Island, now called San Salvador Island in the Bahamas. The Bahamas are way off the coast of south Florida so that first landfall had little to do with North America. Anthropologists update almost daily who the others were that came by sea and the Bering Land Bridge and approximately when. We leave the Columbus thing alone if we just say First Europeans but there were much earlier landings and settlements from Greenland, Newfoundland, the Netherlands, Japan, China and South America to name just a few and none of those names were ever pinned on what is now the U.S., Canada or Central or South America.

I'm not gonna blame today's Anthropologists 100 percent for the Columbus thing. He named the island in the Bahamas



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*Santa Maria de la Concepción.* He thought he had landed in the East Indies or Malaysia. So, he called the people living on Watling Island *Indians*. The natives were Arawak who most probably came from what is now Brazil but Columbus knew Spaniards were expecting gold, spices and silk from India to be delivered when he landed back in Spain.

So, the Americas were and still are full of *Indians*. Europeans had enjoyed things from India from land journeys there by explorers of the day. When the Mongols closed the land route the Columbus brothers decided to go by The Big World Ocean from east to west. For 500 years the name still sticks --- anthropologists now call native people of the Americas *Amer-Indians* thanks to Chris. Indians in the U.S. now call themselves *Native Americans* so maybe in another 500 years we will lose the *Indian* thing altogether and finally admit that Indians are from India.



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## Delicious, Fabulous Mexican Cheese

By: Denise Elliott and Renée Lagloire

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. Over the years, though, cheese became interwoven into the very 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 this guide is meant to encourage experimenting with them. Based on materials from a *Buen Provecho* specialty class on Mexican cheese, this article outlines 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. Instead they become soft and creamy without losing their shape. While typically eaten fresh, it can also be sliced into sticks or cubes and fried (without breading or anything on it) and it will become brown and crispy on the outside and soft on the inside. Fresh cheeses generally have a mild flavor.

**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.

**Substitution:** combination of mozzarella and jack

**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.

**Substitutions:** mild Feta or Ricotta salata

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

**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.

**Substitutions:** Farmer's cheese, fresh mozzarella.

**Requesón**– This has a very soft texture similar to Italian ricotta cheese. Soft, creamy, and mild-tasting, this ricotta is a by-product of cheesemaking. To produce the ricotta, 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*.

**Substitution:** Full-fat ricotta

### Crema

In Mexico, *real crema* is a naturally soured cream similar to authentic French *crème fraîche*. (Note that many of the versions available in the U.S. are commercially cultured products.) Drizzled or dolloped over dishes, *crema* adds a rich, tangy bite.

**Substitutions:** Crème fraîche or sour cream watered down with a little milk

### Melting Cheeses

As the name suggests, these cheeses are made to melt. 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, can get stretchy like mozzarella.

**Substitutions:** Muenster or Provolone

*Continued on Page 26*



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Cheese Continued From Page 25

**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. This cheese is available in all parts of Mexico and can be found in the United States, as well. Normally, *manchego* is not aged, but the aged version is called *queso manchego viejo*.

**Substitution:** Jack

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

**Substitutions:** string cheese or 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 sandwiched in between tortillas. When fresh, it resembles a mild soft Cheddar or jack in taste and texture. As it ages, its flavor becomes tangy.

**Substitutions:** Jack or mild cheddar

### Hard Cheeses

These cheeses have a hard texture and can be grated. They are often used in refried beans, not just as a topping, but actually mixed into the beans themselves. Because of the strong flavors, it makes a perfect topping for beans, salads and even grilled meats.

**Cotija** — This cheese has a strong flavor, similar to Italian parmesan aged, making it a bit dry, salty, and almost



doesn't melt so much as it softens.

**Substitution:** Parmesan

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

**Substitution:** Romano

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

**Substitution:** Strong Feta and mild *chile* powder

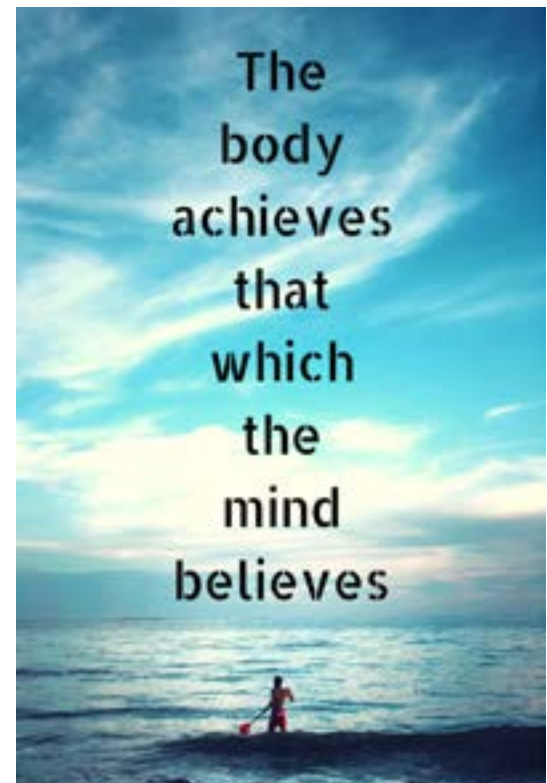
### Goat Cheese in Baja California Sur

In Baja California Sur, while most of the goat cheese produced is for the families' own consumption, there is a 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 cheeses.



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## ***Fish Tales Validated at Inaugural Tournament***

By: Gary Graham - That Baja Guy

Loreto's reputation as a dorado and yellowtail destination stretches back to fifties when Ed Tabor, a successful businessman, cashed out in the United States and purchased a property overlooking the Sea of Cortez. Complete with a bar and restaurant that served international cuisine, it was also equipped with air conditioning, heating, a well, and a swimming pool.

Tabor added a flotilla of sportfishing boats outfitted with fishing and diving gear, and over the years the summer dorado and winter yellowtail were the mainstay of a growing sportfishing community, consisting mostly of pangas.

Anglers in search of exciting fishing in exotic destinations flocked to Loreto. For many years the seasonal fishery continued to draw them to the area. Fathers, sons and in some cases, grandsons, enjoyed the fishing trips that became part of their family's folklore.

As the dorado and yellowtail became scarcer and smaller, enterprising local *pangueros* filled the gaps with billfish, wahoo, roosterfish, sierra and the many others in the rocky reefs during the different seasons.

Then the pangas and the motors grew larger, which allowed some adventurous captains and anglers to venture farther offshore. However, many were limited by the number of clients who visited the area as well as by the winter's prevailing north winds. And most were not able to afford exploratory trips unless they had paying clients.

Over the past several decades, more and more visitors found the entire region appealing and settled in the area. Stories of huge marlin, swordfish and yellowfin tuna flowed.

In November of 2011, one of my "Road Trekker" columns "[Connecting the Dots](#)," filled in some of the blanks on a report that surfaced in 2010 from the Loreto area. In that column, I wrote about the 350-pound swordfish, four striped marlin, two sailfish, one Mako shark, and fifteen dorado – all caught by Robert Ross and his crew out in the middle of the Sea of Cortez in an area referred to as "The Canyon."

In 2016, Ross and company caught a 430-pound



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yellowfin tuna, and then in 2018, Pat McDonell wrote in his [Baja Fishing Report](#) about additional huge tuna – some caught, and others lost in the Loreto area. And surprise, surprise! Once again, Robert Ross and his team were central to the story.

Ross, son of Doc Ross, the well-known boat mechanic from early Cabo San Lucas days long before the marina was built, first found San Cosme nearly two decades ago. He began construction of his home there several years later.

Today, the sprawling Mexican home spills down the side of the mountain to a small marina that he has built. From that location, he has spent the years fishing the surrounding area, all the while gaining a remarkable knowledge of the extraordinary fishery it contains.

Speaking with the voice of authority earned by his years exploring the prolific waters that are his front yard, it is no wonder that the owners of the Marina Puerto Escondido honored him by naming their new sportfishing event for him.

Leading up to "The [Robert Ross Fishing Tournament](#)," locals and observers alike seem to doubt its success – many suggesting that fishing was slow this year and that attendance would be low.

Twenty-five teams, locals as well as from mainland Mexico, Cabo San Lucas, and La Paz defied the rumors and participated in the inaugural event.

The first tournament day was no bonanza, but there were dorado and yellowtail. There were also a handful of striped and blue marlin and a few sailfish released as some of the fleet labored to find the packs of billfish seen on the previous pre-fish day.

The second day, they found the billfish – and they were hungry! According to Ross, the two-day total for the eight boats targeting billfish was 136 marlin and sailfish released!

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*Fish Tales Continued From Page 27*

The large number seemed to indicate that although no yellowfin showed up for the party, the billfish show underscored the remarkable challenges at the fishery that is awaiting anglers at the "Canyon."

And the inaugural Robert Ross Fishing Tournament at the new Marina Puerto Escondido got off to a great start!



Enrique Salcedo, Marina Manager, Robert Ross with Tag Team, Owner John Sercu as he accepts his teams awards for highest release boat of the tournament..



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## *About Rattlesnakes*

By: Jimmy Smith  
June 2000

All natives of Baja California know this fact: He who kills a rattlesnake on Jueves Santo (Thursday preceding Good Friday) is pardoned one hundred Amos of purgatory. Dona Lupe assures that an Amo is an infinite amount, therefore, ten infinite amounts is something in the region of the national debt.

Rattlesnakes, like everyone else, are aware of this fact. Hence, they keep a very low profile on Jueves Santo and chances of locating these critters on that special day are very slim, indeed.

Rene Cortez relates that the rattlesnake must meet his demise at the hands of the candidate while he (the rattlesnake) is in good spirits. Since rattlesnakes seem to have a very short fuse, it would seem that total surprise would be a necessary element here.

Caminante (Traveler) Alex Flores's dog Punta Colorado killed a rattlesnake on Jueves Santo several years ago but since Caminante was not Catholic and most assuredly the rattlesnake was pissed off, all bets were off, in the local concept.

On the morning of April 2 1996, Tuesday, two days preceding Jueves Santo, Dona Lupe announced rather hysterically, that a rattlesnake had invaded her canary's cage during the night and enjoyed a late supper. Investigation revealed the rattlesnake had sealed his doom as his girth was somewhat expanded by the canary within and he was unable to pass through the bars of the cage thus barring his escape. He was sleeping it off.

The cage containing snake et. al was securely packaged and put away until Jueves Santo when justice was served and coincidentally a goodly amount of Amos was deposited in the bank of purgatory. Might as well cover all bases.

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## *Baja California, the cactus garden of Mexico* - Cardon, cholla,

pitaya, cochal, senita – cacti of all forms and sizes

From Native Trails

Whether columnar or spherical, whether having disk-like or cylindrical shoots, cacti dominate the vegetation, and those growing down to the coast form a unique, fascinating contrast with the azure of the sea. Cacti are common throughout the New World. They grow from Canada to Patagonia, from the Pacific to the Atlantic, from sea level to 14,500 ft (4,500 m), in the jungle and the desert, on the ground or as epiphytes on other plants. The greatest diversity of species is, however, found in the Southwest of North America. In northern Mexico alone, there are 1,000 species, and in Baja California 120. A good half of them is endemic.



As they have adapted to dry zones, cacti are masters in saving and efficiently using water. All parts of the plant serve this purpose. The roots form a wide-spreading system near the surface, the stem consists of succulent, i.e. water-retaining tissue. Parallel ribs allow for an increase

in volume similar to the principle used in accordions so that some cacti may double their weight by absorbing water! Up to 95% of the total volume can then be water! No leaves are visible. They were transformed into spines of different lengths, forms and hardness, photosynthesis is done in the green cortex of the stem. A dense covering with spines also protects the cacti against feeding damage and insulates them against heat and cold alike. Sclerenchyma, a waxy coat or cuticle and light-colored hairs reduce evaporation and reflect the radiation of the sun.

And the blossoms? Cacti mostly bloom only for some days in beautiful colors ranging from white to yellow and red to lilac. Some cacti open their blossoms only at night. Unlike the day-blooming species – which are attractive for birds and butterflies –, these are pollinated by bats and night-flying insects.

In Baja California, cacti play an extremely important part in the ecosystem and provide food and the necessities of life for many animals. A good example of this is the cardón, the largest cactus in the world, which can be up to 60 ft (20 m) tall and about 15 ft (5 m) round. Such a colossus may weigh up to 12 tons and even twice that after copious rains. And as it grows very slowly, it may reach an age of much more than 200 years.

Cardons are especially important for birds, who use them as multi-story apartment houses to raise their young. Gila woodpeckers hammer new nest holes into the stems each spring. Apart from the





*Cactus Garden Continued From Page 30*

woodpeckers, a good dozen other bird species uses the holes, e.g. owls, cowbirds and cactus wrens. Sometimes even an iguana lives in them. Other birds, e.g. white-winged doves or red-tailed hawks, use the axils for breeding or, like turkey vultures, sit on top of the cardon to have a look-out.

Cactus fruits are an important source of food in the dry environment, where water is scarce. The pulp contains nutritious seeds, which in cardons, for instance, number up to 2,000. The fruits are favorites of coyotes, wild boars, foxes, rodents, birds and insects.

And people, too, do not dislike them at all. The Indians have used them for a long time to prepare preserves, syrup and wine. In particular demand were the juicy and sweet fruits of the organ pipe cactus (*Pitaya dulce*), which reach the size of a tennis ball. The time when they were ripe, was a period of feasts and social events for the Pericú Indians in the Cape region. They adjusted their calendar to it and organized nothing short of fruit orgies. This was the so-called first harvest. After the Indians had excreted the seeds undigested at certain places and allowed them to lie there for some time, the fruits were recollected, ground and mashed to a dough, from which the rich pozole was prepared (second harvest). Characteristic of Baja California are the bushy opuntias, including the prickly pears, Indian figs and chollas, of which several species exist.

They grow in two different forms: with disk-like oval stems (prickly pears) or with cylindrical stems (chollas). The pulp of young opuntia shoots, the popular nopalitos, can be boiled and eaten like green asparagus.

Opuntias are grown in fields for this purpose. The fruits (tunas) of some opuntia species are eaten raw or processed to obtain syrup or jelly. But cacti are more than only food. Planted close to one another, some are suitable to make living fences, against unwanted animals or as an enclosure of pasture-grounds. The lignified ribs of the big species such as cardons or organ pipes were used by the early settlers as

building material or fuel.

Spines were tools or fish-hooks, e.g. the particularly long and stable spines of barrel cacti. They are massive plants about as high as a man's leg. Some cacti are popular in the cosmetics industry, because they contain refreshing substances that have an invigorating effect on the skin. And they are appreciated by the medical science as well: mescaline, for instance, a substance used to raise the blood pressure, is obtained from the peyote.

Besides the big, conspicuous cacti of Baja, there are still many others in hidden places. The small spherical mammillarias, for instance, grow under shrubs. Or the *Echinocereus engelmannii* / strawberry hedgehog cactus, in spring one of the first species to bloom.

Something very particular among the cacti of Baja is the creeping devil cactus, which occurs only in the Magdalena plain. In the form of "wandering sprouts", it slowly migrates over the desert ground and even climbs over obstacles. It migrates by growing at its top, taking root in the ground and dying at its end. After the parent plant has died, the offsets live on their own. Regrettably, the narrowing of its habitat because of irrigated cultivation has made the creeping devil cactus rare, just as many other cactus species that are a hindrance to agriculture. Their popularity as collector's items or for decoration likewise contributes to the great decline. All cacti are today mentioned in the list of endangered plants of the Washington Species Protection

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## ***Los Barriles Sports Field – El Ancon Dream Becomes Reality!***

By: Ken Phillips

After years of dreaming of having a safe place for our kids to play sports, it's finally becoming a reality. This year's season has come to an abrupt end due to Covid19, but Club Rotario Los Barriles wanted to give the community an update on the progress being made at El Ancon, the new Regional Athletic Complex-Community Center. By the end of May "Phase One" of the project should be completed. The project is being jointly funded by Club Rotario Los Barriles, other Rotary clubs, the government, and members of the community. Phase One work consisted of: Clearing off, grading, and fencing in the entire park area, setting up the soccer and track and baseball fields for immediate use (this part was funded by the government). Club Rotario (with the help of San Juan Capistrano Rotary and individual community donations,) repaired, painted, and moved the bleachers to the new baseball field area, provided a temporary baseball backstop and is currently completing a bathroom for the complex with expected completion in late April.

Phase Two, hopefully to begin this fall, is still in the

planning stages, Club Rotario has recently met with La Paz county officials along with our mayor Luis and have been assured there is funding (amount to be determined) to continue with the project. Club Rotario Los Barriles is currently working on a Global Grant for additional funding and is planning a snack-bar cafeteria/eating area and storage bodega for the fall. Based on local fundraising and Rotary club financial participation from clubs up north, we also would like assist with the installation of volleyball, pickle ball, and basketball courts.

We will continue to keep the community updated as to the progress of El Ancon as the project develops, If anyone is interested in helping support our efforts with time, labor, and or financial assistance, contact our Rotary President Ken Phillips at: [bajadays@aol.com](mailto:bajadays@aol.com) and see what is needed to help make this project become a reality.



The baseball stands and back stop in place, and fencing going up around the entire perimeter. It is coming along!



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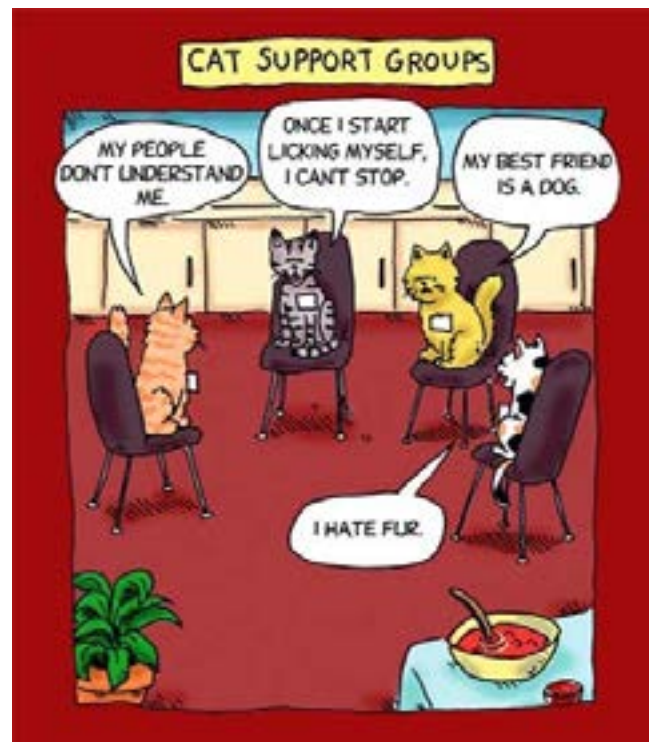
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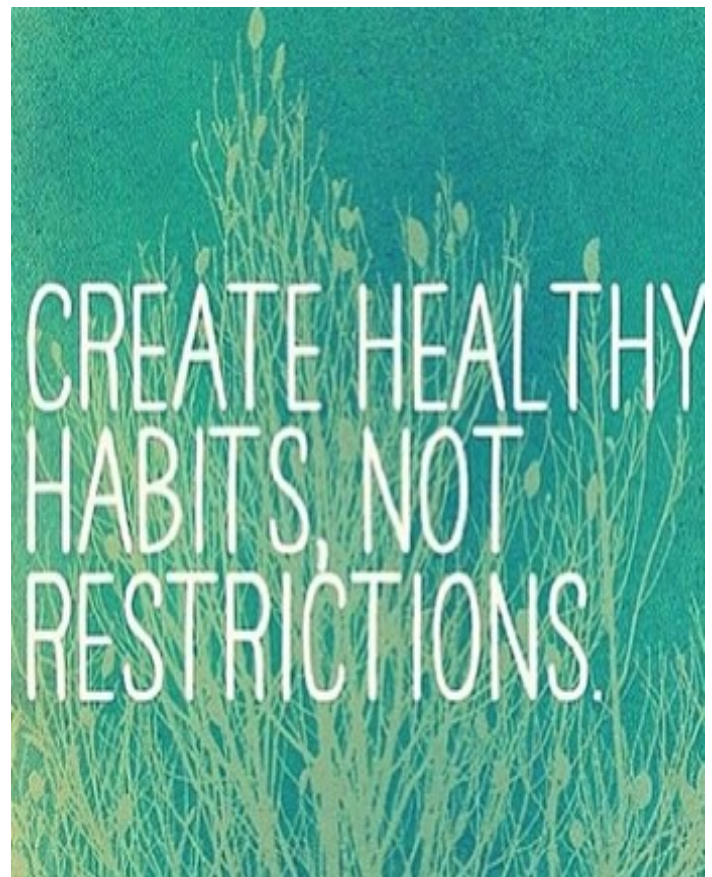


## ***Baja Shakespeare Thanks You!***

By: Kim Scholefield

Baja Shakespeare would like to take this opportunity to thank our loyal audiences, sponsors, volunteers and Friends of Shakespeare for helping us celebrate our 20th season. The Cast & Crew worked hard to bring our own quirky, crazy version of A Chorus Line to the stage. The choreography and many of the songs were from the original Broadway production. We added our own personal stories to create our Baja adaptation celebrating the challenges that we all face, such as loss, competition and aging. It was super fun to write, produce, dance and sing our way through another Baja Shakespeare original.

What will year 21 bring? We'll be back with... well... we're not sure, but it will be a comedy with live music, singing and dancing. Our dates at Hotel Buena Vista Beach Resort (Spa) will be Opening Friday March 5, Saturday 6, Sunday Matinee 7, Wednesday 10, Thursday 11, Friday 12 & Closing Saturday 13, 2021. The Festival des Artes has announced they will be Sunday March 14. A perfect time to be in Los Barriles! See you next year! The entire Cast & Crew thanks YOU!



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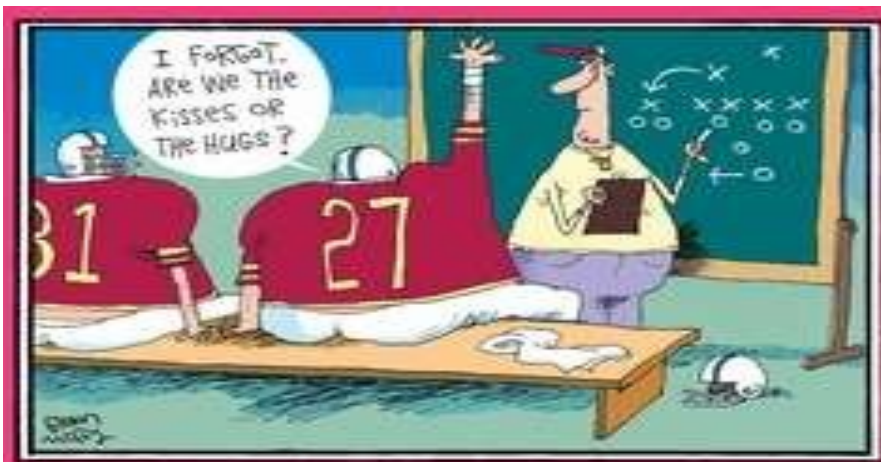
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## *Misión San Luis Gonzaga*

By: JoAnn Hyslop Jan/Feb 2009

We have always talked about visiting Misión San Luis Gonzaga, located southeast of Ciudad Constitución in a little oasis in the midst of some of the most barren and forbidding country on the Baja peninsula. This Jesuit mission was established in 1737 to convert about 2000 members of Indian tribes on the Magdalena Plain and to establish a mission station near Magdalena Bay. When the Mission was active, the garden, irrigated by a spring behind masonry dam, produced figs, oranges, grapes, mangos and other fruits and vegetables. The small stone church, built in 1750 by Padre Baegert is still in good condition. About 200 yards behind the church there are a few old Indian graves. The second building near the church was built in the 1800's, as headquarters for an independently owned cattle ranch. When the mission was closed in 1768, only 300 Indians remained. In later years, Misión San Luis Gonzaga was a way station for travelers on the old rail from Loreto to the Cape Region. Today, there is a small community near the church comprised of several families, a elementary school and a concrete block casa for the schoolmaster and his family. Basic necessities are available at the government store.

Misión San Luis Gonzaga is accessible from Highway 1 about ten miles south of Ciudad Constitución. Turn right at the mission sign just south of Villa Morelos. The 23 mile graded dirt road is doable in a two-wheel drive vehicle.



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# HomesandLandofBaja.com



**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. Ask to see our pie chart of our sales the last 12 years. In just 3 weeks in March the group at Homes and Land sold 4 beachfront homes!**

**Go to [HomesandlandofBaja.com](http://HomesandlandofBaja.com) and see our "sale pendings" and feel free to come in and ask us any real estate questions you have. We have helpful information for both buyers and sellers. We are here for you. No pressure, just knowledgeable, fully licensed friendly people sharing their years of knowledge. We are in the Palapa building across the street from the veggie stand and the big blue Modelorama sign.**

# EAST CAPE HEALTH CENTER NEWS

## Passport to Health

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

You'll receive:

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

## No-Cost Care For Kids

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

## Affordable Insurance Is Here

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

## H+ Partnership

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



**Hospital H+ Los Cabos**

**EAST CAPE**  
HEALTH CENTER

**[www.EastCapeMedical.com](http://www.EastCapeMedical.com)**  
**Plaza Libertad, Los Barriles**  
**624-157-0081**

**MEDICAL-DENTAL-EMERGENCY  
PHARMACY-INSURANCE**