



Free / Gratis

Holiday Art Show at Colina del Sol

By: Christine Courtright

Well, we made it down!!! Welcome back everyone! Wow, this place has changed in 5 months- new stores and restaurants and construction everywhere. And isn't it great to see the Buenos Aires arroyo road is still intact! I was thrilled to see the fix they did last year on the road and the back washout problem made it through three huge water events! Now that is progress! If we can just get that bypass road going!! What a life changer that would be for us beyond the two arroyos. Right now its a no go, but we can hope it will happen soon!

Asociación de Artes is thrilled as our first *large* event post Covid madness is coming up... Now! Heck, depending on when you read this, it may be over! The **Holiday Art Show** is **December 5th** from **10am – 3pm** at **Colina del Sol** (heading north on the road to nowhere). A short 3 miles from town, this lovely neighborhood and their clubhouse grounds transform into an art show and shopping ground – and just in time for Holiday shopping! And what a great place to catch up with friends that you have not seen for a few months! Sit down with a cold one from our beverage tent (a fundraiser, so drink up!) and three select food vendors – area favorites. You can have breakfast, shop, visit, shop and sit down for lunch before you end your time out! Everything is centered around the community pool and clubhouse. Plenty of shade, and lots to see and buy from the area artists showing their one-of-a-kind pieces from original art to clothing to aprons to jewelry to hand turned wooden bowls. Way too many things to list.

And do not miss getting your **raffle ticket** or 10 for one of our huge baskets full of great items you want and need. Tickets are only \$100 pesos or \$5 usd each or buy 6 for \$500 pesos/\$25usd and the baskets are worth hundreds of dollars each! You know the funds made will go to supporting the educational experience at 19 East Cape schools. It could go to pencils to paper to ceiling fans, library books to even new classrooms! We will do what is needed to *enrich and improve the educational experience for the students at the East Cape schools*. It turns out to be a win - win situation for all!

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6th Annual Taste of East Cape

By: Steve Reed

What do you call a gathering of the best chefs of East Cape? Wonderful? Delightful? Delicious? Yes, but also an event that has become among the most popular of Baja California Sur: Now the 6th Annual Taste of East Cape and the best part is it takes place right here in Los Barriles at 6PM on Saturday December 4th. The no-host bar opens at 5:30pm. It's happening this Saturday. Odds are, if you haven't got your tickets by now, you'll have to read about it after it's over.

Fifteen Mexican masters of the memorable will stand mano a mano in a battle royale; to serve up the best

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

In addition to space in the printed version, your color ad appears in the online version at no additional cost. You can download the 2021-22 Advertising Kit by visiting our website at: www.eastcapearts.com

Tax-deductible Contributions to the Asociación de Artes

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

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

Volunteers Needed!

The Asociación de Artes needs volunteers to help support their programs that bring the arts to the local communities and the schools.

To learn more about these programs, visit: www.eastcapearts.com. If you would like to volunteer, send an email to: eastcapearts@gmail.com.

Call for Articles

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

Thank You!

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

East Capers Periódico

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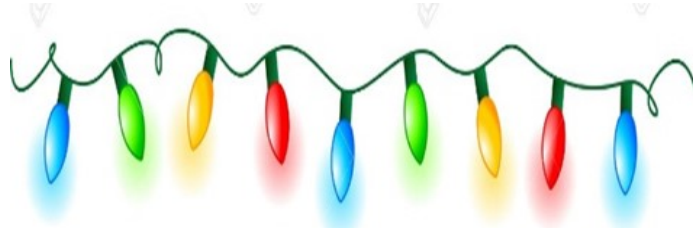


Taste of East Cape Continued From Page 1

test of their culinary abilities to all who attend. Mark off all 15 samples on your ticket and enjoy a dessert while you contemplate your swollen stomach and which three tastes deserve the gustatorial trophies of chief chefs of BCS. The Taste has grown to a fifteen-course insane super supper full meal deal accompanied by the flash and circumstance of the Fire Dancers to help keep you on your toes even though parts of you may be threatening to explode. Bet you can't eat every single one...

Restaurants participating include Beans & Rice * El Minero * Efren's * Green's Catering * Joe's Deli * La Playa * La Casita * La Providencia * Maria's * Pizzeria Don Roberto * Pancho's * Rosalinda * Smokey's * Tres Palapas * and Zopilotes of San Bartolo. Tickets sold out early last time, so don't procrastinate or you'll be too late. Get yours early or you could be left groaning outside the nearest empty belly deli.

Cost is only \$800 pesos or \$40 usd each. With your small donation, you get to sample some of the richest food from Mexico while at the same time you contribute to the health and betterment of your community. You become one with them when we help, one of our family. Join us. Last minute tickets may be found at Homes and Land Real Estate, Seven Seas Prop Management, Café Maria, and on the day of the Taste at the Saturday Market, if still any remain available. Have fun and stay safe at the same time. Remember to please abide by our rules: Safety protocols must be followed by all restaurants and participants. Masks are always required except when in the acts of eating or drinking. Reserve yours now. Badays@aol.com



Asociación de Artes

2022 Events:

Artist Studio Tour
February 9, 2022
(always the Wednesday before Valentines Day)

Festival de Artes
March 20, 2022
(always the third Sunday of March)

Asociación de Artes Continued From Page 1

And there is more!!! We will have two more big events in 2022. First is the **Artist Studio Tour** which is always the Wednesday before Valentines Day, this year being February 9th from 10am – 4pm. Enjoy the studios of 15 local artists with guest artist and most of the stops. Up to about 30 different artists' total. All located in the greater Los Barriles area.

Then of course for our closing act, the 28th Annual (with a leaped year in there) the big **Festival de Artes** held in Los Barriles at Palmas de Cortez Resort. And this is a make up year, so it is two years of fun packed into one big event! We will have hand selected artists from all over Baja SUR, select food vendors from the East Cape/Cabo area, the famous Palmas beer garden and yes, the fantastic traditional folkloric entertainment from different dance troupes in the bi-counties area. These dancers have waited to Covid to ease up so they could get out and get to work dancing!

Now, we are in our new Covid world, so this all comes with the disclaimer – as long as the covid cases and restrictions allow us to have events. But we have great hopes that we are almost back to normal!!! Stay tuned to our website about restrictions and details about the upcoming events - www.eastcapearts.com

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TASTE TO TASTE WHAT OUR ROTARY CLUB DOES BESIDE TASTING

By: Steve Reed

Club Rotario de Los Barriles Cabo de Este BCS

Our Los Barriles Rotary Club has become famous for our Tastes of East Cape each year, however those who savor our Tastes' temptations often know little about what our Club does beside feed everyone in the Cape once a year. But Club Rotario Los Barriles actively pursues solutions for all manner of problems and deficiencies within our area.

Our regular activities within the East Cape footprint support our neighbors in many varied ways.

- ◆ Taste of East Cape 2021 – happens this year Dec 4, 2021 at Laguna Park
- ◆ Christmas Toy Drive for Kids in Need – Interact - Dec 21, 2021 at Pizzeria de Don Roberto across from the Fountain SAT DEC 18TH
- ◆ Earth Day – participate in cleaning up our area SOMETIME IN APRIL
- ◆ Scholarships awarded to students in need REMOVE
- ◆ Carnaval – Annual celebration – end of February / beginning of March
- ◆ Semana Santa – Easter beach and town clean up NORMALLY EASTER WEEKEND
- ◆ Dia de Muerto – Day of the Dead – march to the cemetery; Nov 2nd
- ◆ WinterFest Dinner and Auction – fund raising auction in the Spring AROUND VALENTINES' DAY

Beyond all our regular annual celebrations, we are constantly involved with an ongoing recognition and resolution of the needs within in our area, from new classrooms to lunches in school, and medical outreaches to bring health support to all of the Cape.

One of our most urgent causes is bringing clean water to East Cape. Clean Water is rapidly becoming a challenge on a worldwide basis. In just five seasons Rotarian Chris Geyer has delivered over 2,000 individual clean water filtration systems to families in small pueblos from Santiago to San Antonio. This year he will begin distributing water filters on Friday, December 10th, and continue on Saturday, December 11th. In just two days, Geyer hopes to deliver 100 more clean water filters, and provide the instruction required to Chrcare for and use them. If you'd like to see how you can support our efforts to provide clean water to East Cape, please call Chris Geyer at 530-955-1546.

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Taste to Taste Continued From Page 4

Our work continues on the El Ancon sports and community center, where our Rotary has been supportive with both pesos and persistence. Slowed by a lack of committed assistance, the kids can still play sports on the Astro-Turf while we find the money to complete the restrooms and changing stations.

This past year the pandemic has ground our activities to a halt. As



we continue to pick up where we left off a year ago, we can find fun and excitement and still remain safe. Remember to wear a mask whenever you are in close company, and never forget to wash and sanitize your hands. Be well, be safe, and be happy.



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vitaolenich@gmail.com

Gallery Location:

Shily Fisher Plaza & Suites

20th de Noviembre

Across from Restaurant La Fogata



Vita's Art & Fashion

By: Chris Courtright

I first met Victoria Olenich about 8 years ago. We were both doing the farmers market for the first time with our sewn creations and she with her artwork. Her work and person stood out to me as the painted skulls were so beautiful and memorable and she was such a 'sunny and happy' person. It was a delight to be next to her each week. As she got busy, you would see her at the Saturday Market, Festival de Artes, Studio Tour... she was the party house, the Holiday Show and the local Fashion Shows. In 2017, she opened up her first showroom at Mercado La Costa, but then covid hit, and shopping out was gone.

Fast forward to fall of 2021 and Victoria has opened up a new shop, **Vita's Art & Fashion**, featuring fashion and an art gallery – with both her work and the work of 10 other artists with more to come. A comfortable shop, with plenty of comfortable chairs, AC and lots to see. For the fashion side, of course you have her *Sunny Dresses* collection, made right here in Los Barriles, along with her hand selected designers featuring *Silk Road Collection*, out of India made of Indian saree Silk, *Oysho* from Madrid Spain that specializes in yoga clothes, lounge ware, and the comfortable homeware we all learned was a necessity during our 'covid' world! She also carries the *Larva Collection* from Mexico City that features cool prints with Mexican theme, and *Rapsodia* also from Mexico City that uses natural fabrics and cottons. Her fashions focus on comfortable, easy care and perfect for our climate here in the Baja. Her Sunny Dresses collection is inspired by Mexican designs and colors. Victoria designs her clothes to be comfortable, make you feel pretty, using natural materials with the Mexican influence. Only Victoria can put together fabrics that are totally different and look so fantastic together! And I am a sewer and quilter, and it is not easy, at all... if only I had that talent!

You see a lot of silk in her fashions and that is because it is so great for traveling, comfort and durability. You will also see the return of her Italian collection as soon as she can get to Italy and shop – another covid disruption! New items arriving all the time.

Vita's is located on 20th de Novembre in the Shirly Fisher Plaza & Suites – across from La Fogata Restaurant. Her hours are 10 – 5 - Monday thru Saturday. And she has off street parking right next door!!!

Victoria's road to fashion designer came through an interesting route. Originally from the USSR, from a big City Dnipro in what is now the Ukraine, a town that was a 'rocket' town where education was prized and encouraged. She has 3 university degrees, Mathematics, Financial Analyst and finally dance and physical education. She made her way to Moscow where she worked for 20 years ending as a chief accountant for a stock market broker corporation. Her sewing started as a teenager; when in USSR, if you wanted the fashions you saw on TV and in magazines, you had to make them. They were not sold in stores. So, she started designing, sewing and creating and that was just a necessity for fashionable clothes.

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Vita's Continued From Page 6

After making her way to the Baja, she found the encouragement and the ability to pursue her love of fashion. And it grew to what we see now, Vita's Fashion & Art. Drop by and say Hi! and see her new location and find out about some of her special events. Like private shopping experience/girls night out with champagne, person consulting and fun! She is also planning a fashion show for April 13 where proceeds benefit Asociaion de Artes programs. More details to follow on that!

Leaders2Give Needs Your Input!

By Adam Greenberg

YAY – We're back! Many of you reading this will be sharing that same joy as we return to the glorious East Cape to enjoy all that we have come to love about this place. All of us at Leaders2Give, an all-volunteer, 501©(3) non-profit, are delighted to be back in Baja for the winter season. Well, most of us anyway. Our board is comprised of 8 incredible leaders and all but two have homes here. Everyone will, however, be together this December for our very first on-site board meeting in Los Barriles.

We have a lot planned as we hunker down over two days to better understand who we are as an organization and how best to contribute to the need in our communities. That's why we are asking for your input. We have created a short survey that we would greatly appreciate you taking the time to fill out. Your answers will help inform how we move forward as a nonprofit serving vulnerable populations in the East Cape. You can find this survey on the homepage of leaders2give.org.

Leaders2Give started out to provide financial sustainment for the children living at 'New Creation Kids,' a sanctuary for children in La Paz, who have experienced violence, abandonment and/or loss because of poverty, illness, death, drug addiction, and so on. Then, we expanded our services after receiving a donation of land in El Cardonal to build a new home for vulnerable children. This home will focus on supporting families where a single parent or a sibling is fighting a terminal illness like cancer and the parent needs to be away for treatment purposes.

Did you know that in Mexico, twelve women die daily from breast cancer? Most of these women are single Mom's living in poverty. Breast

cancer is the second cause of general death in women aged 30 to 54. This part of the world also has an abnormally high rate of leukemia in children and so there is a huge need for support. Sadly, many women are forced to abandon their children when seeking medical care for themselves or a sick child. Many of these children are forced to live in the slums where they are exposed to violence and drugs. They also lack access to clean water, food, and education. Leaders2Give is committed to doing what we can to change this by building the El Cardonal children's home.

Unfortunately, just as we were starting to see some momentum with fundraising, the WHO declared Covid-19 a pandemic. Tourists and expats left Mexico, businesses shuttered, and illness and death skyrocketed with overwhelmed hospitals and medical personnel. As a result, Leaders2Give made the decision to put the El Cardonal project on hold to support the more urgent needs of this beautiful community. We expanded again, this time partnering with The Los Barriles Food Bank, The East Cape Guild, The East Cape Health Centre and The Feeding the Hungry Program.

Now that things are starting to return to some sense of normal, we know that we need to come together as a board to determine the best path forward overall, and more specifically, with regards to the new children's home. Currently, engineering and building plans are out for bid and we have raised \$80,000 towards our \$300,000 capital fundraising goal. Our commitment to seeing this facility built is unwavering, but there is a lot that needs to be done. Another \$50,000 per year will need to be raised to support the ongoing operations, staff will need to be hired, and applications for families

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Continued From Page 7

to relocate to this facility, vetted. This town has always been so generous and we are counting on that generosity to grow as the town continues to grow. If you would like to make a tax-deductible donation or get involved, we'd love to talk. Naming rights are available and the gift of safety and hope is a legacy of which to be proud.

Reach out to us for more information at info@leaders2give.org where you can also fill out the short survey to help us understand how to better serve the East Cape.



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*Los Barriles
Community Market*

By: Michele Melehes

The Los Barriles Community Market kicked off the 2021-22 Market season with a bang on November 20th. We had a great turnout of vendors and shoppers alike and all signs point to a banner year for the LBCM.

With a great balance of food and non-food vendors, the Community Market provides a great atmosphere to get your weekly shopping done while also helping to support the local economy. The LBCM has also provided a great venue for fundraising for many of the non-profits in our area. Be sure to stop by their booths and inquire about how you can donate or be a part of these great projects.

We are in our eleventh season this year and couldn't have done this without all your support over the years. Come on out to grab a coffee, breakfast/lunch, your food and veggies for the week -you may even go home with some new additions to your wardrobe!

The LBCM will run EVERY Saturday through April from 9am-12pm at the La Laguna City Park. We hope to see you Saturday mornings at the Los Barriles Community Market.

See you at the Market!

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TV or Not TV? That is the Question

By: Lane Sykes

Is your TV a smart TV? What's the difference between that and an add-on box? Excellent question and I'm glad you asked. Today's smart TV's offer programmed apps for Netflix, Hulu, Amazon Prime, etc. Those preprogrammed apps work well but the software provided by the TV manufacturers are not always kept up to date with the latest advances or changes. I prefer to use add ons like the Roku, Amazon Fire Box/stick, Apple TV, etc. Those devices have similar apps but are kept up to date with the latest changes often giving you a better viewing experience. Personal opinion, the Roku offers more channels and the Amazon Fire TV Cube gives you better voice control and can control your TV, sound bar, etc.

Now you need to show content. A lot of media content is controlled by your geographic location. Media creators are paid by the number of viewers as well as the number of countries viewing. If the creators discover that viewers outside the US are watching, they come to the content providers (netflix, amazon, etc.) demanding more money. That's why you don't get the same shows in Mexico that you get in the US. The easy way around that is to use a VPN (virtual private network). That creates a virtual tunnel back to the US to make it seem you are actually in the US. If possible, it's easier if you can program the VPN into your router making all your devices appear in the US.

I use Express VPN with one of their recommended routers that modifies the firmware to relocate me to the US. Works great but with a 30% degradation in speed. I use two routers, one for streaming and a second for normal work.

What's a router and what's a modem? Again another excellent question. The modem connects to the internet and the router sends it to the attached devices via ethernet cable or WiFi. Depending on your internet provider, they supply you with the modem and a WiFi router in a single unit. Others provide you with separate devices.

You've no doubt seen ads for Version 6 routers. The new protocol is faster but all the attached devices need to be Version 6 compatible. If you're in the market for a new router, it's okay to get the latest and eventually your new other devices will be ready. For me, I'm not ready to chase that technology. For the money, the WiFi Mesh routers are worth it. They cover the entire area in a cloud of internet eliminating dropout and give consistent speed. A WiFi extender is totally different. The extenders cut speeds in half at the user end. It receives and sends data but waits for responses. The mesh routers have a back channel that allows data transfer in both directions.

Let's talk cell phone batteries. Yes, they have a limited life expectancy, about 500 full cycles (complete discharge/recharge). Replacing cell phone batteries can be done but here are some useful hints. Charge your phone in a cool place, not in the direct sun. Unplug the phone when the charge is complete. Never leave your phone in direct sun/heat. By the way, your phone will shutdown if it gets overheated to protect itself. Avoid using cheap chargers! I learned that the hard way, it fried the battery in three devices. If you notice deformation in the screen or a crack running down the side of the phone, your battery is failing rapidly. The more it's deformed, the greater chance it could catch fire.

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Born in the Right Time... One Mans's Journey Through the Generations

A Book Review By: Chris Courtright

An appropriate name for an adventurous book written by one of our own Baja residents, Don Yeager. Don set out to put down in words his exploits of the earlier years of his life. A travel log and biography of sorts that we expats of that age can certainly relate to, as it brings you back to your own life and memories and similar experiences of your early years. Kinda fun as you become one of the characters in this amusing book as you totally relate to his experiences and adventures. His childhood, school, military and later as he moves into his career, his exploits are just full of adventure, and I often thought "how is he getting out of this one!" As I read, my thought continued, how could one person be in the right place at the right time to have all these great adventures??

Born in 1939, 'the war baby' generation, a product of the Greatest generation. This book is a great remembrance for us during this super changing, messed up world, and we welcome the reminders of a once, carefree, no worries, simpler life that existed during the 50's, 60's, 70's etc.

Now 82 years young (to quote Don), Don restarted his life after moving here to the East Cape 15 years ago. In that time his search for a new direction in life exploded. He became a thesbian, an unforgettable comical actor in the entertaining theatre follies of our beloved Baja Shakespeare Plays in their funny and entertaining productions. He has participated in 6 plays.... remember the 'marshmallow man" and the floppy ears on his head in Robinhood? You might also have seen him with his 'bluezy' harmonica



playing with many groups in the early days of Open Mike at the old Road Runner.

Always dressed just right, you could see Don with his lovely wife Laurie out on the dance floor – our own local Ginger Rogers and Fred Astaire! He is a man of many talents as designer, builder and artist of various mediums. Definitely, as he describes himself, a 'true renaissance man'.

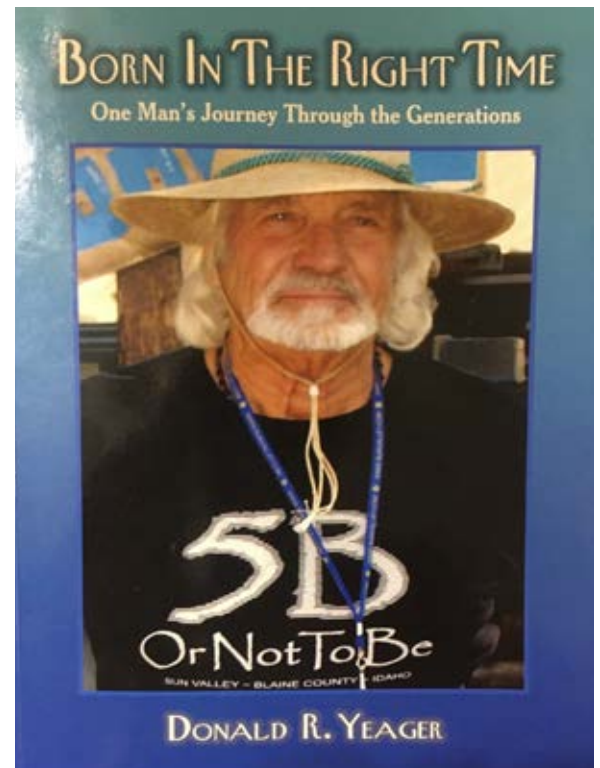
This is a great read as you it brings you back in time to the easier time when some fun exploits would not land you in jail!!! A funny and fun read, one of those 'hard to put down' books because you wanted to go on the next adventure! The books are available on Amazon, and hopefully Don can get a few down here if you don't want to wait to go home to get it. You can see Don at the Holiday Art Show, and he can help you order your book right there via Amazon, or take orders for books to be brought down later. And just intime as they would be great Christmas gifts for your family and friends of all generations!



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Baja's Heartland – Part One

By: Gary Graham-That Baja Guy

The three largest cities in Baja Sur, Cabo San Lucas (202,694), San José del Cabo (136,285), and La Paz (250,141), account for 62% of the population of the state.

The tip of Baja, from Cabo to San José, is undoubtedly the most popular tourist area in Baja Sur with white, sandy beaches, excellent fishing, both fly and conventional, in-shore, and offshore, luxury resorts, and many off-water options to entertain those not wanting to fish, including professionally designed golf courses.

The “burro in the room” is the authentic Baja most people are looking for is not found in this area which seems to be



to be overwhelmed by the sheer number of tourists. Adventurous visitors seeking the Baja of old need to travel north on Mex 1 a few hundred miles, where perched beneath the Giganta Sierra Mountains on the sparkling shore of the Sea of Cortez is the Municipality of Loreto (which includes Nopoló, Puerto Escondido, San Javier, has a population of 21,071 people.

The gateway to a stretch of rugged Baja coastline extending approximately 142 miles north through Mulegé (64,022) to Santa Rosalía (14,160) along the Sea of Cortez coastline. A mere 12% of the total Baja Sur population inhabits this area, Baja's heartland.



Continued on Page 14

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Baja Heartland Continued From Page 13

Those looking for a glimpse of the true Baja heartland will find the land that enchanted Ray Cannon, John Steinbeck, Zane Grey, and Earl Stanley Gardner decades ago as they wrote of their adventures. Tom Miller, Fred Hoctor, Gene Kira and Neal Kelly soon followed, writing glowing stories of all-things Baja, firing up a new breed of adventurers seeking all the outdoor excitement that Baja could deliver.

In the early 1960s, Ray Cannon's weekly column in Western Outdoor News flamed the imaginations of its readers as they dreamed of Baja and its Sea of Cortez teeming with a seemingly unending supply of exotic fish.

Some bold, adventurous travelers from California and beyond bravely took on the Baja badlands long before a paved road was a gleam in the politicians' eyes, returning with remarkable stories of traveling along the rough, rugged terrain of Baja's peninsula almost surrounded by water swarming with fish.



The entire 1,100 miles of Mex 1 was built in 1973, offering a narrow, two-lane ribbon of asphalt running from the border to the tip of Baja and covering two states – Baja Sur and Baja Norte. The newly paved road allowed travelers the ability not only to explore the peninsula by passenger car or truck but also to tow their small boats. For many, their first destination was Ed Tabor's Flying Sportsman's Lodge nestled on the shores of the Sea of Cortez in the small town of Loreto, one of Cannon's favorite places to visit.

Tabor moved his hotel to Puerto San Carlos in Magdalena Bay, and his hotel in Loreto has changed hands and names several times. But, over the past 30 years, Loreto has grown noticeably. It now offers an International Airport, a bus depot, excellent tourism services, hotels up to five stars, bed and breakfast inns, restaurants, RV parks and campgrounds, car rentals, recreational services, developments, and even a golf course. And it offers all of this without sacrificing its Baja charm.

Most visitors who come to Loreto are more interested in the long list of outdoor activities found there, not the "drink 'til you drop" nightlife sought by a few.



Overlooking the sparkling expanse of the Sea of Cortez, this is a real town with authentic Mexican charm that attracts travelers to its gracious hotels and slower-paced lifestyle.



The attraction for many early visitors from around the world was the unique inshore and offshore sportfishing. Anglers often find exceptional sportfishing around the surrounding islands like yellowtail, sailfish, dorado, marlin, wahoo, and roosterfish. Likewise, it is common to observe great schools of frolicking dolphin, and with any luck, one might see the largest animal on earth, the blue whale.

A vast area of the Sea of Cortez directly in front of Loreto was declared a National Marine Park by the Mexican Government, thus preserving a large expanse of pristine waters here. As a result, some companies offer daily trips on everything from open pangas to elaborate "tricked out" cruisers at very reasonable prices. In the afternoon, one can wander down to the small boat harbor and launch ramp at the north end of the Malecón to watch the boats unload their catches.



To be continued in the next issue of East Capers Magazine!

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Mexican Holidays for December and Beyond

By: Chris Courtright

There are many religious holidays that could affect your life here in Mexico for the Christmas and beyond season. Below is a list of those dates along with a short description of the holiday. This could affect banks, garbage pickup, government openings, etc. It is important we understand these days so we can work around them. Understanding the reason behind the closure is more important than getting mad – because WE did not know the information. It is a great time of celebration and remembrance and a great chance for extra celebration and reflection for us too! We do have to remember this is a religious respecting country and these holidays are very important to their lives and culture. Likely the reason we all love it here!

December 3rd Start of the novenas to honor the Virgin of Guadalupe.

December 12th : Feast day of the Virgin of Guadalupe.

December 16th–24th Las Posadas. Children often perform the 'Posada' processions or Posadas. Posada is Spanish for Inn or Lodging. This is reenactments of the part of the Christmas story where Joseph and Mary looked for somewhere to stay.

December 24th Christmas Eve (Nochebuena) This is know as family day. In some states, children expect Santa Claus to come that day with presents.

December 25th Christmas Day (Navidad) Celebration of the day of Christs Birth. Note the 12 days of Christmas run from December 25th thru January 6th.

December 28th People in Mexico also celebrate 'los santos inocentes' or 'Day of the Innocent Saints' on December 28th and it's very like April Fools Day in the UK and USA. 28th December is when people remember the babies that were killed on the orders of King Herod when he was trying to kill the baby Jesus.

January 6th. el Dia de los Reyes or Epiphany. In the south of Mexico children expect presents on January 6th at Epiphany.

February 2nd La Candelaria 'the Candles' or Virgen de la Candelaria 'Virgin of Lights or Candles' (this is also known as Candlemas in other countries around the world) and it marks the end of the Mexican Christmas celebrations. Lots of Mexicans have a party for Candelaria.

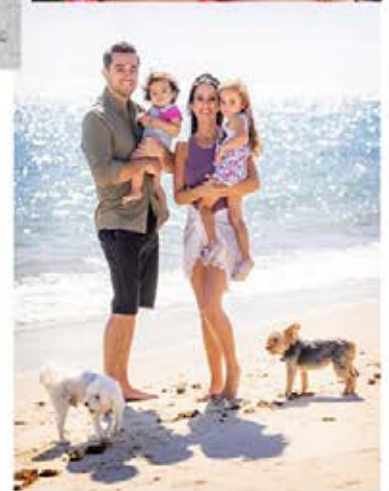


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The Catmus Tree

By: Kay Mundt

My first Christmas here in LB was preceded by eight years in Bahia Los Frailes, making friends with local ranchers.

In a surprise visit after our move, a family brought us a house-warming gift: a magnificent, blooming, Century plant. The key word here is “blooming”, because ordinarily the plants used as Christmas trees have dried, leaving only the seed pods.

This tree was fresh, festooned with bright yellow flowers. We gaily set it up in a bucket of wet dirt, adorned it with lights and ornaments, reveled in its beauty, and went upstairs to bed.

On our recent move, we were accompanied by a cat we'd raised from fluff, spoiling him with fresh fish daily. The owner of the house where we were staying had found him along the road and claimed ownership, but it was my neck he grew up around. A wily indoor/outdoor cat who survived the coyote population, he loved my lap as much as he loved to hunt. Upon leaving Los Frailes, we were firmly informed that we were not to take the cat, but the cat refused to be left. If evicted from the car, he sprang up to the hood or roof. We waited until dark and made off with creature who wanted to be with us so badly.

The morning following our Christmas tree installation, we descended the stairs to gape at the wreckage strewn before us. Laying on its side, every petal of every flower chewed and scattered over three rooms, ornaments broken, it was a sad sight.

As a finishing touch, dear kitty had left his calling card in the pile of wet dirt.

Apparently, the maguey agave hits all the same “happy” neurons in a sensitive cat's brain as catnip. It is, after all, the source of the alcoholic beverage, pulque.



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Steps on How to Make Neem Oil at Home

From Jotscroll.com

- Detach your neem leaves from the branches
- Wash the leaves thoroughly with clean water to get rid of any dirt and allow the leaves to drain in a colander or spread on a flat surface.
- After drying, add them into the blender and blend into tiny pieces then transfer them into a container for double boiling. To the container add your carrier oil such as Olive oil, Coconut oil, or any oil of choice, to cover the leaves.
- Add water in a pot on a stovetop and bring in the container having the blended neem leaves; to which you have added oil. This method is known as the

of the leaves, thereby preserving most of the nutrients in the neem leaves.

- Continue boiling and stirring until the color of the leaves changes or fades while the oil takes the greenish color of the neem leaves. Once this occurs, your oil has been infused with the nutrients in the leaves.
- Remove from heat and drain using a fine strainer. Your Neem oil is ready for use; it can be stored in a clean dark bottle.

Most essential oils such as neem oil are unstable when exposed to light; it may not work optimally if you place in direct sunlight. Neem oil therefore should be stored in a dark place.

Uses

Neem has a wide number of uses such as:

- ✦ It is used for making herbal shampoos
- ✦ You can use the oil as a mosquito repellent
- ✦ The oil works well in the treatment of skin-related infection such as rashes, eczema
- ✦ Beauty skincare also incorporates neem oil in the production of hair oil, soap, and lotions.
- ✦ Natural oil like neem contains anti-bacterial, anti-fungal, and antiseptic properties. All these compounds are effective in treating hair and skin conditions such as the prevention of hair lice and dandruff.

Indian lilac oil is effective when applied to the area of the skin bitten by an insect; it helps to reduce itchiness, redness, and inflammation. This is mostly combined with sesame oil in the ratio of 1/10.



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Dogs Just Want to Have Fun!

By: Nancy McGrew, Cortez Rescue Volunteer

At Cortez Rescue we are constantly looking for ways to enhance the lives of the dogs in our care. One program we have implemented over the past couple of years is Playgroup. Dogs are social creatures. Many of the dogs we take in at Cortez Rescue have been traumatized by people and/or other dogs and never really had the opportunity to develop healthy social connections with people and/or dogs. Introducing them into Playgroups provides these dogs the opportunity to learn how to socialize appropriately while reducing their kennel stress, romping and playing together as dogs do. Playgroup is a time in the play yard with Cortez volunteers attending where dogs of compatible play styles are selectively introduced and eventually allowed to freely play together. A Playgroup can be as small as 2 dogs, our typical playgroup is normally around 5 dogs in a group at a time. The dogs have a chance to play like dogs! Run, roll, play - think of it perhaps like a carefully curated and monitored dog park.

The Playgroup method we use at Cortez Rescue originated from Amiee Sadler's Dogs Playing For Life program, www.dogsplayingforlife.com. In the United States, Dogs Playing For Life Playgroup staff has served hundreds of thousands of dogs in shelters through play group enrichment programs by helping shelters and rescues improve the quality of life for their dogs, resulting in more dogs being adopted and fewer falling through the cracks. It's a very structured and extremely successful program when properly managed. At Cortez Rescue, we are grateful to our own volunteer Kim De Costa, who has tirelessly introduced, trained and worked with some of our staff and volunteers to conduct safe and effective Playgroups.

As a result of participation in Playgroup, at Cortez Rescue we have seen the emergence of true personalities and successful social behaviors of dogs in our care. For example, we've seen

dogs that are assessed at intake as timid and/or shutdown transform to a playful, social and confident dogs through the Playgroup experience - in other words getting a more accurate read on the dogs' true personality to ensure a more expeditious and appropriate rehoming effort. The shelter can be a stressful and isolating experience for dogs and when they are introduced to Playgroup and able to interact with their peers in a safe and structured environment, they can release tension and eventually ease their angst about the shelter.

The introduction of Playgroup at Cortez Rescue has absolutely enriched the lives of dogs in our care and we are very grateful to offer such a program. We are currently conducting Playgroup a couple times a week. We, and the dogs, would love to do Playgroup 3-4 times a week if we had enough trained volunteers to support it. If you are interested in learning about Playgroup and want to get involved as a facilitator or helper, please send a message of interest to info@cortezrescue.org.

Additionally, we need special collars, leashes and other supportive equipment for facilitating Playgroup, if you are able, please make a cash donation on our website (<https://www.cortezrescue.org/donate/>) today so we can purchase supplies to continue this healthily and vital program for Cortez Dogs. Thank you.



Play Group: doing what dogs love to do—Play!



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The Neem Tree

From East Capers Anthology April 2007

From almost the very beginning of recorded human history, people have taken advantage of the remarkable Neem Tree. Even before the ancient herbalists discovered the analgesic qualities of the Neem Willow Tree, from which aspirin is derived, people used the branches, fruit and leaves from the Neem tree to cure many illnesses. Its medicinal qualities are outlined in the earliest Sanskrit writings and its uses in Hindu medicine date back to remote times. Even today, rural Indians refer to the Neem tree as their "village pharmacy." It cures diseases and disorders ranging from bad teeth and bed bugs to ulcers and malaria.

Although those of us here in East Cape may not encounter a bed bug or contact malaria, many of our neighbors are beginning to plant Neem trees for a long list of other reasons. For instance, medical science has discovered that the Neem extracts help to reduce high blood pressure, help inhibit allergic reactions, and adversely affect the virus that causes Hepatitis B. But one of the most remarkable qualities of the Neem tree is as an insect repellent.

As we all know, biting insects are a real nuisance during spring and summer months here in East Cape. We all have shelves full of synthetic insect repellents containing various quantities of DEET. Although these products are effective, they may also be responsible for severe medical problems for some people who use them. Neem oil is natural vegetable oil. It is an excellent skin moisturizer. DEET is a synthetic chemical that may pose future un-

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known health risks. It is not recommended for repeated application. A safe alternative to synthetic repellents is found in Neem extracts. Neem extracts tested by the Malaria Institute have been found to repel mosquitoes for up to 12 hours. Neem also provides protection from biting flies, sand fleas and ticks.

Most of the research conducted today is on Neem's use in agriculture. The consensus of the world scientists is that Neem has proved to be the most effective and most environmentally friendly of over 250 plants exhibiting insecticidal properties. Pesticide products from Neem can now be purchased at agricultural supply houses or ordered online. *Learn More on page 20.*




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Finding The Flow

By: Sefi Held

What do you notice when you are participant in your movement classes? Can you be completely absorbed and allow everything else to disengage where you can focus on the present moment and really feeling the movements while you are doing them. If you are, you're finding your zone and being aware of what is happening right now. You have found your "flow state" - complete absorption in the present moment.

Flow research actually began with artists, musicians and other creative professionals and it is now being studied and used among elite athletes and the military to inspire peak performance. In a class setting, a flow state inspires our students to come back to the enjoyment they experienced in class, and it is much more than just the physical aspect. It can help to create an optimal experience for growth in a group environment of like-minded individuals with similar interests and goals.

I like to supplement my instructions for class design to make it easier for the students to find that flow. Getting into the flow state involves finding that fine balance between challenge and skill level for all participants and offering choices and lots of modifications for everyone.

Many factors can affect the way a student performs a particular movement i.e. skill level, not just physical ability, age or injuries. Maybe your student has social anxiety, for instance, and it took a lot of courage just to show up for their first class. In addition to offering modifications, I tell my students to keep listening to their bodies and to choose the options that best challenges their own skill level. It is important for the class to understand that they don't need to overexert themselves, especially if they feel hesitant. Research shows that when people challenge themselves past their skill level, it can lead to mental anxiety or physical injury. On the other hand, someone who does not work hard enough might experience boredom in the class.

Being certified as an Older Adult Fitness specialist, I learned that it is not always necessary to push people to their limit. Sometimes it's best to motivate them to simply work within a proper intensity range that works for their body today - tomorrow may be entirely different! Encouraging people to challenge themselves at the right level for them (on that day), they are more likely to experience and find their flow. They can then incorporate this balance between challenge and skill level into their class and how to focus their attention.

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A flow state heavily depends on where the student's attention is focused and bringing their attention to how the movement feels *in the moment*. A cuing strategy I like to use includes telling students where they should be feeling an action, noticing which muscles are being engaged, and breaking down the movement for optimal performance. Bringing attention to what participants are feeling allows them to receive immediate feedback. Students get to *feel* change occurring in their bodies - change that may lead directly to a positive outcome - without being overwhelmed by long-term goals.

Directing students' attention to how a movement feels, helps to strengthen their understanding of what the exercise *should* look and feel like, which helps with form and making them strong, more confident and setting them up for future enjoyment in the flow state.

Some students might not enter a flow state right away and that is perfectly OK. It may take people a few classes to feel even a little comfortable and confident. The important thing is to keep moving and creating healthy habits.

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BAJA SHAKESPEARE

2022

By: Kim Scholefield

Baja Shakespeare is inspired to forge on with theatrical works, both large and small. Ideas abound, it's time for us to roll up our sleeves, write scripts, create characters and sew costumes.

We have been asked to bring back the "El Triunfo Murder Mystery" for those of you who may have missed our original "whodunnit", performed in May, outdoors, as dinner/theatre at Hotel Buena Vista Beach Resort.

We are also inspired to write another Murder Mystery, a "Clue" script. This original idea would bring life and color to the vivid characters we grew up with, Mrs Peacock, Colonel Mustard, the candlestick and the margarita.

We have also been asked to bring back "Love Letters", the beautifully written, two-character play by A.R Gurney. We performed this in January 2021 to small sell-out covid safe audiences. It's a timeless masterpiece you won't want to miss.

Our creative writers are also looking at a comedic adaptation of "You're a Good Man Charlie Brown." How fun, silly this would be! Let's all be kids again! We are also looking at the delightful slapstick comedy, an adaptation of "The Complete Works of Shakespeare."

Such a flood of possibilities! It is time to rally the troupe, roll up our sleeves and start creating! Stay tuned as ideas move to scripts and characters come alive! Baja Shakespeare has performed consecutively for 21 years! Thank you for your steadfast support, through a pandemic, hurricanes, changing venues and missed cues. 2022 will be another big year for us. Bring on Baja Shakespeare year 22



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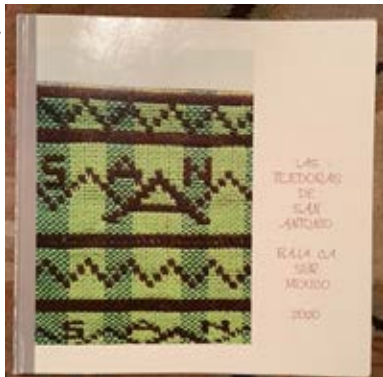
AN INVITATION FOR YOU TO SUPPORT THE WEAVERS OF SAN ANTONIO

By Seddon Wylde

We all know how hard it's been to do most anything these past 2 years and the weavers have felt the same way. However, they now speak of the joy of getting new yarn and creating something beautiful.

In 2020, I made a small book in Spanish and English about 7 wonderful weavers who live in San Antonio, BCS, MX. Their stories are about San Antonio's history along with photos of their work.

On Dec. 5th at the Holiday Art Show at Colina de Sol, there will be a table exhibiting their new weavings. The book, shown above, will be for sale. Besides the joy of reading about weavers in a small Mexican town, you will give them joy of purchasing more yarn. Each book cost \$20 US/400 pesos and the total sum will be divided amongst the seven tejedoras



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Cortez is in need of volunteers and flight escorts. Please consider helping out. Information about the many ways to support Cortez pups, and sign up, can be found on our website at https://www.cortezrescue.org/volunteer/Flight_escorts

are a vital part of Cortez's volunteer network by transporting dogs north to their foster or forever pup will meet you at the airport ready to go. Flight escorts to California, Portland OR, Seattle WA and Canada are especially needed. Enhance a life (maybe your own), it's easy and rewarding.

The Day of the Dead Festival

By: Priscilla Durán

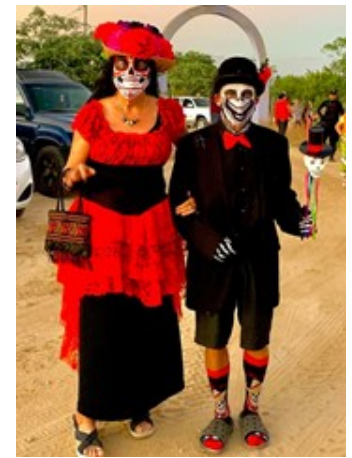
On Nov 1st, we celebrated the first Day of the Dead Festival ever in Los Barriles. It was a day full of colors, catrinas, culture and love. We started with a parade at the fountain, going all the way through town ending at the Cemetery. The Crescent Moon girls decorated the Rotary Club's car and dressed up as catrinas and threw candies and confetti while waving at everybody during the parade, the kids were just happy and excited to be part of this beautiful celebration.

At the cemetery, there were stands available with Mexican food, snacks, pan de muerto, and hot beverages. Enough so, that it made it hard to decide what to try first. We also had an altar contest between the schools, those altars were dedicated to different people and the students made amazing presentations, all of them were dressed up and characterized as the dead person they were dedicating the altar to and explaining the meaning of the different elements in the altar.

It was a big day for Crescent Moon too. Besides the "Craft Club" girls participating in the parade, the "Art for Children" girls made their first painting display! They decided to kindly donate their paintings for a silent auction, and we raised \$3,000 pesos! They were so proud to see and listen to all the compliments they got because of their fantastic work. And of course, this wouldn't have been possible without the Crescent Moon teachers Yedid Castro and Melissa McDonald. They're doing a terrific job helping these girls to find their creativity and inspiration to continue practicing the arts. The we could do it without the support of the Asociación de Artes and Rotary Club who always have our back.

The Tekiti Dance Academy made a big presentation of folklore dancing from different states of Mexico, it was quite a show!

This event was organized by Rotary Club Los Barriles East Cape, Los Barriles Delegation, and the Crescent Moon project, and it was sponsored by the Rotary Club Los Barriles East Cape and local businesses' donations. Special thanks to all of them for making it possible. It was so fun and beautiful that we can't wait for next year!



Festival of the Day of Dead in Los Barriles!



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Christmas Traditions & Celebrations in Mexico

By: Sarah Toast

The weather is warm and mild in Mexico during the Christmas season. Families shop for gifts, ornaments, and good things to eat in the market stalls, called puestos. They decorate their homes with lilies and evergreens. Family members cut intricate designs in brown paper bags to make lanterns called farolitos. They place a candle inside and then set the farolitos along sidewalks, on windowsills, and on rooftops and outdoor walls to illuminate the community with the spirit of Christmas.

The Mexican celebration of Christmas is called las posadas and begins on December 16. The ninth evening of las posadas is Noche Buena, Christmas Eve. The children lead a procession to the church and place a figure of the Christ Child in the nacimiento or nativity scene there. Then everyone attends midnight mass.

After mass, the church bells ring out and fireworks light up the skies. Many Mexican children receive gifts from Santa Claus on this night. The children help to set up the family's nacimiento in the best room in the house. The scene includes a little hillside, the stable, and painted clay figures of the Holy Family, shepherds, the Three Kings, and animals. The children bring moss, rocks, and flowers to complete the scene.

Families begin the nine-day observance of las posadas by reenacting the Holy Family's nine-day journey to Bethlehem and their search for shelter in a posada, or inn. In some parts of Mexico, for the first eight evenings of las posadas two costumed children carry small statues of Mary and Joseph as they lead a candlelight procession of friends and neighbors from house to house. They sing a song asking for shelter for the weary travelers. When at last they find a family that will give shelter, the children say a prayer of thanks and place the figures of Mary and Joseph in the family's nacimiento. Then everyone enjoys a feast at the home of one of the participants.



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For the children, the pinata party on the first eight evenings is the best part of las posadas. The pinata is a large clay or papier-mache figure shaped like a star, an animal, or some other object and covered with colorful paper streamers. The pinata is filled with candy or small gifts and hung from the ceiling. The blindfolded children are spun around and given a big stick.

They take turns trying to break open the pinata with the stick while the pinata is raised and lowered. Everybody scrambles for the gifts and treats when the pinata shatters and spills its treasure.

Christmas Day is a time for church and family. After church services, Christmas dinner begins with oxtail soup with beans and hot chili, followed by roasted turkey and a special salad of fresh fruits and vegetables.

Many children receive gifts on the eve of Twelfth Night, January 5, from the Reyes Magos, the Three Kings who pass through on their way to Bethlehem. Children leave their shoes on the windowsill and find them filled with gifts the next morning. At a special Twelfth Night supper on January 6, families and friends enjoy hot chocolate flavored with vanilla and cinnamon, and a ring-shaped cake. Whoever gets the slice of cake containing a tiny figure of a baby will give a tamale party on February 2, Candlemas Day.

The whole family helps to prepare the tamales, which are a meat or chicken filling wrapped in corn dough. The tamale is then wrapped in corn husks and steamed. A religious service held on Candlemas marks the end of the Christmas season in Mexico.



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 "If it were lush and rich, one could understand the pull, but it is fierce and hostile and sullen. The stone mountains pile up to the sky and there is little fresh water. But we know we must go back if we live, and we don't know why." -

Steinbeck, *Log from the Sea of Cortez*



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## History of the Baja

### Early History

Baja California Sur was inhabited as early as 11000 B.C. Nomadic tribes left behind artifacts such as arrow heads and Clovis points, which have been discovered in the northern part of the state.

Primitive paintings dating to 1700 B.C. can be seen in Cueva de Palma, San Gregorio, Sierra de San Francisco and Sierra de Guadalupe. The paintings depict animals in motion, such as snakes, cougars, birds and wild cats. Hunters with arrowheads and primitive swords also appear in the paintings. These images are consistent with other evidence suggesting that most of the inhabitants were nomadic hunters and gatherers.

When early explorers and missionaries arrived, they found four ethnic groups, including the Pericú in the south, between Cabo San Lucas and La Paz and on several of the islands in the Gulf. The Guaycura occupied the area north of the Pericú, from La Paz to south of Loreto. The

Monquil also lived near Loreto. The final group was the Cochimí, who ranged throughout the middle of the peninsula. Most of these tribes were hunters-gatherers lacking agriculture or metallurgy. However, they produced pottery and were fairly skilled fishermen. The Pericú enhanced their fishing methods by building wooden rafts and other simple forms of watercraft.

### Middle History

The first Spaniard to arrive in Baja California Sur is believed to have been Fortún Ximénez who landed there in 1533. Hernán Cortés led an expedition in 1535 but did not stay long. Other explorers came and went over the next century and a half. Since Baja California Sur is one of the most isolated parts of Mexico, there were no serious efforts at colonization until the late 17th century. In 1697 the Jesuit missionary Juan María de Salvatierra established Misión de Nuestra Señora de Loreto Conchó, the first permanent mission in Baja California Sur. The Jesuits then extended their presence south to the Cape as well as north to the modern border with Baja California.

The Franciscans took control of Baja California Sur in 1768 and then ceded it to the Dominicans in 1773. These administrative changes reflected increasing Spanish interest in the region. As the Spanish presence grew, colonization bred disease and violence that caused a significant decrease in the population of the indigenous people during this period.



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# Julie's Top Three Photo EDITING Tips

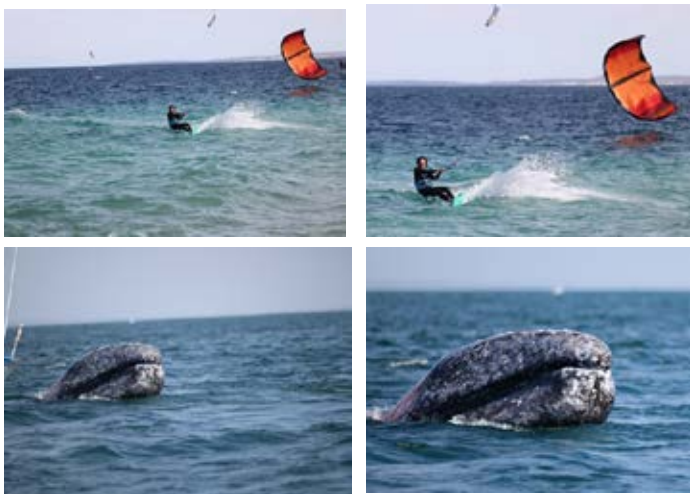
By: Julie Shipman

You've taken a great photo. Now what? If it's digital, you are NOT finished. Unless you shoot perfectly in the camera/phone each time you shoot, you need to EDIT your image. Most readers use a camera phone, so I'm going to keep this simple. If anyone would like to dive deeper into DSLR shooting and editing with photoshop, I'm happy to help. But here are the editing basics:

1. **LEVEL THE HORIZON (& CROP):** That is in caps. Yes, I am shouting at you. I cringe every time I see a gorgeous Los Barriles sunrise image with a tilted horizon. Please, if you do nothing else, straighten up the horizon. It's easy! Hit, the Edit key, then hit the crop function. That is where you can grab the corner and make that ocean edge level.



Then use that CROP tool while you are there. Cropping fixes a lot of mistakes you make while shooting. Remember the Rule of Thirds from my Shooting Tips? If you didn't get it in the camera, create it with a good crop. And use the crop to get rid of excess blank space or junk that distracts from the image.



2. Next, check your EXPOSURE and CONTRAST: Increasing the exposure will add light to your image while decreasing it makes it darker. This is even more important to do if you didn't get your exposure right when you took the photo. It's so easy to adjust! You may also see a BRIGHTNESS button in your editing program (especially on phones). Exposure tends to brighten the highlight tones while Brightness affects all tones equally. If you see Brilliance (or Luminosity) as an adjustment option, that defines the strength/quality of light that is reflected from a surface. This can be adjusted to improve the quality of shadows and highlights of your photo.

CONTRAST is the range of dark to light tones. Contrast enhancement is targeted, specifically affecting the highlights and shadows. It's the difference between the lightest and darkest tones. For example, increasing contrast can take the shadows from gray to black. It helps direct the viewers' attention to the subject. There really is no right or wrong contrast. Again, adjust to your taste, like adding salt!

First image is 'as shot'; 2<sup>nd</sup> is increased exposure; 3<sup>rd</sup> is added contrast.



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*Photography Continued From Page 32*

3. Finally, adjust the VIBRANCY and SATURATION: You can refine the colors in your images with these controls. The distinction between the two can be confusing: saturation adjusts the color intensity of every color in the image while vibrancy adds saturation to the more neutral tones, or areas of the image that aren't colorful/saturated. In sum, saturation enhances color. Vibrance is more subtle.

When to use what? Think about a portrait. You may wish to keep the skin tones the same while enhancing the color of the shirt, or maybe a flower the person is holding. In that case, increase Vibrancy. This will leave the skin tones as they are but enhance the color of the flower or the shirt. But, if you have a beautiful East Cape sunrise, or a field of flowers, use the saturation tool to enhance all the tones of the image. It's about making your photo POP and grab the viewers' attention, without making it look overdone or unnatural. Like the exposure and contrast tools, it's all about preference and photographic style. PS: can't show you examples in B/W print so just have fun and play with it!

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.

<sup>5</sup>  
Julie Shipman is a professional photographer from Park City, Utah, with a home in Los Barriles. Please check out her website for more information about her and her work. She also sells her Art Prints and can deliver them to our East Cape. Or, visit Salt & Cotton, El Toro y La Luna and Los Barriles Wine and Tequila for metal prints and cards. [www.julieshipman.com](http://www.julieshipman.com)



## ***East Cape Health Center***

By: East Cape Health Center Staff

The importance of Preventative Healthcare for the majority of us who live and frequent Baja SUR is an important factor in our ability to live our physically and socially active lives we live here. As we wind up to our busy Baja schedules and our appreciation for returning to social gathering with friends only seen this time of year is great. Busy social calendars fill up with social hour, eating out and beach parties. Sports of all venues: pickleball, tennis, yoga, kiting, cycling, jogging, walking, hiking,

paddleboarding and swimming keep us 'fit and healthy', or so we think.

While having fun year after year we may notice small deviations from our healthy 'norm'. These subtle signs of change, we may call aging, but it may be more. The majority of us generally have medical and dental care elsewhere in US, Canada or beyond. But, in reality are you really getting the proper checkup that one needs? You can be physically fit, and still have medical issues that need to be addressed. Are you listening to your body, and the 'signs' it is trying to warn you about? Especially, as we enter those years (50 yrs +) with ever changing new medical health guidelines and recommendations. In reality, unless we are getting comprehensive preventative medical which includes dental care, do we really know our "numbers" or state of physical health? Many of us do pay close attention, but are we really brushing and flossing after every meal? Are you really taking heed to your blood test results and making diet changes if needed to address any issues? Are you really listening to your body's warning signs, or are you brushing it off as "heart burn, tired eyes or over worked joints?" Are you maintaining your body as good as you do the equipment for your favorite pastime?

The importance of health maintenance on your bodies is as vital as maintenance on our vehicles, sports equipment,

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

**We appreciate your donations to help us continue providing Los Barriles with top-notch medical, dental care, low-cost pharmacy for hard-to-find controlled medications.**

### Dr. Emmanuel takes care of our kids ..

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

Through our telemedicine programs, Dr. Emmanuel will continue weekly online meetings with children in our clinic.

### New preventative Health program "No cavity kids club" ..

Under the direction of Dra. Veronica Tuchmann, we have launched a special program. In our efforts to help children and families in our community we will offer oral hygiene in order to identify cavities and provide treatment and restoration.

Contact our social media for appointments or Dra. Veronica Tuchmann at 612 159 5233.

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