

Yes, Virginia, There Is A Santa Clause - And his first stop was Asociación de Artes

By: Christine Courtright

It started last spring while the Asociación de Artes was delivering school supplies to the 22 different East Cape area schools, after not being able to do so during the two-year school closure due to Covid. What we found was the schools were in disrepair with many things in need of repair or replacement and almost every school had a real need: one that in reality we did not have the financial ability to provide. At AdA, we all thought *“how are we ever going to meet the needs.... It will take a miracle”*. We had no idea what we could do. Then a few days later we were talking to some longtime parttime LB residents, Gaye and Bob and they mentioned about a grant we might be able to apply for.

Well, long story short, we applied and Asociación de Artes Del Mar de Cortez was chosen! Our first thought was, *“this is nothing short of a modern-day miracle!”* Then it was shock, then reality set in and it was time to get to some serious work.

On November 10th, AdA was able to host a visit from about 50 employees and their families of Premier Pools and Spas here in Los Barriles. AdA, with the help of Frances Olachea and LB Delegato Francisco Silva, put together a presentation at the cancha where Premier Pools presented to the directors of the four Los Barriles Schools lists of what they will be doing for their schools. This was followed by entertainment from Tekiti Dance Group, Los Barriles’s very own dance group, and a performance from a very talented student in the LB High School. We then gave our guests tours of the LB schools showing them some of the things they are fixing or providing, helping them to understand how education works here in Mexico. They were very humbled and ‘blown away’ by the entire presentation and school tours and really began to understand what a huge impact their donation will be making to all 22 schools in the East Cape that Asociación de Artes supports. These impacts will not just last a school year, but for years to come.

With AdA’s goal of *“making the educational experience the best it can be”*, this ‘miracle’ is a great boost to that lofty goal.



The Donors, AdA volunteers and some of the gifts



Tekiti Dancers Putting on quite the show!

Photos by Bill Osborne

As soon as we were notified about getting the grant, we started contacting all the schools to get their needs list. We were pleased to see that all were just needs, nothing extra, nothing extravagant and nothing beyond our scope and ability. Right now, the job is organizing the lists, contacting contractors and repairmen and scheduling inspections and work and making our shopping lists, which are long! The contractors we have contacted are willing to work with us and give us a break on the costs as they want to be a part of improving the educational experience here too.

We are slowed down a little with a nationwide labor dispute in the schools, but we are proceeding forward and not letting that slow us down. None of it will be

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

Volunteers Needed!

The Asociación de Artes needs volunteers to help support their programs that bring the arts to the local communities and the schools.

To learn more about these programs, visit: www.eastcapearts.com. If you would like to volunteer, send an email to: eastcapearts@gmail.com.

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Thank You!

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Miracle for AdA Continued From Page 1

an overnight fix, but the schools are all just happy we can help..... And so are we! Stay tuned, we will keep you posted on this ongoing project, that is for sure!

Christmas came early for Asociación de Artes and we are so thrilled to be handing out such meaningful gifts to our 22 schools in the East Cape Area!



Photos by Bill Osborne

Jeff and Ryan with Amanda Riley, Kinder Director

What's Next!

By the time you likely read this, you will likely have memories of a great **Holiday ART Show** in your history. But, never fear, we are not done. Our next event is the ever-fun **Artist Studio Tour** on Feb 8, 2023. This is a great event where you get to tour 15 different artists studios and see and buy their creations. We have lots of talent in the Los Barriles area, and this is your chance to see where the magic happens!

Then on March 19, it is time for the 'big one'! **Festival de Artes** held at Hotel Palmas de Cortez – now in its 28th year! This event takes a year of planning, and this season's event has been in the works for 3 years (two years covid kept it from happening!) We are super excited that we can go forward and are working to make this the best event yet! We will have a fantastic line up of food vendors, provided by area restaurants, our beer garden where we have plenty of shade where you can sip on a cold one while enjoying our fantastic line up of traditional Mexican entertainment from local students, Tekiti Dance Group and other dance groups from the lower Baja Sur. Then if that is not enough, you will have at your leisure to see, some of the best artists in the Baja selling their one-of-a-kind creations. We individually select our artists to ensure you are seeing the best of original work available. **Asociación de Artes** is super proud of what this event has grown into and we invite all of you to come and hang out all day! We guarantee it is a great day, or your money back – Oh! wait, it is a free admission event!!! Our entertainment runs from 10am – 3:30, so it can be an all day none stop entertainment bonanza! Watch our website for more details of these events and all we do! www.eastcapearts.com

All our events we do for one reason, and that is to fulfil our mission statement "to help make the educational


experience the best it can be in the 22 East Cape Area schools". We are doing our part and we ask you do your part by supporting our efforts. You can volunteer to help, buy raffle tickets and bid on silent auction items, eat and drink at our events and when we put out a call for needs, purchase them.

You know it takes a village..... And we have a great one here, and let's keep it that way by ensuring great educational experiences for the East Cape's future residents!



Might be an after the fact, but it is a great poster!


Hope you enjoyed the event. If you missed it, plan on 2023 and the first Sunday of December for the Holiday Art Show!



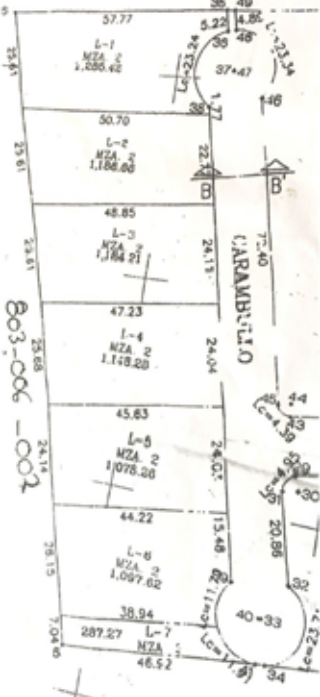
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New Baja Shakespeare Venue!

By: Sheryl Segal

The Baja Shakespeare 2022-2023 season is underway and we are celebrating our 23rd year bringing productions to the East Cape that delight our audiences.

Baja Shakespeare is thrilled to announce that we have a new home! This year's performances will be held in the Convention Center at the Hotel Palmas de Cortez, a beautiful setting. In addition to an evening of hilarious entertainment, theatergoers can enjoy a delicious Mexican buffet before the curtain goes up. Many thanks to the Van Wormer family for hosting us as we continue to bring live theater to Los Barriles and surrounding communities.

Baja Shakespeare show dates are March 10, 11, 12 (Matinee), and March 15, 16, 17, 18. Along with the Festival De Artes at Palmas on Sunday, March 19 it's sure to be a fun-filled weekend.

The troupe is exuberant, energetic and excited to get started on the show! This year's play, *Hamlette and Eggs*, is a zany comedy complete with music, dancing, artful characters including William Shakespeare, an ingenious plot, and a clever twist.

MARK YOUR CALENDARS:

Auditions for *Hamlette and Eggs* will be held on
Tuesday, December 6 at
Hotel Los Pescadores from 10-12.



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Our East Cape community has grown so much since our last "big" show and we invite and encourage everyone who is interested in participating to come to auditions. This play has a huge cast and this is your big chance to come out and act, sing and dance. Whether you are brand new to community theater, or have tons of experience, we need YOU! Maybe you'd like a small role just to check it out? A chance to be on stage?

All community members are invited to join Baja Shakespeare. Young or not-so-young, this play has a part for everyone.

We are looking for people interested in performing as well as behind-the-scenes crew. Our success depends on volunteers to help with all kinds of tasks: costumes, props, ticket reservations, ushers, tech and more. Some volunteers work only one performance, others help with larger jobs, Baja Shakespeare needs all levels of commitment. Bring your enthusiasm and come play!

We hope this is your year to join Baja Shakespeare. Look for announcements on FB, and in the BPE for more information and upcoming dates.

Questions? Contact Sheryl at
ssegal34@yahoo.com



"Apparently there's no good or bad children anymore.... Only misunderstood!"

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A Taste for Christmas and Others

By Bob Adams; Past President;
Club Rotario Los Barriles BCS

Welcome to another exciting Christmas season on the East Cape. Once again, our Rotary's Interac club has joined our own Rotary members to hold our annual Christmas toy collection for the underprivileged children and families of our area. The collection will be held at our famous Barrels Fountain on **December 18 between 2pm and 4pm.**

We are typically looking for children's toys of all kinds, from bicycles to games, but there is also always a need for blankets and warm clothing of all sizes. Cash donations of all sizes are also very welcome so our Interac kids can populate Santa's bags with gifts of all shapes and sizes, and things both happy and warm.

At this writing, we are busy with the final preparations of our very popular Taste of East Cape. The Taste kicked off on the evening of Dec 3rd in Laguna Park with 18 restaurants serving their best dinner samples to 300 guests. The event includes a social gathering under the stars, wine and ice cream samples, live music and a silent auction offering events and activities. It was the largest and most ambitious Taste ever. By the time this article is published, the Taste will be history with nothing left but satisfied friends and the news of who were voted the winners of The Best of East Cape 2022.

Always on the first Saturday of December, our Taste has grown to one of the most popular events held in Los Barriles. This year's Taste was immediately in such demand that all 300 tickets sold out before we were even able to get them printed. Many thanks to the establishments who helped distribute the tickets when they did come in; Homes and Land real estate, Marias Café, and Seven Seas Property Management. We especially thank all of those who brought their specialties to compete for the title of Best of East Cape. These are the people who really make the Taste special and the event a success. In alphabetical order: Amigo's Bar, Buenavista Resort, Candoo, El Minero, Fish

Market, Green's catering, Joe's Deli/Bakery, La Casita, La Playa, Maria's Café, Pancho's Cafe, Pizzeria Don Roberto, Beans and Rice, San Antonio Pizza, Smokey's Cantina, Sweet Pea's Tiki Bar, Tio Pablo's, and Zopilotes.

The funds raised by the Taste will be used by our Rotary Club to continue our work for the community and people of the East Cape. Our projects include free health screening at local schools and communities, with the great help of the East Cape Health Center and visiting Rotarians who come to enjoy our beautiful East Cape and help out with our various projects during the season. We also supply local communities and ranchos with filter systems to purify their water supplies. Other projects you may not be aware of are the construction and maintenance of the Los Barriles barrel fountain at the entrance to Los Barriles, repairing the library and supplying the tech center to give computer access to those without their own systems. Completion of the bathrooms at La Cancha, the stage and decorations at Laguna Park, and new medical equipment for the East Cape Health Center and Centro de Salud. To help with our main goal of supporting our youth, with the help of Club Deportivo, local and state governments and local citizens, Los Barriles now has a sports center, El Ancon, with baseball diamond and soccer fields, and a new bathroom / changing station.

We apologize to anyone who may have missed the Taste experience due to the extremely rapid ticket sales. If you missed out this year, keep watching local social media sites for notification. And feel free to contact our ticket coordinator as soon as possible each November to ensure you have your space reserved. For more info: Priscilla Duran Castro priscafemaria@gmail.com

The creed of our Rotary club is Service Above Self. Over the years we have done what we could to improve life here. Our club began when hurricane Juan left many of our area bereft and in need of even the most basic support. Together, we rebuilt. And we have been building and rebuilding with our East Cape neighbors ever since. Thanks to all who give their time and money to make the East Cape a better place for all to live in.



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How Much Exercise is Enough For You?

By: Sefi Held

I am very fortunate to have nine women that have moved with me in most of the disciplines I have loved teaching for the last decades and we meet at a beautiful cottage on the shores of Georgian Bay in Canada to catch up on our lives every September. There are three of us now very close in age and we discussed the changes in our bodies and exercise habits over the past years and how our society worships youthful energy, appearance, and attitudes. Our joint experiences allowed me to contemplate what many "seasoned" movement practitioners are facing as we age. I am usually selective about when and with whom I share my story always believing that everything is not meant to be shared, but I was encouraged by these friends to talk about this since aging is a process and it develops in fundamental stages. There are now more baby boomers than anybody else and the Hip people have salt and pepper hair!

For me, it all started with feeling really yanked out and this perpetual cycle of being in action all the time led to imbalance in my body. Each time I reached a "goal", I was off to reach the next one, then the next once, etc. Goals count since they assist us in going through a process and it is this process that can be beneficial if we pay attention to what it is teaching us and we learn to appreciate and enjoy it.

I will always have an inner fire that burns brightly. I love teaching and I am very passionate about serving my community to be well and to be happier from the inside out. I am also active in volunteering and saying "NO" is something I had to learn to say to some of these organizations.

I have worked in the fitness and wellness industry for over 50 years as a personal trainer, fitness instructor, spinning instructor, yoga, Pilates, Older Adult Fitness Specialist and Zumba teacher and started my own business, HELD in Motion in 1999. How very appropriate was the response from friends and clients since I was never still and this is what I know about going from burned out to balanced.

When I wasn't teaching, I was still in motion and my relaxing holidays included climbing the Inca Trail in Peru to see Machu Picchu when I was 62. My inner fire burned so hot that it literally 'burned' me out since I thrived on that athletic high!

Years later, I had to put self care at the very the top of my list. I knew that it was time to slow down or my body would shut down. At that period of my life I needed less workouts and more stillness, less action, less work, more joy and more feminine qualities that the yin teachings had to offer.

Now at almost 74 years old, I have learned to trust the process of life and allow my projects to unfold naturally by being consistent. I learned there are better ways to work and also work out that conserves my energy while still keeping me fit so that I can apply this energy properly to feel well both on the inside and the outside. I learned how very valuable self-awareness is and taking the time to heal and I experienced a lot about this after fracturing my spine and also after my knee replacement.

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Exercise Continued From Page 8

Being unable to get up and move around independently taught me a lot - especially accepting and asking for help from other people. I always had to do things for myself and exactly the way I wanted them done thanks to my German heritage and a Mom who was a perfectionist herself.

My story is certainly not unique. I am one of the many people who strives to understand the conflict we find within ourselves. I look back to the many phases of my life and the many certifications I obtained to learn more, teach more classes and expand my knowledge but looking back on that phase of my life, I realized that I was becoming a Jack of all Trades and Master of None. I now teach only what I really love and can create a balanced lifestyle for myself and my students who are intrigued and inspired by my age, ability and agility. As a result, I have achieved a more laid back approach to life, more energy, more enjoyment and health. Being is sometimes so much better than constantly doing!

Jane Fonda's workout was popular when I was teaching my high impact classes and I love the quote from this famous Octogenarian:

“The mistake that so many people make is that if they can’t do what they once did, then they don’t do anything. Big mistake! There are a lot of things that I can’t do that I used to do. So I do things that are safer when you’re older ... I walk. I lift lighter weights. I move more slowly. But keep moving. Keeping your body active is absolutely critical.”

Sharing my fitness story may give you the chance to re-evaluate the highs and lows of your own movement journey. So how much exercise is enough for you, for your health, for your happiness, for stress release, and for total optimal balance in your life? Find your own awareness and “sweet spot”!



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Starlink and Words of Wisdom

By: Lane Sykes thecomputerguy@usa.com

I finally had the opportunity to install the Starlink satellite-based internet system. It was far easier than I expected. Everything you need for the basic setup is in the box. The satellite receiver, modem/router and all cables were ready to go and very difficult to get it confused or mis-wired. You may have to drill a hole in the wall to run the cable inside but the unit is very weather proof. Plenty of cable supplied. You can order the equipment from the downloaded cell-phone app as well as initial setup. Plugged everything and within minutes the dish began to move searching for the satellite array. Next step was to use the app to configure the WiFi router. The app tells you to search for the SSID (Router name). Here's the first speed bump (Tope). I was looking for something like Starlink 1AD2. Remember Elon Musk has a sense of humor. So, I found one open WiFi signal called "Stinky". Yes, that was it. Select "Stinky" or

whatever name has an unlocked WiFi and you can complete the setup via app. If you order the equipment in Mexico, it will be cheaper than the US prices and the monthly subscription is much cheaper. In Mexico there is a provision for RV installation but that comes with a subscription price increase. If you have the equipment delivered to an address other than your service address, you will have to correct that before you can begin to receive internet connectivity. If you have the equipment sent to the service address, you should be up and running in 45 minutes. Most of that time is unboxing and running the cable. You will need an unobstructed view of the northern sky. The four legs that support the dish can be fastened to a hard surface. The system is definitely weather proof and should be able to withstand very strong winds provided you secure the receiver to a stout surface. By the way, the dish is fairly small and unobtrusive. The only thing I would add would be an Ethernet accessory sold by Starlink that will allow the addition of a second longer range WiFi router.

Seriously now, let's talk backup strategy. As I write this article, I back up every 3-5 minutes. I back up my financials to four different external hard drives and two online cloud accounts. Why? Excellent question! As an example, years ago there was a famous author who spent a year writing a novel. He finished, left for a celebratory cocktail. A thief broken into his room, stole his computer and backup hard drive. He had NO other copy. Don't let this happen to you. Use one copy on your computer, one copy on an external drive and one copy in the "cloud". External flash drives are fine as are external hard drives but remember those too will fail. The "cloud" is an excellent choice but you could be locked out of your account. You need all three!

All those photos, I hope you have those in three locations. I had two families over the summer that stored all their family photos in a laptop. The laptop failed. There were no other copies and the Dad had passed away. They were lucky, the hard drive was intact and I could recover those files. If you use a cellphone to tablet to take your photos, I encourage you to use Google Photos, Amazon Photos or iCloud to backup those precious pictures. I use all three. Side note: When I leave the US or Mexico for the season, I take

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Starlink Continued From Page 12

photos of everything I left behind. Yes, photos of the closets, drawers, furniture, etc. We live in a fire prone area in the US and I like to see what I left in my closets in Mexico or on the food shelves.

If you're looking for good free word processing program, try Apache Open Office. Libre Office is another very good free word processor.



Caps For Cancer Baja

By: Annette Kaiser

Capsforcancerbaja originated about 18 years ago with a small group of women from the East Cape, who were interested in knitting and crocheting caps and blankets for children with cancer. Over the years we have had volunteers join our group from Canada and the United State, who have further diversified our output of hand-made items including shawls, scarves, prostheses for women who have had breast cancer, young girl dresses, and young boy shorts. These items are donated to the children at the orphanages at Casa Cuna, Casa Hugar, and Nuevo Creations, to Casa Valentina at Salviterra Hospital for children with cancer and heart disease and CRET, a rehabilitation center with over 900 patients. Breast prostheses, caps, and shawls for women are provided to Casa Reto, a center for women suffering from cancer. Our volunteers donate their time and talent to make these products. Yarn and other materials are provided to them free of charge which they can use as their talents permit. We have no membership fees and are always looking for new members and volunteers to occasionally transport members and product to La Paz to help distribute the hand-made products.

Because we need so much yarn, our volunteers collect donations of yarn from our generous community throughout the year. We also collect various goods during the year for our annual GARAGE SALE. This year to be held at the La Ribera Cancha on 18 December starting at 8 am. Everyone is welcome. All funds are used to purchase quality yarns for knitting and crocheting.

OUR HOPE FOR THE FUTURE

We need more sponsors. Add to our volunteer ranks to generate more products, particularly sewers who can make dresses and shorts for the children. More yarn donations. Encouraging people coming down to Baja to bring a ball or two. Teach high school and middle school children how to knit and crochet so they can contribute to the children-in-need. This will also give them an awareness of those in our communities who are disadvantaged.

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A Big Thanks To Our Community!

By: Terri Foster, Cortez Rescue

There was a storm, actually a hurricane, coming and we weren't sure what to expect. Realistically we had to plan for the worst. What will happen to our dogs at the Rescue if we can't find safe places for them to ride it out? Cortez Rescue posted on social media for emergency storm fosters and what happened next was truly extraordinary. Our community stepped up big time! People were messaging, emailing and calling to help the dogs. Offering their homes, garages and bodegas.

On September 6th, category 2 Hurricane Kay blew in earlier than we had expected. But Team Cortez Rescue doesn't let anything stop them. Jenn and Terri headed to the Rescue in the pouring down rain. With the help of our amazing staff, we literally loaded up all the dogs and headed back to Los Barriles. By the time we arrived, the arroyos were running and it was slow going. Jenn put out a call for help for anyone with trucks or Jeeps that could pass the arroyos to meet us in town and help get the dogs across the arroyos to storm fosters. Within minutes we had a large group show up and we started handing off dogs in crates and all the supplies needed. The Vanimal, the Cortez Rescue dog transport van, still had some dogs that needed to be delivered and we weren't sure we could get them to their destinations because the roads were eroding quickly and some were completely impassable. Slow and easy we took it and all dogs were safely delivered. Within about four hours from the time we left for the rescue that morning, we were able to place 80+ dogs and pups into 30+ homes with 50+ storm fosters. With the help of this amazing community, we had done it! We emptied Cortez Rescue within a matter of hours. None of this could have been possible without the support of our wonderful community.

Thank You Los Barriles for sharing your homes and hearts with our four-legged loves.

If you'd like to foster, volunteer, donate, or adopt a new friend please visit www.cortezrescue.org or message to info@cortezrescue.org



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Los Barriles Saturday Market

By: LBSM

The Saturday Market started its 13th season on November 12th, with 49 vendors, a great crowd and perfect market weather! There were all your favorite regular vendors, many that have been here from the beginning. We have a great selection of organic and other vegetables and fruit, pies, cakes, breads, cheeses, microgreens, meats, wines, coffee and much more. Most of the produce sold is grown right here in the East Cape area! There are also artisans from around the Baja SUR selling original clothing and other sewn creations, jewelry, baskets, copper items, wooden items, geckos from wire and nature, beading, paintings, cards, beauty products and weaving, and many other items. We have Cortez Rescue and Tortuguero Cabo Este in attendance and traditional Mexican products.

We also had new vendors with new food items and new artisans with unique and beautiful things that you must come and check out.

You can come and have breakfast and coffee, shop, later have a strudel, cinnamon roll or smoothy for a mid-morning snack, shop some more, maybe get a new outfit, purse or jewelry or something for the home, then have lunch of pizza, taco or brat, and cake for dessert and close the morning off with getting gifts for your favorite people! Heck, sounds like a great plan to me!

The market is at Laguna Park, right behind Fayla's Store and El Viejo Restaurant. Plenty of parking and room to roam



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Planning to Build? One Person's Experience and Suggestions

By: Julie Shipman

We just completed building our new home in Los Barriles. Waking up to the gorgeous sunrise each morning is a dream come true. I'm still pinching myself to confirm it's real. We previously owned so this is our second place. We are thrilled with our new house and were asked to pass along some things we learned from our experience.

Below are a few suggestions but everyone has different needs, and things obviously vary on a case-by-case basis. Stay open-minded!

- Get your lot surveyed with a title search. Ours went back to the 1800s.
- When preparing the lot, make sure to look at the water run-off and drainage during the hurricane/rainy season. Few lots escape damage during storms. When landscaping, consider going with local species that are 'water wise.' Not only will the plants do better in their native environment but you will save time, money and water maintaining a nice yard.
- Be considerate of neighbors while building. It's noisy, the workers start early, truck traffic increases and garbage accumulate. Also, if possible, be mindful of blocking the views of others.
- When positioning your home and outdoor areas, keep in mind the prominent wind direction and intensity. Some days there's a gale, especially if you're seaside.
- Local craftsmen do excellent concrete and rock work, carpentry, tile and paint -- true works of art! We found we needed to be more involved with electrical and plumbing as things are done differently than what we are used to in the states. Septic tanks and cisterns are new to many expats so there is a bit of a learning curve. We highly recommend a cistern for times when water is not available. We also installed a solar system. CFE (power company) generates with diesel and will inevitably fail at times so you need some kind of backup system. Our system has

batteries rather than a generator, which is noisy and uses around \$100 of propane/day.

•Based on our past experience building here, we brought most of our plumbing fixtures from the states but local options are improving. Appliances can be found at Liver-pool (kind of like Sears) in La Paz, Costco, Teka, and several other stores in Cabo. You'll pay a premium for high end brands or taxed if brought in but there are great locally available brands.

•If doing a lot of concrete, consider micro-cement. It's a finish that makes it last longer with less cracking and looks great. It can be used for flooring (indoor and out), counters, sinks, showers, etc. and comes in a wide variety of colors.

•If building a Palo de Arco roof (pergola), consider adding a plastic sheeting on the top. During the wet season, it will mold and drip making a big mess below. The Palapa roofs (palm fronds) are more waterproof but a completely different look. Both need upkeep.

•Most people purchase hurricane shutters. There are many different types (automatic rolldown, storm panel, accordion-style, etc.) and different materials... aluminum, steel, fabric, polycarbonate, fiberglass or wood; so consider your needs, budget and warranties before purchasing. You can also buy windows with hurricane glass which is more expensive but a great option if you are here full time and don't want to be in the dark.

•If doing a pool, consider going on the small side and use salt water to help with environmental concerns. With our solar system, we are using an electric heat pump for the pool. It's very expensive to keep it heated through the winter with propane. "Organic" shapes are beautiful but more expensive than rectangular, and most pool covers work better with rectangular. Beach-entry pools are fun, especially with kids and dogs.

•For most expats, garages are a must. We often have lots (too much!) of 'stuff' that needs to be covered and locked, the same as anywhere. Do a lot of built-in shelves and racks for extra storage.

•Furnishings and art are the fun part, at least for me! Consider a furniture-buying trip with a guide to Guadalajara and make it a mini-vacation. *Toro y Luna* is our local Los Barriles store with wonderful options. Theresa has a great

Continued on Page 17

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Building Continued From Page 16

eye for unique pieces and will do custom options. She offers a wide selection of tile and decorative lighting. You can also try Ashley Furniture in San Jose (they deliver) or Cabo Home Store, among others.

•And... just like everywhere, expect delays in construction. There are supply-chain issues, worker shortages, and the unexpected problem that will inevitably arise. In Mexico (as elsewhere) patience is a virtue. If you don't already have a lot of it, dig deep and find some because you will need it.

Just a reminder, if you're building a home in Baja, (unless you're Mexican or have citizenship), we are guests here and need to be respectful of local customs, schedules, holidays and so forth. There will be times of confusion and frustration but for us, the end was well worth it. We love our home, neighborhood and town. We were extremely fortunate to work with many talented, honest, creative and professional people. I am happy to give referrals if you'd like to contact any of them: julie@julieshipman.com. There are many great local options; just ask around.

Don't forget to HAVE SOME FUN WHILE YOU'RE AT IT! We're so lucky to be here!



Photo by Neil Howe.



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What's Happening With Turtles?



By: Theresa Comber

The crazy juxtaposition of this fall hatching season and their attitudes 😄! Omar says "Turtles are lazy today. They don't want to go in the water." There's about 50 and they seem to want coffee. Whereas last week, 800 hatched on one day and they sprinted to the sea.

Here's the turtle low down: Brothers Omar & Noe Araiza plus their 'Turtle Sister' Kareema Jones help to operate "Grupo Tortuguero Cabo Este" (Turtle Group of East Cape). At dawn from the beginning of July to the first of December, Omar patrols 13 kms of beach front from La Ribera to North Beach. He's looking for momma tracks where she has pulled her sea buoyant/land heavy body onto the shore to lay her eggs, from 70 - 120 at a time. With skilled eyes earned the past 12 years, Omar locates the nest, with gloved hands carefully unearths the nest, places the eggs in a plastic bag, and searches for more. On an awesome September day, he found 38 nests. YES, there were 3,800 turtle eggs on his quad!

Over this year's laying season an unprecedented 65,000 eggs have been relocated. Si, 65,000! Omar delivers the eggs to Noe where he and his team re-nest the eggs, mimicking the original nest. We know Momma turtles love quiet, long, languid days in our near shore warm waters plus hot, moist sand that creates perfect nesting conditions. Mature momma turtles may lay as many as three nests a season while hanging in East Cape summer waters. The laying goes on until the season abates when the north winds begin, the weather tempers, the sand cools and the moisture dissipates.

That's when the hatching is underway, sometimes with a raucous 1,000 babies at a time. The big hatching days usually track back to a night six to seven weeks prior, and just before a storm or rain event. Turtles have a built-in barometer, laying their eggs to unburden their bodies so the species may survive.

It's a miracle to be in the presence of a hatching turtle, one that goes from poking its blind head from the malleable, ping pong

sized egg to clumsy, eyes closed turtle to racing across the sand toward water they don't know is there, their lids open and they see and touch their home waters for the first time. Their fins that were feet just minutes ago are now spinning them in circles until they figure out the front fins are for swimming, the back are for ballast. Their heads are sticking out because they need to breathe, then they dip and bob, submerging for longer moments each time. This process is one of evolution's most incredible, adaptive moments one can ever experience.

Males will never again return to the sand. Females may take 13 to 15 years to mature. After traveling 1,000's of miles in the world's seas and oceans, she will then miraculously 'come home'. Right back to the East Cape and onto our shores to lay her eggs, the next generation of East Cape babies.

Without global intervention, many turtle species have been perilously close to extinction. Previously, only 1% of turtles reached maturity. Attrition first happened on the shore from heat, cars, quads, habitat disruption. Naturally, baby turtles are snatched by birds above and fish below. Yet their biggest threat is industrial fishing nets. Because of the dedication and commitment of Team Araiza and others, our 'Olive Ridley' Turtles may be inching up toward a 2% survival. But larger, more rare turtles like the enormous Leatherback that are lay eggs on the Pacific side are precipitously in decline.



Continued on Page 20

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Turtles continued From Page 19

Other threats are floating debris and plastics and fishing nets. We know floating bits and pieces of plastics look like jelly fish, their primary food source. Individually we can focus on using less and stopping plastics of any sort from getting into the sea. Some industrial fishing companies are now making turtle and dolphin friendly nets that help them escape.

We can bask in our personal experience with an event that has been going on here for thousands of years. We can also consider our personal and global effects on our planet. These miraculous turtles that conjure up our love, joy and excitement provide us a direct connection to mother nature. We can now also celebrate that the plight and knowledge of turtles is being raised and share our awareness, passing along our turtle love.



News about Neuters (and spays) from S.N.A.P. - Spay, Neuter & Pre- vention- Los Barriles

By: Rita & Paula Myers

It's official!! SNAP has provided funding and assistance to help keep **1013 dogs and cats** in our area free from being able to reproduce.

For those of you who might not know what that means in terms of unwanted litter; an unsterilized dog, her mate, and litters can produce upwards of 2,000 additional dogs in a 4-year span. Cats can reproduce at an even higher rate.

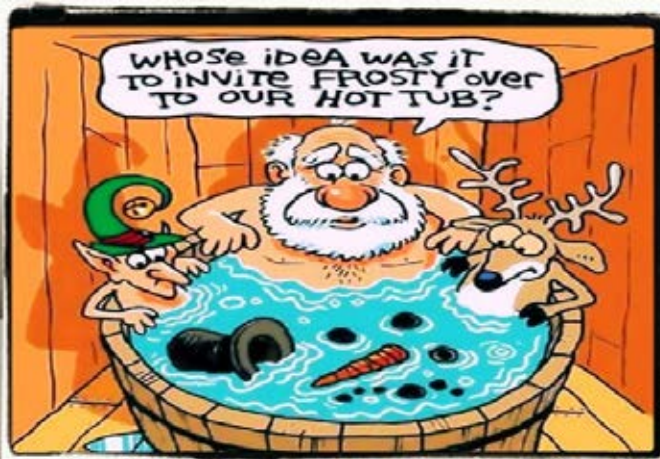
SNAP is proud to offer a free sterilization to the dogs and cats of our Mexican community members. Through generous monetary contributions and the voluntary assistance of our SNAP Outreach Coordinator, Karla Martinez, we have accomplished this extraordinary effort without holding clinics. SNAP has been fortunate to partner with Clinica Veterinaria Buenos Aires where the community members can bring their animals directly to the office to have the surgery performed.

SNAP will be celebrating 10 years of existence in 2023. We are excited to kick off the year with a Fun Fundraiser; SPAYghetti and NO balls 3 course dinner January 14th. The event is co-sponsored by Homes and Land of Baja, Los Barriles and Quadman ATV rentals, at the home of Sherri King. Our veterinarian and his band will be performing, and we will have an exciting raffle. Hope you can join us!

Email: info@snaplosbarriles.org


Facebook: [Spay, Neuter – SNAP Los Barriles](#)


Web: www.snaplosbarriles.org or our partner non-profit www.leaders2give.org





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How To Maximize Your Donation

By: Adam Greenberg

Quiz-

What's the scariest time of the year?


- Halloween
- Day of the Dead
- Tax Season

If you picked 'c', you are correct!

But fear not ...Leaders2Give is here to save the day because along with the joy of giving comes the benefit of tax deductions. I know that we don't give to charities to get the tax benefit, but it sure doesn't hurt. First and foremost, when we donate, we want as much of our donation as possible to make it to those who need it.

Leaders2Give has several ways to accept donations that reduce, and frequently eliminate, third party fees (such as checks, wire, and Zelle transfers - while others have zero third party fees). And since the Leaders2Give team is 100% volunteer, the overhead costs are minimal.

But like I said, it doesn't hurt to get a tax benefit for the donation and with Leaders2Give you get just that (for US



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Taxpayers.) All Leaders2Give donors receive a 501c3 gift acknowledgement letter / receipt that supports the tax deduction for the donation.

In addition, Leaders2Give can receive donations that have even greater tax benefits to you. Here are a couple of examples:

Donating Securities

Donating stock or security via transfers can bring a significant benefit to your taxes. And there are zero fees! This works for Stocks, Mutual Funds, ETFs, etc. that have been in your portfolio for 12 months or more (long term) and have appreciated in value.

You could save significant taxes by donating your security and transferring it to Leaders2Give rather than selling and then donating the proceeds.

In short, by transferring the securities, you will not incur the Long-Term Capital Gains.

In the example on page 23, the left side shows the out-of-pocket costs if you were to sell \$50K of a security that has a \$30k cost basis and then donate the \$50k. The right side below shows what happens if you were to transfer the \$50K of stock rather than selling it first.

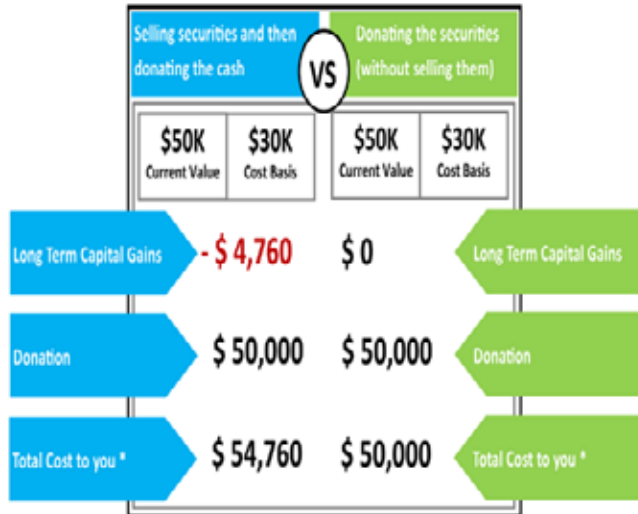
Making a donation from your IRA

Making a Qualified Charitable Distribution (QCD) of Individual Retirement Account (IRA) assets can again save on your taxes. If you're age 70 1/2 and older, you can direct up to \$100,000 per year tax-free from your IRAs to operating charities through ACDs regardless of whether you itemize deductions or claim the standard deduction. Depending on your tax bracket, you could save up to \$37,000 on your Federal Taxes alone! Depending on your State Taxes,. This savings could be more.

In addition, by decreasing the IRA balance, a QCD may also reduce your taxable income in future years, lower your taxable estate, and limit your IRA beneficiaries' tax liability.

Continued on Page 23

Leaders2Give Continued From Page 22



* Total Cost to you does not take in consideration the impact this donation would have to your Net Taxes after taking the Deduction for the \$50,000 Charitable Contribution, which would be the same in both cases.

Please note that QCD requests generally should be initiated by early December to ensure processing is complete before the end of the year.

The Leaders2Give Choice

Make Leaders2Give your choice for getting the most out of your donation while getting your greatest tax benefit. Protecting vulnerable children is important and ensuring as much of your donation as possible makes it to those who need it most is paramount. As I mentioned, we are a 100% Volunteer-run board and currently do not have any paid employees.

For more information on donating options, visit leaders2give.org/donate. If you have any questions regarding the above or any other means of making donations, please reach out to Leaders2Give Treasurer, Ian Gibson at Ian@leaders2give.org or 775-233-3677.

Sea Desert Ride Eastside Epic Bike Race



By: Mike Neerer

Ride whatever bike you like, everyone is welcome when it comes to Gravel Racing. All abilities and types of bicycles may participate. Acoustic and Electric bikes will have separate divisions, yet ride the same route.

The route is a mix of gravel, paved, and desert track with breathtaking scenery guaranteed. Check out our website for the latest updates. www.eastsideepic.com. You are Epic and you can do this!

Gravel Racing centers around fun and community just as much as it does competition. Proceeds from this event go directly to the East Cape Guild for their Education Scholarships. Be Epic, and join us on February 5th.



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Pickleball in the Sun: Mexico Style

By: Mike Branon

You never know where your pickleball passion might lead you. If you're lucky, you might find yourself South of the Border in a sleepy fishing town, enjoying great games, delicious food, a beverage or three, and a slice of Mexico like it used to be before the "gringos" came to town.

Los Barriles is a little dot on the map about an hour north of the airport in Cabo and two hours south of La Paz, an intriguing city to the north on the Sea of Cortez. It offers comfortable lodging from cheap accommodations in town to oceanfront private homes for rent. Best of all, it's the home of Tres Palapas, a club that checks all the boxes for the pickleball enthusiast. You can bring your own gang or show up as a single or couple. There are plenty of courts, impromptu tournaments and local players of all levels to meet and play with.

Meeting the locals is a big part of the experience. Part time and full time ex-pats have made Los Barriles their home, drawn by warm, sunny weather, natural beauty and a pickleball community that provides connection and competition. You feel welcome here.

It also feels safe. The nightclubs, timeshare salesmen and big resorts of Cabo seem far away. There's not enough in Los Barriles to grab the attention of the typical tourist much less the rip-off artists who occasionally prey on them. You feel like you're in your own little world and life is "muy bueno" here.

THE GOOD LIFE

A typical day might consist of an early morning walk on the beach, coffee or a smoothie at the great cafe at the club, several hours of pickleball, and lunch in town followed by a poolside or beachfront siesta. Follow it up with a swim in the ocean, Happy Hour at the club or local bar, a beachside massage, and a reasonably priced dinner of authentic Mexican dishes or fresh seafood. (One of the specialties in town is the twice baked potato (papa rellena) filled with your choice of meats, seafood, salsa, and guacamole. (Es delicioso!) The town shuts down at night so all you can do is look back on a great day with friends, relax and enjoy the quiet, desert air before getting up the next day and doing it all again. It's a tough life, but somebody has to do it...

For the more adventurous, there are ATV's for rent, paddle boarding, kayaking and kite-surfing. Within a couple of hours are the sights and sounds of Cabo San Lucas, pristine snorkeling at the National Reserve in Cabo Pulmo, and swimming with sea lions and whale sharks near La Paz. On my most recent trip here, I paddled out every morning and encountered bat rays leaping out of the water, a school of dolphins all around me, a feeding frenzy of large jacks and diving pelicans, and a curious sea lion giving me a friendly greeting. I recommend a full week here so you can explore and fully relax into the Mexico vibe. You can get your pickleball fix, meet great people, experience nature, and create unforgettable memories.

THE ORIGIN STORY OF TRES PALAPAS

Tres Palapas is the creation of Sally and Paul Bland, a Canadian couple who reimagined their life, moved south, and by force of will and hard work, brought their vision of a premier

Continued on Page 27



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Pickleball Continued From Page 26

pickleball oasis to life. Their goal was to provide a place where ex-pats, locals, and visitors could play in harmony with plenty of courts, sunshine and friendly competition. Players of all levels are accommodated. Instruction is available and low-key tournaments are usually offered each week as well. A courtside bar and incomparable cafe provide beverages and some of the best breakfasts I've ever had.

Best of all, Sally and Paul have intentionally created a community where there once was none. The club is a center of social activity for Los Barriles and its inhabitants. Sally explains, "It's one-of-a-kind here. What we wanted to do was blend pickleball, lifestyle, and vacation next to warm water with 345 days of sunshine a year." Paul is the perfect pickleball ambassador, joining players on the court and introducing visitors to local players for competitive or fun games. The courts are buzzing every morning until about noon. The crowd thins out and returns for afternoon Happy Hours from 3-6pm and a few more games for the die-hards. You're never a stranger here as the staff and locals are courteous and welcoming.

PLANNING YOUR TRIP

Make sure to schedule your trip when the weather is right. The club often shuts down from July to September because of the summer heat. There are also times when the wind comes up later in the day and makes games a bit challenging, but mornings are usually perfect. Contact the club with any question regarding operating hours, weather, and transportation options. Air travel into Cabo is convenient from the USA. If you want to rent a car, the airport offers numerous options. But you can also take a shuttle and rent an ATV when in Los Barriles where you can ride along the beach, up to the mountains and through town. Lodging is varied. You can stay in local hotels, condos or share a home. VRBO and Air BNB are your best bets. Daily fees to play at the club are reasonable (currently \$12) and dining options in town are traditional Mexican with an emphasis on the fresh, local seafood.

A new phase of the club is in the works as plans for onsite lodging and residences are underway. Within a year or so you'll be able to catch a private shuttle from the airport to beautiful onsite lodging near the beach and play to your heart's content with your friends. It's just one more way that Tres Palapas is evolving into a premier pickleball destination.

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Teeny Exploration of Geo-Nicknames of Baja California Sur

By: Renée Lagloire, M.A. Anthropology

Did you know that people born in Baja California Sur have a nickname? Yep! They call themselves *choyeros*, people of the cholla. The cholla is a cactus from the genus *Cylindropuntia* that has 37 recognized taxa on the Baja peninsula, 27 of which are endemic. One of the main characteristics of the cholla is its barbed spines that are tenacious once they get a hold of your clothes or shoes. Even worse is when they get on your skin or your dog because they have defensive bristles with backward-facing barbs that are hard to deal with. But, chollas are an important part of the desert ecosystem, providing food and shade for critters. Cholla wood is used for fuel and novelties by humans. Chollas are successful, adaptable, hardy, and tenacious – they are well-adapted to their harsh environment.

Native-born people from Baja California Sur identify with the cholla, proudly calling themselves *choyera* or *choyero*. For example, one of the villagers in San Bartolo commented: “*Ya es choyero*” when he saw the cat, Mr. Felix, with a mouse tail hanging from the side of his mouth. It was clear from the words and the approving tone that “He is now of the cholla,” was both a joke and a heartfelt compliment. He was saying that the cat was not a slouch, he was hard-working, earning his keep, doing his part, like someone who is native-born in Baja California Sur has to do to survive.

Towns and villages also have geo-nicknames associated with them. That of the people of San Bartolo is *iguanera/o*, people of the iguana. And, yes, there are iguanas and lizards in San Bartolo. The joke in the village is: “In San Bartolo, when you buy something, you pay with an iguana, and you get your change in lizards.” To slow traffic down, along its main road, the village has speedbumps. In Spanish, the word for speedbump is *tope*. The ex-pats in the region have their



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own geo-nickname for San Bartolo, jokingly calling it San Bar-tope.

Curious about the geo-nicknames of other East Cape villages, I asked a knowledgeable friend in San Bartolo. She gracefully informed me that for Santiago it is *Cora*, after the now extinct native inhabitants of that area. That of San Antonio is *churea* after a native bird that is said to resemble a roadrunner. And finally, that of Los Barriles is *pata salada* (salty paw/leg people) for obvious seaside reasons.

Thank you for coming along on this teeny exploration of geo-nicknames of Baja California Sur. Special thanks to Deyanira Baltazar de Trasviña for her help with this essay.



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Wake Up With Make Up

By: Connie Heinen

Permanent makeup has found its way to the mainstream market and appeals to women of all nationalities from all walks of life. In our hectic, stress-fill world, permanent makeup provides that ability to wear a fresh, "always ready" look without the effort. It's perfect for those who find themselves in a hurry every morning and don't have time for applying makeup on a daily basis. It's waterproof and won't smudge or smear, it won't come off in the shower or the pool, or the sea.

In fact, it will last for years before you may need a touch-up. Lips can be made to look fuller, eyebrows can be even and symmetrical. Eyes can be lined to add definition and enhancement.

There are several methods of implanting the pigment into the skin. Some being a rotary, coil, or digital machine or a hand tool soft tap or the newest and latest manual method called Microblading or Microstroking.

Microblade uses a hand tool which holds several needles to deposit pigment into the epidermis. Because the color is closer to the surface the strokes appear crisp and very fine, you can hardly distinguish it from a real hair. The results are natural looking hair strokes, regardless of the amount of hair present.

I feel very fortunate that I was able to learn the Microblade technique from one of the leading instructors from Russia who teaches this method and be on the cutting edge of the

latest techniques in permanent makeup. In my 24 years as a permanent makeup artist, we have tried to simulate hair strokes with some success but nothing compared to this revolutionary microblading technique. The hair strokes are crisp and fine just like real hair.

I have been performing the art of Permanent Makeup since 1998 and have had training from some of the leading instructors in the industry, and have traveled worldwide to find the best educators. I use state of the art digital machine and High-quality approved pigments. I am Master Certified and Instructor Certified and hold numerous certificates for my achievements. I have also been a provider for reconstructive and replacement procedures for burn, cancer, surgeries and other medical issues patients.

It is important that you find a highly qualified provider to do any permanent make up procedures to ensure safety and exactness in the procedure. Making sure you discuss your goals and needs is important and will help you get the result you desire.



The Los Barriles Feeding the Hungry Charity

By: Gordon Blackie

Summer is the hardest time for the least fortunate among us. When the many expats leave for the summer, work opportunities tend to dry up. We are pleased that the Feeding the Hungry Charity was able to continue support for over two dozen local families all through this time.

As part of our fundraising activities, we held the second ATV Community Fun Ride. Participants drove an interesting 20-mile backcountry trail stopping of at a number of spots to answer question about their favorite country and western songs and artists along the way. The chance to have a photo taken on the back of a horse, cook smores over an open fire, and drink ice cold beers in the back country, all added to a fantastic fun ride. Many agreed that this was the most ATV fun they had ever had and are already looking forward to another fun ride next year.

We keep receiving requests for assistance from families in need, so the process of interviewing folk and assessing priorities continues. We would like to thank all the contributors who donate to the Feeding the Hungry Charity. Without these gifts we would be unable us to assist those so desperately in need.



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by
Connie Heinen

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East Cape Health Center News!

By: Char Wenger

Alert to All Women

Let's talk about Women's Health Care for the East Cape. As we grow and expand, we realize the importance of comprehensive women's care. To address this, we are in the process of fundraising towards the renovation of an area behind our emergency room.

In order to provide private, personal consultations for women we have teamed up with Dra Ingrid Quintero OB/Gyn. To accommodate the community needs our request is simple; help us to provide our own private consultation / treatment room with new Ultrasound and specific probes to better diagnose. It's also important to have a cardiac monitor in the event of unexpected births.

Our EC women deserve to have a nice comfy room, fully equipped for private consultations and birthing. Fortunately, we have generous space just for this purpose.

We are a non-profit foundation offering tax benefits. When you choose our services, you are helping us to make an impact in our community, especially for those most in need. Offering services and specialists who frequent LB, we provide these services to all those who would otherwise be unable to afford it.

As supporters of positive change, we strive to provide these services for all. That is why your help is meaningful and needed more than ever.

You can donate specifically to one of our projects, such as the women's healthcare initiative ~or~ medications such as Insulin for diabetic children, antibiotics for infections and lifesaving anti-hypertensive and cardiac medications for the elderly.

We appreciate your help with tax deductible donations either in US or Mexico. Visit our website:
<https://www.eastcapehealthcenter.org/>

Coming Soon!

Satellite East Cape Health Center in La Ribera located on the Cabo Pulmo Road across-from the Pemex gas station and Delegation. Medical consultation, laboratory testing and pharmacy to start soon. Stay tuned....

Good News!

Working on a plan with UCSD in San Diego. In order to provide direct air evacuations from our clinic to their Emergency room in San Diego where most Medicare and supplemental plans will cover the costs. Most insurance plans have air evac policies. Our promise is using the insurance to stabilize and ambulance transport to the airport in SJ.

Air Evacuations are sometimes necessary in the event of untimely emergencies. We can stabilize most emergencies in our ER facility while waiting for Aeromedevac air ambulance to arrive. BUT if the situation becomes unstable we will immediately transport to your hospital of choice in SJ or Cabo.

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East Cape Guild Update

By: John Plotkin

The good news is that the East Cape Guild will be funding more scholarships this year than any time in its over 25-year history; 143 High school students and 75 college scholarships for the 2022-23 school year. The other good news is that to raise the necessary funds for these scholarships, the Guild will be holding a series of fun events, dates for which are listed below. No bad news.

The **Parade of Homes and Poker Run**, first held in 2021, will occur on **November 30, 2022**. Tickets are currently available for purchase at Homes and Lands of Baja.

On **January 14, 2023** there will be a new event, an **Education Trail Walk/Hike/Run** to benefit the Guild.

Back by popular demand will be the Guild **scavenger hunt** to be held on **February 2, 2023**. Last year was the first scavenger hunt/dinner and fun was had by all. This year the scavenger hunt will be partnered with a **Tamale cook-off**.

The **Epic Bike Race** will take place on **February 5, 2023** with all proceeds benefiting the Guild Scholarship Fund.

The Guild will bring back **Monte Carlo night**, one of the most popular events in the area. Monte Carlo night will take place on **February 26, 2023** at the Spa Rancho Buena Vista, one of the Guild's longest and most loyal supporters.

Finally, the Guild is excited to announce it will host its very first **Music Festival** with a concert to take place on **March 25, 2023** and a more exclusive dinner/concert event prior to the concert. The event will include a group of song writers

from Nashville, Rob Lamothe (a songwriter/performer and lead singer of RiverDogs) and some other talent.

Scholarship Student of the Month:

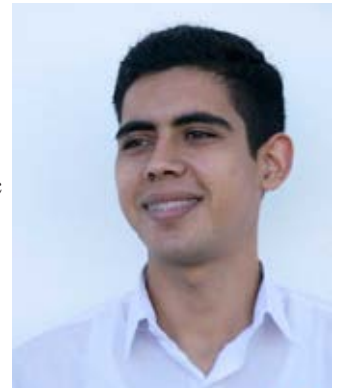
Meet Samir Lucero Rochin

Samir is 16 years old, from El Cardonal, and a recipient of the East Cape Guild Scholarship. Samir has been attending Emsad 16 High School in Los Barriles, and is in his 3rd Semester of High School.

Samir's brother and sister are both recipients of the Guild Scholarship and are studying at U.N.A.M. University in Mexico City and U.S BCS in La Paz, respectively.

His favorite subject in school is History and especially learning about the history of Mexico. Samir also likes to play fútbol (soccer) and was the winner of the CECYTEBCS National public speaking contest.

After Samir graduates from High School, he would like to go to the University and study communications and aspires to be on television or radio as well as learn other languages.



To sponsor a high school or college student like Samir, please go to:

<https://eastcapeguild.com/causes/scholarships-2019>

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Mango Bakery – Perfection in Desserts

By: Christine Courtright

I first heard about Mango Bakery when they approached us about advertising in the East Capers Magazine. My first thought was, cool a bakery, I love mangos. The ad was finished, and the owners, Gonzalo Torrado and Anabella Cervetto, wanted to meet with me to give me a sample of their products to get my opinion. That was like hitting the jackpot for me, sweets to sample! We met, and they presented me with a lovely box of traditional French macaroons, and then brought out this box with a slice of about 9 different cakes! At first look, they looked fake as they were visually beautiful –works of art. There was chocolate cake, cheese cake, apple pie, lemon pie, gluten free cakes/puddings, carrot cake and red velvet cake. I could not believe the presentation it was unbelievable! That night I invited some friends over and we sampled everything... we were in pure dessert heaven! We did the tasting over 3 days, and the desserts were as good on day 3 as day one. Wow! Where did this young couple learn to make desserts like that we all wondered?

Then, I met with Anabella and Gonzalo a couple days later and it all came together when I learned that Gonzalo is the executive sous chef at Four Seasons in La Ribera and has worked for Four Seasons for many years. Then all the puzzle pieces came together. Now I understand the perfection in presentation and taste the desserts had. And how lucky we are to have Mango Bakery in town!

Gonzalo started his cooking career at the age of 18 in his native Argentina. He attended culinary school for three years of training, and was hired by Four Seasons Buenos Aires, Argentina. That started his 20-year career as a chef with Four Seasons. Baking became a hobby, some-



thing he did for fun. When they moved to the Baja, with a 3-year-old son at home, they wanted something they could do at home together. A business that would fill a need in the community. That is when the bakery was born. First they created a commercial style separate kitchen in their home. Then they spent weeks baking and fine tuning their recipes until they were perfect.... Boy, I would have loved to be the taste tester there! Gonzalo says Anabella is the driving force, the 'jefa' he says. She ran with the idea and got it all put together. Now they are ready for your orders. They say that the key ingredient that goes into every product is *Love*. They take pride in creating a beautiful and tasty dessert and you can see and taste that magic ingredient.

A modern take on a brick and mortar business, they are using technology as their store. You order your cakes with 48 hours' notice and they are delivered or you can also find them at the Los Barriles Market or AdA events. Right now, you can buy a slice of the featured cake or box of French macaroons at the Saturday Market, and order your special event cake or pie right there. They also do desert tables for weddings, parties,

Continued on Page 36



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Mango Bakery Continued From Page 35

birthdays, meetings or any special occasion. And of course, presentation is amazing and strikingly beautiful. They are also coming up with a Christmas special, which will be announce soon!

I would tell you my favorite, but the list is too long. As far as I am concerned, every one is my favorite as I eat it, until I take a bite of the next one. Come down to the market and see for yourself. You can contact them at **mangobakery@hotmail.com** or check out their Facebook page to order your dessert and enjoy your trip to dessert heaven!



A Huge Success! The First Los Barriles Signathon

By: Emma Nicholson

We are delighted that the first Los Barriles Signathon was a huge success! Over 300 people came to meet with, and hear from, thirteen local non-profits. The idea was to match people with their favorite non-profits for volunteer/support/donation opportunities, and to vote for their preferred group to help them win a share of the \$5,000.00 USD - donated by Ronival.

Many of the non-profits had pulled out all the stops - and the creativity and energy were impressive! From Feeding the Hungry's Price is Right game to SNAP's raffle and Cortez Rescue's 'Guess How Many Dogs Rehomed' game, the crowds loved the participation.

Over the evening, visitors were treated to wine, beer and delicious treats from Mango Bakery and Joe's Deli charcuterie boards as they browsed the various stalls and stands set up in the Ronival office, Salt + Cotton store and across the parking lot.

The votes were counted towards the end of the night, and the winners of the \$5,000 USD donated by Ronival founders Nick and Rocio were announced as:

- #1: Feeding the Hungry (\$2,500 USD)
- #2: East Cape Guild (\$1,500 USD)
- #3: Grupo Tortuguers (\$1,000 USD)

BUT... it turned out that every group was a winner!!! Nick Fong announced at the event that EVERY non-profit would receive \$250 USD from Ronival for their participation in the first Signathon - not just the top three.

The non-profits that took part were: East Cape Guild, SNAP, Cortez Rescue, Grupo Tortuguers, Caps4Cancer, Rotary, East Cape Recycling, Feeding the Hungry, East Cape Health Center, Crescent Moon Project, Friends Supporting Families and Asociación de Artes.

Based on this success, there will definitely be a second Los Barriles Signathon supported by Ronival.



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Crescent Moon Project



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A Note From Cortez Rescue -

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Friends Supporting Families

By: Robin Neal

Helping Our Community

Our group began meeting weekly beginning in August 2022 to create our fundraising products to be sold at the Los Barriles Saturday Market, which began in November.

The mission of Friends Supporting Families (FSF) is to serve the Los Barriles community by raising funds to provide basic needs to local families. The vision statement of FSF is committed to serving the greater Los Barriles community that are in need of basic support. We have created a set of values that we work by. They are:

- Compassion-feeling the need to help others who may be suffering from lack of basic living needs.
- Generosity-willingness to give and share with others in the community.
- Honesty-being genuine and real.
- Integrity-the practice of honesty and showing a consistent and uncompromising adherence to ethical principles and values.
- Kindness-being selfless, caring, compassionate and unconditionally kind.

- Responsibility-being dependable, keeping promises and honoring commitments.
- Ser-to engage in helpful activity in the community.

Our goal is to raise funds to provide basic support to needy families in Los Barriles. If you are interested in wanting to volunteer or contribute, please contact Robin Neal at FSFLB.info@gmail.com or calling What's App at 916-759-6305.

Looking forward to your contribution in helping our community.



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Dr. Luis Cardenas, Orthopedic Specialist is one of our partners at the health center. He is available every Friday for consultations, working closely with his CIFO Get Active Physical Therapy team.

We appreciate your donations which enables us to provide topnotch medical, dental care, and low cost pharmacy for hard-to-find controlled medications for the entire East Cape.

Expanded hours on the Weekends

We are fortunate to have Dr. Nataniel Cordero- Family Practice, and Nurse Cristina to cover our weekends. Stay tuned to our expanded weekly hours, our new women's health room, and our satellite clinic in La Ribera.

Special thanks to our donors for our new gifts.

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Preventative Health program "No cavity kids club" still active!

Under the direction of Dra Veronica Tuchmann, we launched a special children's program. In our efforts to help children and families, we offer oral hygiene and restoration to the children identified through the annual community screening in schools.

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