



Periódico

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End of this Season! And Looking Towards the Next!

By: Christine Courtright

I can't believe that it is April! How could the time possibly zip by so fast, when in reality, not much has been happening here in the East Cape...or anywhere for that matter! What did we all do? How did our time get spent?? Did you clean your closets out as much as I did?? Now, as I reflect on this season, and think what all I have to report, well there is not too much!

Out of the three events Asociación de Artes produces, we were able to hold only the **Artist Studio Tour**. For the tour, things could not have gone better and we report the tour was great success for the artists and the guests! The event was so easy to make 'covid safe' and we were very pleased with how our artists made their studios compliant and how our guests followed the rules. It was interesting that at the drive through ticket booth, we heard the same thing from everyone "we are event starved, and so happy to have something safe to do!"

For the first time at the Artist Studio Tour, we had a raffle basket, which had donations from our artists and many local businesses. It was our biggest basket (in value) ever and received a great reception and we hit our fund-raising target! The funds raised from the basket will go to help support the Crescent Moon Art project. The funds will go directly to sponsor kids for the 4-week art program and will sponsor many students for a several months! We are very excited to work with Crescent Moon because Crescent Moon Art are doing exactly the thing that fits right with our programs! We are so pleased with what Priscilla has done and see it as a long-term project with great benefits to the youth of our community. You can read more on the program in an article in this issue.

Without the Holiday Show last December and the Festival de Artes in March our workload has been lighter. We miss seeing our volunteers and friends at these two events, but never fear, we will be there next year! We have already been working on the Festival de Artes

because we are planning that it will be a HUGE celebration of a covid free world! (I am thinking positive!!!)

Students in the East Cape schools are still doing home schooling and we are still printing their homework. It is a huge project for our volunteer printers, but such a necessary one. We cannot thank the volunteers enough for the time they spend printing and organizing the work into packets. We had one minor crisis with the availability of toner cartridges in the country of Mexico. We thought we had to ration out the schoolwork! Luckily, Hector at Wolf Property Management kept at it and finally, when we were down to our last toners, he was able to secure a bunch through his diligence with the office supply stores. Now we don't have to ration out the schoolwork and we can keep the kids busy. We expect the schools will be closed for the rest of this year, so it is an ongoing project.

So as many of us start heading north to our other homes, we leave with the comfort of knowing our beloved East Cape is going to be here when we return. In your remaining time here, remember all our local businesses that have stayed open throughout the shutdowns, and are maintaining on the much smaller population, which translates to much small income and much less to tie them over for the summer months. It might be a tough summer for many, so do what you can now to help them out! IE: shop, eat & spend!



April May 2021 Issue 95

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Volunteers Needed!

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

Call for Articles

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

Thank You!

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

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Crescent Moon Project's Update

By: Priscilla Duran

First of all, I'd like to thank our amazing community for supporting the Crescent Moon project's phase 1. The Classes started last February 17th with 10 children going to the "art for children" program with Xochitl Rivera for 4 weeks, thanks to your donations we successfully accomplished that, and were able to extend this program until April 1st plus we opened two more programs!!

I am grateful to all the people who drove to Cafe Maria and drop art and craft supplies, we also got cash and PayPal donations. And right now, we have two volunteers for teaching art classes, which is priceless.

I'd like to recognize especially the Club Rotario of Los Barriles and the Asociación de Artes who are key friends to this project, with their guidance and support we were able to open the classes for around 30 children instead of only 10!

Right now, we have three programs ongoing; the "art for children" with Xochitl Rivera has 12 students, the "Craft Club" with Yedid Castro has 18 students, and the "Art Garage" with Priscilla Watts (not me, Priscilla Watts) has 10 students. I was there to meet the parents and children on day one and I go often to see how the children are doing and let me tell you they're so happy and excited about this opportunity.

Parents call me all the time to let me know their children are loving the classes, and that art is all they talk about, which is great since for most of the children these classes have been their introduction to the art world. Eventually, they ask me a question that I don't know how to answer all the time, they want to know how long Crescent Moon is going to be open and what other programs will be available in the future, they want their children to keep having the opportunity of learning arts.

Unfortunately, our budget is being used at its limit. Some children are on the waiting list and the low season is about to start. With the number of children that we have right now the costs raise 25,000 pesos a month, so please consider donating and help me to maintain these programs ongoing and including more children. If you want to make a deductible donation, you can do it through the Asociación de Artes.

Luckily we have two new volunteers, one for another art class and the other one for a music program, and the English class is under preparation as well.

I'm hoping to be able to announce these new programs by middle April.

Visit Crescent Moon's website and social media to learn more about this project www.losbarriles.life/crescentmoon, and don't hesitate to contact me at priscilla@losbarriles.life if you would like to talk about it!

The past few days I've seen that Los Barriles is much more than a beach town with many restaurants, white sand, and turquoise water. We live in a blessed community where everybody helps everybody and that is something we definitely should be proud and thankful for. Again, thank you again for your support and please help me continue the Crescent Moon art classes!



Another budding artist thanks to Crescent Moon!!!

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The Seafaring Sweet Potato

By: Renée Lagloire

It turns out that centuries before Columbus, sweet potatoes were travelling thousands of miles on ocean voyages. One of the basic ingredients of Mexican cuisine is the sweet potato, *Ipomoea batatas*. Known in Mexico as *camote*, the sweet potato is in the morning glory family. It is remotely related to the potato, which is in the nightshade family. A popular tuber, the sweet potato's orange variant is often mistakenly called a yam, which belongs to the lily family. Supposedly this confusion started in Louisiana in the 30's when sweet potato farmers wanted to brand their tubers as different from those of other states. They adopted the name yam, and somehow, this stuck. True yams, used in Caribbean and African cooking, can be found in specialty stores.

It is thought that sweet potatoes are native to tropical areas of the Americas. Ceramics from the Moche culture in Peru around 700 AD feature the sweet potato. Historians had attributed the spread of sweet potatoes to Columbus, but anthropologists now know that some foods made the voyage across the nautical distances before that. They point to the sweet potato and recent DNA evidence showing that around 400 years before Columbus, the tuber had already travelled from the Andes all the way to Polynesia. It's known that the Polynesians had superb navigational vessels and skills. Supporting linguistic evidence also shows that a Polynesian word for sweet potato "kumala" is close to "kumara" or "cumal" in Quechua, a language spoken by Andean natives.

Things are never simple, though. New evidence from India shows that the morning glory family may have its origins in the East, not the West. Could it be that this tuber crossed oceans twice? This is the possibility that is now being considered but as yet remains undetermined.

Sweet potatoes are a high carb, fiber-rich, low-fat food. They have high levels of beta carotene, Vitamin C and potassium along with other minerals and anti-oxidants. The cooking process is what brings out the sweetness of the tubers. Boiled or baked, they become soft and stringy. When roasted or fried, the exterior caramelizes and becomes crispy.

This recipe marries roasted sweet potatoes and black beans, with tasty citrus overtones. The original recipe asks for the juice of sour or Valencia oranges in the dressing, do use that if you have it. Not to worry, the lime and orange combination works well. Enjoy this salad as a main course or a side dish, it's really good!

Ensalada de Camote y Frijol Negro - Sweet Potato and Black Bean Salad

The dressing:

½ cup olive oil
2 teaspoons cumin

Finely chopped jalapeño or serrano, to taste
¼ cup fresh lime juice (or replace lime and orange juice with ½ cup sour orange juice)
¼ cup fresh orange juice
½ Tbsp. finely grated orange peel
Salt and pepper

Whisk together all ingredients in a large bowl. The sweet potatoes will be added to this bowl when they are cooked and still warm.

The salad:

2-3 medium sweet potatoes peeled and cut into ½ inch cubes
2 cups cooked black beans (or use canned black beans, rinsed and drained)
1 small red onion, finely chopped
¾ cup chopped fresh cilantro
¾ cups chopped nuts of choice (pecans, almonds, walnuts)

1. Toss the sweet potatoes with a little olive oil and roast them in the oven until they are done and a little golden. Add them to the dressing while they are warm.
2. Toast the nuts in the oven
3. Add the beans, onion, nuts and cilantro to the sweet potatoes; mix gently to combine.



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COVID Update: Spring 2021

By: Char Wenger

The covid vaccines have arrived in Los Cabos for the over 60 age group. The vaccine will be in Los Barriles just AFTER ST. PATRICK DAY by the time this is printed everyone eligible for the vaccine may have received their first dose! Woohoo!!

We've had about 1 positive case per week in the last few weeks. It appears that things are slowing down. However, vaccine roll-out has been extremely slow throughout Mexico and especially here in Baja California Sur. The federal government's goal is to completely vaccinate all the eligible over age 60 by the end of April. After that group is finished, the 50-59 age group will begin.

We encourage and emphasize the importance for as many as possible in our community to get a vaccine, any vaccine as soon as possible. They are currently distributing the

Pfizer in Cabo and now La Paz counties. We still don't know when we will be able to purchase the vaccine for distribution here in the clinic. When more people are vaccinated through the government system, we should be able to purchase the vaccines on the open pharmacy market, like CVS or RiteAid in the US. It is still uncertain when and the cost.

We're keeping updated with all new guidelines and protocols w/ testing, identifying potential new cases by offering the required covid tests: Antigen /Antibody and PCR.

Keeping the community comforted by offering our medical attention, public laboratory, Panoramic X-Ray, Dental Specialties, CIFO w/ Physical Therapy ~AND~ and our rapidly growing special order Public Pharmacy. This is our commitment towards community outreach.





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Cinco de mayo (May 5) is not independence Day in Mexico, as many mistakenly think. It is the anniversary of the defeat of the French at Puebla, Mexico. Although it is not Independence Day, there are parades and patriotic speeches in many towns.

The invading French army was defeated outside the town of Puebla in 1862 by a valiant band of Mexicans which was far out-numbered and poorly armed. The French still managed to take the capita. President Benito Juárez escaped to the north.

Mexico was not rid of the French until 1867 when Juárez, gradually reclaiming Mexico, regained power and Emperor Maximiliano was executed by a firing squad.

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Iron, Calcium and COVID19

By: Dennis O'Brien DC

Comorbidity is a word used to describe conditions that already exist in a body that will make an overall illness, (ie. COVID 19), worse and decrease the likelihood of a good clinical outcome and/or recovery.

COVID19 is a relative newcomer to pathology, but some clinical data has been observed over the past year regarding comorbidity. As you may already know, Italy was hard hit early on in the pandemic and they have done some interesting research on clinical outcomes. The following article in the link below describes calcium handling (or lack of), as a comorbidity to COVID19 in calcium's role in phagocytosis (a process in which white blood cells hunt down viruses and eliminate them). The bottom line here is that low blood calcium patients entering the hospital with COVID19 had a much higher death rate.

Another unlikely comorbidity combo is anemia and COVID19. Laurence Welk was right! According to recent research, Iron poor blood leads to poor clinical outcomes relative to COVID19.

Despite the available vaccines for COVID19, humanity is likely in it for at least another year or so. That said, it is a good idea to learn more about comorbidities in peer reviewed research as more are discovered and take the appropriate action.

Below are some important highlights from the articles and studies from peer reviewed medical journals regarding COVID19 and low calcium and low iron rates. Full article and studies links are available at www.eastcapearts.com/east-capers-magazine

Low Calcium is highly prevalent and predicts hospitalization in patients with COVID-19

Previous studies have reported that calcium played a central role in viral infectious and replicative mechanisms of SARS-CoV, MERS-CoV, and Ebolavirus. In a large group of SARS patients in North America, hypocalcemia was detected in 60% of patients at hospital admission and in 70% during hospitalization. Moreover, data from patients with Ebolavirus infection in United States and European hospitals reported a similar incidence of hypocalcemia.

Four hundred twenty-four patients (79.8%) that were hospitalized, had significantly lower ionized calcium levels as compared to non-hospitalized patients. Fifty-eight out of 531 patients died (11.5%) and 62(11.7%) were admitted to ICU. Hypocalcemia at initial evaluation was associated with these two outcomes only in univariate analyses.

In previous studies, hypocalcemia was associated with higher mortality and poor clinical outcome in hospitalized and critically ill patients. Therefore, to our knowledge this is the first study that revealed a very high incidence of hypocalcemia in a large monocentric population of COVID-19 patients at initial hospital evaluation.

Continued on Page 8






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Calcium and Iron Continued From Page 7

Moreover, the relative high proportion of patients who developed severe hypocalcemia during hospitalization supports its specific relevance to the disease. In multi variable analyses hypocalcemia was also found to be associated with mortality and ICU admission, but this was not maintained in multi variate analyses likely, due to many other interfering factors included different therapeutic approaches. In conclusion, since hypocalcemia is highly incident in COVID-19 patients and predicts the need for hospitalization we suggest that ionized calcium should always be assessed at initial hospital evaluation in order to identify more severe patients. Finally, since hypocalcemia may have negative impact on cardiac outcomes and may be even lethal when severe and acute, we suggest calcium monitoring and adequate supplementation when indicated in all hospitalized patients with COVID-19.

Calcium and severity of illness study: To investigate the correlations between serum calcium and clinical severity and outcomes in patients with COVID-19.

Patients with lower serum calcium levels had worse clinical parameters, higher incidence of organ injury septic shock and higher 28-day mortality.

The overall mortality of COVID-19 was 4.1%, whereas the mortality of critical patients was up to 40.0%. Conclusions: Serum calcium was associated with clinical severity and prognosis of patients with COVID-19.

Iron Levels and COVID- 19

Various types of pulmonary diseases are associated with iron deficiency. However, information on iron status in COVID-19 is scarce. This study included 50 hospitalized patients with confirmed COVID-19. The role of serum iron in predicting severity and mortality of COVID-19 was evaluated. The most common symptoms of COVID-19 patients in this study were cough (82%), fever (64%), and chest distress (42%). Of the 50 patients, 90% patients had abnormally low serum iron levels. The severity of COVID19 was worse with low serum iron levels before and after treatment. Patients with high lab values of C-reactive protein, serum amyloid A, urea nitrogen and myoglobin also had worse clinical outcomes before and after treatment. Decreased serum iron level could predict the transition of COVID-19 from mild to severe and critical illness. There was a significant difference in post treatment serum iron levels between COVID-19 survivors and non-survivors.

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Serum iron deficiency was detected in the patients with COVID-19. The severity and mortality of the disease was closely correlated with serum iron levels. *Low serum iron* concentration was an independent risk factor for death in COVID-19 patients.

Iron metabolism and anemia may play an important role in multiple organ dysfunction syndrome in COVID-19. We conducted a systematic review and meta-analysis to evaluate biomarkers of anemia and iron metabolism (hemoglobin, ferritin, transferrin) in patients diagnosed with COVID-19, and explored their prognostic value. ...We included 189 unique studies, with data from 57,563 COVID-19 patients. Hemoglobin levels were lower with older age, higher percentage of subjects with diabetes, hypertension and overall comorbidities, and admitted to intensive care.

A study of 259 hospitalized patients with COVID-19, we found that, upon admission. Anemia was associated with a significantly higher in-hospital mortality. Functional Iron Deficiency was present in 80.0% of patients upon admission, linked to more advanced inflammation and associated with significantly longer hospital stay. Notably, a ferritin/transferrin ratio > 10 predicted a five-fold higher risk of ICU admission and an eight-fold higher risk of the need for mechanical ventilation. Anemia and alterations of iron homeostasis are highly prevalent in hospitalized COVID-19 patients. Iron metabolism biomarkers and hemoglobin can contribute to risk stratification of patients, as initial anemia is associated with increased mortality, whereas alterations of iron homeostasis with a higher ferritin/transferrin ratio reflect more advanced inflammation and predicts subsequent insufficient pulmonary oxygenation with the need for ICU admission and mechanical ventilation. The results of our study indicate that anemia, and specifically Anemia of Inflammation (AI), is prevalent in patients with severe COVID-19 disease and is associated with an unfavorable outcome. A higher ferritin/transferrin ratio reflects more advanced inflammation and predicts subsequent insufficient pulmonary oxygenation with the need for ICU admission and mechanical ventilation. *Patients with anemia should hence be advised to take extra precautions to minimize risk exposure to the virus.*

For the complete article, go to www.eastcapearts.com, go to the East Capers Magazine page and look for the document links. You will see the article authors, and cites.

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Mex 1 Memories

By: Gary Graham, That Baja Guy-

During a guest appearance on Pete Gray's "Let's Talk HookUp" Radio show some time ago, I donated a copy of Cannon's "The Sea of Cortez" to a couple of the callers as a raffle prize.

Cannon was the first of a list of columnists who authored the WON "Baja Column" for 24 years. Born in Tennessee on September 1, 1892, Ulises Tillman Cannon (later known as Raymond) moved west when he was 18 years old and became a journalist by the time, he was 26 for the weekly magazine *Camera! The Digest of the Motion Picture Industry*, purchasing the magazine upon the death of the owner, E.M. Robbins, and running it with the former owner's wife until 1922 when he sold his interest.

It was at *Camera!* that Cannon met Fanchon Royer, an actress-turned-journalist who began as society editor, then assistant editor, and then the editor at *Camera!* She also left in 1922. Changing his name to Raymond, Cannon found work in films, appearing in several Dorothy Gish films among others. In 1924, he began screenwriting, and on February 19, 1929, he married Royer.

One of his productions, *Her Majesty the Prince*, starred Carla Laemmle who became his long-term typist, illustrator, researcher, and editor, and who would remain Cannon's companion until he died in 1977 from lung cancer.

Upon retirement, Cannon's interest turned to his passion for sportfishing the coast of Baja. He subsequently wrote the books *How to Fish the Pacific Coast* (1952) and *The Sea of Cortez* (1965), *Sea of Cortez: Mexico's Primitive Frontier*, and of course his many columns for WON.

Pete Gray shared a couple of emails he had received from winners:

"I thoroughly enjoyed your show with Gary Graham recently. I also won the "Sea of Cortez" by Ray Cannon and am in my recliner reading it right now! I first went to Tijuana and Ensenada in the sixties as a child; my dad took us fishing and we bought firecrackers and horseshit cigarettes and all that."

"When I graduated high school in '76, he came out from back East and took me on a road trip down Baja. I brought my 6-10 Liddle, we got a cooler of beer, and stayed at several El Presidente Hotels in Guerrero Negro. We surfed a bit and surf-fished a bit, eventually making it down to Mulege where my dad had heard of the giant snook in the river there."

"We didn't fish for the snook but hired a pangero and caught dorado and cabrilla and stuff. My dad seemed to know about the open-door prison in Mulege and we enjoyed the concept, I guess. I was 17, it was a blast, and the book has all the photos I have in my head from that time. So, I thank you and Gary very much for the prize. I appreciate it very much!" ...*Hills Sutton*

Gray sent another of his emails to me: "December 25, 2015. I was a lucky winner a couple of weeks ago and I want to thank you and Pete." "I've got it on my coffee table in front of my chair and am carefully working my way through it as I don't want the journey to end any time soon! I love Baja and the book is amazing; it reminds me to plan for retirement somewhere there if I can pull it off! I've been to Guerrero Negro and next time I'm there I intend to search out "Variety" for surf fishing" *Douglas MacAllister*

I'm sure you love Baja as I do, or I suspect you wouldn't be reading this column. However, when I read these emails, Mex 1 memories flooded in, one, in particular ... back to 1975 and one of my earliest trips on Mex 1.

Continued on Page 11



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Mex 1 Memories Continued From Page 10

Two friends, David Lewis, James Sipman, and I tentatively headed down Mex 1, past familiar surroundings, until we came upon the migración shack in Maneadero south of Ensenada beyond the *La Bufadora* turnoff. We traveled in a basic Dodge van with two bucket seats and a mattress along with an ice chest complete with ice and drinks and a plastic milk crate filled with spare parts.

We meandered our way down the infamous Trans-peninsular, Baja Highway, then a narrow thousand-mile-long two-lane ribbon of asphalt with no shoulders, few pullouts, and a handful of gasoline stations that could test even the most seasoned backcountry driver.

Mex 1 has come a long way from its much-heralded beginnings in 1973, or even 1975 when we made that trip. Today, it is still not the four-lane highway that many envisioned, but it is a reasonably well-maintained road that would only be classified as a secondary road in the U.S.

We arrived in El Rosario and stopped at Mamá Espinosa's for lobster burritos, beer, and then more beer before we headed out to Punta Baja for the night. We drove through a litany of curves, up and down through the hills, some covered with boulders larger than the van, arriving at Cataviña valley complete with its vados and towering cactus -- some more than two stories high.

We camped at Scammon's Lagoon where the whales exhaled us to sleep. At Santa Rosalia, we discovered the best bolillos in Baja, still warm enough to melt the butter we swore to include in our ice chest on our next trip.

Spending our next night at Playa El Requesón, we awoke to discover we were next to the grave of a long-forgotten Vagabundo del Mar, etc.

These firsts were recorded in our logs, long ago filed away in some cabinet, but still alive in some corner of my memory bank, awaiting some stimulus to cause it to flutter to consciousness.

Years ago, as a ten-year-old sitting on the tailgate of my parent's 1950 Ford Country Squire station wagon, an equally young school chum asked, "Would you rather see where you've been or where you're going?" Again, that flutter to consciousness. Now, 70 years later, the answer has changed and still often changes. Most of the time, I'm a "look where you are going" type of person. I wake each morning with plans and excitement about what the day will bring. But thanks to Hills and Douglas, I've enjoyed their nudges which caused me to peep back to where I've been. ATVs on the beach, our large family's visits to Rancho Deluxe, the black,

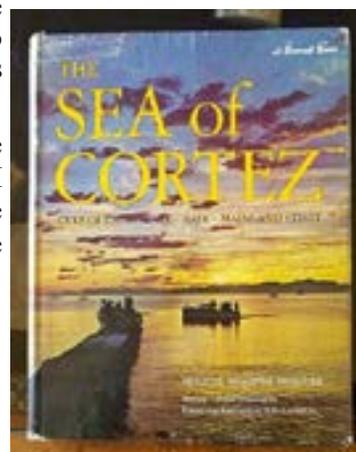


PLAYA EL REQUESON, we awoke to discover we were next to the grave of a long-forgotten Vagabundo del mar, etc., etc.

starry night of the new millennium as we rode the ATVs to Rancho Leonero after a lobster dinner at Hotel Buena Vista Resort, standing in line at Mex 1 grocery store to use the one phone in Los Barriles in 1978, etc.

I am planning some "looking back" stories, and I would be honored to include your best story. I can be reached at:

thatbajaguy@gmail.com



Connie M. Heinen

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Leaders2Give's New Subsidiary Non-Profit, Líderes Para Dar, AC

By Adam Greenberg

I am quite excited to introduce you to Líderes Para Dar, a newly formed Mexican Association Civil (non-profit.) I will describe its mission and introduce its board of directors in a moment, but before I do, its important to have some context into why this new entity was formed and its connection to Leaders2Give.

I want to start by reviewing who Leaders2Give is and why we exist. Leaders2Give is a US based 501©(3) non profit, registered in the state of California, in the United States. Our non-profit tax-exempt status is a privilege, granted to us by the U.S. IRS and the State of California. Maintaining this status depends on our ability to fulfill the mission upon which we were formed. That is to: Improve, sustain, and support the lives of people in need. We exist to inspire, teach & empower others to become leaders who possess the skills required to solve the problems facing society. We do this by raising money, donating time, and providing opportunities for others to step up and join the movement.

A majority of the work we do (but not all of it) happens in Mexico. The US tax code allows domestic charities to carry out part, or all, of its activities outside the US, however, the US will not allow a domestic charity to merely serve as a conduit for funds to reach a "foreign organization." This means that while we are allowed to raise funds for a foreign organization and while our donors are allowed, to deduct these donations from their income taxes, we must control and prove we have control over how these funds are spent. It is important to note in this context that a foreign organization is defined as an organization which is chartered in a foreign country.

Many of the organizations that we grant funds to fall under this category, however, some do not. The East Cape Health Centre, Nuevo Creación & The East Cape Guild are all registered Mexican Charities and thus, all fall under the category of a foreign chartered organization. The Los Barriles Food Bank & Feeding the Hungry organization, on the other hand, are not. They are community groups vs legal formed entities and so, even though we do control how these funds are spent (we audit and collect receipts), and even though our tax filing's (prepared by a CPA to ensure adherence to all the IRS regulations) include these activities, we could potentially run into challenges, which we obviously want to avoid. So, here is where Líderes Para Dar comes into play.

The IRS does allow a US charitable organization, operating in a foreign country to form a subsidiary in that country for what is termed 'administrative convenience.' This means that Leaders2Give can transmit funds for the foreign charitable activities which are not being granted to a

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Leaders2Give Continued From Page 13

foreign chartered organization, via our subsidiary. This will allow us to have the proper controls in place to continue this work without breaking any IRS rules. This in itself is a good reason to form Líderes Para Dar, but its not the only reason.

The other primary reason we formed Líderes Para Dar is to create a management and governance structure consisting of Mexican nationals to help direct and manage the construction and operational management of the new children's home we are in the process of building in El Cardonal. This will help ensure that this project isn't being imposed upon the Mexican community by foreigners and that the project will be guided with all due respect to the community, their culture, and in adherence to Mexican law.

Líderes Para Dar translates to Leaders2Give (leaders to give) in English. Líderes Para Dar's mission is identical to Leaders2Give's mission and several members of the Leaders2give board sit on the Líderes Para Dar board, including myself as President and founder, Phyllis Newton as Secretary, and Tracey Greenberg as a Director.

The other three Board members are Vice-President Zayra Nathali Sandez Lucero, Treasurer Juan Carlos Esquada, and Director Chuy Castro. They are all leaders in the Mexican community, and we are all so thrilled to work together in this capacity. These great people will help us realize our goal of building a new home for children in the Baja whose single parent has no other apparent opportunity

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but to abandon their children because he or she, or one of the other children, are sick and need medical attention. This is the story which inspired the donation of the lands which the facility will be built upon.

Recently, I met with another Mexican non-profit, Fipcam. Their first goal is to reduce cancer mortality in women, through education, information, medical screening, and medical treatment. They offer free care to impoverished women and confirmed that there is a great need for the new children's home we are building.

We had our first board meeting on January 9th, 2021. We met at Las Terrazas Hotel & Restaurant which is located across the street from the new children's home building site in El Cardonal.

We were delighted to have been joined by our Delegado (Mayor) Luis Enrique Lucero who, after some discussion, gave the project his full support. We talked about how best to also use this opportunity to fulfill Líderes Para Dar's leadership development mission by partnering with local environmental stewardship programs that speak to recycling, ocean rehabilitation and sustainable development. The board unanimously agreed to do this in principle, and we are all very excited about the unlimited collaboration possibilities with the local and international community.

We will manifest this project into reality while using the journey to teach others to become the leaders that our society needs to solve the problems which we are all facing collectively.

To follow our journey on this or any of the initiatives and partnerships we operate in the East Cape, please sign up for our monthly inspiring newsletter at leaders2give.org



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A 'JUST SHAKE YOUR HEAD' SEASON

Contributed by Ken Phillips, Mary Joanis, Chris Geyer, Priscilla Duran, Ian Gibson, and Steve Reed

This was a season where most of the time all we could do is shake our heads, a time of good reasons to go home and lock ourselves in. It tested our mettle individually and as a community as well, brought us together with a sense of common cause, and helped us survive tucked in with our loved ones. Seeing neighbors step up to share with their neighbors proved unifying at a time when physical unities were no longer wise.

Like all nonprofits, Club Rotario Los Barriles relies on donations. This past season the Covid-19 Pandemic destroyed our calendar of events, and any chance to raise funds with them. Our emergency funds were immediately expended supporting community food banks. When Los Barriles stabilized, we focused on La Ribera.

As the pandemic eased, we returned to working with local and county governments, community members, and other Rotary clubs in the United States to develop our new El Ancon Athletic complex/community center project. Due to the massive costs of the project, we all agreed to address the project in phases. After meetings with the government and our Club Rotario, each organization committed to specific project phases based on their available funds.

Our Rotary phases included Phase 1, to relocate and repair bleachers and backstops for the new baseball and soccer fields, and construction of bathrooms to serve the El Ancon complex. Phase 2 is the construction of a snack bar/cafeteria/eating patio and storage area. Phase 3 includes construction of a community center, and the addition of basketball, volleyball, and pickle ball courts. (see picture at left)

It's exciting to see our new sports complex actually becoming a reality! Our partners in the La Paz government are in the process of installing AstroTurf for the new soccer field and the baseball field is leveled and smooth and already being used. Some of our club cleared away the weeds from the right field foul line so the players don't have to pick through the weeds and stickers to retrieve foul balls. The 1 mile around the track is being cleared and groomed so local track teams can actually run track, and the entire community can use the facilities to walk, run, or simply stroll around their new, soon to be very beautiful Sports Complex.

All this is still dependent on government budgets and fundraising efforts

involving Rotary grants, community donations, and local Rotary fundraising events. Due to the pandemic, donations are not what we had expected or hoped, which has slowed our development plans. If anyone is interested in helping



move the El Ancon project forward (funding, time, and materials are all welcome) please contact Ken Phillips at bajadays@aol.com.

Our Rotary also helped East Cape Health Center

procure a Microbiology Analyzer that will speed up assessments for treatment of infections and diseases without having to send the patient or the sample all the way to La Paz or Cabo. Another significant benefit is that the intelligence provided by the Analyzer will help reduce the far-too-common use of broad antibacterial prescriptions.

Just before the pandemic struck last season, we began a new project with the Asociación de Artes, local government, and our Rotary club to place a series of trash cans along the shores of our beautiful sea. To date, we are working on the costs and logistics of the project, so watch this space for opportunities to contribute yet to come. Anyone who would like to donate time or pesos to this project, please contact Ken Phillips at bajadays@aol.com

Another creative art project created by Club member Priscilla Duran in conjunction with the Asociación de Artes benefits the children of East Cape by introducing them to

Continued on Page 16

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Rotary Continued From Page 15

various forms of art for free. Children are tutored by Xochitl Rivera at no cost, with a new series of classes by Crescent Moon. Anyone who wishes to sign up their child, or to participate, or take part by poxy (donate), please contact Priscilla Duran at pris.cafemaria@gmail.com.



Our Clean Water Filtration Project continues but has been temporarily suspended. Due to continuing Covid risks and concerns, Club Rotario Los Barriles Cabo del Este has postponed its water filtration distribution until November. Once initiated, we expect to distribute over 200 filters to families in the East Cape area. Anyone interested in participating or donating to this project, please contact Chris Geyer at cgeyer@eoni.com.

Our Interact Club held their traditional children's

Christmas gift collection and giveaway and painted our trash cans for la Semana Santa. We were not able to award any scholarships this year, but the generous can still rest assured any donations will find their way to the 6 students who graduate this year from high school, and the 6 who graduated last year as well. It has been a lean season for everyone.

Our popular Taste of East Cape local restaurant competition had to be cancelled this season. It is one of our best attended and enjoyed events, but the risks posed by tight quarters and rubbing elbows overruled even the temptation of sampling the best culinary creations of

East Cape. Stay tuned for details next season. Contact Steve Reed at screed10@gmail.com to be included when the times are right once more.

And lastly, someone stole a vehicle and damaged our Los Barriles fountain. Our Rotary members spent a day cleaning and repairing our well-recognized as well as photographed official town greeting. Final repairs are expected soon. Muchas gracias, amigos.





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Tech Lessons of the Season

By: Lane Sykes thecomputerguy@usa.com

It's that time of year when we are gearing up to head north. I use this time to think about what I might need next year for our return to Baja. Here are some thoughts and suggestions.

This year I came to Baja with a subscription to a Virtual Private Network or VPN through Express VPN. Not cheap but the VPN does provide you with an additional layer of security. A VPN builds a virtual tunnel directly from your internet device to their secure server then to the internet. Your Internet Service Provider cannot track your searches or connections. No one else who happens to be on your network can see your activity. A VPN also comes in handy if you want to watch media not provided to the country you are visiting. For instance, without a VPN you may have content blocked by Netflix, Hulu or Amazon Prime while you are in Mexico. The VPN allows you to virtually locate yourself in another country. With any VPN you sometimes have to change virtual cities since not all will work as desired. Content providers are charged by the media creators for the number of people watching as well as by countries that see the media. That creates the cat and mouse game. Media providers can sometimes spot the use of a VPN. I also brought down a VPN Router that has the internal firmware modified by Express VPN. That gives me access to 100% of the content that I want to watch. (Does not work with YoutubeTV.) You can order a modified router from Express VPN or if you're brave, you can buy one of the recommended routers and modify the firmware yourself. If you're not skilled, you could "brick" the router leaving you with an expensive door stop.

5G cell phones are now becoming available in the consumer market. I don't see the need to rush to buy as yet. The availability of 5G is slow to rollout. That technology requires a

lot more antennas than 4G. A lot of people spent too much time on the internet and have decided incorrectly that 5G is somehow dangerous to humans. The science says it's perfectly safe. There is an enhanced 4G that is marketed as 5G which uses a different wavelength on established towers. That provides a little bit better speed and reception. Check with your carrier to see if your phone is compatible with enhanced 4G.

When you're deciding what to bring to Baja next year, look at some Mesh Routers. They work far better than extenders. The extender has to wait for traffic to pass through then wait for the return. That drops the throughput speeds in half. The Mesh Routers use a back channel that do not slow down traffic. It sets up a mesh of signal so that you will not notice a drop in connectivity as you go from room to room. The enemy of any router is metal, worse – metal screens or metal mesh. Humans can block signals. It's always best to locate your router higher than you when possible.

Apple's new computers have their M-1 chipset which was designed to work exclusively with their products from phones to computers. The Intel chip sets were not specifically designed to work with the Mac operating systems. The M-1 is. The Macs with the M-1 chip are faster than their Intel counterpart and are cheaper. The bench tests that compare the MacBook Air and the MacBook Pro with the M-1 chipset are very fast and at least \$200 cheaper than the Intel chipsets. Ironically, the MacBook Air tests almost as fast as the MacBook Pro. So close in fact, it's tough to justify the higher price MacBook Pro.

Podcasts have been around now for a decade or more. The majority of Podcasts are digital copies of TV or Radio broadcasts that you can download and listen to at your leisure. Apple has their "Apple Podcast" app that

allows you to download and listen. I use "Pocket Cast" which is available cross platform. Both apps will sync the media you're listening to with all your platforms so that you can pick up where you left off if you change devices. I highly recommend listening to the "Clark Howard Show". He's a non-political consumer advocate that gives advice on finances, vacations, technology, latest scams, best buys, etc. Having a good back up strategy is super important. Just this year during that series of power outages when the transformer blew, I lost my main desktop computer. The hardware survived but

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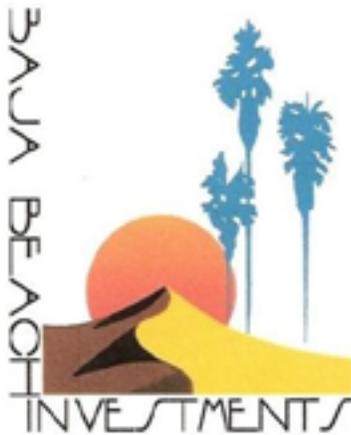
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WHY YOU SHOULD USE A BUYER'S AGENT TO PURCHASE PROPERTY IN MEXICO

By: Jeff Niemi, Broker

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Having sold more than 200 properties in Baja over the last 20 years I have found that it just does not make sense to use the Listing Agent to buy a property. Would you use the same divorce attorney as your spouse? Same principles apply:

1. The listing agent has the Seller's best interest at heart. You will be assured to get the lowest price possible by using me to represent you in the negotiation process. Trust me on this one, it is important to shop for a savvy buyer's agent even if you're purchasing one of my listings.
2. Without a Buyer's agent working for you to uncover all the potential "gotchas" problems may not surface until you're at the closing table. These issues may cause delays or even cancellations by the seller or you as the buyer. I know how to uncover all the hidden gotchas up front. Sometimes your great deal may not end up being as good as you thought.
3. Home inspections are critical yet listing agents in many cases do not recommend these to their clients as a standard process. I use two home inspectors who are home builders in Los Barriles who will uncover any issues that may not surface standard walk through. A detailed list of items that need repair will be listed with estimated costs for these repairs. Believe me, if the house is more than ten years old there will more than likely be issues that you want to be privy of before you commit to a final purchase agreement. I can provide samples of a typical inspection. Depending on the size of the home the cost can run from \$200 to \$500 USD.
4. There are different ways to hold title, not everyone is most benefited by a simple Fideicomiso. If the other avenues are more beneficial then you may want to know what other method might make better sense for you.
5. The closing process in Baja averages about 90 to 120 days however I have seen the process take over a year if there are issues that surface. I use a Mexican attorney as the closing agent to facilitate the closing process and it does not cost any more than a standard closing agent that may be recommended by the Escrow Company.
6. Title Insurance: In most cases I personally believe Title Insurance is a rip off as they don't cover some of the most common issues that you would expect a policy to cover. I absolutely require all my clients to get a Title Commitment which is a title search that validates that the title is clean and eligible for title insurance. If the title is clouded sometimes the seller can rectify the problem withing the time we specify. In some case it's best to walk away. If you choose to get a Title Policy make sure your read it thoroughly as it will spell out what is not covered.

I have the experience and the process for you to get the best price and to make sure things go smoothly. My services will not cost any more than if you use the Listing agent to handle the purchase negotiations. Let me help you get the best deal and make certain there will not be any issues during the closing. I can provide you a public link to our MLS system here in Baja Sur so that you can do your own searches based on your personal criteria.

Welcome to the East Cape!

Lost and Found

By Tehroma Lask

I went for a walk, looking for a trail my family, dog Ollie and I hiked on a Sunday several Augusts ago. I invited the kids away from comfort, air conditioning and sleeping in for a walk along this rocky trail in the heat of summer. Promise of breakfast at Café LA lured them out of the house.

One of my concerns with hiking our five hundred acres of family land has been, what if I get lost? The land is laced with well-cut, marked and used trails that we love to hike. Friends have created or maintained many of the trails for walking and mountain biking in this part of the desert, so it is unlikely to get lost.

Part of the ranch property is a mountain hugging our casita and is double privately gated. There are no signs on this side of a beautiful mountain I can see from the casita's south facing window. The trail is uncut, unkept and Javier is the only one who knows its location and destination. Years ago, we walked to a clearing he created and considered this place for the creation of a south facing dwelling I planned. Practicality and Javier's emotional connection to the knoll where I sit now, writing on this laptop from solar power won. The clearing remains a dream for future dreaming and creation.

My intention that weekend was to explore the area on my own. I walked through the gate, into rocky terrain and saw what appeared to be a hiking trail. A clearing,

subtle, cow hooves- this must be the way. Overgrown from recent rain, walking through brush, pulling, holding branches out of the way as I walked. I heard cows below, looked left and saw the sea. This must be the way. I remember the direction. These trees look familiar... or the same. Thorns sticking into my pant legs, arms and pulling me back. Using both hands to hold branches aside as I often crouched to get through. I thought of Javier and how often he walks ahead of me through rougher terrains and either holds the branches or uses his machete to cut the way through. A gentleman in every way. Close to the ground, countless tiny yellow wildflowers butterflies to flapping. The sound of my footsteps, breathing, silence and a few curse words. In Ireland, they say: when cursing comes from the lips, it eases the heart. I felt myself get more and more lost. Knowing I was going in the right direction: up the mountain and away from the sea. I looked back and saw Flat Top Mountain below the horizon line. How can you get lost when you can see the sea?

Through brief clearings and rough desert terrain. I recognized this as advanced hiking, not a trail. Feeling lost and at home, admiring the beauty surrounding me and motivation to find the special spot I knew was there, I kept hiking up the mountain. My logic was: when I find my destination, I will see the trail and can walk back on chartered ground. Between admiration, frustration, cursing, elation and gratitude for a body that can carry me through uncharted desert homeland, I remembered the words of Antonio Machado:

"Pathmaker, there is no path. You make the path by walking. By walking, you make the path."

Continued on Page 22

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Lost and Found Continued From Page 21

I recalled the uncharted terrain I have traversed. Motherhood and partnerships, relationships, education, trainings, careers, and people walked with through this adventure called life. I remembered times in my life when I have felt like I had nowhere to turn with drive and restless energy, finding solace in nature, painting, writing. Recognition of hitting a wall and moving through as breakthrough to another way of expression and being. Once, that feeling scared me, now familiar, part of an inner compass I trust.

Now back, another place to go. I invited Paloma, her response was, can I drive? I drove us to the highway and onto the road on federal land leading to our land. I let her take over the wheel up the arroyo and through gates onto the road behind our house. We arrived, unloaded this trip's boxes as every trip brings with it belongings and a slow move into this home. She sat down in a cushy swivel chair, hands in pockets, her feet on the coffee table, looked out the window, let her head settle into the back of her chair and she fell asleep. A rare gift for an energetic young soul.

The energy of raising a teenager is reminiscent of raising a toddler. Different dynamics, but the level of being "on" for me as a mother feels similar. When she rests, I rest. When she doesn't rest and I can see she is exhausted, I lead her to rest or let her be so I can rest and hope that between the two of us, enough rest is happening so we may restore, recharge and continue along our mutual and shared creative ways.

It has been a week since I got lost on our family ranch. I took one video at the highest spot, along the fence line, where I thought I was close to the clearing and then an easy walk home. After I made my way back, with countless wildflowers, butterflies, birds, stickers, cactus and frustration when I could see the house but still could not find a decent clearing, I remembered again, the inspiring words of *Antonio Machado* that I later looked up and share more fully here:

"Wanderer, your footsteps are the road, and nothing more; wanderer, there is no road, the road is made by walking. By walking one makes the road, and upon glancing behind one sees the path that never will be trod again. Wanderer, there is no road --- Only wakes upon the sea."

When I showed Javier the video, he said, you were way up there! That terrain is terrible! I know. Today is Sunday. I am here and ready to walk again. This time, he has offered again to the lead the way. He offered last Sunday. I kindly declined and created a memory I will always hold dear.

I've been and felt lost numerous times in my life. Physically, at the age of five in San Miguel de Allende, then taken to the radio station to announce a small child found. When I went back at age twenty-one, I asked a friend to take a picture of me at its entrance. Smaller, lost in Ashland, Oregon. As a teenager and adult, at times I have felt emotionally, mentally or soulfully lost. I certainly don't have to go get lost on purpose. Certainly, I will feel lost again. I am a wanderer, explorer, adventurer. In all the times I've gotten lost, I have learned about this heart, body, mind and soul, learnings I do not

uncover on comfortable ground. Every time, I've felt lost, I later cherish the well-earned insights, understandings and gems found within. I have felt lost and safe at the same time. Frustration may settle in, feelings of overwhelm, and still, no matter how challenging, I will always find my way home.

Dylan, Paloma, Ollie and Javier on that sweaty, hot, Sunday August morning.





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Tech Lessons Continued From Page 18

the internal data and operating systems were completely lost. Fortunately, I had several backup external drives and an online backup strategy that kept all my data safe. I recommend using as least two external local drives and at least one online backup drive. For online backup I use Dropbox, Google Drive, and Icloud. I use Evernote to keep lots of tiny things that I might need quickly on any portable device. Here is a link to a lot more: <https://www.tomsguide.com/buying-guide/best-cloud-storage>

Have a great summer vacation! See you in the fall.



Caps For Cancer Baja

By: Annette Kaiser

On behalf of our volunteers, we want to thank our generous community for their donations of yarn. This will keep the volunteers busy for several months creating more of their hats, blankets, ponchos etc. Unfortunately, we are unable to visit and deliver these beautiful pieces to the hospital, orphanages, Rehabilitation center and the house where the ladies are recovering from Cancer, because of Covid. Our products are ready to go as soon as we get the okay!

We do want to thank the generosity of our community for their donations for our garage sale. These products are secure and stored until we feel safe to hold our sale in the Cancha in Los Barriles, later this year. For more information contact me at my email iikaiser@frii.com

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LB Real Estate Update: April 2021



Why has East Cape real estate exploded?

There are a number of theories as to why the East Cape has become the darling of buyers almost overnight. For those of us that have lived here for many years, it's no mystery. For hundreds of new buyers, the appeal of the climate, the sheer beauty of the terrain and the welcoming waters of the Sea of Cortez combine to deliver the perfect destination. In a matter of just months, we have seen many people making life-changing decisions based on the desire for more freedom and a better way of life that Baja is able to provide. As one of the largest real estate groups in Baja with offices in Cabo, Todos Santos, La Paz, Loreto and Los Barriles, Ronival is perfectly placed to comment on the boom:

1 It's a Generation Thing.

Baby Boomers have been the largest living adult generation in the US at approximately 72 million. They have now come of age, and are seeking retirement options – notably in warmer climates. We are finding that many Baby Boomers have leapfrogged the traditional retirement destinations such as Palm Springs and Scottsdale in the quest for a more relaxed, chilled and politically-neutral environment. In the same vein, the Millennials are an even larger cohort with over 72 million. The upper end of the millennials in their late 30's, especially those who have been successful in their careers, are also looking to the East Cape for vacation or primary residence.

2 COVID-19.

The pandemic has probably had the greatest effect on the real estate market. It has given people time to reflect, and now frustrated by situations in their own countries, the enviable lifestyle that we all enjoy in Los Barriles/the East Cape has become extremely compelling. Unsurprisingly, we are seeing more families arriving - motivated by the potential of online schooling - an influx of people from Cabo and San Jose wanting to relocate, and people that vacation here on a regular basis now taking the decision to move here permanently.

3 Digital Nomads/Location Neutral.

Being able to work from home while being based in Los Barriles used to be a luxury. Especially being able to make money elsewhere and bring it into Mexico. This all changed with the pandemic. Now, major companies have announced that their employees will be able to work remotely long-term. This is non-trivial and we are already seeing its effects on the East Cape. Younger people now freed from the constraints of the office are choosing Los Barriles, and the region, as their main base. Just look at cafes in the morning such as Maxico, Cozy's Café or Playa del Sol to see many people typing away frantically on their keyboards!

Get in Touch.

Emma Nicholson. 206.678.4956. enicholson@ronival.com
Dede Bacon. 530.545.3407. dbacon@ronival.com
Jesús Zavala (Assistant to Dede & Emma) 624.150.6490

Taking Precautions.

While there is the temptation to rush into a deal because of the lack of inventory, it is important that both buyers and sellers are aware of the process – because it's not the same as we are used to in our home countries. Surely it would be cheaper to just buy direct from a seller - or even better, a private seller! However, it could lead to problems down the line... and wow, the past couple of years have been a real eye-opener! We can't tell you how many times we have had to help people who have encountered problems because they thought they would sell/buy on their own. From properties not being properly registered at the public registry office to poor contracts that didn't protect them and they lost money... it's just too much of a risk to not work with a qualified, certified Realtor®. And ideally a Realtor® with the back-up of a company such as Ronival who has their own in-house contracts and due diligence team that ensures every contract or document is checked, verified and approved before a transaction can be completed.



Talk to the Professionals.

While you might be tempted to go it alone, at least come and talk to Dede and me first. You can find us in our Ronival office located on Costa Brava – opposite Quad Dogs and Cozy's Café. As professional, certified and experienced Realtors® - and top performers across the Ronival network - we don't just list your property, we market it using over 20 unique techniques. For buyers, we hand-hold you through the process to ensure that you understand every step of the way. Contact us and we will respond! Times are changing in our region, and so must real estate.

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By: Char Wenger

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Insurance Continued From Page 25

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Sol Food

Anthology Spring 2006

Several years ago, Conchita Coninera wrote an article in the East Capers about cooking with the sun. Since then, several of our readers have become more interested in knowing just how to use a sun oven and have requested that we do another article on the finer points of Solar Cooking.

Anyone who has used a 'crock pot' can cook in a Sun Oven. There is one major difference... you don't need to plug it into an electric outlet to get a delicious meal. Since the sun is free, you can lower your utility bills while you're creating a delicious nutritionally sound meal.

Solar cooking is superior to dry heat methods of cooking in conventional gas and electric stoves. It is almost waterless cooking, retaining vitamins and minerals in the juices of vegetables and meats. Other advantages include:

- The sun actually energizes cooked food. Solar Cooking gives food a fresher taste.
- The sun's energy is safe, non-polluting and an abundant renewable energy source.
- Solar cooking times do not have to be specific. Food cooks slowly, needing little monitoring.
- Baking with a Sun Oven takes the heat of the kitchen in the summer.

You can make your own Eco-Cooker Sun Oven by building a box (dimensions: 18" x 22" x 8" deep) with a glass lid (or front) and reflectors.

Or, you can order the Eco-Cooker kit online. Just google Sun Ovens and you will get a bunch of options. Either way,

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Baja Shakespeare

By: Camilla Ford

Baja Shakespeare continues to keep the theater spark alive during these COVID days. There were two successful performances of Love Letters at the Yoga Garden as a benefit for the Guild and Baja Shakespeare. This beautiful play was performed by Kim Scholefield and John Herschleb, and Camilla Ford and Ron Heinen. For those who have yet to see it, the play spans 50 years of a couples' relationship through their letters (remember those?!). It is read aloud and is funny and poignant. If you did not get to see it, keep your eyes and ears open because it will be performed again.

The next creative venture is a dinner theater mystery which will be performed at the Hotel Buena Vista Beach Resort ("Spa" for you old timers). It is called The El Triunfo Silver Mine Murder. Mystery. Stay around to see this entertaining who *dunnit* mystery featuring a Canadian Count, a Southern belle, a flamboyant artiste, a passionate activist and others. Can YOU solve the mystery AFTER a couple of margaritas and a delicious dining experience?

Asociación de Artes 2021-2022 Events:

Holiday Art Show

December 6, 2021

(always the first Sunday in December)

Artist Studio Tour

February 9, 2022

(always the Wednesday before Valentines Day)

Festival de Artes

March 20, 2022

(always the third Sunday of March)



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Again, keep your eyes and ears peeled for performances which will be the last weekend in April (24th and 25th), and first week in May (1st and 2nd).

Baja Shakespeare is still alive and is adding different shows to its repertoire. The drama of the theater takes us away from the drama of our lives. We're keeping the spark of the arts alive....with COVID care, of course.



Capture the Moment?

(Note from Editor: To get the most from this article by seeing the amazing pictures online)

By: Julie Shipman

In photography, “capture the moment” sounds like a tired cliché. Every photograph “captures the moment.” That’s the very essence of photography; we take one moment in time and grab it. For old-timers, we “captured it on film.” But now, we capture light on an image sensor which breaks it up into millions of pixels, or a long string of numbers which becomes a digital image. Either way, it is “captured”!

I was asked recently, “How did you capture that? Did you set it up? What’s the story?” That got me thinking. My favorite images are unplanned. This is easier in modern times when everyone has a camera with them in the form of a phone. However, it still takes time to get it out and snap that photo. Often, the moment is gone. When I go on travel shoots with that big camera, I always have to be ready and watching. (My husband, kids and friends get extremely bored with me...)

When an architectural photographer photographs a building, she is capturing the moment. But it is there patiently waiting for her. She takes her time with the lighting, the angles, her position. When a food photographer shoots a bowl of ice cream, it is there (less patiently) waiting for him. When a photographer shoots a ski race, it’s a fraction of a second but she anticipates the racer coming around the gate. She has a subject and an intention for the shoot. The same is true with nature photography which just takes more patience! With portrait photography, the shooter may need to create the moment (posing) and *then* capture it. But usually there is time to adjust and do it again. The point is that with most professional photo shoots, there is intention and time. Create/define the moment and then ‘capture’ it. This is where the most interesting travel photography differs. I do not create a moment. I often have no idea what that moment is, until after I have captured it (similar to photojournalism). That’s the joy!

Here are a few photos which illustrate this photography style and the story of the capture. All photos were taken in

San Miguel de Allende where I have spent many days watching the world go by, with camera in hand.

Bar Salon Corona: I set out to photograph the beautiful doors of San Miguel. I found this one interesting and set up to shoot it. And then... a woman and man came strolling by. Don’t wait for them to leave; they make the photo twice as good!



Basket man: On my way to market one morning, I strolled down the walk and looked up to see this colorful site. I grabbed my camera and kept following him. This photo is the result.



Cat: It doesn’t have to always be people. While waiting for my son to get out of school, my camera focused on a cat on the wall. The moment she leaped, I had my shot!



Maize: My son and I then walked to the town square (Jardin) to grab a snack. Other kids beat us to it. I saw this moment where 2 siblings were waiting for their corn; when the boy picked up his necklace and looked up, that was my moment.

Continued on Pg. 32



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Julie Shipman
PHOTOGRAPHER



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Capture the Moment Continued From Page 31

Lettuce Man: This is one of my favorites to describe the 'fleeting moment'. One afternoon, trucks rolled through town with produce. It was mostly mundane. A red pickup truck came toward me. The driver was wearing a cowboy hat and I loved his look. I grabbed my camera, but I was too late. As the truck turned the corner, I saw the back. I had assumed it was just a truckload of lettuce. But no, there was a man RECLINING IN THE LETTUCE. To make it even better, his Texas A&M hat perfectly matched the truck and the bright yellow wall lit up the scene. Perfection!



Old Lady in Red: This photo has always been a personal favorite. I sat down in the quiet church square one Sunday morning and watched the pigeons scramble for crumbs scattered by a child.



Then, I noticed this beautiful old woman. She was quietly enjoying the same scene I was. I stopped photographing the boy and turned to her. (On a side note, she saw me and nodded. I walked over to a cart and bought her some fruit

The Kiss: Last but not least, this photo has become one of my best known and loved. This too happened on a day I was photographing doors. As I was shooting one in front of me, I noticed these two lovers on my left. This is a completely spontaneous moment and to my knowledge, they never knew I was there. (I think that's okay as it is difficult to identify them.) There is so much going on; his hand on her waist, her hand on his neck and the way she is standing on the sidewalk to meet his height. I love the way they are hidden behind his hat. It is truly a stolen moment...

Moments like these are certainly not everyone's style. You must be ready to shoot and you need to be bold to point a long lens at people. If at all possible, I try to get permission if they are recognizable. People's privacy is paramount.

Good travel photography also includes beautiful scenic photos, great food images and other cultural moments unique to the area. I wanted you to start thinking about 'the moment' and what that means. I strive to illustrate not only the subject, but also the emotion. I want to share a moment I saw that touched my heart. A great piece of photography (or any art) should move you. Then, that one moment, has become timeless.

Next Time: Tips on how to Get that Shot!





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CORE WORK

By: Sefi Held

Do you need to build core strength??

“Core” has been a buzzword in the Fitness, Pilates and Yoga world for many years and everyone thinks they understand its meaning, but the term is seriously misunderstood.

The most common misconception is that a strong core means you are always holding your stomach in.

Core is far more than just abdominals and it does not have anything to do with holding your stomach tight.

Visualize yourself wearing a half-wetsuit that covers your entire torso from your hips, around your middle and all the way up to your shoulders. This is how big and expansive our core actually is. Imagine that your core is like the trunk of a tree - if that is strong all other movements are made easier.

Your core muscles provide stability for all your daily movements. People generally think that they are just abs and back, but the core muscles are all the muscles that attach to the spine. When your muscles are strong, they provide stability to the shoulders, hips and your trunk - the entire torso!

Your core muscles are divided into two types: The stabilizers and the movers.

STABILIZERS:

Transverse abdominis; Internal obliques; Lumbar multifidus; Pelvic floor muscles; Diaphragm and Transversospinalis

MOVERS:

Rectus abdominis; External obliques; Erector spinae; Latissimus dorsi; Hamstrings; Hip adductors; and Hip abductors

There are two layers of core support:

When we dig deeper, there are also two layers to our core. These are often referred to as the inner cylinder of support (deep core) and the outer cylinder of support (superficial core). The inner cylinder comprises four muscles that work together to produce intersegmental support (support from one vertebra to the next). These four muscles are the transverse abdominis, the pelvic floor (specifically the levator ani), the diaphragm and the multifidi. The outer cylinder of support wraps around the torso toward the upper body from the hips and pelvis. The outer cylinder includes the gluteal, latissimus dorsi, back extensors and abdominal obliques, to name a few.

The key to understanding the importance of these two cylinders of support lies in how they work together.

Many of us are unaware that the outer cylinder of

support depends on the inner cylinder. The muscles of the inner cylinder act like a vacuum pack that keeps the spine secure. This stability provides a base of support for the muscles of the outer cylinder whose job is to move our bodies around in space. The inner and outer core muscles are designed to work in unison.

Most of the time, when it comes to core, we focus on working the muscles we can see: the ones that have sex appeal - the visible “six-pack”. The irony is that these muscles, while important, are not part of our core. They need to be strong to move us around, but they perform no function when it comes to direct support for the spine. Also, the muscles of the inner cylinder are accessed in subtle ways that require patience and practice. In fact, when you start training the inner cylinder, it often feels like you are doing nothing, and confusion sets in because we are so used to paying attention to and “feeling” the bigger muscles. Understandably, these muscles are easily overlooked. These two factors contribute to a misunderstanding of what “core”

Continued on Page 34

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Core Continued From Page 34

means and can lead, in some cases, to core weakness because the wrong muscles are being targeted.

To create truly integrated support around our spine, we need to understand the interaction between the two cylinders to be able to switch back and forth between the two. When we have a double cylinder of support our bodies are agile and can move freely and powerfully. Unfortunately, what often happens when we are trying to strengthen our core is that we get rigid. Rigidity can cause issues in our back, hips and even our necks. This leads to poor posture and restricted breathing because the inner cylinder can not do its job proficiently.

True core strength and control translates to resiliency, elasticity, and tone. It also allows for good movement in the hips and shoulders, free breathing, and a full range of pain-free motion through the entire spine.

Remember, the spine is like a sailboat's mast which must take pressure from the sails to create movement. If the mast lacks support and is wobbly, the boat will not go far



Weavers of San Antonio A Book Review

By: Chris Courtright

You have seen the articles about the weavers of San Antonio in this magazine in the past. The weaving project started in 2009 until the present and it has always piqued my interest because of its historical, cultural and worth as a project. Each week for 6 months, Seddon Wylde, a master weaver, took a weekly trek to San Antonio, mostly via bus, and taught her students all aspects of weaving. They would meet at the cultural Center in San Antonio, where the looms were kept. Now, the story is put into a book by Seddon about this project, and the weavers themselves.

The thing that makes this so intriguing to me is this book has the back story of the weavers and in turn the history of the quaint town of San Antonio. Many of the weavers and their families have long time ties to San Antonio, which makes the back story so much more meaningful. It is an easy read, with colorful pictures of each weavers work and a picture of the weaver themselves. A great addition to your Baja book collection.

The book was a labor of love by the author. Funds raised from selling the books goes to purchase yarn for the weaving projects. You can get your own book by contacting Seddon Wylde at srwweaves@gmail.com. The book is only \$25usd, and will be shipped directly to your home in the States or Canada.



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East Cape Health Center News

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