

2020: A Reflection and the Future 2021—From Asociación de Artes

By: Christine Courtright

As this year comes to a close, many folks are lining up to say 'Good riddance' to a year, that is beyond all years, unless you are an octogenarian and have memories of life during the WWII! 2020, for most of us, started out great! For *Asociación de Artes*, we still had the memories of our Holiday Show at Colina del Sol fresh in our minds and we were preparing for our upcoming events.

February came in cold – I wore pants several times for the first time that I was not coming from or going to Washington State! We were thick in our planning of *Artist Studio Tour*, which proved to be another great show for guests and artists alike. The funds generated turned into school supplies and allowed us to support many different things. Some of the funds helped to build the new classroom at the Los Barriles primary school, helped with repairs for the primary school in Santa Cruz, and bought classic literature for the junior high school in La Ribera. Through donations of Spanish language books, we were able to deliver boxes to two different primary schools to help replenish their library.

By the time the Studio Tour was over, we were knee deep in planning the *Festival de Artes*. It was about this time, many of us were introduced to the word of the year 'Covid 19'. It became evident within weeks that the world is a lot smaller than we all thought. We watched the latest news every night while planning our event hoping and praying that the Baja/Mexico would be a miracle spot, and cases would not materialize. *Festival de Artes* was March 15 and was a smashing success. We had great entertainment provided by local students from Los Barriles, El Cardonal and La Ribera schools and our local dance school, Dance Group Folklore Tekiti. We could see that our crowds were down due to the virus, but we were pleased with the overall outcome.

As it turned out, it appears we were the last large event held in the Baja SUR, as 3 days later, the country went

into the 1st phase shutdown! How lucky we were! How grateful we were to those who came out to the support the event. What an ending to the 2019-2020 season!?!

As the new school year started, AdA started to think of how Covid would affect our school supply deliveries – seeing schools are closed, we wondered *how could we help?* The answer came to us quickly when we learned of the expense that the already struggling families had to incur to print the schoolwork for their school students. Just like in the north, not every family has a printer in the home. Well, the solution came to buying printers, paper and lots of toner and finding a person or place to print. In Los Barriles, we have a volunteer (our hero Jamie) who gets the assignments emailed to her on Friday, and then has packets of papers ready on Monday morning for delivery to the DIF where the families in need pick up that week's school work. She deals directly with the instructors and puts lots of time into her project and it has worked out wonderfully. For San Bartolo and El Cardonal, the subdelegacin houses the printers and takes care of the printing. It has been so nice to get pictures from Luis Lucero, our local Mayor, showing the happy recipients of their school packets. We find it gratifying that the youth are smiling as they get their packets of schoolwork..... I am not sure if I would be smiling to get schoolwork as a kid – but it shows they want to go to school and are happy to continue learning, even if at home.



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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

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As we try to do our planning for the events put on by AdA, we honestly say “*maybe, we hope, we will keep you posted*”. We have made the decision out of the abundance of caution, and have cancelled our **Holiday Art Show at Colina del Sol**. We are so saddened to do that, but we feel it is important to be safe. We will look for other opportunities to help our local artists continue to have selling opportunities – whatever Covid style they might be.

As we forge forward, I will still remind you that **Artist Studio Tour** is scheduled for the Wednesday before Valentine’s Day – this year that date is **February 13** and the **Festival de Artes**, which is always the 3rd Sunday in March will be **March 20**. Stay tuned for details regarding if the events can happen, and how they might be different.

We also want to close to remind you that we are still collecting Spanish language books for all ages. Either bring books you purchase (Amazon is a good outlet) or donate moneys and we will buy the books here. We also have received a special request from our Kinder principal in LB that they need ‘picture books’ for the preschool and kindergarteners. It is fine if there are some English words in them, as the children look at the pictures. So, raid the grandchildren’s bookcases, and bring down some books! In my house, it is a requirement for all my guests to bring books or donate money. If everyone did that, we could fill libraries of all 19 schools!!! Now that is a goal that we need to strive to meet!! If you want to pick up some books yourself, we can give you names of some nice book stores in La Paz and San Jose del Cabo.



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Left—packets lined up ready for pick up

Right and Below: Students with their packets ready to learn at home



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Living with the Shadow

Steve Reed

The COVID-19 virus hangs over us all. No one needs to be told the invasion has cost us the lives of loved ones, the jobs of many breadwinners, and altered our lives in every way possible. We shall all remember these dark days as long as we live.

The most encouraging thing has been the way our community came together to help each other get through the pandemic. The first issue was security, to keep the virus from spreading. Our Rotary President Josefina Ruiz spent long hours scheduling and securing the ingress and egress of traffic in Los Barriles during our initial lock-down. Where many families live hand to mouth, without work the next most immediate need became food. Club Rotario Los Barriles promptly contributed our entire Emergency Fund to a newly created Los Barriles Food Bank. After the LB bank gained several donors, we turned to our neighbor La Ribera, experiencing 85% unemployment. With the help of his neighbors, our President Elect Bob Adams organized distribution for the new La Ribera Food Bank. Bob and friends received over 850,000 pesos in donations and provided 250 - 300 families with their basic food needs for more than 8 months. Be sure to read Bob's article in this issue if you need a happy ending.

Our Rotary club was having a very good season before the virus struck. We were in the midst of preparing for our largest annual fundraising dinner and auction when COVID-19 shut us down. We had just built up a solid emergency hurricane response fund, and completed a media room for our local high school students.

Then everything came to a screeching halt. We had just resumed distributing clean water filters to rural East Cape and were helping fund the construction of the new El Ancon Athletic and Community Center in north Los Barriles. We committed to funding the bathrooms and changing rooms. All projects begun before the pandemic have been slowed or stopped temporarily, but none are lost, just delayed.



By the end of April, the severity of our situation was clear. We suspended all in-person Rotary meetings and turned to ZOOM for virtual gatherings instead. We invite anyone to



attend. Come see what we're planning for the new season and contribute your own ideas too. When permitted, we'll return to our regular breakfast meetings every week.

To join us at a ZOOM meeting, simply type 323 530 1047, and when asked the name, type "Rotary". Our ZOOM administrator can then admit you. You can just stop in or stay awhile. Wherever we are, you are always welcome.


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Warren Russell (Russ) Hyslop

6/22/32-10/1/20

By: Maria Hyslop & Christine Courtright

Russ, an only child, was born on June 22, 1932, in Seattle, Washington to parents Oliver and Beryl (Perry) Hyslop. His parents called him "Rusty". At a young age he had a fascination for airplanes. He spent his early years with his cousin Byron sitting atop the hills of Seattle, Washington looking over Boeing Field watching aircraft come and go. This was significant to them as they had two uncles who flew B-17 aircraft during World War II.

After the war was over and his father's stint with Boeing ended, the family moved to Bremerton, Washington as his father began a career working high wire power lines. Oliver was later transferred to Walla Walla, Washington. When Russ was old enough to drive, he and his buddies would drive up and down Main Street revving up their engines. They once moved an outhouse from a construction site to 1st and Main Street for attention. They would have contests to see who could drive up to a traffic cone with an egg on top. He claimed to hold the record.

During High School he met and later married Sharon Ackerman. They had six children together. Soon after they married, he joined the Air Force and served during the Korean War as a radar operator residing in Indiana and Illinois. Upon return from the service he went to college to earn his teaching degree in Art. Nights were spent working at various Grocery Stores setting up displays and window painting with the current ads to pay for college and the growing family.

After College he was hired by the Bellevue, Washington School District as a Jr. High Art teacher. Later he was transferred to the High School level where he taught art and distributive education.

After the tragic death of his son Matthew from a car accident in 1976, he and second wife Marilyn were looking for a different direction in life. He happened upon an opportunity to purchase a resort on Orcas Island, Washington. He put together a group of investors and they successfully purchased Beach Haven Resort. He was the major stockholder and also the President.

In 1979, he met Joann Baldwin (Hyslop), who was a guest of the resort looking for respite of the busy city life of West Seattle. Unfortunately, as their love story began, tragedy struck again. On January 1st, 1980, his son Murray was killed in a car accident. After months of coping loss together, he and Joann married in an intimate ceremony on the island on July 4th.

After a few rough years on the island with low employment rates, they decided to move to Costa Mesa,

California to be near her aging mother. In Costa Mesa, he found work running a swim and tennis club, working for a Chinook Camper dealer and other odd jobs to have the privilege of life in Southern California. They eventually found a tiny abode in Laguna Beach. A small bridge separated their home from the beach. It was commonly called the troll bridge to the grandkids. That way they wouldn't wonder off on their own.

In 1991, Russ and Joann went to Baja for the solar eclipse and fell in love with the area. They went back home to California, sold everything and moved to Los Barriles. They moved into a travel trailer with an outdoor kitchen on the beach. They lived and felt like Gypsies. A year after their move to Los Barriles, Russ and Joann, both artists and teachers, started teaching art on a volunteer basis at the Los Barriles schools. That led to an art show at Juanita's garden in 1992, and subsequently led to the formation of Asociacion de Artes del Mar de Cortez (AdA) a Mexican non-profit corporation. Over the years, Russ was behind many of the projects that the AdA took on: school and art supplies for 19 area schools, Music festivals, Artists Studio Tours, two large art shows – including the Festival de Artes, Halloween houses, Saturday crafts, and this publication, East Capers Magazine. Russ even designed the Community Center that the AdA hoped to build some day at Colina del Sol. Russ was president of AdA for many years, all the while continuing with his art, experimenting with mediums and projects.

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Russ Hyslop Continued From Page 5

He was full of stories as his life lead him in such varied and diverse experiences. He was often seen tooling around town in his Subaru. He and Joann last lived out in the hills around Los Barriles in a small community about 20 miles from Los Barriles in Rancho Verde. It was an off the grid home that they designed and built. This home was full of treasures from their travels and adventures.

Failing Health caused both Russ and Joann to leave their beloved East Cape and return to the States to be cared for by their children. Even with declining health, Russ was still full of stories and goals. He always hoped to “get better” so he could just do another project. Still creating and building in his brain.

Many of us often think what this area would be without these two pioneering individuals that brought art and culture to the East Cape. Their contributions will be felt for years to come, and for sure this publication bears the mark of their contribution each issue! RIP Russ, and keep designing!!



Russ Hyslop in 1998 here in the Baja

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Russ in 2018—Watching the Seahawks!



Feliz Navidad *Traditions in Mexico*

From: Why Christmas.com

The first thing to know about celebrating Christmas in Mexico is that most everybody takes off the last two weeks in December to spend more time with the family, visit with old friends, even make new friends. In Mexico, Christmas is celebrated from the December 12th to January 6th.

From December 16th to Christmas Eve, children often perform the 'Posada' processions or Posadas. Posada is Spanish for Inn or Lodging. There are nine Posadas. These celebrate the part of the Christmas story where Joseph and Mary looked for somewhere to stay. For the Posadas, the outside of houses are decorated with evergreens, moss and paper lanterns

In each Posada, children are given candles and a board, with painted clay figures of Mary riding on a donkey and Joseph, to process round the streets with. They call at the houses of friends and neighbors and sing a song at each home. The song they sing is about Joseph and Mary asking for a room in the house. But the children are told that there is no room in the house and that they must go away. Eventually they are told there is room and are welcomed in! When the children go into the house they say prayers of thanks and then they have a party with food, games and fireworks.

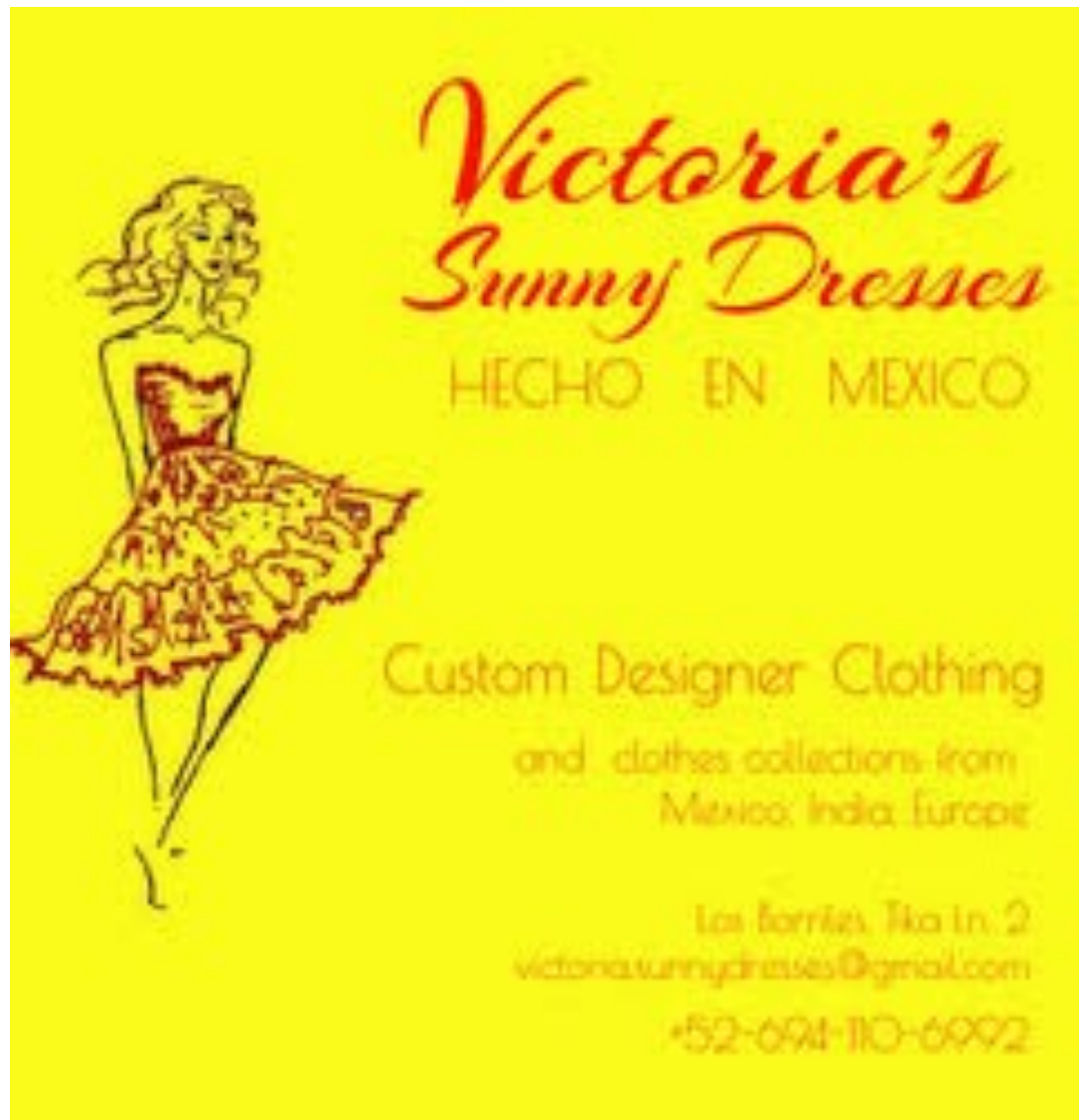
Each night a different house holds the Posada party. At the final Posada, on Christmas Eve, a manger and figures of shepherds are put on to the board. When the Posada house has been found, a baby Jesus is put into the manger and then families go to a midnight Church service. After the Church service there are more fireworks to celebrate the start of Christmas.

One game that is often played at Posada parties is piñata. A piñata is a decorated clay or papier-mâché jar filled with sweets and hung from the ceiling or tree branch. The piñata is

often decorated something like a ball with seven peaks around it. The peaks or spikes represent the 'seven deadly sins'. Piñata's can also be in the form of an animal or bird (such as a donkey). To play the game, children are blind-folded and take it in turns to hit the piñata with a stick until it splits open and the sweets pour out. Then the children rush to pick up as many sweets as they can.

As well as the posada's, another type of Christmas play known as Pastorelas (The Shepherds). These tell the story of the shepherds going to find the baby Jesus and are often very funny. The devil tries to stop them by tempting them along the way. But the shepherds always get there in the end, often with the help of the Archangel Michael, who comes and beats the devil!

Christmas Eve is known as 'Noche Buena' and is a family day. People often take part in the final Posada and then in the evening have the main Christmas meal. At midnight, many people go to a Midnight Mass service, known as the 'Misa de Gallo' (Mass of the Rooster). There are lots of fireworks to celebrate Christmas Day.



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The Sea of Cortez Thrives In The Age of Covid

By: Theresa Comber

Just as the humpback whale season was coming into full swing and the fishing season was set to begin last spring, the East Cape closed. On the land and on the sea. In a matter of days, it came to a grinding halt. Hundreds of boats that typically crisscross the East Cape's fishing grounds plus thousands that would be working or pleasure seeking around the entire Southern Baja from here to the Pacific and stretching north all the way to California were pulled or moored.

As if we turned back the hands of time 100 years, the Sea of Cortez went quiet. Undisturbed. Unfettered by humans and boats. The days stretched to weeks, then to months. Mother Nature and her sea took a long, slow breath as the aquarium thrived. The ecology of the sea was seeking balance; below the surface, it's alive. Sea life numbers and sizes are growing.

The Octopus returned to find their homes amidst the rocks. With no tourism demand for them on restaurant dinner plates, the hunters stopped coming to harvest away what may be the most intelligent species in the sea. Swimming or snorkeling a half mile north or south amidst the rocks from El Gecko and, we have found as many as 12, naming them "King", "Henrietta" and looking for them daily amidst their dens on our swim routes. As we weave our way through this unprecedented pandemic and reflect on our life upsets, we can hold tight to the knowledge that Mother Nature and our Sea of Cortez is thriving in the age of Covid.

For the first time ever outside of the Cabo Pulmo Marine Park, we saw a juvenile Rockmover wrasse (a must see on Wikipedia) perhaps the most beautiful and fascinating little fish in the sea. The snap crackle pop you hear when snorkeling is the symphony of coral voraciously growing. A spotted eagle ray more than five feet wide from gorgeous wing tip to wing tip has taken up residency and glides while filter feeding amidst massive from gorgeous

clouds of fish jellies. A sting ray the size of the Starship Enterprise has done its best to keep us humble and alert as it eyes us from below. Two weeks ago, a never before seen endangered Leatherback Turtle pulled her Volkswagen sized body to our East Cape shores and laid her eggs – twice. A fisherman accidentally side hooked an unprecedented five-foot, three-inch-long Needle Fish, which has grown so much its head is huge and teeth filled jaw looked deadly. When fishing resumed with many fewer boats, tuna schools were almost guaranteed and the catch abundant beyond measure. Diving overboard offshore to swim with the spinner dolphins, they were so calm and curious we may have been their first humans in a long while.

As we weave our way through this unprecedented pandemic and reflect on our life upsets, we can hold tight to the knowledge that Mother Nature and our Sea of Cortez is thriving in the age of Covid.



Please, Please

Remember the children and seniors of our community in this holiday season. Several groups are collecting gifts. So share your blessings with others and let's see if we can bring some cheer to many more persons in this 'COVID' Holiday Season!



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11 Mexican Traditions for the New Year

From www.haciendatresrios.com

The holiday season in Mexico is a joyous occasion filled with culture, tradition, color, religious observations, food, but mostly it is a time for rituals.

With the year coming to a close, Mexicans are gearing up for these traditional New Year's rituals which are believed to bring good luck, prosperity, love, and blessings in the coming year.

1. WISHES: In a normal piece of paper, write your wishes for the upcoming year and place them on top of the table. Burn the paper when that wish comes true.

2. GOALS: As the New Year's Eve midnight countdown begins, eat 12 grapes making a wish for each one, representing the 12 months of the next year. (Hint: eat seedless grapes.) A sweet grape means it will be a good month next year, a sour grape, a bad month.

3. HAPPINESS: On New Year's Eve, women who want love and passion in the next year wear red underwear; for happiness and prosperity, yellow underwear; for health and well-being, green underwear; for true love and

friendship, pink underwear; for hope and peace, white underwear. Never wear black clothing.

4. LUCK: Display a rimmed tray with a candle at the center and ask family and friends to deposit change in the tray, afterwards filling it with water for good luck.

5. PROSPERITY: Place a few candles on a white plate surrounded by lentils, beans, rice, corn, flour and a cinnamon stick to spice things up. Allow candles to burn all night until melted; then peel the waxy food mixture off of the plate and bury it for abundance and for food to be on your table always.

6. FORTUNE: Eat a tablespoon of cooked lentils, or give a handful of raw lentils to family and friends for good fortune.

7. MONEY: At midnight on New Year's Eve, open the door and symbolically sweep out 'the old'. At midnight, toss 12 cents/coins on the ground and sweep them into the house for prosperity.

8. NEW: Clean the house; take a bath; or wash the pets and cars on New Year's Eve for renewal. Sweep and mop from the inside outwards. Mop the house with cinnamon water. The water is heated with cinnamon sticks as if you were making tea. Burn incense before midnight.

9. RENEWAL: On New Year's Eve at midnight, throw a bucket of water out the window for renewal.

10. SAFETY: Watch fireworks on New Year's Eve to frighten away evil spirits, allowing safe passage into the next year.

11. TRAVEL: On New Year's Eve at midnight, take empty suitcases for a walk outside; encircle the house or walk around the block for the distance to be traveled next year. Another option is to gather the suitcases in the center of a room and walk around them several times.

Feliz Año Nuevo! (Happy New Year!)



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FALL PREVENTION - a Balancing Act

By: Sefi Held, A.C.E.

Falls can be disastrous for older adults, possibly leading to long-term immobility and loss of independence. To help prevent falls, the American Academy of Orthopedic Surgeons recommends that seniors participate in an exercise program designed to improve balance, agility, coordination and strength. Try classes in Tai Chi, Yoga, Pilates and stability ball to get started.

In older age groups there is a gradual decline, (all part of ageing), in sensory (eyes and ears), motor (muscles, tendons and joints), and cognitive (reasoning, memory) function which affects this population's ability to maintain good agility and balance as they move and change position. As a result, falls resulting in fractured wrist, shoulders and hips are a frequent occurrence. However, in the general population, because of previous injury to joints such as ankles, hips and lower back and shoulders, a lack of muscle strength and endurance in the legs due to a lack of physical activity and mental fatigue and emotional stress can have a big effect on that person's ability to maintain an active lifestyle.

Interestingly, research has shown that high intensity, highly specific agility and balance training is not necessary to have a positive impact on improving someone's balance. Research suggests that a minimum of 10 min-

utes of training three days per week for 4 weeks is sufficient to start improving static and dynamic (your centre of gravity is moving) balance.

Two factors that contribute to agility and balance are; Core and Lower body muscle strength. Exercises that strengthen your core (abdominal area and back), hips (Buttocks) and legs (quads, hamstrings and calves) will improve agility and balance by giving you the strength to move with more rhythm and coordination and maintain balance and make corrections when you fall off balance.

Timeliness of neurological signals to the muscles. Agility drills can help train your brain to signal your muscles more quickly to move and make balance corrections when necessary to avoid falling.

The most important point to remember is that good agility and balance is necessary for people of all ages and fitness levels for injury prevention, the ability to effectively carry out activities of daily living such as stair climbing, bending and lifting, and to enjoy participating in physical activities. Simple, non strenuous exercises focusing on core, leg strength, agility and balance 3x's week can have tremendous effect on improving this component of your fitness and health.

Here are some easy exercises to get you started:

STRENGTH EXERCISES (3 sets of 8 - 15 reps)

1. CHAIR SQUATS: Sit on the edge of a chair or bench



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Fall Prevention Continued From Page 11

and lean your trunk forward, reach the arms out in front of the torso. Push through the heels and rise to a standing position

2. **HEEL RAISES:** From a standing position, push through the toes of both feet and raise the heels off the floor while maintaining an upright torso. Pause for 1 - 2 seconds before slowly lowering heels.

BALANCE EXERCISES

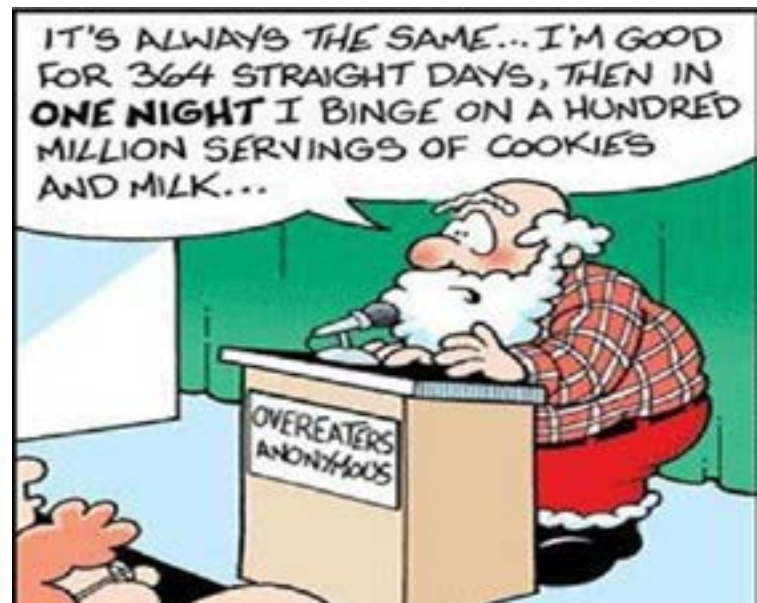
1. **SINGLE LEG STANCE, Level 1:** (3 reps per side) Stand next to a wall or countertop using an hand to maintain balance. Stand on one leg and hold for 10 seconds.
2. **SINGLE LEG STANCE, Level 2:** (3 reps per side) Stand next to a wall or countertop using an hand to maintain balance. Keep the eyes closed while standing on one leg.
3. **SINGLE LEG STANCE, Level 3:** (5 - 10 reps) Stand next to a wall, facing the seat of a chair placed 1 to 2 feet in front of you. Stand on one leg with the knee slightly bent, then slowly bend at the waist and reach forward to tap the chair seat. Return to the starting position and repeat without placing the lifted foot back down.

EXERCISES FOR AGILITY AND COORDINATION

(3 sets of 8 - 15 reps)

1. **FRONT LEG SWINGS:** Stand tall next to a wall using the hand closer to the wall to assist with balance. Swing the leg farther from the wall forward with knee straight and then behind the body while maintaining an upright posture.
2. **SIDE LEG SWINGS:** Stand tall next to a wall to assist with balance. Swing the leg farther from the wall out to the side while maintaining an upright posture.
3. **HEEL TOE WALKING:** Take a step forward, positioning the heel of one foot in front of the toes of the opposite foot. Try to have the toes touch the heel of the shoe each time a step is taken. Move forward and backward using this heel-toe pattern.

Exercising and being fit is not about having a beautiful body or a low percentage of body fat! It is about being healthy, feeling good and enjoying the benefits of a life that does not re-



Cortez Rescue & Outreach

By: Nancy – Outreach Volunteer

Cortez Rescue & Outreach is a non-profit humanitarian organization based in Las Cuevas in the East Cape. Cortez Rescue promotes responsible pet ownership and adoptions. Our geographical region is from Las Cuevas to Cabo Pulmo/La Ribera to Los Barriles and San Bartolo. Focusing on community educational programs, Cortez Rescue teaches the proper treatment and responsibility of owning a dog. We support spay and neuter clinics which drastically reduce the number of street and homeless dogs wandering around town. We also have expert veterinary services for stray & rescued dogs. And finally, Cortez works tirelessly finding loving forever homes for abandoned and neglected dogs.

Our vision, as a no kill shelter, is to eradicate cruelty and mistreatment of animals in the East Cape region through education and community support. We want to achieve this by providing medial treatment, re-homing of dogs in need and promoting responsible pet ownership.

Cortez Rescue By The Numbers 2020 YTD

- Dogs Rescued - 184
- Puppies Rescued - 158
- Community Spay & Neuters - 87
- Dogs Adopted - over 250 Dogs
- Currently at the Rescue Shelter - 83
- Dogs Currently in Foster Homes - 7
- Cortez Rescue Staff - 4
- Cortez Rescue Volunteers - 8

5 Ways You Can Help Cortez Rescue

1. Volunteer - We have plenty of opportunities for folks just like you to come help. Jobs can involve direct dog contact, but job opportunities don't necessarily require you to get dirty with the dogs. Please contact us and let us know what skills and interests you have, and we'll find a job match.

2. Escort - Many of our dogs get adopted either privately or through Rescue Shelter Partners in the US and Canada, thus we are in continual need of escorts to help transport the dogs North to their forever homes. When you or your friends and family fly north, it would be very helpful if you would be willing to escort a dog. It's super easy and rewarding. Cortez Rescue will meet you at the Cabo San Lucas airport with the kenneled pet along with all necessary paperwork and fees. All you have to do is declare the pet as a checked item to your final destination. A representative will be waiting for you upon arrival at your destination and take the pet to their forever home. Your good deed for the day - Done, you just enhanced and possibly even saved a life.

3. Donate - Cortez Rescue is in constant need of financial support. No amount is too small or large and we sincerely appreciate and benefit from each and every donation. The best donations are recurring monthly donations you can securely set up through

DonorBox on our website (www.cortezrescue.org), you continue to give without having to make arrangements to do so time and time again. Monthly recurring donations help us budget knowing how many pets we can effectively care for.

4. Foster - The value of fostering cannot be overstated. Even with a well-managed shelter like Cortez Rescue, the shelter can be a chaotic and stressful place for dogs. Research has shown that a dog's cortisol level (the stress hormone) drops within hours of being away from the shelter environment. We have seen dog's personality and behavior positively shift when placed in a foster home. In addition to decreasing stress, dogs in foster homes get one on one attention to support them with training for improved behaviors enhancing their chances of finding a forever home. Cortez will provide you with all the necessary supplies to care for a foster dog. Fostering truly saves lives, not to mention how rewarding it can be for you.



Continued on Page 14



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Cortez Rescue Continued From Page 13

5. Adopt - The best things in life are rescued and that certainly holds true for Baja Dogs! If you or someone you know is thinking about getting a new friend, please contact us. All of our dogs and puppies are full vetted, have undergone a complete medical assessment, are current on all immunizations and spayed or neutered. Cortez Rescue & Outreach can be reached by emailing info@cortezrescue.org or on the web at www.cortezrescue.org



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La Ribera Food Bank

By: Bob Adams

At the beginning of the COVID crisis, we recognized an immediate need for help in La Ribera. Without work, our families had no income and consequently, no food. Tamara Levy, Otto Guidino and I talked with Juan Carlos, our Delegado here, and Valeria Madrigal Montao who is with DIF, and found that with the total shutdown of all but essential services La Ribera had 85% unemployment. A real crisis.

With my friends at Club Rotario de Cabo del Este, Ken Philips, Chris Geyer and Steve Reed, and a great deal of funding help from Mary Jane Keene of Lighthouse Point and Devona Simpson of Coldwell Banker. With their mailing lists we managed to raise over 850,000 pesos from the great many friends of La Ribera, who we thank from the bottom of our hearts. With the help of Joe Guzman and his staff at the Los Barriles food bank, we managed to buy enough supplies from wholesalers to give 250 - 300 families their basic food needs for more than 8 months. Costa Palmas also donated food directly to the DIF to distribute, which helped ease the burden. Special thanks go out to Jessica Elliot and Martin Goebel for their help in getting us tax free donations from the US.

Thank you to all our generous donors and our wonderful volunteers Celina Castelo Madrigal, Nubia Minjarez Flores, Lisbeth Castro Sandez, Mirna Marquez, Fidel Velazquez, Christian Jayro Gonzalez Guerrero, Jose Javier Trujillo Madrigal and Francisco Lopez. Without these amazing people sorting and delivering our bundles the La Ribera food bank could never have succeeded.

We are currently trying to get official charitable status in Mexico, and we will be ready to help our community again in the event of a higher spike in COVID, hurricanes, or any other emergencies. Gracias amigos. When we help each other, we are one.

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We Are All Travelers

By Tehroma Lask

In this moment, I am seated at my desk in my office next to what has become a newly paved and main street in Los Bariles. I can hear the sounds of life and work happening around me. Water trickles in the bird bath outside my window. The lotus flower gate opens and closes throughout the day as people come and go. There are moments of silence and a sense of spaciousness in between.

Reminders of impermanence and new ways of being are everywhere.

At a time in our lives when I imagined our kids, Dylan and Paloma, would be more independent, my husband and I are their main in person social life.

For example, on Halloween this year, Paloma asked us to dress up, knowing we would be staying home. We didn't talk about our costume ideas. Three of us showed up for dinner dressed as travelers, adventurers of some kind. What a delightful surprise!

Paloma was Milo Thatch from Atlantis: The Lost Empire, an

adventuring linguist obsessed with the history of the underground city; Dylan was the castaway from a pirate ship. The stuffed parrot on his shoulder was a hoot! I embodied the gypsy. Javier put on a mask that matched his Day of a Dead T-shirt he smiled proudly to be wearing.

For the past 7+ months, I feel like the four of us have been traveling on a long adventure, reminiscent of the shorter and more distant travels in the world we've embarked upon as a family.

We are all travelers, adventurers of all kinds. Whether we leave our homes or not.

That particular weekend marked the celebration of Halloween; Samhain: The Celtic New Year; Dia de Los Angeles and Dia de Muertos. Traditions from both sides of the border and across the Atlantic Ocean. I also enjoyed the Online offering of a Celtic Soul Immersion with Sean from New Orleans and Mary in Ireland. What a joy to see friends and teachers on screen, to hear their voices and invite their energy into our home. The internet provides a unique opportunity to travel when in person presence is otherwise challenged.

Our family traveled to Ireland four years ago to honor the threshold of Dylan's High School graduation while I attended a Celtic Spirituality retreat. The following year, Paloma and I returned for a rite of passage with Mary to honor the threshold of her teenage years. Paloma and I were with Sean and friends in NOLA the year before last and had a blast! We were ready to return this March when lockdown was set in place and our trip was canceled.

Seasonally, this time of year and the weeks leading up to the Winter Solstice offer a time of introspection, reflection; an opportunity to release that which no longer serves us, is in alignment with our purpose or may be holding us back from being fully present in our lives. We are continually invited to open our hearts and minds to the dreams, goals, the life we are living and journey we are on individually and collectively.

During that online immersion, Mary reminded us of the way time is viewed in the Celtic Tradition: honoring the circular nature of time and cycles of the seasons. Minute to minute, day by day. In Mexico, we often say or hear of doing things 'poco a poco' (little by little).

There is grace and wisdom in moving at a slower pace, an opportunity to see and be with the beauty and mystery before and within us; the reality of there being no place else to be, but right here, right now, with the richness of being fully human and alive to all the gifts and challenges that life offers us on this ongoing adventure.

In the words of Lao Tzu, "'A good traveler has no fixed plans, and is not intent on arriving.'"

Sending love and blessings to you and yours. May you be healthy, safe and live with ease.

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Night Before Christmas— Baja Style

Author Unknown

Twas the night before Christmas and all through the
casa,

Not a creature was stirring. Caramba! Que pasa?
Los niños were tucked away en su cama,
Some in long underwear, some en pijama.

They hung up their stockings con mucho cuidado
In hopes that old Santa would feel obligado
To bring all the children, both buenos y malos,
A nice batch of dulces y otros regalos.

Outside in the yard there arose such a grito
That I jumped to my feet like a frightened cabrito.
I ran to the window and looked out afuera
And who in the world do you think that it era?

Saint Nick in a sleigh and a big red sombrero
Came dashing along like a crazy bombero.
And pulling his sleigh instead of venados
Were eight little burros approaching volados.

I watched as they came and this quaint little hombre
Was shouting and whistling and calling by nombre:

“Ay Pancho, ay Pepe, ay Cuco, ay Beto,
Ay Chato, ay Chopo, Macuco, y Nieto!”

Then standing erect with his hands on his pecho
He flew to the top of our very own techo.
With his round little belly like a bowl of jalea
He struggled to squeeze down our old chimenea.

Then huffing and puffing at last in our sala
With soot smeared all over his red suit de gala,
He filled all the stockings with lovely regalos,
For none of the niños had been very malos.

Then chuckling aloud, seeming very contento
He turned like a flash and was gone like the viento.

And I heard him exclaim and this is verdad,
“Merry Christmas to all, and Feliz Navidad!”

Leaders2Give

By: Tracy Greenberg

Have you ever had a mentor? Someone, in your life whom you learned from and who helped guide you through good times and bad? Is there a person in your life that you can easily name as having had that profound influence? Someone who made the difference between success and failure?

At LEADERS2GIVE (a non-profit, tax-exempt, 501(c)(3) organization) our primary mission, which guides all the work we do, is to inspire, teach & empower others to become leaders who possess the skills required to solve the problems facing society. We do this by providing an opportunity to convert ideas into action through hands-on work where one can experience tangible results in a real-life setting.

We all know of the amazing work done by the Los Barriles Food Bank during the pandemic this year. One of the ways that LEADERS2GIVE contributed was to enrol future youth leaders from Los Barriles in a mentoring program with the Los Barriles Food Bank. The appointed youth leader of that group was, Francisco Martinez. The point of seeking Francisco's involvement and that of other local youth (Melisa Montaña, Daniela Lucero Cota, Paulina Castillo, and Bianka Ochoa) was to give them exposure to a very serious crisis happening on a global scale which was rapidly and severely affecting our local community. We wanted Francisco and team to learn from the organizing committee and the organizing committee wanted to learn from them.

Here's what Joe Guzman, one of the founders and principal operators of the LBFB, said about what he learned from Francisco and his team:

“From my perspective, they were an integral piece for this food bank to happen efficiently. Once we were done training, they basically took over the logistical side of the work, reporting to me for changes or questions. They were instrumental in many ways. Most of them knew the families impacted by food insecurity, so if someone was not really needing help, or they knew that an identified family was larger than previously measured, we would adjust the rations on the spot and would keep updating our distribution maps and lists. We had a highly functioning Ing system that they

Continued on Page 25



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From the Palapa Looking Out That Vallarta Feeling

By: Ann Hazard

When I was in high school, my parents took me and my sister Nina to Puerto Vallarta two years in a row. We packed our suitcases and put away the Christmas decorations on December 26 and headed to the Tijuana Airport. Destination Puerto Vallarta ... a relatively undiscovered resort town on the Pacific coast of Mexico. The first year we stayed in a house right on the beach, where a couple of decades later resorts were packed in so tightly together you couldn't even see the ocean from the road. We had a cook who made us breakfast every morning, a maid and a gardener. The beach was endless, deserted and the ocean was warm and clear. The air was perfumed with tropical flowers. I adored it.

My dad bought a \$4 puppy on the main beach in town south of the river, where we ate lunch in the sand every day, under a palapa with green and yellow painted equipale tables and chairs. We brought our new dog, Victoria back with us aboard an old World War II DC3 cargo plane converted into a passenger airliner. The airline was Baja Airways and our pilot was its owner and our dad's amigo, Pancho Muñoz. Our puppy ran up and down the aisles of the plane. Nina and I acted as flight attendants and passed out sack lunches and drinks. That was year one.

Year two we stayed in a house on a cobble stone road on the hillside above the main church. It was right on the

River Cuale and next door to the one Dick and Liz bought when they were shooting, "Night of the Iguana." That year was even more magical, as friends of ours from high school were there too, staying in their family home on the cliffs overlooking the Pacific. Both our house and theirs were rustic, vintage Mexican with tile floors, colorful handmade furniture and shuttered, glassless windows, allowing the breezes to bring the outdoors in. Landscape was lush and tropical with all manner of flowers.

Nina and I hung out at the beach with our friends, who were three sisters and the boys we met through them. We listened endlessly to the newly released Beatles "White Album." We partied on New Year's Eve with Lee Marvin's son. I forget his name, but I smoked pot for the first time that night. I got goofy.

It was memorable. So much so, that it left an indelible impression on me. That was the late 60s, over 50 years ago. That I remember it so clearly it boggles my mind. But in all my travels in Mexico and elsewhere in the ensuing decades, I felt a yearning in my soul to recapture that Vallarta feeling, to actually live somewhere like that.

Puerto Vallarta is way different now. It's still beautiful. It's still magical, but in a really big, really crowded and busy kind of way. The Vallarta of 52 years ago lives only in my mind and those of others fortunate enough to have spent time there then.

I didn't realize I've been searching for a more modern version of that tropical paradise ever since. Until yesterday.

Continued on Page 21



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From the Palapa Continued From Page 20

I certainly thought I would like this palapa house. Well, truly, I hoped so. But I've been disappointed and a half a bubble off so many times, I'd really given up. I realized that I've been searching for this feeling, this familiarity and mingling of old Vallarta—with its tropical vegetation, peacefulness, big open beaches, music, food, culture, fun and friendship—for years. Ever since, actually.

I feel it here. Surprised? Yes I was, at first. Very. Not now. Now I'm just grateful to have found my personal version of paradise! My past and my present have finally met up and for the first time since I discovered Puerto Vallarta back in 1967-1968, I got that feeling back.

Completely unexpected. But pretty awesome, right?



Capsforcancerbaja

By: Annette Kaiser

On behalf of the volunteers we want to thank our wonderful, generous community who brought down yarn and caps, from the U S and Canada for our adults and children with Cancer, orphanages and the Rehabilitation Center. Also, a big thanks to the Baja community for the garage sale donations.

On December 20, assuming we get permission from the Mayor, (because of the concerns with covid19) we hope to hold a garage sale at the Concha in Los Barriles. All donations for the sale come from our East Cape communities. With the funds from the sale, we purchase yarn for the following year. Thank you, volunteers for all of your beautiful work. Contributors make hats, blankets, scarves, ponchos and slippers. We welcome interested person to join us. There is no cost and yarn is provided at no charge. Contact Annette at iikaiser@frii.com

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East Cape Guild

By John Plotkin

The East Cape Guild continues to look for creative ways to raise funds for 2021/22 school year scholarships. We provided scholarship to 167 children for High school and 14 for college for 2020. This will be a challenging season due to uncertainty associated with the Covid-19 travel and social gathering restrictions. The Guild is committed to meeting its mission of raising as much money as possible to fund scholarships while honoring restrictions which protect the Mexican and Expat communities.

The East Cape Guild will hold its first fundraiser of the season on December 20, 2020; a pickleball tournament, silent auction and lunch/dinner to be held at the Tres Palapas Pickleball Resort. The lunch/dinner, "holy mole", will include a variety of different mole sauces. Lunch/Dinner tickets are \$15 U.S. To meet Covid-19 safety protocols, the pickleball tournament will be limited to 120 people (40 at a time) and Lunch/dinner will be served from 12-6. Pickleball Tournament and dinner tickets will be sold separately to encourage non-pickleball players to attend and support the Guild. Sign up for the Pickleball Tournament can be done through <https://www.signupgenius.com/.../60b044caeae2fa1fa7>. The tournament fee is \$25.00usd. Look for details on ticket sales and tournament registration on Everything Los Barriles, East Cape Guild Facebook Page, the Baja Pony Express and the Tres Palapas website.

John Plotkin's annual East Cape calendar this year will benefit the Guild. The calendar will be available for purchase at the Los Barriles Saturday markets beginning in December, at Guild meetings and at the Pickleball Tournament.

The Guild's next meeting of the season will take place December 15th at 11am. The meeting place to be announced later. Guild meetings are open to the public and we encourage new members to join and help with this worthy cause.



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New Year's Tech Resolutions

By: Lane Sykes - thecomputerguy@usa.com

It's still time to make a New Year's Resolution. How about a backup solution for all your devices. Let's talk about all those photos that you've collected over your digital life. It's time to save those memories for a lifetime. The easiest way to back up your photos is through Google Photos – <https://photos.google.com/>. Google will back up all your photos at 12 MP for free through next June. After June 2021 there may be a small charge for additional photos, not the ones currently on file. Google will back up files from your computers, Mac or PC, and all your mobile devices both Android and Apple. Once your backups are on Google, you can view them from any device. Amazon Prime Photos will also back up all your photos for free. I would suggest using both as well as an external device. Remember keeping a single copy of your photos to a single device is not a backup solution. Hard drives do and will fail. Other online options are through Apple using iCloud storage, Microsoft One Drive, Dropbox and idrive.com. You can free up space on your portable devices once you confirm a couple of backup solutions. By the way, if you have an Echo Show or Googles Nest Hub you can create a slide show of your photos.

Now that you've backed up all your photos, let's talk data. Having an external hard drive is great but there was a famous author who had just completed a novel. A thief broke into the house, stole the laptop and the external hard drive. I use a variety of backup solutions including multiple external drives

and cloud back up. DropBox and idrive.com offer reasonably priced solutions. My wife and I travel a lot during normal times. I scan all my important documents and keep them in DropBox at dropbox.com. All my medical records, passports, drivers licenses, insurance papers, etc are all in Dropbox. That gives me instant access to anything that I might need while away from home.

All too often I read about a lost Iphone. There is an easy way to track it down – icloud.com/find. You can use that on any computer to locate all your Apple devices that are online and have a data/internet connection. You will need to know your iCloud/Apple ID and password. The time to discover that is not when you are desperately trying to find your phone, Ipad or Mac Computer. Remember it or write it down somewhere safe (not on a yellow sticky on your monitor.) There is an app built in the iPhone and iPad that will assist in locating those devices as well. There is a similar system for Andoid users at: <https://www.google.com/android/find>. You will need your Google Account information. You can “brick” the device if it's not found by signing into that same web site.



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Leaders2Give Continued From Page 18

helped to create and govern day to day.”

Now that the LBFB operations have wrapped up, we asked Francisco what he learned from the experience and here is what he had to say:

“The problem itself is not Covid-19 per se. The problem is job insecurity, low pay, poverty, lack of savings, reliance on tourism, lack of diverse industry, weak social safety nets, and more. This is not something that can be solved by a small group of people even when the community rallies to solve for this in the short term — and rally they did! I learned a lot about the bigger more systemic problems facing my community and many other communities not just in Mexico, but around the world. This experience certainly reinforced the importance of community and taught me some valuable lessons about leadership. It also really opened my eyes to the importance of sustainability and of being more future-oriented and forward-thinking. This has been an experience which will likely guide my own decisions for the rest of my life. It forced me to ask myself some important questions like, “What kind of life do I want to live?” and, “What decisions do I need to make now that will ensure a better and more secure life for myself and my family in the future without sacrificing the joy and beauty of living in the present?”

Speaking personally for a moment, I have been fortunate to have had mentors at critical points my life, and still do to this day, who help guide my decision making. As a way to thank them I have participated in both formal and informal mentoring programs over my 20+ years in business including an ongoing program with Simon Fraser University’s Beedie School of Business in Vancouver, BC, Canada where my family spends our summers. The most profound mentoring experience that I can recall was when the relationship between me as the mentor and the individual I was mentoring got flipped and I

ended up learning more from the mentee than I ever expected. The relationship between mentor and mentee is naturally mutually beneficial, but when that benefit is so remarkably tangible it’s a truly beautiful thing of which to be a part.

The leaders2give board has since met and discussed the impact of the LBFB mentoring experience and we realized that working with the future leaders of our community is the best way to contribute to a healthier East Cape and fulfill our mission as a non-profit. To that end, we have decided to expand our leadership development program through further mentorship programs and are in the process of putting our Youth Leadership Development Fund initiative together. It will offer leaders and want-to-be mentors of our community an opportunity to work with our youth and experience the joy that comes with such a rich experience. We will be announcing more details soon. To stay informed please visit our website and subscribe to our monthly newsletter (or if you would simply like to donate to one of our initiatives) please visit leaders2give.org today.



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Why This San Diegan Loves East Cape!

By: Ted Lemanowicz

Fourteen years ago, my wife and I took our first Mexican Riviera cruise with a port of call in Cabo San Lucas. We are not your organized tour types and much prefer to meet local residents and see the local areas. We decided to rent a car and follow a cruise ship tour bus to Todos Santos. I told the rental car agent I loved to fish, and he suggested we drive further to East Cape. He promised us we would not be disappointed in the beautiful beaches, small fishing village atmosphere and the people living there. And he was right.

Immediately after returning from the cruise we rented the agent's uncle's house in Buena Vista on the beach. And that was the beginning of my love and appreciation for East Cape.

I discovered the local gringo's newsletter and placed an ad offering to house sit and pet sit. Once I had my first assignment and learned my way around and met all the locals my phone started to ring, and we have returned every year since then.

I normally spend a few weeks at a time for each assignment and my wife joins me later for a week or so. In the beginning a few of the assignments were far away from any town or other homes. My wife isn't as fond of living off the grid as I am. Maybe the scorpion sightings have something to do with that.

My first assignment in El Cardonal was during the holidays and my wife packed a small Christmas tree and lights so I wouldn't feel lonely. When she visited, we had a competition on who could make the best ornaments for the tree

using only the items we found on the beach and on the roads. She won! The owners let me store the tree there for future assignments.

I have been lucky enough to house sit in Buena Vista, Boca Del Alamo, El Cardonal, Los Barriles, Todos Santos, Las Tunas and Elias Calles on the Pacific Side. I have enjoyed getting to know the homeowners and their pets. Teddy, Buddy, Sophie, Almondette, Tiramisu and Mugotu to name a few.

During my visits I have met so many wonderful people. From the owners at the local Mercado's, restaurants, and roadside stands. And the wonderful chocolates at Charlie's. I was invited by a neighbor to my first Quinceanera. What a truly fascinating Mexican custom. I could not speak the language but understood the meaning of this custom and what a special celebration for a young girl turning 15.

Driving out to Punta Pescadero and Bay of Dreams and enjoying the amazing countryside has been a true blessing in our lives.

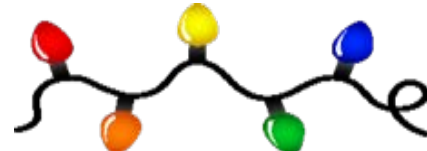
Our last visit in 2019 was a bit of a scary time. We found ourselves in the middle of hurricane Lorena. Originally from New Jersey I was used to Nor'easters but not hurricanes. We were in the El Cardonal area with three small dogs. The homeowners were out of the country and our first priority was to ensure the safety of their pets. Lucky for us we knew the storm was headed our way and according to the news we had another hour or so to prepare. Wrong! We had ten minutes to gather the dogs and batten down the hatches. We did our best to keep calm for the dog's sakes and also for our own. We are still not sure who was more scared, us or the dogs. Imagine two adults and three small dogs in a space the size of a bathroom. Needless to say, it was a rough night. I did learn the value of having a small generator and a stocked pantry.

A few days after the storm when I went into town a few locals laughed and said it was only a category one and it was nothing compared to hurricanes in the past.

So many of the people I have met in East Cape have become life-long friends and they visit us in San Diego when they can.

Unfortunately, due to COVID-19 my last house-sitting assignment had to be canceled. We hope to be back in 2021 so look for that ad in the Pony Express from a retired banker living in San Diego willing to house and pet sit. We miss East Cape and really must get back soon. We love the beaches, the mountains, the food and especially the people.

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The Show Must Go On

By: Ella Adams

Who knew that when my husband and I retired 10 years ago that we would find out that our small community had a theater troupe called Baja Shakespeare. I have only acted one other time and that was in my senior year of high school and it was Bye, Bye Bridie. When I told my neighbors, I wanted to try out, I was told it was very difficult to break into the existing group. Not so! The truth is once you're in you can't get out...not that I would want to anyway. The people in Baja Shakespeare are amazing, talented, energetic and can they party after each show. To my wonderment this has been an amazing experience. Who knew that being able to bring joy and laughter to people could be so much fun? Each year our director Camilla Ford has found ways for all of us to stretch our acting skills and put out some amazing shows. One of my most physically challenging roles was that of El Chapo a pirate in The Lost Treasure of Los Bariles. I had a peg leg, a hook for one hand and patch over my eye. Yeah it was a great look. The part I loved the most was playing a jester to a king who couldn't talk in The Princessa and the Frijole.

But enough about me. This year has been an extremely difficult one due to the Covid outbreak. So, just like everyone else we will have to adapt to these crazy times. We do have some amazing ideas on how to keep entertaining you at the same time as keeping up with the restrictions we all have to live with. Our main goal is to give back to all those in our community that have had to struggle. At this point in time we are still solidifying dates, and venues (yes more than one). Once again will be stretching our acting skills and really going outside the box. Thank you from all the troupe for letting us entertain you for the past 20 years and hopefully bringing some joy into your lives. Please keep an eye out for our postings with all the latest and greatest as we too embark on a new journey.

After all....The Show Must Go On!

Fideicomiso vs Mexican Corporation for Property Ownership

By: Rafael Solorzano, Attorney

Is it best to create a foreign owned corporation or to set up a trust when buying property? So, do you wish to form a foreign owned Mexican corporation to avoid fideicomiso fees?

Creating a corporation will cost \$2,500 dollars and up, plus make monthly tax reports and pay a CPA to do that, let's say the bill for these services is \$30 dollars a month for that, times 12 (months), this results in \$360 dollars plus 16% Value added tax, (\$57.60), you wind up paying \$417.60 a year, all to avoid the fideicomiso.

Now let's discuss the fideicomiso:

The difference between a foreigner and a Mexican in buying a property is only \$2,200 dollars, this is the cost of the permit to create the trust (\$1,000 dollars or so) and the bank's startup fees (\$900 to \$1,100 dollars).

Yes a bank will charge an annual fee of at least \$400 dollars Plus Value Added Tax, and you get the advantage of Estate Planning, where and how? Easy, you get to name an alternate beneficiary in case of death and skip Probate to have the alternate take over, therefore saving legal fees in the thousands to process Probate.



I hope this allows people to understand that creating a corporation to avoid a trust is not for everyone.



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Selfie's to the Rescue

By: Gary Graham

On June 1, 1898 – 122 years ago – author, sportsman and biologist *Charles Frederick Holder* landed a 183-pound bluefin tuna on rod and reel, literally establishing big game fishing in California as well as in the world beyond.

Holder's catch resulted in the formation of the CATALINA TUNA CLUB, in Avalon, Santa Catalina Island, Calif., America's oldest big-game fishing club.

Other notable rod and reel catches soon followed including the first striped marlin in 1903 and the first swordfish in 1913.

As striped marlin fishing gained popularity in the 60s and 70s, sport fishing clubs prospered -- partially bolstered by members competing for special buttons and trophies that recognized their fishing skills for the size of saltwater fish caught on various line classes.

When tag and release (T & R) was first implemented, the concept was a hard sell! Early proponents met with strong resistance from clubs and anglers alike, distrusting how effective the program could be, how the data would be used as well as the survival rate of the released fish.

Early T& R pioneers persisted and slowly interest in angler-based tagging and survey programs first implemented in the 70s took hold. The trend toward the catch and release (and tagging) of striped marlin has also increased.

More than four decades later estimates of striped marlin released off southern California have exceeded 80-percent of those captured. Annual marlin tournaments now award points to anglers who release fish and the first all-tag and release marlin tournament was held in San Diego in September 2000.

Although releasing fish has gained acceptance, a disturbing trend of lifting billfish -- and other large fish -- out of the water for what has become known as a "hero shot" has

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resulted in the following: four of the seven *five-minute fish* died, two of the five three-minute fish died, and one of the six one-minute fish died. (The researchers commented that the released fish seen swimming away from the boat were not necessarily healthy. grown) the compelling research that resulted from this practice has indicated that it is counter-productive.

Recent studies have revealed the actual time out of the water is critical to the survival of billfish. John Graves, chair of the fisheries science department at the Virginia Institute of Marine Science along with a team of scientists, planted pop-up archival tags in 18 white marlin. Seven of those were released after five minutes of being kept out of water in the cockpit; five after three minutes and six after one minute.

Underlining the importance of the study's conclusions, in a previous study which Graves conducted, *the marlin were not removed* from the water at all. Of 59 marlin tagged and released in that study, only one fish died -- a 1.7-percent mortality rate.

Continued on Page 31

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Selfie Continued From Page 30

While those fish held in the air for only a minute fared better than those held out for longer, one of six not surviving equals a 17-percent mortality rate -- hardly satisfactory, particularly when compared with the 1.7-percent rate for fish left in the water.

This clearly indicates that if it is the intent of the angler to release the fish to fight another day, dragging a large fish out of the water up onto the transom or even worse, into the cockpit, is defeating the purpose.

Chugey Sepulveda, Ph.D., Director, Senior Scientist, Pflieger Institute of Environmental Research (PIER), added, "Five minutes out of the water is a long time, especially if it follows a long fight. While out of the water, the fish cannot breathe and this lack of CO₂ is taking place during a critical recovery time -- critical because the fish is dealing with an oxygen debt and needs to process some of the metabolic by-products associated with the burst of activity (anaerobic exercise). It is likely similar to depriving a person of air, immediately after a sprint."

"If the fish is lifted out of the water carefully for only a few seconds for a rapid photo, then carefully placed back in the water, coupled with some resuscitation (slow-walking) the fish likely has a good chance of survival. This again, depends on fight time, species, and any damage the hook might have inflicted. On the deck for more than a minute seems excessive in my book, as photos in my experience only seem to take a few seconds," Sepulveda concluded.

Of course, as it was when T & R was first introduced, there is plenty of "push back" from some anglers, charter operations and their crews who insist the practice is *not* harmful or that the paying customer is entitled to their "hero photo."

With the explosion of smart phones and inexpensive waterproof digital cameras, along with a variety of camera mounts that can be attached to myriad of different tag sticks, the "Selfie" craze has become the new normal and this may be the ideal solution for anglers and fish alike. The "Selfie" offers a unique opportunity for angler and fish to remain in their respective environments while recording the catch with a much safer release, and the optimum chance for survival of the fish.

THE "SELFIE" OFFERS a unique opportunity for angler and fish to remain in their respective environments while recording the catch with a much safer release, and the optimum chance for survival of the fish.



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The Los Barriles Feeding the Hungry Program

By: Ben Purkey

In 2011 an initiative started to provide essential supplies to the poorest of the poor in the Los Barriles community. This initiative had been supported by the Feeding the Hungry Fashion show. The arrival of the Covid-19 pandemic unfortunately necessitated the cancelling of the 2020 spring Fashion Show. Because of the cancelling of the show we made an appeal to the community, and the community responded with generous donations which got us through the summer and fall of 2020. It is our desire to continue to support the neediest in our community on a yearlong basis rather than part of the year as we did with the money raised solely from the fashion show.

To continue with the important mission of supporting the poorest of the poor in our community the Los Barriles Feeding the Hungry Program is looking to identify 20 - 30 people who would be willing to support a local family with a small commitment of just US \$1.75 a day. (\$50/month)

This support makes a huge difference in the lives of a Los Barriles family and ensures they can receive a 250 peso Feeding the Hungry Voucher every week. These vouchers can be redeemed at Chapitos supermarket for the things that they need most, such as to purchase food, medicines or baby supplies.

Our best guess at this time is that COVID-19 will still be a problem this coming March when we would normally have our Feeding the Hungry Fashion Show. We are doing our best in these hard times to help the neediest ones in our community with some of their most basic needs.

The Los Barriles Feeding the Hungry program is run entirely by volunteers. Every cent you give is spent on purchasing vouchers that are given directly to the poorest of the poor in Los Barriles.

We need your support because no one in our community should go to bed hungry.

If you would like to make a real difference in the lives of the least fortunate in our community please contact Ben & Harriet Purkey purkeybh@gmail.com or Gordon and Joy Blackie gordonandjoy@gmail.com



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Sharing the Light

By: Steve Reed

We're all in this together. Even before the pandemic, Club Rotario Los Barriles Cabo de Este BCS existed solely to serve our community. We have fun doing it, but that comes naturally when you put service to others before yourself. We Rotarians know this. It's our creed, why we do what we do, and it has stood the test of truth and time for over a hundred years. But never before has our future appeared as uncertain.

The virus has changed all our lives irrevocably. Our attention is always turned to the greatest needs we can see. This season we'll first address projects the pandemic has delayed, such as the new El Ancon Athletic Complex and Community Center, where construction is slowed but the field is already in use for youth baseball. As many of you know, our effort to distribute clean water filters has provided healthy water for more than 150 homes had to be curbed last March by the threat of the virus. We hope to resume the Water Filter project in February 2021. Our focus this season will be to distribute filters to communities around San Antonio. Several clubs from the states have expressed interest in being a part of this incredible project. Stay tuned for more information.

In conjunction with East Cape Health Center, we expect to reinstate our outreach programs offering free health screenings for children. We typically host with the biggest party of year with our town - Carnaval! And our annual free pancake breakfast, hosted by legendary Ivan the Mad Flipper. We're also pursuing grants to fund a teachers exchange Together with Cabo Pulmo and Monterey Rotary clubs, as well as working with our community to establish an art program for local children. The holidays are nearly upon us, and our Interact Club is once again collecting

gifts for children. Watch for notices of times and place for your donation.

Due to the COVID-19 pandemic, activities we've planned may change, Watch for updates as the season proceeds. And remember everyone is welcome to attend our meetings, whether they be in person or via ZOOM. It's easy. Just visit our website and you will find directions on the front page: <https://losbarrilesrotaryclub.org/>



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Mexican Salsas

By: Renée Lagloire

Salsas are an integral part of Mexican cuisine. The word *salsa* translates as sauce. Over time, the popularity of various types of salsas in the north American diet has resulted in the word *salsa* increasingly being integrated into everyday vocabularies.

There are basically three types of *salsas* in Mexico. One is what we might be handed in restaurants in north America when we ask for hot sauce. The Mexican variety is related to this Louisiana-style hot sauce (such as Tabasco), but tends to be tastier and hotter. There is a great variety of this type of salsa in the grocery stores throughout Mexico.

A second type of salsa is made by cooking tomatoes or tomatillos with fresh or dried chiles. Generally these salsas are red or green but there is great variation. These are the *salsas* you might get when you order enchiladas and you are asked if you want red or green, or you might be served this type of cooked salsa with tortilla chips while waiting for your meal.

A third type of salsa uses fresh chopped vegetables, typically a tomatoes, chile, *cilantro* combination to make a relish known as *pico de gallo*. This *salsa* is quickly made, and other than the requisite *chile*, can be very flexible with its ingredients. It is typically scooped up with tortilla chips or spooned into tacos.

The recipe included below is of this third kind of salsa, and uses radishes and cucumbers, ingredients not typical of *pico de gallo*.

Fair warning: When you bite into a hot pepper, you might be tempted to say it is *caliente*. The use of that word loosely translates as hot (temperature) or generating (sexual) heat as in "hot-to-trot" -- depending on the context. In Spanish, when you talk about the heat level of a food, it is best to use the descriptor *picante*.

The only ingredients native to the Americas in this recipe are the chiles and the salt. The other ingredients were brought into Mexico post-Conquest.

Radishes originated in western China and India, arriving in the mid-1500s in Europe. Cucumbers came from India into Europe. The cilantro was found in an Israeli cave dating 8000 years ago and was brought into Europe. Scallions are native to Asia, while limes are thought to have originated in South East Asia as citron, which became lemons and limes and pomelos and other citrus as it migrated with people. It's taken a lot of history (and mileage) to bring this amazing combination of flavors together!

If you are a fan of radishes and cucumbers, this is the *pico de gallo salsa* for you!

Pico de Gallo de Rábano - Crunchy Radish Salsa

2 cups halved and thinly sliced radishes
1 cup peeled, halved, seeded and thinly sliced cucumber
1 jalapeño or serrano chile, seeded and very finely diced
1 Tbsp. cilantro, coarsely chopped
3 scallions, thinly sliced
2 – 3 Tbsp. lime juice
1/4 cup olive oil
1 tsp. salt

Combine all ingredients and refrigerate 5 – 10 minutes before serving.



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