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Periódico

Free/Gratis

Festival de Artes Was Back... With a Wow Factor!

Festival de Artes was back on March 19th and Asociación de Artes (AdA) could not have asked for a more perfect event after the 2-year Covid break! All the planets lined up this year giving AdA the wow! factor with perfect festival weather, great food and art vendors, organized parking (yes, it is a big deal!) and an amazing line up of talented people who entertained us from 10 – 3:30!

As Asociación de Artes looked around at the crowds of happy visitors, we could not have been more pleased. Everyone seemed to enjoy themselves, with plenty of available shopping, food, drink and outstanding entertainment. AdA does not do this alone, we have great partnerships with several locals who helped us put it together. We have Issabel Flores and Frances Olachea to thank for helping us get the entertainment lined up. Our mayor, Francisco Silva also helped with securing entertainment, food for the dancers, helped



secure tents and our police presence and the organized parking. Van Wormer Resorts helped us with the rental contact we needed, event set up, and of course, the use of the hotel grounds. We look forward to many years of great events at the Hotel Palmas de Cortez.

Another key factor in putting on such a great event was our presenting sponsor, Ronival Real Estate, which without their sponsorship, we would not have been so successful. We are proud to build a relationship with successful. We also have our entertainment sponsors whom, with their sponsorship, we are able to pass on the funds directly to the dancing groups for their transportation and costumes expenses. Every cent they sponsored us with went right to the three dance groups. Again, every cent AdA can save is another thing we can do for the schools.

And, last but not least, our small but mighty AdA group who can seem to do amazing things, with just a few bodies. Brian Cummings who is our oldest member (I am not talking age) who remembers how it started, how it was done and how we changed over

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Photos By Bill Osborne



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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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East Capers is looking for fiction and true stories about our region and items that affect our residents. If you are interested in submitting articles, recipes, stories or your personal experiences in Baja, email your 1,000-words or less article to: eastcapersmagazine@gmail.com

Thank You!

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



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Festival Continued From Page 1

the years. Janet King, our own bundle of energy, and her 'donation elves' who went around the entire Baja SUR getting donations that ended up in our raffle and silent auction and then turned into lots of funds (our best ever) for our school supplies, repairs and school needs. Wolf Management, who lends its staff to help us negotiate banking, ordering and a lot of the business stuff we need to do. We have our drink booth staff, Steve Potts and his helpers that make all the lemonade and Jamaica that is so popular – which that is another great fund raiser for us. We have all the different folks that came out for line out the grounds, set up the facilities, hung posters and all the little things it takes to put on a festival of this size. And lastly, we have the 'day of' volunteers that come and help us with our food/drink ticket sales, our merchandise sales and our raffle and silent auction sales. It takes many to pull off an event this size, and we are a mighty group that learned how to do a lot with a little!

At the end of the this 2022-23 season, AdA is thrilled that we could have all three of our events. We are pleased with the success of all three events, and hopefully all of our guests were pleased too! We had the most visitors to the Artist Studio Tour ever and hope that the growth is due to it being such a fun event – and not that everyone has been bored for the last couple of years! As we look towards the next season, we remind you of the date of our events:

Holiday Art Show is always the first Sunday of December - this year December 4, 2023

Artist Studio Tour is always the Wednesday before Valentines Day – next season February 7, 2024

Festival de Artes is always the third Sunday of March – next season March 17, 2024 - Wow! St. Patrick's Day!!! (I guess we better stock up on the green cerveza!!!)



Example of the excellent entertainment guests were treated to during the festival. Non-stop *Fantastic* entertainment!!!

Photos By Bill Osborne



A great raffle and silent auction will turn into school supplies



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Capsforcancerbaja Volunteer: A Visit to CRIT

By: Joanne Neeley

I have enjoyed knitting all of my life! I am especially happy to be able to knit hats and other items that are distributed by the local charity group, Caps for Cancer Baja. A major benefit for me has been making new friends in my community of La Ribera. We sometimes struggle to communicate, but Google Translator and our love for our craft come to the rescue!

It was my pleasure to accompany three friends from Los Barriles and La Ribera to La Paz on Wednesday, March 22. Our main focus was CRIT, the children's rehabilitation hospital. It is a beautiful facility, a starfish shaped, brightly painted building located on the bay. The building is visible from the water if you know where to look. The bright colors make it hard to miss!

I was so impressed with the hospital—the children receive treatment and therapies for different conditions and disabilities on their visits there. Many volunteers are on hand to help the parents and grandparents and caregivers who are bringing the children for treatment. Our small group handed out lots of hats, small toys, and blankets to anyone who came by our table. The smiles and expressions of thanks

made the day even more special.


We also made a stop at Casa Cuna/Casa Hogar, a DIF facility housing orphans in La Paz. Forty-five children were being cared for the day we stopped by.

If you would like to knit or crochet, please consider helping us. If you are coming from the US or Canada you could bring a ball of yarn with you—all of the yarn we use is donated. This helps our Mexican friends who love to knit and crochet but may not be in a position to purchase yarn. We will be holding a garage sale in December and will need help with donations, so please look around your casa and see what needs to go out the door. Proceeds will be used to purchase yarn. Please contact Annette Kaiser at iikaizer@frii.com if you have donations or would like to join us!




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Saving Lives is a S.N.A.P.!!

By: Paula Myers

S.N.A.P. Los Barriles is celebrating its 10th year of providing free spay and neuter services for Mexican owned dogs and cats in Los Barriles and our surrounding communities. February was Spay and Neuter Awareness Month and World Spay Day so after a three year break because of the pandemic we thought that February would be a great time to dust off those community clinic cobwebs and host a clinic. We want to thank everyone who volunteered for the clinic or worked behind the scenes bagging pet food, loading the trailer, checking equipment, donating water, snacks and sandwiches and our financial donors who made it all possible.

On February 12, 2023, S.N.A.P. hosted a community clinic at the cancha in Los Barriles. When hosting a clinic you really don't know how many owners are going to bring their pets to the clinic. We hope for at least 50 and pray we don't go over 100. We were pleased we had a total of 49 dogs and cats who were sterilized and pampered by all of our volunteers while they recovered. Some of our experienced clinic volunteers also known as SNAPSHOT'S were surprised we didn't have more animals but honestly we were not surprised. Our post-pandemic model allows Mexican pet owners to schedule appointments and bring their animals directly to Clinica Veterinaria Buenos Aires office for surgery allowing us to increase the number of animals spayed and neutered. On average S.N.A.P. covers the cost for about 100 animals per month. Adding



in community clinics like this past month and in the future will get us closer to our goal of 1,500 animals in 2023. By the end of February we had already surpassed 200 spay and neuters and are on track to meet our goal.

The safety of our volunteers and animals is our top priority and are pleased to say there were no injuries (other than some sore muscles) or animal fatalities. This was possible because of the care and attention our team of veterinarians and volunteers gave each of the animals in our care and their ability to quickly work as a team with each other.

What's next? Well we are going to bask in the success of this clinic for a moment, make some adjustments to the things we think could have worked better and then start planning how we can educate and help some of our outlying communities.

Follow our adventures on Facebook at Spay & Neuter - SNAP Los Barriles! You can also reach us at info@snaplosbarriles.org



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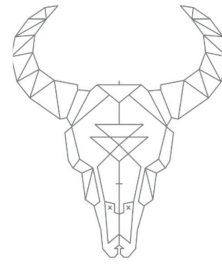


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Baja Shakespeare

By: Kim Scholefield

Baja Shakespeare's 23rd annual production, HAMLETTE & EGGS, has many people to thank! Thank you to the Van Wormer Family for the use of the Hotel Palmas de Cortez Convention Center. And for their Mexican Buffet Dinners, enjoyed by so many. Baja Shakespeare started at the Hotel Palmas all those years ago, in 2001; it was wonderful for us to return to our roots. Thank you to Kathy Skaggs who seamlessly made certain all of our needs were met.

Thank you to Homes & Land of Baja, otherwise known as Carlene's office, for being our ticket outlet. Your office is instrumental for so many community event ticket sales! And a special thank you to Kathy Obenshain, who remained diligent and patient, throughout the process.



Thank you to all of the many volunteers who brought this show to the stage! Too many to list, but you know who you are: builders, painters, costume sewers, drivers, editors, playbill writers, door workers, cookie bakers, make up,

lighting, musicians, tickets, movers, husbands, wives, partners, parents, 50/50 raffles, stage & house managers! Wow! We truly are a community theatre company! Sincerely Thank You!



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Thank you to our beloved audiences, we live for "the roar of the laughter and the splat of the tomatoes!" A show of this magnitude incurs many costs. Baja Shakespeare is proud to support over 30 local businesses. To our very supportive audience, please know that the price of your ticket goes right back into our local economy. We hope to have some hard-earned money left over this year to invest in our lighting system. Our current lighting is old and fragile, we look forward to improvements.

Particularly noteworthy this year were our many new Actors! We were blessed this year with fresh, new talent, vibrant enthusiasm & youthful energy. As well, to our amazing Musicians who are so talented & hard working. You raised the bar!

We truly hope all of you return for our 2024 production! It's an enriching way to make new lifelong friends! Thank you to all who supported HAMLETTE & EGGS!

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The Work of Many Hands – 5000 years ago in Baja

By: Meg Swanson (2006)

Hearing and reading about the cave paintings of Baja and actually seeing them is like waking up in two different worlds. Researchers have documented hundreds of mural sites in the central mountain regions of the Baja peninsula in the state of Baja California Sur. There are more than 320 in the Sierra de Guadalupe and hundreds of others in the Sierra de San Francisco. We visited two sites recently, located in Sierra de Guadalupe. The closest town is Mulege between Santa Rosalia and Loreto.

The first site was La Trinidad, southwest of Mulege. We stayed overnight in Mulege, hiring a guide the next morning to drive us through the rugged terrain to the la Trinidad Rancho. The ranchero serves as a caretaker protecting access to the cave. We hiked about a quarter of a mile through a beautiful meadow to the mouth of a small canyon with a sparkling lake. We crossed the lake in a rowboat until we came to a group of ancient art. Paintings on the wall depicted animals, fish, whales, rabbits, and deer. The most compelling figure was the “Trinidad Deer”, an amazing rendering of a checkerboard-decorated adult deer accompanied by two fawns. There were additional paintings of human-like figures and a long row of human hands.

The second site was San Borjitas, 30 Kilometers due west of Mulege. The hour-long ride on a very rough road was worth the trip. Here we found one of the Great Murals of prehistoric Baja California Sur. An easy walk uphill took us to the cave, a large, deep alcove about 100 feet across and 30 feet deep. The ceiling of the cave is literally covered with stylized groupings of people. It is as though the entire village is represented, both the living and the dead, young and old. Weapons lay everywhere. Some figures had arrows through them. Others were lying horizontally, suggesting a battle scene. The San Ben Borjitas painters established a distinct style of painting found in caves further north in the Sierra de San Juan. Unaccompanied by deer, bulbous bodies, limbs thrust out at awkward angles, legs spread wide and arms horizontal rather than in the classic hands-up position.

Our curiosity was whetted by this visit to these two remarkable prehistoric Indian painting sites. We wanted to learn more. So, we bought a copy of the Cave Paintings of Baja California written by Harry W. Crosby. You can still find this book on Amazon and other book sellers.

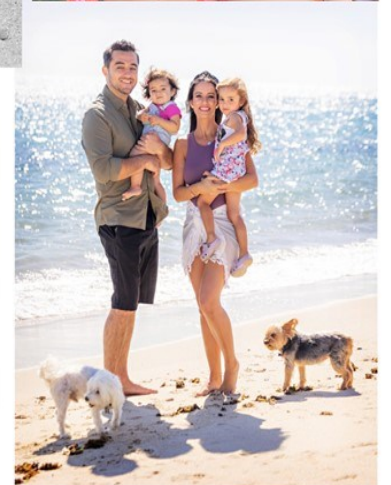


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Who's Going To Run the Children's Home?

By Adam Greenberg, President Leaders2Give

As we close in on breaking ground on the John Gullo Home for Children that will provide a temporary home for children from all over BCS while their families are impacted by a medical crisis, you may be curious about who will be responsible for running it.

To help facilitate the development of the home and its ongoing operations, as well as helping to ensure it's a local community run and culturally sensitive operation, Leaders2Give created Líderes Para Dar as its Mexican non-profit subsidiary.

Líderes Para Dar means "leaders to give" in Spanish and its mission is identical to Leaders2Give's mission which is to protect vulnerable children in developing communities and communities in crisis while inspiring, teaching and empowering people to become leaders who possess the skills

required to solve the problems facing society by providing an opportunity to engage in hands on work in developing communities and in real life settings.

Since its inception in 2020 and up until recently, the Líderes Para Dar Board of Directors had been composed of three officers from Leaders2Give's Board of Directors along with several Mexican nationals but that just changed...

We are delighted to welcome two new Board members to the Líderes Para Dar Board of Directors, Hector Boirie who will serve as Board President & Belén Meza Sandez who will serve as Board Director.

Belén Meza Sandez is a financial and fiscal accounting technician and was born in the community of El Cardonal, BCS (the same community where the new children's home is being built) where she currently lives with her family.

Belén's daughter Maria inspired our ambitious project to build a new temporary home for children while their families' experience a medical crisis. While receiving treatment for Leukemia, Maria learned of the many vulnerable women

(mostly single mothers living in poverty) who were forced to abandon their healthy children to seek treatment for themselves or a sick child. Today, both Belén and Maria are tireless advocates for the protection of vulnerable children and have been instrumental in the drive to see this project take shape.

If you recognize Belén it's because she is the Sub-Delegado (similar to Deputy Mayor) of El Cardonal and volunteers for many environmental programs such as the recycling and turtle rescue programs.

We are equally excited to welcome Hector Boirie to the Board as President. Having served his country following college, Hector began his career as a clinician at Madigan Army Medical Center where, among other roles, he served as administrator of surgical services. He also provided executive management and consulting leadership for major industry clients within and outside the United States.

Hector is now retired after a successful 40-year career in healthcare. Most recently he served as Chief Strategy Officer at Renown Health - Northern Nevada's largest healthcare delivery system. There he developed short

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and long range strategic operational & business opportunities necessary to serve the needs of a growing population in an increasingly consumer centric and technology-driven industry.

Hector also served as Senior Vice President & Chief Resource Officer for Providence health system. There, via the creation of The Resource, Engineering & Hospitality Group, he led an industry-leading, value-oriented model to transform how external spend resources, hospitality, and engineering services were delivered in support of Providence's strategic goals. His scope of responsibility included a \$7 billion dollar space within this \$25 billion multi-state organization. This included responsibility for nearly 7,000 caregivers.

He also enjoys serving the local community in a variety of roles including the East Cape Health Center and Cortez Rescue in Los Barriles, BCS.

Hector earned both his undergraduate and MBA degrees at Alameda University.

Hector and his wife Sonia Collazo Boirie are bilingual in English and Spanish and have been full-time residents of Los Barriles, BCS since October 2022. They have two adult children, six grandchildren and the greatest dog in the world, Ike.

Please join me and the all-volunteer board of both Leaders2Give and Líderes Para Dar in welcoming Hector & Bélen. We are extremely excited for their contributions.

To learn more about our organizations, the John Gullo Home for Children, or any of our Partner organizations please visit Leaders2Give.org





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Wisdom from Benjamin Franklin

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“It is what it is, and it will be what you make of it”

In short, the way to wealth, if you desire it, is as plain as the way to the market. It depends chiefly on two words, industry, and frugality; that is, waste neither time nor money, but make the best use of both.

If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest.

To be humble to superiors is duty, to equals is courtesy, to inferior's is nobleness.

Love your enemies for they tell you your faults.

He that falls in love with himself, will have no rivals.

Better to slip with foot than with tongue.

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A Baja Dog's Tale

By: Bill Osborne

Our story of owning a Baja Dog is one that is shared by so many people who call Los Barriles home. It all started some years ago. "Missy" came into this world five to six years ago. For an undetermined number of years, she lived with a family where she became house broken and learned to love people.

According to our Vet, she spent the last two to three years as a "beach dog." Baja beach dogs learn to live on their own very quickly or they don't survive. Missy used her wiles to obtain food from people all over town. If there was a gathering on the beach with music and laughter, she knew food was available. All she had to do is to flash her loving smile and food was hers!

Baja dogs become family members in multiple ways. Cortez Rescue, a group of wonderful people in Los Barriles, dedicate time, money, and effort, rounding up homeless Baja dogs, spaying or neutering them, and finding people to adopt them. One of the ways Cortez Rescue finds homes for these dogs is by conducting "Pup Up" events where people in town can meet and adopt these wonderful animals.

Unfortunately, not all dogs get adopted quickly, so animal lovers end up fostering dogs until they get adopted by people who call Los Barriles home or are going back to the United States or Canada. There is a need for additional people who are willing to foster dogs. If you are interested, see the people from Cortez Rescue at the Saturday Market and they will connect you with a dog to foster. Another need is people who are willing to transport dogs to the airport for their trip to their new lives in the United States and Canada.

The two local veterinarians, Dr. Christobal and Dr. Greta Lopez have done a wonderful job preparing dogs for international travel. They make certain Baja dogs have their shots and paperwork to travel. The two of them are involved in an organization called SNAP. According to Dave Glendinning, a SNAP volunteer, "SNAP is Spay, Neuter, And Prevention. They put on Spay and Neuter clinics at no charge to the receiver. We had a clinic there last month where we all worked from 10 am to 4 pm. I helped set up the three workstations. We did 12 cats and 39 dogs. It was a long day and I was sore afterwards!"

Dave's story of acquiring his Baja dog was funny. "Jen, the person who runs Cortez Rescue said. 'I have two pups and you are taking one of them.' I selected a dog, but when I took it to Dr. Christobal for its shots, I learned that I had Pepe rather than Pablo. A quick name change later, and I was a Baja dog owner! I have an affinity for these dogs. Every dog I have interacted with seems grateful for their new home. I recommend a Baja dog to anyone looking for a wonderful companion."

Our case was a bit different. Missy came to us one night and decided that our trailer in Martin Verdugo's looked like a great place to land. On that fateful night, my wife said to me, "There is a dog sleeping on the carpet outside of our trailer."

I said, "She will probably return home tomorrow." For whatever reason, Missy decided that we were her new family. The two of



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Dog's Tale Continued From Page 14

us had committed to not becoming dog owners because our home in Washington State wasn't very dog friendly and we both travelled a lot in the past, so we never considered keeping her.

Missy had other ideas. She used to charm to make us fall in love with her. She has the sweetest personality of any dog either of us has ever known. So far, she has no bad habits. We have never heard her bark and she never jumps up on people. After advertising in BPE and Everything Barriles, we concluded that she had been abandoned some time ago.

Life on the beach isn't easy by any means. According to people who know much more about this than I do, beach dogs learn how to fend for themselves. At some point Missy learned how to turn on her charm to get food from people. Before we took her in, we watched her work her magic on some teenaged girls in the park. She approached them, sat quietly and flashed her loving eyes at them. One of the girls said, "She is so cute, we need to feed her!" Mission accomplished. We can only speculate that she used this technique many times. One habit she hasn't broken yet is she almost always sleeps with her eyes open. Sadly, she has a few scars where she has been attacked. As a result, she has a fear of large, aggressive dogs.

We took her to Dr. Christobal who determined that she had already been spayed. He inoculated her, so she is ready to travel to her new home. All along, we planned to give her to a very good friend in California who has a perfect house and a huge backyard where she could run as much as she wanted. On the night before she was supposed to leave, my wife had a meltdown. "I can't bear to abandon her," she said. "That has already happened, and I love her more than words can say."



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We told our friend that we were keeping Missy. Bob said, "I kind of expected this. She loves you and I know you both love her, but if it doesn't work out, I want her."

By the time you read this story, Missy will be living with us in our Washington State home on the Columbia River. In November, we will bring her with us for five months in Los Barriles where she can enjoy running on the beach and swimming in the Sea of Cortez.

As we are new to Baja dog ownership, we have spoken to many people who have either adopted a dog, or, as in our case, been adopted by the dog, creating a new family and they all say the same thing. There is something special about Baja dogs. It's as if they have a sense of gratitude for their new lives and they want to please their new owners as much as possible. If you have ever considered getting a new family member, consider a Baja dog. It will change your life for the better!



Photos By Bill Osborne



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About Chiles

By: Renée Lagloire, M.A. Anthropology

Chiles have played an important role in the cuisine, religion and lives of the people of Mexico for millennia. They show up wild in the archaeological record in the Tehuacan Valley in the state of Puebla from 7,200 to 5,200 BC. It is there, in that valley, that the building blocks of Mexican cuisine were later domesticated: *chiles*, corn, squash and beans. Since *chiles* are native to the tropical areas of South America, they had come a long way!

Early Spanish arrivals and travelers to the New World described seeing *chiles* in a variety of sizes and colors in the markets, with some marveling at the plethora of tasty *chile* dishes. *Chiles*, the fruit of *Capsicum annuum* plants, were omnipresent in the cuisine of Mexico ... and still are. The religion of the Aztecs (and many other Meso-American groups) embraced familiar concepts: penance and fasting. At minimum, this translated into depriving oneself of *chile* (and salt) for a period of time. In more worldly applications, calabashes were filled with hot ash and ground *chile*. These were used as a fumigant, as a *chile*-bomb that could be tossed at enemies, or as a disciplinary tool in parenting.

Did you know that you can work up a tolerance to the heat in *chiles*? That fact is the main criticism of the Scoville test, invented in 1912 and still in use today to measure the pungency of *chiles*. The scale was developed by tasters who reached consensus on the scores. But, those using the test became accustomed to the *chiles*, tolerating higher and

higher levels of heat. A method with seemingly more controls was recently developed, high-pressure liquid chromatography. It measures capsaicin, the active ingredient in *chiles*. But it seems that pungency is more complex than the level of capsaicin, leaving the precise measurement of heat a work in progress.

Be very careful where you put your hands when handling *chiles*, that capsaicin is a strong irritant. Fresh *chiles* are hottest on the top part where the stem attaches. Inside, the sack of seeds and membranes retain the heat, and should be removed if you prefer a milder *chile* experience. A test for heat in fresh *chiles* is to cut a small bit off the end and dab it on your tongue. If that is too much for you, be assured that the heat at the top of your *chile* will be even more challenging ... until you build up your tolerance.

Some types of *chiles* are typically lower in heat than others. The jalapeño, while having a noticeable bite, is one of the tamer ones. Its name literally means from Jalapa (Xalapa), the capital city of Veracruz in Mexico, where the *chile* variety was first cultivated. Jalapeños are green, firm, fat and shiny, around 2-4 inches long. They are enjoyed in many ways in Mexico and are an important ingredient in numerous dishes and sauces. Roasted, they are served as a side dish or condiment. They are stuffed with cheese, meats, or vegetables. They are pickled and canned, with the US population having a voracious appetite for them. (Sidebar: the ex-leader of the Sinaloa Cartel "El Chapo" smuggled \$500 million of Columbian cocaine into the US

Continued On Page 17

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Chilis Continued From Page 16

in cans of pickled jalapeños.) Some jalapeños ripen on the vine until they turn red and are then smoked, becoming chipotle. When canned, chipotles are typically packed in a spicy adobo sauce. Finally, keeping it simple, jalapeños are enjoyed raw either whole or chopped up in fresh salsas.

Once in a while, jalapeños find their way into drinks. If you like strong flavors, try this refreshing hot weather cooler. And if you want, pour a shot of your favorite white booze over the ice in your glass before adding the limeade mix. Mocktail or cocktail, this drink will take your taste buds for a walk on the wild side. Enjoy!

Lime Cooler with Jalapeño, Ginger and Honey - *Limonada con Jalapeño, Jengibre y Miel*

3 cups water (divided)
½ cup finely chopped fresh ginger
2 slices lime peel (3-inch strips)
¼ - ½ cup packed brown sugar
¼ - ½ cup honey
1½ cups fresh lime juice (reserve lime halves)
1 fresh jalapeño, seeded/membraned and thinly sliced
1 (1 liter) bottle sparkling water, chilled
ice cubes
(optional) shot of white booze
lime wedge
fresh ginger (slices)

- In a small saucepan combine 2 cups of the water and the finely chopped ginger. Bring to a boil; reduce heat. Boil gently, uncovered, for 3 minutes. Remove from heat; stir in lime peel. Cover and let rest for 15 minutes. Strain and discard solids.
- Add brown sugar and honey (amounts to your taste) to ginger liquid, stirring to dissolve sugar. Stir in lime juice, jalapeño, and the remaining 1 cup water. Cover and chill for at least 2 hours (up to 3 days, with flavors becoming stronger the longer they chill together).
- Before serving, add the reserved squeezed lime halves to the beverage and let rest for 5 minutes. Slowly add the sparkling water, stirring gently to mix.
- Serve over ice cubes and a shot of white booze (if using). Garnish with lime wedges and ginger slices.



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The word after it's said.
The occasion after it's missed.
The time after it's gone.

- Deanna Wadsworth



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Quarterly Update East Cape Health Center

By: Charlene Wenger

Good news! Thanks to one generous donor we are moving along with our Women's Health Center. The consultation room is nearly complete and our new 4D Doppler Ultrasound has arrived, the training date is set.

We will begin taking appointments for Dra Ingrid Quintero April 29. Please call the clinic reception 624-124-820. From this same donor came funds for a new cardiac EKG machine. This valuable tool is essential in emergency situations. Included in our renovation will be 2 additional consultation rooms for our group of specialists, and a meeting room for private insur-

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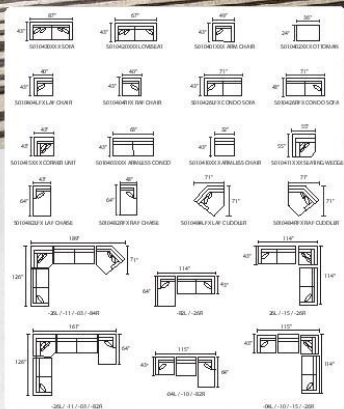
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ance consultations.

In other exciting news, we started our Spring community health screenings. We target schools in more remote areas to bring in the concept of preventative healthcare. In March we screened El Campemento with over 200 children tested and El Cardonal with another 110 kids. We test glucose, blood pressure, oxygen, temperature, vision, and conduct oral hygiene exams. Our findings are concentrated on dental care with a big need for oral hygiene, restoration and general brushing education. If you feel compelled, help donate to fund this much needed program at www.eastcapehealthcenter.org or volunteer your time.

Join us in our campaign of preventive health screenings to know your numbers and your own state of health.



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Report Card for East Cape Area Schools and Asociación de Artes

By: Chris Courtright

What a year it has been for Asociación de Artes! Our 2022-23 season started out with receiving a grant to help with the needs of the schools we support. We were thrilled as it was a miracle! An answer to our prayers! With the schools being closed for 2 years due to Covid and the decrease in funding from the government, the schools in the East Cape had lots of needs, and those needs all take money; way more money than we normally raise.

We were so excited about the grant, but then the reality of the scope of the project set in. We thought we could get everything handled in a couple months, but that is not the case! The shopping for the supplies took many trips to SJD and La Paz. First finding the things, checking on prices, bargaining with stores to get a lower price and waiting for online orders due to lack of stock in the area! After Christmas, there was not one basketball, volleyball or football to be found! We did have great luck finding things like student chairs and teacher desk chairs and then the store owner gave us a great discount!



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e made our first deliveries in late February, but got sidetracked with the Festival de Artes. Now that the Festival is behind us, we are full speed ahead with finishing shopping and ordering, getting out our repairman to check what needs to be done and give us bids and then separating and packing up all the things we have for each school. With 21 schools, it takes a lot of organization and a lot of room!

So far, we have mostly completed the Los Barriles (LB) and Santa Cruz schools along with Buena Vista Primary School. Our highlights has been a large concrete play area at the Kinder school in LB, teacher desk chairs, new white boards and PA system in LB Primary, student chairs for Buena Vista Primary, student chairs and a portable PA system (which received a huge hug!) for Santa Cruz... that is along with sports equipment, school supplies and a variety of specific requests for each school. That is everything from hula hoops, puppets, to garbage cans, traffic cones to books, file cabinets to printers and printer ink. The school that we made the biggest impact at was the Secondary/High School in LB. The school had a lot of needs and being that the one school building is for both- the Secondary school from 8am – 2pm and the High School from 3pm – 8pm, we got great bang for our buck. We provided the paint and the teachers



Secondary/High School during painting project

Continued on Page 22



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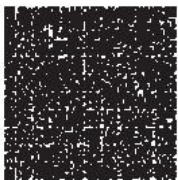
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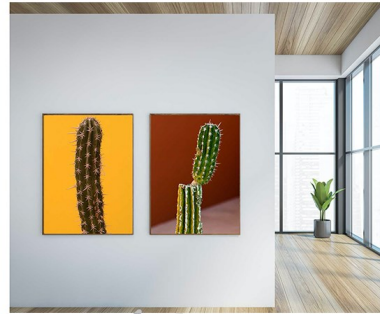
paint and the teachers and parents re-painted the exterior. We repaired all the AC units, are working on restroom repairs and we put lighting in their covered sports court so now the High School students can use it when it is dark out... which is ½ the school year! What a difference that made for the students. They also got lots of sports equipment and school supplies. We are in the process of getting donations of current (2 years old or less) or new laptops so we can update their computer lab. Some of the computers are over 20 years old with the last upgrade to the computer lab being about 12 years ago. We are super excited about that project, and hopefully will have it completed by the end of the school year – hopefully! Have a current laptop you want to donate? Contact us at eastcapearts@gmail.com.

We are excited about the future of education in the schools we service and see so much dedication from



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the Directors/principals, teachers and the school staff. It is amazing what the school staff can do with the limited resources they are given. They provide a good education and are helping to make the next generation of Mexicans the most educated ever!

Asociación de Artes is proud to help them succeed at that project! With our mission statement, “*helping to make the educational experience the best it can be*”, I see great things for the future of the Baja and the country of Mexico!!

Opposite photo is sports court with its new lighting!



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The Lost Huarache

By: Tanis Rovner

This is a true account of a wolf, a fox and a pair of huaraches.

Lobo lived in a modest casita on a cliff above an arroyo which brought precious mountain water to the pueblo on the Sea of Cortez in Baja California Sur. He believed in living simply, as described by one of his favorite quotes from his Book of Wisdom, "Lower your standard of living to a higher level." As such, he did not collect material things. But one day, Lobo needed a new pair of shoes. He recalled wearing huaraches, handmade woven leather shoes with used tire rubber soles, as a boy in Patagonia and decided that he would find the ideal pair. He searched the local mercados unsuccessfully, so he went on a quest to Oaxaca on mainland Mexico. There he found the most beautiful pair of authentic huaraches and they fit him perfectly. Lobo knew he would wear them for the rest of his life. They were so special and hard won, that he labeled them with a sharpie after the goddess of victory, Nike. Back in Baja, Lobo lovingly oiled the leather shoes and left them to dry on the terraza.

El Zorro and his family lived in a cave on the cliff near Lobo. He was a hunter possessing a keen sense of smell, and not a little unscrupulous. The neighbors left each other alone and lived in peace, but one night el Zorro caught a whiff of something tantalizingly new that piqued his taste buds. He had to know what it was, so he followed his snout to Lobo's casita. There lay the newly oiled huaraches. El Zorro snatched the shoes while Lobo slept, and not knowing the huaraches were to be worn on feet, and because they smelled divine, he mistakenly thought they were to be eaten. But try as he might, they were just too chewy, even for his sharp pointed canines. So, he hid them to cover up his crime.

The next morning, poor Lobo was distraught upon discovering his beloved huaraches had been taken. But by whom, and where? He figured someone needed them more than himself, and faced the sad reality they were gone forever.

A few days later while working around the property, Lobo came upon one of his huaraches under a cactus. The heel had teeth marks as though something had gnawed on it like a chew toy. He was happy and puzzled at the same time. How did it get there and where was its mate? He looked in every corner of the property, and even the desert outside the fence, to no avail. Resigned and disheartened, Lobo gave up the search and nailed the huarache to the garage door as a memento.

The weather had been hotter than usual for a week or more, but then heavy gray clouds brought cooler temperatures and a few drops of rain. Lobo went to cut wood to build a fire that chilly night, and discovered to his happy amazement that the missing huarache was in the wood pile. He clapped his hands and danced a few steps and poured gin and tonic to celebrate. The huaraches are even more perfect now that they have a tale to tell with their teeth marks and nail hole, and Lobo wears them with pride. El Zorro is mum on the subject, and maybe just a little embarrassed.



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Update for Temporary Importation Permits (TIPs) in Baja

From Discover Baja Travel Club March 2023

The states of Baja California & Baja California Sur are still free zones and do not require a temporary importation permit (TIP) for a vehicle as long as you have your FMM and are driving down and coming back with your vehicle (even if it's an RV).

Mexico customs wants to verify that all vehicles are legal in the country. Here are the current TIP rules for vehicles and RVs being stored in Baja California:

-If you plan to leave a motorhome, RV, or 5th wheel ***in storage in Baja***, a TIP is now required. You can obtain a 10-year TIP and will be legal in storage as long as you have current registration and license plates (even if the owner is out of the country). You should leave the current registration with the storage manager/owner so they can act on your behalf if needed.

-Golf carts being brought into Baja need to have a TIP. This must be done through a customs broker.

-Cars and motorcycles being left in storage in Baja do NOT need a TIP as long as registration and license plates are current.

-If you have a home in México and leave your vehicles there, you do not need a TIP as long as the vehicle is not on the street and always has current license plates and registration.

-If you already have a "precautionary seize" or warning, you have 10 working days to show proof that the vehicle has a TIP. If not, you can designate the storage owner or other person to obtain the TIP on your behalf. The owner/manager of the storage can get their TIPs issued directly at the customs agency since they are the legal representative. They can start the process with copies of documents, but once their permit is going to be issued, they do need

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original documents. If you have your vehicle in precautionary seize, you can not do your TIP online since there is already a case open on your vehicle.

-If you leave your vehicle at a marina or airport and travel within Mexican territory by boat or plane, you do NOT need to get a TIP (as long as the vehicle has current registration and license plates).

-Each person may only have one TIP issued in the same category. So you can have a TIP for your RV and another TIP for your car, but may not have two TIPs for two cars.

TIPs can be obtained at the border or in Pichilingue in La Paz.

Other Reminders about TIPs:

-If you plan to travel in Mainland Mexico, you MUST have a TIP for your vehicle

-TIPs for vehicles and motorcycles are valid for the duration of your FMM, so 180 days. Boats and RVs can obtain a TIP for 10 years

Continued On Page 27



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TIPS Continued From Page 26

-All boats over 14.7 feet crossing into Baja require a TIP (which can be obtained for 10 years). For more information about boat TIPs, You can go to Discover Baja Travel Club web site and see their [Temporary Boat Importation page](#).

Note from Editor:

Remember, things can change quickly in regards to this issue. Don't listen to rumors. Find the facts yourself. But, if you find yourself needing an attorney that specializes in importation of trailers (if you are one of the unlucky folks that had their trailer 'embargoed' by the government), our friends had success with Carlos Garay in La Paz. His phone is 612-107-1926 email: gcd.norocstc@outlook.com Carlos is very familiar with the process and can help you through this new and frustrating issue.



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Los Barriles Community Market 2022-23

By: Michelle Melehes

The Los Barriles Community Market is heading into the last couple of weeks for this 2022-23 season. And what a season it has been! We've had record-breaking numbers and so have been able to attract vendors from all over the East Cape that provide us with incredible produce, food and handicrafts. The Market offers everything from microgreens to potstickers -fresh homemade quesadillas and delectable desserts, baked goods ,freshly roasted coffee, the pie guy ,the sausage girls, Pizza San Antonio and Bella's French cuisine and locally made ice cream. Our artists bring their colorful and creative handicrafts that show off many of the traditional products with new and innovative products as well. It's all there on Saturday mornings at our La Laguna City Park.

We have all seen the growth in our town and while it has its challenges, it also helps make us a vibrant and bustling open air market every Saturday morning from November thru April. We've been at this for thirteen seasons now and this has been the best one yet! We started the Market with the idea of providing a platform for the community to come together and encourage projects that protect and provide for the community. We have several nonprofit organizations represented every Saturday to help spread the word on their wonderful work-Cortez Rescue, Gropo Tortugas, Feed the Hungry, Asociación de Artes, East Cape Guild and various other fund raising events that pop up throughout the year. We are the perfect venue to support these fund-raising events and

couldn't do it without the support of our very generous community. Thank you all!

The La Laguna Park is a "city "park and we are thankful for this venue-proceeds from the market help maintain the park, which of course is a big job! This year we are thrilled to be able to donate extra funds to several worthy programs in town -This IS the goal of the Community Market and we are proudly donating to Cursos de Verano, Asociación de Artes{ who help maintain school facilities},Grupo Tortugas, and to the Tekiki Folklorico Dancers group who now represent Los Barriles and traditional Mexican dance-Hats off to you all!

We are indebted to our faithful vendors who make this happen every Saturday -Markets need vendors and vendors need people and thanks to you all we are the "coolest" little Market on the East Cape. Next year promises great things and we will be there for you from November thru April.

See you at the Market!



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My Goat Story!

By: Colleen O'Sullivan

"Mis-chivas" - a short story. (Chiva = Spanish for "goat")

A few weeks ago, I was sitting in the living room of our new house in Mexico. I thought I heard Betsy run up the stairs and glanced out the glass door to say hello but saw a goat strolling by on our deck!

It was nearly sunset and observing their behavior, it was clear the goats had been enjoying countless romantic evenings gazing upon the splendor of sunset from our second story deck during the summer when nobody was here. I summoned Betsy from her office on the first floor and together we chuckled at the situation and marveled at how cute they are. We imagined the many nights they probably have spent, under the stars and enjoying our deck and the wonderful view. We then made a few weak attempts to encourage them to go back down the stairs the only way off the deck. They were generally unimpressed with our slow speed and witlessness. They laughingly evaded us and our attempts to direct them; never once seeming to consider using the stairs as an option.

We set up a gauntlet using our wicker deck furniture which they repeatedly scaled with the ease of cartoon Mario. They took in the view for a while... then decided to bed down. They were sooo stinkin' cute! Go ahead and say "Awwwww" with me.

I went to sleep with a fervent plea to the universe that they



would not eat the deck furniture overnight which is surprisingly expensive and hard to come by down here.

We got up in the morning hoping that they had made their way back into the wild to enjoy the delicious shrubbery our hillside and neighbors have to offer but they were still in bed. Only, not so cute. The line between cuteness and not cuteness is drawn at the commencement of the production and depositing of urine.

At least it is for me.

I decided I must DO SOMETHING about this. They regarded my yells, whistles and hand claps with derisive elliptical side eyes and attempted to placate me with a synchronized grapevine move 2 steps to the left. Implementation of the mop saw a better response and led to a seemingly joyous (for the goats) romp from one end of the deck to the other lasting no less than 24 laps. During the performance, the mop lost about 7 of it's rope like strands which the goats later consumed as an show of appreciation for the good time. Next was the hose which caused approximately 37 seconds of confusion and attempts at avoidance but quickly resulted in to a zen-like appreciation for the spa experience. There's not much water in the desert and this feels pretty good! I identified the achievement of complete relaxation by the casual deployment of approximately 11,500 pellets. Each goat....

There wasn't much more I could do early in the morning because I go to an exercise group and did not want to miss that. I presented my goat dilemma to my friends at work out and they were eager to help out by suggesting various methods of prepping goat.

While I was at my workout, Betsy ran down the stairs to her office, which is her way, frightening the larger who had decided the ideal spot for repose was above the staircase. Betsy reported being pummeled with multiple fresh pellets and misted by something she prefers not to discuss while descending the steps. At the conclusion of the literal "shit storm", the larger goat decided to Geronimo over the railing and on to freedom. "Ojala!" (Where she jumped isn't THAT far off the ground like the front of the house is but still.... I wouldn't do it. She was fine and ran off with no obvious deficits and her single brain cell firing on it's cylinder.)

The smaller goat, having been deeply engrossed in staring at the wall, missed the entire scatter bombing and heroic self-preservation maneuver of the bigger goat (we think is it's Mom). The little goat was now alone.

Continued On Page 31.

Goat Story Continued From Page 30

I got the rope and made a lasso. "I will catch the little goat and lead it down the stairs". I can hear Betsy calling from downstairs "I don't think that's a good idea" and loudly listing all of the gruesome scenarios resulting in an unfortunate and possibly fatal outcome for both goat and myself. Nevertheless, I had my lasso at the ready and was fully committed to the operation.

Little goat and I began to dance.

First... The tango...the music started... Slow, seductive movement around each other... Shoulders back... Eyes appraising.... Lasso extended invitingly to my side. She faded right.... bleated... faded left... The music shifted... Tango replaced by the "Theme from the Muppet Show"... she was off. Accelerating past my impotent lasso dozens of times as I doggedly pursued her around the deck... Always attempting to present the stairs as an excellent option. I did manage to snare a hoof at one point, but she adroitly discarded it after a few contemptuous bleats and footwork that would make Michael Flatley gasp

West side- South side- East side and back again - over and over - to infinity. I don't know how long we were at it but Betsy - who was on hand to record any action that might make us trend on Tik Tok- grew bored and retired to her office.

The little goat, tiring of the dance, transitioned to parkour and after a few pivots off the walls and windowsills, expertly mounted all 4 hoofs on the 4" railing and with a slo-mo backward glance I can only describe as pitying, executed a glorious twisting leap to the dirt below. She scampered off, unharmed but clearly affronted, through the fence and presumably back to the clubhouse carpeted with pellets where goats munch on Tide Pods and scheme against humans who take over their favorite sunset watching spots. Little goat went to get his friends.

This was the front of the house about 10 minutes after the goat dove off the deck like a 3rd class passenger from the stern of the Titanic. About 40 goats came to



intimidate me.

I can't say the attempt at intimidation was a complete success, but I had never considered them capable of menacing before and did keep one eye on the street during the scrubbing of the entire 800 sq ft of deck in case they would ALL come up on the deck which I later learned from my neighbor is NOT an unprecedented occurrence. Now we have an uneasy truce. I lift my chin to them in greeting and they stare back at me with vacant eyes. Their rectangular pupils hint at their potential for violence.

But I still love them. They are really darn cute. If I could get them to wear diapers, we could watch the sunset together every night.

I hope you enjoyed a snapshot of my life in Mexico.



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If you would like to donate to Feeding the Hungry please visit the Leaders to Give website at <https://www.leaders2give.org/> Click on the Donate button, chose how you would like to donate and chose Feeding the Hungry from the drop down box.




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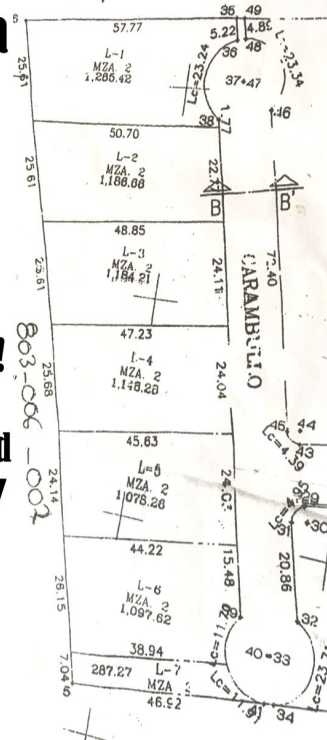
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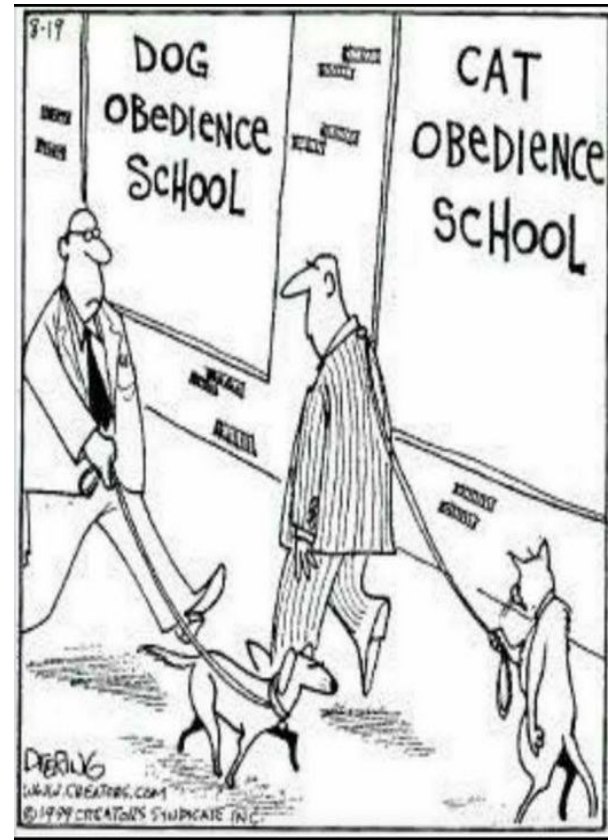


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Restorative “Time Out” For Adults

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For decades I taught high intensity, high energy cardio classes that made you sweat, burned calories, challenged every muscle in your body and kicked your butt. My students loved these styles of classes and I would always suggest that they try a more yin style class to balance out the many yang classes they were engaged in every week. My go to mind/body favs were always yoga and Pilates and as I migrated to more of these classes, much to my surprise, I had some converts who decided to step out of their comfort routine and give it a try. One of my students, we will call her K, a busy working Mom with two children under five, reluctantly gave restorative yoga a try after she complained to me that the boys were sometimes so hyped up when they returned home from nursery school, she had to put them in a “time out”. I asked her what she did to achieve this and she mentioned that she gave the boys their favorite pillows and blankies and let them lie on the couch or floor and played some calming music. K was able to see them the entire time while preparing dinner and she enjoyed this special time of observation. She said that she was surprised by the fact that this worked very well for her children and the 15 - 20 minutes helped the boys calm down and relax from their active, social day and enjoy each others company again. I said that maybe she needed a “time out” and invited her to come to a Restorative Yoga class to see if it helped her “calm down” as well.

She surrendered and was truly surprised by how well the restorative class relaxed and framed her mindset for her very busy work week ahead. She told me that her husband even commented on how less stressed she seemed to be when she returned home from class. I told her how proud I was that she had an open mind and decided to try something different from her regular high impact fitness activities and she said that she realized that we all need to try new things in order to balance out our bodies.

K loved the restorative theme and calming energy of the class and she laughed when it was over saying that if she knew that she would be so supported with the blankets, bolsters and blocks, she would have brought her sleep mask! She mentioned that she never “broke a sweat” and her heart rate remained calm and steady for the entire 1.5 hour class. I said that is exactly the whole point and that I was happy that she was able to come to this awareness on her own and have an open mind.

Thanks to K, other students in our high intensity classes decided to try mind/body classes without needing to be coaxed to try new things. Perhaps they just needed a gentle nudge to step it down a few notches.

Don't be shy to try a new class and to experience the peacefulness of passive movements to release deep tension and imbalances in your body and mind and to let go of unnecessary stress. Give yourself permission to say YES!

Me trying to work, go to the gym, drink enough water, not be broke, maintain a social life and get 8 hours of sleep every night



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The Need For Speed, Lost Phone and Danger of Coffee!

By: Lane Sykes

For some reason even in the slow-paced world of Baja, we have the “need for speed”. A lot of us have discovered Starlink Satellite internet, TelMex is rolling out Fiber Optic and ToroNet along with FiberTech are all speed providers. There is one important device that can slow your speed and that's the WiFi router. There are a lot of new routers on the market that solve those issues. Mesh routers eliminate the need for extenders which will cut the speed significantly. WiFi 6 routers keep up the speed as long as both the router and device support WiFi 6. For the best throughput speed, I've had the best luck with Orbi Mesh systems. The newer Eero and Google Nest routers are fine. Yes, I'm a geek and have all three. Starlink's routers are just okay. I would buy the easy to install Starlink Ethernet adapter to add a second router. That upgrade will provide topnotch speed and expand coverage. I have the new TelMex Fiber Optic and I have to say, it's wonderful. TelMex provides a WiFi built into their router but again for increased speed and coverage, add a better router. Look on the back of the TelMex modem and you may find a green port labeled “telephone”. That's where you plug-in your landline phone. TelMex Fiber Optic is by far the cheapest. Right now the Telmex installation is free.

Here's how to get YouTubeTV in LB. I use a combination of a VPN (Virtual Private Network) and Mozilla Firefox browser with an extension called “Location Guard”. The VPN will hide your IP address; that's what tells YouTubeTV where your internet is located. Location Guard tells the browser to locate you at a geographic location of your choice. As far as YouTubeTV knows, I'm at my home in the US. To acquire Location Guard, just internet search for those two words. Search YouTube to find out how to install Location Guard and how to use it effectively. Next, connect the computer to the TV.

There are two things that will never happen to you. You will never misplace your phone and your computer hard drive will

never crash. Once a week I read that someone has lost their phone and needs help finding it. Be prepared even though it will never happen to you. Keep the login information for your Apple Account (iCloud); Android users keep your Gmail info handy. The moment you lose track of your phone, find another device or computer. Sign-in to Find my iPhone or Find my Android. It is important to start early while you still have battery power on the lost phone along with a mobile data signal.

Recently a good friend spilled coffee on his laptop, and I mean he spilled coffee. Usually, I can recover data from a hard drive but not when it's flooded in coffee. Another friend brought a laptop that had apparently died with a black screen. In both cases there were no backups. I recommend three steps. One copy on your hard drive, one copy on an external hard drive and one copy in the cloud. For a Mac, I use Super Duper by Shirt Pocket software which creates a bootable drive. Time Machine is already part of the Mac OS which provides a good backup. On my Windows PC, I use external spinning drives and Flash Drives. I back up both computers using Drop Box. Icloud will also back up photos and documents as selected.

If you spill coffee on a computer or any electronic device, the most important step is two power down. Press the power button and hold it for 8 seconds or until you see the power end. If there is a removable battery, remove it. If you pour coffee on the keyboard, turn it upside down to keep fluids away from the motherboard and drives.

Important – if you have a computer with a spinning drive, make sure you wait for a proper shutdown. If you have an external drive or Flash drive, make sure you properly “eject” that drive before you remove it. If you have a desktop, add a battery back power supply to the device. In all the above, if the drive shuts down while it is writing data, there is a good chance that data will get scattered on the drive making it difficult to use. In some cases the device won't start. If that happens, you're off to the shop.

Attention Mobile phone users – if you need to enter a code to

Continued on Page 37



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Need For Speed Continued From Page 36

unlock your phone, be aware of your surroundings. A crook could be looking over your shoulder watching your code entry. Next step for the crook, steal the phone. They have pretty much all they need to access your banking or shopping information. If you find your phone battery life doesn't make it through the day, try turning off apps that run in the background. Facebook can really drain a battery. For iPhone users: Open Settings, General, Background App Refresh. Android users: Long press the App on your screen, select pause.

Club Rotario Los Barriles Cabo Este- Winds of Change

By Linda Snider, Communications Director Elect

As a new(er) full-time resident of Los Barriles and one of the newest members to the Rotary family, I have been asked to write this article for East Cape's Magazine. What the heck is a Rotarian? What do they do? Why should someone consider joining? When I tell locals I am a Rotarian it is surprising how many ask me these questions. Especially since the Rotary Club has been around here for over 18 years.

To begin ... the Rotary tree (so to speak) looks like this -

International, Districts, Clubs. Clubs meet for fellowship, plan for community enrichment projects and fundraising and then report our activities to District & International. Our members are comprised of people who come here seasonally, full time transplants like myself, and local business owners. Before and after each meeting we stand and speak the Four-Way Test. First > Is it the Truth? Second > Is it Fair to all concerned? Third > Will it build Goodwill and Better Friendships? Fourth > Will it be Beneficial to all concerned? When I saw the numerous projects carried out in the past and the well-defined intent behind the effort, I knew I wanted to be part of Rotary.

There are 1.3 million Rotarians in over 200 countries giving us the strength in numbers to take on world changing challenges like eliminating polio. Rotary's motto is "service above self". Locally, Club Rotario Los Barriles has carried out projects in Santiago, La Ribera, Los Barriles, El Cardonal, El Campamento, San Antonio and a many spots in between. Our work has centered around safety, education, sanitation, health & culture. For example: 1) providing filters to outlying areas so they can make their own clean water; 2) hurricane relief; 3) paying for & rehabbing educational needs like computer centers & dormitories; 4) working with East Cape Health Center & local DIF offices to give health screenings & free medicines to school children & their families (no one is turned away); 5) providing improvements & updated equipment to Centro de Salud here



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Rotary Continued From Page 37

in LB; 6) making the El Ancon Sports Complex & Laguna Park in Los Barriles a reality with stage, bathroom & light improvements; 7) helping with food banks; and 8) organizing special cultural events like the Day of the Dead festivities, the Spring Parade, Earth Day & Childrens Day. On more than a few of these projects Club Rotario Los Barriles has joined forces with other clubs across the United States & Canada who then travel here simply to roll up their sleeves and help with a particular project.

Local fundraising for the past few years has been focused on the Taste of East Cape Event held in December. In addition, we have received several significant international grants, donations from other clubs, and donations from individuals. With those precious funds, we carefully plan and carry out projects throughout the year. And as you can see, our brush strokes are wide in the East Cape Community. For a comprehensive list of our club's accomplishments, please visit our website.

There are endless opportunities for leadership or just getting your hands dirty. We hope you will consider joining Club Rotario Los Barriles Cabo Este to help us continue the legacy of building goodwill and better friendships that benefit all the communities of East Cape. We have several projects planned for this year, and your help as a new member will assist in making it all happen. The club has made a commitment to our

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members to make our meetings seamless through Zoom, updating our website, and communicating in both English & Spanish.

Look for us on Facebook, on Baja Pony Express, on the internet at www.losbarrilesrotaryclub.org or join us for a Team Breakfast meeting and see first-hand what we are all about. Meeting time and location are on our website.

You can also contact our Membership Chair, Marshall Lewis, at memberships@losbarrilesrotaryclub.org for more information. Bring a friend or business associate! Together we can continue to address the future needs of our beloved East Cape Communities.

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We are also listing many homesites. Some are in the growing area of Montemar on the beach, Rancho Cerro up on the hill with incredible views, Las Dunas, a hidden new area with rolling dunes and white sand beaches. Plus we have some great values on view lots in Monte Sereno north of Los Barriles.

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 the pie chart of our sales from the last 16 years. We are in the center of LB in the Palapa building next to the yellow Tiki Bar and across the street from the veggie stand.

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