



**Artist Studio Tour
in Los Barriles!
The Cure for the
Common....Boredom!
February 9th, 10am – 4pm**

By: Christine Courtright

Can you believe we have lived through our new *Covid* world for 2 long somewhat uncolorful years??!! But fear not, the cure is on the way from the **Asociación de Artes (AdA)** and their very ‘Covid safe’ **Artist Studio Tour.... Covid style on Wednesday, February 9th from 10am – 4pm!** We proved in 2021 that we could pull off a safe event, and we can do it again! We have worked hard to ensure that we can provide for our guests and artists an event where we can maintain the governments Covid Safety regulations and be safe. And as part of that, **Masks Are Required!!!** With that said, make sure you check our website (www.eastcapearts.com) for the latest information.

The studios, which are all in the Los Barriles area, will be mostly outdoors or be in a space where there are open areas and lots of natural ventilation. We will have about 15 stops, with several artists and many locations. And

many of the stops are together, so it is easy!

We will even have a ‘Covid safe’ drive through (you don’t leave your car) ticket booth located at **Baja Properties** in Los Barriles (across from Tio Pablo’s Restaurant and Hotel Palmas de Cortez). The ticket booth location will be well marked and is easy to find in Los Barriles. You drive in off of 20th Novembre and exit at the side street. It can’t get any simpler! Tickets are sold from **9:30am – 1:30** and prices have remained **\$100 pesos or \$5.00 usd**. You will get your map to the studios and your wrist bands for entry.

All the down time from Covid has led to tremendous creativity from the artists and you will be delighted with what has come out of lockdown, lack things to do and more time than normal on your hands! Couple that with the lack of sales opportunities, the very busy artists have a great inventory! Artists on the tour vary from fabric, jewelry, bead or soft goods medium, weaving, photography, oil and watercolor paintings, ceramic and pottery and natural materials, just to name a few. Artists include Elizabeth Perkins with some silver and precious stone jewelry, Vita’s Fashion & Art with Baja perfect clothing, the Apron Lady and sewn creations, San Antonio weavers, Michele Melehes with up-cycled indigenous Guatemala and contemporary clothes, Turtleley Cool and their turtle theme items and the artwork of Linda Bena, Colin Harivel, Jeff Heintzman and Connie Heinen – just to name a few of the artists. And yes, we have new stops on the tour! Being a few days before Valentine’s Day you can get your shopping done while enjoying the tour. Get gifts for your loved ones and yourself!

We will also be having a HUGE raffle basket worth hundreds of dollars and full of the tour artists work, certificates from local businesses and much more. Last years’ basket was worth \$1200+ usd! And what a great basket it was. Tickets will be sold at various studios, and the actual basket will be at the Apron Lady’s

Continued on Page 3

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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

Contributions Can Be Made 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.

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.



Newsletter Email Address

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



Read the color version online at www.eastcapearts.com

Artist Studio Tour Continued From Page 1

studio. Tickets are only \$100 pesos each, and you know where the money goes.... To the students of East Cape Schools!!!

The Studio Tour is one of the major fundraisers of the **Asociación de Artes del Mar Cortez**, whose mission is **“Improving the educational experience for all students of the East Cape”**. This runs from providing school supplies, maintenance at the schools, sports programs, summer programs and even printing schoolwork for the home study required because of Covid. Come and help us continue the mission! See you on February 9th, for the **Artist Studio Tour!!**

More details at www.eastcapearts.com

Festival de Artes 2022

Asociación de Artes has a great article written about this year’s great event. An event we were calling “two years wrapped into one!” We should be telling you about all the new attractions, new vendors, great food and drink and of course the fantastic traditional Mexican entertainment we have lined up.

That is *what* we should be talking about. But, instead we need to announce the decision was made to postpone for another year... until 2023. This decision was not made lightly and there was plenty of discussion with Hotel Palmas de Cortez and Asociación de Artes, and we all felt it was the wisest thing to do. Since we cannot ensure a safe event and that the current uptick from Omni strain would fade away before March 20th, we took the safest and wisest path for everyone. AdA’s goal’s have NOT included being a super spreader and with our huge beer garden and food court, it really had the making for something we would not like!

I can say we are super prepared for 2023 and it will be better than we could have produced in 2022. Hopefully all the schools will be back, and dancing!! Covid can’t surely be around still in 2023 and cancelling events!! So, mark your calendar for March 19, 2023 and be prepared for a “*Really Big Show!*”

As a festival director for 26 years, this is weird because it is the only the second time since 1995 that I have not been planning a big festival – in East Cape or in Washington State! The first time was last year’s festival! At least we were able to have the Holiday Show in December!

So, to protect my planning

addiction, please everyone, let’s all work together and do what we have to do to slow down, maybe even stop, this Covid thing! If we all head the same direction, we can get it licked, or down to just an annoyance.... occasionally. Not the life altering pain it is now! (This is my personal opinion and not necessarily the opinion of the AdA... but I think I can safely say it is their opinion also)

As the HUGE billboard we saw as soon as we drove into Baja California SUR said “*BCS Requires Masks*”, so if we all just do that and follow the laws of the land....maybe just maybe?!!!!...

Well, we have our headline for 2023.... “*Festival de Artes... threes years fun wrapped into one!*”

Steven King Print Sales to Benefit Crescent Moon Art Project!

All sales from prints from the late local artist Steven King will go to help fund the Art Projects of Crescent Moon! Make sure you get your print at the Artist Studio Tour! The two different prints are some of the fine work from Steven King, who we lost this summer. You can also get yours by contacting Janet King at 541-771-0909

Email: eastcapearts@gmail.com



Crescent Moon Project



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THE MORE YOU KNOW.....

By: Charlene Wenger and Ivan Kaiser (PhD)

For over two years, Covid 19 has dominated the news globally. This has prompted scientists from around the world to share research results as well as treatments and remedies. Yet, with much conflicting information, it is difficult to make sense of it all.

Covid-19 is an infectious disease caused by a virus. It can be spread from an infected person's mouth or when they cough, sneeze, speak, or breathe. These released microscopic aerosols can infect someone nearby. Hence the recommendation to avoid crowded indoor and outdoor areas. Touching contaminated surfaces and then touching your eyes, nose, or mouth can also lead to infection. Protections such as KN95 masks, hand sanitizers, frequent hand washing, good indoor ventilation, and **getting vaccinated** are all aids in staying safe. Infections after two jabs and booster can still occur, but cases are generally milder or even asymptomatic. So how does Covid spread so quickly?

Covid virus is a single-stranded RNA-containing virus. Unlike our genetic information, which is contained in our DNA, the virus stores its information in RNA. It codes for a variety of proteins essential for virus replication, and is encased in a 'viral envelope'. This spherical envelope protects the virus when outside its host cell. There are also

spike projections called 'spike proteins' extending out from the spherical envelope—sorta like the projections seen on the overhead Christmas piñatas hanging above the Main Street in Los Barriles. These spike proteins interact with receptors on our cells. Like a key in a lock, they enable the virus to gain entry into our cells. Covid variants like the highly contagious Omicron variant have mutations in the spike protein which fit into our cell's lock better, so the virus can attach easier, making it more infectious. 5. mRNA vaccines manufactured by Pfizer and Moderna are genetically engineered to give our cells instructions to make the spike protein or a portion of it. These proteins are foreign to our bodies which stimulate our immune system to create antibodies to these proteins. If we later become infected with covid virus these antibodies will fight the virus. After delivering the instructions to make the spike protein the mRNA is broken down and never enters the nucleus, where our DNA genetic material is located. As a result, the mRNA vaccines WILL NOT alter our DNA.

Antibodies are Y-shaped proteins produced by our immune system. The tip of each Y-shaped antibody contains an antigen binding site that binds to a specific portion of the foreign protein's surface. This binding helps to eliminate the foreign protein from the body by either direct neutralization or 'tagging' them for elimination by other components in the immune system.

When infected with covid, the body produces antibodies that bind specifically to the spike proteins and viral envelope proteins to help eliminate the virus. This binding has been harnessed to develop the antigen-based diagnostic tests. They are designed to detect viral envelope proteins which are less prone to mutate than spike proteins, making them effective in detecting covid variants with common spike protein mutations. These tests can be conducted in a few hours. PCR tests for Covid detect genetic material instead of protein components but are more complicated and expensive to run than antigen-based tests. They are more sensitive than antigen tests and are considered the 'gold standard' in covid testing.

Recently, two different oral treatments for covid have become available. One from Merck/Ridgeback Therapeutics called Molnupiravir and the other from Pfizer, which is actually a combination of two drugs, Paxlovid plus Ritonavir. Both the Merck and Pfizer drugs interfere with covid's ability to reproduce itself, but each drug interferes at a different point. Merck's drug promotes so many mistakes in the replication of its genetic RNA that it becomes non-functional and leads to what is known as 'error catastrophe'. Pfizer's drug allows the viral RNA to assemble correctly and even make a large piece of viral protein coded from that RNA which serves as a messenger, but that large protein then has to be sliced in a specific way into smaller pieces to be functional. Pfizer's drug inhibits this processing—hence no working virus, so no problem!



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The More You Know Continued From Page 4

Over the counter and prescription medications such as ivermectin and hydroxychloroquine have been proposed by some as a treatment for covid. Such claims are not backed by credible scientific evidence.

Currently in our little corner of Baja Sur we have seen surges of positive findings in groups, families, and business workplaces. We are not out of the woods, but we are in a much safer environment if we continue to use the simple measures, we learned over the last two years. Vaccine, masks (KN95 work best), hand sanitizer and maintain a 1 meter+ distance if possible. East Cape Health Center offers daily testing Monday-Friday 8-4/Sat 8-2/Sunday 9-1. We know that the number of covid cases are greatly diminished because not everyone gets tested and those who are asymptomatic many be a carrier of the virus and not know it. Our hospital caseloads continue to vacillate, community-based spread is understated, and tourism is the main event of the Baja. Seek medical attention if you experience symptoms ASAP, we are here to help everyone in our community.



Make a Difference in Your Community.

By: Gordon Blackie

Surely the true measure of any community is in how it treats its least fortunate. For many years the Los Barriles Feeding the Hungry Program has been providing food security for the neediest families in our town. Some families are really struggling.

Consider what happens when Covid gets layered on top of this!

Imagine the situation when the virus then spreads to the whole household. Medical expenses come at a time when there is not even money for basic needs. Financial hardship is challenging enough but when it comes when you are sick and most vulnerable it is easy to slip into a feeling of helplessness.

Feeding the Hungry reaches out to people, talks to people, encourages people, and supports the needy with practical assistance. Feeding the Hungry follows up on contacts to assess if they have made it through tough times, or if they need more provision.

Right now, Feeding the Hungry needs your support. Without adequate financial backing the compassionate work of supporting the least fortunate among us, and those stricken by Covid, will struggle.

I believe we have a kind and charitable, community here in Los Barriles. Please show this by making a donation to Feeding the Hungry, because it is only with your generous and caring support that we can continue to reach out and help those most in need.

How to Donate

1. Please go to <https://leaders2give.org/> and click on the DONATE button and follow the instructions. Choose the "Feeding the Hungry" option when filling out your donation information. This method allows US citizens to claim a US tax deduction,
2. You can donate via Paypal. The link is [paypal.me/bhpurkey](https://www.paypal.me/bhpurkey)
3. Contact Ben & Harriet Purkey at purkeybh@gmail.com
4. Contact Gordon & Joy Blackie at gordonandjoy@gmail.com

Any donation would be greatly appreciated. Please also consider sponsoring a family for a year. For just \$1.78 a day you could provide food security for a local family for the whole year. That is less than the cost of your daily cup of coffee! Contact the Purkeys or the Blackies for more information on this.

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are those rare people who
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to the light - Steven Aitchison

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Tech News

By: Lane Sykes

Windows 11 is out in the wild and ready to download for free. Personally, I'm going to wait and see. It's basically Windows 10 with more "chrome and fins" like Detroit did in the 50's. The start menu moved to the bottom center and the search block moved as well (spy glass). I'd like to give Microsoft a couple more months to get it ready for all of us that are average users. There is something to look forward to, they are going to allow Android apps to be used within Windows 11. There are some applications that will only work on cell phones with this mode, they're bringing them to the computer.

One of the most frequently asked questions: Do you need an antivirus? Short answer, No. Windows has a very good antivirus built into Windows and it's free. Microsoft created the operating system and knows its weak and strong spots. Mac users still do not need antivirus. The bad guys attack Windows for the same reason Billy the Kid robbed banks – That's where the money is! Cellphones, no worries. Chromebooks are bullet proof, figuratively.

As you have already figured out, CD/DVD players are no longer built into most computers. How about those floppy discs that have treasured photos. For not much money you can buy both that are connected via usb cables.

There's a program and phone app called What 3 Words. The creators have divided the globe into trillions of 10 foot squares. You can give anyone your three assigned words and they can find your address, house, backyard gate, etc. To find the entry fountain to Los Barriles, you would search what3words.com for: long.herring.valueless.

Big news with Cell Phone carriers. Old news, Sprint was acquired by Tmobile. As part of that merger approval, the FCC required that Tmobile help a fourth network come online. Dish in previous years has been buying frequency bands at US Government auctions. Dish bought Boost Mobile (an established brand) to set up their own cell network with their previously purchased frequencies. In English, look for more competition and lower prices in the next

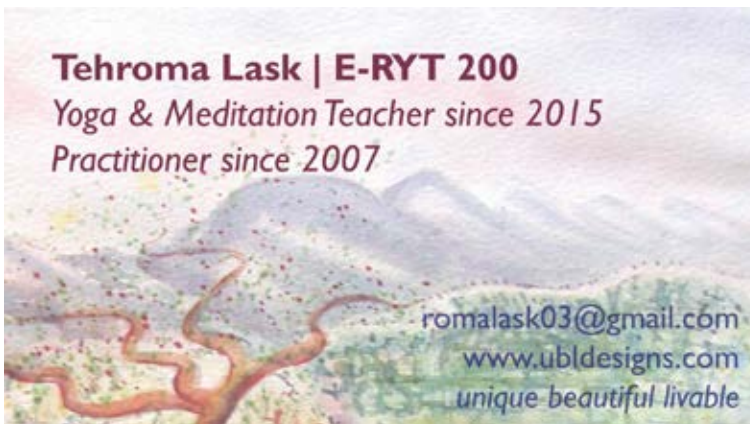


year.

Let's talk back up and access. I use Dropbox for all my essentials files that I may need access to at any time. It's a secure site that is available on every platform including Mac, Windows, Apple and Android phones, tablets. I store all my insurance papers, medical papers, drivers license, passport, and any info that I may need anywhere in the world. If I need to see a doctor, I have a 5 year medical history in my phone. Need passport info, no problem, it's in the phone. Need a printout of my insurance, it's in Dropbox.

One more time. If you loose your phone, immediately sign-in to "Find my Iphone" or "Google Find My Device". You will need your account information handy. Time is essential, those programs, apps will work as long as your device has an internet or mobile connection and battery power. If someone finds the device and plugs in to a charger, it can be located. Apple Earbuds, yes you can find them if they are within reach of a compatible Apple device with bluetooth.

The easiest password to use is the word "incorrect". If you can't remember your password, the computer will tell you that your password is "incorrect".



thecomputerguy-@usa.com

Read the color version online at www.eastcapearts.com

Secret Spot #99

The Super Fred Saga

By: Don Yeager

When I retired from hairstyling at age 65, my wife Laurie and I purchased an Airstream Land Yacht motorhome. For the next few years, we traveled to various places in the U.S. to find the perfect place to spend our later years. We thought that we had found it in southern California and purchased an RV spot with palm trees and an outdoor kitchen.

Rancho California was a little piece of paradise with its swimming pools, hot tubs, small golf course, beautiful foliage, palm trees, green grass and fun-loving neighbors. But that winter was freezing, and it snowed! No thanks!

One Friday night at the community get together with friends, I exclaimed "I still want to take the Land Yacht to Baja!" We had several friends there including Theresa Comber and Shaun Speer, who had just developed East Cape RV Resort in the small town of Los Barriles. As it turned out, some people from the resort had a caravan company called Baja Winters and, before we knew it, we were on our way.

We took 10 leisurely days exploring and discovering the Baja peninsula. The caravan ended up at East Cape where we booked in for 3 months. It felt like home right away.

During those months, we were introduced to a unique style of living. We walked the beaches, swam, kayaked, went on boat trips, ate fine Mexican cuisine, went to pig roasts, and watched many beautiful sunrises and sunsets.

One morning, while walking the beach with our dog, Sadie, I said to my wife, "I think this is it, it feels like home." She answered, "I love it here!" So we started looking at homes. We saw lots of places, but nothing quite spoke to us and we did not want to build.

Then, one day driving south past the Mar y Sol Condos, I noticed a pink walled, southwestern looking complex with a matching small home contained within situated one house off of the beach below with a breathtaking view. There was a large homemade "For Sale by Owner" sign hanging on the wall.

The year was 2006 and cell phones were a rarity, so I thought "what the hell, I'll go knock on the door" which I did. The door opened and a man appeared and I said, "I saw your sign...this looks like exactly what I have been looking for".

"Well, come on in" he says, "my name is Super Fred. Come in and meet the wife. Bobbie, we have a visitor, and he says he likes our place."

"Well, don't just stand there, show him around!"

I got the tour and then he walked me out on the deck which has a 180 degree view up and down the bay. "Yep, people say that we have the best view around. And we've been known to entertain 90 people here from the fishing group."

I am enchanted. I tell him that I will go tell my wife and I'll be back. He says to come around 5 and we'll have a drink. Vodka and ruby red grapefruit from the tree out front. He is speaking my language! I'll be back!

Back at the RV Resort, I tell my wife "I think I have found our Secret Spot #99"

So, just before 5, we hop in our Jeep Cherokee and head out. Upon arrival, I park the car, and go knock on the door. Super Fred opens the door and says "well, I'll be damned, a be backer. You know, most folks say I'll be back, but they don't. I like you already. Let's get that drink and we'll show your lovely wife around." Laurie meets Bobbie and their dog, Bruja. We show Laurie around, then have that drink on the porch with the incredible view.

Ok, long story short, after tossing and turning for a few nights, we go back to talk to them again. We have a number in our head that we feel we can afford, and it is the same number they have come up with. So, we took the leap! We shook hands, wrote out a handwritten agreement, and we had a deal.

Shortly after, we closed on the house and received the key to our little piece of paradise, turnkey and fully furnished with authentic Mexican furniture and charm. We named her Casa Encantada (Enchanted House) and have spent the last (almost) 15 years creating what we had always dreamed of an enclosed colorful private complex with walls, gates, patios, and walkways, gardens full of exotic plants, 5 species of palm trees, a beautiful mermaid fountain with water trickling out of her hair above her outstretched arms, and the most spectacular view around where we still live happily every day.



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Events Postponed (but not forgotten)

By: Steve Reed

Wave after wave of the Covid virus knocked everyone back this past season. It knocked Club Rotario Los Barriles back initially to helping with foodbanks and medical needs. Everyone in East Cape was knocked down, but to everyone's credit, they were not down and out. Then just as we were getting on our feet again, the new Omicron variant struck, spreading rapidly. And we retreated into our small clusters again, drew back to safe distancing once more, pursued multiple vaccinations, and covered our faces in public, hiding any smiles we might have shared in better times. The pandemic stole our grace, censured all our safe places and reduced our gathering sites to a secure few. Our community unity became not so much looking for fun, but more simply avoiding exposure.

The season started well, with the virus on the run we thought. Our annual Rotary Taste of East Cape recovered nicely last December, friends and families gathering to savor the flavors of the incredible cuisines that can only be found in East Cape. Mark your calendar: all things considered; our next 2022 Taste of East Cape will begin nibbling December 3rd at Laguna Park.

This year we are committed to continuing the projects we were pursuing before they were interrupted by the virus.



We're learning; the Covid has schooled us, teaching us how to accommodate the limitations we must face. And creativity has never been valued more highly. Meetings are every Wednesday morning at 9 AM at La Playa restaurant in Los Barriles, or by remote via Zoom. Everyone is welcome.

The Omicron is surging at this writing, and without the foreknowledge of what is to come, we are canceling our 2022 Valentine's Day dinner and dance until the time we can all celebrate together without risk. Limiting the threat of the new variant is presently far more important than partying with our friends. It's easy to see that abstention is safer than exposure.

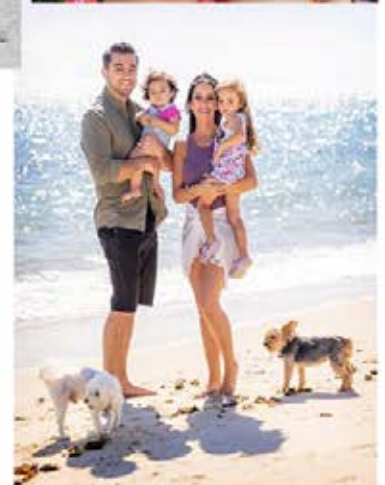
Save your taps and dancing shoes for next season. Be safe, be secure, and we'll see you there.



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Capsforcancerbaja

By: Annette Kaiser

Capsforcancerbaja wants to thank all the donors of items for our garage sale December 2021. We had been collecting for 2 years because of the Covid outbreaks, we were unable to hold our sale since 2020. Thanks to our Mexican and Gringo volunteers who came before 6 am to unpack, price articles, work as cashiers, and helped pack up at the end. Our sale was very successful. We sold most everything. We packed up after the sale and took the leftover clothing to Campemento DIF for distribution to the community. Four boxes of clothing were delivered to the little school/church in El Coro Christmas Eve, to surprise the villagers.

All funds go to purchasing yarn for our volunteers to make hats, blankets, booties and ponchos for Salviterra Hospital's Casa Valentina, Casa Reto's ladies with Cancer, several orphanages and the Rehabilitation center working with over 600 children. We all enjoy working on our projects, meeting the recipients of the articles and sharing information.

Thanks to all our volunteers who worked throughout last year creating beautiful articles. A beautiful handmade shore fishing rod was donated to Capsforcancerbaja to be raffled. Please watch out for us at the market. Please if you have items you wish to donate for our next garage sale in 2022, we are truly grateful. Contact Annette at iikaiser@frii.com



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10am—2pm



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Gallery Location:

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A Fitness Love Story

By: Sefi Held

Sharing travelling adventures and careers with my students prompted the suggestion that I share my fitness and movement story. I arrived in Arizona in June of 1958 when my father finished his Air Force service and it was a major culture shock for me coming from Frankfurt, Germany to a ranching hamlet of 1300 population in the Northeastern part of the state. I had to learn English immediately in order to attend school in the fall and thanks to my two older high school cousins, I learned quickly and was introduced to their love of gymnastics and cheer leading. I was hooked and soon followed in their footsteps and participated in the Drill Teams, Twirling Teams and Cheer leading in our local high school. I graduated in 1966, left the small town of St. Johns and at 17, enrolled in the Phys Ed program at college in Phoenix - I loved the city and it changed my world to have so many amazing choices. My studies were interrupted when I left to go to New Orleans in 1968 for the Mardi Gras, met Hans, my husband, and moved to Canada. Our children attended the local YMCA for gymnastic classes, and I stayed at the Y during their practices and participated in the yoga, fitness and dancercise classes. The CEO asked if I would be interested in taking the certification program for teaching fitness in exchange for volunteering at their YMCA. That was the start of my love for teaching fitness and movement and this passion led me to quit my Law Clerk job 25 years later and pursue certifications in Personal Training and Pilates to supplement my Yoga and Fitness Instructor certifications. I took a business course to determine if I was capable of starting my own fitness business and the research and homework of preparing a Business Plan, and the advice of the instructor, gave me the courage to start HELD in Motion.



I did not rent a studio space to save on operating costs and sent invitations to Rec and Senior Centers, our local Mental Health Center, cottage resorts, and basically anywhere that had a gymnasium type of space, where I could teach classes. The response was amazing and before I knew it, I was teaching 16 classes a week plus personal training.

I auditioned for a company called NRG2GO that had contracts at five-star hotels in the Caribbean and Costa Rica and needed instructors to teach in exchange for accommodation, meals and drinks. It was the beginning of our quest for escaping the Ontario winters and doing what I love. Hans always came along with his windsurf gear to pursue his sport, and had the locals ask him for advice on how to windsurf. Thanks to Jeff at Tropical North in Ontario, Canada, whom he instructed windsurf lessons for in the summer months, we ended up in the active community of Los Barriles. Lynn Casto, the manager at Vela at the time and a friend of Jeff's, hired him to teach windsurfing for the season in 2005. We loved Los Barriles so much that we bought a lot, a trailer, built on and 17 years later, we still love our winter months in this beautiful town and the people who make it their home.

I've spent 50 years helping people transform their lives through movement and health. I teach an integrated, whole-person approach to well being emphasizing optimal function for all systems of the body and the development of confidence for my students from the inside out. Seeing my students achieve goals and helping them with their wellness plan to become victorious over their own lives has been the best job in the world.

Our bodies are built to move, and yet a staggering percentage of us never do so. My classes are for anyone and everyone, mover or non-mover, to experience exercise as enjoyable and rejuvenating from the day that they start.

I have aligned myself with a diverse group of instructors here and the best business owner, Jackie Reeves, because we all share universal challenges in this ever-changing industry and different perspectives can be golden.

I always want the place where I teach to be the safest, most inclusive, most educated, qualified, energetic, and powerful place for you to belong and to show how exercise can help us find happiness, hope, connection and courage!

I hope to see you on the mat!



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Leaders2Give & the Feeding The Hungry Program

By Adam Greenberg

Hurray Covid is practically over!

This was the thought going through my head last summer as the Board of Leaders2Give planned its first ever on-site board retreat. Not all members of our board have homes here so we were excited for a chance to get together last December and work as a team to craft the next chapter of our organization.

The idea of the two-day Board retreat was to define our core values that would help guide the important decisions continually facing us, and to get aligned on our go forward plans.

We've always been guided by our mission which is to inspire, teach & empower people to become leaders who possess the skills required to solve the problems facing society by providing an opportunity to engage in hands-on work in developing communities and in real life settings, but we wanted to define Leaders2Give beyond that.

We even asked the community for input. If you were one of the many people who filled out our survey, thank you so much! We received a bounty of thoughtful insights which helped guide many of the decisions we made about Leaders2Give's values, purpose, vision, and goal.

Are you ready for the results?

OUR VALUES (what we stand for)

- Responsible Stewardship
- Integrity
- Impactful Ness
- Compassion
- Community Focused
- Empowerment of Others

We also wanted to get crystal clear on our "Why" — Why does Leaders2Give exist? Taking the community input into consideration, we came up with a very clear way to articulate our purpose:

- To protect vulnerable children in developing communities & communities in crisis.

Next, we needed a decision on our goals. Specifically, what was the one big goal we wanted to achieve based on our Mission, Values, Purpose, and community input

We decided that our Goal was:

To build and sustain a children's home in El Cardonal, BCS, Mexico that provides a temporary home for children while their families are impacted by a medical

If you are reading this and wondering, "Hasn't that always been a goal of Leaders2Give?" Well, yes, you're correct. When the pandemic was announced in the Spring of 2020, however, we realized we had an impending crisis on our hands in Los Barriles, Mexico and surrounding area.

The board made the decision at that time, to put the new children's home on the back burner so we could respond to the requests for support that we were receiving from the community. While we will most certainly continue to support the community and the worthy organizations we have been supporting, while also continuing to accept new partner organizations that mesh with our mission, values, and purpose, we decided that all fundraising efforts moving forward would be focused on the El Cardonal new children's home. We are also still committed to financially sustaining the New Creations Kids children's home as we have been doing since our inception.

Continued on Page 14



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Leaders2Give Continued From Page 13
But wait... not so fast!!

It appears we aren't out of the woods yet. Covid is surging again in many parts of the world including right here in the East Cape. One of the consequences is that food security is a big problem again. The Feeding the Hungry Program is feeding hundreds of families every week because family members are unable to work due to having contracted Covid-19. Every single day since the new year began, they have been receiving applications for support from at least 10 new families — *That's 70 families every week!*

The challenge is the funding simply isn't available and that's why we are once again pausing our fundraising for El Cardonal. We are asking our supporters, and anyone else out there who is reading this, to please consider making a donation to the Feeding The Hungry Program today.

Visit www.leaders2give.org and select "Feeding The Hungry" from our giving menu.

We hope this surge soon passes and in the next edition of the East Capers magazine we are able to share an invitation to visit a ground breaking ceremony in El Cardonal!

To receive monthly updates to your inbox on our initiatives and partnerships visit leaders2give.org and sign up to receive our inspiring newsletters



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- Your smile is the Dream of the Depressed
- Your health is the Dream of those who are sick

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Los Barriles, B.C.S next to Carmens Cafe

Living and Working the Dream

By: Brian Attard

I do not know anyone who is here in the Baja because they 'have' to be here. We are here by choice and for many of us with a lifestyle very different from that of the one we lived in elsewhere.

I was raised in New York City, Queens to be exact. In 1998 I relocated to San Diego California because I chose to raise my two children in San Diego and it was the right move for my family. I worked 20 years for USAA insurance, a great company in a job I enjoyed. But on my 20th anniversary, to the day, I retired feeling that I wasn't serving my life purpose and just going through the motions. Leaving a good job and financial stability wasn't easy. And about the same time, I was divorced amicably after 22 years.

I am not wealthy by any means and was a few years away from social security, so I needed to find an affordable living solution. I missed having culture in my life, so I began googling "affordable places to retire". One of the top places that came up was Mulegé, BCS. I knew nothing about Mulegé but quickly learned it's a natural Oasis in BCS, and that was not far away. That intrigued me so I pulled up a few properties for sale - even two on Craigslist. I took a trip down from San Diego and as I approached Santa Rosalia, I witnessed the Sea of Cortez for the first time. I can honestly say I felt my blood pressure drop and I knew I was in for something special.

It did not take long that I found what I knew was my house. It's right on the river in Mulegé which some would say it's a crazy choice because the river has overflowed in years past so there's risk involved. I quickly found out that insurance companies don't penalize you for living in a flood zone and my rate would be \$300 a year for homeowners insurance, so it made that decision easier. Remember, I was in the insurance business.

While living in Mulegé, I realized I needed hobbies as I'm not the everyday fisherman. One night I had dinner at Los Casita's restaurant in Mulegé where they had a live band that night. One of the band members was selling his craft beer from a 5-gallon home brew keg. It happened to be an amazing IPA. As I have a passion for craft beer, especially IPA, a light turned on in my head. I discussed opportunities to promote and sell Enrique's beer and we agreed to give it a try. And just like that I started my second

Continued On Page 16



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Living the Dream Continued From Page 15

career... a really fun one this time. I began seeking a location to open a tasting room. I found a location next to the Arch right on HWY 1, which would be the perfect location because anyone driving through Baja would have to pass this location, and they would want to stop.

While all this was happening, I met, online, my now wife Anna who is from Venezuela but living in Puebla at the time.

She eventually flew to La Paz where I met her. She didn't speak English and my Spanish is very basic, however when there's chemistry it doesn't matter.... it was actually very romantic! We decided to get married in Puebla, we've been married for two years, and recently welcomed a baby together- and that is another great story! And what a joy that has been in my life! What a partner she has become in the business helping me weave through the maze of regulations, licensing and my language deficiencies!

Two years into Mulegé Brewing Company, we have become a destination for tourists with 15 taps, currently 12 different styles. We still make beer here in town and also buy the best available craft beer in Baja and there is a great selection to choose from. We have a full kitchen, and I am told we have the best pizza and burgers in town. We have created 7 jobs which I'm most proud of. I consider Mulegé Brewing Company my "hub" to serve the community and we give do back.... a little goes a long way. Free pizza for locals is a weekly event and we actively find out who is in need and serve. My experience with USAA, instilled a solid work ethic and a quality product, and I carry those traits to this new business venture. Mulegé Brewing Company is also host to many fundraisers, one being "Los amigos de los Niños", who provide scholarships for students to continue their high school and college education. We are scheduled to host "Rock the Arch" again on March 6th to benefit the



scholarship program. We also host local artists to display their pieces with the intent to sell and it's a win-win for both, as it gives me rotating art and is part of the culture fulfillment I desired. Check out our events on our facebook page – www.facebook.com/mulegebrewingco

I've met so many great people who are traveling the world, bike-packing from San Diego to Cabo, living on the road, whether it's "Xscapers or Overlanders or people just looking for their place in Baja. I feel at peace in my life living here in Mulegé. It's not about the type of car you drive or what you may be worth. It's deeper than that. I think it is the difference you can make in the life of others. And if you can have fun doing it, that is the icing on the cake!!



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Crescent Moon One Year Anniversary in February!

By: Priscilla Duran

The holiday season at Crescent Moon was special for kids and grown-ups! With the help of our art teacher, Melissa McDonald (and the creative mind behind our Margaritas and Arts events), last December, we were able to turn our classic Margaritas and Watercolor night into a make your own ornament night. We set up nine stations with all the supplies to make a different ornament on each; we made cute gnomes, taco ornaments, beach crystal balls and angels, to name a few... it was an evening full of glue and glitter, and oh so fun! If you haven't been to any of our events, follow our FB page so you don't miss the next one!

We appreciate very much the support we receive towards the efforts we make to keep our program running and free of cost for children, but at the same time, we feel happy to offer a fun space for grown-ups to reconnect with art.

The kids celebrated Christmas with an art class. At the craft club they made Christmas socks that they filled with candies. At the Painting class, they did a painting as a Christmas present for someone they love, we also enjoyed some cookies and cake. The kids were happy and

enthusiastic about expressing themselves through arts, they are surprised every time their work exceeds their expectations. They are working hard to improve their skills.



With the season of giving, we created an Amazon Christmas wish list of supplies we usually need, and people have been so generous buying some of the supplies on the list for us. Cafe Maria's address is set up for delivery, so it's been like Christmas every time the delivery guy arrives with a package of Art Supplies for Crescent Moon!

The great news is that we are about to celebrate our first anniversary!! The first Crescent Moon's art class for children was on February 17th, 2021. It feels like yesterday when we were trying to figure out how to start this not-so-crazy idea. Thanks to the support of the Asociación de Artes, Los Barriles Rotary Club, and the beautiful community we live in, here we are talking about our goals for the upcoming year. One of our goals: Find our own place; a place where children and grown-ups can take art classes/workshops and find a peaceful way to express themselves through arts.


We are looking forward to adding guest painting teachers into our program once a month, participating in the next art show and continuing to make an impact in our community!

If you would like to learn more, volunteer, or support this project, contact me at priscilla@losbarriles.life






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LOT VISTA AL MAR - \$46,000 USD
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Los Barriles Compound



Property is in Los Barriles, 100 meters from the beach with beach access and killer views of the water. Upstairs is a 1BR, LR, Kitchen, Laundry with huge deck. Downstairs are two large bedrooms that can sleep 8 comfortably. There are three Tipis. The compound is currently run a business "www.captainnemoslanding.com" The price of \$365,000 includes the business or \$345,000 without the business. For more information contact Jeff jeffinbaja@gmail.com or cell 760 274 4128

Whale Shark Adventure Part One

By: Theresa Comber

On the crystal blue waters of the Sea of Cortez, we pressed against the railing with our binoculars strained on the horizon aboard the 110-foot ship 'Adventure'. Topside, the third level deck allowed 360 degree views as we searched near and far for the world's largest fish, the incredible, elusive, whale shark. Having set out the previous day, we were now offshore near Espiritu Santo Island, in the archipelago outside La Paz, Baja's beautiful capital city. In thousands of feet of water, the energy and excitement onboard was as buoyant as the salty waters we were playing in our hunt. Our goal? Find and record information on the enormous, migratory pregnant females, the largest, most mature whale sharks which return during in May and June to these safe, warm waters. The previous year none had been spotted so hopes were high for a sighting.

During the third week of May this past spring, I had the incredible privilege of joining a Whale Shark research trip led by Dra. Dení Ramírez. Equally as beautiful as she is passionate, Dr. Dení is a world-wide expert based in La Paz who is dedicating her life to uncovering the mystery of this gigantic animal. Our mission was being sponsored by Lela Sankeralli with Canadian-based "Panterra Eco Expeditions", an international educational company bringing British Columbia's high school

students to La Paz to learn and explore the waters and islands. Their work brought them together and now the symbiosis of their shared passion and interest is underscoring research opportunities. There is very, very little known about whale sharks, which are found around the globe in temperate waters and Dení is determined to shed light on them, especially pregnant females.

We had our first swim in the early morning with young whale sharks in the near shore waters of the long, white sandy beach called "Mogote". Whale sharks don't mature for reproduction until nearly 22 years old, so 'juveniles' can reach 25 feet long and still be reliably found during fall and wintertime in this rookery of shallow, plankton rich waters. Dení was clearly testing our water skills, and as a self-proclaimed mermaid I was determined to keep up with her. We went overboard together with a 6-foot-long stick to measure the dorsal fin and an underwater camera to photo identify each animal.

Like a thumbprint, each whale shark's vertical stripes interspersed with a row of dots creates its uniqueness. A photo just behind its head to its large gills allows an upload to the global database to determine if this fish has been recorded. Most whale sharks in the rookery are known to Dení by name and she's most affectionate toward 'Flavio', a male she jokingly says has 'failure to launch'; he's 29 feet, around 22 years and still enjoying the sweetness of his extended youth. Their backs are dark grey to blue with white bellies; it's easy to see that nearly all are scarred, having suffered some sort of prop damage. Dení's research efforts have helped to raise environmental awareness in this 29 square mile area by

Continued on Page 22

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Whale Sharks Continued From Page 22

controlling boat speeds, limiting one boat per shark and the number to 6 swimmers with any individual whale shark. She longs to see buoys placed to define the otherwise invisible line delineating the feeding area and hopes that more awareness will create heightened interest and better ad hoc compliance.



our breaths, we gasped to the surface. The ship was close in sight and those onboard were waving and calling and dancing and the spirit of this experience was electric across the water.



What I didn't realize is that Dení is an actual mermaid, with legs that propel her like a fish. Her natural ability has helped her constant pursuit of whale sharks who although enormous are agile and quick moving. On the surface and below our strong swimming abilities were closely matched while staying ahead of the bubbles created by her turbine legs was my constant goal.

I felt like a fireman while we searched the seas for a dark spot, or perhaps a dorsal fin - our gear was ready and I was poised to jump into my full-length rash guard, don my mask, fins, snorkel, and be the first one to the awaiting panga. Then BANG! There she was! Our first sighting happened nearly alongside the ship, incredibly close and the action on the deck was fast and furious. We boarded and were barely pulled off port side before we were overboard. Dení was beyond happy.. We now had the first female whale shark in two seasons and in minutes we were swimming alongside her. I had the measuring stick, Dení had the camera. This female was moving fast and we were swimming really hard and hard pressed to keep up. Seriously, in the desire to get the dorsal fin measured the enormity of the fish almost, just almost, escaped me. Holy s*#!t! I was swimming as hard as I could next to a nearly 40 foot animal whose girth was so large I couldn't see around it. "Swim Theresa, stay up, get the measurement, pull away, breathe." JOY filled me. When she sounded so deeply that we couldn't hold


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Navigating the Confusing Real Estate Process in Baja

By: Emma Nicholson

Deciding that you want to spend more time in beautiful Baja can be one of the most exciting moments of your life and purchasing or building your dream home is the gateway to your future retirement, vacation time or permanent residence now. For those of us who have been here for a decade or more, we still pinch ourselves every day that we are fortunate enough to live in one of the most beautiful parts of the world. As we once did when we first arrived and fell in love with the area, we too welcome you to join us in our very special paradise.

However, buying in Mexico, and specifically in Baja, is very different to Canada or the USA. There are a lot of factors consider, and that's why you need a realtor to help educate you, guide you and importantly, protect you and your interests.

For those people who are choosing to leave our community and sell their property, we wish you the best for the next stage in your life and hope you leave with glorious, happy memories of your time on the East Cape.

Five Essentials To Know When Buying

Here are just some of the key things to consider when buying:

1. Home Inspection – houses are built differently in Mexico to Canada and the US. A local and qualified home inspector can help to allay concerns and identify areas that need attention. And sometimes, you might need a structural engineer instead of home inspector. We are blessed to have some experienced engineers in our town that can help with an inspection. Remember that there will be a fee associated with this, but it's worth the money.
2. Conduct a Survey – if you are buying a lot, you should ALWAYS conduct a survey using a professional surveyor. We have seen too many mistakes over the years not to do this! Again, there will be a cost attached to this.
3. Title – there are two different ways to own property; a fideicomiso (bank trust) or an escritura (held by a Mexican corporation or Mexican national). Find out what is best for YOU and your circumstances. Too often we have seen people pushed by a real estate sales agent into setting up a corporation when there was no need to do this.
4. Beneficiaries – with a fideicomiso, you will need to nominate beneficiaries to your property such as children, relatives or friends. Make sure that they have their passports or apply for them as soon as possible as it can take months to obtain new ones in the current climate.

Continued on Page 24

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Casa Septiembre

La Ribera
Close to beach
2 bed. 2 full baths
2 car garage

\$305,000.00 USD



Located in the center of La Ribera with expansive views of the Sea of Cortez and the developing Costa Palmas/Four Seasons. The property is well placed to enjoy year-round sea breezes and in time, will overlook the prestigious, landscaped Costa Palmas marina with multi-million dollar homes and boats.



**Dede Bacon &
 Emma Nicholson**
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Casa Valdez

Las Lomas II on
'Golden Five Miles'
4 bed. 3.5 baths
2 car garage

\$890,000.00 USD



Find Casa Valdez in the highly desirable Las Lomas II development, just south of La Ribera, in the area known as The Golden Five Miles. Thoughtfully designed by its current owners, this one-level house has been finished to the highest standards. Play pickleball on your own court overlooking the Sea of Cortez.



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Casa Primavera

Los Barriles
Close to beach
5 bed. 3.5 baths
1.5 car garage

\$625,000.00 USD



Casa Primavera is set on a large lot in the beautiful Esmerelda subdivision, off Agua de la Costa road/paved road. Primavera consists of three separate dwellings; a three bedroom house, a separate building consisting of a one bedroom apartment downstairs and studio upstairs. A great family or rental property.



**Dede Bacon &
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Casa Concha

Coast Road
Directly on beach
3 bed. 2.5 baths
1.5 car garage

\$975,000.00 USD



This breathtaking house sits directly on Pebble Beach, one of the region's best beaches to snorkel, kayak, or SUP. Casa Concha is built in a traditional, hacienda style, utilizing local materials and traditional artisan craftsmanship. A popular rental, this house is the perfect getaway as a vacation or permanent home.



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 Megan O'Leary &
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Navigating Continued From Page 24

5. The Buying Process – you should get your closing costs very soon after you have made an offer. To avoid surprises at the closing table, ensure that you know what buyer costs involve as they are higher than you would normally expect when buying in the US or Canada thanks to the Mexican federally mandated acquisition tax. Your realtor can help to organize this through the closing attorney.

Five Essentials To Know When Selling

Listing your house or property is a big decision. Are you going to get your money back? What is it going to cost me to sell? How will it be marketed? These are all incredibly important components to selling. However, the listing process itself is a vital part of ensuring not only a successful and compliant listing, but also a future sale with, we hope, fewer hiccups! Getting your ducks in a row at the start of the process can reduce the need for requests for information and answers during the selling process:

1. Net figure – it's very important to have an estimate of what you will potentially net at the end of the transaction. Your realtor should provide you with at least one or two comparative capital gains estimates so that you know what you will net after all seller costs are paid. Sellers pay the following:
 - a. Capital gains
 - b. Real estate fees + IVA (mandated by the federal government)
 - c. Any additional professional fees instigated by the seller
2. Property taxes and annual fideicomiso payment – make sure they are paid up-to-date.
3. Utilities - Water, utilities and any HOA fees – make sure these are also paid and up-to-date.
4. Essential ownership documentation – make sure that you have all the correct paperwork to list including escritura/fideicomiso. If your property is owned in a corporation, then remember that we will also need to see corporation documentation.
5. ID – have available 2 forms of identification such as your passport/driver's license/INE as well as a copy of

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your Mexican temporary or permanent residence visa – if you have one. You will also need to show proof of address where you reside in Mexico, USA or Canada.

...And finally, please remember that the closing process can take up to 90 days – and even more during COVID. For a more detailed exploration of why it takes so long talk to a real estate professional.



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Baja's Heartland – Part Two

By: Gary Graham-That Baja Guy

Part one in the December/January issue of East Capers Magazine



With the help of a rental car, exploration of Baja's Heartland is possible. As you drive northward toward Bahía Concepción, the 22-miles long, breathtaking bay with grand landscapes and many uncrowded soft, white sand beaches are dotted with campgrounds, RV parks, and hotels. You will find the uncrowded coves and the clean waters of this enormous bay fascinating and perfect for snorkeling, kayaking, or additional water sports.

Next on the drive is Mulegé (3,821), located at the upper northern edge of the bay. Here, you will find various quaint hotels, RV parks, restaurants, a bus depot, and a dirt airstrip in front of Hotel Serenidad.

You will also find sport fishing, scuba diving, kayaking, and tours combining cave paintings and ecology. One of the prettiest and most laid-back towns in Baja California Sur, the village is located between two hills covered with date palms.



The Santa Rosalia River flows lazily through the valley and ultimately merges with the sea; colossal palm trees, orchards, and bougainvillea of all colors edge this picturesque river. Several full-service RV parks line the course of the river south of the entrance to the town – the same river where a Ray Cannon story created such a stir in his day when he related his encounter with the giant snook of Mulegé. Although not giants, snook have reappeared in the river, much to the delight of locals.

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Thirty-eight miles to the north is the final town on the trek, Santa Rosalía (11,765). This taste of Baja's old-world charm is a working town with a great port and an incredible history. It is located between two tablelands by the Sea of Cortez and displays unique French architecture in its wooden buildings.

On July 7, 1885, the French company El Boleo initiated a mining operation for the rich deposits of copper after being awarded a concession from **President Porfirio Diaz**. In exchange, the company was to build a town, a port, and public buildings establishing a maritime route between Santa Rosalía and Guaymas on the Mainland of Mexico, providing services to the Mexican workers they were employing.

Continued on Page 27

Baja's Heartland Continued From Page 26



El Boleo, the French company, hastily built this French-inspired town, replacing the disordered array of adobe houses that had stood there with beautiful wooden ones built on blocks, and streets that were meticulously designed, outlined and adapted to the landscape. As a result, if you stroll through the town, there is a sensation of being in another place and time – perhaps of being in New Orleans, with its wooden houses, balconies, and porches.

NOTE: Do not forget to pick up the best boleos in Baja at the El Boleo Bakery, serving up bakery goods for over 100 years. And don't forget the butter as they are usually piping hot from the oven



Visit the mining museum and the pre-fabricated, galvanized iron church designed by **Gustav Eiffel** (builder of the Eiffel Tower). In 1884, Eiffel designed the church for an African country where resistance to termites was required. It was displayed at the World's Fair in France, and it was disassembled and shipped from France to Santa Rosalia, where it was reassembled in 1895. The massive El Boleo copper-cobalt zinc-manganese deposit, which fueled the town's first boom period, is being re-developed with new technology that has already significantly impacted the economy, evidenced by the recent activity. In addition, the construction of Mex 1 through the town, along with the huge pier built to accommodate the loading of larger ships from the reinvigorated mining operation.

Continued on Page 28

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Baja's Heartland Continued From Page 27



Gene Kira writes in Baja Catch, “Santa Rosalia’s fishing is very reliable for a wide variety of fish species that come and go virtually all year long.”

So, although the sportfishing opportunities mirror their neighbors to the south, the fleet here is mainly a commercial one. Individuals fishing on private boats do most of the sportfishing. Although a few pangueros are willing to take visitors out fishing, the services offered are primitive compared to Mulege and Loreto, which have organized sport-fishing fleets.

Baja in the raw was what the great Baja writers found

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throughout the peninsula. Along Mex 1, an authentic version has been reduced to pockets of Baja Heartlands scattered among the tourist centers.



Following in the great writers’ paths will allow you to visualize their words and grasp what intrigued them about this hot, rocky cactus-strewn peninsula, stirring their souls and drawing them back like a dorado to a baitball time after time during their lifetimes.

The Baja Heartland has drawn me back time after time. And it never fails to excite me. I always discover something new that I missed the last time I visited or rediscover something I have seen before. Like those writers before me, I put my visits on paper, or the web, so that future generations can visualize the Baja that was.

When we lose someone we love,
 we must learn not to live without
 them, but to live with the love they
 left behind. - Author Unknown

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East Cape Guild

By: John Plotkin

The start of a new year is always filled with hope and promise. This year, thanks to this community's generosity, hundreds of children are starting off the year happier with greater access to education. Uplifted by your support, they're looking forward to brighter futures.

As many of us kick off the new year by setting resolutions, we want to inspire you with some ways to support the children of the East Cape in 2022:

1. Learn more about our work

In an ever-changing world, it is important to stay informed on how the latest news and events are helping to educate our children. www.eastcapeguild.com

Stay updated by following us on social media and adding your email to our monthly newsletter

2. Volunteer your time and become a Guild member

Volunteering your time is also a powerful way to support the East Cape Guild

East Cape Guild welcomes new members for only \$50 a year and opportunities to help with fund raising events

3. Become a Donor

Sponsor a child's education - High school for \$300 and College for \$1000. Donations allow us to fund more scholarships for eligible students.

Donate now with [Sponsor a Student - East Cape Guild, A.C.](#) (On website at the top of page at www.eastcapeguild.com)

This community's contributions make everything we do possible, and we're so grateful to have you by our side in this important work throughout the years ahead.

Thank you for helping us create change that lasts a lifetime for children. Educate the Children!



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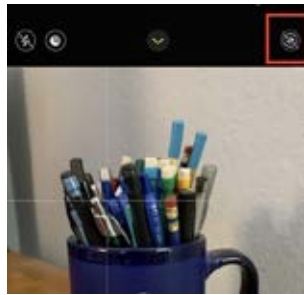
Want to Take Better Phone Pics? Top 5 Tips

By: Julie Shipman

This information is for the iPhone, so for those of you with a different brand, you may need to navigate a bit to figure it out. Just play with it and have some fun.

1. What is **YOUR position**? And how are you holding your phone? Just like with a “real” camera, think about how you are taking the photo before you take it. Move your body! Squat down to get closer to your subject or look up at it. Stand on a wall or a chair to look down on a big group. There are lots of ways to make your photo better by moving your body. And ask yourself: is this photo better as a horizontal or vertical image? Portrait? Make it vertical? A group or landscape? Turn your phone to horizontal! Easy.

2. What is **Live View**? Usually, in Live View, an iPhone records what happens 1.5 seconds before and after you take a picture. It creates a 3-second-long moving image. Or you can select a ‘key image,’ add an effect, edit and use. This can offer interesting options. However, in general I usually *Turn Live View OFF*. It can be confusing and time consuming. Simply find the Live Photo icon, made up of three concentric circles at the top of the screen.



Tap it to turn it off. Tap again to turn it back on.



3. Can I adjust **Focus and Exposure**... yes, it’s easy and you should! All you have to do on an iPhone is tap the screen to select (and move) the focal point AND that also adjusts the exposure, based on your selected subject.

Exposure: Tap the screen on your point of focus. You will see a yellow box appear with a small sun. Move your finger up the screen to brighten exposure and back down to darken.

Focus/lock: Tap the screen and see the yellow box. HOLD on it for a few seconds to lock in the focal point. AE/AF LOCK will appear on the screen. Release your finger. Then if you move your camera, that object stays in focus, while you create the best composition.



4. What is **Portrait Mode**? Try it; it’s awesome. When you open the camera app, the portrait mode is to the right of the photo button. On the iPhone X and later (and iPhone 8+) you can use the portrait lighting feature to apply different effects. Studio lighting brightens while contour lighting adds a more dramatic look. The Stage Light will isolate the subject in a spotlight. Other options add grayscale (B/W).

In Portrait mode, you can take a photo with a ‘real-time’ preview of the lighting effect on the screen to get an idea of what you are creating. You can swipe between the different lighting effects. You can also change the lighting effect afterwards. Select the photo from your library. Tap Edit. The lighting options will appear in the bottom part of the photo and they can be changed. Tap Done to save the new effect. Experiment!



Continued on Page 33



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Better Pictures Continued From Page 32

5. Play with the **Zoom** feature. On all models, you can open the camera and pinch the screen to zoom in and out. But on iPhone models with dual and triple camera systems you can toggle between .5x, 1x, 2x, 2.5x, and 3x (not all models have all of these options) to quickly zoom in and out. Here is how that can look; the photographer has not changed position or camera angle:



This is regular at 1x:



This is a wide angle at .5x:



This is a zoomed in at 2x:

If you want a really wide angle, try the panorama function. Swipe left from the camera app and select PANO. Hold your camera steady and tap the start button as you move the iPhone continuously from left-to-right until the process completes. You need to keep it level and steady for a good result.



Would you like some hands-on help with these functions or learn some more? I will be offering iPhotography classes this spring. I'm really looking forward to sharing ideas with you, creating some amazing images together... and just having some fun. Look for class times on the Everything Los Barriles FB page and the BPE (Baja Pony Express). Looking forward to it!

Julie Shipman is a professional photographer from Park City, Utah, with a home in Los Barriles. Please check out her website for more information. www.julieshipman.com +1-801-913-1624



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ATV Rock 'n Roll for Charity

By: Gordon Blackie

Over 150 people on over 70 ATVs turned out for the Rock 'n Roll Fun Ride for Charity. The event was billed as 'The most fun you will have on an ATV'. The overwhelming sentiment that it lived up to this claim.



The route followed trails over hills, ridges, arroyos, canyons, and CFE tracks in the area behind Los Barriles. These trails were interrupted by 13 different stops where folks were challenged with identifying songs and artists from the glorious Rock 'n Roll music of the 60s and 70s.

Along the way folks met a couple of Sargent Pepper attired Beatles and had the opportunity to have their photos taken in a representation of a classic VW bus. Possibly the highlight for many was the Bar set up in the Bush. This spot was so popular that, well before the day had finished, all the beer had been drunk!

The finish of the ride was at Lazy Daze where Rafael played Rock 'n Roll music throughout the afternoon.

All told this event raised enough money for the Feeding the Hungry Charity to be able to provide food security for 6 of the most financially challenged local families for a whole year.

Many thanks to those working behind the scenes who made the ride possible and to all those who took part. Those looking forward to a similar event in 2022 will not be disappointed.



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