



# East GAPERS

Periódico

Free/Gratis



February—March 2024 Issue 106

Feb 7th 10am - 4pm



*Julie Shipman*

## Artist Studio Tour

- Tickets \$100 pesos •

Tickets sold at Baja Properties ~ Los Barriles  
Presented by Asociación de Artes  
[www.eastcapearts.com](http://www.eastcapearts.com)

**Our Door Is Open,  
So Come On In!!**

**February 7<sup>th</sup>, 10am – 4pm**

Our door is open to you, so come on in and enjoy beautiful art, diverse homes and a delightful day! It is not every day you get to delve into the mind and inspirations, let alone homes/studios of talented artists, but **Asociación de Artes** will provide you with that opportunity! That opportunity comes on Wednesday, February 7<sup>th</sup> from

*Continued On Page 3*

## *Festival de Artes ~ 29 years of Art, Food & Entertainment Continues!*

By: Christine Courtright

We can hardly believe it that **Asociación de Artes** has put on the longest running and one of the biggest art festivals in the lower Baja! We are super excited for the 2024 festival held on **March 17<sup>th</sup>** from 10am – 4pm – Yes, St. Patrick's Day so the party begins here!!

*Continued On Page 3*



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# Festival de Artes

March 17<sup>th</sup>  
10am—4pm

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In addition to space in the printed version, your color ad appears in the online version at no additional cost. You can download the 2022-23 Advertising Kit by visiting our website at: [www.eastcapearts.com](http://www.eastcapearts.com)

## Contributions Can Be Made to the Asociación de Artes

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

## Volunteers Needed!

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

To learn more about these programs, visit: [www.eastcapearts.com](http://www.eastcapearts.com). If you would like to volunteer, send an email to: [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com).

## Call for Articles

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

## Thank You!

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



## Newsletter Email Address

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



Read the color version online at [www.eastcapearts.com](http://www.eastcapearts.com)

*Artist Studio Tour Continued From Page 1*

**10am – 4pm** at the **Artist Studio Tour** all conveniently located in Los Barriles!

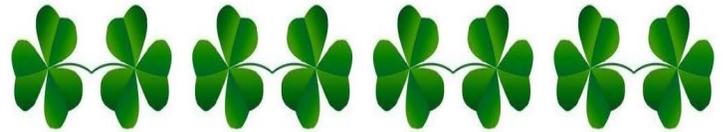
If you have not been on the **Artist Studio Tour** in Los Barriles, now is the time to go as it is a two in one event!! Not necessarily a home tour, but you get to glimpse into the home and studio of some of the most popular artists in the Los Barriles area... and of course, an intimate art show seeing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

The 2024 tour will feature 16+ homes (with several side-by-side homes) and many of the homes will showcase the work of more than one artist, giving you the opportunity of seeing the work of 30+ different artists! Artists on the tour vary from fabric, jewelry, bead or soft goods medium, weaving, photography, oil, acrylic and watercolor paintings, wood, ceramic and pottery and natural materials and that is just a sample! Artists include Elizabeth Perkins with some silver and precious stone jewelry, Julie Shipman- our poster photographer, the Apron Lady with sewn art creations, San Antonio weavers and the artwork of Mary Naylor, Tamera Hall, Liz Pudwell, Xóchiti Rivera and Connie Heinen – just to name a few of the artists. We will also have the art of the late Steven King...the artist not author! Our tour allows you to really see the art up close, in small groups and spend time visiting with and learning about the artist and their work.

Getting tickets is super easy with our drive through ticket booth located at the **Baja Properties** office in Los Barriles on 20<sup>th</sup> Noviembre. It's true, you don't even have to get out of the car!! The ticket booth location will be well marked and is easy to find in Los Barriles. You drive in off of 20<sup>th</sup> Noviembre and exit at the side street. It can't get any simpler! Tickets are sold the day of the event from **9:30am – 2:00** and prices have remained only **\$100 pesos or \$6.00 usd** – to give you more money to shop! There you will get your map to the studios and your wristbands for entry.

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

The Artist Studio Tour is one of the major fundraisers of the **Asociación de Artes Del Mar de Cortez**, whose mission is "*Improving the educational experience for all students of the East Cape*". This includes providing school supplies, maintenance at the schools, library books, sports equipment, art supplies, supporting summer programs and that is just a sample of what we do! Come and help us continue the mission! See you on February 7<sup>th</sup>, for the **Artist Studio Tour**!! More details at [www.eastcapearts.com](http://www.eastcapearts.com)



## *Festival de Artes* Continued From Pg 1

Conveniently located right in the center of Los Barriles at Hotel Palmas de Cortez where parking is aplenty once again, thanks to LB police and their skills at parking! AdA has a tall order to make the event as great as the 2023 event was, but we are up for the challenge! We are also proud to welcome back our presenting sponsor **Ronival Real Estate** who has stepped up to help us ensure we have one great event!

Festival de Artes chooses artists to ensure a level of art to satisfy the most discerning shopper. The artists you will see are by invitation only, who produce a higher caliber product with emphasis on selection and varied mediums. Artists

*Continued On Page 4*

## Permanent Makeup

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*Festival de Artes Continue From Page 3*

must produce 90% of their own pieces which ensures you get a one of a kind and original designs. We have an adventure category of vendors that we hope to appeal to a wider variety of our active and experience driven guests – our active and forever young residents!

We have refined and expanded our food vendors bringing back our favorites like San Antonio Gourmet, Palmas Taco Stand, La Casita Restaurant, Sausage Ladies, Mango Bakery and bringing in some new vendors with a wider variety of yummy things to eat. You will be able to hear the ice crackling on the beverages in our bar hosted by Hotel Palmas de Cortez and **Asociación de Artes!** The bar will be larger and yes, we are looking for the green beer to celebrate St. Patrick's Day! Just come early and get your table so you can have breakfast and then later, have lunch all while enjoying the sights and sounds of the event. We do meet the 5 "S's" with sights, sounds, smells, selection and shopping!!!

Never fear, once again, we will be bringing you the traditional folkloric entertainment that folks have driven miles to see. Everything from our local Tekiti Dance Group to dancers from La Paz and other local schools. We would say it is our new tradition displaying the folk Mexican traditions of dancing and music! We have tightened up our grounds to leave more parking space and have brought in more tables, chairs and lots more shade so we can spread



*This is an example of what you have to look forward to with our entertainment!*



out and make the experience for our guests more memorable.

You have also come to enjoy our raffle and silent auction area – a definite must-see area, conveniently located right next to the beer garden and the entertainment stage. This is the most important area to the **Asociación de Artes** as this is our major fundraiser that allows us to continue our mission as we support the children of the East Cape area. We will have a variety of great items that you want and need to have. We have mini vacations, fishing trips, original art, hotel stays in a variety of towns in BCS, spa packages, jewelry, shopping opportunities and dinner packages – and that is just the start. You can also purchase a raffle ticket for your chance of winning one of our 'packed full of great stuff' packages! All these things you are going to buy anyways, so why not buy them from us and help the kids! Watch the Festival de Artes page for the listing of some of the things in our baskets and our silent auction.

For more information and complete details on this free event that offers free parking, go to **[www.eastcapearts.com](http://www.eastcapearts.com)** – and go to the Festival de Artes page and keep up with all the details! Questions? Email: [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com)



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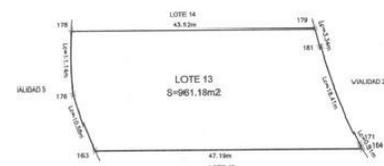


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# RE/MAX EAST CAPE

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# WEAVERS FROM SAN ANTONIO WIN GRANT IN LA PAZ

By: Seddon Wylde

On the 1st of December, it was announced at the Teatro de la Ciudad in La Paz that Las Tejedoras de San Antonio IHKITI received a grant from PACMyC (Programa de Apoyo a las Culturas Municipales y Culturales ). They had to compete by making a manuscript of what they had accomplish already and how they would be supporting their community. The entries were made in May , and after several months of waiting , they just got the results.

The weavers and embroiderers have been studying and working together since 2009. They also created a label as seen below and have exhibited in the local fairs in Los Barriles, and San Antonio.

The 7 weavers are listed below:

- \*\*Stefani De Leon Cajica is known for her beautiful patterned ponchos.
- \*\* Trinidad Manrquez Garcia does amazing double weave fabric.
- \*\*Rosa Manriquez Flores uses her natural Mexican aesthetics to create colorful works.
- \*\* Rosa Isela Olachea uses her 2 harness loom for Ikat designs and soft fabric.
- \*\* Lupita G Natividad Fco, an embroiderer, is known for her large tablecloths.

\*\*Nancy N C Ruiz weaves and embroiders napkins, table mats.

\*\* Irene Montero is a new member and uses a 4 harness loom.

Initially, a number of women and one man met in the Cultural Center in San Antonio. They came not only from San Antonio but La Paz, and San Bartolo. When Covid hit, the looms were distributed to the weavers and the now 7 weavers meet at the restaurant of San Antonio Pizza once a month to share information and creative ideas as well as using frequent WhatsApp messages.

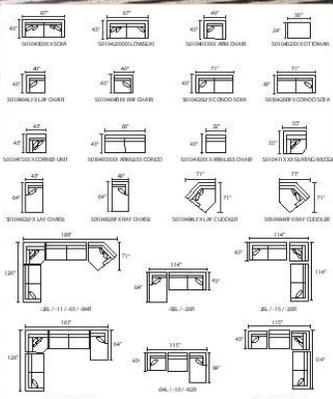
After a loom was donated to first an art Center in Los Barriles and then given to the Cultural Center in San Antonio, Seddon Wylde from Los Barriles was invited to teach. She traveled by bus once a week to expose them to not only weave structures/patterns but marketing ideas and new products. Over the years Seddon says “ we both needed to learn the Spanish words for warp and weft and plain weave : tejido encillo.” Quality was always encouraged like “no warp errors, sewing done by hand and 6 tablemats; not 3 or 5. When asked what the weavers liked best, the answer always has been “ the joy of designing, creating and the process.”

Congratulations to all the weavers as they deserve the honor of what they have learned and with their natural Mexican creativity have made amazing works of art.









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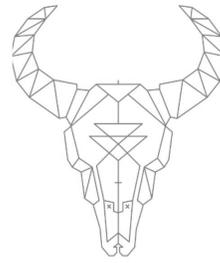
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# A New And Improved Computer Lab Is Coming To Los Barriles Secondary and High School!

By: Christine Courtright

Schools in the States and Canada are more fortunate than any of the students have any idea. The schools have computer labs with dozens of the latest computers, and many of the students are issued their own laptop/tablet to use for the year. Well, it is not that way in most countries.

That is why this is a really big deal to **Asociación de Artes (AdA)**! After months of planning, raising money and frankly praying for a way, AdA is so excited to say, we have the funds to create a new computer lab for the Secondary and High School in Los Barriles. This was a long time coming. We knew of the need years ago, but that one thing, money, kept blocking the way. Well through the hard work of our silent auction/raffle team (thanks Janet King and crew!) and a generous donation, we have the funds to start the project!

We started with touring the classroom to see what needed to be done. We were happy to see that we had some good 'bones' to work with. Speaking with the Secondary Director (principal), we found out that schools in other towns like Cabo all have computer labs with newer computers and that getting the computer lab in the LB school updated

was really important to the school and students. And being that this one lab services both the Secondary and High School, it is like a 2 for one project for AdA!

Our first project is to get rid of all the ancient (some probably 20+ years old) desktop computers that don't work, sort through the monitors, keyboards and mice to keep the working ones. Along with the removal of the few broken chairs and tables.

We will then put on a fresh coat of paint on walls and the built in workstations, shorten and re-hang the drapes and add new light fixtures -right now 4 single bulbs light a large room. AC and ceiling fans are in good working condition and we have good internet service and plenty of power regulators and electrical outlets.

We will need to find more desk chairs or office type chairs and a cabinet that can lock up and protect the laptops during hurricanes. We hope the budget will also allow a new printer too.

Our goal is 20 computers, starting with 10 new ones and going from there. This is when the 'village' comes in. If anyone has a good working computer about 2 years old that you wish to donate to the school, please let us know! We would love to have it for the lab!

Once the structures are in place we will then need to get in a 'computer/tech savvy' person to network and set up the computers and ensure that everything is in working order. We know there is one of you out there that would help us out! Contact us at [eastcapersmagazine@gmail.com](mailto:eastcapersmagazine@gmail.com)

Computers are the future in everything we do, any more. Seeing that the students have the skills needed to succeed, includes computer knowledge and skills. Now that includes everything from building homes, fixing cars, washing machines, AC units to the oblivious medical fields, legal and on and on.

We will have a celebration at the school when the project is done and AdA will have our own celebration in our hearts because one of our big dreams have come true!!!



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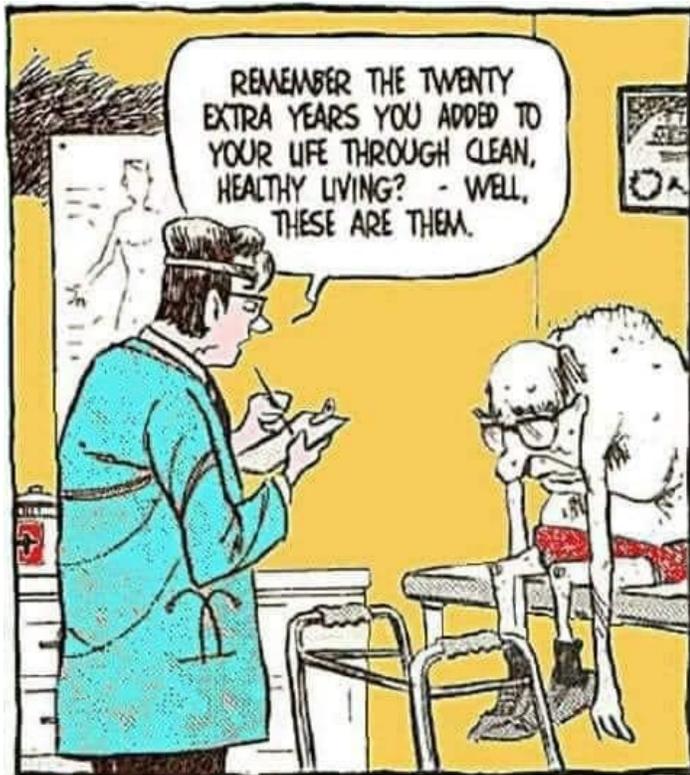
# THE ROTARIANS ARE COMING, THE ROTARIANS ARE COMING!

By: Char Wenger

And we couldn't be happier. In April, the East Cape Health Center will welcome a contingent of Rotarians from Northern California, who along with representatives from the local DIF office and a host of other volunteers, are coming to the East Cape for a few days to help perform essential health, wellness, and dental screenings in La Ribera and El Campamento. In the meantime, we, along with the Rotary Club of Los Barriles, will undertake health screenings on a monthly basis. These health and dental screenings are intended to identify illness and dental disease – with a focus especially on the local population of underserved and often invisible migrant workers and their families.

The East Cape has experienced unprecedented growth and development that, as a result, has brought in thousands of workers from other areas to help realize that growth. Many of these workers arrive with pre-existing medical and dental conditions, poor general health, and have often gone without basic medical care or even preventive care such as immunizations. The screenings will identify issues at no cost to the workers and assist them in obtaining necessary treatment and follow-up care. When possible and appropriate, our East Cape Health Center personnel will render care on the spot to these needy patients.

A big welcome and thank you to these visiting Rotarians and volunteers who are helping to make the East Cape a healthier and hospitable community for all of our residents.



## Lifestyle Portraits

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## Artificial Intelligence

By: Lane Sykes

Artificial intelligence (AI) is all the buzz on the web. Does it have any practical application? Well, yes and maybe. I use it to summarize articles that I find online. Remember online articles (not mine) make profit based on advertising dollars. The longer the article the more ads appear on the page, the more profit for the creator and web host. I use an adblocker called ublockorigin.com That works well for most sites, but some sites recognize that program and will block the entire page. Two solutions to that, use a different browser or modify ublockorigin to allow ads on that site. Still doesn't solve the article length issue. So, I copy the web address and past it in Google's AI known as Bard: <https://bard.google.com/chat>. In most cases it will give me a shorted version with all the bullet points. Moments ago, I asked Bard to write a technology article and within seconds it worked! Chat GPT is another option. The AI creators and developers scanned the entire internet for its AI database. Chat GPT's database ends in 2021 while Google's AI is a lot more current. The Google Pixel 8 phones use Bard AI to clean up your photos. You can take multiple shots of the same image and the phone can suggest options. Such as, if someone's eyes are closed or another turned away, the software will combine photos to open eyes and turn heads.

There is a present danger to using AI. Some financial sites offer voice matches as a means of identifying you. AI can be so good that your voice can be copied and

changed to imitate a call to your financial institutions. Bottom line, if you get a call from an unknown caller, be careful what words you use. Avoid confirming your name and the word, yes.

Gift Card scams are on the rise. The latest version has criminals producing their own Gift Card that looks like originals such as iTunes, Amazon, Target. They look so perfect it's hard to tell they are counterfeit. The counterfeit cards are then placed on the racks of honest stores. Another method is to scratch off the confirmation code, copy it and replace the surface material.

Let's talk portable flash drives aka thumb drives. Most important, they don't last forever. I always make an exact duplicate copy. You could misplace it, or the drive could become corrupt. In some cases, Windows will prompt

*Continued On Page 14*

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*Artificial Intelligence Continued From Page 13*

you to repair it. That's a simple fix. For more detailed answers, I asked Google Bard "How to repair a portable Thumb drive". I got all the correct answers, too long to publish but right on target. Next, I ask for "Software to repair a portable thumb drive". Again, I got all the correct answers.

I had a situation pop up with a neighbor's just out of the box monitor. It worked great once, then the computer lost the data stream from the monitor that tells the computer what resolution settings to use. Without that bit of data, the computer defaults to a terrible setting that is "gray out" in Settings. I tried all the normal tricks without any luck. Always remember computers are 90% science and 10% voodoo. In all honesty it just takes a stray static electricity discharge to create a monster.

As I mentioned in previous articles, not all cables are created equally. Some carry only charging capabilities, others transfer data and charge, some will transfer data, charge and video. Make sure you read the fine print. If you're buying a cable for an Apple device, make sure it is MFI compliant. That means it meets the same specs as a genuine but expensive Apple cord.

I'm seeing a lot more video cables called "Display Port". It looks a lot like an HDMI port except for the flat spot on the end. There are reasonably priced converters to change Display Port to HDMI. When you buy a new monitor or computer, make sure you have the correct cables.

Virtual Credit Cards are offered by a number of credit card companies. The virtual number is a one-time use credit card number that expires upon first usage. That gives you an extra layer of protection against retail websites that you have not used before. If they have criminal intent, you cancel the virtual credit card number but avoid the hassle of getting a new card shipped to you down here.

Final thought: This may not be politically correct.... Artificial intelligence was first used in August, 1955. A blond colored her hair black.

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# The End Is A New Beginning!

By: Adam Greenberg

Exciting news from the John Gullo Home for Children! Thanks to your incredible support, we've successfully raised the funds needed to complete the construction of the home (pending all pledges). This is a significant milestone, and we're immensely grateful for each contribution that brought us here.

As we near the final stages, our focus shifts to securing the finishing touches that will make the home a haven for the children. This includes furnishing the space, enhancing the landscaping, and preparing for the ongoing cost of operations.

Your continued support is invaluable as we work towards creating a nurturing environment for the children who will temporarily be calling this place home. If you'd like to get involved drop us a note or join our next painting party on Feb 10th. You can register by visiting our website at [leaders2give.org](http://leaders2give.org) and making a donation to The John Gullo Home for Children and writing 'painting party' in the comments. \$100 will cover our costs but any amount is appreciated. We are also going to be hosting an art exhibit at the facility by Pedro Cruz who has offered to donate one of his beautiful, colorful paintings to hang in the facility and to auction



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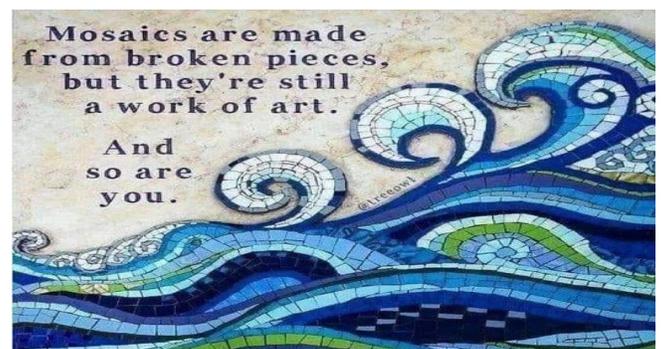
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# ***Club Rotario Los Barriles Cabo Este – “The best way to predict the future is to create it.” Abraham Lincoln***

By: Linda Snider, Communications Director 2023-2024

Rotarians are busy creating a future for East Cape.

Christmas Toy/Blanket Giveaway Project. During the months of November & December, locally Rotarians collected toys, blankets and money with the help of our community business partners. We also garnered financial support from sister BC Canada Rotarian Clubs and friends of Rotary in the USA. In the Mexican tradition of All Kings Day items collected were distributed on January 5 & 6. With the help of our local Santa Claus we handed out over 860 toys, blankets, purses and 6 candy filled piñatas to the communities of Boca del Álamo, El Campamento, San Bartolo, El Coro & Santa Cruz. We couldn't have done it without you. Thank you!

College Scholarships. In December we gave away second semester college scholarships to our 2023-2024 recipients Francisco Javier Martinez Aguilar (psychology major) & Maria Belen Arce Sandoval (dentistry major). We will continue awarding college scholarships for the 2024-2025 academic year. Our college scholarship program has been renamed “The Michael & Elaine Koehn-Club Rotario College Scholarship”. Recently retired, we honor Mr. & Mrs. Koehn's dedicated service to our community. The application process will be finalized soon.

Los Barriles Library & Tech Center Project. We have delivered new laptops and printer (donated by Rotarians and the community). We are partnering with local internet provider

Toronet to provide high speed internet to the Tech Center. We are also working on a digital book lending project, using tablets as resources to make books available to the public. Once developed, the tablet project will be piloted by the Los Barriles Library.

El Cardonal Library Project. We have pivoted our focus for El Cardonal Library to a community administered “Free Little Library” concept. We are working with the Sub-Delegation for approval.

John Gullo Youth Hostel in El Cardonal. We are proud to partner with Leader's 2 Give for this project. Club Rotario has committed funds to help pay for kitchen appliances.

LB Fountain Project. Club Rotario repaired the electrical problems and cleaned the fountain. Thanks to the assistance of the Delegation the fountain was decorated for the holiday season. We just completed our annual cleanup day. We cleaned up trash & weeded this month.

Los Barriles Playground Project. We have hired a local architect to develop a concept for upgrading the playground, to include safe activities for children, as well as safe landing surfaces, updated electrical & lighting & sitting areas for adults. Stay tuned.

Generator @ Centro de Salud. We are partnering with Cummins La Paz to get a Rotarian donated generator functional.

Annual Mardi Gras Parade. February 24<sup>th</sup>. Parade participants can gather at the fountain @ 4:30 pm. Parade starts @ 5:00 pm. Kid friendly event.

Health Screenings. April 10-14, we are partnering with East Cape Medical Center and USA Rotary Club in Nevada City who will be traveling here to assist with our annual Health Screenings in outlying areas of East Cape. Mainly focusing on school children, we also screen any adults (parents, teachers, community members) who show up and ask. We screen for sight problems, diabetes, teeth, blood pressure, pulmonary function and we have 2 pediatric doctors who volunteer.

Children's Day Free Pancake Breakfast. April 30<sup>th</sup> we will be cooking on all cylinders to provide a free pancake breakfast at the LB Cancha. We will partner with Crescent Moon to provide an art project for the kids to do.

More projects. We still have a number of additional projects on our list “to do”. Once some of the current ones are completed, we will begin tackling that list. If you have a project you would like us to consider, please contact us at [info@losbarrilesrotaryclub.org](mailto:info@losbarrilesrotaryclub.org) with your concept. If it is accepted, you will be invited to a breakfast meeting to present it to the Club.



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Continued On Page 18

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Rotary Continued From Page 17

**More Fundraising.** This year Club Rotario Los Barriles has added another fundraiser in the Spring. We are partnering with Vita's Sunny Dresses Art + Fashion and La Playa Restaurant & Bar to bring back (after COVID) the popular 10<sup>th</sup> Vita's Fashion & Art Show. This event promises to be fun filled for fashionistas and art lovers across East Cape, all at one of Los Barriles' most beautiful venues. Date: March 13, 2024. Where: La Playa Restaurant. Stay tuned for more details!

Look for us on Facebook, our website and in the Baja Pony Express. Come join us at our No Host Team Breakfast meetings on Wednesday mornings @ Tico's Restaurant. Considering membership in our club? Questions? Concerns? Comments? Go to our website and use the "Contact Us" form. [www.losbarrilesrotaryclub.org](http://www.losbarrilesrotaryclub.org). Or message us on Facebook.



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# Cravings

By: Kathinka Roesiger

One of the main issues why you might fail over and over again when it comes to diets and weight loss are those un-supportable cravings. You may crave sugary foods, or maybe you want something salty all the time. Cravings always get the better of you in the evening, at night or perhaps throughout the day.

It is important to understand that it is often NOT because you lack discipline, because you cannot control those cravings. In other words, cravings are not your fault and you are not weak! In many cases the real reason for cravings is that your body is not getting the nutrients it needs.

### **Here are some factors that may contribute to this situation:**

Scientists are trying to create processed food that taste as if they are packed with nutrients - even though they are not. So when indulging in these "Frankenfoods" your taste buds signal to the brain that nutrients are coming...but once they arrive in your digestive system there is actually nothing there other than sugar and bad fats.

You may have impaired digestion, which means your body cannot digest protein and/or fat very well. This means your body won't get all the minerals and vitamins out of the food either.

You may be electrolyte deficient which often manifests with low blood pressure. This means that the balance of minerals between your blood stream and cells is not as it should be. Maybe you aren't getting enough minerals because your digestion does not work well, or perhaps you are peeing out all the minerals.

Your body might be too effective at burning those carbs and not effective at using proteins and fats. This leaves you feeling hungry very quickly even after meals.

### **Steps to take to get rid of those cravings:**

1. Do not eat "Frankenfoods" - which means ultra-processed foods (ever!!!). They have no real nutritional value and



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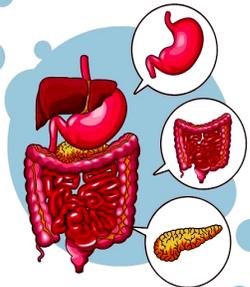
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produce cravings! Try to avoid those foods for at least 8 days and see how you feel!

2. Do a 3pm carbohydrate cut off. After 3pm eat only proteins, healthy fats and low carb vegetables (greens, broccoli, and legumes). This will give your body a break from the sugar high and stabilize your blood sugar. It will also train your body to use resources other than carbohydrates.

3. Don't skip meals....have at least breakfast, lunch and dinner.

4. In case you suffer from digestive issues (constipation, bloating, reflux, nausea, diarrhea, heartburn, you see food pieces in your stool, you feel very full for long...), you need to fix those issues, so your body can digest nutrients well and leave you satisfied.

AL-ANON logo featuring a blue triangle with a white circle inside. Below the logo is the text 'AL-ANON for families &amp; friends of alcoholics'. Meeting information: 'Meeting every Monday and Thursday from 10-11am Spa Buena Vista Serenity Garden Contact sheilafluf@yahoo.com or 624-141-0267 / 619-889-2779'. The entire advertisement is framed with a decorative border.

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## Third Annual Community ATV Fun Ride For Charity

By: Blackie Gordon

A very special thank you to the team of over two dozen helpers who generously gave up their time, effort, and expertise to make this event such a success.

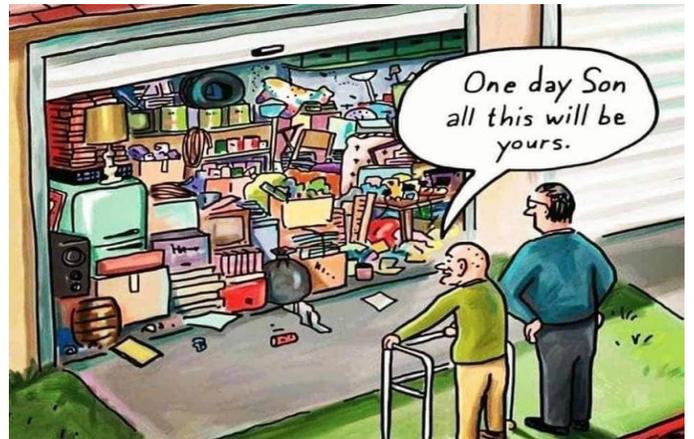


Around 250 riders took part in the third annual Community ATV Fun Ride for Charity. The course was about 30 miles long with 18 stops along the way to answer

questions about classic movies. Refreshments, music, a casino, and a wild west hold up all contributed to the fun of the ride.

The money raised from the event was given to the Los Barriles Feeding the Hungry Charity and will enable the Charity to support over ten families for a whole year. This charity supports the least fortunate in our community by supplying them with regular food vouchers that they can use in Chapito's supermarket.

Adversity can strike at any moment. No one should go to bed hungry. The struggle to recover from the challenges that life brings is much easier with a little help. Being able to assist local families in their time of need while at the same time having an enjoyable ride in the backcountry is a fun way to spend a day.



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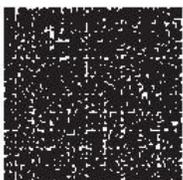
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## Weathering A Hurricane

By: Bill Osborne

Prior to this year, my only experience with hurricanes is what I viewed on television. That was until Hurricane Norma made her presence in Baja. It all started for us in Cabo San Lucas where we were in a time share in town on the beach. The news regarding Norma came across the screen in our room on October 18, 2023, warning us of the impending storm. "The worst of the storm will center on Cabo San Lucas. You are advised to stay in your bathroom for three days, beginning on Saturday, October 21."

Armed with that information, we packed up and headed to Los Barillos on Friday, October 20 to prepare our trailer for the impending storm, even though the forecast for Los Barillos was projected to be almost totally clear of Norma. We left Cabo San Lucas, leaving 50 mph wind and heavy rain. By the time we were twenty miles down the road, the weather cleared and we thought we were safe. Upon arrival, we went to our trailer, brought in the slides, battened down the hatches, and booked a hotel room for the next three days. Still, the forecast called for light winds.

Well, so much for the weather report! Seems that Norma had other ideas and she decided to hit Los Barillos a bit harder than expected. By Friday afternoon, the skies opened up and the rains associated with a tropical storm began. Using a wind meter, the reading indicated 15-35 mph. By 1 am, the meter showed gusts of 50



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mph.

With our trailer secure, the next morning I ventured out to see how the locals were preparing for the storm. Most of the beach-front homeowners had already prepared for the storm. The best window solution I saw was a roll-down system that looked like a garage door. One of the owners I talked to was proud of his system. "All I do is push a button and the storm shutters automatically cover the windows. According to the manufacturer, these shutters can withstand 150 mph winds!"

Another, less-expensive option is to install plywood sheets over the glass. "I am not sure how well these will work," a homeowner said, "but hopefully, we will be safe." He continued, "I was in town when the last big one hit in Cabo. The wind was so strong that it blew out almost all of the glass in the Weston Regina. It was quite a mess!"

Another one of the local full-time Los Barillos residents gave me some interesting advice. "Plan for the for the worst and hope for the best. There are some things you should do in preparing for a hurricane. Most hurricanes only last a few days, but the aftereffects can last up to two weeks, where you may be out of power and water, so plan accordingly. Here is my list of things you need to do when a hurricane is approaching: 1. I live in a house, so I have a generator with enough fuel to last two weeks. Every three months, I start the generator, so I know it will work when I need it. 2. I have steel storm shutters that I can roll down to protect my windows. They were very expensive, but well worth it when a hurricane approaches. All I have to do is pull down the handle and lock each one in place. They also serve as a deterrent for crime when I am away from the house. 3. I am on water from the city, but I have five-gallon bottles which I fill when it appears a storm is approaching. It never fails that people wait too long and they go to local suppliers of water only to find out there is no available water. 4. The next necessity is food. I have a freezer

*Continued On Page 23*



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*Hurricane Continued From Page 22*

where I store enough to keep our family supplied for two weeks. Don't forget to have enough food for your furry friends who are depending upon you to take care of them!

By Saturday morning, the winds had picked up, now gusting to 60 mph. According to NOAA, "The worst of the storm should hit tonight, peaking at 80 mph." Again, I used my wind meter and saw readings of 60. Our trailer, blocked by a hotel rocked and rolled, but it never appeared to be in trouble. One of the more impressive sights was the surf that pounded the beach, leaving hundreds of dead fish in Norma's wake. Fortunately, none of the waterfront homes were damaged by the surf.

Then the rains hit! Within hours, the main street was flooded with no end in sight. Twenty-four hours later, the skies cleared, and we appeared to be safe. A quick walk through town revealed patches of sand from a few inches deep to over a foot on Calle 20 Noviembre. Cleaning up the streets would require a lot of work. I assumed that most of the sand would be removed by machines. Some of the sand was removed by front-end loaders, while the bulk of the sand was removed by workers using shovels and brooms. Trucks were brought in to take the sand away from town. For the next two weeks, a small group of men shoveled and swept until the street was clear. My wife and I gave away bottles of water each day to these hard workers. One thing that impressed us was the attitude we observed. The workers greeted us with a smile every day.

Within three weeks, the streets were clean, water lines were repaired, and power was restored to almost everyone in town, and life returned to normal until next time!



## *Paul's One-Liners On Aging*

By: Paul LaGloire

- Middle age is when you start meeting more Roberts than Bobs.
- To slowly get along in years will extend your middle age by a decade or so.
- A sign of getting older is increasing the sound of TV so you can see better.
- Old age is when you read the obits then declare: "I would have been the oldest."
- Past middle age, the cost of living is up, that of loving down.
- Good old age is *geezerhood* without senility.
- At 30: "I'm fine, thanks for asking"; at 70: "Sit down and I'll tell you about my latest surgery."
- Middle age is when you're in the midst of it all, but your mid-dling is not.
- My rice at age 25 is now chicken fried.
- All the tomorrows of bygone days ended yesterday.
- Every now and then senility opens new horizons.
- In our middle age, we can whoop it up, riot, and carouse ... all without changing the color of the town.



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## Welcome To Our 2024 BATS Mid-Winter Trail Update

By: Todd Simmler

This season's work kicked off with over forty hours of dialing in Gummy Bear. We cleared out the water bars that did their job with the rains and added several more where needed. We added rocks to the rock armoring of the technical parts, so it rides better. And we cleared brush nice and wide to ensure that we'll be able to ride it next fall without much work. Thanks to the several folks who came out and helped and to everyone who donated.

Starting just before the holidays we got busy on Shady Rocks, which had grown quite treacherous. Major pruning and loose rock removal has resulted in a much friendlier descent and climb. Removing loose sand and adding a couple of minor reroutes have improved flow. Many newly added water bars will allow drainage for years to come. This trail is in its best shape ever and is SUPER FUN!

We couldn't have done it without your help though. Please donate to BATS via Trailforks Trail Karma using the link below.

Over on the Pemex trails the Medicine Hat crew has been super busy. In addition to several work parties on Pemex Ridge Trail, Escorpion, and Lower Burro they have buffed out and extended Upper Burro (which was no small feat). Corre Camino has seen some major work this season too.

That crew means business. BIG THANKS to everyone who has helped and to the "Med Hatters" themselves for their tireless efforts. Those trails just may be the most used trails in the area and the work done there is greatly appreciated.

Dozer Dave has been super busy, as usual, on Vista, Lejos, Jupiter, and Rastra Vaca. BIG THANKS DAVE!

The Buenos Aires trails have been getting loads of attention too. Cabra Loca was new last year and just got posted to Trailforks. Hopefully you've been up there to check it out. It is a marvel of rock work!

*Continued On  
Page 27*



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## Reflections

By: Sefi Held

Turning 75 this year caused me to reflect back on my life and the wonderful decades spent helping my clients and students move their bodies and to help people improve and continue to stay healthy.

Thanks to a yoga practice for almost 55 years of my life I was able to maintain some flexibility and I was lucky that I was able to maintain a high level of fitness into my 60's. A fractured spine, two knee replacements and certain aches and pains started setting in, waking up stiffer and realizing that my body was taking longer to heal now than 10 years ago. The biggest blow for me was not being able to exercise for many weeks during my recoveries and the loss of muscle mass and weight.

It prompted me to continue my education and learn different methods to go deeper into easing our bodies of some of its restrictions and focusing on the mind/body connection in my teaching. Speaking with teachers and my students, they shared with me how much the body changed after 60+, the decrease in muscle mass, our fascia lose elasticity and tone, decrease in circulation, and the changes in our bone mass resulting in osteopenia and osteoporosis and we can't forget, osteoarthritis.

Working with students and clients 60 years and overtakes a bit more time to achieve results but this is possible! Muscle mass can increase, and muscle and skin tone can improve. Bone quality can improve by taking some of the impact out of the bones and particularly at the joints

.where the greatest impact occurs. Flexibility needs to be worked on daily since even several days of doing nothing in this category, you will notice stiffening set in. We need to keep moving as the body stiffens when we remain in the same position for too long.

Continuing with the crazy physical exercises without being aware and smart about how to safely work with your ageing body is a setup for disaster. We reach an age when mindfulness with our body is necessary and essential. It would have been great for me to know this in my crazy, younger years of "no pain, no gain" mentality. Too many people I know suffer now from the way they continued to push themselves and worked out all those years at the expense of their bodies. Sometimes reality is a hard pill to swallow and admitting that the older body just can not do what a younger one can is perfectly OK!

We can all agree that exercise is healthy, and it improves heart and brain function, aids in controlling weight, slows the effect of aging and helps lower the risks of several chronic diseases. We need to keep moving and keeping our bodies healthy and strong. Resistance training is a great way to stay strong since it extends beyond improving our muscle strength. It has the ability to exert force quickly or what is referred to as power. As we age, activities of daily living such as standing up, sitting down and climbing stairs demand strength and power which become increasingly important as we age. It is vital to maintaining overall functionality and independence. I love sharing

We all need daily attention, and we are very fortunate to have a community of all ages here in Los Barriles that recognizes that everything can be moderated to the needs and capabilities of each individual. Our older athletic participants are a testament to perseverance, the resilience of the human spirit and our endless capacity for growth at any age.



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### Benefits of Exercise

- Exercise promotes better sleep and helps maintain a good sleep cycle.
- Exercise puts the spark back into your sex life.
- Exercise can be fun and interactive and be social!
- Exercises help in the improvement of brain memory and health.
- Exercises can reduce chronic pain.
- Exercise can help skin health.

Read the color version online at [www.eastcapearts.com](http://www.eastcapearts.com)

BATS Continue From Page 25

Since we arrived in early November BATS has been out to work on trails upwards of 40 days And we are far from finished.

Coming up, we plan to reroute Gummy Connector which has been damaged by cows and rainwater. We also aim to get Poco Facil and Cara Cara pruned wider. Righty's/Greenhorn will get some more tending too. Big thanks to Steven for pruning Greenhorn!

All of this takes more time than you would expect. And again, we can't do it without your help. Please help by contributing via the link below. BIG THANKS TO ALL OF OUR SUPPORTERS.

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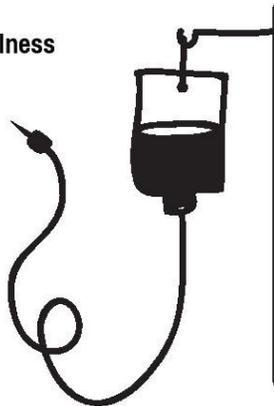
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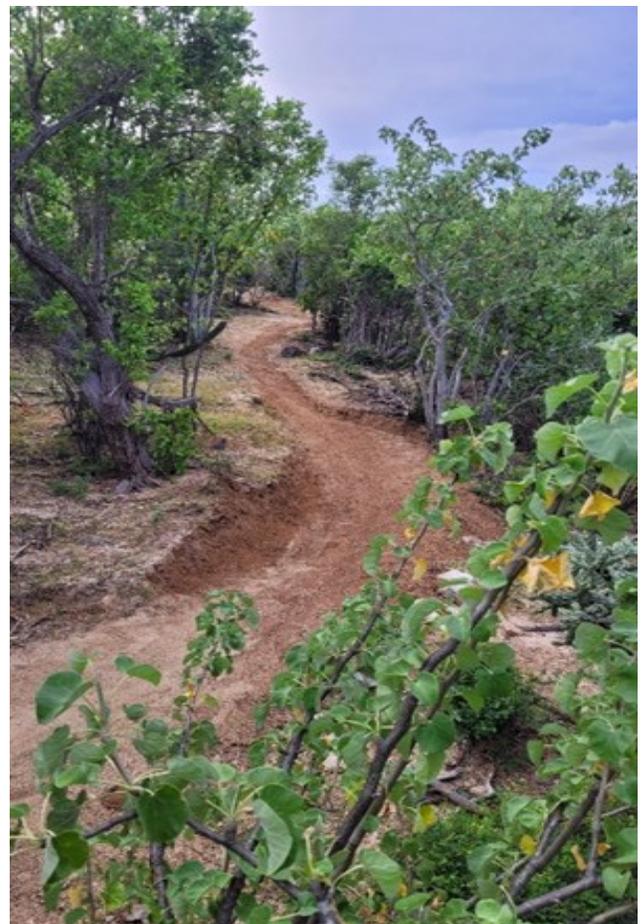
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## *A Feeding The Hungry Story*

By: Blackie Gordon

### **A Glimmer of Hope.**

When I was a kid I always went to bed hungry. It was just normal for me. In fact, it was so normal I thought every kid was always hungry. I guess I noticed that some kids had nicer clothes, newer shoes, and talked about going places, but that was just the way it was. I didn't really question it. I guess you don't when you're young.

One day I stole a box of coloring pencils from a girl at school. They were bright, shiny, smooth, colorful. I wanted them so much. I took them home with me.

We had never had anything like these in our house before. When my mum found them, she was angry. She forced me to tell her where I had got them. When I told her I had taken them from another girl at school, mum was very cross. She marched me round to this other girl's house. Mum lectured me the whole way. It was a long walk. The other girl didn't live in the same part of town as we did.

When we got to this girl's house my mum made me give the pencils back, say I was sorry, and apologize for taking them. I felt embarrassed and uncomfortable. Strangely the other girl didn't even seem to have noticed her colored pencils had been missing! All the way home my mum held my hand. She told me how proud she was of me for giving the pencils back and apologizing for taking them. My mum explained that some people had more things than we did, but it was not right for us to take them. She talked about how life was not always fair, but that was the way it was. My mum explained that we didn't have lots of money, didn't always have lots of food, didn't have new clothes, but that didn't mean that we could not be rich in decency, in honesty, in trustworthiness, and in working hard. She gave me lots of hugs. I think this was the first time I realized we were poor. I went to bed hungry, but I never forgot that day.

I have kids now. A while ago, when taking one of my kids to the doctors, I read an article in a magazine that suggested that poor nutrition in children limits their mental as well as their physical development. Sometimes, when I lay awake at night,



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I wonder what I could have become if I had not always been hungry as a kid. Could I have become a doctor, a dentist, a vet, a lawyer, an architect? I question if I hadn't always gone to bed hungry how much more could I have been?

Now I work two and a half jobs. Life is a struggle. Sometimes it is very tough. I am passing on to my kids my mum's teachings of decency, honesty, trustworthiness, and hard work. We don't have new clothes, we don't have a fancy house, we don't have transport, we don't take holidays, we don't live in the good part of town. However, we do get Feeding the Hungry food vouchers. These ensure my kids do not go to bed hungry like I did. I may not have won in life, but I believe my kids have a chance.

With a better start in life than I had, they may one day become doctors, dentists, vets, lawyers, or architects. Time will tell. They may contribute much more than I can ever do. I really hope so.



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# Life of a Baja Dog: Part Two

By: Bill Osborne

My name is Missy and I am a Baja dog who adopted Bill and Cheryl last New Year's Eve. I told my story last year on East Capers. For those who didn't read my story or forgot, here is a summary. I am about 8 years old and before landing on Bill & Cheryl's doorstep, the local vets said that I lived on the beach for two to three years. I was frightened by the fireworks on New Year's Eve and searched for a friendly place to get away from the noise that hurt my ears. After sleeping on a nice, soft blanket outside their trailer, Cheryl made me a scrambled-eggs breakfast. For the next few days, I roamed the beach, but kept coming back for more of Cheryl's treats. Within a couple weeks, Cheryl opened the trailer door and invited me into their home-away-from-home. She gave me special food and even allowed me to sleep on the couch in the trailer. Cheryl made me feel special as she placed a nice blanket and a pillow for me to fully enjoy the couch. For the first time in many years, I had a family that wanted me. Some might say I am a bit spoiled!

Bill and Cheryl adopted me, got me all of the necessary shots and took me to their home in Washington State. The following is an account of my new life with them. In order to get to the United States, I had to fly on an airplane, which was a totally-new experience. Before take-off, Alaska Airlines had me wait an hour before loading me

into a crate. During that time, I greeted a lot of children who were waiting for their flight. It was fun when kids came up and asked Bill and Cheryl if they could pet me. I did my best to give these kids some joy.

About an hour before the flight the Alaska Airline people loaded me into the crate and sent me down the ramp to the cargo hold. The flight went off without a hitch, landing in Portland, Oregon three hours after takeoff. I was so happy to see Bill and Cheryl when they cleared customs. I was on my way to a new life.

My new home is situated on the Columbia River. The new house was much nicer than anywhere I have ever lived. Cheryl bought me a very soft bed for the living room and blankets for the bedroom. When it was a bit cool in the house, Cheryl covered me with a warm, fuzzy blanket. It didn't take me long to realize that I was living the life of luxury! They made a special dog run for me so I could do my duty and then return to my new home.

On one morning, Bill woke me up to take me outside. I was shocked to see the green grass covered with a blanket of snow, something I had never seen before. The snow was soft and fluffy, but really cold. I loved playing in the snow, but was more than happy to return to the warm house. Several hours later, he took me for a run on the road leading down the hill. I played and did my duty until I was tired. When I came back to the house, Cheryl had the fireplace running to get me warm.

When temperatures warmed, Bill took me down to the Columbia River to swim. While it was fun, I have to admit that I love the Baja beach. For the rest of the summer, I realized that my life was different. Gone were the long runs on the beach. Although I missed the beach and all the new people I met in Los Barilles, I realized that Bill and Cheryl love me.

On a special day in October, Bill and Cheryl put me into another crate and loaded me on to another Alaska Airlines flight. After three hours of flying, an hour in customs, and an hour and a half bus ride, we arrived in Los Barilles. I couldn't believe my eyes when I saw the beach and the water. As soon as Bill let me off my leash, I ran to the water, swam, rolled in the sand, and then repeated the sequence several times. Each time I came out of the water, Bill played with me. He chased me and then let me chase him. I played so hard that I was exhausted.

One thing that I have overcome was my fear of cars. A year ago, Bill and Cheryl had to lift me into the van to go anywhere. After a period of time, I became more confident and less fearful of cars. Now, when either one of them opens to van door, I can't wait to go for a ride.

For the next two months, I was living the dream, but something was wrong. Every time I went outside to do my duty, it took me longer and longer to urinate. After several trips to the veterinarian, Bill and Cheryl were given some bad news. "Your dog has Transmissible Venereal Tumors (TVT) which are cancerous tumors of the genitalia in dogs. The tumor cells are passed from dog to dog during breeding. They form cauliflower-like masses that range in size from small, less than 5

*Continued On Page 31*

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*Baja Dog Continued From Page 30*

millimeters wide, to large, more than 10 centimeters wide. The treatment is a series of six chemotherapy infusions. By the time you finish the treatment, your total cost will be about \$1,500. What do you want to do?"

I wasn't sure how Bill and Cheryl would respond. They are living on a fixed income. If they didn't agree to the treatment, my life expectancy was less than a year. I couldn't believe my ears. Without hesitation Bill and Cheryl's only question was, "When can you start?" Wow! They really love me. The treatments were done and now all I can do is hope that the chemotherapy was successful. I am one lucky dog? Yes, I sure am glad I visited them last New Year's Eve!

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# East Cape Guild Scholarship Fund Fun Funraisers

By: Kim Plotkin

The East Cape Guild continues its quest to raise enough money to put all eligible children through high school on the East Cape (247 high school and college scholarships in 2023). Just as importantly, the Guild helps bring together the Mexican and Expat communities through fun fundraisers, many of which are coming up soon. Mark your calendars!

**February 2<sup>nd</sup>.** The Mexican Community Celebrates Tamale Day at the Cancha in Los Barriles. The Festival starts at 7 pm. Tickets are \$30 and are available at the Saturday Market, Baja Properties and LB Properties. Five delegations will be competing for the best tamale awards. Sixty-four tamales will be in the competition and one ticket gets you all the tamales you can eat along with salads being provided by the Guild. The Festival will also include Mexican dancers and a mechanical bull!. To go tamales will be available for sale starting at 4pm.

**February 14<sup>th</sup>.** The Guild will hold a Valentine's Day dinner, dance, and silent auction at Tio's Restaurant in Los Barriles. Tickets are \$75 and will include live music, a complementary welcome drink, and a special dinner. Buy tickets at the Saturday Market or at Baja Properties. Tables 4 and 8 are available for reservation so come with your partner and friends.

**March 1<sup>st</sup> and March 2<sup>nd</sup>.** The Guild's Second Songwriters Concert will be bigger than last year. This year the concert will involve 5 visiting songwriters from Nashville's Combustion Music including some returning grammy award winning musicians from last year and 1 visiting songwriter from Canada.

The VIP dinner and private concert on March 1<sup>st</sup> will take place at Hotel Palmas de Cortez which has graciously agreed to host the visiting songwriters. The VIP dinner

will be limited to 120 people and tickets will be available through direct sales at \$200 per seat. Dinner will be prepared by award winning Thai chef Marc Narongchai from Talay at the Montage Resort. Dinner and music will start at 6pm. If interested attending the VIP dinner on March 1<sup>st</sup>, contact Kim Plotkin at [Kaplotkin@aol.com](mailto:Kaplotkin@aol.com)

The town concert on March 2<sup>nd</sup> will also take place at Hotel Palmas de Cortez. Music will commence at 5:30 and will run through 9:30. The opening act of the concert will be the Lack Family who will play original songs. The visiting songwriters will follow the Lack Family. The concert will conclude, as it did last year, with a group musician jam session and dancing. Expect this year's community concert to be even better than the amazing premier event. Standard seating will be \$50 per ticket. Premium seating tickets, with designated seating, private bar and dinner table service will be \$100 per ticket. Food will be available for purchase from Don Roberto's, Tio's and Umi. Drinks will be available for purchase at cash bars. Tickets for the town concert will be available for purchase at the Saturday Market and at Ronival.

If establishments are interested in sponsorship of the Songwriters Concert with name signage, social media and poster publicity contact Kim Plotkin at [Kaplotkin@aol.com](mailto:Kaplotkin@aol.com).

Please support the Guild by attending these amazing events that we work hard to bring to our community.



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# Scuba Diving In The East Cape

By: Cheryl Hampton aka Scubacheryl

Rich diverse marine life in the Gulf of California formerly known as The Sea of Cortez

From Lands End in Cabo San Lucas to La Paz to the north, this area offers many amazing, world class diving experiences. I have been diving this area since 2009, often weekly as part of my business takes visitors to these great local spots. I know it's world class here as I've dove much of the divers bucket list, Galapagos, Raja Ampat Indonesia, Palau Micronesia, Fiji, Tahiti, most of the Caribbean, etc. Baja California Sur is very different, not wildly colorful, but the density and diversity of the marine life is astounding.

Let's start right in the middle with Cabo Pulmo and it's national Marine Park. This small eco village began serious reef protection in the early 1990s and it shows. Offering many fairly shallow dive site options 30-60 ft depths, divers come from around the world to dive with the huge schools of swirling jacks in the late fall, whale watch during surface intervals through the winter months, and springtime into summer to see the thousands of mobula rays jumping high out of the water and darkening the sun above on a great dive. Sharks, turtles, huge groupers, rays and eels make frequent thrilling appearances. Throw in dense schools of many types of fish and there is something for everyone. From beginners to advanced divers most surface with big smiles and lots to chat about while preparing for a second dive below the shiny surface. Here small pangas are loaded with gear at the shop and then are launched from the beach as soon as divers make the short walk to the shoreline and climb aboard. Back roll entries are the norm and returns to shore involve hopping over the side to wade ashore and make the short stroll back to the shop.

If you need something less physical both Cabo San Lucas and La Paz offer marina-based diving where you step from the dock onto the dive boat. These locations both offer some great diving options.

Cabo San Lucas has Lands' End for dramatic above and below views complete with playful sea lions and the wall

of a deep canyon. Once I encountered a whale shark there at 40 ft depth who joined my dive but that is a rare occurrence. What is normal however are tons of fish, eels, rays and occasional sea horses. Pelican Rock offers shallow entry as boats anchor in 20 ft Sandy bottom, cruise ship and tour boats buzz about on surface while you slowly drop over the Rocky edge of a canyon that is 1200 ft deep. Check out the boulders for eels hiding and then follow the sand falls down the cliff walls while you keep an eye on the deep for whatever might swim by like a small school of eagle or cow nosed rays. The sea lion colony loves to drop in on divers and playfully chase each other past delighted divers' content to lay on the sandy bottom and just watch. Cabo also offers corridor diving just north up the coastline or combinations so lots of choices.

*Continued on Page 34*

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*Scuba Continued From Page 33*

La Paz is well known for its whale shark snorkel tours in winter months, but it also offers great nearby reef and wreck diving. Swanee Reef is so densely populated with fish it's hard to see the reef while descending from above. You quickly realize it's undulating with fish you can slowly join and then swim across the reef, eye to eye with the school. Both cormorant birds and sea lions hunt here so it's always a nature show. Two wrecks, the Fang Ming and El Salvatierra offer very different experiences. The first lays on its side, fairly intact so you can swim through easily with a good local guide showing the way. We came upon a good-sized turtle sleeping on the top level. The other wreck is broken and scattered with lots of marine life populating it. Nearby islands also offer sea lion diving and more shallow reefs.

Water temps vary greatly from mid 80s in summer to chilly 60s in the winter with visibility crystal clear in the warmer months to milky looking in the winter as the water then is nutrient rich, drawing much pelagic marine life to these waters. Divers here range from new divers just certifying, advanced divers from all over the world come to see the amazing sights, to divers rediscovering this sport again after taking a gap for life. All skill levels can enjoy scuba diving in the Gulf of California written about by John Steinbeck and called the Aquarium of the Pacific by Jacques Cousteau. Many local dive shops

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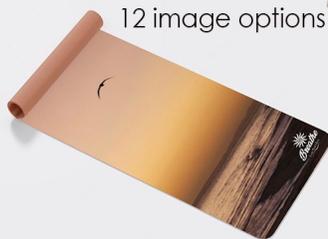


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Schooling Jacks at Cabo Pulmo

# *Baja Shakespeare - THE ADDAMS FAMILY FIESTA*

By: Kim Scholefield

If like me, you grew up watching The Addams Family television series, to revisit these kooky, loving, eccentric characters, all these years later, just warms my heart. Our script began from a Broadway musical, which we have adapted, because of course, The Addams Family live in Rancho Leonero and all the action happens locally. We've added twists, turns & a lot of local humor. Ancestors are culturally important and valued in Mexico, so we have incorporated ghosts into our story; these Ancestors of Baja Shakespeare Past reveal insight into our characters and their paths towards light, love and what is "normal". Are any of us "normal"? Ha! Hold that thought!

Dates of The Addams Family Fiesta 7 shows are: Opening Friday February 16, Saturday 17, Sunday Matinee 18 and Wednesday 21, Thursday 22, Friday 23 and Closing Saturday 24. Curtain rises promptly 7pm, Matinee 1:30pm, a great idea for those who do not drive in the dark. Our theatre is located in the Convention Center at the Hotel Palmas de Cortez.

Tickets are available for purchase in Los Barriles at Homes & Land of Baja, otherwise known as Carlene's office, which is open Monday through Friday 10-4 & Saturday 10-3. Ticket prices remain the same as previous years, 500p or \$25usd.

Also available are dinner tickets for the Mexican Combo, available the evening of your preferred performance. Bar opens at 5pm, dinner begins 5:30, outdoor seating, beachside! Same price as last year, 500p, \$25 usd.

This Baja Shakespeare's 24th season is guaranteed to be spirited, super fun & oh so joyful! We continue to be a miracle built on blood, sweat, determination. Thanks to our formidable Ghostly Minstrels, you will be tapping your toes, singing along, Snap Snap! Our costumes are



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## *On Nopales*

By: Renée Lagloire, M.A. Anthropology

There are hundreds of species of cacti in the arid and semi-arid regions of the world. In Mexico, an important cactus is the domesticated *Opuntia ficus-indica*, known in English as the prickly pear cactus, in Spanish as *nopal*. While *Opuntia* species hybridize easily, it is thought that the origin of the wild prickly pear cactus is in central Mexico. The archaeological record shows its domestication around 8,000 years ago. It is known that the Aztecs and Mayas consumed young prickly pear cactus paddles either raw or cooked as greens. *Opuntia* fruit, *tuna*, was also prized, as it continues to be.

In Mexico, the prickly pear cactus has become a national symbol. The Aztec stories speak of a tribe who left their homeland (*Aztlán*) to build a new capital city. The prophecy of Huitzilopochtli, the Sun and War God, told of a land near a lake where an eagle, perched on a giant cactus would be seen, eating a snake. The search ended near present day Mexico City, when an eagle was sighted on a prickly pear cactus with a snake in its beak. That is where Tenochtitlán was built. Its name in Nahuatl, the language of Aztecs, translates as “the

place where cactus pear grows on stone.” Together, the eagle, the prickly pear cactus and the snake have become an icon of national pride, and are featured on the Mexican flag.

The prickly pear cactus paddle, just like the cactus itself, is called *nopal* in Mexico. In Mexican markets and supermarkets, it's easy to spot *nopales*. They are a flat vegetable, typically picked when they are young and tender, about the size of a large human hand. Their large thorns are generally removed before being displayed for purchase. If not, they need to be removed ... ever so carefully because they are sharp! The paddles are versatile and can be consumed raw, roasted, boiled, toasted, fried, pickled. They can be served as salad, side dish, taco filling. Often they accompany eggs, meats and poultry. The paddles can be mucilaginous (think okra) unless they are boiled or roasted.

A healthy choice, prickly pear paddles are high in fiber, antioxidants and carotenoids. They are a tasty side dish with fish or pork tenderloin. This roasted cactus paddle salad is delicious and refreshing. Give it a try!

*Continued On Page 37*



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*Nopales Continued From Page 36*

**Ensalada de Nopales Asados - Cactus Paddle Salad**

**The Cactus:**

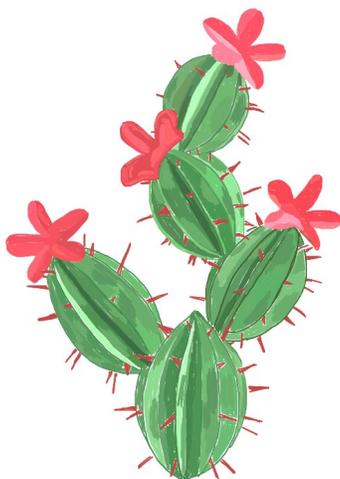
6 medium fresh cactus paddles (about 14 oz. total), cleaned of spines  
1 tbsp. olive oil  
About ½ tsp. salt

Cut cactus into ½ inch squares. Toss with olive oil, sprinkle with a little salt and roast about 20-30 minutes in a preheated oven (400 degrees) or until all of the liquid has been evaporated. Cool.

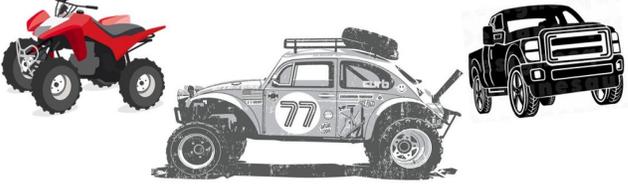
**The Salad:**

4 large tomatoes, finely diced  
½ serrano chile, seeded and stemmed, finely chopped (more or less, to taste)  
1 very large or 2 small clove garlic, finely chopped  
3 tbsp. cilantro, chopped  
1/2 cup finely diced white onion  
1 tbsp. fresh lime juice  
3 tbsp. olive oil  
3 tbsp. crumbled Cotija cheese  
Sliced radishes for garnish

- In a medium bowl combine the tomato, *chiles*, garlic and cilantro.
- Rinse the onion under cold water to remove the bite, drain it well and add it to the bowl along with the lime juice.
- Add the cactus and the olive oil to the bowl. Taste and adjust salt.
- Plate up in a bowl lined with lettuce and garnish with sliced radishes and crumbled *Cotija* cheese



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Recycle by sharing with a friend or return to East Capers Rack!

## SNAP Los Barriles

By: Paula Myers

SNAP Los Barriles had an exceptional year in 2023, marking a record-breaking achievement by providing 1520 spay and neuter surgeries. This impressive number represents an increase of 379 surgeries compared to the previous year.

One of the questions frequently posed to us is, "If SNAP is performing more surgeries than ever, why are there still so many stray dogs? Why is the rescue consistently full? Why is there such a high demand for foster homes? And the most frequently asked question is, why does this dog still have its balls?" These are all valid inquiries, yet when we seek answers from our metaphorical Magic 8 Ball, it often responds with, "ask again later." Just like many aspects of life in Mexico, the solutions tend to reveal themselves mañana!

If we look at trends in the United States, they may shed some light on the situation for our canine companions here in Mexico. Sadly, man's best friend is increasingly being abandoned on the streets, often by individuals facing financial hardships and unable to provide food or shelter for their pets. The same financial strains that lead to relinquishing pets have also caused a decline in pet adoptions. Moreover, the pause in spay/neuter surgeries during the pandemic has likely contributed to the increase in the animal population.

While this news may be disheartening for all the animal lovers out there, let's focus on the silver lining. Programs like SNAP Los Barriles play a crucial role in preventing the growth of unwanted animal populations. We don't rescue or foster animals, our goals are simple: We want to stop the problem at the source and educate people about how to be a responsible pet owner. By spaying and neutering 1520 dogs and cats in just one year, we potentially saved our community from facing over 10,640 more unwanted animals. Over the span of five years, the same 1520 animals could have multiplied to create a staggering 53,200 unwanted animals.

As we celebrate Spay and Neuter Awareness and Responsible Pet Owner month in February. In addition to the daily appointments available with Dr. Cristobal, SNAP will be hosting a community clinic on February 4th. Community clinics is how SNAP Los Barriles got its roots and we love all of you that want to volunteer to be part of the clinic.

While we may not have all the answers regarding these persistent challenges, Dory from Finding Nemo reminds us that there is one thing we always have power over: our personal actions. Maintain a positive outlook, get involved, donate and remember that no matter how challenging the situation may seem, we must "just keep swimming" towards our goal of a better future for our furry friends!

To donate or get more information on what is happening at SNAP visit our Facebook page at SNAP Los Barriles or visit [www.snaplosbarriles.org](http://www.snaplosbarriles.org).

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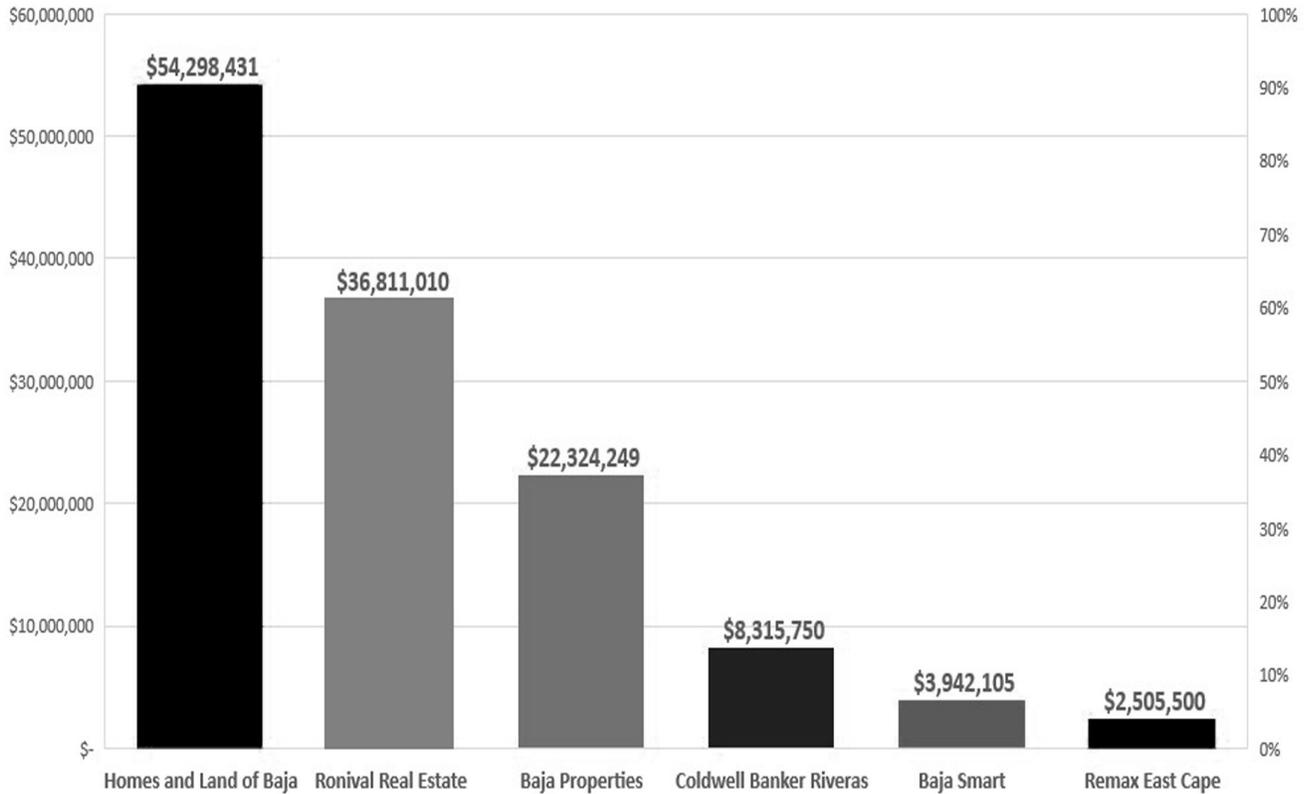
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## 2022 - 2023 Sales and listings on the North East Cape



## Results say it all so give us a call!

Take a look at the 22-23 stats from the Northern part of the East Cape! These are stats that represent where our buyers and sellers actually are, not stats from down close to Cabo. In Real Estate many people talk about how good they are and what they can do for you, but we believe that results say it all.

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



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### **HOSPITAL PARTNERSHIP**

Our partnership with major hospitals in Los Cabos supports us with their high-quality affordable and services. We are very carefully to select referrals.

### **EAST CAPE HEALTH CENTER LA RIBERA**

We are excited to announce an important update regarding our health center in La Ribera. We'll be rotating doctors from Los Barriles to la Ribera to improve healthcare in our community. In November, a new team will join us, increasing availability for medical care.

### **PRIMARY & EMERGENCY CARE**

With doctors ready to assist you in any situation, from a medical consultation to emergency care.

We are proud to offer comprehensive care to the East Cape community, with special programs for children. All of our services are available to residents and visitors to the community.

### **AFFORDABLE INSURANCE IS HERE**

East Cape Health Center is a trusted provider of a variety of insurance plans from short-term travel policies to global coverage for your entire family. Visit our website to get more information and quotes.

**Come and check us out**

*Charlene Wenger*

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