



Free / Gratis

## Artist Studio Tour Will Happen! February 10<sup>th</sup>, 10am – 4pm

What can we say about these last 10 months, but “*what a long, strange trip it’s been*”... to quote The Grateful Dead!!! But we in the Asociación de Artes (AdA) are feeling hope, as we have been given permission to hold our **Artist Studio Tour Covid style on Wednesday, February 10<sup>th</sup> from 10am – 4pm!** After numerous requests from guests and artists alike, we are very excited to be able to have the Artist Studio Tour! Because of the nature of this event, it especially lends to being able to be Covid safe, is easy to maintain social distance, lends to small groups and is spread out to several locations. And it is easy to control the wearing of masks on everyone at each location! We have worked hard to ensure that we can provide for our guests and artists an event that we can maintain the governments Covid Safety regulations and be safe. We will comply with all government Covid Level rules, so make sure you check our website for information if we had to cancel due to government level changes - [www.eastcapearts.com](http://www.eastcapearts.com)

You will see changes to ensure safe environments. The studios will move outdoors or be in a space where there are open areas and lots of natural ventilation. We will be limiting the numbers in each group at one time at each home – but that has never been a problem because of the spread and flow of the guests. And again, **EVERYONE IS REQUIRED TO WEAR A MASK!** To follow the rules, we are unable to serve food to eat onsite, only take away. We realize there will be some of you that feel this is careless and will question us doing this event, but it is an event that we can follow the government mandated safety rules and easily control individual numbers and enforce mask wearing. We can offer a great event to guests that want and need to do something and provide it in a safe manner.

We will even have a ‘Covid safe’ drive through ticket booth located at **Baja Properties** in Los Barriles (across from Tio Pablos Restaurant and Hotel Palmas de Cortez). The ticket booth location will be well marked and is easy to find in Los Barriles. You drive in off of 20<sup>th</sup> de Noviembre and exit at the side street. It can’t get any simpler! Ticket prices have remained **\$100 pesos or \$5.00 usd**. With you ticket, you get your wrist band for entry and a map to studio locations. Parking is easy and provided at each studio, and many of the studios are within walking distance of each other.

We will have about 13 stops, and many of the homes will showcase the works of more than one artist, giving you the opportunity of seeing the work of up to 20+ different artists! Artists on the tour vary from fabric, jewelry, bead or soft goods medium, weaving, oil and watercolor paintings, ceramic and pottery and wood or rocks, just to name a few. Artists include Steven King the artist, not the author, Elizabeth Perkins with some one-of-a-kind silver and precious stone jewelry, Victoria’s Sunny Dresses with her Baja perfect clothing, the Apron Lady and her sewn creations, San Antonio weavers, Michele Melehes with her up-cycled indigenous Guatemala clothing to contemporary clothes and the artwork of Colin Harvel, MacRae Wylde and Connie Heinen

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February—March 2021 Issue 94

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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](http://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](http://www.eastcapearts.com). If you would like to volunteer, send an email to: [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com).

## Call for Articles

East Capers is looking for fiction and 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](mailto:eastcapersmagazine@gmail.com)

## Thank You!

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

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

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Artist Studio Tour Continued From Page 1

– just to name a few of are artists. The down time from Covid has lead to great creativity from the artists and you will be delighted with what has come out of lockdown!

In the previous 10 years, artist studio tour has become a favorite event for many in the Baja Sur. Friends meet and tour the studios, take a break for lunch at one of our great restaurants here in Los Barriles and finish the tour. You can also see many of the artists in action as they work right there! Don't miss this great opportunity to enjoy, view and purchase some great works of art. Being a few days before Valentine's Day you can get your shopping done while enjoying the tour. Get gifts for your loved ones, or yourself!

The Studio Tour is one of the major fundraisers of the **Asociación de Artes del Mar Cortez** an official Mexican Non-Profit corporation that provides art and school supplies, art programs and financially supports sports program at Easter and Cursos de Verano for East Cape Children. Since Covid has closed the schools, AdA is printing the schoolwork for students that don't have access to printers. We have purchased printers and have them located in Los Barriles, San Bartolo and El Cardonal, and have volunteers that get the assignments and print them work into packets for the kids to pick up.

The cost of printing was a huge financial hardship for many families, and this is the best way we can help the students continue a positive learning experience. The mission statement of AdA is **"Improving the educational experience for all students of the East Cape"**. This mission has grown from school supplies to school maintenance, new classrooms and now printing homework for home schooling due to the Covid virus! Necessity is the mother of invention, and we have proved that!

**See you on February 10<sup>th</sup>,  
for the Artist Studio Tour!!**



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## *Festival de Artes 2021*

By: Christine Courtright

**Festival de Artes** has been a springtime staple in the East Cape for 28 continual years. Held the 3<sup>rd</sup> Sunday of March, Asociación de Artes brings together artists and commercial vendors, food and drink vendors and the best Mexican folkloric entertainment we can find. This event has grown to be an event that the entire community in the East Cape and beyond has attended and enjoyed.

But 2021 is still bringing us the *Covid way of life*, and due to the size of this event, we have had to make the very hard decision to cancel it for this year..... We call it a "Covid leap year". We know that due to the size and the crowds we attract, we could not offer a safe event. We understand the financial hardship it causes many artists that depend on this event for their very income, but health and safety had to come first.

With that said, what a party it will be at **Festival de Artes** in 2022!!! We are already thinking of ways to celebrate the return of our 'normal' Baja life!!! It will be an event to beat all our events!

The 'show' will go on, we are just taking a 'leap year'. So, make sure you mark your calendar now for **March 20, 2022** for the return of the event of the Baja SUR - **Festival de Artes!!**

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# ***COVID Update: Vaccine, Testing and the Numbers***

By: East Cape Health Center Team

Just as there is much that we still don't know about the SARs-COV-19 virus itself, there is also a lot we do not yet know about how the vaccines are going to be rolled out here in Mexico. We are reading the news daily and checking with authorities, however there are still a lot of unknowns. Amidst the uncertainty, here are some things we do know:

- **Vaccines-**  
The president of Mexico has promised free vaccination to everyone, without specifically saying if that includes non-citizens. The policy is unclear whether they will vaccinate immigrants such as those with temporary and permanent residency.
- Mexico began immunizing healthcare workers with the Pfizer vaccine at the Covid hospitals in Mexico City and Coahuila on December 24th. Baja California Sur started immunizing frontline workers at the COVID hospitals in La Paz and Los Cabos January 13th.
- Mexico has traditionally been considered a regional leader for immunization, reaching some of the highest levels of childhood vaccinations in the 1990s.
- Mexico's military is responsible for transporting the vaccine, however in BCS the distribution of the vaccine will be the responsibility of each hospital or clinic.
- Mexico will be receiving 400,000 Pfizer vaccine

doses weekly, throughout March.

- Mexico has approved emergency use of the Astra-Zeneca vaccine, although the vaccine is still in clinical trials.
- In March, Mexico will begin to produce the Astra-Zeneca vaccine and will soon be the leader in vaccine production for all of Latin America. They plan to manufacture 250 million doses of which Mexico will have enough to immunize 38,700,000 people, and plan to have vaccinated 20% of the population as of March, reducing mortality up to 80%.
- Companies are legally allowed to purchase the vaccine abroad to sell and distribute in Mexico. Our vaccine distributors estimate that by March we will be able to purchase a covid vaccine for our patients. Note, we do not yet know the costs nor what limitations we may have.

### **Testing-**

We have 3 types of tests: PCR, antibody, and antigen:

**The PCR test-** the most reliable testing method or Gold Standard and it is the test that is reported to health and government agencies world wide. The downside to this test is that it is more expensive, takes longer to get results and can only be processed in a few laboratories in the state. This test is also not subsidized by the Mexican government, making it harder to lower prices to patients. The results are ready in 24-72 hours and the cost is 4,800 pesos.

**The Antigen test-** is a rapid test that requires a nasopharyngeal sample. It is best used to rule out an active coronavirus infection. If a patient tests positive with no symptoms, a confirmatory PCR test or isolation measures may be recommended. If a symptomatic patient is negative, confirmatory PCR testing or isolation measures may be recommended. All results should be evaluated taking into

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*Covid Update Continued From Page 4*

account the clinical symptoms of the patient, which can only be done by a physician. The Antigen Test cost 1,200 pesos, so it is more affordable to the general community.

- **The Covid Antibody rapid blood test-** This test detects the immune response to the covid-19 virus. It is recommended for people who want to know if they had the disease or who want to be discharged after having the disease. Patients can present antibodies up to 14 to 21 days after the onset of symptoms. Some people do not generate detectable antibody levels for the test.

As of today (January 15th, 2021) Canada requires the PCR to enter the country and the United States requires either the PCR or the Antigen test.

#### **The numbers-**

The latest report on the state's coronavirus website says we have only had 20 cases and 3 current cases of COVID in Los Barriles (last report January 15th). We know this is not true. From our conversations with the other physicians in town, we estimate at least 100 people have had COVID, and at least 30 currently.

There are several reasons the numbers are not being accurately recorded.

For one, the epidemiologist's office in La Paz is backlogged with our epidemiological data. The state only reports PCR tests which are the most expensive tests and the hardest to find. There are only two laboratories in the

state approved to process the samples. Additionally, since the majority of people cannot afford the PCR test, they are choosing to stay home and isolate for 2 weeks. The cases of COVID in Los Barriles remain clusters of families. Many families gathered over the holidays, just like in the US and that is why we are seeing a surge in cases.

Now that so many locals in town have had COVID, everyone knows someone who has had it and the community is taking the virus more seriously. Many people even have a loved one or family member who has died or almost died due to complications. Please continue to socially distance, wear your masks, wash your hands, and respect the rules in place at local businesses and restaurants. It's our responsibility as immigrants and tourists to take care of the community we all love.

This is what we know as of today. News and guidelines regarding the virus are constantly evolving. Please follow our Facebook page or add yourself to our email list via our website for more updates:



[www.eastcapehealthcenter.org](http://www.eastcapehealthcenter.org)

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## Your Ears or the Speakers?

By: Lane Sikes – the Computer Guy

One of the best tech purchases that I've made in a long time is a Soundbar for the TV. Soundbars can add a lot of depth and richness to the Home Theater experience. Over the past decade TV's have grown in screen size along with thinner bezels, bigger screen smaller frame. In order to achieve that the manufactures moved the speakers to the bottom of the TV firing downward or to the back of the set firing at the wall. That move greatly reduces the sound quality. Yes, you may indeed need hearing aids but that's not the only reason the voices are muffled. There are a number of styles, manufactures and price points. Sound bars come in various models: 2.1, 3.1, 5.1 and 7.1. Basic stereo is 2.1, the .1 is the external subwoofer. 3.1 adds a center speaker. 5.1 adds two rear channels of sound. If you have great ears and a lot of money, the 7.1 systems have two speakers that fire to ceiling for the total immersion experience. Personally, I started with the 3.1 system since the

added center channel is dedicated to voices. Finally, I could hear what they were saying, both of us were amazed. The subwoofer can be placed anywhere in the room since the lower frequencies are omni-directional. I was so impressed by the 3.1 experience that I took a chance with the 5.1 surround sound system. Wow! It really makes you feel like you are there. I choose the Vizio systems which generally give you the best bang per buck. The subwoofer is wireless, and the rear speakers are wired to the subwoofer. The connectors to the TV are very important. Fortunately, Vizio provided every possible cable I could need. I choose the single digital optical cable which provides all the channel information in one small connector from the TV to the soundbar. Digital HDMI is optimal, but you have to have newer generation HDMI cables to get the best performance. I also connected the Amazon Echo Dot to the sound bar; music sounds so much fuller. Bose and Sonos make outstanding systems but at a price justifiable for younger ears.

Best TV's for the money: Vizio M series, Hisense H8 Series, TCL Series 5. TCL TVs have a built-in Roku media player which is a huge plus. Both Hisense and TCL are Chinese companies that are aggressively trying to gain market share in the US. Expect bargains from them. Vizio is now an established brand but still offer great value.

When we have guests, I play soft background music through the Amazon Echo Dot using the sound bar and YouTube channels for background scenery on the TV. During the winter I have YouTube display a "fireplace" scene. When the weather warms, I switch to YouTube beach scenes. I have found channels that take dramatic drone flights over tropical islands and other unique destinations. During Christmas I had the crackling fireplace and traditional music over the soundbar. And, I didn't have to shovel!



*"It's a deal—two more years, then we let ourselves go"*

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## To Meditate or Not?

By: Sefi Held, A.C.E., CanfitPro Cert. Fitness Pro

2020 was a year that forced us into a lot of changes and stresses that we were not prepared for. Some people were able to adapt to these changes better than others and there was an increase and interest in Meditation. Meditation means a lot of different things to people just starting out, but something that most people who practice meditation have in common is that it has greatly helped them in some way. One of the ways meditation can help is through its ability to improve mental health, and therefore, your overall health and fitness. Incorporating as little as 10 minutes of meditation into your daily routine can have amazing effects on how you feel and function when you are at the studio for a yoga, Pilates, Tai Chi or fitness class, as well as in your everyday life.

It's easy to incorporate the benefits of meditation into any lifestyle and pairing meditation with your favourite choice of exercise/movement can completely change how you feel and make your overall wellness phenomenal. Keeping a clear and focused mind when working out will help you to focus on exactly what you are doing while you are doing it, which enables you to stay in the moment.

The American Heart Association has released a scientific statement noting that meditation has potential to reduce some heart disease risk factors and may be considered an adjunct to a heart-healthy lifestyle of good nutrition, physical activity and smoking cessation, combined with medical treatment for conditions like high cholesterol or high blood pressure.

Whatever reasons you have for taking up meditation are fine. When you start, the gamut of motivations runs from wanting to be calm to seeking answers to the deepest existential questions.

Sometimes people don't know until they are quiet, that their mind is all over the map. It's necessary to know this; otherwise, we may believe the notion that meditation can immediately give us that quiet, peaceful mind.

When you continue to practice, you can discover that there's something healing about cultivating the ability to simply be where you are, in the present moment.

Ironically, people sometimes don't realize the benefits of meditation until they've stopped. When they experience hard time like the year 2020 that's when they sense the value of meditation, and often return to the practice.

Meditation benefits may include:

- stronger immune system and enhanced attention
- lower blood pressure and reduced risk of heart disease
- less anxiety and depression
- increased feelings of compassion and empathy
- lower blood sugar
- improved sleep; and
- better pain management

Many people are skeptical about meditation before trying it, but once you have, you won't turn back.

Varieties Of Meditation Styles; There is no one "best" way to meditate. Choose the style that works for you. Here's a small sampler of some of the more common practices:

**Mindfulness** (vipassana). Popularized by Jon Kabat-Zinn in his Mindfulness-Based Stress Reduction

*Mediation Continued on Page 8*



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*Mediation Continued From Page 7*

program and influenced by Theravada Buddhism, this style involves observation through paying particular attention in the present moment, without judgment.

**Mantra.** From the yoga tradition, this method uses mental repetition of a phrase, word or sound, often coordinated with the breath. Mantra practice requires singular focus upon an object of attention.

**Focused-attention or concentration.** This form also requires singular focus on an object of attention, but a mantra is not necessarily included. The object can be one of many things: a lit candle, for example, or just the breath.

**Zen.** From Zen Buddhism, this approach uses conscious awareness of momentary experience to lead to a generalized “openness” or “empty mind”—a totality of being “at one” with the present moment without concentrating on any specific object or sensation.

**Loving kindness (metta).** Another Buddhist practice, this involves focusing on self and others with unconditional love. From this singular focus, the intent is to expand feelings of love and compassion to embrace all beings and to wish them to be free from suffering and all of its causes.

How can you begin your own meditation practice?

- Create a dedicated space. Create a quiet area in your home and return there each time you practice.
- Set a regular, convenient time and try to practice daily.
- Ensure quiet. To sharpen your mental focus, wear headphones or earplugs if sounds are distracting.
- Sit with good posture. Sit upright, with spine erect and body relaxed, and place your hands, palms up, on the thighs at the junction of the thighs and abdomen.
- Be comfortable. Use pillows and cushions as necessary. Sit in a chair if it's more comfortable. Place a pillow across your thighs if needed as a place to rest your hands. Experiment with different positions (including different hand positions) to find what best works for you. What matters is not how you look, but how you feel - be

comfortable!

Start gradually. Start with as little as 5 minutes and increase your sitting time in increments of 5 minutes. Work up to 30 minutes, twice daily, if possible. Let enjoyment be your guide.

Many changes came to pass last year. We mourned the losses of loved ones, renewed our gratitude for those that remained and were reminded of the truly important things in life which should not be taken for granted. May we live each day with kindness in our hearts and be a light for those around us.

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## *The Art Association..... Whats That??*

By: Christine Courtright

I got involved in Asociación de Artes (AdA) back in about 2010. I was thrilled to be involved with such a great organization with a mission that I was passionate about. But since I have become the President and Editor of this publication, I am amazed by how many people ask the question “*What’s that and what do you do?*” So, I must not be explaining what we do and why very well, so I am going to try this again. And yes, there will be a quiz at the end of this article.

The **Asociación de Artes del Mar de Cortez** (AKA: Art Asociación or East Cape Arts) a Non-Profit was incorporated in 1993 originally started by Joanne and Russ Hyslop. After volunteering at the primary school in Los Barriles, Joanne and Russ learned that art was not part of the curriculum because of funds for the supplies. Joanne and Russ, being artists and educators, came up with a way to raise funds to supply the school with art supplies, and hence **Festival de Artes** was born! FdA went from an event of 10 artists to now over 100 artists, 30 commercial vendors, food and drink, and fantastic Mexican cultural entertainment! FdA has become a huge event and one that we are all very proud of!

Over the years the AdA produced a variety different of events, now focusing on just three events: **Holiday Art Show** held the first Sunday of December, **Artist Studio Tour** on the Wednesday before Valentine’s Day in February and the big **Festival de Artes** on the third Sunday of March – which, by the way, is the longest continually running festival in the Baja Sur. We also produce this publication, East Capers Magazine, which is 4 bi-monthly issues during high season (October—May) in the Baja.

Originally, we took the funds we made for just school art supplies. Then we branched out to supporting the Cursos de Verano summer school program and Easter sports program, baseball camps and Saturday Art classes to name a few of the things we support. We now serve 19 schools in the East Cape Area and the art supplies became all school supplies, which includes lots of paper so they can print the assignments, sports equipment, library books, ceiling fans, school repairs, playground covering, air conditioners, new classrooms and whatever need the school has that is in our ability to provide. During this period of home schooling due to Covid, we found about the financial hardship for families to have assignments printed. So, we bought 3 printers for 3 towns, lots of toner and paper and got volunteers that get the assignments and print the work into packets. Families just come to a designated location and pick up their schoolwork each week. Our mission is “*Improving the educational experience for all students of the East Cape*”.

We, like most non-profits, run on volunteers. We consider ourselves a fun group, try to make each volunteer job easy and fun, are not time consuming and leave you with a sense of accomplishment in the end. We are looking for new volunteers to join us and help us to continue our mission. Through aging out, we have lost several long-time members and are hoping some of you will want to make a difference in the lives of students in the East Cape. Education is the key to success, health and happiness. A good educational experience creates the desire to learn. We work to keep the desire high and the experience excellent! Check out our website is [www.eastcapearts.com](http://www.eastcapearts.com) and Email us with additional questions at [eastcapearts@gmail.com](mailto:eastcapearts@gmail.com)

Now, here is the quiz:  
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How much fun do we have?



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## ***New Initiative & Fundraising Results***

By: Adam Greenberg

**Leaders2give** is a non-profit registered in California, however we support several initiatives right here in Los Barriles and surrounding area and we just added a new partnership — Feeding the Hungry. The Los Barriles Feeding the Hungry Programs support families in our community suffering from poverty and food insecurity by providing them a voucher worth 250 peso (≈\$12 USD) every week for the entire year.

These vouchers can be redeemed at Chapitos supermarket to purchase food, medicine or other essential supplies. Currently, around thirty local families are involved in receiving assistance from the Feeding the Hungry Programs.

In addition to regular fundraising, the Los Barriles Feeding the Hungry Family Sponsorship Program is looking to identify individuals who would be willing to support a local family with a small commitment of just US \$1.80 a day, (\$600 USD per year).

The Feeding the Hungry Fashion Show has supplemented this initiative and helped additional families in the community. The arrival of the Covid-19 pandemic, unfortunately, necessitated the cancelling of the 2020 spring fashion show. They intend to continue the Feeding the Hungry Fashion Show when it is safe to do so.

This new partnership opportunity will not only serve to improve the lives of those who need a helping hand but will also offer experiential leadership development opportunities for those wishing to join our movement becoming the leaders the world so desperately needs.

This is because leaders2give exists to inspire, teach and empower others to become leaders who possess the skills required to solve the problems facing society by providing an opportunity to convert ideas into action through hands-on work in developing communities where they will experience tangible results in real-life settings.

In other news, leaders2give actively

campaigned at the end of last year to raise funds for the new children's home that will be built in El Cardonal. Part of that campaign was an intimate New Year's Eve wine pairing dinner/fundraiser hosted by Los Barriles Wine & Tequila featuring the wines of my friend Steven Mirrassou of Steven Kent Winery in Livermore, California.

One of my friends and supporters of leaders2give had some napkins made for the fundraiser which read 'Los Barriles 2020 – Better Together.' It had occurred to me how profound that statement was — perhaps even ironic — given that Covid has forced many of us apart. Covid, political and social unrest, and both micro and macro-economic upheaval have also, however, reinforced the importance and the strength of being and working together.

'Better together' is therefore our theme for 2021. Please join us in repeating this mantra.

Our project to build a new children's home was inspired by the story of a Mexican family whose child was sick with leukemia. While Mom was taking her young daughter to La Paz for treatment (about two hours away) her husband, parents, cousins and neighbours rallied to ensure that no meals were missed, the house stayed clean and the kids continued to attend school. They were 'Better Together.'

While at the treatment facility, they met a single mother of 5 who lived in the slums of San Jose. She was with her 4-year-old son also being treated for leukemia. While seeking treatment, they were provided with accommodations, however, there was no space for her other 4 kids. They are very, very poor. While Mom took her young son (2 hours each way by bus) for treatment, the other kids were simply left alone, living in a shack without the basics like electricity and running water. Sadly, they were abandoned while

Continued on Page 12



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*Leaders2Give Continued From Page 11*

Mom and her young son were fighting together to save his life. A fight that sadly, they lost.

The facility we are building in El Cardonal will ensure that the kids who are in need will be properly cared for when a parent or sibling is ill because we are better together.

A donor who wished to remain anonymous offered to match every dollar that we raised leading up to that night up to \$10,000.00 towards building this home because he also believes we are better together. Another like-minded individual and member of our Board also donated a one week stay at their luxury Cabo timeshare and every donation over \$500.00 was entered into a draw to win it.

We've tallied up the donations and we raised a whopping \$ 11, 617 plus the donor match equals \$21, 617 for the children's home!

We are confident that soon we will literally break ground on this exciting and ambitious initiative. Please watch for our next fundraiser to be announced soon.

**To receive updates on all our initiatives supporting our communities and to read uplifting, inspiring stories be sure you are signed up to receive our newsletters at [www.leaders2give.org](http://www.leaders2give.org)**

Thank you for being the power behind this work. You are making a difference!

And remember, we are all in this together and together is how we'll see a better tomorrow because we are... *better together!*



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*Connie Heinen*

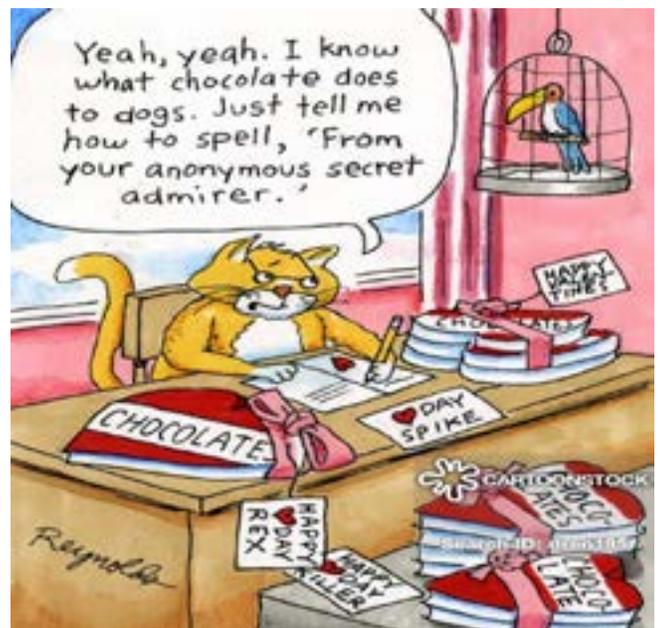
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## *Honoring Our Mothers*

By: Theresa Comber

My mother's birthday falls on the day after Christmas. To honor her birthday a year ago, we had the privilege of being one of 200 people in a private conversation presented by former Secretary of State John Kerry. He is a patriot, a warrior, an environmentalist who deeply loves our country and our planet. He deserves our respect and our attention. Our family home for the last 40 years is in Sun Valley, Idaho and John Kerry also has a home there. As an elder statesman he chose our beloved Sun Valley to share his grave concern about the condition of our planet. Starting from the lessons he learned from his Mother, he is dedicating his life to informing our population of the existential threat of climate change to our world. He wants to protect it so his granddaughters will someday be Mothers as well.

My former client and friend Arnold Schwarzenegger also has a home in Sun Valley. A lifelong environmentalist and former Governor of California, he made incredible strides to protect his adopted state. Starting in Sun Valley together, these elder statesmen created "World War Zero", an initiative to fight the climate crisis by holding more than ten million 'Climate Conversations' with citizens across all spectrums to achieve net zero carbon emissions.

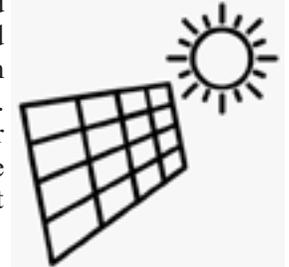
When asked "What is the single most important thing as individuals can do to offset our carbon footprint?",

Senator Kerry immediately said, "Install solar on your roof". Disconnect from the electrical systems that feed our homes and rely on Mother Nature's abundant sun. This immediately offsets carbon emissions and in

fact, creates positive offsets equivalent to 15 or 20 trees a month.

Baja Sur generates its electricity from diesel. Your lights, your air conditioning, are generated by turning diesel into electricity. First extracted from the Gulf of Mexico, processed, trucked across the country, put on a barge, shipped across the Sea of Cortez, pumped into the plant in La Paz where it creates a constant yellow haze of pollution over that beautiful city. Diesel and coal, the two biggest carbon emitters when generating electricity.

Here we are in sunny Baja with Mother Nature's solution hand. We just need to harness her sun by installing solar. I am honoring my Mother, Mother Nature, John Kerry's Mother. We installed solar on two roof tops here and our home in Sun Valley. Join me. Join John and Arnold. Make a commitment to Mother Nature. Disconnect from the diesel electric feed and commit to our planet.



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## Arguably

By: Theresa Comber

Arguably one of the best places to live in North America. Los Barriles, the East Cape, all of Baja Sur. Arguably one of the best places, which is why we live here. What are you doing personally to assure it stays the best place to live? Have you taken your environmental temperature lately? What more can you do to assure that here, in our precious state, it will remain so into the future? Recycling is the first step. Federal, National, State, Local money does not trickle down to the dump. It's a mess. In fact, don't go. Or do go there, and it may wake us all up to the effects of our daily lives, our daily choices, and what we do to perpetuate the incessant use of plastics. Or choose to become aware, to make best personal choices, to preserve our planet. Just in the East Cape each month we use mountains of plastics. Did you know that 6.4 million tons of plastics are dumped into our seas and oceans every year? Please, take your personal temperature. Make a commitment to this precious place. Lower your temperature and Recycle. Start now. Create a simple system and commit to doing a good job - rinse your plastics, crush them, separate milky plastics from clear, put colors and lids all together. Or drop them in a container and separate them at the recycling center when you join us the first Thursday of the month, 9 - 11 am at the center located at Baja's Resort at East Cape. Break down your cardboard, stack it and put it in twine. Crush aluminum. Metals won't



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crush, but rinse them, too. Sadly, no glass. The Covid shake up also has stopped bags. Most now are biodegradable. But if they are not, keep a bag of bags until we can recycle them again. Habits take 21 days. In three weeks, you'll be in the habit of protecting and preserving the place that you live and love. Baja. Arguably one of the best places.



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## A Dog's Tale

By: Bob DeAndero

Sick. Sick and hurting. Things crawling on me. They bite and itch. Hungry, thirsty, tired. Big loud machines flying by. One hit my brother last night. There's something wrong with his back. He can't walk. Here comes another. It's stopping. A human gets out. Walks up to my pack. She speaks softly, touches us. No one's ever done that before. She picks us up and puts us in her machine. I fall asleep. When I wake we're in a clean, warm place. There are people around. They give us food, water, wash us. They stick sharp things in me, but they talk nice and it doesn't hurt much. They are working on my brother. Before long I feel better. I want to run, play, get love from the nice humans. They put me in a big yard with my pack and lots of other dogs.

A long time goes by. Every day there are nice people who love us, give us food and water and play with us. We are so happy, and my brother can walk again. We all sleep outside in a big cage. We all have names. One day they took me in a machine, and I thought they were going to put me by the road again. Instead, we went to a house with new humans. They were nice but I was afraid of what was in that house. After a while I felt brave and went in. It was very nice. The new humans

taught me how to live in a house. To be respectful and go outside. They held and stroked me, gave me good food and played with me.

After a couple of weeks, they put me in the machine and took me back to the big yard with my pack and the other dogs. It was good to see my old friends, but I missed the house with the nice humans.

Another long time goes by. One day they came and put me in a small cage. They gave me a treat and I got sleepy. When I woke up, I was in a very loud big machine. Fell back asleep. Someone took my cage off the machine and gave it to some more new humans. They put me in their machine, and we went to another house. It is cold here but pretty and green. The new humans love me, and I love them. There are two kids and another dog, and we play all the time. Every day there are new adventures.

Now I am older. An honored and respected member of the household. I feel content. I will never leave. I am home.

The moral of this tale? Please generously support Cortez Rescue and Outreach at [www.cortezrescue.org](http://www.cortezrescue.org) or email [info@cortezrescue.org](mailto:info@cortezrescue.org). We rescue dogs, provide medical attention, food, housing, play, and with the help of kindhearted local dog lovers, fostering. We find folks who would love to adopt a grateful Baja dog north of the border then we arrange for and pay to get them to their new homes. We are always in need of volunteers-fosters, dog walkers, flight escorts and, of course, donations! Last year we rescued and found homes for over 250 sweet souls.

Going on a walk?



How can you resist my adorable face?



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## How to Celebrate Valentine's Day Like a Mexican

By: Lauren Cocking

Mexicans are big fans of a holiday, or basically any event that requires holding a celebration and decorating the office. So, it comes as no surprise that Valentine's Day is up there as one of Mexico's favored festivities. Unlike New Year's Eve which is swamped in superstition, Valentine's Day is distinctly more commercial. Even so, here's everything you need to know to celebrate February 14 like a true Mexican.

### It's not all about romance

In Mexico, Valentine's Day is also celebrated on February 14 but is officially titled El Día del Amor y la Amistad (The Day of Love and Friendship). That means that if you want to celebrate like a Mexican, you shouldn't focus all your attention on your beloved, but rather on your friends and family too. While we wouldn't recommend treating everyone to a joint celebratory dinner, you should still probably send them a message. Heck even buy them chocolate.... Because after all, chocolate first came from Mexico!!!



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**Take a Minute  
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By: Rafael Solorzano, Attorney

People who disregarded the investment condition in the fideicomiso (real estate trust) contract.

I have often written here about the 2,000 square meter (or over) rule for fideicomisos whereby the federal government included a condition in the permits that created the contract for the trust benefit owner to receive the property under trust.

What is that condition you ask? To invest at least \$250,000 dollars in improving the property within 24 months of the creation of the trust or lose the investment on behalf of the Mexican government.

I have reviewed a number of fideicomisos with that same clause and most of the people who submitted their contract share the same probole, they failed to comply with that condition, and some of those contracts were signed as far back as 2004.

You may say, "well who cares, this is Mexico, were few laws get enforced at all" and you may be right in saying that, but the federal government has a loaded weapon: Your failure to comply with a time dated condition with a very serious penalty lose the investment (the property) on behalf of the Mexican government at any time if they ever decide to enforce the rule.



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## *The Birth of the First Annual Baja 1000+ Off Road Adventure Tour*

By: Kelly Martin

I was sitting in the CanDoo office after a long hot summer day, going over the daily report with Jimmy, the owner of CanDoo. Suddenly he looked up from the report, and said, "Kelly, I want to do an Off-Road Tour from Ensenada to Los Barriles. Do you think we can do it?" Since the word NO does not exist in my vocabulary I immediately said, "Yes for sure! No problem!"

The next day I started wondering what I had gotten myself into, and how serious was Jimmy about this tour. Thinking this could be a great adventure, I went ahead and pulled the Baja 1000 Off Road route map off the internet and head south to get Posters made announcing CanDoo's 1<sup>st</sup> Annual Baja 1000+ Off Road Adventure Tour.

When I returned to the office and excitingly showed Jimmy the posters, a big smile broke out on his face and he exclaimed, "So we are really doing it!". My response was, "When you say you want to do something, it's my job to make it happen."

After one advertisement on *Everything Los Barriles* I had 5 people in the office within one hour signing up. And by the end of next week, we had the tour full. So, the planning began, I took over the logistics of the hotels, food and clients' travel plans. Jimmy went to work to get the tour vehicles ready.

Our crew headed north on Thursday November 19<sup>th</sup> with all the equipment and most of the employees from CanDoo. They made the trip to Ensenada with all the vehicles and support personnel without a single problem. They even stopped along the way to help several people in cars that were broken down.

On Saturday November 22nd we had all the vehicles and the clients in Ensenada, ready to take off early the next morning for San Felipe with Jimmy Diaz leading the pack.

Everyone was excited and looking forward to this first ever locally organized Baja 1000+ OFF ROAD TOUR. Each day the group drove 200-250 miles per day. Day 2 they arrived in Bahia de Los Angeles where a beautiful Hotel overlooking the bay and special prepared meals were awaiting them. On day 3 the tour stopped in San Ignacio, then on day 4 Loreto Bay, day 5 La Paz, and day 6 they ended here in Los Barriles, an enthusiastic and happy group.

Our Honda Talons 2 seaters 1000cc performed beyond our expectations, without a single breakdown. We did have 2 minor tip overs, one of the clients that tipped over was asking for her phone while she was hanging upside down. We thought maybe she was calling for help.....but no. She wanted to take a selfie!!!



"Don't tip us back until I get this selfie"

At the end of the tour, I asked each client if there was anything, we could have done to make it better. Each client said, "There is not a single thing that we could possible complain about." And as the trip planner, that is good to hear!

*Continued on Page 21*

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*Baja 1000 Adventure Tour Continued From Page 20*

Don't want to wait until November for a fun trip? Well, we have planned our next trip for March 14 – 21<sup>st</sup>, 2021, and that is just the start of the interesting and exciting tours we are offering for all of you in the East Cape!! Now, this is the way to really see the Baja!



San Javier Church



Good roads to run on!

## *Baja Shakespeare Play*

By: Camilla Ford

Because of the pandemic, Baja Shakespeare will not be doing the usual large cast musical production this year. But that does not mean the end of theater here in Los Barriles. Heck, did you know the second person in history to receive the COVID vaccine is named...none other than "William Shakespeare"? So, how could Baja Shakespeare die?! All sorts of twists on his plays have emerged: Taming of the Flu, Macdeath, Two Gentleman of Corona, "Is this a needle I see before me?"

So, needless to say, behind quarantined closed doors, bubbles or pods of Baja Shakespeare folks are reading scripts, playing music, practicing dance steps, and thinking of costume ideas and venues. The spark is still alive in many isolated Los Barriles' thespians. When they finally come together safely, it will be an explosion of talent, ideas and creativity. Even now, you may see BS folks writing True Stories or doing a play reading of A.R. Gurney's play "Love Letters" as a fundraiser at the Yoga Garden or in other venues in town. So, keep your eyes and ears open for live artistic events with limited seating and COVID protocol. Baja Shakespeare is alive and well....it's just celebrating its 21st year....well, you know, the way most 21 year olds celebrate! We'll get back to serious (or humorous) business next year. The arts will continue to survive and THRIVE. "All's Well That End's Well."

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# Health Benefits of Microgreens

From Medical News Today.com

Kale	Parsley	Swiss Chard
Broccoli	Sunflower	Orach
Mustard	Beet	Borage

Microgreens are the seedlings of vegetables and herbs. They are an emerging type of specialty vegetable that people can buy from shops or grow at home from the seeds of vegetables, herbs, or grains. They include some wild species.

Scientists see microgreens as a functional food, which means that they can provide key nutrients in a practical way. Some people call them a superfood.

People have long grown mustard and cress on their kitchen window ledges and in classrooms. They are fun to grow, tasty to eat, and healthful. However, other types of sprout and microgreen have recently become popular as health foods.

Microgreens can play a role in both sweet and savory dishes. In addition to their nutritional value, they can add flavor, texture, and color to salads and sandwiches. People can also add them to smoothies or use them as a garnish. They are suitable for eating raw, which means that they retain their vitamin and mineral content.

## What are microgreens?

Like sprouts, microgreens are a young vegetable. However, sprouts and microgreens are not the same. Sprouts are newly germinated seeds that people harvest just as the seed begins to grow and before their leaves develop. Conversely, microgreens grow from sprouts, and they have leaves.

When the cotyledon leaves — the embryonic leaves — have fully developed, and the first true leaves have emerged, the plant becomes a microgreen. People usually grow sprouts in water and harvest them within 2–3 days. Microgreens can grow either in soil or hydroponically, but they need sunlight. People harvest them after 1–3 weeks, depending on the type. People can grow microgreens from any herb or vegetable.

Popular microgreens include:

Amaranth	Pea	Kohlrabi
Basil	Red pak choi	Rocket

## Rich in nutrients-

Many fresh plant products provide vitamins, minerals, and fiber.

## These nutrients can help with:

- \*preventing a range of diseases
- \*managing weight
- \*boosting both mental and physical health and well-being

Microgreens can offer all of these benefits and possibly more.

## Antioxidant content-

Many plant based foods are a good source of vitamins, minerals, and antioxidants. Vitamins and minerals play hundreds of roles in essential bodily processes. Antioxidants help the body eliminate unstable waste molecules known as free radicals.

Free radicals result from both natural bodily processes and environmental pressures, such as pollution. As they build up, they can lead to cell damage. Eventually, this damage may contribute to the development of diseases, such as cancer.

The body can remove some free radicals, but they can still accumulate. Antioxidants from foods can help remove more of them. Plant based foods can provide antioxidants.

There is evidence to suggest that microgreens have a high antioxidant content, which means that they may help prevent a range of diseases. The exact types of antioxidant will depend on the plant. Microgreens from the *Brassica* family, which include broccoli, contain high levels of vitamin E, a phenolic antioxidant. *Asteraceae* microgreens, such as chicory and lettuce, appear to be high in vitamin A, or carotenoid antioxidants.

Details about using microgreens to treat or prevent specific diseases are not yet available, but scientists are looking into their possible benefits.

## Specific groups-

Some researchers have suggested that microgreens may be suitable for tailoring to provide additional nutrients to specific groups of people. For example, one group of scientists produced chicory and lettuce microgreens with high levels of the nutrients that green, leafy vegetables usually contain but a lower potassium

content. This nutrient profile, they said, could be useful for people with kidney disease.

Tailored microgreens could also be beneficial for people who follow a vegan, vegetarian, or raw food diet and for those who cannot access or consume fresh vegetables due to issues of availability, cost, or health.

## Nutrition

The nutritional value of microgreens varies according to type, as with conventional vegetables. However, there is also evidence that some may contain a higher concentration of many nutrients than their mature, fully grown counterparts. According to the United States Department of Agriculture (USDA), 100 grams (g) of kale microgreens provides only 29 calories. Other research has indicated that *Brassica* microgreens, which include kale, may be an especially good source of antioxidant vitamins and the minerals potassium and calcium.



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## *La Zona Prohibida.*

By: Rafael Solorzano

Since the Constitution of 1917 Mexico prohibited the acquisition of land by foreigners along what is known as zona prohibida or zona restringida, (I call it constitutionally restricted zone), which is described by the foreign investment law as: That strip of land along the national territory consisting of 100 kilometers along borders and of 50 kilometers along coastal areas, referred to by section 1 of Article 27 of the Mexican Constitution, which reads as follows:

1. Only Mexicans by birth or naturalization and Mexican companies have the right to acquire ownership of lands, waters, and their appurtenances, or to obtain concessions for the exploitation of mines or of waters. The State may grant the same right to foreigners, provided they agree before the Ministry of Foreign Relations to consider themselves as nationals in respect to such property, and bind themselves not to invoke the protection of their governments in matters relating thereto; under penalty, in case of noncompliance with this agreement, of forfeiture of the property acquired to the Nation. Under no circumstances may foreigners acquire direct ownership of lands or waters within a zone of one hundred kilometers along the frontiers and of fifty kilometers along the shores of the country.

<sup>5</sup> For those people who naively suggest relying on a Mexican national to act as the owner of record of a property within the forbidden zone (Zona prohibida), which is the whole Peninsula of Baja California, coasts and borders in the rest of Mexico, you have to know that the Foreign Investment Law has a chapter establishing sanctions for such simulations, as follows:

TITULO OCTAVO DE LAS SANCIONES: V.- Whenever simulations are detected with the purpose of allowing the use and enjoyment of land in the forbidden zone to foreigners on behalf of Mexican nationals or companies, without a clause excluding foreigners, in violation of what has been stipulated in Chapters Titles Second and Third of this Law, a fine will be imposed for up to the value of the transaction;



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and:

VI.- In the event that other violations to this law and or its regulatory stipulations, a fine from one hundred to one thousand times the equivalent of the minimum wage will be imposed.

Also, for those that refuse to believe that there are gaps in the Baja Peninsula where property can be bought without a trust, you need to be informed that there is a list of Municipalities that are totally outside the forbidden zone and there is not a single municipality in Baja California nor in Baja California Sur in that list, thus all properties within the Peninsula require a fideicomiso or to be purchased as an asset by a foreign owned Mexican company.

You do not need a fideicomiso nor a corporation if the property to be bought happens to be in the mainland, as long as it is 100 Kilometers away from the border and 50 kilometers away from the coast.

So, do yourself a favor, don't cut corners and trust due diligence to avoid trouble, trust only that which has been properly and legally executed per the law.

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Crescent Moon Continued From Page 23

old baby) based on the things I wished I could have done and learned when I was a child growing up in Los Barriles. Things I couldn't do because back in the '90s this beautiful town was a very different place. There was no school of dance, no language academies, and certainly not an internet to use to learn something on your own. Surprisingly, 30 years later, we still don't have all these kinds of programs available for children. I realized too that Luna is not the only child in Los Barriles, so why not try to bring these programs to other children too?

Crescent Moon project, though in the future I hope we can include languages, dancing, and music as well. These programs will be completely free. All students will be equal. No student will need to pay for anything. Families may donate but none is required. The funding will depend primarily upon donations from our community.



Young artists of Los Barriles

**Art promotes creativity and expression, art making at a young age has many benefits for kid - physical, emotional, and mental wellbeing.** We definitely need to take care of our children today since they are our neighbors, community members, and our leaders tomorrow.

If you would like to learn more about this project and/or help support it, please go to our website: [www.losbarriles.life/crescentmoon](http://www.losbarriles.life/crescentmoon)

Hopefully, new programs will be added as soon as the new normality and your support can allow it. Of course, all the safety measures are being taken very seriously and children will be well protected.

I know we don't have a magic wand to erase children's obstacles (and even if we could, we probably shouldn't), but at least let's put in their hands an alternative way to express their emotions positively, especially during these difficult times of living in isolation.

**Thank you so much for helping our children, Priscilla Duran, from Café María and Club Rotario Los Barriles**

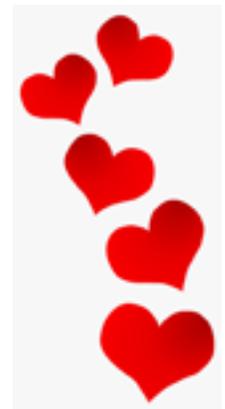


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*Tell me and I forget.  
 Teach me and I remember.  
 Involve me and I learn.*

*Benjamin Franklin*

## *Crescent Moon - Art for Children*

By: Priscilla Duran,  
Photos By Xochitl Rodriguez

As we grow up, we collect experiences and memories that prepare us for adult life. Childhood is a treasured age since it's there where the foundations of intelligence, personality, and social skills are created. This is why it's important to have quality programs available for children.

Generations change and it is easy to see; today's children don't like the same things you used to like, they don't do the same things you used to do, and of course, they don't play the same games that you did. Maybe because it is a different world, maybe because it is a different life, certainly these days' technologies are the perfect excuse for children to be isolated and not socialize. I don't mean with people at parties, I mean with their families in their own homes.



As adults, we all come to understand and to see things in a different way than we did when we were kids. We're grateful for the life we have, but if we could close our eyes and go back to when we were kids... Everyone has felt at least once that no one could understand you or that you were not taken seriously enough because you were just a kid.

Though these experiences are a normal part of life, being involved in an artistic activity can help children handle difficult feelings in an effective way, and to express themselves peacefully.

A few months ago, I started thinking of schools or tutors I could find in the future for Luna (my 1-year-

*Continued on Page 24*

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# What Does Anti-Aging Really Mean?

By: Connie Heinen Licensed Paramedical *Esthetician*

Increased life expectancy has changed the concept of aging and, in turn, has propelled anti-aging research, leading to a multitude of topical applications.

Wrinkles and poor skin texture are among the earliest signs of aging. The skin becomes thinner, drier and less elastic. Although genetic predisposition is a factor, it is now believed that environmental irritants play a much bigger role in the aging of the skin. Overexposure to sunlight is the main culprit of premature age-related changes: wrinkles, roughness, pigmentation, loss of tone and dilated blood vessels. The first and most important anti-aging ingredient is a good sunscreen that is used properly, applying enough and as often as every two hours when in direct sunlight.

Exercise, which facilitates blood flow and helps bring nutrients to the skin. Eat fresh produce and drink plenty of water to hydrate the cells. Along with proper topical skin care.

The seven signs of aging

1. Fine lines and wrinkles
2. Uneven skin texture
3. Uneven skin tone
4. Surface dullness
5. Enlarged pores

6. Age spots
7. Loss of elasticity and firmness

There are a bevy of ingredients that can be used to help strengthen the skin.

**Alpha Hydroxy Acids (AHA's)** The primary function of AHA's is to help increase the exfoliation of dead skin cells to reveal a younger, healthier more hydrated complexion.

**Antioxidants.** These powerful free-radical fighters are in almost every anti-aging formulation.

**Peptides.** Peptides are natural and synthetic compounds containing two or more linked amino acids. These ingredients stimulate collagen production.

**Retinoids.** Retinoids stimulate the production of collagen and are also known to increase the production of epidermal hyaluronic acid.

With continued use of good skin care products, AHA skin peels, drinking plenty of water and exercise, you can change the look and texture of your skin and reduce the signs of aging. A good esthetician will carry a complete line of physician strength skin care products.



## Don't criticize your wife's judgements; look who she married.



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## How to Draw Water From a Well, Sudcaliforniano Style

By: Kay Mundt

“Sudcalifornianos” refers to the descendants of the people that the Spanish missionaries brought to BCS in the 1600 and 1700’s to build their missions. The indigenous peoples here were primitive hunter/gatherers, nearly obliterated by European diseases.

The missionaries needed people who could learn agriculture and animal husbandry in a desert environment. They chose primarily Mestizos, people from the mainland with blended European and native Mexican blood. The missionaries brought livestock and fruit trees and taught self-sufficiency.

When the missionaries pulled out in the early 1800s, the families that had learned how to farm in the deserts stayed put. Until Highway 1 was completed in 1973, they lived their lives undisturbed by the outside world, preserving the old Mexican customs and culture. Did you know that these hills are liberally sprinkled with dairy farms?

During the 1990’s, my husband and I camped on the beach at Los Frailes, and were fortunate enough to meet many of these families and observe how they lived. Salt of the earth! Hospitable, welcoming, generous, honest, intelligent, hard working, and peaceful. They found ways to preserve the peace among ranch families, without the rule of law. They never gossiped or spoke a negative word about a neighbor. And to preserve these proud people’s dignity, they made sure never to gift anything with more value than the .

recipient could reciprocate.

Los Frailes might seem to be the end of the earth, but the family I got to know the best lived 5 miles inland, accessed by a sandy road they had built themselves after Highway 1 arrived. Pickup trucks had replaced the horses they had ridden to Santiago, the old commercial center. Now pickups carried cheeses to La Ribera.

The ranchers had dug wells and built cisterns for all the water needed for their cattle, horses, pigs, goats, vegetables, fruit trees, and family. That’s a lot of water! The time-honored system required the labor of father, son and horse for one and a half hours every morning and evening.

Let me try to explain the system as it was in 1991: The well had a pulley and rope. It was separated from the cistern by a couple of feet. The father stood in that space while the son rode the horse in a large figure eight with the rope tied to the saddle. With the horse stopped next to the well, the bucket dropped down. Then the horse was ridden to the top of the figure eight and stopped again, while the father grabbed the bucket and tossed the water into the cistern. Three hours a day, year in and year out for centuries.

This ranch now has a solar panel and an RV water pump.

The “improvements” which ex-pats provide in the way of modern conveniences don’t necessarily bring the Sudcalifornianos happiness. Any local over 55-years-old can tell you about the changes they’ve seen in their lifetimes. From subsistence living to having the internet. Talk to them about their experiences growing up and inquire if they preferred the ranch life or modern life. Many elders preferred the old way of life, slow and simple, to the stresses of today.

The close-knit family I knew has been splintered by societal changes. Many of the young people choose city life over the tedium of ranch life, leaving most of the ranches in their final generation.

Before showering the Sudcalifornianos with gifts, consider their enduring custom: A gift greater than what the recipient can repay, lowers the recipient’s self respect.

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## *The Best Baja Books to Read Before or During*

From Oars.com

From epic narratives of exploration and travelogues to comprehensive field guides and engaging novels, these must-read Baja books dive deep into the history, natural environment and wonder of Mexico's Baja Peninsula and Sea of Cortez. If you are planning a visit to this remarkable and unique part of the world, you'll surely want to put a few of these books on your reading list.

### Essential Baja Books-

#### **The Log from the Sea of Cortez | By John Steinbeck**

This classic account of John Steinbeck's specimen-collecting trip to the Sea of Cortez with marine biologist Ed Ricketts, first published in 1941, mixes adventure, science and philosophy. Subtitled "A Leisurely Journal of Travel and Research," this much-loved book captures the wonders of the Gulf of California and the joys of discovery.

#### **Moon Baja: Including Cabo San Lucas | By Jennifer Kramer**

This informative book from Moon Travel Guides features detailed maps, strategic itineraries, insider travel tips and activity ideas, as well as background on the culture, history and wildlife of the colorful Baja Peninsula.

#### **Baja Legends: The Historic Characters, Events, and Locations That Put Baja California on the Map | By Greg Niemann**

Longtime journalist and regional Baja expert Greg Niemann shares about the history, lore and colorful characters of Baja California in this engaging, easy-to-read reference book. His earlier book, *Baja Fever*—a personal account of his adventures and love affair with Baja—is also an entertaining read for anyone who loves to travel.

#### **Miraculous Air: Journey of a Thousand Miles Through Baja California, the Other Mexico | By C.M. Mayo**

Author C.M. Mayo is enchanted with the land and

people of Baja. She writes about her 1,000-mile adventure from Cabo to Tijuana with insight, warmth and style.

#### **The Whales Know: Travels Along the Baja California Peninsula | By Pina Cacucci**

A humorous and humble travelogue by writer and explorer Pina Cacucci. He travels the length of Baja California revisiting sites seen by John Steinbeck, but becomes enamored with all things whale.

### Field Guides and Natural History Books-

#### **Field Guide to Marine Mammals of the Pacific Coast | By Sarah G. Allen, Joe Mortenson, Sophie Webb**

An outstanding field guide, providing an in-depth information about more than 45 species of whales, dolphins, seals, and other that reside in, or migrate through, the Pacific Coast from Baja, Mexico to British Columbia, Canada.

*Continued on Page 31*



*Must Read Books Continued From Page 30*

**Sea of Cortez Marine Mammals | By Daniel W. Gotshall**

A handy and colorful field guide to the commonly-seen fish and marine invertebrates that are found from Baja to Panama.

**The Forgotten Peninsula: A Naturalist in Baja | By Joseph Wood Krutch**

A classic portrait and celebration of the plants, landscapes and history of Baja. Naturalist Ann Zwinger called this book “a delightful narrative of natural history exploration at its best.” It’s a classic.

**Oasis of Stone: Visions of Baja California Sur | By Bruce Berger, Photographs by Miguel Angel de la Cueva**

The geology, plants, wildlife and human history of Baja brought to life in 180 gorgeous color photographs and marvelously informative essays.

**The Desert Islands of Mexico’s Sea of Cortez | By Stewart Aitchison**

Author Stewart Aitchison, a biologist, geologist, and naturalist, brings experience—and a large photo library—to this well-illustrated natural history resource covering the Sea of Cortez and its islands.

**Telling Our Way to the Sea: A Voyage of Discovery in the Sea of Cortez | By Aaron Hirsh**

In this wondrous series of essays that received a National Outdoor Book Award, biologist and Vermilion Sea Institute chairman, Aaron Hirsh, recounts his exploration of the Sea of Cortez, its islands and its inhabitants.

**Sea Kayaking: The Classic Manual for Touring, from Day Trips to Major Expeditions | By John Dowd**

In print for more than 30 years and fully updated, this ‘kayaking bible’ covers every known kayaking query, from essentials to advanced hazards. Expert advice is combined with illustrative photos and classic kayaking stories.



**The Girl of the Sea of Cortez | By Peter Benchley**

A heartwarming, eco-conscious novel about a young woman and her sixth-sense for ocean wildlife. The story’s protagonist, Paloma, discovers a secret ocean animal in a sea full of beauty, danger and adventure.

**The Whale: In Search of Giants of the Sea | By Philip Hoare**

A deeply engaging meditation on all things whale. Author Philip Hoare saves his special love and attention for the sperm whale—not only via a beautiful literary analysis of *Moby Dick*, but also by indulging in a childhood fantasy and swimming with whales in the Azores.

**Wild Edge: Freedom to Roam the Pacific Coast | By Florian Schulz**

Through beautiful photographs, this coffee table book exposes the great Pacific seam of North America—that wondrous stretch of coastline that stretches from the Baja Peninsula to the inlets of the Pacific Northwest and Alaska’s Beaufort Sea.

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## Mag Bay's Abundance

By: Gary Graham

The Sea of Cortez never ceases to amaze me. The first time I fished it was in 1956 in a 16-foot Wizard fiberglass trailer boat. My uncle, his friends and I trailered the boat from Sacramento, Calif., to an unforgettable little village, a very primitive Guaymas, Mexico, where I caught my first sailfish.

My first long-range trip was made a decade later, on an equally memorable trip aboard Captain Bruce Barnes' 85-foot boat, the "Qualifier." We traveled to Uncle Sam's Bank off the coast of Baja where I caught my first black seabass.

From the small boat to the large yacht, those two trips were the beginning of my lifetime of many unforgettable boating adventures on the waters surrounding Baja and Mexico -- traveling to Magdalena Bay, into the esteros (estuaries), Cabo San Lucas, up into the Sea of Cortez, La Paz, Mazatlán, Manzanillo, Zihuatanejo and the Revillagigedo Islands.

Traveling on a variety of boats, including my own 23-foot Blackman Center Console, trailered from 1977 until it was sold in the mid-1980s, plus as a guest on many different sports fishers ranging in size from 48-foot – 100-foot.

Some of the names I'm certain many of you will remember: *Ocean Pacific, Legend, High Life, Pastime, C-Bandit, Zopilote, War Eagle, SeaMark* and *Kingsway* to name a few; there may be a few more that I'm not remembering.

I am always thrilled to be part of the ever-changing Sea, regardless of the means I travel or the species it coughs up. I'm always astonished at the fodder the Sea provides in the countless stories that become part of my memories and the fabric of my life. Like the time shortly after Yvonne and I were married in 1979, the two of us brought Steve Cushman's 48-foot *Hardhead* from Cabo to San Diego. Our deckhands were a young man in his late teens, Craig Miller and Hector Gonzalo, an experienced deckhand from Cabo. Traveling at 8 knots, we left Cabo one gray morning in January 1980, keeping lures out just in case.

Not really expecting a bite, we were north of Cabo Lazaro at Magdalena Bay around mid-day when the clicker howled. Yvonne came out of the salon and grabbed the rod. It was a striper that had hooked itself near the Thetis Bank. Craig reeled in the second lure, which also had a fish on! Suddenly while they fought the fish, billfish began appearing as far as we could see. Throughout the afternoon we continued slowly heading north, traveling only short distances between bites on the two lures being trolled. By the time we finally drove out of all the feeding billfish, our release total was in the high double-digits.

When we arrived at C-Dock on Harbor Island several days later, a crowd of friends and onlookers welcomed us home noting our multiple release flags fluttering from our riggers.

Shadows of skepticism reigned as we told our tale of billfish as far as the eye could see. In those days traffic up and down the coast was light, except for the long-range boats that were more interested in yellowfin tuna, wahoo, dorado and yellowtail; they had little interest in billfish.

By the late 1990s, the Magdalena billfish pile up had been discovered. However, with few facilities, the fleet was limited to only a few trailer boats and sports fishers that had ample fuel and water makers, allowing them to stay for a length of time.

Although it's not a given that the billfish will go off every year, it often does. 2018 was one of those years that was extraordinary for the small fleet that was there and there were many daily double-digit totals, as well as trip totals in the hundreds!

And all the while that area was going off, the Finger Bank, 50-miles above Cabo San Lucas, was experiencing very similar conditions beginning in early November. That was when Pisces Sportfishing and Gray Fishtag Research deployed satellite tags aboard "*Strictly Business*," which were donated by Victor Johansen.

That billfish bite has remained consistent for nearly three months. David Brackmann recently observed that there



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Continued on Page 33

*Mag Bay Continued From Page 32*

were lots of sardine there in the beginning which has now rolled over to mackerel. He also commented on the different size classes of striped marlin this season. Early on, there were many small fish and fewer larger ones on the Bank. Then there were a few days when it was almost all large 120- to 180-pounders and no smaller ones. It was as though they were moving in migratory batches of a majority-size class.

With many 15- to 30-pound fish at the Lighthouse taken by trolling ballyhoo but no larger ones there over 100-pounds; this year is the largest number of juveniles they have seen. There must have been a good spawn offshore and the currents moved the smaller ones in.

According to recent reports, in the past several weeks, the billfish schools have been sliding farther down the coast to the area outside the Lighthouse at Cabo Falso.

Once again going back to the 1980s when we fished billfish every year in Southern California, we would try to locate the line the fish were traveling, starting up inside Catalina Island. Usually we would find a current break where they were. We would mark where we started each morning and where we left off each afternoon, noting the line that the migrating fish traveled each day and its direction from top to bottom; this allowed us to follow the school down the coast over several days, all the way below the border.

With today's sophisticated SST (sea surface temperature) charts, it is easier to determine the course that the river-like current break travels down the coast at varying distances from the shore.

Ultimately, that river-like current, regardless of distance from the coast, often sweeps past the tip of Baja all the way to Mexico's mainland.

Putting all of this in perspective was a conversation overheard on the VHF radio among a contingency of boats that had traveled all the way from Los Sueños to Magdalena Bay: "Wow! This is the new Los Sueños!"

Some of the regulars who have been coming to Mag for decades rolled their eyes, but I was not among them. I silently watched as 35 years later; Mag Bay showed off her bounty once again!



ALTHOUGH IT'S NOT a given that the billfish will go off every year, it often does.



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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.

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[www.eastcapehealthcenter.com/donate](http://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](http://www.eastcapehealthcenter.org/insurance)

**EAST CAPE**

HEALTH CENTER

[www.EastCapeHealthCenter.org](http://www.EastCapeHealthCenter.org)  
Plaza Libertad, Los Barriles  
624 124 8203

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