



# East CAPERS

Periódico Free/Gratis



Photo by Bill Osborne

## What A Great Season We Have Had!

By: Christine Courtright

Festival de Artes is a pleasant memory in our minds and Asociación de Artes can take a *short break* with our three events and 4 issues of the East Capers magazine behind us. This gives us time to pause to reflect on what we have done this 2023-24 season.

Asociación de Artes (AdA) produced 4 great East Caper Magazines, thanks to the talented writers in the East Cape and our advertisers. East Capers Magazine is there to help you know what is going on, what to do, how to live here successfully and get a chuckle or two from some of the fun stories. We started our event season with a fantastic Holiday Art Show at our new home at Hotel Palmas de Cortez. We then moved on to our Artist Studio Tour which was so much fun and this year had the most artists participating we have ever had and a great time was had by all! Our memories of the 29<sup>th</sup> Annual Festival de Artes are still so fresh in our minds with the great sites, sounds, smells and shopping. The festival was made possible by our generous sponsors and we want to thank Ronival and the Ronival Los Barriles team for being our headlining sponsor and C & G Builders along with Baja Properties for supporting the entertainment. We had a great crowd and AdA is so proud of the growth of our events and happy to bring joy to so many. The way we raise the funds to buy the school

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## The Passing of A Pioneer

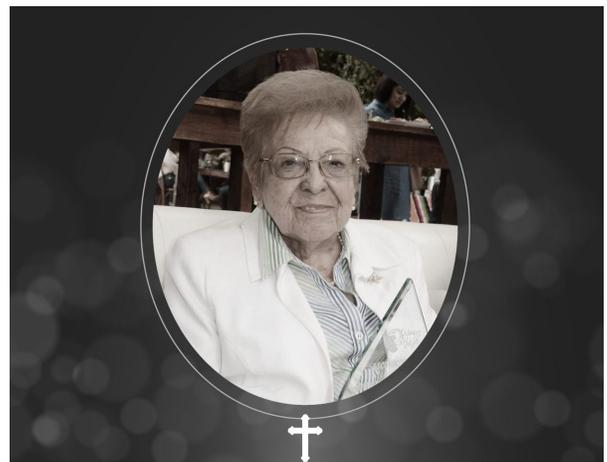
By: Christine Courtright

The East Cape lost, what many would like to call, the founding *Mother of Tourism* in Los Barriles and the surrounding areas. Rosa Maria Ruiz Gonzales Van Wormer (also known as Doña Chacha), died February 26<sup>th</sup> surrounded by her family, at the age of 87.

Doña Chacha was an amazing woman, a woman way before her time. She was a powerhouse businessperson, when women did not run organizations and therefore is a great role model to Mexican women and girls (all women and girls!) because of her accomplishments and example. She was a true pioneer in hospitality and fishing in the region.

Doña Chacha was born in Santiago, B.C.S. Her brother, Tico, originally started Hotel Palmas de Cortez in the 1960's. She and her husband, Robert Van Wormer then built Punta Colorada. When Tico passed, the Van Wormers took over Palmas and built it up to what it is today. They also purchased Playa del Sol in the early 90's, which used to be called Playa Hermosa.

Doña Chacha married Robert Van Wormer in 1965 and together they had three sons, Roberto, Eduardo and Carlos and she later became the proud grandmother of 10 grandchildren. Working tirelessly for her entire life, including while raising her children, she and her late husband built a thriving resort and tourism empire with the hotels, resorts, fishing activities, and many other businesses in Los Barriles and the East Cape area. Not only



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## 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.



*Great Season Continued From Page 1*

supplies and do the improvements is through our events and with ticket sales from the Artist Studio Tour, and our raffle and silent auctions at the Holiday Art Show and Festival de Artes. We depend on the businesses who support us with donations for our baskets/auction and all of you out there who buy tickets and bid on auction items. We thank everyone for their support of AdA and our mission.

The events don't just happen out of thin air. Planning for the next event starts a week after we had an event and we are constantly trying to improve and make it a memorable event. AdA has several volunteers to thank for making the events a success. Janet King and Cheryl Osborne are our *powerhouse* donation collectors! Our raffle and silent auctions are the major fundraisers, and without them, we could not do much! Mary Naylor, Julie Shipman and Tamra McKinney have donated their artwork for our posters and help us stand out with a 'brand' that folks have grown to expect – amazing posters! Brian Cummings is one of the original AdA members, delivers to East Capers to the stands and he keeps us inline making sure we are doing it right. Steve Potts and Megan are there at our events selling drinks along with many behind the scenes things. And our event volunteers, who will help with the 'day of' jobs of selling, vendor coordination, setting up and taking down.

We would not be going to all the work producing the events if we did not have a good reason to do so. And we do! Asociación de Artes supports 21 schools in the East Cape from El Cardonal to San Bartolo to La Ribera and what is in between! We supply paper, pencils to crayons, do minor school repairs, service and replace AC units and this year doing a complete face lift on the Los Barriles Secondary/High School computer lab. That included 10 new laptops and a printer with more laptops to come. We felt that the lab was an important thing to do as technology has reached every job out there and it is important for the graduates of today to understand technology and to be able to navigate around it. And in this case, we were able to get a two for one, as the LB Secondary and High Schools share the lab! Great bang for our buck! We do whatever is necessary within our means to "help make the educational experience the best it can be".

In the first paragraph we said "short pause" because now that events are behind us, we will be delivering supplies, pushing forward with repairs and surveying the schools to see what their needs are at this time. We know we have more toilets to replace, concrete to repair, paint to collect so parents can paint classrooms and curriculum books to purchase. Ok, time to make lists and I got to go shopping!

Keep up on what we are up to at our website at

[www.eastcapearts.com](http://www.eastcapearts.com)

*Passing Of A Legion Continued From Page 1*

was the empire she helped create the center of tourism but was also the main source of employment for the Los Barriles community and its neighboring towns for many years.

Many of us spent our first night in Hotel Palmas de Cortez and some of you might remember it was one of the only places in town to get a good meal. I still remember the good times at the Mexican Buffet – way back before Bayview. That was 'the place to be' when it was Mexican Buffet night! Gee, I wish that would come back!

Doña Chacha, even at 87 years old, was still in charge of the companies occupying the position of General Director until her passing. I remember just a few years ago, going into her office to discuss the Festival de Artes needs and requests. I was in awe of this small in stature women, who looked way younger than her years, and her ability to keep all the balls in the air with all the different businesses.

In 2019, she received recognition for her contribution to tourism in Los Barriles. Festival de Artes had a presentation ceremony where dignitaries from Los Barriles and La Paz County, along with much of the family, were there to present her with her award. As director of the festival, it was a great honor to be a part of that presentation.

We look forward to the growth and continuation of the Van Wormer Resort empire and seeing the generations that Doña Chacha groomed for her replacement continue with the legacy that she built.

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## ***Baja Magic Or Not? That Is The Question!***

By: Chris Courtright

Think about when you first came to the East Cape. I first came to Los Barriles in 2001. Packs of dogs roamed the beaches and streets and there were hundreds of feral cats and dogs everywhere. The nearest High School was in Santiago and schools had very little even though Asociación de Artes (AdA) worked hard to make money to buy the schools the essentials. There was no one to help the hungry, and the town fountain, well, was it there? It was not very memorable.

Since 1993, Asociación de Artes has been supporting the schools in East Cape and “*helping to make the educational experience the best it can be*”. We have spent years doing what was within our ability to improve education in the schools we support. As AdA grew, we could see the improvement with the education at the schools. As time has gone on, we do more than just school supplies. We improve the facilities and the quality of the education. And it must be working because the number of applicants for High School scholarships to the East Cape Guild grew to hundreds because the first 8 years of school was a good experience, and they want to continue! And that is fantastic! There is nothing more important

to our way of life here in the East Cape than seeing that the kids are educated and develop a love of learning! Being educated opens doors for their entire life and family, and that is the number one thing that will keep this community the community you want to live in, feel safe in and dream about. Educate the youth, and you build a future for everyone! Educate the youth and they get jobs and stay off the streets and all the negatives that can bring!

These days you almost never see packs of dogs roaming the beaches and streets – and if you see a few running around they have collars- the international sign of ‘*I have a home*’. We have Cortez Rescue to thank for taking the animals and finding them a home. And the number of unwanted pets has decreased significantly because of the tireless work of S.N.A.P. and their free spay and neuter clinics and community education about benefits of spay and neuter. Without S.N.A.P., Cortez Rescue would be more overwhelmed than they are with pets that need a home, and that is a huge benefit! One organization needs the other for sure! How cool if the work of S.N.A.P. could keep the unwanted pet numbers down so that there were only a few pets that needed a home!

We also have Rotary International of Los Barriles and what they do to make the community nicer, how they help the surrounding communities with improvements like clean water, and we have the beautiful fountain that greets those coming to our community. Rotary does a great job reaching out to the locals and helps improve and educate them in things from sanitation/clean water to dental care and health screening and so much more.

And so many other organizations feeding the needy in the community like Friends Feeding Families and Feeding the Hungry who both make sure no one must go hungry. And these are just a few of the organizations that are out there improving the lives and taking care of the residents of the East Cape.

I bring this up because if we want the *Baja Magic* to stay here in the East Cape making this the place we dream about and desire to live in, we need to ALL get out there and help out! Our world has changed, and the divisions are greater in many ways. One way we can bridge the divide is to educate, feed, help with health care and care for the needs to help improve their lives and opportunities. Without volunteers, many of the activities and events would not happen. We need all of you to step up and share some of your time with all the different organizations. All the fund-raising events that you love to attend just don’t magically happen. They take hours of planning, many volunteers and folks who are dedicated to seeing that a difference is made! Volunteering does not take much time and is a great place to meet folks and the feeling you get knowing you made a difference is priceless. And yes, you DO HAVE THE TIME to give!



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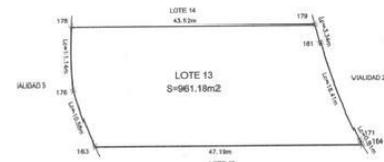


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*Baja Magic Or Not Continued From Page 4*

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What is the alternative? Well, this magical *Baja* could become a not so pleasant place to live. We might see a huge uptake in crime and other issues that go along with it. And none of us want that to happen, but it is your choice. It is up to us!

So, figure out where you can help, and get out there and help! (Might I suggest Asociación de Artes!!!) You have the summer to decide whom to support and have several organizations to choose from. All of the service organizations have needs and commitments that can take many hours or just a couple hours a couple times a year. It is up to you. If we want the magic to remain, then it will take all of us to see to it! So, get out there!!!! Give of your time or money or both!!!! It will take a village to keep the *Baja Magic* remaining in the East Cape!!! I will be waiting for your email- eastcapersmagazine@gmail.com

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# Peek Below the Surface – Snorkel the East Cape

By: Cheryl Hampton AKA Scubacheryl

Visitors and residents come to the East Cape area of Baja California Sur, Mexico for lots of reasons but almost all love the sea. Gazing at it for signs of marine life, jumping in for various water sports or watching others on or in the sea. I love encouraging others to experience it for themselves. One great way to do that is to try snorkeling as we have many amazing, easily accessible locations that can be enjoyed by novices as well as experienced snorkelers.

The usual novice concerns are they aren't strong swimmers, or they are anxious about what might be hanging about in the water. The saltwater increases buoyancy and life vests add additional lift so don't worry. Snorkeling is

really more about relaxing and floating on the surface while marine life puts on a show below you. Put your mask on before you enter the water, immediately put your face in the water and you can see everything around which really helps novices relax by removing the fear of the unknown. At any area before entering the area, check the wave action and watch how others are entering the water. If it's too windy and wavy for you, just try another day. A good experience will hook you for life while a bad experience may prevent you from appreciating how special it can be to watch marine life while in the water.

There are several locations where you can join a snorkel cruise out of Cabo, Cabo Pulmo, Los Barriles or La Paz. Boat snorkeling provides easy access in and out of the water, all equipment is provided and often offers multiple stops so you can experience varying terrain. If you have your own beach capable vehicle and are more

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adventurous, beach snorkeling this area is for you.

The East Cape has many great spots to snorkel right from our beautiful beaches. From south to north, among the most popular are Playa Santa Maria and Playa Chileno in the area referred to as "The Corridor" as it's between Cabo San Lucas and San Jose de Cabo. These public beaches have all the amenities from parking to toilets and the snorkeling is very good. There are usually service providers that will rent you everything you need for a great day of beach snorkeling. Chileno is handicap accessible and Santa Maria requires a bit more walking so choose accordingly or visit both. The marine life is so diverse and plentiful at these locations that boats from Cabo San Lucas come to visit for scuba and snorkeling so it can become crowded on a busy day.

Next up, Cabo Pulmo National Park, established in 1995, where many operators offer boat snorkeling in the park. There is plentiful marine life with hundreds of fish types, eels, lobsters, turtles, sharks, rays and more in the protected 27 square miles. Boats typically visit 2-3 sites including a small sea lion colony. Be prepared for 12 KM of unpaved road to reach Cabo Pulmo as it can be pretty rough at times depending on when it was last graded. High clearance 4X4s are recommended but many low cars creep down this road daily. Once in the village, you can walk down the beach to the south of the village and snorkel from the beach, but most prefer to drive a bit further south another 5KM to snorkel Playa El Arbolito

*Continued On Page 10*

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*Snorkeling Continued From Page 8*

or another 5KM further to Los Frailles. Arbolito has a very small admission fee and has vendors offering some rental equipment. Frailles has no services but offers shelter from the north wind if it's blowing and a beautiful long walk able beach. Be very careful here not to leave the hard packed areas with your vehicle if you are new to beach driving as it can be very soft, and you will likely get stuck. That advice is actually true for all beach accessible locations referenced in this article. At Los Frailles once in the water head a bit north for a great rocky area to snorkel or outside anywhere on the sand flats for rays, fish and occasionally turtles.

Los Barriles area offers several great snorkel spots. There is a rocky area on the south edge of town in front of the white condos called Mar Y Sol and Hotel Agave. Rent a UTV or 4X4 to drive there, or you can walk down from the main road or walk south down the beach from Sunrise RV Park. You can also park at Playa La Gaviota and walk north to reach this area. Once you put your mask on, carefully enter the water on either the north or south end of the rocky area, watching for tripper rocks and head toward the outside edge. Once you put your fins on, stretch out on the surface and begin watching for the many fish that will appear. The last time I snorkeled there I saw thousands of fish of many types. Rays are frequently reported on the outside sandy area that surrounds the rocks.

14KM north of Los Barriles lies Punta Pescaderos area. The Coast Road is unpaved and can be very rough so a UTV or 4X4 is highly recommended. You can alternately drive 34KM up a paved windy road but keep your speed down and watch for sections that have degraded. Locals refer to Playa Palo Blanquito as Snorkel Beach or Shell Beach for obvious reasons, great snorkeling and a million shells on the beach. There are very dramatic rocks surrounding the point and they offer several channels you can use to access the outside for an amazing snorkeling experience. Don't forget to look in the shallow areas as octopus have been seen in the waist deep rocky areas. Another 10KM north will put you in El Cardonal with a pretty beach and another small reef area for snorkeling. Neither of these beaches offer any amenities but you can visit nearby hotels or restaurants for lodging or dining.

Now just gather your group, get out and go adventuring to make those memories. When you are out exploring be sure to take plenty of water, snacks and sun protection in the form of sun shirts or reef safe sun protection products.



The advertisement features a vertical stack of large, red, stylized letters spelling 'QUAD GIRL' on the left side. To the right of the letters is a black UTV (Utility Vehicle) with a roll-over protection structure, parked on a sandy surface. The background of the advertisement is a blue and white pattern of coral reef structures. The text 'ATV/UTV Rentals' is written in bold black letters above the UTV. Below the UTV, the phone number '888-QUADS4U (888-782-3748)' is displayed, followed by '011 521 624-154-7661' and the website 'www.quadgirlinc.com'.

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3  
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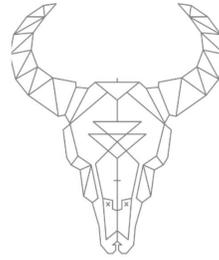
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## Caps For Cancer - A Trip To La Paz

By: Sallyanne Johnson

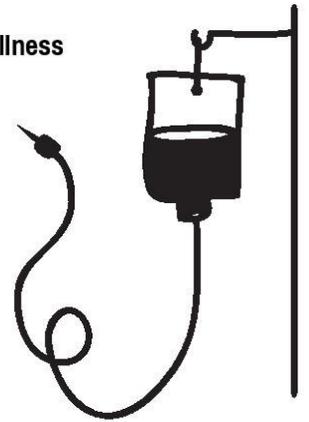
Last month I was part of a group of women who went to la Paz for the day. This was no ordinary trip to La Paz – no long list of items needed from Home Depot, no grocery shopping or other such errands. We were on a Caps for Cancer mission. Annette Kaiser is a force of nature, and many years ago started Caps for Cancer. She spends an inordinate amount of time and energy accumulating yarn and women to crochet and knit hats, clothing and blankets for children with cancer. These knitters and crocheters are local women who mostly live in La Ribera – they are busy women involved with their large extended families and many of them have jobs as well. Somehow, they find time to make these tiny articles that are so very much appreciated.

Annette had gathered us to distribute these items to various institutions in la Paz. Our first stop was CRET, a rehab facility for young cancer patients and their families. Unfortunately, there were no children that day because of a meeting being held there. We decided to return at another time as we wanted to personally hand out clothing and toys to those children and their parents.

We continued to Casa Valentina which is a residential facility for young cancer patients (and their families) receiving treatments at Juan Maria de Salvatierra, the government hospital just across the street. The staff were very friendly, and grateful and excited about the large bags of small hand-made items we dropped off. They showed us around this cheerful place decorated with lovely wall murals. In one inner courtyard the wall there was a rainbow and a heart where there hung a bell with ribbons hanging down from the clanger, and a sign saying “Toca 3 veces para compartir mi tratamiento ha finalizado” or “Ring 3 times to share that my treatment has finished”. We were not able to meet the children there, but we did come across one little boy and his mother in the parking lot on their way to the hospital.

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His eyes lit up when we put the cap on his head and placed a toy truck in his hands, and his mother was so grateful.

Our last stop was Casa Cuna, an orphanage. Contact with the children was not allowed – 46 of them, ranging in age from 7 weeks to 17 years old. The staff were so proud of their newly renovated greeting area and adjoining playroom. The walls were covered with gaily painted murals. And they were very appreciative of our donations. Caps for Cancer is a wonderful organization; they truly make a difference in the world.

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# The Lost Passport

By: Bill Osborne

One of the worst things a traveler can do is to lose a passport. The rules for air travel are quite specific. According to the U.S. Department of State [Travel.State.Gov](http://Travel.State.Gov), “*Air Travel: U.S. citizens (including infants and children) departing from or entering the United States by air are required to present a valid U.S. passport to board an international flight.*” If you are driving to Mexico, your entry will be denied without a valid passport. Similar rules apply to travelers using a Canadian passport.

If you somehow lost or misplaced your passport after boarding the plane home to the United States, a Global Entry card will get you back. Another benefit of the Global Entry card is passengers can avoid long lines at Customs.

If you do not find your passport within a few days report the lost or stolen passport immediately to protect yourself against identity theft. There are three ways to report: online at [Travel.State.Gov](http://Travel.State.Gov), by mail, or in person. There is also a phone number 877 487 2778 which will guide you through the replacement process. Two required forms DS-64 and DS-11 will be needed in order to replace your passport. These can be found at [Travel.State.Gov](http://Travel.State.Gov). One of the problems with replacing a passport is timing. Using the conventional protocol, it can take up to eleven weeks to obtain a new passport.

If, during your stay in Los Barriles, you lose your passport, according to [Travel.State.Gov](http://Travel.State.Gov), “You will have to replace the passport before returning to the United States. Contact the nearest U.S. Embassy or Consulate for assistance. Contact information for U.S. embassies and consulates is also available in our country information pages. Ask to speak to the Consular Section to report your passport lost or stolen. If you are scheduled to leave the foreign country shortly, please provide our consular staff with the details of your travel. We will make every effort to assist you quickly. You will also be directed to where you can obtain a photo for your replacement passport. In most cases, you will need to get a passport photo prior to your arrival at the consular section.”

The U.S. State Department will do their best to expedite the process. The nearest location to Los Barriles is in Cabo San Lucas. Their office is at: Tiendas de Palmilla, Carretera Transpeninsular Km 27.5 Local B221 San José del Cabo, Baja California Sur, C.P. 23406. Their phone number is 624-143-3556. When I tried to call, it was quite challenging for me to get the needed information. The person I spoke with said, “Best thing would be to come to our office.”

If your passport is lost in the United States, the typical replacement time is 8-11 weeks. Residents of Seattle, San Francisco, Washington D.C., Los Angeles, Houston, Chicago, Atlanta, Miami, Philadelphia, Ottawa, and London can apply for a new or replacement passport through Travel

*Continued On Page 15*



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PHOTOGRAPHER

Passport Continued From Page 14

Visa Pro's emergency service at their office. The Seattle office is forty minutes from downtown. Their phone number is: 206 855-5185. To apply for this emergency service through Travel Visa Pro, you will need to submit two copies of a recent photograph, a US passport renewal form and evidence of immediate travel plans such as a plane or cruise ticket. For an additional fee, Travel Visa Pro can complete all the forms to eliminate any chance of mistakes delaying your application. The experts at Travel Visa Pro take charge of the entire application process, ensuring that everything runs smoothly and you can rest assured that your passport will be granted in plenty of time for your trip.

In the meantime, just remember that any visas in your lost or stolen packet will have to be reissued or replaced. Some countries may simply charge a re-issue fee for lost travel documents. However, as your visa is tied to your old passport with its number and specific expiration date, new visas are most likely required.

You cannot get your lost or stolen passport replaced if you cannot prove that you are a US citizen. As such, you must have original certified documents as a show of your citizenship. You can either use your birth certificate, your previous US passport, or a US naturalization certificate. In the matter of a birth certificate, the document should be original and certified. Additionally, it should have the names of your parents and should have been issued in the municipality in which you were born. You can also use your previous passport. It will not matter much whether the passport is valid or has expired. Once again, the Global Entry card is an excellent resource!

Your travel plans are necessary for proving your need to get your passport in a hurry. There are several ways you can present this information. You can either submit a flight itinerary or an email showing the confirmation of your flight. If none of these options are convenient for you, a business letter from your employer can work too. All that matters is evidence as to the cause of the urgency.

Once they have all of the necessary documents, the processing time can be as short as 48 hours. Travel Visa Pro charges \$249 for two-week service, \$299 for one-week service, \$399 for four-day service and \$499 for two-day service. The U.S. government charges \$190 for the new passport. There may be additional U.S. State Department Fees and Foreign Government Consular Fees. Fed Ex overnight shipping fees will be included. While it seems like a lot of money, it is a method of replacing your passport in short order. If you are not within reasonable driving distance to Seattle or one of the other Travel Visa Pro locations, you can sign up for expedited service at [travelvisapro/passport](http://travelvisapro/passport). Because you will be dealing with additional shipping, there will be a delay and additional fees in getting your new passport delivered.

Best advice: make certain that you do not lose your passport!



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## WEROS STORY

By: Annie Hewitt

Wero came from who knows where, he wandered fields and streets,  
Would he ever find the love he craved and have enough to eat.?

Days and months, a year went by, still trying to survive,  
At this stage roaming on his own he was lucky to be alive.

Then came His lucky day when he was picked up off the streets,  
Cortez rescue spotted him, and tempted him with treats.

Ever friendly, he came close, to see just what they had  
These human angels, hands outstretched, it couldn't be that bad.

Life would never be the same, he was taken back to base,  
They called him Oso, showed him love,  
Now he had his own place.

The first days were a little strange, but everyone was kind,  
The humans came and brought him food, so he really didn't mind.

Tests and a bath awaited him,  
Food and obligatory cut,  
He was better off here, than on the streets, even though it cost his nuts.

His human friend was Goody,  
A sweet angel, that was she,  
Goody was his teacher, and showed him how to be.

Lots of cuddles and kind words,  
He even learnt his name,  
Goody called him Oso, and Oso he became.

Now with a clean bill of health, and a temporary home,  
Things were looking good for him, no more days to roam.

A forever home, with love and care, that was his only need  
Throw in some walks, and petting, and of course regular feed.

But 300 days he waited. Soulful eyes watching humans walk by free,  
They didn't notice his tail wagging, or his eyes pleading ... please pick me.

"I'm a fast learner, Give me a chance, I promise I will be,  
Good and faithful, well behaved, Please pick me " his silent plea.

Luck changed again, as he was taken to a Cortez meet and greet,  
Not knowing who might be there, to scoop him off his feet.

Amber came and met him, love at first sight, meant to be,  
5 Could this be his forever human, please please pick me.

Back to LavaWERAs laundry, forever home, but another name,  
WERA means blonde, and blonde he was, so WERO he became.



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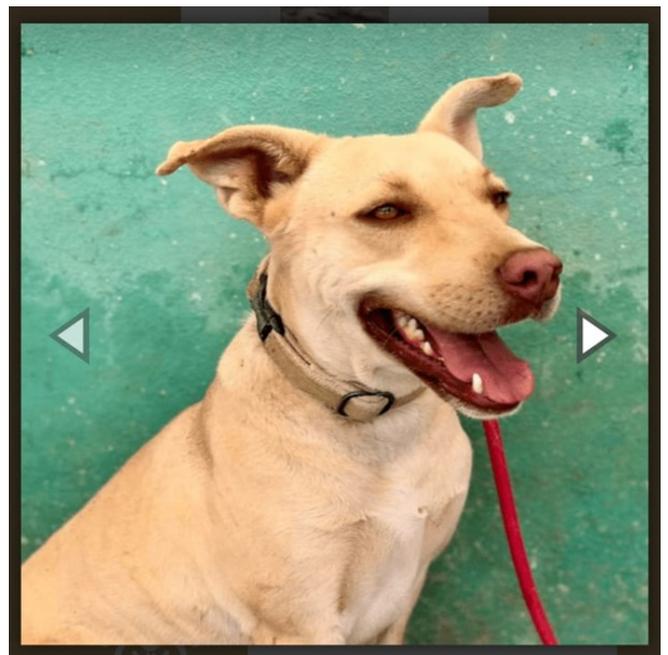
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You'll see him here, free and proud, he loves it at the park,  
The beach, & play with 4 legged friends, there is no call to bark.

He is friendly and loves cuddling, take a moment to say Hi.  
Rub his neck or belly, he is such a lovely guy.



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## ***Team Humanity Baja... Who Are They?***

By: Jo Dibblee Founder of Team Humanity Baja.

Team Humanity Baja serves *New Creations Kids* in La Paz and those in deep need here in Los Barriles. It has been eight years, and what a blessing.

History: We met the children of New Creations Kids in 2017 and have worked with them since then. Our organization, Team Humanity Baja, was formally established in March 2019 to elevate, educate, and empower children at the New Creations Kids group home, as well as those struggling with poverty and other organizations that tirelessly serve the community.

It's important to clarify that New Creations Kids and The John Gallo Home for Children in El Cardonal are two separate homes supported by various organizations. Neither is an orphanage.

With the support of generous and giving people, we can all do great things.

Last year, we built three new structures at New Creation Kids, expanded the animal husbandry program, and purchased a replacement van—none of which would have been possible without those who gave so generously!

Team Humanity Baja collaborates with those we serve, working with local people to create sustainable change that respects their culture and customs. Our goal is to promote and increase self-sustainability.

Alma and Roberto Osuna care for the children and have managed and run the group home for over 20 years. They are the backbone of the organization. Up to 30 children can reside



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at any given time. Our goal is to serve and support them in meaningful and practical ways. And ensure we are adding value and easing the load.

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*Continued On Page 19*

Team Humanity Continued From Page 18



It brings me great joy to share a milestone update for the children of New Creations. Our latest project focused solely on the children being seen as individuals and their value while learning English.

You, too, can make a significant difference in the lives of these children and those struggling. If you're interested in getting involved, please join our group at <https://web.facebook.com/groups/teamhumanitybaja/>

Our membership program is open. Come join us at **Good Humans doing GREAT Things**, where 100% of your contribution goes to the causes we support. <https://www.zeffy.com/en-CA/ticketing/627f2414-7f2f-49dc-bdfe-3f23dfc0379d>

Together, we can positively impact the lives of those in need.  
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hard thing, but to  
turn it into glory.***

***William Barclay***



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## *Friends Supporting Families*

By: Robin Neal

Friends Supporting Families (FSF) has had a busy and very productive first year. Our volunteers have continued to make beaded gifts and treasures for the Saturday Market which began in November. We volunteered our help for Curso de Verano, participated in local events such as the Sign-a-Thon, Holiday Art Show, Art Walk, Art Show, toy drives, food drives, fishing tournaments, yard sales and Baja Shakespeare to raise money to feed local families.

Additionally, a \$72,000USD grant was written and funded with YachtAidGlobal to provide disaster relief for families in Los Barriles, El Coro, San Bartolo and El Cardonal. Over 100 families were given materials to repair roofs, water tanks were given, food was donated for 50 families, 100 pairs of shoes were given to local children, 20 sleeping mats were purchased, and a new refrigerator, freezer and industrial stove were purchased for the DIF in Los Barriles.

We received very generous donations from numerous donors, and ongoing support from Gringo Groceries, and Joe's Deli.

Currently, we received a very generous donation from Elfriede Adams to purchase a cabinet to store our food donations at the DIF. Local Los Barriles residents Chris

Roberts and Sharolyn Davis are constructing and painting the cabinet. It will be delivered once completed!

In our first year, we have gone from feeding one family per month to 24 families monthly! If you have old jewelry or beads, we gladly take all items as we will turn them into beautiful gifts. We gladly accept monetary donations, as we continue donating food for 24 families during the 8 months that the market is not operating. If you are interested in helping our organization, please contact Robin Neal at 916-759-6305 WhatsApp, or at [fsflb.info@gmail.com](mailto:fsflb.info@gmail.com)

Thanks to all who have generously given their time, talent and money to support our local community! We ARE making a difference!!



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# The Gut-Thyroid Connection

By: Kathinka Roesiger

Since I started working as a Health Coach and Nutritionist here in Baja, I have come across an increasing number of people, who either have been diagnosed with hypothyroidism or suspect that they are dealing with this issue. This prompted me to dive deep into research on the subject and ultimately write this article. I apologize, if this text is a little bit too “sciency” in part, however I would like readers to understand the basic functions and connections between gut, gallbladder, liver, and thyroid so you can perhaps make an informed decision for yourself or at least know where to continue with your own research.

There is a surprisingly large subset of people, who do not have hypothyroidism, but have been told that they have, because they have a few symptoms. This often happens because the appropriate cross referencing with lab work has not been done.

These symptoms are commonly attributed to Hypothyroid Issues:

1. Tiredness, Fatigue
2. Dry Skin
3. Brain fog
4. Weight gain
5. Constipation

It is important to consider:

Gastrointestinal (GI) problems such as irritable bowel syndrome (IBS, IBD, SIBO) are 45 times more common than hypothyroidism.

Many of the non-specific symptoms attributed to poor thyroid function can be caused by gastrointestinal disturbances (e.g., fatigue, depression, constipation).

There is a growing body of evidence substantiating that corresponding GI treatments can resolve these symptoms. This helps us appreciate that your gut health is more likely dysfunctional than your thyroid. However, in both traditional and natural medicine there is still a strong focus on Thyroid and not enough on gut health



A recent Meta Analysis has shown that 37% of patients on thyroid replacement hormones were actually able stop their treatment and they were fine even after a 5 year follow up.

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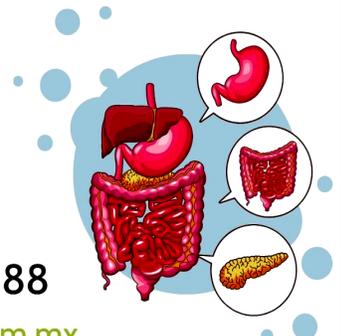
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Similar data published suggests that up to 61% of those with hypothyroid diagnosis can successfully discontinue medication. This suggests that a notable portion of those diagnosed as hypothyroid may have been prematurely placed on thyroid replacement based on an incorrect diagnosis. The reason aside from symptoms may be that elevations of TSH (thyroid stimulating hormone) can be transitory in nature and do not necessarily reflect a long-term state of hypothyroidism.

Another reason behind this could be fluctuations in the conversion from T4 to T3 hormone. T4 is not the active form of thyroid hormone. It has to be converted to T3. The thyroid

gland only partially does this job, however 80% of the T4 gets converted to T3 by the liver and kidneys. If the liver is overwhelmed by filtering out junk (from bad nutrition, reduced or thickened bile or gall bladder stones, alcohol, etc.) the rate of conversion may be reduced. The thyroid gland is then not getting the raw material it needs in order to release sufficient thyroid hormone when stimulated to do so by TSH.

You may want to check TSH and both T4 and T3 levels with your doctor regularly in case Hypothyroid is suspected or has been diagnosed. More so, if you are being treated for hypothyroid, but your symptoms have not improved much. Instead of going down the hypothyroid lane right away, it may be prudent to first address any digestive issues and see if symptoms resolve.

Continued On Page 23

*Thyroid—Gut Continued From Page 22*

And if you are already taking thyroid hormone medication better gut health may help with absorption of said medication so you may be able to reduce the medication in the long run.

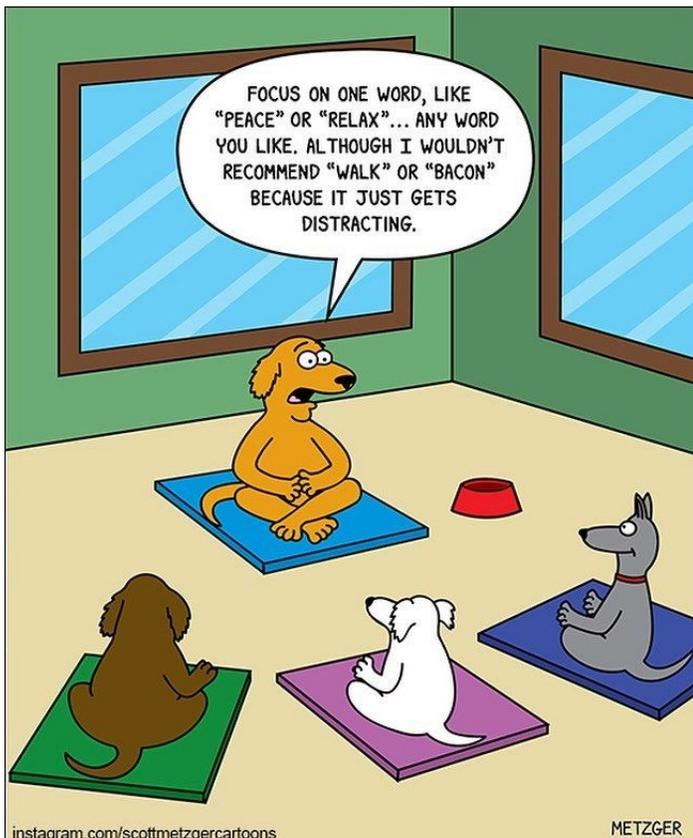
Several studies have shown that after treating digestive tract issues like SIBO, IBS or H-Pylory infections (a bacterium that specifically infects the stomach) TSH levels have decreased alongside other symptoms like fatigue and depression. For others improving bile flow and addressing liver health have normalized hormone production.

Helpful dietary and lifestyle interventions for repairing your gut health can be elimination diets (low FODMAP,

Autoimmune PALEO), probiotics, digestive enzymes and herbal supplements. Those interventions will take a few months; however, is that not preferable to lifelong medication?

**To summarize:**

- Gut dysfunction causes thyroid-like symptoms
- Reduced bile flow and poor liver health can cause reduction of thyroid hormone production
- Gut dysfunction is 45 times more common than hypothyroidism
- Hypothyroidism can be incorrectly diagnosed and over-diagnosed
- Gut dysfunction care can resolve “thyroid symptoms”
- Gut care can reduce required thyroid dose and/or improve thyroid function



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## On Eggs

By: Renée Lagloire, M.A. Anthropology

It was around 300 million years ago that sea critters emerged onto land. In that process, they evolved hard shells in order to keep their eggs hydrated outside of the water. It was a very successful adaptation. All dinosaurs were egg-layers, and for 160 million years (from 225 million to 65 million years ago), they reigned the earth. Birds are descendants of a line of maniraptoran dinosaurs, which diverged around 150 million years ago.

The convoluted evolutionary story of the domestic chicken begins much later. Around 7,000 to 10,000 years ago, flooded lands attracted hungry birds out of SE Asian forests, including varieties of junglefowl. Most likely motivated by cockfighting, people began to breed the wild red junglefowl (*Gallus gallus spaedicus*). The genetic trajectory leading to the domesticated chicken is difficult to detangle because the red junglefowl was most likely bred with other wild species. It's also likely that it was domesticated more than once, with hybrids brought together to breed. Archaeological sites show chickens buried with human remains, suggesting a reverence for the birds.

Sometimes in the shadows, and sometimes fully embraced, cockfighting is deeply connected to the history of chickens. By 5,000 years ago, domesticated chickens were bred from China to the Middle East. They reached Egypt 2,800 years

ago, where industrial quantities of eggs were produced in large incubating rooms warmed with firewood. For the first time, eggs were broadly incorporated into the diet and cuisine of an influential culture. Chickens arrived in Europe around 2,500 years ago where they were considered exotic pets, or prized combatants. Over time, as chickens became more common, they were increasingly seen as sources of food, both for their meat and their eggs.

Domesticated chickens came into the Americas twice. The first time was in pre-Columbian times (1321-1407) in Peru, and was the result of contact with Polynesian cultures. The second was through the Spanish *conquistadores* into Mexico. Prior to this contact, it's known that the Aztecs and Mayas of Mexico consumed the eggs and flesh of turkey, Muscovy duck, quail, pheasant and various small birds. Chickens, their eggs and cockfighting were quickly integrated into Mexican culture.

Interestingly, over time, the word for egg, *huevo*, has taken on colloquial meaning in Mexico. For obvious reasons, *huevos* are a popular nickname for testicles. But it goes way beyond balls! A few examples, barely scratching the surface of this linguistic richness, are offered. To be daring is to have eggs "*tener huevos*," while the opposite, lacking eggs, "*faltar huevos*" is to be a coward. Someone who is a "*huevon*" is lazy, while someone who is "*huevo*" is built/muscular. If someone answers you with "*a huevo*," it's an enthusiastic yes.

*Continued On Page 26*

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Eggs Continued From Page 25

*Que hueva!* means what a drag!, while *estar de huevo* says it's cool!

Today, Mexico has one of the highest *per capita* egg consumption in North America. In 2021, residents of Mexico ate an average of 409 eggs (compared to 285 in the US, and 253 in Canada.) Eggs are nutritious, packing protein, healthy fats, vitamins A, D, E, and iron. While they are relatively high in cholesterol, for most people, eggs are a healthy part of a varied diet.

In Mexico, eggs star in so many delicious dishes, for example soups such as *sopa de ajo*, or pickled eggs as in *huevos en escabeche*, cooked with chicken livers in *higaditos*, or even in desserts such as *huevos reales* or *flan*. This recipe for eggs poached in a chile tomato mixture is so delicious! By adjusting the proportions, it can serve one person, or even a crowd. Conveniently, the broth mix can be made a day ahead. Enjoy!

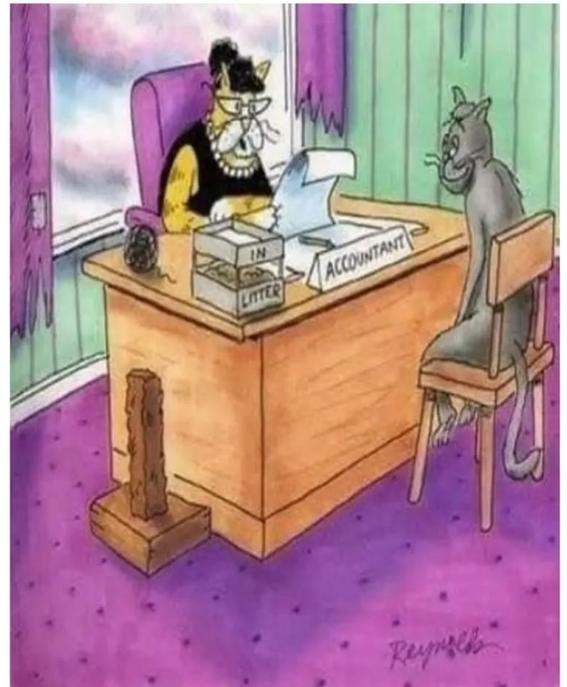
### Huevos en Rabo de Mestiza – Eggs Poached in a Chile Tomato Broth

1/3 cup oil  
1 ½ cups thinly sliced white onion  
7 poblano chiles, charred and peeled, cleaned, and cut into narrow strips (*rajas*)  
2 pounds tomatoes, charred  
3 cups water  
Salt to taste  
8-12 eggs

- Heat oil in large skillet and cook onion until translucent, about
- 2 minutes Add chile strips and let them cook for about 3 minutes, stirring frequently.
- Blend charred tomatoes for a few seconds only, do not puree. Add to the onion-chile mixture. The sauce should have some texture.
- Cook over fairly high heat for about 10 minutes, or until the sauce is well seasoned and has reduced somewhat. Add water and salt and continue to cook for a minute. The sauce can be made up to this point and then reheated to cook the eggs at service time.
- Crack the eggs, one by one, onto a saucer and carefully slide them into the hot broth.
- Cover the dish with a lid and let the eggs poach very gently only until set, about 6-8 minutes.
- Serve with warm tortillas.



An advertisement for Velabaja.com Watersports. At the top, the logo features a large 'V' containing the text 'VELABAJA.COM' and 'WATERSPORTS' below it. The background is a light grey with silhouettes of a windsurfer, a kite surfer, and a wingfoil rider. In the bottom left corner is a QR code. At the bottom, the text reads: 'LESSONS &amp; RENTALS WINDSURF - KITE - WINGFOIL SUP-KAYAK Los Barriles, Baja California Sur'.



"You can't count your litter box as a deduction just because you do your business there."

## Thank You For A Wonderful 2024!

By: Sheryl Segal

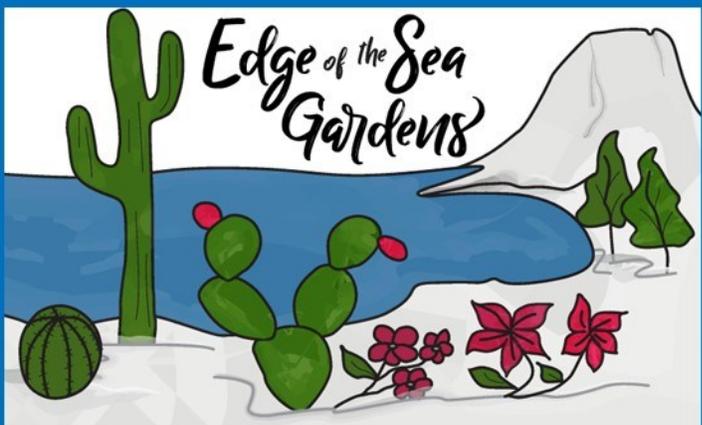
Baja Shakespeare continues to be a huge success and it's all because of YOU!

Our 24th season performance of The Addams Family Fiesta was enjoyed by over 600 members of the East Cape community. Old friends and new joined us on-stage, behind-the-scenes, and in our audiences. We have so much to be grateful for and want to make sure that each and every one of our supporters knows how much we appreciate them.

The Hotel Palmas de Cortez has been our home again for 2 years, thanks to the Van Wormer family. We love performing in the convention center! Kathy Skaggs works to liaison all of our needs, ensuring our access (we keep crazy hours!), and is a champion supporter. Indeed, we literally could not do this without her.

Homes and Land of Baja is instrumental to our success. Kathy Obenshain cheerfully takes the lead to sell show tickets for us and we are so grateful. A special thank you to Hotel Los Pescadores. Patti generously lets us use her lovely patio for our rehearsals every week.

Our volunteers work so many jobs to help BS bring on the show! THANK YOU THANK YOU THANK YOU! Each member of our crew is a gem. It's amazing how everyone comes together to build the stage, hang the curtains, light the stage, sew the costumes, create the props, print the playbill, design the artwork, the list is endless! Our front of house volunteers shows up smiling show after show, welcoming and handing out playbills! Thank you to all the husbands, wives, partners, parents who support the actors and band members through the long & often grueling rehearsals. Thank you to the 50/50 raffle volunteers and for all of the FSF's delicious cookies! We are so proud to support



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East Cape Health, Recycling, Rotary, Friends Supporting Families, Crescent Moon, the Guild and Cortez Rescue. Thanks to our generous supporters and our caring community for all you do for all of us, we love and appreciate you!

With the ticket money collected we will be purchasing music monitors which will improve our sound next year, as well, we are saving up to hopefully purchase LED theatre lighting. As a nonprofit theatre company, we continue to be in the black; amateur and professional theatre companies come and go, but because of your support, we will be back for year 25 in 2025! Baja Shakespeare continues to support local businesses, the ticket money collected is spent right here in our community. We believe in buying and supporting locally!

Our fearless Director, Camilla Ford, will be scouring many scripts searching for the perfect show to mark our 25th year! Stay tuned, you know it will be zany, hilarious and entertaining!



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## ***East Cape Health Center Update: New Dental Equipment Elevates Patient Experience***

By: Char Wengler

We are thrilled to announce the donation of some incredible cutting-edge modern equipment for East Cape Health Center Dental Clinic. This equipment will allow our well-trained dental specialists to perform every procedure possible with excellent results compared to the States or Canada. Our dentistry offers your dream smile in terms of both feel and function.

You may know some of the history of East Cape Health Center, which began in the early 2000's with essential medical and dental services. We have grown into a comprehensive medical and dental center with the dental practice it is today, offering cosmetic and restorative care.

Working with a terrific lab in La Paz, the esthetics of any dental treatment completed here are second to none. With this new equipment, we can communicate directly with your dentist at home and quickly email any records.

Beyond incredible results, our clinic prides itself on being locally altruistic, helping our residents and children receive dental treatment with a pediatric specialist focusing on ages 1-5; those older than 6 join our particular "no cavity kids club," with special offers for their families.

Please note that those of you who visit, live, and play in Baja can help support our medical and dental preventative treatment programs for children and local families who are less fortunate.

If you wonder how to impact this community, get your medical and dental treatments in Los Barriles. This is an excellent way to give back to those less fortunate. By scheduling your dental treatments to be completed here, you would support our dental therapy for local children and adults to receive their dental treatment at a minimal or low rate as they quali-



You may be at a stage in life where you have taken care of your children and their needs, and now it is time to focus on what you want for your dental health. You deserve to have beautiful, functional teeth.

This year, I reached out to a local friend, Dr. Bill Blatchford, who made special arrangements with Dr. Randy Mitchmore, a retiring dentist from Houston, Texas. Randy had a beautiful dental practice and state-of-the-art equipment he wanted to donate to us. In March, we received a new Trios 3shape intra-oral camera. The camera offers a digital impression for various dental procedures without stimulating the gag reflex with normal impression material. The Trios 3 shape Intraoral Scanner and the Prexion 3D CT cone beam offer precise tomography imaging for complex dental procedures like extractions, implants, endodontics, and orthodontic procedures.

East Cape Health Center dental clinic now has a distinctive edge. We are the only practice with precise 3D visualization of the bone structure for advanced dental procedures. The Trios 3shape intraoral camera and Prexion Dental 3D tomography combination significantly advances our dental capabilities. While both types of equipment offer numerous advantages such as precise images, patient comforts, less time in the chair, safety,

*Continued On Page 31*



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## *Minisplit 101 Or Mini Splits For Dummies*

By: Geovany Garciolia with Chris Courtright

What would we do without our beloved mini split AC units here in Baja? I remember coming here before they were common, and it was.... well, let's say fans can only do so much! We have come a long way with comfort here in Baja, but there are some things you need to know to make the AC comfort last. We have found that mini splits units are no different than relationships – either give them attention, loving care and service or they quit – and the AC comfort is one relationship that we don't want to lose!!!

But, never fear: there are some simple tricks that you can do to prolong your relationship with your mini split and enjoy the cooling comfort for years to come. Here are some things you need to know about mini split units.

### **Mini Split 101**

Your mini split unit is separated into two parts. The inside 'head' and the outside 'compressor'. Both need care and attention to give you years of enjoyment and comfort. Much of it can be done by anyone. Please remember your mini split units must have the remote to control it, so always keep that in a safe place! There is no external on and off switches on the mini splits, no remote, no controls.

The inside head needs some fairly simple maintenance. You need to clean the filters at least every 6 months –

unless you live in a very dusty area, then maybe more often. It is a simple process as the filter, which is generally a larger curved rectangle, needs to be removed and cleaned with water and left to completely dry. If you don't know where it is, then get a AC service person over to show you. If your unit is in the kitchen or an area that might be greasy, then you might have to use a de-greaser to get the grime and grease out. Don't scrub the filter so as to damage the screens. Also, if in the kitchen or a greasy area, make sure you degrease the outside and the inside parts you can see. Grease is not a friend to mini split heads. You also want to clean the blower – canned air should help to make the job easier. Wipe the plastic to get off any grime and dust and lubricate the motor that makes the doors open and close. The lubrication of the motor might be something you want to get a professional to do as it is a little trickier.

If your unit is more than five years old, there is a capacitor in the fan and the compressor. Those capacitors need to be checked to see if they need to be replaced. The capacitor is kind of like a car battery IE: lack of use can shorten the life. Even if you do not need your AC unit, it is good to run it for 10 minutes once or twice a month to we will call it 'charge' the capacitor. If you need to replace the capacitor, is not an expensive fix, but when it goes, so does your cold air!

The outside compressor will need checked for the freon levels, to ensure it is in good working order and the fan to be lubricated. A professional will wash the condenser with an acid wash and totally pressure wash the condenser to get off dirt, grime and salt. It is also good to see how much rust there is and ensure that none of the important components are rusted.

It is always wise to do a check and service on your mini split before the hot weather comes when your unit is working the hardest. That is not the time to have your mini split let you down! We do checks with our unit throughout the cooler times to ensure it still works when the hotter weather come. Better to find out there are issues when you don't really need it.

Now, if this process is just more than you want to take on, then please give a professional a call and let them keep your unit working more efficiently and for a long time. It is amazing the difference in your electric bill with an efficiently running unit as opposed to a until not working efficiently. A small investment of money now, will save you a lot in the end. Replacing the entire unit can be costly. So, give your unit love and attention throughout the year so it will remain faithful to you for years to come!

A person to call that can help you out with your maintenance and service is Geovany Garciolia at 624-255-2886. Geovany is the Asociación de Artes AC servicing company for the schools in the East Cape. Last year, he replaced 8 units and serviced 95 units at the various schools in the area! The students and teachers were thrilled to have all the units working at the same time. And have him to thank for being cool in the hot times!



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East Cape Health Center continued From Page 29

and cost-effectiveness, it is crucial to address these cutting-edge technologies that will undoubtedly elevate the standard of dental care in Los Barriles.

The estimated in-office tomography cost is 2,500 pesos, much more reasonable than San Jose Dante's diagnostics which charges 5,000 for the same images, and La Paz with only two large dental practices that charge 3,800-4,000 pesos. Additionally, we received the Biolase soft tissue laser, which allows our team to deliver advanced periodontal (gum tissue) therapy as needed during cleanings. One notable thing about dentistry here in Mexico is that your dentist is also your hygienist, allowing you an even easier way to communicate what optimal dental health may be.

Worth mentioning, we also received a new accessible automatic lidocaine injector. Instead of the usual slightly painful shot prior to a procedure, we now have a new painless injection delivery system, which is wonderful for the little ones.

The surgical instruments we received were a bonus. Randy's choice of instrument quality offers the best one can afford. We will get the benefit of sorting through Randy's inventory, which appears to be a lifetime supply. We also have access to an anesthesiologist for significant dental cases, which is helpful for some of us who are nervous about dental treatments.

We are very thankful for the donation of this equipment from such a prominent cosmetic dentist from Houston, Texas. Dr. Randy Mitchmore spent three days in Los Barriles to ensure all the equipment was used. This donation was arranged by Dr. Bill Blatchford and his daughter, Dr. Christina Blatchford. The three dentists have spent time helping our dentists, Samir and Veronica, learn how to use the new equipment. Dr. Mitchmore has retired from his very high-end practice and transferred his enthusiasm for life-changing amazing results to our Doctors here. He spent time training our team on best utilizing this equipment and will continue to dedicate time to keeping our clinic in top shape. We can do every procedure that can be done in the States or Canada now, and we are ready to give you the smile you have always hoped for and dreamed of. A new smile can give you the gift of looking even thirty years younger!

Beyond helping the community in Los Barriles, we are able to offer definitive dental treatments with the huge benefit of lower costs. You will receive the same care that you would at home, with the same great results, but at around half of the fees you pay at home.

Randy Mitchmore, Bill, and Cristina Blatchford really helped our team connect with the fact that dentistry is all about relationships and connecting with our patients. We want to find out what you truly want and then offer the best options to find a pathway to success. We are so excited to start your long-term dental relationship with us over the first phone call 624-141-0375



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# Los Barriles Singer/ Songwriter Festival Was An Enormous Success And Raised Money For Education

By: John Plotkin

The Second East Cape Guild Song writers' event was a tremendous musical and culinary success! Both events were sold out and attendees are already clamoring for tickets to next year's event. The event raised approximately one-third of the Guild's projected needs to fund scholarships for all qualified students for the 2024-2025 school year. Now for some kudos.

The food at the VIP dinner was prepared by award winning Thai chef Marc Narongchai and his team from Talay at the Montage Resort Los Cabos. The chefs received a standing ovation from attendees. Chris Farren, founder of Combustion music from Nashville, said "the food was the best Thai food he has ever had!" Thank you to Montage Los Cabos, Talay and Chef Marc for bringing this amazing culinary talent to Los Barriles.

The music for both days was sublime with visiting songwriters describing their songwriting process and highlighting their top-shelf musical talents playing their own songs. This year's visiting artists were songwriters from Nashville's Combustion Music – Chris Farren, Chris DeStefano, Payton Smith, Ashley Gorley, Jessica Farren and Sam Bergeson and Canada's Cara Luft. These songwriters boast Grammy and Juno Awards and have written dozens of numbers one hits. In fact, Ashley Gorley, with 78 number one songs, has written more number one songs than any other artist in history. Also appearing and performing original songs at the town concert were local favorites the Lack Family. The Community is still talking about how great the music was at both events.

Hotel Palmas de Cortez, 2024 host to the Song writers' concert, proved to be the ideal venue for both the VIP

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dinner and the town concert offering the perfect combination of intimacy and acoustics to make the event a success. Thank you to the Van Wormer family for helping the Guild raise money for local school children. Thank you to the many people who attended this event including people who travelled from near and far to attend this event including from Los Cabos, Todos Santos, La Paz, Denver, Los Angeles, San Francisco, Nashville and even the Bahamas!



Chris Destefano, Ashley Gorley, Chris Farren

Continued On Page 33



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Guild Continued From Page 32

Next year's Songwriter's Festival is scheduled for March 7 and 8, 2025. The East Cape Guild is an all-volunteer organization and all money raised by the Guild (net of expenses) goes to fund high school and college scholarships for children from the East Cape.

If you want more information about the East Cape Guild or wish to make a donation, please visit the Guild's website at [www.eastcapeguild.com](http://www.eastcapeguild.com)



Payton Smith and Jessica Farren



- ## *Paul's One-liners*
- By Paul LaGloire
- ◆ Our daily life needs to find more purr in its purpose.
  - ◆ One gets more scratches raising hell than rosebushes.
  - ◆ Take life one double shot of it at the time.
  - ◆ To lose gracefully, never bet everything.
  - ◆ Pleasure is delightful when not tarnishing the preceding reality.
  - ◆ No-nonsense is a matter-of-fact existence.
  - ◆ Never appoint the poison gas man to be your heir.
  - ◆ Caught between two evils, don't hesitate, take both.
  - ◆ A life is not lived so to shut up about it.
  - ◆ The goal of life is to hunt up the right scheme.
  - ◆ For those born prematurely, 64 is the logical retirement age.
  - ◆ Live long and prosper longer.



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# Cortez Rescue

By: Nancy McGrew

Volunteers are the engine that enables Cortez Rescue to do the hard work they do day in and day out. In 2023 alone Cortez Rescue was able to rehome 238 dogs.

Caring for a pup from intake through adoption takes a lot of work and coordination. First, the veterinarian team must evaluate the pup's current health status, provide treatments, vaccinations, sterilize then the rescue care team oversees the day in and day out care for the dog. The rescue volunteers work on socializing and leash training the dog. Hopefully the pup is fortunate enough to go into a foster home then and adoption generally requires a flight north (an airport driver and flight angel must be found) to their new forever home. The process is costly and multi layered.

This is why volunteers are so vitally important to the success of the efforts and program. Cortez Rescue would like to showcase an exceptional husband and wife team who tirelessly give their time and energy to Cortez Rescue. Please allow us to introduce Jean and Goody Lobenbruck. These two amazing volunteers are always available and eager to support Cortez Rescue at the pup ups & special events. When needed, they hop in their car and will do airport runs - getting an adopted dog to the airport in

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Los Barriles, B.C.S next to Carmens Cafe

Cabo to get on it's flight north to its adoptive home.

Jean and Goody help recruit new volunteers by telling their stories of how gratifying the work of saving a dog's life can be. They don't stop their work in East Cape either, in British Columbia Canada they act as a liaison for Cortez Rescue to potential adopters. If all is wasn't enough, yes they foster dogs too.

Jean and Goody have been working nonstop with Cortez Rescue since signing up to help and have been a huge asset to our rescue and our pups. They share so much love and compassion for all animals. Goody tell us that she has been traveling to Mexico for 32 years and that it broke her heart to see the suffering of neglected dogs and cats in the streets. When she came to Los Barriles, she met Jenn, Director Cortez Rescue at the Mini Pup Up. They spoke for many hours and Goody felt a very strong connection to her and Cortez Rescue. Goody soon became a Volunteer to help out wherever was needed, at Pup ups, Cortez dog training and walking, puppy cuddling and socializing, Airport driver and Flight Angel, fostering and helping with pups getting adopted. Goody wants everyone to know, "Cortez Rescue and all volunteers are doing an amazing job reducing animal abuse and finding loving homes for these helpless creatures."

If you'd like to become a volunteer for Cortez Rescue, please visit our website and send us an email or fill out the volunteer application form and we will welcome you to the pack! <https://cortezrescue.org/apply-to-volunteer/>



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# Club Rotario Los Barriles Cabo Este

By Linda Snider, Communications Director 2023-2024

Our goal is to work together on unique, sustainable projects to positively impact the lives of others.

**Fundraising.** The Vita's 10<sup>th</sup> Anniversary Fashion Show & Club Rotario Los Barriles Silent Auction fundraiser was a great success! We thank everyone who attended and purchased auction items for your support of our many projects. Next up is the Taste of East Cape, in December.

**Los Barriles Library & Tech Center Project.** Laptops, printer and now donated Skylink high speed internet access has been installed. Thanks to the dedication of member Matei Craciun and his company TruTech. High speed internet access is now available to the public, free of charge. His vision was to give to the community something that most of us take for granted (internet access). He continues work on his vision of creating digital library resources, making thousands of (Spanish) books via tablets available to our community via the Library.

**Generator @ Centro de Salud.** The generator has been delivered to Centro de Salud and is in the process of getting operational at this writing.

**Health Screenings.** April 11-13, 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 & hotel workers, we also screen any adults who show up and ask. We screen for sight problems, diabetes, teeth, blood pressure, pulmonary function and we have 2 volunteer doctors at the screenings. We will be handing out toothbrushes to anyone who wants one.

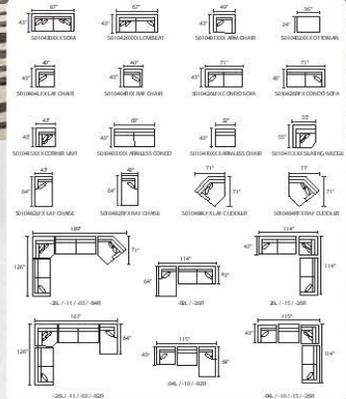
**Children's Day Free Pancake Breakfast.** April 30th we will be cooking on all cylinders to provide a free pancake breakfast at the LB Concha. We will partner with Crescent Moon to provide an art project for the kids to do.

**College Scholarships.** The Michael & Elaine Koehn-Club Rotario College Scholarship. Two \$500 USD college tuition scholarships will be available for the coming school year. Interested high

*Continue On Page 38*



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## *Pitaya: Legacy of a Lost Baja Culture*

A Blossom of History

By: Martina Via [Baja.com](http://Baja.com)

Traveling south into Mulege, you don't want to miss a very local fruit known as the Pitaya. Its history is as rich as the fruit, itself luscious and vibrant as is the Pitaya, when it is sliced wide open.

Pitaya is the fruit of the cactus. Way before recorded history, it is said that the Cochimi Indians waited every season for this fruit from the Organ Pipe, Pitaya Dulce, to ripen sometime in May through July.

When the cactus flowered and the blossom dropped away, they knew the harvest season was near. The globular fruit with spines began to form. Finally, when the Pitaya was about the size of a tennis ball, the festival of the Pitaya would begin with a jubilant celebration. This fruit was in abundance, an anomaly in the otherwise arid and austere life of survival in the desert.

### *Desert areas around Mulege*

The Jesuit missionaries were the first to record their experience of the Pitaya Festival. They noted that the Cochimi would gorge themselves on the wild harvest and the fer-

mented juice. During the feasting, tribes traveled about, mixing with other Cochimi to reinforce their society. It was a rather dangerous time for the young women, as the young men would pursue them while gathering the fruit. Dancing with clothing was optional and happy inebriation lead to matrimony.

The fruit of the cactus provided a highly valued but short-lived seasonal food resource. Additionally, the seeds were prized. Much to the dismay of the padres, the Indians did not remove the tiny seeds from the pulp; instead, after eating the Pitaya, seed and all, they would defecate at a particular spot, later gathering their own dried feces. The seeds were harvested, washed and ground into a meal, probably used in other foods. The padres called this "the second pitaya harvest" and were thoroughly repulsed.

Cochimi were the aboriginal inhabitants of the central part of Baja California from El Rosario to south of Mulege and the Bay of Conception. The first encounter of Cochimi and Europeans was with the Spanish explorers in the 16th Century; in the late 17th century, they came in contact with the Jesuit Missionaries. The Franciscans ultimately took control from the Jesuits, completing the mission establishments up into Alta California. By the early 20th century, the native population had declined significantly due to diseases carried to the region from the "new world," and eventually the Cochimi language and culture became extinct.

*Continued On Page 37*

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Pitaya Continued From Page 36

Today, during July and August, you can find the Pitaya fruit sold along the roadways in some northern cities. La Paz in Baja Sur still honors this history with a Pitaya Festival every year in August. There are many different varieties of cactus that produce fruit. Some are referred to as Dragon Fruit and might have white pulp. This is not to be confused with the rich red fruit of the southern Baja region. To bite into the sweetness tasting like watermelon and strawberry, it is not hard to know why the Indians were so euphoric about its arrival, and stayed that way for months!

How to Make and Enjoy a Pitaya Smoothie:

**INGREDIENTS**

- 1/2 Pitaya (chilled)
- 1 frozen banana
- 1 tray of ice-cubes
- 1 cup of apple juice (or any fruit juice)
- 1 cup of plain yogurt

**PREPARATION**

Simply cut the Pitaya into halves and then scoop out all the fruit with a spoon. Put into a blender, adding a cup of plain yogurt, the banana, ice-cubes and juice. Blend and drink. (Adding Flor de Caña rum is optional but only for some!) You can also whip it up into a frosty Pitaya Daiquiri its flavor will make you want to dance like the Cochimis did.



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

*Rotary Continued From Page 35*

school seniors with some community service minded projects under their belt are encouraged to contact Rotary about submitting an application. Deadline to submit the application is June 30<sup>th</sup>.

Laguna Park Improvements. In association with the Laguna Park Pickleball Club, Los Barriles Delegation and community members who plan to improve & expand the multiuse courts. We are studying options for installation of exercise stations at the park, improvement of electrical & solving drainage problems.

John Gullo Youth Hostel in El Cardonal. We are proud to partner with Leader's 2 Give and several other Rotarian Clubs to help pay for kitchen appliances.

Los Barriles Playground Project. We have hired a La Paz 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. La Paz officials & the Los Barriles Delegation have green lighted the project. We hope to have plans & a budget soon.

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.

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 or Bay View Restaurant in Hotel Palmas de Cortez. 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.



*Models from the fashion show*

**Did you know that 10 out of  
10 people eventually die?**

*US Census Statistics*

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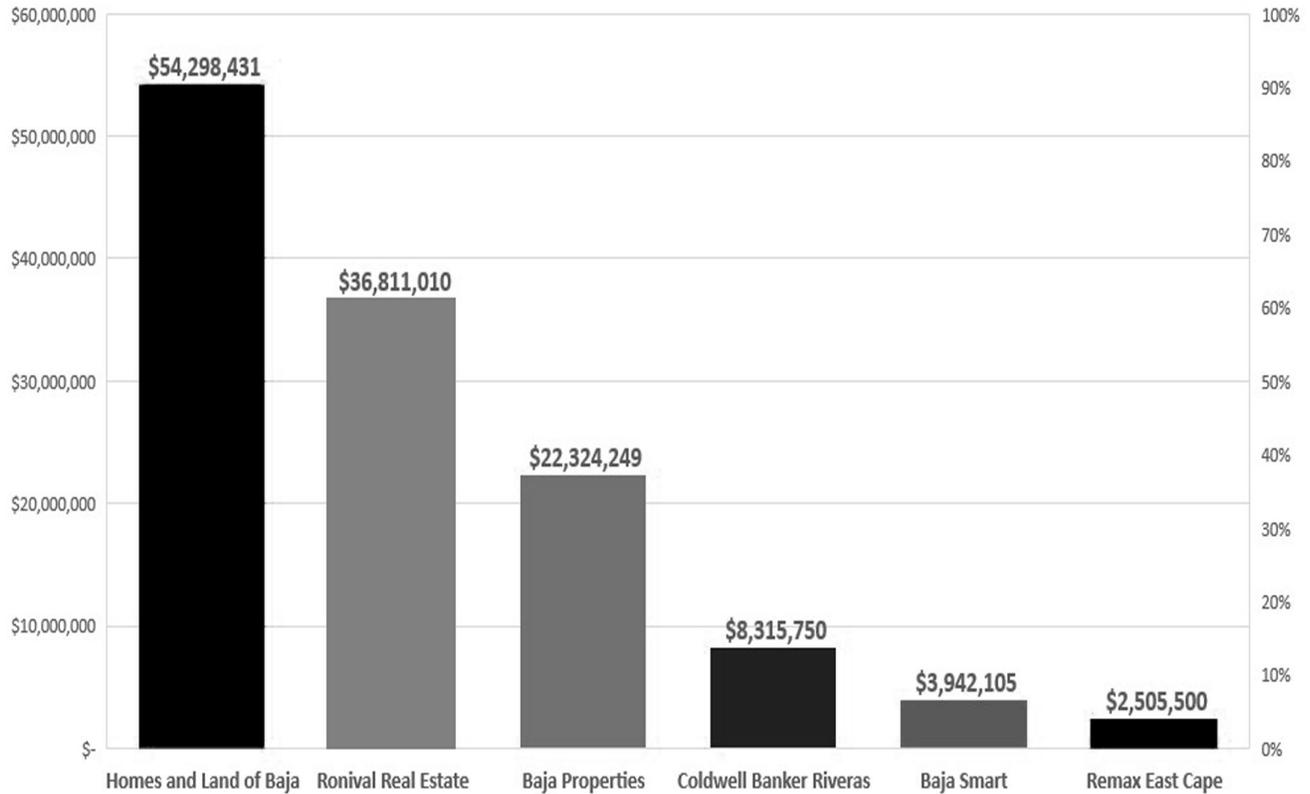
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## 2022 - 2023 Sales and listings on the North East Cape



## 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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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.

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