

## Season 2021 – 22 Is Here! And Let's Get Going!

By: Christine Courtright

Great excitement is forming in the Asociación de Artes camp!! We are looking forward to a new season with high hopes that it will resemble a somewhat 'normal' year – with a few 'new normal' things! We are excited to hear that schools are opening up and the students of the East Cape will go back to a classroom setting for their schooling. AdA did our best to help during the shutdowns, but we know it is so much easier to present an excellent education from the classroom. We know that students, teachers, and parents are happy to see things go back to a somewhat normal situation.

Besides producing the East Capers Magazine, Asociación de Artes is looking forward to our three events this season, beginning with the **Holiday Art Show** December 5<sup>th</sup> at Colina del Sol in Los Barriles. This is a great event in a beautiful setting around the clubhouse pool. We will have food, drinks and lots of great artists, vendors selling everything from pictures, aprons, jewelry, local wine, jam and jellies, ornaments to wooden bowls. It is a great event to meet up with your friends after your summer away! Every year we get a great selection of new pieces and artists. It is the perfect time to help with your holiday shopping and for sure you can find a perfect gift for the hard to shop for person! The show is from 10am – 3pm.

Our next event is the **Artist Studio Tour**, which is always the Wednesday before Valentine's Day – landing on February 9<sup>th</sup> this year. What a fun show this is every year! How great to see how where the magic happens and get a glimpse into the inspiration surrounding the artist. Hours are 10 – 4.

Our final event of each season is **Festival de Artes**, held the 3<sup>rd</sup> Sunday of March – this year being March 20<sup>th</sup>. We have two years of celebration to do in this one event so it will be huge! Between our traditional folkloric entertainment, the food and bar and the hand selected artists and vendors, it is an event you can come at 10am and hang out all day and never see the same thing twice. AdA is so proud of what the event has become and how the community has opened their arms to it.

But, here is the disclaimer, as with everything in our 'new world', our ability to have our events depends on Covid and the levels here in the Baja and any restrictions that may be in place. For sure we anticipate that we will have mask requirements from the local Government. And that is ok, if it allows us to have events!

Funds raised from all three of our events go directly to support the students of the East Cape area. We support 19 schools with things from pencils and papers to library books, ceiling fans and school expansion and repairs. Our mission has expanded from the early days of just art supplies to what we are doing now which is helping to make the educational experience of every student the best it can be – both in the classroom and out.

And thinking out of the box has been our specialty for the past 19 months with coming up with ways to help the students and their families with their home schooling. Our volunteer printers spend hours printing up homework packets for the students to pick up each Monday so they could keep up. Not every home has a printer in it, and this was our way to keep education moving and helping parents ensure their children could keep up.

AdA is also thrilled to announce that the Crescent Moon Project will be joining our association. This is something that is close to the heart of AdA as we started 29 years ago with art classes. What Priscilla Duran has done is remarkable, and joining our association, will open up doors to her in her fundraising efforts. More great things will be coming down the pike from Crescent Moon that is for sure!

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## Tax-deductible Contributions to the Asociación de Artes

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

The Asociación is in full compliance with the terms of the NAFTA agreement of January 1, 1994. As such, contributions made to the Asociación de Artes are tax-deductible in the United States, Mexico and Canada. For more information visit: [www.eastcapearts.com](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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As time moves forward, we remind everyone out in 'East Capers Land' that Asociación de Artes is maintained by our team of volunteers. Without volunteers, we would be unable to accomplish anything. We invite you to find out what we are about and to come out and make a difference in the community that you love. We are always looking for volunteers to help with our events and there are some positions available. Don't need a strong back, a bright mind or big bank account. You just need to want to help to ensure our community remains a great place to live!



## Crescent Moon's Summer Update

By: Priscilla Duran

Crescent moon started on February 2021, and we have not stopped since then, however, we had to make a hard decision this summer.

After our FUNdraising event of "watercolor and margaritas night" the third wave of Covid-19 hit our estate and later our town. By the end of June, we had to pause the classes in person, which was a very sad moment for our project, but we just couldn't run the risk of having a contagious inside the groups of children. Although we were hoping this new peak lasts just for a couple of weeks, it lasted almost the entire summer.

We evaluated the risks and number of covid cases every day for a couple of weeks, but we felt it was not safe enough to reopen, until finally we had the idea of providing art kits for children to continue working from home, so everybody, including their families remained safe.

We gave away 100 art kits for children!! The first art kit was a piggy bank which included all the supplies to decorate it, like a brush, acrylic paint, some wood shapes, glue and, foam. The second art kit was about Origami and Mandalas, and it included instructions for origami animals, origami paper, and a lot of colored pencils, crayons, and markers.



Finished Project

All of this was 100% free of cost for children thanks to the participation of our community in our last watercolor and margaritas night (fundraising event), and the constant support of Club Rotario Los Barriles and The Art Association.

Great news are coming for Crescent Moon this season, and hopefully, we'll be back to in-person classes pretty soon. I am grateful for all of you who support this project either as volunteers or donating resources, without you it would not be possible.

If you're an artistic person and you would like to share your talent with the East Cape kids let me know at [priscilla@losbarriles.life](mailto:priscilla@losbarriles.life), and visit our website to learn more about this project [www.losbarriles.life/crescentmoon](http://www.losbarriles.life/crescentmoon)



As Project packet was delivered to the students



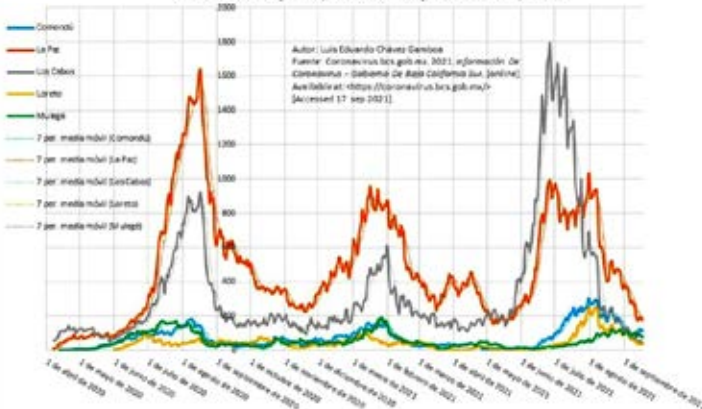
# COVID In The East Cape

By: Char Wenger

As we roll into the Fall of 2021, we would like to take the opportunity to update the community on how the pandemic has affected the greater East Cape.

As COVID19 spread throughout the state of Baja California Sur, we were constantly updating our safety and hygiene protocols as new information became available. We tried to keep the clinic 100% covid-free but as the pandemic spiked in Los Barriles, it became clear we had to make adjustments. We lowered prices on COVID tests for locals who were sick, we gave out free N95s, we rented and loaned oxygen compressors, we consulted outside in the parking lot, offered free chest x-rays and we treated as many COVID patients as we could. On occasions, ambulances were waiting outside the hospitals in Cabo for up to 8 hours for a bed.

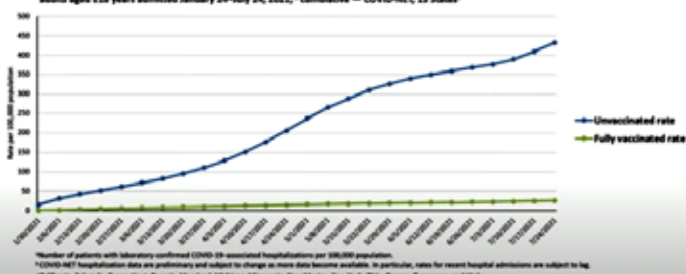
Active COVID-19 Cases by Municipality in BCS State  
Data from April 7, 2020 to September 17, 2021



Unfortunately, we lost several beloved members of our community due to this devastating disease. There is not a single person in this town that has not been touched by COVID19. One thing is for sure, COVID is here to stay and just like the flu; we can't outrun it forever. The good news is, you are more likely to avoid hospitalization and survive if you are fully vaccinated.

## COVID-19-associated Hospitalizations among Unvaccinated and Fully Vaccinated

Age-adjusted population-based rates\* of COVID-19-associated hospitalizations among unvaccinated and fully vaccinated adults aged 18 years admitted January 24-July 24, 2021, \* cumulative - COVID-NET, 13 States†



Now that vaccinations have been made available throughout Mexico, everyone over 18 has had the opportunity to have at least one shot. This has helped lower transmission rates in the community despite Delta being the main variant circulating in Baja Sur. We are now in green, the lowest threat level for the pandemic according to federal officials. The state still mandates face masks in public, washing your hands frequently and social distancing is recommended.

Coronavirus stoplight risk map Sept. 20-Oct. 3



Keeping our community healthy and thriving is our mission. Our health recommendations are grounded on evidence-based medicine. If you do have covid like symptoms (fever, fatigue, cough, cold-like, headache, loss of smell and taste,

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*Covid in the East Cape Continued From Page 4*

etc.) the recommendation is to isolate yourself until you are able to test. For rapid antigen tests we recommend testing between 3-8 days after symptoms start. If you do test positive, isolation is key to stop the spread to your friends and family. Speak with a physician as soon as possible and don't self-medicate.

Despite the pandemic, we can see a real estate boom in town demonstrating that life on the East Cape is more desirable than ever. Everyone chooses to live in Baja for different reasons but the majority of us have similar stories. Los Barriles has that magical allure. Many come on vacation and never want to leave! Buy a house, decide to raise a family or retire. East Cape Health Center is here for you so you can stay at home in Baja longer, safer, and more affordably.

When you do have to travel, at least at the current moment, the dreaded covid test is needed to enter many countries. We offer the lowest rate for rapid covid tests in our area. When you choose the services at East Cape Health Center, whether it be for a covid test, a doctor's visit, dental cleaning, or lab tests, you are helping us lower the costs to local Mexicans in our community who may not have access to quality, affordable health care. Our foundation offers lower fees to locals in the community who otherwise cannot afford medical treatment, dental care or medications. When you donate to our Health Center, you help us grow and enrich the community. Our future expansion programs are designed to meet the demand for more and more services. Stay tuned and follow our news feeds. **website:** [eastcapehealthcenter.org](http://eastcapehealthcenter.org) **facebook page:** EastCapeHealthCenter for more updates regarding our community.



## ***Dia de Muertos Festival in Los Barriles***

November 2 (time to be announced)

Los Barriles Cemetery

Come and celebrate Dia de Muertos with Club Rotario LB, LB Delegacion and LB schools!

They are inviting the entire community who have a relative, a friend or anyone in the cemetery to come and clean, decorate their graves and bring the ofrenda. An ofrenda is a food and beverage offering that the living people make for the dead to come and enjoy during Dia de Muertos, according to the Mexican tradition.

You can also enjoy the following:

- An Altar contest in which the schools are participating.
- The Secondary school is doing a dance performance.
- Crescent Moon will do a painting display.

Watch for more details and plan on coming and joining in the celebration! If you want to learn more about Dia de Muertos, see the article on pages 14 and 26 or just watch the Disney movie "Coco". It is a beautiful celebration and makes a great holiday!



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## The Mounting of Memories

By: Gary Graham..That Baja Guy

It was decades since I had last visited a taxidermy company. At that time, perhaps 35 years ago, the entire catch was required, including the skin and bill (if it were a billfish) in order to produce the finished likeness.

That 35 year wait ended when I attended the 4<sup>th</sup> Annual Gray FishTag Research Symposium in Pompano Beach, Florida at the invitation of Bill Dobbelaer, general manager of Gray Taxidermy and Leah Baumwell, director of Gray FishTag.

Flying to Florida, I toyed with my storyline: the process from the moment the fish was captured to the step-by-step progress of the completed mount. But when I caught sight of the Gray Taxidermy building, I discarded my original storyline. Gaping at the Gray Taxidermy facade, highlighted by a 27-foot shark feeding on amberjack along with an

equally huge blue marlin – a landmark for the bustling traffic on Interstate 95 – I immediately photographed the scene.

As we walked in through the front door, a “welcome” sign greeted me. It was then that I realized that the attention to detail was part of the character of the Gray Taxidermy organization. It has served them well for more than half a century.

My friend Dobbelaer met us and was bursting with pride, eager to show me through the facility. Weaving our way through the crowded offices, he introduced me to Craig Fitschen, sales manager. “He’s our problem solver,” Dobbelaer boasted proudly. We moved on to Kim Underwood, office manager. I had met Underwood in Cabo on one of several “satellite tagging trips;” then on to Brittany Kinsel, customer support, along with Leo Lampone, an owner in charge of production, before we entered the shop area, where Calvin Fisher, shop manager, greeted us.

The first mounts I spied were of a shaggy boar and a freshwater bass hung over a doorway, painful reminders of just how far Gray Taxidermy had come.

Then walking into a sprawling, cement block building with a corrugated metal roof, I looked around at fish mounts of every size and description hanging from vast racks. At first, the very number of mounts appeared to be nothing more than chaos, but as I adjusted to the scene and watched the staff work, I realized this was the results of the technique fine-tuned to near perfection over the 50-years of development from Captain Bill Gray’s first studio. At that time he conceptualized the idea that would allow his fishing friends and clients to preserve their fishing adventures. Today, the company is averaging more than 18,000 life-like fish trophy mounts annually – from the smallest to hugest – turning it into the largest taxidermy studio in the world.

Dobbelaer and Fisher described how the individual mounts slowly made their approximately 90-day passage through all the departments from removal from the individual molds to shipping. The process is overseen by a quality control team of inspectors at seven inspection points to ensure the excellence of the finished product; *every* fish mount in the plant was someone’s fish that had been ordered.

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## *Asociación de Artes* 2021-2022 Events:

**Holiday Art Show**  
December 5, 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)

*Mounting Continued From Page 6*

When an order arrives, the process begins with mold prep and fiberglass layup. This is followed by finishing and installation of the bill for billfish and the addition of eyes, fins and details. They use client-provided photos to apply any and all unusual anatomical features to the fish. Then one of the inspectors does the final prep.

The painting process begins with a primer, followed by the paint base coat, after which the clear coat is applied, and the fish is left in the drying area until crating. Once crated, there is the final inspection before it is wrapped in cardboard and shipped.

Most of the afternoon, I was free to explore the plant at my own pace with several cameras and a tape recorder slung over my shoulder, every direction I looked, there were rooms. Some were paint booths, others were filled with tables laden with tools of every description, and all had partially completed fish mounts – from small baitfish still being painted waiting to dry, while others hung from the walls or huge racks filled to the ceiling with fish mounts. Mounts were in one phase or another waiting to be examined for imperfections, with bondo applied, sanded, and primed before the actual paint process. This process could be likened to a coat of many colors as different hues were layered one by one to create the life-like colors that are the benchmark of Gray Taxidermy.

Team members were struggling to ensure the shipping dates for Christmas gift items were met. And even with the impending deadlines, all were quite willing to take time to answer a question or explain

the procedure on a specific fish mount as they labored over it.

All were in various stages of the production. Some were just removed from one of the more than 10,000 patented molds of real fish from around the globe. Others were at various stages – from rough sanding to completion, ready to be shipped.

Roger, a master craftsman and mold maker who joined the team 35 years ago, has the responsibility for all the molds and is constantly updating them. This, of course, is one of the most vital steps in the making of a quality trophy fish mount. Their patented molds are made from a collection of both real fresh and saltwater fish that are used to create the various fish models to reproduce the lifelike fish trophy mounts; their mold collection is the largest in the world.

Each step of the process requires remarkable attention to detail. Watching Johnny, a dedicated veteran on the team, finish a batch of billfish freshly sprung from their molds, reinforces how important the details are to the success of each mount. The edges of the body are trimmed



away, and bondo is applied to smooth out the seams. At this juncture, all flaws must be discovered and removed before the primer coat is applied, regardless of the size. A base silver coat is sprayed on all fish mounts that are metallic in color. Other fish trophies are primed in

white. Most colors are specially blended translucent lacquers tailored to allow the background color to bleed through.

Bob, another long-time member of the team, who got his start in his teens painting hot rods and custom cars, where he honed his skills until he came to work for Gray. Now he spends his time in his bare block wall corner, surrounded by bottles of brilliant translucent lacquer colors used to do his visual magic with most of the billfish that come out of the shop. He seems inspired by the rock music loud enough to be heard over the thumping of a compressor.

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

*Mounting Continued From Page 7*

Slowly circling the billfish mount, airbrush in hand, he stalks his prey until every droplet is precisely in place. Then, and only then, does he shut off the compressor, step back and admire his creation. He allows a confident small smile of satisfaction that belies his artistry developed in the process of painting in excess of 10,000 billfish in his career.

Bob's level of experience and his enthusiasm was mirrored in the many members of the team that I photographed and spoke with throughout the afternoon. Roger, master craftsman and mold maker; Leo Lamphone, plant manager; Garret Albrektsen, customization specialist; along with a host of painters, sanders and other specialists all eager to explain their sphere as well as their enthusiasm for their position.

There is even a variety of small baitfish available to enhance a fish mount creating an even more realistic action scene. If space is a concern, or a client is looking for something different, then a jaw, tail or bill mount may work. These mounts are just as realistic, but they require much less space. Plus, a selection of personalized name plates to hang with mounts are available in a variety of sizes, shapes and styles.

By the end of the day, I had been given the opportunity to chat with many of the Gray Production team and I saw the most realistic and authentic collection of fish mounts I had ever been privileged to see. From baitfish to billfish, I observed a vast number of their mounts in every stage of production assembled by an impressive team who convinced me that they enjoyed every step involved in creating them.

I came away realizing that any fish can be used to create a unique museum-quality fish mount. It takes only the imagination and desire of the client coupled with the talented artists at Gray Taxidermy to create a special design

that will memorialize a special catch of a lifetime. I can't thank Dobbelaer and Gray Taxidermy enough for inviting me to spend a magical day at their facility ... a day that I shall never forget.



Mounting Memories!



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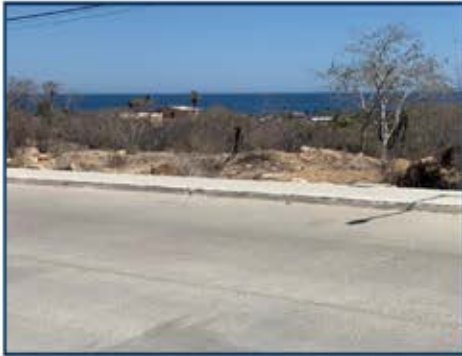
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## *The Fountain of Youth*

By: Kelly Martin

The demand for a youthful and attractive appearance has been rapidly increasing as modern standards and mass media prompt the desire for a natural more youthful appearance. Facial rejuvenation is different from other surgical aesthetic procedures in that they directly restore a younger appearance in patients, in this article you will be informed of several nonsurgical techniques for restoring a youthful facial appearance, actually reducing the signs of aging.

There are basically four key age-related facial changes - (1) diminished skin quality, (2) increased soft tissue laxity, (3) formation of fine lines and (4) volume deflation or redistribution. Each of these can be countered using Non-Invasive technology - skin resurfacing, soft tissue tightening, fine line reduction, and volume restoration, respectively.

Here are some very popular Non-Invasive treatments for skin resurfacing, tissue tightening, line reduction and volume restoration. These treatments offer safe, effective results. For patients who desire maximal results with minimal time for recovery, this could be the answer for you.

- **Radio Frequency** skin tightening works by the transmission of thermal energy, heating the skin triggering a regrowth collagen, elastin and vascular formation.
- **Infrared Light Therapy**, another of the non-invasive skin tightening methods, infrared technology (such as

SkinTyte®) is one of the treatments that patients are least aware of its benefits. The procedure works by delivering infrared energy via broadband light to create heat in the dermis and initiate collagen remodeling.

- **Microneedling** (such as with Skinpen and Dermapen) is performed by breaching the epidermis with micron-sized needles to create an injury to the outermost layer of the skin. These micro-punctures are inflicted as a means of injuring the skin and causing elastin and collagen production.

- **Botox Injections** are one of the most commonly used non-surgical rejuvenation methods. Botox works to temporarily paralyze facial muscles, thereby greatly reducing the forehead, brow and crow's feet lines.

- **BB Semi-permanent Natural Facial Glow** a powerful tinted serum applied using the micro-needling pen, this serum adds incredible nutrients and most importantly the color tint you desire.

With the growing demand for non-invasive rejuvenation procedures, it is important to be informed about the safest and most effective ways in which these emerging treatments can improve your skin. This review article provides an overview of the more popular treatments available for skin resurfacing, skin tightening, rhytid reduction, and volume restoration, as well as novel methods to combat facial aging. For most patients, a combination of these interventions will deliver optimal outcomes, utilizing several techniques over a period of 2 weeks by a highly trained professional in a clean, quiet environment.



## *Hurricane Olaf*

By: Carol Dunbar

We had a taste of hurricane last night,  
You should see my yard, it's quite a sight!  
The tables and chairs - they all took flight,  
And the state of the garden is like a blight.  
The wind and the rain hit with all their might,  
As if, upon us, they had feelings of spite,  
As if, the earth, they had plans to smite.  
I have to admit - it gave me a fright!  
But today's a new day and I will put things right,  
I have more respect - I feel quite contrite.

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## Adios Dog Days of Summer

Submitted by Nancy McGrew, Volunteer Cortez Rescue

It's been a long hot summer at Cortez Rescue & Outreach. While summers at Cortez Rescue are commonly a challenging time of year with the heat and humidity, reduced number of volunteers, and this year - an unusually high number of dogs rescued. But as always, Cortez stretches and grows and finds ways to care for the dogs and puppies that come to us. Even with the limited staff to take care of the needs of our pups this summer we were able to complete the purchase of the Vanimal (looking at you community members and business partners who made the purchase possible - Thank You!) - our converted transport van that enables Cortez to move more dogs more efficiently and safely to the US border where we meet a partner agency who receives the pups and completes their journey farther north to foster and forever homes. We are so delighted to have the Vanimal! It has already been on six road trips transporting 75 dogs to new lives. Keep an eye out for the Vanimal cruising around East Cape and when you see us give our pups a honk of support!



*The Vanimal*

Cortez Rescue's website underwent a complete makeover this summer, check it out at [www.cortezrescue.org](http://www.cortezrescue.org). Bookmark our website and revisit it frequently for updates on what we have going on, dogs available for adoption, ways to give & get involved and the events we are participating in around town. While on the website, don't forget to sign up for our newsletter; we love to stay connected with our community. If you have always been curious about getting involved with Cortez Rescue, be sure to visit the Volunteering page and fill out the form at the bottom to receive

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more information about ways to volunteer. There are many ways to get involved, 6 ways are listed on the website but the possibilities are truly endless. Whatever your special skill or talent is, we could probably use your support.

One of the most critical ways to support Cortez Rescue is by becoming a foster home. Fostering truly saves lives. Our foster families time and time again tell us how much love and joy they receive from their foster pup. You give and get, it's a beautiful thing. Fostering is an arrangement in which you bring a Cortez dog into your home and give it a break from the rescue. It's an opportunity for your foster dog to relax and learn new skills and behaviors in a home environment - making them more adoptable in the process. Sometimes dogs need a foster home as a quiet refuge to heal from a medical procedure. The time a foster dog is in a home varies but ideally it is until adoption or it hops on the Vanimal for his turn to ride north. Please, please consider fostering and volunteering at Cortez Rescue, we appreciate and can use the help.

Cortez Rescue & Outreach appreciates all the community support we receive which goes towards eliminating canine homelessness, neglect and suffering. Cortez's work keeps our public areas safe and enjoyable for all residents, visitors and business patrons to stroll our beautiful beaches, neighborhoods and sidewalks without being approached by stray and homeless dogs. Please keep this in mind and give generously to our mutual efforts and interests.

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## *A Plan to Make Death in Baja Less Stressful*

By: Kelly Howard

We've all had the thought of what we would do if all of a sudden, we lose a loved one and we end up all alone to deal with it. This could happen to any of us whether it is our spouse or a visiting friend. I am mainly concerned about dying in Baja, but this information would also be useful in the States.

I have gathered some great answers and a list of things you need to acquire prior to something terrible happening. The following information is only to advise or prepare you for dealing with the unforeseen requirements upon death or other mishaps. It is wise if a copy of this information is provided to you, from your guests or family members coming to Baja, and inform them where all your documentation is kept upon their arrival.

First of all, I sincerely believe a good funeral home can offer all the services you may need. They will have different payment plans or a one-time fee when you need them. Services often include immediate assistance 24/7 at the place of death, contact the corresponding consulate, provide all the legal paperwork for the Mexican Authorities including Registry process and death certificates, transportation for you as necessary to fill out the proper forms, and they offer cremation, embalming, or repatriation services, including casket and urns. They can help you with every situation you may be considering in your time of need.

Any Baja full-time or part-time resident and anyone coming here to visit needs to have the following information and provide how to access it. All should have a packet or notebook providing the following information and a trusted neighbor or family member should have the location of your house key and location of your packet or notebook. The following is a list of things that should be in your notebook:

- A. The notebook should contain a table of contents, money to cover any expenses that may occur and a key to lock the house.
- B. Copy of birth certificate, marriage license, and your passport.
- C. Copy of your Social Security cards, Health Insurance cards, bank cards (with pin numbers), residency information, and any information with respect to burial and life insurance policies.
- D. A list of who would be the responsible party taking care of the arrangements and how to contact them. Who would be responsible for your pets?
- E. Names of people you would want notified and their email address and phone numbers.
- F. A copy of your will and trust with Declaration of Trust and Statement of Wishes.

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### *Making a Plan Continued From Page 13*

G. If you don't have a Will or a Trust, let it be known if you want to be cremated, buried or sent to the US in a casket or an urn.

H. You may also include a list of bills that are due and cell phone information in order to stop service.

I. Specify where the keys are for your cars, included insurance information in order to stop service.

J. Included title information of your property, a copy of when and where the Fideicomiso is paid and also the land taxes.

K. If your Trust or Will does not show all your holdings you should have a list showing all your total assets and liabilities. Remember that if you die and you don't have a will in the US your entire estate can be taken by the State. This includes your bank accounts, properties, cars, etc. It is important that if you don't have a Will or Trust, that someone you love or trust is on your deeds and titles.

L. If you die without one, you concede control to the state where you lived. Its laws will determine who your heirs will be, and the state will choose the executor of your estate.... But if you don't designate beneficiaries, all proceeds will roll into your estate and be distributed according to state rules

Good Travel Evac companies can offer assistance and helpful information before you need them. It is imperative that someone else has access to all this and any other information you can offer in a notebook or packet. Life is difficult enough to keep in order, but death doesn't need to be surmounted by the grief and anxiety of the unknowns.

### Oscar's Car Repair Shop



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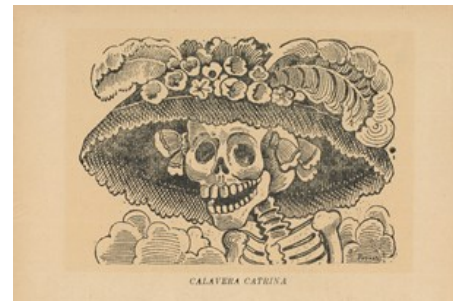
Most people never even think about having all of this information available, but life can be a lot easier for the one that has to ~~try~~ and deal with YOUR death when none of this is available. A "Death" notebook or packet can provide crucial information for the first responders, the executor, or beneficiaries. Accidents happen at any age so help your family in their day of need. No one thinks clearly during these sorrowful times, so providing this information offers great relief in their time of desperation.

## ***One of the Most Prominent Symbol of Día de los Muertos — Signature Skull Face Originated From a Mexican Illustrator***

It's likely that even those who don't celebrate Day of the Dead are familiar with the holiday's famous symbol: *calaveras*, aka, the skull. Perhaps you've seen them as decorative face paint, costumes, delicious sugary treats, or even in Pixar's Oscar-winning animated film, *Coco*. But as with everything for Dia de los Muertos, the significance has a rich history.

Around 1910, Mexican illustrator Jose Guadalupe Posada created a satirical lithograph that offered commentary on the political and societal unrest at the time; particularly the elite's tendency to adopt Eurocentric customs. According to The Grace Museum, the image—a skeleton donning a decorative European-style hat—depicted Chicunamictlan, the queen of the Aztec underworld. Posada dubbed her *La Catrina*, which is a slang word for "the rich." *La Calavera Catrina* means elegant skull.

Years later, in 1947, famed artist Diego Rivera depicted an elaborately dressed *La Catrina* in his celebrated mural *Dream of a Sunday Afternoon*. As it's displayed in Mexico City's Alameda Park, *La Catrina* gained even more visibility amongst the country's people. As a leader of the dead, and an integral part of Aztec history, she was a natural fit amongst Day of the Dead celebrations.





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## ***Our Trip to Baja in 1976..Act 1***

By: Kelly Howard

I don't really remember how we came up with the idea of staying in Loreto at the Oasis but we also convinced our other fishing friends to join us and we made our reservations and found a charter to take us there.

Our flight was to take off at 8am out of Chino and we left that morning quite early as we didn't know exactly where we were going. When we were almost there, we hit a bank of fog that literally stopped us cold. This should have been our first clue about this trip. We sat in the car until the fog began to lift and headed toward the airport. While we were waiting to board someone informed us it would be a while before we could board, and we watched hesitantly as a worker put a lot of rivets in the wings and another man worked in the cabin. This was our second clue about this trip.

The kids were antsy, Jason was 6 and April was 4 so we tried to keep them busy. Our friends helped and finally an hour and a half later we were loading our suitcases and fishing gear. My husband sat in the co-pilots seat and after he was settled in, he discreetly pointed to the dash. None of us said anything out loud but there must have been 50 wires poking out in all directions. The pilot was now starting the plane and getting ready for takeoff. The flight seemed long and noisy, but the views kept us busy as well as the sandwiches and snacks. We finally arrived at a small landing strip near the Sea of Cortez and the Airport notified the Oasis that we had arrived.

After the initial problems, things were a lot better. Our rooms were huge and clean, the meals superb, the pool was wonderful, and the fishing was excellent. Juan was our boat captain and he showed up each morning in his Panga with his lunch in a Mr. Peanut lunch box. We all caught Dorado and they were cooked at the Hotel when we returned. We all took turns going out fishing and even explored some beautiful islands. We never wanted to leave but our departure was eminent.

When we arrived at the Airport our plane had yet to arrive. We had been told that the planes were not allowed to fly at night, so we began to worry. It finally arrived at 3pm and the pilot jumped out of the plane and started yelling at everyone to hurry up and get on. The pilot then raced the plane down the runway, no pausing or running up the engine, just raced down the runway until we had liftoff. As we raised up several hundred feet over the sea, we heard a loud bang from the right engine. The wing was flopping up and down and the cabin was rocking back and forth. Then the engine caught fire and I heard our 6-year-old say "Wow, cool". Our daughter was wide eyed. We held the kids tight as we pivoted our concern to the pilot. We both believe he must have weighed over 350 pounds and the back of his neck was sweating like many, mini fountains. Just then the entire plane flipped upside down and the pilot was struggling with the drastic moves of the plane. He forced a barrel roll and got it

upright and headed straight down to the airport. He only had one chance to get us on the runway and if not, then the water. We all braced ourselves while the pilot maneuvered a great landing on the runway. Men on the ground raced towards the plane with fire extinguishers. It only took all 7 of us about 45 seconds to get off the plane. We thought the pilot was going to have a heart attack, he was totally white and soaked in sweat.

The Oasis was notified and sent a taxi to pick us up. It was about 4 in the afternoon when we loaded the taxi. Once at the Hotel the kids hit the pool and the adults hit the bar. As we drank our nerves settled down. The kitchen crew brought our dinner to the bar while we continued to celebrate life. I ended up drinking an entire bottle of Kahlua and I only weighed 115 pounds, and later we carried my husband to our room. The Oasis felt obligated to keep us free of charge and even sent us fishing every day. There wasn't another plane available right away, so we stayed another week.

The Hotel took good care of us while we waited for another plane. We finally heard that the company quit doing business and we would have to find an alternate way home. Now what? We took a taxi to the bus station and decided we'd all board the bus on the next run to Tijuana. What a journey, the bus was so uncomfortable and full. Kids can sleep anywhere but we adults were miserable. The trip from Loreto to TJ seemed like a lifetime, we were sure we were headed for Canada. Even the chickens in their cages on the roof were a lot quieter, we thought they died. We could barely walk when we got off the bus. We made our way to the San Diego airport and decided we'd leave the car in Chino and fly to L.A. The refund we didn't get from the charter was a tradeoff for the nights at the Hotel and the great fishing for an additional week. It was a wonderful adventure because we were still alive to tell about it. We would know a lot more next time we planned a trip to Baja... or would we? We had only been married for 11 years at that time and just celebrated 56 years last June.

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## REMEMBER WHEN? IT'S COMING BACK AGAIN

By: Steve Reed

Remember playing baseball on a sandlot until well after dark? Though some things have changed for our kids, some things still remain the same too – the sound of the crack of a bat getting a solid hit and parents leaping to their feet cheering. Even so, it's hard for your kids to take themselves seriously when they're watching you drag a worn-out mattress spring around to level the field. Our sports program and all the magic was still there, but it had become tarnished a bit by 2010, along with the bleachers and backstops and bases and even the baselines.

The energy that would become el Ancon first surfaced in Los Barriles as the Club Deportivo de Cabo de Este AC2 in 2015, created specifically to address the athletic needs of our youth. Integral to their success was the commitment of a small group of local citizens led by the Mayor of Los Barriles at that time, Francis Olachea Carrillo, with Christine Courtright (Asociación de Artes and East Capers magazine), and others worked diligently with the Cota family to secure the property for the complex. As each hurdle was surmounted, the excitement grew. Oscar Higuera and the Banditos youth baseball team contributed a lot of time, grooming and caring for the site long before the fencing was finished, or the AstroTurf laid down.

Before the COVID struck, Club Rotario Los Barriles Cabo de Este had committed to providing the restrooms and changing areas for the fields. We are presently completing the construction and our Interact club has painted the structures inside and out. New doors and latches secure the facilities before opening the restrooms to the public.

Congratulations and gracias to all those who made this

possible. Club Rotario Los Barriles collected donations from a growing group in the community, all with a single destination in mind: a community service and sports complex that brings us together in one multifunctional site, now called el Ancon.

**THANK YOU TO ALL EL ANCON DONORS:** Luis Enrique Lucero, Current Mayor of Los Barriles; Francis Olachea Carrillo, Past Mayor of Los Barriles; Jon & Christine Courtright, Asociacion de Artes; Ruben Muñoz, Local and La Paz county Delegado; Barch, local artist; Luis Alfredo Morales Castro, TK Builders; Oscar Higuera, Banditos youth baseball; Armando's hardware store; Taste of East Cape restaurants & participants; WinterFest auction donors & participants; Rotary Club of San Juan Capistrano; Rotary Club of Oakhurst; Rotary Club of Oregon City; John Hensley; Jesus Alberto Abaroa; Ian Gibson & Judy Hart, Lord of the Wind; Interact Club of Los Barriles; Club Deportivo of Los Barriles; Club Rotario Los Barriles Cabo de Este



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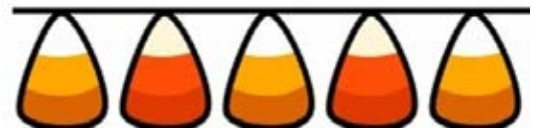
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## Leaders2Give Update

By: Adam Greenberg

Hola Amigo's. Adam here from Leaders2Give.org. Before you read any further, I need to confess something. I am an optimist. That's right, I see a bit of good in everything that seems bad. I'm also continually inspired by the generosity of everyone who stands behind the important causes that leaders2give.org supports

Take this past summer, for example. The 24/7 news cycle and social media storm seems overwhelming at times. Not to mention, just when we thought 2020 was behind us 2021 brought us the Delta variant, vaccine protests, the seemingly disastrous withdraw of international forces from Afghanistan, powerful hurricanes, flooding, record heat and drought, and the list goes on and on.

Today though, I am turning off the bad news tap and shining a light on all the good things that are happening. This is true here in the East Cape and indeed all around the world.

Our board is working tirelessly to ensure that your generosity creates a real, measurable, and sustainable impact and it's my sincere privilege to represent this great organization and our generous supporters.

**So, are you ready for some good news? Here are five updates from Leaders2Give which include some of the partnerships we support. Let's go!**



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1. As I watched the crisis in Afghanistan unfold, it reminded me of the Syrian crisis. Proudly, just like the many Americans and Canadians who are working tirelessly to rescue Afghan and Syrian-Kurdish allies from a devastating situation, Leaders2Give is a few steps closer to helping bring a Kurdish refugee family from Syria into Canada to start a new, safer life.

2. Although Hurricane Olaf ripped through Baja causing damage and chaos in many areas, including right here in the East Cape, the damage to the New Creation Kids Alberge in La Paz was very limited. The solar panels that were installed before the storm hit (thanks to your generosity) not only survived, but provided much needed daytime power throughout the entire ordeal. Now that is something of which we can all be proud!



3. Although the Delta variant is filling up hospitals, closing schools, closing businesses, putting people out of work, and making it difficult for people to put food on the table, The Feeding the Hungry Program operating in Los Barriles and surrounding communities continues to feed over 80 families every week.

4. To further support families suffering from poverty due to Covid or otherwise, the East Cape Health Centre continues to provide testing and free medical care to all children under the age of 18 who cannot otherwise afford it.

5. And the support to these families doesn't stop there. The East Cape Guild celebrated its 25th Anniversary this year! They also celebrated the 180 high school and 39 college scholarships they were able to award to our communities' future leaders thanks to the generosity of our communities.

It's not easy to raise the necessary funds to do all those amazing things amidst a global pandemic, but the incredible leaders of those important causes find a way.

It can be difficult to find a bright spot when the clouds overhead seem so dark, but one can find strength in the community that surrounds us. I certainly do. I find strength and inspiration every day in the incredible effort and generosity shown



*Leaders2Give Continued From Page 20*

by total strangers. I find solace in knowing that while it seems our disagreements at times are pulling us apart, that which we have in common binds us together in more ways than we realize. Do you remember Leaders2Give's theme for 2021? We unveiled this theme during the 2020 NYE fundraiser. It was, is and always will be... #BetterTogether.

As the fall season approaches, I look forward with great excitement to returning to our winter home in the beautiful Baja. I look forward to seeing familiar faces even if they are sometimes behind a mask. That's right. I see you and I see those smiling eyes.

I'm also more committed than ever before to seeing the El Cardonal Children's Home built because children who are vulnerable due to a sick parent's inability to care for them need a loving home with quality health care and education. We are almost 1/3 of the way towards raising the funds needed to break ground on this ambitious project — a project that's needed now more than ever before. Can we count on your support?

You can read more about this important cause or any of the other worthy causes mentioned above by visiting our website at [leaders2give.org](http://leaders2give.org). Donating your time or money has never been easier. Let's talk!

And, for a monthly jolt of inspiration and to keep up on all the good going on in the East Cape, sign up for our newsletter at [leaders2give.org](http://leaders2give.org).



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## Julie's Top 3 Tips to Create Great Images

By: Julie Shipman

*Want to compose better photos?*

The following info is good for both Phone Photographers and DSLR (or the newer mirrorless) shooters. Next issue, I will explore my top 3 editing tips. I only consider a photo half-finished out of the camera; the editing is equally important, especially in the digital era. But, don't believe that the old film masters didn't edit. Ansel Adams spent countless hours in the dark room! We just use a *digital dark room* today. Let's start with the **Basics of Shooting**.

1. The famous **Rule of Thirds**: Draw a mental 'tic-tac-toe' grid (9 equal rectangles made from 4 lines) on your image and place the SUBJECT on one of the 4 intersecting lines or corners. Why? It creates a more interesting image and forces the viewer's eye to move through the frame. It also allows the subject to have more space, especially if this is an action shot where the open space will predict the movement (see golf/surf pics). I'm providing the images below for Rule of Thirds, but can you also find the leading lines, framing and shooting angles?



### Move!

2. Move your body AND your camera! Most people tend to stand and shoot from where they are. You will always see me on the ground, on a wall, or moving all around when I shoot. The perspective/image changes every time you move, and often it is much more interesting. Get low. Get high. Try it out and see what happens. Note: when you shoot up at an object it gets bigger and when you shoot down, it gets smaller. I often use that in portraits. For example, if I'm shooting a portrait of a football player, I'll get low and shoot up at him so he looks Large and In Charge. But, try it on trees or a carillon and see what happens. Also, rotate your camera. Try creating vertical and horizontal images. There usually is a better shot!



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*Continued on Page 23*



Photography Continued From Page 22

### Looking Up



### Leading Lines:



### Framing:

### Looking Down



3. Use **Leading Lines** and **Internal Framing**. Look at your subject and find the lines and frames already in the composition. These internal lines will guide the viewer's eye and create a more powerful image. Leading lines refer to the lines that take the eye from one part of the composition to another. Leading lines can be *anything*: a road, a river, railroad tracks, a fence, a wall, trees, the shoreline, waves, sunrays, a trail, a dock, or even something like a fallen tree in a field. Look for internal framing too; for example, a window, a doorway, a pattern in the floor, a fence grid, buildings... get creative! When you start thinking about these things, you will begin to see them everywhere.

Please feel free to contact me with questions. And I'm also available for photography lessons (phone or camera) and would love to share my experience with you.

Julie Shipman is a professional photographer from Park City, Utah, with a home in Los Bariles. Please check out her website for more information about her and her work. [www.julieshipman.com](http://www.julieshipman.com)



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Cortez Rescue, in partnership with Ronival™ Los Barriles, is launching an exciting competition to raise money for the spaying and neutering of dogs in our region. If you see the **Vanimal** on its Baja journey, just take a photo of the van and send (with date, time location) to [enicholson@ronival.com](mailto:enicholson@ronival.com).

**Please keep your eyes peeled and do good at the same time as you travel back to your beautiful Baja home!**



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## *The Haunted House of Bahia Los Frailes... A True Story*

By: Kay Mundt

In January of 1992 my husband, Gary, and I were invited to park our camper behind a house that a friend was renting at Los Frailes. The setting was spectacular. Perched on a low cliff overlooking the bay, steps led down to the beach, where my hubby's tin boat awaited its next expedition. There were a few other houses on the ranch property, but no one else in residence. It was private and secluded.

Our friend was almost as big a fishing addict as Gary, so they were soon pushing off. I stayed behind to enjoy the views from the patio. From just offshore the two men saw people milling around me. Gary asked Mike if he was expecting company. No. Then he asked if they should go back, but Mike didn't want to abort the chance to fish.

As soon as they returned, Gary demanded to know who the visitors had been. "Who, what? There weren't any people here". Disbelieving me, he set about inspecting tire tracks, but found no new ones. Was I oblivious?

There was plenty of talk over the fish dinner that night. Both men had seen the figures. None of us had ever

dabbled in the occult; I had never even used a Ouija board. Gary had once attended an exorcism and did believe in evil spirits. If only he had seen them, I might have shrugged it off as hyper-imagination. Why hadn't I seen them? We wished each other a good night and retired.

Never had I experienced nightmares, but that night I had one that brought to mind Hieronymus Bosch's "Vision of Hell". Speaking to Mike about it in the morning, he shared that he had dreamt he was killing his father, whom he had loved deeply. He was an artist, but too shaken to paint for days. As for Gary, he had nightly nightmares, so couldn't be counted.

What did ghosts do? How could they affect our dreams? None of us, at least, believed ghosts could cause harm. We all agreed to think only positive thoughts and to say a prayer before sleep, asking for protection.

In the evenings we'd play cards or dominoes by gas light. Several times the kitchen garbage can got knocked over, though we had no pets. After the first few garbage upsets, we quit checking on them. One particularly still evening, a back bedroom door slammed shut. Gary went to investigate, because the door was badly warped and nearly impossible to close. Nothing.

Among ourselves, we pondered about the house being haunted. The dreams settled down, leaving us more curious than scared. It would make a good story someday.

*Continued on Page 26*

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*Haunted House Continued From Page 25*

We'd been there for three weeks when the caretaker, Juan, stopped by for a chat and a beer. The first words out of his mouth were, "This house has spirits." The stories began. The men from the Frailes fish camp would pass by every morning before dawn, heading to the Gordo Banks, and return in the evening. They had seen campfires on that plot of land before the house was built. Much stranger, they'd seen fires within the house. Early on, they'd checked on the place, but finding no one, they'd given up.

It was an Australian diver, camping in the arroyo, who substantiated our theories. He had brought tour groups to this awesome bay several times. One year his group rented this house. After being confronted by horrifying apparitions at the doors during the first night, they cleared out, forgoing their month's rent.

Perhaps the first night is the worst? For us, events calmed down after that. Not being an expert in ghost psychology, I will not speculate as to why.

The caretaker talked to us about the pirates that used to prey on Spanish ships that would dock in San Jose for fresh water and supplies on their return trip from the Philippines. Over 1,000 richly laden ships used this sea-road for 250 years, beginning in 1565. How could pirates ignore the gold, rubies and diamonds? In 1576 the British privateer, Sir Francis Drake, made the first successful raids, branding him a pirate to the Spanish. He was soon followed by other English and Dutch pirates. The Spaniards were forced to hide out in Baja's coves. An old Indian legend spoke of finding a stranded wooden vessel with dried-up corpses on board.

The privateers had good relations with the Pericu natives, as the Jesuits recorded finding many blue- and green-eyed men and women when they arrived. Old timers in El Coro say the village was first settled by ship wrecked pirates

who walked inland until they came to water.

Tomas Cavendish, only 27 years old, burned countless vessels, but hit the jackpot when his men took on the 700-tonne Spanish galleon, the Santa Ana in 1587. The Bishop of the Philippines had called it "the richest ship to ever leave these isles." The Santa Ana had removed its cannon to afford more cargo and could not maneuver easily. Cavendish only had two small ships, the Desire and the Content, but was able to damage the galleon, which began to sink. Its captain surrendered, to save the lives of crew and passengers, and 190 survivors, including four women, were put ashore. Leaving in the night, the Desire and the Content made off with as much booty as they dared carry but got separated in the dark. Cavendish and The Desire made it back to Europe, but the Content was never heard from again. While many have searched, Baja has not yet yielded this incredible treasure.

Los Frailes is the first safe anchorage north of San Jose, a likely place for the pirates to hide out and bury treasure. That is how Los Barriles got its name: from the anecdotes of buried barrels of gold. After every drenching downpour, Juan checks the eroded cliffs for signs of treasure. His theory is that the ghosts had been pirates. Still guarding their gold?

## How is the Day of the Dead Celebrated?

El Día de los Muertos is not, as is commonly thought, a Mexican version of Halloween, though the two holidays do share some traditions, including costumes and parades. On the Day of the Dead, it's believed that the border between the spirit world and the real-world dissolve. During this brief period, the souls of the dead awaken and return to the living world to feast, drink, dance and play music with their loved ones. In turn, the living family members treat the deceased as honored guests in their celebrations and leave the deceased's favorite foods and

other offerings at gravesites or on the *ofrendas* built in their homes. *Ofrendas* can be decorated with candles, bright marigolds called *cempasúchil* and red cock's combs alongside food like stacks of tortillas and fruit.

Death is seen as a natural cycle of life. And Dia de los Muertos helps the living celebrate the loved ones who have died. ... But in modern-day celebrations, people paint their faces to look like skulls, decorating it to represent a deceased loved one or an expression of themselves.

### Traditions of Mexico's Day of the Dead-

- Constructing altars. ...
- Making ofrendas (offerings) to the dead. ...
- Using cempasúchiles (Mexican marigolds) ...
- Creation or purchase of sugar skulls. ...
- Holding graveside vigils. ...
- Eating pan de muerto. ...
- Grave cleaning and decorating. ...
- Displays of calacas



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## *I'm Waiting!!*

By: Sefi Held

What are you doing right now? Are you relaxing? Feeling the floor beneath you? Sensing into the breath? Hearing the silence in the room? Or, are you waiting? Waiting for this pandemic to be over and your life normalizing? Waiting to finally get together with family and friends again? There's waiting in every single day of our lives. We wait for the coffee/tea to brew. For the kettle to boil. For dinner to be ready. We wait for the wind to come up or for the Sea of Cortez to calm down, for the phone to charge, for the computer to start...in fact, when you look at it, it's rare when we're not waiting for something. We wait for a promotion, for a business deal to be completed, for a trip to begin. And then, we wait to go home. We are always waiting for something. Waiting waiting...waiting while our lives keep on going. Even the most patient of us can become a little frustrated with all of this pausing. We may even look at it as wasted time. Or we can look at it as a lot of built-in breaks throughout our day, dedicated to increasing our perception and our attention to the wonderful life here in Baja.

The next time you find yourself having the tendency to tap your foot or sigh in exasperation as someone hems and haws over whether they want a chai tea or a lactose-free mocha, notice yourself waiting. Pay attention first to the things outside of yourself - the people around you, the hum of voices, the sound of the traffic or here in Los Barriles, the odd cow, goat or donkey serenading us.

Take some time to integrate all of your senses into your waiting. Smell the desert, the flowers, the sea, listen to chatter, feel the warmth of the air. Then dive back into yourself.

If you're still feeling impatient, try to pinpoint where the impatience lies - is it throughout your body, or is it focalized in one part? Pay attention to how your breath is attuned to your waiting and try to smooth out your breathing.

The point is to remember that you cannot control the waiting, but you can certainly use waiting as a chance to control your reactions to the world around you, and as a result, decrease your overall stress. Practice enough, and you'll discover a new definition of what it means to wait! It is never too late to reset your habits, the human body is amazingly adaptable.

The next time you find yourself waiting, try "waiting without waiting." If you don't like it, you can always worry!!!

### **BENEFITS OF HAVING YOUR OWN AGENT TO PURCHASE PROPERTY IN MEXICO**

By: Jeff Niemi, Broker

460 274 4128 [Jeffinbaja@gmail.com](mailto:Jeffinbaja@gmail.com)



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 is working for the Seller. Be assured to get Your interests put first with me.
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5. To ensure a timely closing, I use a Mexican attorney as a closing agent to facilitate the process.
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I have the experience and know how to make your purchase go smoothly. Your expense for using my services is the same as using the listing agent, with the benefit to know I am looking out for your best interests. There will be no conflict of interest with me. Let me help you reach your dreams of home ownership in the beautiful East Cape!



## ***LB Community Market Opens Soon!***

By: Michele Melehes

The Los Barriles Community Market hopes this finds you all well and ready to return to Los Barriles for the 21-22 season. After a discombobulated 2021 Market season, the LBCM has high hopes for a "normal" year. We missed you and our Saturday mornings at the La Laguna Park. This year marks our 11th season and that alone is worth celebrating.

Over the last 10 years the LBCM has blossomed into a fabulously diverse farmers market with a great selection of fresh produce and other farm products, prepared food and colorful art. This is all thanks to our group of dedicated vendors who show up for you every Saturday morning. Many of our vendors faced big challenges over the last year and they are all eager to be back in Los Barriles this year. Many of the vendors travel from out of town and yet always enjoy arriving in Los Barriles to their grateful and welcoming customers.

We will be back at the La Laguna City Park every Saturday from 9am-12pm starting before Thanksgiving {official date TBA} and running through April 2022. We will, of course, be following all health and safety regulations. After 2 years of doing this we are all very good at it! Outdoor Markets are the best and safest shopping there is so come out Saturday mornings for your one-stop, safe outdoor shopping at the Los Barriles Community Market. See you at the Market!!



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## *A Fresh Beginning*

By: Tehroma Lask

When lockdown began in March of 2020, I was four months into a record short retirement. After twenty plus years of working in the field of construction, I was working full time teaching yoga & meditation to group classes and private sessions; offering Thai Massage and Reiki treatments; working with others to continue our healing modalities and classes in HWHC. I loved the work I was doing and I deeply missed the creative vision, process and manifestation of architectural design; seeing these imaginings become buildings or spaces people would live in.

With a world at home on lockdown, I realized people might be rethinking how they live in their homes; ourselves included. The spaces we dwell in naturally evolve to accommodate how unfolding times inspire us to live.

During uncertain times, I felt fortunate to step back into a line of work that would help provide income for our family, office staff, workers, sub-contractors and contribute to our local economy. We could flourish in times that were and continue to be uncertain; when others might be losing the only line of work they had. Or find themselves struggling to keep a business afloat amid the challenges.

Javier and I stayed at HWHC with our office staff until a year into the pandemic. As therapeutic treatments were coming to an end, it became clear that a five-studio building with courtyard in the center was more space than required to run our design-build business. All we needed was an office with a reception. Staying on would not fulfill the potential this space had to offer. We'd had our time.

During a visit with my mom, she asked if we wanted to move back into our old office.

The yoga studio was open at the time. We had reopened in September of 2020 following all the safety protocol. Closed in January when case numbers spiked. Reopened in March when the numbers dropped. I had had my eye on

the patio above Galeria Los Angeles for teaching yoga. Outdoors, fresh air, connected with nature. Being outside felt like the safest place to gather small groups of people for classes. When I heard that a hotel was being built in front of HWHC, this confirmed what I was ready to accept.

It was time to move. So, we did. As you drive up the Delegation Road, you can see how we revived the building where Galeria Los Angeles remains; memories of art classes and coffee with our unique, beautiful, livable design-build office in the back. My mom, Sally, who owns the building gave me cart blanche in the renovation. I chose the colors from memory and long walks in Santa Fe: Soft adobe-colored walls and lively periwinkle iron grates adorn the building. A stunning combination of colors. Tin roof over the patio for yoga and classes. A view of the Sea of Cortez.

Starting in May 2021, I began teaching yoga and meditation upstairs on that patio. At that time, I posted a picture of the Healing Winds building on IG and FB, one of my favorite features: the traveling pool of light in the center of its central courtyard:

*This building has been one of my greatest and deepest teachers. From the moment the yoga studio opened in 2009 to the unfolding realization of the healing center it became in 2013 to the full circle of offering our core work in design and build and staying strong through the surprises of 2020. And every breath in between. I have worked in every one of its five studios. I know this building inside and out.*

*Continued on Page 32*



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*Fresh Start Continued From Page 32*

*Every inch that was born in my imagination to every inch I've breathed in. Heart, body, mind and soul. The deepest learning has been in relationship with the people I have met, shared space with, learned, grown and healed with. Laughed and breathed with. My connection to the building runs as deep as the one I feel with any building I've designed, built, created and then some. And my favorite feature, the one I've photographed infinitely is the opening to the sky, that fascinating pool of light that is constantly moving and changing. Even when it feels still. And sounds of silence. In between the cars and life passing by outside the courtyard. The opening of gratitude and infinite possibilities. An openness to all that was, is and will be. Filled with curiosity for how much space a place can breathe life.*

One person's transition affects the lives of others. With that awareness, I want to say thank you with my whole heart to all who were part of the Healing Wind's experience; may the learning, growing and healing continue to nurture our hearts, bodies, minds and souls, wherever our lives may take us.

When you drive up the Delegation Road, past our current location, towards what used to be Healing Winds, you will see the building's new vision coming to life through Juan Jose Gomez, Luis Villavicencio and building's new name: Plaza Buenos Aires. These two fine men have partnered up and rented the entire building. JJ and Luis have a great

vision that will continue to fill the space with good energy and people.

For every fresh beginning happening in our community, near and far, my wish is for success and fulfillment: heart, body, mind and soul.

*"When the heart is ready for a fresh beginning, unforeseen things can emerge. And in a sense, this is exactly what a beginning does. It is an opening for surprises. Surrounding the intention and the act of beginning, there are always exciting possibilities. Such beginnings have their own mind, and they invite and unveil new gifts and arrivals in one's life. Beginnings are new horizons that want to be seen; they are not regressions or repetitions. Somehow, they win clearance and become fiercely free of the grip of the past. What is the new horizon in you that wants to be seen?" ~ John O'Donohue*



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## ***Feeding the Hungry Program Helps Local Families with COVID-19***

By: Harriet Purkey

The summer of 2021 was a busy one for the people who run the Feeding the Hungry Program in our local community. At the beginning of the summer, we were supporting approximately 30 families suffering from poverty and food insecurity who receive a weekly \$250 peso voucher to redeem at Chapito's. This portion of our program continues with the administration by Chuy Castro and his wife Lydia.

In late June, Ben Purkey was contacted by Adam Greenburg from Leaders2give.org, who asked if Feeding the Hungry program could assist families who were sick with COVID-19, or who were out of work because a business closed due to the virus, and they lost their job. Ben agreed, if we had funds to make it work. Adam then sent out his monthly newsletter for Leaders2Give, and within several days, there was money available for our use! At that point, Ben came up with people to help (since we were in the US at the time), and a questionnaire of 12 questions to ask the people affected. We were assisted by Dalia Cota and Paulina Aguilar, who speak Spanish and English, and Gordon Blackie who acted as a "treasurer" and voucher issuer. Joe Guzman and his office staff agreed to be the distribution point for voucher pickup by a family representative (someone not ill with COVID-19). Joe closed his office to take a well-deserved vacation in September. Alberto Cota and his office staff willingly volunteered to carry on the work by making their office the contact point for the distribution of vouchers.

The process started with a bang. Dalia, a local to Los Barriles, was given many of the names of sick families by her sisters and other friends. Word got out that there was help, and many contacted Dalia personally. A sampling of families that contacted us for help are illustrated. One of the first families a husband, wife, daughter and son were all ill; the 7-month-old baby was OK. The next day the baby was diagnosed with COVID and the baby was in the hospital on Oxygen. An 80-year-old diabetic lady had COVID, and her daughter had it as well. A single Mom had COVID and lived with her parents; her father and her little daughter also had COVID. She takes care of her older parents when she's well. Many times, the whole family had COVID, including the young children. Some families were in the hospital, connected to ventilators. The families were from Los Barriles, Buena Vista, El Cardonal, San Bartolo, El Coro, Campamento, Santa Cruz and La Ribera, all within a reasonable distance from Chapito's.

Every family who qualified (and most did, after Ben and Gordon reviewed the questionnaire) received four



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*Feeding the Hungry Continued From Page 33*

vouchers worth about \$50US total. Feeding the Hungry keeps a spreadsheet with information about every family that contacts us, and who to contact to stay in touch with each family. After 3 or 4 weeks, Dalia calls the families back to see if they need more help. Many do, but others say "We're OK...give them to someone who needs them worse." There were some deaths. Often the Grandmother or Grandfather, sometimes the wife or husband. At this time, 80 families have been assisted with vouchers, some with two or more sets of vouchers if they still need the help when we contact them.

Thank you to all those people who generously donated to this program to help with the impacts of the pandemic in "our" area of Baja. We are not getting many new cases at the end of September, and we might be "over the hump", but we will be helping COVID affected families as long as necessary. If you know of a family who needs COVID related help, send an email to fthbaja@gmail.com.



## Baja Shakespeare 2021

By: Camilla Ford

Even when Broadway was closed, Baja Shakespeare managed to perform two successful LIVE (not Zoom) shows: Love Letters, (at the Yoga Garden) and El Triunfo Silver Mine Murder Mystery ("Ooohh!" performed at "Spa" or Hotel Buena Vista Beach Resort). These shows, along with True Stories (Yoga Garden), managed to raise almost \$3,000 for the Guild (provides scholarships for children to go to high school), during a time when they were not able to hold their usual fundraising events, such as Monte Carlo Night, etc. And, most importantly, these shows helped keep the "starving" thespians of Los Barriles off the streets! (Or at least got them out of their partners' hair for a couple of months of rehearsals and shows.)

This year, we are hoping to bring back the El Triunfo Mystery for those of you snowbirds who missed the whodunnit show last May or who may not remember "whodunnit" and also Love Letters, the beautiful A.R. Gurney two character play. Of course, ambitious, and creative writers/entertainers are working on new shows. One is an adaptation of A Charlie Brown Christmas or You're a Good Man Charlie Brown (if we can't get it together in time for Christmas.....aren't there 12 days? So, we have till January 6th the Twelfth Day of Christmas or Dia de los Reyes). And just to keep the spirit of Shakespeare alive, we are aiming to do a production of The Complete Works of Shakespeare: Abridged which involves a cast of 3 but, many, many characters spouting off some rendition of slapstick Shakespeare for your entertainment.

So, as you can see, Baja Shakespeare fanned the theatrical spark and kept the spirit of the arts going in 2020 even when times were hard. Just proof that you just can't keep the BS troupe down! Viva Baja Shakespeare!



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