

Our Community Came Together!

By: Emma Nicholson

A radio feature on how UK food banks were struggling to meet pandemic demand, combined with an almost overnight exodus of Canadians from the East Cape, resulted in four people meeting for coffee on the 18th March to discuss the ramifications for our own community. People with normally stable jobs were losing their livelihoods overnight – as was happening across the globe - but without any support

The result was the Los Barriles Food Bank. Initially it started as collection points around town where people could drop off/buy supplies. Janet and Dave Carlow were the first people to drop rice and beans into the bins!

And then came the huge wave of community support. A fundraising effort began in earnest through Facebook and the BPE with the help of Adam, Tracey and Deb from LeaderstoGive where donors were able to benefit from their non-profit status. The result was thousands of dollars donated in a matter of weeks – an overwhelming, humbling show from our community. We thank every one of you for making a HUGE difference to thousands. We've over 500 donors listed on our website <https://lbfoodbank.com/thank-you/> but we know there are probably many more who made this happen.

Our initial thought was that we'd have around 300 households to feed – those directly impacted by the collapse of tourism. However, it soon became clear that the ripple effect was significant. Typically, we have been feeding around 900 households per week – that's around 5,000 people from El Campimento to San Bartolo, El Coro to Buena Vista and Los Barriles to El Cardinal.

With almost immediate effect, the team started to negotiate deals with suppliers buoyed by the strength of our purchasing power. However, with the creation of the Baja-wide International Community Foundation (ICF), we soon dropped down the pecking order! We must acknowledge the unbelievable hard work of Joe and his team including Zayda and Zamayra for continuing to

source new suppliers, negotiate deals and keep the price of each ration down to an affordable level. Without their constant vigilance we would not have been able to make the money and food stretch to early October.

The ration boxes in the earlier days typically included flour, oil, sugar, tomato paste, fresh vegetables, pasta, lentils, frozen chicken and were topped up with any food donations donated in the bins. In the later weeks, foods were substituted in line with supply availability, volunteer numbers and budget such lentils/beans for chicken.

And starting an initiative from scratch meant we had nothing. Once again, the community pulled together and donated ATVs, trailers, vegetables, bread, fished, lent us coolers, fans, chairs, cars, trucks and even donated a truck – thank you Gary! So many people and groups to mention such as Luis our Delegado and the Delegacion, Martinez & Sons Gourmet Produce in Todos Santos, Quad Girl and Mary's extremely generous donation of her team and her quads, Baja's Awesome Sportfishing, Sergio's ATV Rentals and his team, Chris from Smokey's, Quad Man, Larry, East Cape Bicicleta's.... This list goes on and we apologize if we've missed anyone but we couldn't have done without you.

We also worked in partnership with the Spa Food Bank and La Ribera Food Bank to ensure that we coordinated, helped one another with supplies and shared insights.

Struggling with physical space, the HQ was established in the old Joe's Deli and storage at East Cape Bicicleta's. The team created a highly effective system

Continued on Page 5



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

Advertising in East Capers

Advertising in the East Capers gets the word out about your business AND your ad money supports the 3 week 'Cursos de Verano' summer school, for over 120 local children, provides art supplies for 19 East Cape public schools, baseball camps, just to name a few things the Asociación de Artes does!

In addition to space in the printed version, your color ad appears in the online version at no additional cost. You can download the 2020-21 Advertising Kit by visiting our website at: www.eastcapearts.com

Tax-deductible Contributions to the Asociación de Artes

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

The Asociación is in full compliance with the terms of the NAFTA agreement of January 1, 1994. As such, contributions made to the Asociación de Artes are tax-deductible in the United States, Mexico and Canada. For more information visit: www.eastcapearts.com or the NAFTA Website at: <http://www.ustr.gov/trade-agreements/free-trade-agreements/north-american-free-trade-agreement-nafta>.

Volunteers Needed!

The Asociación de Artes needs volunteers to help support their programs that bring the arts to the local communities and the schools. To learn more about these programs, visit: www.eastcapearts.com. If you would like to volunteer, send an email to: eastcapearts@gmail.com.

Call for Articles

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

Thank You!

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

East Capers Periódico

Publisher

Asociación de Artes del Mar de Cortez A.C.,
Los Barriles, BCS, Mexico

Editor

Christine Kenck-Courtright

Copy Editor

Eliza Mendoza

Circulation

Brian Cummings

Advertising

Contributors

Gary Graham
Christine Courtright
Kim Scholefield
Michele Melehes
JoAnne Vermillion
Adam Greenberg
Kay Mundt
Sefi Held
Theresa Comber
Salud East Cape
Leigh-Ann Cameron
Annette Kaiser
Ken Phillips
Emma Nicholson
Dr. Dennis O'Brien
Tehroma Lask
Lane Sykes
Char Wengler

Treasurer

Wolf Property Management
www.wolf-pm.com
Los Barriles, BCS, Mexico

Printer

Imprenta Ciudad Los Niños,
La Paz, BCS, Mexico

To learn about Ciudad Los Niños, visit their website at:
<http://ciudadninoslapaz.org/english/home.htm>

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.

Newsletter Email Address

eastcapersmagazine@gmail.com



The 2020-21 Season Begins!!

By: Christine Courtright

Looking out my window of the beginning autumn scene, I realized that I have less than 4 weeks to winterize my home in the North and get ready to return to our beloved Baja! Where did time go? Well, for this writer it was in the Covid Twilight Zone!!! So many changes (hopefully temporary for most) to our worlds – both our Baja and wherever else you might live.

Asociación de Artes (AdA) likely held the last Baja SUR event in March before the shutdown, with the *Festival de Artes*, and how lucky we were! As we, the Asociación de Artes, look to the 2020 – 21 season, we can say “we are planning our event, but with an asterisk note of ‘as Covid conditions allows’.”

AdA is so proud of all the organizations and people of our community and how we stepped up to the ‘hand we were dealt’ and took care of things. For the AdA, we looked for what we could do to help. With schools closed, we decided buying food supplies for the food bank and keeping our community fed, as so many jobs went away, was our best way to help. It was important to us that our community got proper nutrition so the young brains could still flourish. Not only did we provide money, we made masks, sold them at Joe’s Deli and the Vegi Stand, with all the proceeds going to the food bank. More than 700 masks were made (just by this writer), many given to those in need, local police, other area food banks, but the majority sold with proceeds going to the food bank. And many thanks are given to Victoria and others that helped us keep the mask boxes full at the two locations!

With school still remaining closed, we heard from parents of the struggle it was to pay for the printing of the schoolwork. Just as in the North, not every home has a printer in it, and printing is expensive, especially if you have not worked much lately. So we purchase three printers, toner and paper– one for LB and one for El Cardonal and San Bartolo and after working with the Primary School Principal in LB, we are now printing school work packets for those who need it, and they can pick it up at the DIF. For El Cardonal and San Bartolo, the Sub Delagato is printing the schoolwork. We will be expanding to other local area schools that likely have the same need. Here in LB have a local volunteer (Thank you Jamie!) who gets the assignments on a Friday, and on Monday morning, packets are delivered to the DIF. Necessity is the mother of invention, and we really put the puzzle pieces together to make this one work! And so far, it went smoothly.

As we all dream of the return to our comfort zones and ‘regular lives’, I hope that the good things that came out of this worldwide crisis remain. We were all reminded how to make something out of little, pooled our resources to help one another, worked together,

and it seemed to me were a little more compassionate and kinder to each other. We learned patience, how to hug from across the street and how we were all effected in some way by this. And in my ‘Polly Anna brain’, it will all get better and things will go back to how we are used to it... and hopefully soon! And for sure, clear days are ahead.... eventually!!!!

Asociacion de Artes Events and Activities

We want everyone to know that we are forging ahead with plans for all three of our events, with the * “**as Covid conditions and rules allow**”. So, here is what we have planned for this 2020 – 21 season:

Holiday Art Show at Colina del Sol Sunday, December 6, 10am – 3pm Artists with all varieties of mediums, food and drink all nestled around the lovely grounds at the Club House of Colina del Sol neighborhood. A great season opener to meet friends and get some holiday shopping done. This is a free event.

Artist Studio Tour Wednesday, February 10, 10 – 4pm. Our super popular studio tour of East Cape artists where you can see where they work, what their latest creations are and maybe get some insight on their creative process. Tickets are sold day of at an easy drive

Continued on Page 4

EXOTIKITE
KITEBOARDING
SINCE 1998

LESSONS & RENTALS
ON-SITE ACCOMMODATION
WAVE CAMPS
EXPERIENCED & PROFESSIONAL INSTRUCTION

YOUR SAFETY IS OUR PRIORITY
ONE-ON-ONE INSTRUCTION
TAUGHT BY CERTIFIED INSTRUCTORS
SAFETY EQUIPMENT PROVIDED
LIMITED GROUPS

LOS BARRILES • B.C.S. • MEXICO
WWW.EXOTIKITE.COM | +1 541 360 0948 | INFO@EXOTIKITE.COM

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

Activities and Events Continued From Page 3

through location in Los Barriles.

Festival de Artes at Hotel Palmas de Cortez
March 20th, 10 – 4pm. This is the big one, and can you believe it, year 28! One of the longest continually running events, it has grown into an event that attracts all of our community, and fills you with the sights, sounds and traditions of Mexico. Lots of great hand selected artists, great food and drink, and traditional folkloric Mexican entertainment that is beyond great! A free event held at Palmas de Cortez Resort.

For complete details of all our events and activities go to www.eastcapearts.com.

We will be having some changes to our events because of local regulations and rules due to Covid, and we will be sharing them as we are closer because, at this time we just don't know what they might be. We so hope we can have all or some of our events, but if we have to take a year off, we then that is what we will do. Safety is more important than tradition at this moment.

We do ask all who read this to remember your local artists, vendors, shop owners, restaurant owners and business owners. Last season business ended 25% sooner and it has been a struggle for many of them since. Consider buying your holiday gifts local, eating out/take out more, buy that extra goodie – keep it or share it with a friend. Keeping our East Cape community thriving for the future is what we all need to strive to do. We want the East Cape to remain a joyous, peaceful, healthy place, but it takes all of us working together.



Horses, Kids & Baja Summer ***They go together like a horse to a carrot!***

By: Theresa Comber

Horses, kids & Baja summer absolutely go together. And this summer, we are proud beyond measure of our kid's newfound skills, their love of the horse, their personal confidence and the incredible experience it brought to all of us.

Our Baja's Awesome Beach Rides hosted 24 kids for a free, three week summer horse camp with kids 7 to 12 year olds, and it was the highlight of their summer – and ours! Normally we would be participating in the 'Curso de Verano' three week summer camp which we help to host through our commitment to East Cape Recycling & Environmental Education. But when that beloved summertime camp was not happening, we made a pivot to do something with our Baja's Awesome Beach Rides. Cowboy Felix Rubio Gonzalez led the way with expertise, patience, enthusiasm and joy which transferred to these new young riders like a horse to a carrot.

Some kids had never been near a horse, let alone been on one. Others had dreamed from the time they could walk of being a cowgirl or cowboy. Whatever stage they were at when they arrived, they are now full-fledged riders. And our bigger kids, full-fledged riders in the Sea of Cortez! The kids could hardly believe it when we said bring your bathing suits, we're going to the beach for your last session! It was awesome and our 'swim team' horses made sure to set this experience for a lifetime. Our young riders had learned so much and done so well, they earned it!

We honored the 25 kids and their wonderful horse riding with a swim party BBQ at our Baja's Resort at East Cape. The families joined for dessert and to participate in a ceremony where each child was awarded a horse shoe gift to remember their riding with Baja's Awesome Beach Rides.

With great thanks to Cowboy Felix who juggled it all with grace. To Maria at our office who managed all the logistics, to our dedicated, horse loving volunteers Cindy Lilley, Alyssa Urban, Nica Martinez and Allison Moyers, who are sharing, caring, and inspiring our community children.



The Original Payment Service in Los Barriles and East Cape Since 1964

paydennis
LOS BARRILES B.C.S

Specializing in Payment and Contract Services Including:

Utility Bills- Gardener, Maid, etc. Bank Trust – Insurance

Beach Concessions – Construction – Property Tax & More

Our Office is Now Structured to Assist With the Following:

Immigration Services: Temporary & Permanent Resident

Accounting Services, Social Security Payments, Mexican Income Taxes & Rental Tax Payments.

Hours : 9:00am – 5:00pm Monday through Friday

Callejón Salsipuedes #9

Apartado Postal #45

Los Barriles, B.C.S., Mexico 23330

Tel. 624 141 0261. Fax 624 141 0441

paydennis@gmail.com

dennis@paydennis.com

www.paydennis.com

Food Bank Continued From Page 1

with Google maps and pins that corresponded with numbers placed on gates. This helped the team, whoever the volunteers were, to identify the houses that needed help.

However, as the lock-down lifted, and volunteers began to get thin on the ground, we switched to a collection system where the community collects their rations from designated points.

The unsung heroes over the past months are the countless volunteers who toiled away every day to pack flour, sugar, lentils (in the early days), carry heavy supplies around town, load up trucks and trailers early every morning, pack up veggies, cut up and pack chicken, establish a sophisticated delivery system, drive around for hours and hours in the blistering heat to reach impacted households, clean the many, many coolers used on a daily basis, collect crates, deal with issues, solve problems and so on.

Specific mentions go to Pam for being a great leader and coordinator, Doug and his team for working so hard to organize the Cortez Rescue on-going dog food supplies, Chuy and his team, the Interact youth team that includes Melissa, Daniela and Francisco, Heather, Mike, Sten, Kristine, Billy, Tom, Tish, Tanis, Shawna,

Tom, Connie, Ron, Alex, Carole, Devi, Steve, Lynn, Mike, Cathy, Dana, Jenny, Issy, Cindy, Tina, Neil, Scott, Tina, Craig, Bill, Robin, Nancy, Lang, Joanna, Donna, Bill, Cheryl, Jim, Mike, Sharon, Vickie, Taryn, Deb W, Joanna, Jenny, Bob, Samantha, Tom & Debby, Billy, Tish, Lily, Bryan, and John. (Apologies if you were missed off the list!).

So where are we now? Fewer volunteers meant reducing deliveries to every two weeks while providing enough rations to last this time. We will provide rations to early October when our money will run out. According to our research, 74.5% of snowbirds/tourists will return in October/November. 77% say it's because they want to help the local economy and/or they feel safer in Baja.

We will continue to eek out our funds to get us through to a time when we hope the pandemic will be manageable and that households are receiving income again and can get back to the new normal. We overcame a slight set-back when Joe tested positive with COVID-19, but everyone else tested negative. The HQ was duly sanitized and temporarily closed for two weeks in line with protocol and to protect the community.

We're not sure what the future will bring, but we want to say a huge thank you to everyone that got us to here. It's a heart-warming demonstration of the strength of little region, and we should be so proud of this.

El Toro y La Luna
Tile, Furniture & Home Decor

Welcome!
Abierto Monday - Friday
9:00 am to 5:00 pm
Saturday
9:00 am to 2:00 pm

¡Bienvenidos!
Abierto Lunes - Viernes
9:00 am a 5:00 pm
Sábado
9:00 am a 2:00 pm

Furniture * Home Decor * Tile * Gifts

Monday - Friday 9:00 am - 5:00 pm / Saturday 9:00 am - 2:00 pm

El Toro y La Luna
Tel. (624) 141 0696 / eltoroylaluna@prodigy.net.mx / Carr. Trans. Km 111, Los Barriles, B. C. S., C.P. 23330

624 100 1991

Helping the Community Stay Healthy'

By: Char Wenger.

2020 started with one of our worst flu seasons ever, only to be followed by "SarsCovid19" one of the worst Pandemics our world has ever seen. We made it through the flu season, but with the arrival of Covid, our concern quickly moved to: "how can we keep our team safe while serving the community?" We asked for and quickly received support to acquire Personal Protection Equipment as well as Covid Protection Chambers for our local ambulances. Then with the virtually immediate stop of tourism with the early departure of foreign residents, our concern became "how do we keep our doors open through this health/economic crisis?" I could not stomach not being able to provide the needed health care. Again, we asked for help, and the outpouring of support was beyond amazing!

The community donations combined with the partnership/support from Leaders2Give and ICF enabled us to keep our doors open and continue to care for the community, this time with protective gear to keep our team safe. Every dollar donated helped strengthen our desire to give back. While the Los Barriles Food Bank was providing food for those who lost their jobs and could not afford to feed their families, your donations helped us pay for the medicine for those same people. The support we received not only helped us keep our doors open and provide to so many who needed care over the summer, in countless ways, we are stronger and better prepared to provide the quality care that we originally had in mind.

About a year ago, through support from the community and Rotary International, we acquired additional Lab equipment. This helped to reduce the amount of time and money lost in outsourcing many diagnostic tests. Lab equipment has been invaluable for us, enabling the doctors to make quicker diagnosis and bring Covid testing to town with rapid results! Additionally, this equipment has enabled us to provide this service to other local clinics such as the Government run Centre de Salud, again, saving time and money for the patient, and more importantly, speeding up . the time of diagnosis

Covid's impact has been felt here in so many ways, sadly, including the loss of life. Fortunately, we've not been as negatively impacted as many other communities around the world. Most people here took the personal protection protocols seriously, and we have benefitted from this. Here in the Clinic, we take extra precautions to help protect the community as well as our team. Our staff gets regular testing regardless of symptoms. We've developed protocols that are constantly evolving in accordance with research and recommendations from experts to keep our staff and patients safe. We've rearranged our waiting rooms, providing strict social distancing policies and maximum capacities for our facilities. We track the body temperature and symptoms of all staff at the entrance and exit of the clinic each day. All patients entering the clinic now must step on a sanitizing mat, wear a mask, apply hand sanitizer and have their temperature checked before entering the clinic. Thanks to donations, anyone who needs a mask can have one when entering.

We are always striving to provide additional necessary health care services while continuing to increase the quality of our existing services. We are in the process of interviewing for another Physician to join our team. Our relationship with H+ has offered great specialists who are highly qualified and want to become part of our community. For more information follow our Facebook page or visit our website.

As many of you return or visit the East Cape, please

Continued on Pg 7

BL | **BAJA LEGAL SOLUTIONS** Services

**Real Estate Law | Closing Services | Tax Planning
Immigration | Corporate Law
Buyer Representation | Notary Services
Trusts (Fideicomisos) | Translations | Accounting**

Offices in La Paz

Alvaro Obregon 829-4
(next to Euopcar Rental) Colonia Centro
La Paz, BCS, Mexico

Gisela Talamantes Saenz
Attorney at Law & Official Translator

Offices in Los Barriles (The East Cape)

Calle 20 de Noviembre
at Plaza Guadalupe
behind Caleb's café
Los Barriles, BCS, Mexico

Cell 612-136-4598 Office 612-129-4044

**Gisela @bajalegals.com
www.bajalegals.com**

consider using our services for your medical and dental needs. Come in for our special preventive program, 'Passport to Health', offering a complete physical exam, 36 element labs, EKG, X-Ray and Ultrasound. We are happy to closely monitor your health to ensure nothing is missed. As the healthcare system in the US and Canada has been burdened with delays and limited services, it can be virtually impossible to have access to specialists or even your Primary Care facility. ECHC is here to help you with all your medical needs. Don't forget your dental care! In addition to dental hygiene, East Cape Dental provides top notch specialists in crowns, bridgework, implants and root canals. Schedule ahead by calling 624.141.0375 or Facebook Message us @EastCapeHealthCenter.

Our partnership with Dr. Luis Cardenas, Orthopedic Surgeon and his CIFO Physical Therapist, Valeria Castro has been a valued part of our team. Luis offers Friday consultations and treatments while Valeria's expertise as a Therapist provides rehabilitation from surgery, injury, and aging balance issues. Enough cannot be said about having this service in our small town.

When I established the ECHC, one of my goals was to bring quality health care to the locals in our community with an emphasis on the children. We do this regardless of their ability to pay. Our Mexican Non-Profit status enables us to utilize revenue that we receive combined with generous donations plus assistance from Los Cabos Children's Foundation to deliver the quality care that many in our community could not otherwise afford, without having to travel to La Paz or SJ. Our Children's Health and Preventative Program is managed by our Pediatrician, Dr Emmanuel. He provides a full checkup exam on children including blood work to ensure their health is good. If treatment is needed, we help to offset the cost of their medications, special labs, diagnostic tests, and treatments.

This has been an extremely challenging year. However, we're nearing the end of the long quiet summer as we

CMC CONSTRUCTION

SPECIALIST IN CUSTOM HOMES
SINCE 1994

"We Build to Your Budget"



Contact us :

Office: 624-124-8176

Cell: 612-103-8310

Email: coscetti23@hotmail.com

www.cmcconstructionmx.com

Km 111.5 Hwy #1 Los Barriles

continue to serve you. We are fortunate to have partnerships with Leaders2Give and ICF for our US based 501C3 tax deductible donations. If you would like to contribute towards our efforts please visit our website EastCapeHealthCenter.org For all of you, I am so thankful, Char




SALES & SERVICE DEALER

DON'T GET CAUGHT WITHOUT POWER


**CAPE
GENERATOR**





**\$350 Credit towards standard installation !!
+ Referral Fee***

Residential and Small Business Generators

**POWER
YOU CONTROL**
AUTOMATIC STANDBY GENERATORS



Imagine your life without POWER INTERRUPTIONS.

+52 (624) 129 6104 | MIKE@CAPEGENERATOR.COM | +52 (624) 358 1808 | OMAR@CAPEGENERATOR.COM

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

Salud East Cape

By: Salud East Cape

Our winter season is upon us, with many of our friends and dear members of the community returning to our beautiful Baja. Welcome back!

The summer of 2020 has changed our town, our state, our country, and our world. For most of us, we feel more connected to our communities that ever, with a profound sense of being in this global crisis together. Especially here in Baja California Sur, where the medical system is fragile and many of us live hours away from the closest hospital, relying on each other, to stay safe and healthy, has become a thought at the forefront of our minds. Neighbors helping neighbors.

It is in this shared sentiment that Salud East Cape was formed. Salud East Cape is a small group of local Mexican, American and Canadian volunteers who have come together this summer to support our community during this ongoing pandemic. Our main goals are to support,

educate, and slow the spread of COVID-19 through contact tracing in the East Cape.

Our support of COVID + individuals and families during isolation include food and medicine deliveries. In this way, we hope to eliminate the need for anyone to leave isolation in order to get necessities. We work directly with the food bank, local seamstresses for masks and deliver care packages of household essentials.

Our education includes social media posts, BPE notices and working with the clinics and community to notify of free testing provided by the government and to get a more comprehensive picture of how the disease is affecting our town.

When a COVID + individual agrees, we perform contact tracing. According to the World Health Organization Contact Tracing is "the process of identifying, assessing, and managing people who have been exposed to a disease to prevent onward transmission. When systematically applied, contact tracing will break the chains of transmission of COVID-19 and is an essential public health tool for controlling the virus. Contact tracing for COVID-19 requires identifying people who may have been exposed to COVID-19 and following them up daily for 14 days from the last point of exposure." The Mexican government also tracks suspected, recovered and positive cases.

Our community has worked diligently all summer to keep our infection rate low and essential businesses open. Schools remain closed. Beaches have been closed, open, closed and will hopefully remain open, with your help. No matter your beliefs about the virus, please remember as you re-enter into our community to wear masks, especially as required by businesses, maintain social distance, and stay at home as much as possible. We all want a strong economy and a safe community and this can be achieved by a focused commitment to be part of the solution.

The cases of Covid 19 are no longer just numbers, they are now familiar friends, families, neighbors, those in our social circles. Having COVID-19 is not a crime or a stigma, just as getting the common cold or flu is not. We are human, and we can get sick, and when we do we can feel safe knowing we can call on those closest to us, our community, for help. If you have been in contact with someone who is, we are here to help support you in isolation with kindness, absolute discretion and positivity.

Please contact us with your questions and concerns. Contact email: SaludEastCape@gmail.com Phone, What's App: 624-100-4802



Pizza Gourmet San Antonio

**Come see us in our new location in La Paz
on Encinas Street between Abasolo Street
and Belisario Domínguez Street, two blocks
from the Malecón de la Paz! We hope to see
you soon in our convenient location!**

Hours:
Tues—Sunday 1—9

**Encinas Street between Abasolo
and Belisario Dominguez Streets**

**Phone— 612 136 7636
or 612 177 5806**

Email: productosgourmetbcs@gmail.com

**New location, expanded menu with
same great service and folks!**



Baja Properties®

Serving the community since 1986

CALL US TODAY FOR A TOUR!!

(624) 141 0075 MX LINE



**Vista De Las Brisas Lot-25
at \$59,000 USD**



**Roberto Beach Front Lot at
\$320,000 USD**



**Beach Front Home Diana
at \$770,000 USD**



**Casita Verde
at \$168,500 USD**



**La Piedra Beach Front
Lot #15 at \$139,000 USD**



**Commercial Lot Highway 1
at \$240,000 USD**

Sales Agents

**Dede Bacon Danny Castellanos Wayne Kirchner Sharon Kirchner
Christine Rogers Esmeralda Lucero**

Office Manager

Leo Márquez



*For more details and photos on these and 3,000+ other properties search
www.losbarriles-bajaproperties.com*

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

BE AWESOME!

Catch a Fish • Ride a Horse
Watch a Whale • Cruise in a Kart



BE AWESOME TODAY!

Call 624•14•10231 OR 624•18•22355

MOVEMENT and DIVERSITY

By Tehroma Lask

"No one ever reaches a point where he or she is immune to further movements of the soul; the soul's capacity for richness is infinite. There is no end to the raw material that life and personality can provide." ~ Thomas Moore

I have been moving for as long as I can remember and even before my memories began.

When my mother was eight months pregnant, she and my father hitchhiked from Oaxaca to Oregon so I could be born in the tiny town of O'Brien.

The first seven years of my life were an adventure of overlanding: traveling up and down the west coast of the United States and throughout Mexico. Our first house was in Crescent City, California and five years later, I moved to north eastern Oregon. Add a few years and we found ourselves in Baja. Up and down the west coast again until a week before my nineteenth birthday when I said, enough! I need to put down roots.

My roots are in Baja where my family lives; this is home. Still, I am a mover and movement is a constant part of my life; I am a citizen of the world.

Whether we are moving from one place on the globe to another, work places, in and out of chapters of our lives, relationships, rearranging inner and outer landscapes, moving ideas around our minds, feeling the movement of emotions, the beating of our hearts and movement of our internal organs, watching the sun slide across the horizon or a pool of light move across a patio floor: movement is constant, even when we are sitting still. Movement is life and life is movement.

Through experience, I have developed a trustworthy inner compass that guides my decision making and personal, as well as, professional life choices. In June, I filled out an extensive application for the Mindfulness Meditation Teacher Certification Program. The question of race offered a variety of answers to choose from and explain. I chose multiracial and explained: my father and family migrated to the US when he was two; he was born in Germany after World War II. His parents were Jewish and Holocaust survivors. My grandmother was Lithuanian and grandfather was Polish; both their parents and ancestors were Russian. My mother was born in Texas and although her parents were born in the United States, previous generations were from Ireland and Scotland and more. My name is Modoc Indian and Polish. I live in Mexico with my husband who is Mexican and our children who's DNA is fascinating as I imagine the movement of people around the globe to create these two diverse individuals. I remember stories from my mother-in-law about family members from France, Spain and indigenous backgrounds.

Since my acceptance into the program, I have discovered more global family connections as I was united

Continued on Page 12

QUAD GIRL

**ATV/UTV
Rentals**

888-QUADS4U
(888-782-3748)

011 521 624-154-7661

www.quadgirlinc.com

Los Barriles, BCS, MX
Located across from the OXXO Store

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

Movement Continued From Page 11

via email and social media with family in Israel: my father's first cousin, Dora, as well as her two daughters and son. All three of my second cousins are close to or exactly my age. The eldest, Nitzan, is also an architect. We all hope to meet in person someday.

The welcome letter I received from Jack Kornfield and Tara Brach for the two year Mindfulness Meditation Teacher Certification Program 2021-2023, included the following paragraph:

"Participants are coming from many parts of the globe, and we are diverse in race, gender, gender identity, sexual orientation, age, socioeconomic background, and more. This gives us the opportunity to create among ourselves the community we believe in and want to see emerge in our world—one that is truly inclusive, awake, welcoming, and caring."

The paragraph above offers another beautiful reminder of unity and diversity.

This summer, after quarantining and working from home for two months, I moved back into my office at Healing Winds to delve deeper into design work and prepare to begin new construction projects with Javier. One of the first things I noticed was a newfound sensitivity to the movement of sounds: voices of people walking by the center. While I worked at home, I was tuned into the sounds of cow bells, birds, and dogs, vehicles from the road below, sometimes music and occasionally the neighbor's voices.

This summer, after quarantining and working from home for two months, I moved back into my office at Healing Winds to delve deeper into design work and prepare to begin new construction projects with Javier. One of the first things I noticed was a newfound sensitivity to the movement of sounds: voices of people walking by the center. While I worked at home, I was tuned into the sounds of cow bells, birds, and dogs, vehicles from the road below, sometimes music and occasionally the neighbor's voices.

From my desk, I can see through the Gaudi influenced tiled opening to blue sky and the movement of light crossing the brick patio floor. I often wonder who has time to watch a pool of light move around a courtyard floor and walls, the dance of light and shadows and how they change season to season and I reframe: it isn't a matter of having time; it is the opening to notice, appreciate and feel.

Healing Winds holds an all-inclusive heart and mindset, honoring and welcoming diversity. This place is an extension of my own heart, body, mind and soul, as well as, my ancestors. It is also an extension of all who have treated, been treated, served, trained, worked and practiced here. This place is a tribute to our shared humanity, a mirror of unity, diversity, family, friendship and community, local and global.

While I don't have all the details in place for how we will serve our community moving forward, I do know this – a tidbit I learned in all my years of architecture – to be onsite is insightful. It is one thing to research and plan from a distance and another entirely to stand on the ground where the work and play will happen, tap in, feel and do the research here.

Following all the necessary safety precautions, we will continue to work and be of service where we can, breathe where we are, connect within and across the distance; feel the movement of life and soul happening in the riches of where ever our feet touch the ground.

May we be gentle and compassionate with one another, kind to each other; may we be well, healthy, happy, peaceful and live with ease.

Permanent Makeup



by
Connie Heinen

Certified Permanent Makeup
Artist since 1998
Master Certified
Instructor Certified
Board Certified Esthetician
since 1992

"A Beautiful Investment in Yourself"

Beautiful Brows

Eyeliner

Full Lips

Breast Areola Repigmentation

Following Reconstructive Surgery

To schedule an appointment please email:
permsolutions@aol.com or call:
(624) 141-0422 Los Barriles
www.solutionsdebelleza.com

Clip off and post on your Refrigerator

"911" Numbers

Proteccion Civil – Ismael
(624) 178-6884 (cell or Whatsapp)

East Cape Health Center –
(624) 124-8203

Clinica St Luke's – Los Barriles-

Exercise and Movement

By: Sefi Held, A.C.E.

Welcome back to the East Cape if you have been away from paradise for the summer months. Now more than ever we need to keep ourselves healthy and fit and our immune systems strong. Being in the fitness business for five decades has given me the opportunity to meet and connect with so many interesting people who want to change their lifestyles for the better. Some of their favourite questions and answers are set out below.

1. Is exercise for everyone?

Absolutely!! No matter one's age, level of conditioning, or degree of health, exercise and movement have been consistently proven to improve the quality of life physically, mentally and spiritually. With the wide array of exercise and movement options now available including Yoga, Tai Chi, Pilates, Stability ball, dance based classes, aqua fitness, walking, and strength training just to name a few, there is something out there for everyone and every "body".

2. What should one keep in mind when starting any exercise or movement regime?

Always start conservatively. Studies have shown that as many as 25% of those who begin an exercise program stop within six weeks as the result of injury. Especially if you are new to exercise, it is critically important to start slowly and gradually increase your intensity and/or duration. It is also very helpful to seek out the help of a qualified, certified professional to ensure that your experience is safe and effective. Whether it is a Personal Trainer, a Yoga teacher, Pilates or a group fitness instructor or a dance teacher, ask for their credentials to ensure their level of expertise including regular CPR certification.

3. What basic exercises and movements benefit all types of bodies/levels of fitness?

Any complete program will always have several main components: cardiovascular conditioning, core strengthening, flexibility training, balance, stretching, and strength training. Cardiovascular conditioning is important for strengthening the muscles of the heart and lungs to burn fat and decrease the risks for chronic diseases such as heart disease and cancer. Core and flexibility training are important

A black and white advertisement for Spanish Paulina. At the top, it says "SPANISH PAULINA.COM". Below that, in large bold letters, is "YES, YOU CAN DO IT!". Underneath that, in smaller letters, is "AND I CAN HELP!". To the right of this text is a circular graphic with an arrow pointing to it, containing the text "Learn Spanish from anywhere with private lessons over Skype!". To the left of the circle, there are three lines of text: "Translation and Interpreting: Documents, contracts, utility bills, and more.", "Instruction: Group and private classes with a program specifically designed for adults. Fun, engaging and effective!", and "20+ years of Spanish/English translation and instruction.". Below this text is a logo for "SPANISH PAULINA" which is a stylized spiral shell. At the bottom left, it says "SPBaja5@gmail.com" and "SpanishPaulina.com". At the bottom right, it says "SPANISH INSTRUCTION * INTERPRETING * TRANSLATION".

SPANISH PAULINA.COM

YES, YOU CAN DO IT!

AND I CAN HELP!

Learn Spanish from anywhere with private lessons over Skype!

Translation and Interpreting:
Documents, contracts, utility bills, and more.

Instruction: Group and private classes with a program specifically designed for adults. Fun, engaging and effective!

20+ years of Spanish/English translation and instruction.

SPANISH PAULINA

SPBaja5@gmail.com
SpanishPaulina.com

SPANISH INSTRUCTION * INTERPRETING * TRANSLATION

A color advertisement for East Cape Vacation Rentals. The background is a photograph of a beach with a thatched umbrella on the left and the ocean on the right. The text "The Best Rentals in The Best Locations" is written in a cursive font at the top. Below that, "East Cape" is written in a large, stylized blue font, and "VACATION RENTALS" is written in a smaller, red, sans-serif font below it. At the bottom, there are two lines of text: "www.abajavacation.com Los Barriles, Baja Mexico" and "Mexico: (624) 141-0381 USA: (530) 350-3161".

The Best Rentals in The Best Locations

East Cape

VACATION RENTALS

www.abajavacation.com
Los Barriles, Baja Mexico

Mexico: (624) 141-0381 USA: (530) 350-3161

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

Goodbye Marlin on a Surfboard! Hello Mermaid Kiting with a Sailfish!



New Logo! New Name! Same Great Business!

Celebrating 18 years in Los Barriles.
We're changing with the times and
looking forward to the future as
'Baja's Resort at East Cape'



We are proud of our history and our flagship business.
Thank you for embracing our entire
family of awesome businesses. Be Awesome!

www.bajasawesome.com

Exercise Continued From Page 13

4. Are washboard abs a sign of health or obsession?
Not necessarily either. Washboard abs mean one thing and one thing only, that you are lean and/or have focused on working your rectus abdominus. For some, the process of being and staying that lean is an unhealthy and obsessive one. For others who may be more naturally lean, having washboard abs may just be a nice bonus for eating well and staying fit. The bottom line is that washboard abs are not a measure of one's fitness level and thus should not be what we aspire to. We should aspire to live in a body that feels great, moves well and allows us to lead full, active healthy lives.

5. What is my fitness philosophy?

I hinted at it in answering the last question. Fitness is not about looking good, it's about feeling good - it is NOT about that number on the scale. It is about living in a body that is a lasting source of productivity and enjoyment. Becoming and staying fit and healthy is a life-long process of experimenting with the types of movement that best nourish our bodies, minds and souls.

Oscar's Car Repair Shop



Cel. 624 117 3412 / 624 166 0508

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

Caps for Cancer Baja

By: Annette Kaiser

Well despite the pandemic our members have had lots of time at home and are producing caps, blankets, booties and ponchos for our cause. Thank you all for donating your time and talent. I have spent all summer collecting donated yarn in our community. The community of Loveland Colorado has been very generous.

The ladies from Capsforcancerbaja held a rummage sale last December and gave me the proceeds to purchase soft yarns here in Colorado. Ladies from Alaska through Idaho and Colorado have been making caps too for our cause. Thank you too.

Once the pandemic is over we will continue to deliver our handmade products to the children with Cancer and Heart disease at Salviterra hospital, Casa Reto for Women with Cancer, 2 orphanages in La Paz and the Rehabilitation Center for Children in La Paz which serves over 500 families. That is a lot of product, and we need to help them all!!

We are holding another garage sale on 20th December (Sunday) At the Los Barriles Concha, to raise proceeds for more yarn. We already have a large trailer full of great "goodies" for sale. We never have enough!!!! If you have any goods to donate please contact Annette iikaiser@frii.com

AMBULANCE SERVICE IN THE EAST CAPE

By: Leigh-Anne Cameron

Many people find the ambulance service in Los Barriles area confusing. Let me help!

There are 4 physical ambulances and assistance available from various entities – East Cape Health Center, St. Lukes Clinica, and Proteccion Civil (Civil Protection). The first two are private services and the latter is a government supported public service.

Clinica - St. Lukes is located in the old UNIMED building. They have recently expanded their services in Los Barriles and have hospitals in Cabo.

East Cape Health Center is in the Plaza Libertad on main street and also expanded their services. They affiliate with H+ Hospital in San Jose. East Cape Medical contracts with the Proteccion Civil ambulance service in Los Barriles and the Santiago public ambulance service, and then bills patients their own private rates.

Last year, Proteccion Civil got a new Ambulance from the government, however they provided nothing for its ongoing operation. The older Ambulance is smaller but can go into the arroyos or remote areas.

Here are some basic details of the different services as I understand it:

Proteccion Civil:

Gasoline, repairs, cleaning and maintenance for the Ambulance services are collected through donations. Tips or meals offered are up to you.

The paramedics, drivers and assistants at Proteccion Civil are all volunteers. They have 'day jobs' and earn no money from the service or government. For example one of two dedicated paramedics in town is Araceli Cota Trasvina, who works during the day at SAPA.

Only Ismael Castro, the Proteccion Civil Coordinator he can devote time to coordinating, organizing

receives a small stipend from the government. This ensures and assisting the public system which services everyone in the community. The contact number for Proteccion Civil is his number because he is the Coordinator. Ismael's 'day job' is with St Luke's Clinic, but you can go to your preferred clinic, if you request the public ambulance.

If you are a tourist, you typically have insurance to get full care from one of the private services St. Luke's or East Cape Health Center and they will handle the billing for you.

If you are a permanent resident your ability to obtain insurance or pay is more complicated. If you are Mexican you have either IMSS or ISSSTE through work or Seguro Popular (national basic program). The latter is also available to permanent resident ex-pats...at least for the time being, but that may change.

When it comes to COVID, the ambulance service may have to be triaged. An isolation chamber is available but, timing may depend on other emergencies, prep. and equipment for COVID service so this may possibly delay the service.

“911” – dispatched to La Paz, 24 hour service, who speak English. They contact Ismael at Proteccion Civil in Los Barriles

Proteccion Civil (P.C) – Ismael (624)178-6884 (cell or Whatsapp)

For the above – If you wish to have the public ambulance you must specify “Ambulancia Publica” or “Ambulancia de Proteccion Civil”. State your community – IE: El Ancon, Buenos Aires, Las Brisas, Palo Blanco, and if possible pin your location to his WhatsApp.

If you don't have an ambulance preference since your insurance will cover it, then you may likely be sent the St. Luke's ambulance and pay their service. You need to specify your preferred hospital or clinic where you wish them to take you

Continued on Page 16



Bahia Real Estate

**Realty, Escrow, Title Services
Fideicomisos and Construction
Your One-Stop, Full Service Realtor
Since 1995.**

Phone and Fax 011-52-624-141-0277

www.bahia-realestate.com

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

Ambulance Continued From Page 15

The Protection Civil ambulance is a free service to people who can't afford it, but most local Mexicans are asked for a donation of 1500 pesos, but P.C. will help everyone in an emergency. Expats are typically asked to donate \$ 400 US (with time to pay after the service) however a donation of 3000 – 7000 pesos is common. It is expensive to maintain and operate the ambulance so it goes to a good cause. It is also less than private services.

East Cape Health Center – (624) 124-8203

They will contact the ambulance service and dispatch for you and take you to their clinic or H+ Hospital. You or your insurance will be charged for the service.

Clinica St Luke's – Los Barriles - (624) 124-8512

Have their own ambulance and will dispatch it. You or your insurance will be charged.

PLEASE NOTE – IN DAYS OF COVID19

More questions will be asked by the dispatcher to prepare the ambulance staff:

- Are they a COVID patient or do you suspect COVID?
 - Do you have insurance? With whom?
 - There may be a charge for the service, are you aware of that?
 - Is this a genuine emergency? (if it is a broken arm only you may be able to get a ride yourself....the public service has had to ensure emergency service is truly needed.)
- I want to acknowledge the quality healthcare, equipment,

staff and resources of the private providers St Lukes and East Cape Health Center. However not everyone, particularly Mexican citizens, can't afford their services.

With Civil Proteccion, there can always be improvements for example I hear, "why do they ask for gas donations if they drive around the town?" or recently " Why if I call Ismael will they send a St Luke's ambulance?.." There are incremental improvements as we get informed and try to ensure we have active ambulance services for the whole community.

Personally, I believe we need to support efforts to ensure ALL members of the communities of Los Barriles, San Bartolo, San Antonio and El Cardonal are serviced, not just those who can afford to pay. That is the mandate of Civil Proteccion and they need donations.

Please consider supporting 'Proteccion Civil' and 'Centro de Salud' (Mexican clinic across from Palmas Hotel) to help them obtain medical equipment and supplies to assist the Mexican community and those ex-pats of lesser means.

I hope I have answered some questions and not added to the confusion. The services are adjusting to COVID but for now I always believe more information is better than less!

Make sure you cut off the Phone number listing for your refrigerator on page 12.

Also photo it and keep it on your cell phone under Emergency.

C&G

BUILDERS

New home and remodeling experts

César González
Engineer

Designing and building In East Cape BCS, Mexico for over fifteen years.

Office Phone: 624-124-8012

Email: cgbuilders@prodigy.net.mx

Cell: 045-612-127-0925

Web Site: www.cgbuilders.com.mx

All Construction Service

Office Services Include: Regular copy and FAX Service – Designjet Printer for CD Plan copies for: property owners, builders, architects, engineers and designers

Office Open: Monday – Friday

Closed on Saturday



Bisbee's 2020 East Cape Offshore Smashes Records!

By: Gary Graham

From around the world, 72-teams came to compete in Bisbee's East Cape Offshore three-day August event, on the fertile Sea of Cortez for a record jackpot of over \$1,100,000, breaking three of its records. The Bisbee's Organization began the 2020 Season during the world-wide COVID-19 Pandemic with the event's largest turnout, the first time the prize money cracked the million-dollar mark, and the largest blue marlin ever caught in the 21-year history of the East Cape Offshore.

As a result of the pandemic, Baja Sur's Sportfishing authorities established a protocol dictating adjustments to the event's format.

Only a few weeks earlier, the event was waiting for approval and the teams were unsure that it would even take place – so they gratefully accepted the new rules.

The Bisbee group and team participants were unaware that they would be part of a historic event that would soon shatter three significant records. A link to a Captains' Meeting video, in both English and Spanish, was sent to every team member, every captain, and every crew member, covering all the information that would have been covered live at past events.

Face masks were to always be worn and social distancing of six feet of spacing between every person was to be in place throughout the event. Only the angler and

their catch could come to the scale, eliminating team photos!

Day One was dominated by 62 billfish released. In the gamefish categories, there were hard-luck stories! But one of the most disappointing was Buena Vista Oceanfront & Thermal Resort's Team Member Esaul Valdez. Valdez battled his dorado for well over an hour before losing what he described as a winner, weighing well over the qualifying weight of 30-pounds!

Day Two, Team Keep It Reel, Oscar Romero released a blue marlin after a grueling three-hour battle; Scott Kays released a striped marlin and Manuel Perlata released a blue marlin aboard "Alegria" owned by Buena Vista Oceanfront & Thermal Resort.

Team Big Oh with angler Greg Kelc weighed their 39.9-pound dorado that took only 15 minutes to boat, ultimately capturing the heaviest dorado of the tournament and \$60,170.00 and prizes

In the yellowfin tuna division, Team Fin & Tonic with angler James Brodsky weighed in a tuna at 41.4 pounds. He also enjoyed the benefits of there not being a *qualifying* a tuna on the first day, allowing them to receive an incredible \$82,695.00 for a fish just 1.4-pounds over the minimum weight on Day Two. How's that for a feel-good story for them?

Speaking of "feel good," Team True Grit's owner and angler, Jim Putman weighed a black marlin that exceeded the 300-pound minimum weight by a mere six pounds,

Continued on Page 18



Fast Internet and Faster Service in East Cape
www.fibertechinternet.com

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

Bisbee Competition Continued From Page 17

earning their team a whopping \$559,870 (since there were no billfish weighed on Day One the daily purses were doubled on Day Two).

There were two blue marlin weighed on Day Three, the final day. The first was Team Dos Tejas, Mike Darden with a 386-pound blue marlin that briefly was the heaviest billfish of the day. A bit later, local Team Chachalacos with Captain Carlos Almanza relied on their accumulated knowledge from the past three generations arrived with a huge blue marlin that weighed 704-pounds, the largest ever weighed during the 21-year history in the Bisbee East Cape Offshore.

In the Release Division, ten teams battled it out as the three-days unfolded. The front runners were constantly being pressured to find just one more billfish that would bite. There were ample billfish to chase in this category since minimum weights were not an issue.

Congratulations to Team El Suertudo for once again ending up at the top of the leader board! Team Hooray and Team Real Texan were in pursuit every day and they had the El Suertudo Gang looking over their shoulders several times.

Nice going to teams Dos Tejas, Quiteña, Oro Negro, Over-time, Protocol, Team Reel Energy, and Carajo for making the top three earn their win! And thanks to all the teams for demonstrating how much fun the Release Category can be for both the anglers and the billfish.

Total Team Payout \$1,110,050.00

1 st	Chachalacos Blue Marlin	704-pounds	\$240,284.00
2 nd	True Grit Black Marlin	306-pounds,	\$559,870.00
3 rd	Dos Tejas Blue Marlin	386-pounds	\$76,506.00
1 st	El Suertudo Release Division		\$44,200.00
2 nd	Hooray Release Division		\$15,300.00
3 rd	Reel Texan Release Division		\$8,500.00
	Fin & Tonic Heaviest Yellowfin Tuna		\$82,695.00
	Big Oh Day 2 Largest Dorado		\$60,170.00
	MAJA Team Day 3 Largest Dorado		\$22,525.00

The final awards were distributed Saturday.

Local merchants were pleased with the event and several echoed the quote of one of the representatives of the Rotary. "We think from a Public Relations standpoint, the Bisbee Organization has done an incredible job of adhering to the Protocols issued by both State and Municipalities, while being fully respectful of everything that needed to happen to safely hold this event.

They are an exceptional example of how sportfishing contests should be responsibly conducted during this period when everyone is concerned over the world-wide pandemic.

The Bisbee ECO team, and [Buena Vista Oceanfront & Thermal Resort](#), have done a remarkable job of bringing together a record-breaking 72 teams of sport fishers to compete for the largest amount of money ever awarded in a single tournament in our East Cape community. Not only have they paved the way for promoting tourism, but at the same time, they have remained respectful of the rules and protocols that keep everyone safe.

We believe the Bisbee's have done an outstanding job!"

Along with the assistance of anglers from around the world, the Bisbee Organization has created the first "Trifecta of Million Dollar Contests" in Baja California Sur, Mexico including: Bisbee Black and Blue, (Los Cabos, BCS, MX) Los Cabos Offshore, (Los Cabos, BCS, MX) And the newest – East Cape Offshore, (BCS, MX).

These are among the 9 or 10 tournaments *around the world* hosting Million Dollar Events annually!

This is a remarkable achievement that founder Bob Bisbee could not have imagined 40 years ago when he first began with a small flotilla of Southern California sport fishers looking for a good time billfishing!



SALON DE CORTEZ
SPA & BEAUTY

salon.cortez@yahoo.com
www.schedulicity.com
624-124-8056
www.facebook/salondecortez


THE SPA BUILDING, PALMAS DE CORTEZ HOTEL


WEEKDAYS: 10AM - 5PM
SATURDAY: 10AM - 1PM





COLDWELL BANKER | RIVERAS

 **LOS BARRILES: +52 624 141 0808**

 **LA RIBERA: +52 624 130 0117**



CASA MARLIN GARDENS - \$850,000 USD
Rancho Leonero
4 BR + 3.5 BA | MLS# 20-1444



PLAZA DEL PUEBLO & LOT - \$1,795,000 USD
Los Barriles
Total: 3,286 Sq Mt - AC: 998 Sq Mt | MLS# 20-1676



CASA MANGO - \$230,000 USD
Los Barriles
3 BR + 1 BA | MLS# 20-1902



BUNDY BEACHFRONT LOT - \$500,000 USD
Lighthouse Point Estates, La Ribera
3,736 Sq Mt | MLS# 20-128



LOTE COPAL - \$187,000 USD
Los Barriles
5,199 Sq Mt | MLS# 20-2066



LOT 6, LAS LOMAS II - \$60,000 USD
Las Lomas II, La Ribera
1,500 Sq Mt | MLS# 19-1461

www.cbriveras.com | info@cbriveras.com

Los Barriles's family run specialty store!



Supplying imported favorites and locally sourced products including vegan and gluten free options, cheeses, deli meats, fresh produce and baked goods from our bakery. You will also be able to get some of your favorite Mexican dishes right there at the deli!

Delivery is available and come check out the new items and services in the market!

Heading North, before the Buenos Aires Arroyo

Located at 3 dog corner,
(next to Willy's - across from La Casita)

Plenty of parking.



624-358-9014



Los Barriles #1 Pizza!!



Serving great pizza, pasta, salads and more. Crust using only Italian flour and specialty sauce and cheeses. Freshest ingredients available used. Ask about our Joe's Pizza Club! - Get a pre-paid membership and get free drinks, pizza and other benefits of this exclusive club. Make life easy and be ready for your dinners and guests!



624-130-2222



www.facebook.com/joespizzalosbarriles

Located at Mercado la Costa

Dine in, take out or delivery

Technology Corner

By: Lane Sykes aka The Computer Guy

It's time to think about Christmas Shopping. I've got a bundle of suggestions. Most people have heard about IOT (internet of things). That category includes video screens: Amazon Echos, Facebook Portal and the Nest Hub Max. Those devices can play a variety of media, show your photos, make video calls and display tons of information. The new Amazon 10" model is a beauty; it retails for \$230 but frequently goes on sale for \$180 as do their smaller models. My next favorite is the Google Nest Hub Max (say that after two beers) which retails for \$230. It does a spectacular job of displaying the photos you have stored on Google Photo. With those purchases you can enter the world of an automated house through voice command. I have modules from Wemo and TP Link (Kasa) that will allow you to voice control lights, outlets and switches. My favorites are the TP Link Kasa series of products. You can program just about anything to operate on a time schedule or voice command. I control all those items from my phone or other portable device from anywhere in the world.

How about a new computer? Most of us use laptops and there are a lot of choices. If you have very specific business-related software, then you are in the Windows world. The IBM Thinkpads are a great selection, extremely rugged. For normal uses, I usually pick Dell or HP. If you're really not a geek or businessperson but love to tinker with photos or music, then a Mac is on target.

The majority of us could use a Chromebook and be very pleased. It does require an internet connection to work but it is the most secure. Chromebook price point would be in the \$300 – 400 range. There are certainly cheaper Chromebooks but you get what you pay for.

Now that I've spend all your money, let us talk free computer stuff. The overwhelming majority of people don't need an extra antivirus. If you're a Windows 10 user, it's included in the operating system. If your using a Mac, there are no viruses in the wild that would affect you. If you're on a Chromebook, you're pretty much bullet proof. If you haven't tried Open Office, it's virtually the same as Microsoft Word but for free. One of the most important things we have are our photos. Google Photo offers free backup of all your photos from every device at 12MP resolution. Those photos would then be available on your computers and all portable devices. Amazon Prime Photo offers the same but at full resolution.

Reminder: Be careful opening attachments. If you receive an email with a link, those links can be changed to connect to bad guys web sites. When asked to enter your logon information, you could be giving critical info to the crooks. I get at least two of those emails each month. Those are called "Phishing" attacks. They look like an email from a creditable site including the proper Logos and Bank info. Never, never click on a link in an email, copy and paste the link to another browser page. Even better, go directly to the web site and logon as you normally would. Finally, Microsoft will never call you directly nor will the IRS. If you get one of those calls, it's a "Phishing" attack, hang up.



The Perfect Stay
Discover the best professionally managed vacation rentals on the East Cape of Baja California Sur

Contact:
www.wolf-pm.com Info@wolf-pm.com
Local Phone (624) 124-8171 US Phone (858) 222-3539

Consider It Done
Wolf Property Management

Property Inspections * Maintenance * Bill Payments
Grand Transportation * Construction Management * Property Paperwork
Long Term Rentals * Vacation Rentals * Sports Fishing, Tours, Activities * Emergency Services

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



ToroNet



THE EAST CAPES
FASTEST
WIRELESS INTERNET

- FIBER OPTIC BACKBONE
- RESIDENTIAL INTERNET
- BUSINESS SERVICES
- WHOLE HOME COVERAGE
- LOCAL VOIP SYSTEMS
- PROFESSIONAL TECH SUPPORT

**CONTACT
US TODAY**

VISIT US ONLINE
WWW.TORONET.MX

EMAIL
INFO@TORONET.MX
PHONE
624-980-0621

**Serving Los Barriles - Punta Pescadero - Rancho Leonero
El Cardonal - Las Lomas - Lighthouse Point - La Ribera**

Baja Shakespeare 2021

By: Kim Scholefield

Baja Shakespeare celebrated their 20th annual production this past March 2020, with an originally scripted play, "A Baja Chorus Line". Baja Shakespeare has always been a welcoming, not-for-profit, singing and dancing, East Cape, community theatre company. We love to perform comedies, do not take ourselves seriously, perform spoofs with local jokes, while always looking for new "talent" (that is, brave enough to get up on stage!). We pride ourselves on our professional costumes, live music, amazing choreography, superb singing, original scripts & endless laughter!

Our list of shows include:

- > 2001 - MacBeth
- > 2002 - Midsummer Night's Dream
- > 2003 - Merry Wives of Windsor
- > 2004 - As You Like It
- > 2005 - Taming of the Shrew
- > 2006 - Much Ado About Nothing
- > 2007 - Midsummer Night's Dream
- > 2008 - Twelfth Night
- > 2009 - Comedy of Errors
- > 2010 - Knight of the Might Rod
- > 2011 - Pericles
- > 2012 - Cinderella
- > 2013 - Aloha! Midsummer Night's Dream
- > 2014 - Puppet's Ire
- > 2015 - Shakespeare's Robin Hood
- > 2016 - Pleasure Island
- > 2017 - Snow White & the Seven Mariachis

- > 2018 - A Baja Shake Up!
- > 2019 - Sea Princessa & the Frijole
- > 2020 - A Baja Chorus Line

Now here we are in the times of COVID-19, watching businesses & our beaches close/open close/open. Around the world, professional and community theatres remain closed. Large groups are unable to meet. How can we rehearse, sing, dance?

The 7 dates we had originally selected for our 2021 production are: Opening Friday March 12, Saturday 13, Sunday Matinee 14, Wednesday 17, Thursday 18, Friday 19 and Closing Saturday 20.

As I write this, we wear masks, keep our distance and bubble with our small groups of family and friends. We are unsure of what lays ahead. Baja Shakespeare will forge forward with production #21, but when will that be? What will it be? As always, we appreciate & value your loyal support through "thick & thin!" Stay tuned! For questions, please email: tyfield1@hotmail.com





ROCHIN OLACHEA
CONTADORES-ABOGADOS
PROFESSIONAL SERVICES

Real estate developments:

- Condominium regiment.
- Purchases and sales leases.
- Title issues.
- Title search.
- Taxes and legal opinion.

Corporate law:

- Mexican corporations issues.
- Issuance of corporate books and stock.
- Creation of Mexican corporations.
- Assembly acts.
- Power of attorney.

Securing transactions:

- Loans.
- Loans in participations.

Contractual law:

- Draft.
- Review and / or medication of all kind of contracts, including: General services contracts from housekeepers and gardeners.

Closing process:

- All the legal support necessary to close.
- Escrow process.
- Real estate taxation.
- Assignment of rights.
- Creating of new trusts.
- Permits and studies.

Immigration service:

- Obtaining and/or modification of temporary or permanent resident status.
- Working permits.
- Naturalization letter.

Accounting:

- Taxation and bookkeeping.
- Real estate taxation.

Construction social security obligations.

CONTACT INFORMATION:



+ 52 1 (612) 174 64 56
(624) 141 03 43
(624) 141 0852
(624) 124 8040



Plaza gaviota local int. #4
Calle: Valentin Ruiz
Los Barriles, BCS.
Google maps: (23.6790976,
-109.7029683)



francis@rochinolachea.com
juanangel@rochinolachea.com
andrea@rochinolachea.com

New Home, New Life for Baja Kitties!

By: Joann Vermillion

We retired this past year and purchased a winter home in Los Barilles, as Scott's passion is kiteboarding, and what better place to do so! I had time on my hands, and decided to join the local community Facebook group here running into Kris Shellard posts seeking foster care for 2 young kittens. I thought about it for approximately one second before responding and by the next day I had 2 foster kitties, and here began a journey I could never have imagined. One that warms my heart and feeds my spirit, every single day!

Feral cats are common here; they have litters of kittens in the wild, and unless they are rescued chances of survival are about zero. Once the litters are found there is a chance the feral mother can be rescued too, because the bond she has with her kittens outweighs her fears, if only for a moment. At times the feral mother cannot be found or rescued, and the litter survival rate is low. Our local veterinarian's, Gretel de la Torre and Cristobal Cosia take in most of these rescues when found; any medical issues are tended to, and then the need arises for immediate foster homes. And this is where our story begins! Only we didn't know it yet!

We agreed to foster 2 kittens in the beginning, and we were enjoying them so much that when we found out there were 4 more in need of foster care, we immediately agreed to take them too. These rescue kitties kept us entertained and laughing - we thoroughly enjoyed each and every one of them. But win-



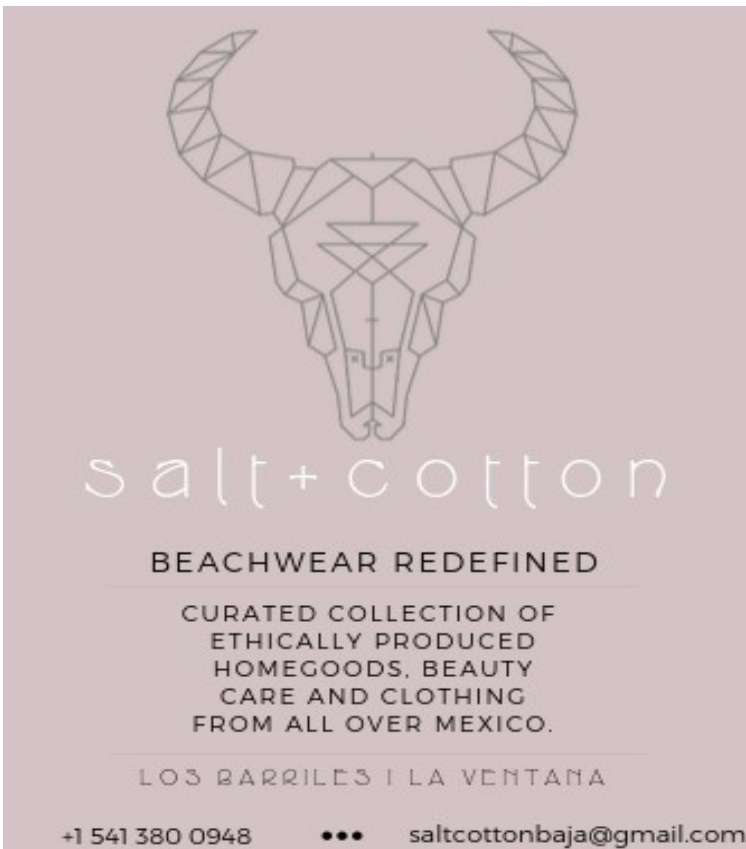
ENJOY THE BEST OF HEALTH!
Therapeutic Massage
With
Christene Comstock
624-160-1203
spadecortez@yahoo.com
MASSAGE • FACIAL • BODY SCRUB

-ter was winding down, and we were getting ready to return to Washington for the summer. What was going to happen to these kitties now? Trying to find forever homes for them here was proving fruitless. Foster homes were difficult to come by. If fosters are not found, the vet's will spay/neuter them and clip a portion of their ear so they know they've been 'fixed'. They are then released, and left to fend for themselves. We couldn't possibly let this happen!! We'd fallen in love with every single one of them. We began to brainstorm and came up with the idea of trying to adopt them out up in Washington. And what happened next was truly miraculous!

We placed an ad in the Seattle area, and we were inundated with responses. Due to Covid, Northwest Shelters were empty, and there were no animals available to foster or adopt. Kittens were being sold on Craigslist for \$500, if you could find one! We had all four kittens adopted out before we even left Los Barilles, to wonderful loving homes. The other 2 had been adopted by Kris Shellard. The airlines allowed us to bring back one kennel each, with 2 kittens per kennel, to be kept under our seats. It was a 12-hour travel day for us, with plane changes, and these kitties did wonderfully. At this point I have to let you know that Baja kitties are like no other kitties. It's hard to explain, but they seem to be extremely appreciative, knowing their fate if a home is not found. They are the most loving kitties, each with a distinct personality, and never-ending appreciation for their new humans. Our adoptive families adore them, and most still keep in touch with us, sending pictures regularly! Our Baja kitties are recognizable with their larger than average ears too - everyone loves their ears!!

But wait! There's more! Once we arrived back in Washington, and still networking with Kris Shellard, who then put us in touch with Margarita Angelatos and Chris Courtright, as there were more Baja kittens and feral mother cats who needed homes. We decided to post an ad on our local FB community page in Port Townsend, and again the response was beyond our wildest imaginations! We couldn't fully meet the need of our Port Townsend community! The one obstacle we faced was how to

Continued on Page 25




salt+cotton
BEACHWEAR REDEFINED
CURATED COLLECTION OF
ETHICALLY PRODUCED
HOMEGOODS, BEAUTY
CARE AND CLOTHING
FROM ALL OVER MEXICO.
LOS BARRILES | LA VENTANA
+1 541 380 0948 ••• saltcottonbaja@gmail.com

New Life For Kitties Continued From Page 24

transport them up. Thankfully Kris and James Shellard, Margarita Angelatos and her husband Owen Dyck and Chris and Jon Courtright were all driving back up with their families so they each filled their vehicles with kitties - we ended up adopting out over 20 kitties!! And we're still at it! But it takes a team of us to do so. And the need is still great, both for foster parents, adoptive families, and those traveling who would be willing to transport these Baja rescue kitties/cats to their forever homes.

We were able to start a Facebook group with help from the administrator of our local Port Townsend Community page, Wyatt Ranson, who had adopted one of our Baja feral mommy kitties. We were even recognized by a reporter, Jane Rees Stebbins from our local paper, the PT Leader, with a front-page story. Jane had adopted one of our Baja rescue kitties too, one who was missing a leg. But he wasn't aware he was missing a leg; hasn't slowed him down a bit! All of Jane's animals are rescues and she wouldn't have it any other way.

Please help us to continue saving these precious rescue cats and kittens. Please join our Facebook group and share with your friends and relatives -we desperately need foster homes, adoptive homes, and folks willing to transport them. Our Facebook group is called Pacific NW Cat and Kitten Rescue and Rehoming - we'd all appreciate your membership (free!) and sharing our group with friends and family. Adoptions in Washington are slowing down a bit, now that the shelters are reopening, and kittens are becoming available again. Anything you can do to help would be appreciated. If you would like to make a donation to help absorb the cost of spaying/neutering, shots, and beginning medical needs for these rescue kitties please donate to Cortez Rescue on Facebook (www.cortezrescue.org), or you may make donations directly to our two local vets listed above. Every penny counts! Thank you so very much!



"Are we there yet?" ... Excitement as the kittens make their way to Washington new homes and lives!



Cava
Rancho La Venta
Cabernet Franc 2007 13.9%

B & B Casitas
Pool-Sauna
Art Studio
Event Hosting
Retreats

Winery-Vineyard Tastings Weekly
Farm to Table Lunches/Dinners by reservation
Transportation Packages Available
Ranch made Products

Cava
Rancho La Venta
Merlot 2007 13.9%

www.rancholaventa.com
rancholaventa1@mc.com
Message -612-136-8947

LEADERS2GIVE (Non-profit) **Response to Covid 19** **Fallout in our East Cape** **Communities**

By: Adam Greenberg, LEADERS2GIVE President
Roberto Osuna, Director, New Creation Kids Albergue —

“The orphanage will be out of money by September. There’s no one here to sell our wares to. We also rely on the local shops and restaurants for support, but they are either closing or are experiencing their own financial distress. To ensure that the kids continue to eat three healthy meals a day until this crisis passes, we may have to stop using the propane and electricity for cooking and who knows what else.” Kim Plotkin, President, East Cape Guild — April 17th, 2020

“We are looking at a significant funding shortfall to send our community children back to school next year. The local families cannot afford the cost of books, uniforms, and tuition in the best of times. The pandemic has made it extremely difficult to proceed with planned fundraisers.”

Emma Nicholson, Co-Founder, Los Barriles Food Bank. March 18th, 2020

“The WHO has declared Covid as a Pandemic. US and Canada are closing their borders. Tourism has stopped. Many of the residents from US and Canada have headed North. The town is virtually closed up! This is usually the high season when the locals make the money they will need to see them through the ‘hungry months’ of the summer. We can’t let the good people in our community go without essentials such as food. Can Leaders2Give can help engage volunteers with the Youth Leadership /

Interact and assist with our fundraising efforts?”

Charlene Wenger, Founder-Director, East Cape Health Center
– April 10th, 2020

“We need to be available to help our community through this health crisis, but our income has virtually stopped with many of the residents returning to Canada and the States. We do not have the Protective Equipment that we need to keep our team safe. Our local ambulance resources are not prepared nor equipped to accommodate Covid patients. We cannot afford to procure all of this equipment and pay our staff without help. I fear that we may need to close our doors this summer – something we haven’t done in years!”

That is what we heard from the leaders of various charitable initiatives at the time the pandemic began to financially affect our Baja communities.

“Not on our watch!”

This was the sentiment of all of the Leaders2Give board members when we realized that what started out as a health crisis, was quickly becoming a financial crisis and could spiral into an out of control humanitarian crisis if people in our local communities didn’t pull together and take some action.

These are our communities after all, and we do not exist in isolation. The causes we support are not entirely independent of each other, either. Everything is interconnected on some level. The East Cape is not just some place we visit and then leave and forget about. While we recognize and respect that, ultimately, most of us are foreigners and/or guests of the wonderfully gracious and hospitable Mexican people, many of us still call this amazing place our home or ‘home away from,’ therefore, we have a responsibility for our communities’ well-being.

It did not take long for all of us to come together and formulate a plan of action. I am so very proud to be a part of this compassionate community. We are Canadians and American’s with diverse political leanings. (Yes, Biden supporters and Trump supporters can, and do, come together on issues every single day). We are gay/straight, male/female and we have different religious and socio-economic backgrounds. Yes, we have a lot of differences, but we have much more in common. We are all united in our unwavering commitment to improving lives and helping to advance inclusion, equality, and sustainability.

I am so proud that Leaders2Give (who traditionally has focused its efforts on the financial sustainment of the New Creation Kids orphanage in La Paz and recently accepted a donation of land to build a new sanctuary for children in El Cardonal) has joined forces with the Los Barriles Food Bank, The East Cape Health Clinic and The East Cape Guild to support, protect and develop our communities’ most vulnerable. We are also united and committed to creating tomorrow’s leaders today.

Continued on Page 27



EAST CAPE
— HOME HEALTH —



- 24-Hour Care
- Per Diem Care
- Ambulatory Assistance
- Meal Prep
- Light Housekeeping
- Skilled Nursing
- Companionship
- Safety/Wellness Check
- Transportation
- And More!!

email: info@EastCapeHomeHealth.com
website: www.EastCapeHomeHealth.com
phone: +52-624-184-6953

Leaders2Give Continued From 26

I'm happy to report that:

We were able to secure donations for New Creation Kids that will sustain their financial operations until the end of this year.

Since April, The Los Barriles Food Bank has been feeding approximately 900 families (4,000 to 5,000 people!)

The East Cape Health Center raised enough money to not only keep their doors open, but also to continue to offer its services for children and those of low income for free.

We have been working on the plans for the new orphanage in El Cardonal. Once the architectural and engineering drawings are completed, a more detailed budget for the project will be prepared and fundraising undertaken in earnest.

The Guild isn't able to run its usual fun fundraising events due to COVID, but remains committed to securing low contact fundraising opportunities and individual donations.

That is a very brief snapshot of our activities since March. There's simply too much that has happened as this crisis has unfolded to cram into one article, so sign up for our newsletter at leaders2give.org to receive our updates along with inspirational stories of the good happening in our communities. You can find all of our past issues (which describe our new partnerships in more detail and introduce our four new board members) on our 'About' page.

We appreciate your interest in these initiatives. In essence, leaders2give exists because of all the heart-felt people in our wonderful communities who support its projects. Thank you all for being the power behind this work.

Stay informed as this crisis and our plans to help manage its fall out continue to evolve. Join our movement through a financial contribution or by sharing your time and ideas. We are, and always will be, in this together, and together is how we'll see a better tomorrow.



DENTAL PROGRAM COMES TO CENTRO DE SALUD!

By: Leigh-Anne Cameron

With thanks to local donors we now have a basic dental program available in Centro de Salud for the Mexican community, and anyone who has permanent residency.

A permanent dentist will be assigned in February 2021 and in the interim two dentists attend from La Paz every 3 weeks.

The following services are available: cleaning, extraction, and veneers.

X-rays are available in La Ribera or La Paz if necessary.

The Dental service takes all precautions such as sterilizing the equipment, wearing of masks and guards, gowns and gloves by the Dentists.

To make an appointment go to Centro de Salud (white building next to La Cancha) and see Luli or call for non-emergency to (624) 124-8086.

Dr Manuel Ramirez, Chief Administrator of Centro de Salud – Los Barriles wishes to thank the donors who assisted with this project and asks for further assistance from the whole community to raise money for x-ray equipment.

He also hopes to complete the physical therapy program. One staff member is a physical therapist, but they need equipment and a dedicated space to start this program.

All donations are appreciated, and no donation is too small!

For more information please contact Dr Ramirez at (612) 156-0576



Connie M. Heinen

For an appointment call:
(624) 141-0422

email: permsolutions@aol.com
www.solutionsdebelleza.com

Certified & Licensed
Paramedical Aesthetician
Master Certified
Permanent Makeup Artist

Specializing in:

Therapeutic Skin Care

LED Photo Rejuvenation

Permanent Cosmetic Tattooing

Ultrasonic Micro Exfoliation

Waxing and Electrolysis

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

The Plastics Industry Lied

By: Theresa Comber

The plastics industry lied. It was deceitful, and they knew it. And for decades since, they have continued to lie. The plastics industry, driven by the petroleum industry, know their plastics are polluting our planet. And instead of making changes, they put out a \$50 million public relations campaign to make us feel good about them and their plastics. They bought and placed recycling containers throughout the country to appease our interests in recycling, all the while they were shifting consumer culture to use more and more plastics. And they knew they were wrong.

A new investigative study delves into forty years of the insidious practices of corporate leaders at the highest levels of the plastics industry. It shows their pursuit of profits ruled the game as they knew that many of their products were not recyclable, yet claimed they were. They manipulated reality and now our world is literally floating on a plastic raft. This investigative team has just unearthed how deep the complicit behavior has been in this hoodwinking of the world's populations. Just like tobacco, industrial air polluters, climate deniers, these corporations have cajoled us into believing that their plastics products were acceptable. They are not. Now we need to hold corporate America's greed and their deceitful practices to accord. But first, we need to 'reduce', the first of the three R's in the recycling triangle. Reduce your consumption. Reuse it. Recycle it. We will all be better for it and most especially, our home planet.

Give an Octopus a Hug

By: Theresa Comber

I'm an octopus advocate. My friends are now octopus advocates. Especially my mermaid friends during our early morning swims as we scour the sea looking for these amazing, elusive creatures. Recent studies show that octopus may have the same keen problem solving, resource capabilities, and interest in affection equal to elephants. And to be sure, we don't eat elephants. In the 1980's and picking up speed for the past 40 years, deeply interested people started caring about elephants. The threat to the species due to indiscriminate hunting and poaching solely for their ivory was exposed and now elephants are widely protected. With awareness, education, and understanding, we hope to slow the dinner plate pursuit of the octopus. And if our octopus clan can spread the word about the incredible octopus, then for certain, you too, will become an octopus advocate.

The octopus is an invertebrate – it has no bones. It can squeeze itself through the smallest of holes and can move out of water and on to land to escape pursuit. We have just one brain – it actually has nine. A central one plus all eight tentacles process information like a brain. It can actually taste you and feel your body vibrations through its suckers, and can grow back an arm if it's been removed. It has three hearts, a well-developed nervous system and yes, blue blood. Octopuses are mollusk without a protective shell, and it has evolved over millions of years to adapt in milliseconds to protect itself from predators. If it's being pursued by natural predators, it will camouflage all eight legs to different colors to appear part of a reef. It will gather shells, rocks, stones, bones and bundle them all over itself and roll into a hard, round ball. Predators won't eat a hard, round ball. Octopus will even attach themselves to the back of a pursuing shark and ride there to avoid being eaten. Perhaps the most incredible thing about the octopus, is that it will also attach itself to a human in a literal octopus-human hug, and wants to be stroked.

Once you are an octopus friend, it's for life. Unfortunately, what the octopus hadn't considered in its evolutionary process, was a two-legged, breath holding predator with an 18" long steel bar, bent on the end to rip it out of its den. A den that no other predator could penetrate. An animal that would provide a human a hug and could defend itself against a shark, has no chance against the hunting human. Octopus hunting on the shores of the Sea of Cortez may have cut the lifespan of octopus in half. A truck full of hunters comes from La Paz every two weeks and scours the banks of our shores so that this amazing, intelligent creature can find its way to a restaurant dinner plate. Squid can't hold a candle to the intelligence of an octopus yet can rival them in a recipe. Part of our advocacy needs to encourage diners order squid and leave the octopus in the sea.

To truly deep dive into the amazing octopus, watch 'My Octopus Teacher' on Netflix. Read 'The Soul of the Octopus'. With just your one heart and one brain, I am sure you will be changed. And I look forward to having you join me as an octopus advocate too.



Solar on the East Cape



**The East Cape's
Premier Solar Installers!**

Telephone: 624-119-8640

Email: info@ectechsolar.com

www.ectechsolar.com

Leave your loved ones with no financial burden.

Get a complete and personalized funeral
service plan and we'll take care of the rest.

Visit Bajasafe.com.mx or contact info@bajasafe.com.mx
or call (624) 196-1518 or (624) 121-3927.



Victoria's Sunny Dresses

Victoria.sunnydresses@gmail.com

My Dear Friends!

During the Season 2020—21 I will be very happy to see you
at my Showroom/Fashion Design Studio at Esmeralda, Los
Barriles (Tika Lane, 2, turn right after Tres Palapas). My boutique at
Mercado La Costa is closed.

I spent my summer in Los Barriles making a new collection
for you. Comfort and happiness, safe feeling and joy to wear
light and cozy clothes during this time, when we are all
spending more time in our homes. For Custom orders, you
can get matching masks for free!



Natural materials & beautiful colors!
You can be who you
are, wear what you love to wear, feel-
ing luxury and comfort in the same
moment! I have a big collection of
face masks: mine, Mexican artists and
Mexico City designers. I also received
a limited collection of Italian cotton

and Indian silk clothes!

We work by appointments only. We meet on my open air
patio, with all the safety items needed to make you feel safe
and comfortable.

To make an
appointment
Call or WhatsApp
624-110-6992



Turtles!

By: Theresa Comber

September 10 was a very busy turtle laying day!
Omar Araiza arrived to Los Barriles after his early
morning beach patrol so heavy laden with eggs
from 32 nests that it was hard to see his quad! 32 is
the most nests ever relocated in one day, compared
with a previous high of 18. As each nest averages
100 eggs, that was an addition of 3200 baby turtle
eggs to the nursery in one day! Turtle eggs are the
size of ping pong balls, are hearty yet malleable so
they can absorb the shocking impact of being
dropped a foot or more when their mother is deliv-
ery and then being surrounded by 100 of their sib-
ling eggs. The Buenos Aires beach front nursery is
more than half full with nearly 300 nests now - yes,
30,000 baby turtles are growing under the sand.
Omar expects to be on tract to add another 200 or
more nests, resulting in 50,000 baby turtles starting
their lives in the East Cape of the Sea of Cortez. If
this trend continues, it will match the highest num-
ber that Omar and Noe have managed in their ten
years caring for turtles.
The Araiza brothers are
in charge of 'Tortuguero
Cabo Este', patrol 13
kilometers of the East
Cape beach from La Ri-
bera to North Beach, and
are doing our planet the
greatest service by safely
relocating, sheltering for
up to 8 weeks, and then
launching baby turtles
into the sea. Mother Na-
ture and her people ap-
plaud you!
Omar and Noe!





Dance of the Coco Palms

By: Kay Mundt

For the duration of the Covid-19 global pandemic, my “jail cell” has been a sweet retreat.

Picture a second story studio with windows on the east and west and sliding glass doors opening towards the sea, with a small deck. The bed abuts the sliding glass doors, making it possible to lie on your back at night and watch the stars. Out each window are an array of fan palms, a plenitude of colorful flowers, and one large coco palm, right by the deck.. Doves, orioles, cardinals, cactus wrens, ravens, woodpeckers, hummers, night hawks and bats continue to live their busy lives, unaffected by human problems. I find that reassuring. An owl hoots.

My special friend has been the large coco palm by the deck, looking towards the sea. Besides fruiting cocos, these palms have 13'-20' long pinnate fronds, or leaves, and each leaf has its own pinnate leaves which are 2'-3' long. Just enough science to help you realize how expressive these trees can be.

The tipsiest tips I call fingers, for the way they wriggle towards me on even the stillest morning. Then the fronds sway slightly, as if breathing. To me, they say, “Relax, lay back, all is well.” The owl is snug beneath the dry fronds.

A breezy day turns the tree into a ballerina. Flexible, graceful, the fronds explore their freedom, dipping and lifting, limbering up. They remind me to pull out my yoga mat.

Then comes a gusty day, bringing much fun. The fronds are pushed every which way, up and down, left or right, changing directions abruptly with the erratic gusts. I swear it's true that orioles play. They seem to enjoy perching a little more than halfway down a frond and hanging on for dear life for the carnival ride!

The coco palm's greatest strength is only apparent in a chubasco, when the forceful winds bring heavy rain. I picture a woman with long, wet hair, who's pulled it into a tight ponytail on top, and then put a powerful hairdryer to work. Her head doesn't budge, whichever way the hair is blown. A coco palm looks like that during a hurricane - all its fronds blown into a bunch, streaming straight out from the top of the tree.

One cloudy, deeply overcast evening, the trees became shadows. The long fronds of the coco took on a spectral image, a ghost lurking there in the eerie moonlight.

A final thought - Coconuts never roll far from their progenitor, as the outer husk isn't round, but triangulated. Like Mother Ginger of the Nutcracker, she keeps her offspring under her skirts.

A final, final thought - Get the coconuts down before a hurricane, as they weigh 3# and have earned the term “Death By Coconut”!



**BEING A FULL-TIME
RESIDENT OF
LOS BARRILES, I CAN
PUT MY INSIDER
KNOWLEDGE TO WORK
FOR YOU. WHETHER
BUYING OR SELLING,
CHRISTINE ROGERS**

**AND BAJA PROPERTIES WILL GET
THE JOB DONE!**

**Office: 624-141-0075, Cell: 206-669-1675
email: christine@bajaproperties.com**



Baja Properties
A REAL ESTATE MARKETING AND DEVELOPMENT COMPANY

San Jose • Cabo • Los Barriles

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

What Can You Do About Corona Virus?

By: Dennis O'Brien

Here we are together again in September, 2020 amidst COVID19. To help us navigate these interesting times, here is a link to a very informative article by Dr. Erin Bromage that is very helpful in improving our understanding of COVID 19 exposure in our daily lives. It also may be useful for us to better understand the complexity of the questions: "When do we open up again?" "How do I keep me and my family safe?" You can review that article at:

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them?>

All of this is helpful and allows some safeguards for THE HERD, (That is, nomenclature used to describe the masses of people in a given population and includes all of us). That article does not describe immune support of THE INDIVIDUAL, (nor was it intended to).

Health officials in the US (Dr Fauci, CDC, AMA, Big Pharma, and others) are focused on THE HERD, with the intent of maneuvering from the OUTSIDE IN; that is, utilizing drugs and/or future vaccines that have not yet been invented or tested in humans to stop COVID 19 infection. The UPSIDE of this approach is that it MAY produce good outcomes for THE HERD depending on testing, available resources, side effects and other factors. The DOWNSIDE is that this will not be happening any time soon.

So, what about THE INDIVIDUAL? (That's you, me, our family and friends and their family and friends). What do we do in the meantime?

This is a very broad question. To start, I would recommend that the reader becomes familiar with the article written by Dr Bromage (see link above) so that the INDIVIDUAL can do their own risk management for themselves and their family regarding exposure.

The next step is to better understand what the INSIDE OUT approach is and how to utilize it.

The INSIDE OUT approach defined as of this pandemic: Achieving balance between internal body systems so as to be able to fight off foreign invaders from the inside out. Internal body systems such as your nervous system, endocrine system, immune system, digestive system and others must all be working in unison in order to mount a successful immune response to a foreign invader, be it a bacterium, virus, parasite, or other.

How do we achieve internal balance? There are many answers to this question and there are no silver bullets to accomplish this. In my 29 years of working with patients, the most effective way to get there is by making good decisions every moment of every day in the following 7 categories:

1. What you eat
2. What you drink
3. How you exercise
4. How you rest
5. What you breathe
6. What you think
7. Energy Movement

So, let's break them down and apply them:

1. WHAT YOU EAT: Do you eat fresh, whole foods, or do you eat refined sugar and junk food laden with chemicals and food coloring?
2. WHAT YOU DRINK: Do you drink water or excessive alcohol, soda pop and sports drinks laden with chemicals and sugar?
3. HOW YOU EXERCISE: Do you exercise daily or do you ride the couch all day?
4. HOW YOU REST: Do you sleep 8-9 hours per night on a regular schedule or is your sleep erratic?
5. WHAT YOU BREATHE: Do you breathe fresh air or do you inhale cigarette smoke, toxic fumes, mold, etc.?
6. WHAT YOU THINK: Are your thoughts toward gratitude, kindness and agape love or are they toward anger, hate, judgement, blame, etc.?
7. ENERGY MOVEMENT: Do you have a practice of meditation, prayer, breathing, yoga, regular body work (chiropractic, acupuncture, rolfing, massage) to move stagnant energy, or do you do nothing and hope for the best?

Most reasonable individuals would agree that improvements in the 7 categories are going to produce increased health and vitality. Making them habits will only increase our immune response.

For more specifics on immune enhancement, please review the East Capers Magazine article in the April 2020 or contact me in Los Barriles



G&T

PEST CONTROL

624-182-1963

Problems with Pests?

Ants * Rodent * Beetles * Termites * Scorpions

Guaranteed Wood Pretreatment

Protection from Termites

Local and Reliable!

Free Estimates Year- Round

Email: genespestcontrol@yahoo.com



Los Barriles Market

By: Michele Melehes

Ten years ago at the first ever "Town Hall" meeting in Los Barriles I raised my hand and asked the mayor at the time if we could have a Farmers Market. He said, "Sure". And so it all began.

We started with only a few Markets that year, every other Saturday to get a feel for things-it felt good! For those of you who remember how small it was back then, you can appreciate what our little Market has blossomed into.

Ten years later our first and original vendors are still there and you know them all-Oscar and his veggies, he brought the first organic produce to town, Carmen and her delicious smoothies, Artemisa's tamales, Barchi and his iguana sculptures, the sausage girls and our artisans and their handicrafts. Sadly, we lost a pillar of the Market this year -Ferris and his honey were a Market tradition and he will be missed in so many ways. This group of vendors have shown up faithfully every Saturday from November until April for ten years. That's a testimony to our community and the success of the Community Market.

Initially trying to get a good variety of food and produce was a struggle as we are smack dab in the middle for vendors to access- La Paz has markets, San Jose has its markets Cabo and Todo Santos have markets as well. But the last few years as Los Barriles has grown so has our Market- we now have the most diverse and incredible food selection around thanks to the effort of new vendors from the region. Our many artisans provide color and creativity so that we now have a great balance of product to make the Community Market the place to be on Saturday morning. Grab a coffee and a bite to eat, buy your veggies for the week, shop for souvenirs and even add a little something to your wardrobe.

Last season we were lucky to keep the Market open until mid-March and then along came Covid. We are all facing a new reality and for many of us, huge challenges. We know this season will be different. Many of our familiar faces will not be returning this season, and you

will be missed. The Community Market does have a "Covid" plan to allow for a safe and healthy environment. This past summer most towns in North America ran their weekly markets problem free by limiting the number of vendors, requiring masks to enter and social distancing. We too can do this and hope to have a safe Market season. We do not have an opening date at this time as we have to respect the powers that be who have worked so hard at keeping our community safe.

With so much uncertainty in all our lives, we'd love to have the Community Market be one thing we can count on. We love our town and our Community Market that provides a much-needed sense of belonging in this crazy time.

We at the Los Barriles Community Market look forward to our tenth season, whatever it may look like. Be kind to each other, be safe and stay healthy! Watch the BPE and FB for further opening date announcements!



El Jardin de Santa Maria

Starting at ONLY \$285,000!

Quality New Homes built by JMT Construcción

DEDE BACON

530-545-3407 US CELL

dede@dedebacon.com

www.dedebacon.com



SELLERS: Call for a free Comparative Market Analysis of your home or land value. Don't end up with a listing that doesn't sell!

BUYERS: Use a Realtor who has YOUR best interest in mind....not only their seller's interest! Contact me to show you ALL the local offices listings (not only our own).

Let me show you around and present the best opportunities for you to own your retirement or second home, or enrich your investment portfolio!

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

A decorative advertisement for Los Barriles Chocolate Shop. The title "Los Barriles Chocolate Shop" is written in a stylized, dripping chocolate font, with "Los Barriles" in red and "Chocolate Shop" in brown. Below the title, the text reads: "Time for a Chocolate Fix! Chocolate fixes all problems, and is proven to reduce stress! Available at Joe's Deli or order 624-121-9252 lbchocolateshop@gmail.com". The entire ad is framed by a border of colorful autumn leaves.

You Float Our Recycling Balloon!

By: Theresa Comber

You lift us up! You make our collective commitment to our precious planet and to recycling feel like a hot air balloon rising! You have our backs, and we have yours. Together, we will continue to keep tons and from landing in the landfill. Our Baja, the place we feel is home, is one of the

precious, environmentally sensitive areas on the planet. The Sea of Cortez is the world's aquarium and one of the most pristine and biodiverse seas on the planet. Our often harsh, sometimes lush, desert mountain landscape makes up the backdrop to our beautiful lives and provides us our drinking water. We are the stewards in charge of assuring our individual footprints do not ravage or abuse it. Be thoughtful. Slow your purchase of anything in plastic. Carry your own water container. Don't buy single serve plastic water bottles. Ever. Buy a Soda Stream and stop buying Topo Chico bottles. Everything the Coca Cola company makes, including its Topo Chico brand, is in a single serve container. Don't reward the world's abusive corporations with your money. And continue to recycle all your consumer goods. Or join us for the first time. We'll embrace you (virtually!) like an old friend. We'll be open again the first Thursday (always, the first Thursday) of November from 9 am to 11 am. You'll be a DIY contributor and we'll mentor you through the drop off process. \$100 pesos a month suggested contribution. Let's create thumbprints instead of footprints!

EL ANCON UPDATE

By: Ken Phillips

During the month of February in a joint effort between Club Rotario Los Barriles and the local government, we were actually making progress in the development of the El Ancon Sports Complex/ Community center. Phase one was well under construction, the government had funded clearing, grading and fencing in the complex property, as well as relocating the baseball and soccer fields. Club Rotario Los Barriles funded the repair and relocation of the bleachers and baseball backstop, as well as construction of the bathrooms inside the complex.

Then in early spring, the world was devastated with the Cover-19 virus, which changed our world as we know it. As the virus spread, our day to day lives in Los Barriles and all over the world changed dramatically. All work on the project stopped as well as all fundraising efforts by Rotary for the complex came to a halt. With all these developments I wanted to give the community an update on where we are on the sports complex as of today. Please understand in today's world things change instantly and funding is very difficult to come by, so nothing is firm and everything is subject to change.

Phase two work currently consists of (subject to available funding) transformers and lighting for the entire complex to be funded by local government. Rotary through potential fundraisers and Rotary grants, as well as community donations will provide a cafeteria, eating area with shade cover, and a room for storage. In addition, we're working with various non-profits and with community member donations to fund pickle ball, basketball and volleyball courts. Phase two was originally planned for completion by summer 2021, but that projection more than likely is overly optimistic.

Any community members interested in donating or assisting Club Rotario Los Barriles with the Sports Complex-Community Center project should contact Ken Philips bajadays@aol.com



Baja 624-124-8083

US 310-494-5700

HomesandLandofBaja.com



In Real Estate many people talk about how good they are and what they can do for you, but we believe that results say it all. Ask to see our pie chart of our sales the last 12 years. In just 3 weeks in March the group at Homes and Land sold 4 beachfront homes!

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

East Cape Health Center News

Passport to Health

This annual program provides a thorough analysis of your health for a reasonable cost of **\$ 600 US**.

You'll receive:

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

H+ Partnership

Our Partnership with H+ strengthens with their high quality, affordable, insurance-friendly service. With their growing team of specialists, we are certain to meet all of the needs of our ever-growing community. Proud to announce the opening of a new infusion center overseen by Paulino Davo the founder of H+. With his team of internists, oncologists and pharmaceutical specialists they are using unique and progressive treatments for cancer and other illnesses.

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

Dr. Emmanuel takes care of our kids ..

Our mission is to provide access to high-quality health care to everyone. All children under 18 receive medical and dental care at a very low cost.

We appreciate your donations to help us continue to provide Los Barriles with top-notch local medical and dental care!

www.eastcapehealthcenter.com/donate

Affordable insurance is here..

East Cape Health Center is a trusted provider of a variety of insurance plans from short term travel policies to comprehensive global coverage for your entire family. TravelMedEvac offers not only Air Evac but NOW a new rider with medical and dental coverage.

Visit our website to get more information and insurance quotes.

www.eastcapehealthcenter.org/insurance

EAST CAPE

HEALTH CENTER

www.EastCapeHealthCenter.org

Plaza Libertad, Los Barriles

624 124 8203

Medical - Dental - Emergency - Physical Therapy - Pharmacy - Insurance