



Free / Gratis

Fire In Santiago

By: Josefina Ruiz, Chris Geyer, Ken Phillips
Disaster Committee - Club Rotario Los Barriles

We are all aware of the devastating fire which crippled the community of Santiago last week. Like all disasters when they first occur, rumors spread like wildfire, and it took a while for the disaster to settle down before the actual damage could be ascertained. One of our members; Rotarian and 2-time past president Josefina Ruiz, was born and raised in Santiago. She's been able to communicate with Santiago leaders to get a true picture of the actual damage done to the community.

Initially the estimated loss was rumored to be over 40 homes. Well, as the smoke settled, we got the good news - - if there is ever any good news to losses like these, yet 5 homes were completely destroyed and 7 more suffered some degree of damage. The outpouring of donations from our communities and local government were initially encouraging. Cabo County Government immediately promised to replace the homes that were completely lost. But that still leaves seven families whose homes are damaged to some degree.

Past Rotary President Josefina Ruiz is working with the Santiago leadership and has been able to create a list of what is currently needed. But however accurate a list is today, it's always out of date tomorrow. Every day brings another shortage we were unprepared for. Each day brings us closer to a return to the comfort and security these families once knew and will again with your help. As more private sector donations and government assistance arrive, we will still have to address new needs on a daily basis.

With the fire less serious than was first reported, Club Rotario has stepped up and taken the lead in providing services and goods needed for the people and homes in distress. A local neighbor and ReMax realtor, Mike Dahl, has created a GOFUNDME account so anyone can contribute to this humanitarian cause. We can augment costs with the communities using the GoFundMe account Simply go to <https://www.gofundme.com/f/urgent-help-needed-for-the-people-of-santiago-bcs/donate>

Together we can put this disaster behind us. Questions? Contact Josefina Ruiz at Josefinabaja@gmail.com or Ken Phillips at bajadays@aol.com or Chris Geyer at cgeyer@eoni.com

Game On!!

Welcome

El Ancon Fields

By: Mary Joanis

With COVID 19 on the decline, life in Mexico is returning to normal and a joint project between local government and Club Rotario Los Barriles the "El Ancon" athletic complex is coming back to life

It is so exciting to see this dream coming to a reality! This project was truly inspired by leaders in our town – they realized that our youth needed a place to play sports where they can be active and get in shape as well as learn to work and play as a team! Prior to this they were playing soccer, baseball and track in an arroyo that they shared with our local cows (and their left behinds), the racing cars and rocks! Now we have a fenced park, with a walking track, a bright green AstroTurf soccer field and a smooth playing field for baseball.

The beautiful new bathrooms were donated by our local Rotary club as well as several Rotary clubs in the United States. We are looking forward to the water, sewer and electric getting hooked up by our local delegation and then they will be open for folks to utilize.



Now, that is a soccer field with the real stuff!!

Continued on Page 3

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Volunteers Needed!

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

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

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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.

El Ancon Continued From Page 1

Future plans include improvements to the baseball field, dugouts, volleyball courts, basketball court, pickle ball courts, night lights and community center.

A big shout out to Oscar Higuera who is the delegation recreation director as well as the baseball coach (he has practice Monday- Thursday and all are welcome). He has been a wonderful liaison with the delegation. He has kept our communication open with the various mayors so that our project gets continued attention.

We invite you to come take a look, take a walk along the track – it is a mile around. Maybe catch some players practicing! If you have youth – please encourage them to come play soccer, baseball or track in our new park! It is here for all of the community!



Rotary's Beautiful Restrooms!



Asociación de Artes Season in Review

By: Chris Courtright

Well, we made it through another terrific winter in the Baja season. Asociación de Artes is happy to report that luckily, we were able to put on two of our three events. We were so disappointed to have to cancel Festival de Artes for another year, but it will be back for 2023 and that is for sure! Heck, we have lots of the work done already!! Our Holiday Art Show and Artist Studio Tour were great and enjoyed by the biggest crowds ever. We do want to thank again all the sponsors of our HUGE raffle baskets, and all of you who bought tickets and came to the two events. Those two events were the sole source of income this year! And thanks to all, we were pleased

with it! Thank you again!!

Most schools have opened up, so we are busy organizing and delivering school supplies to the 19 East Cape area schools – covering Kinder through High Schools. It is our events that provide the income to purchase the school supplies and take care of special needs. As we deliver the school supplies, we are keeping our eyes out for the needs at the schools, and we will make sure everyone knows what they are. Most schools have been mostly empty since covid started in March of 2020, so we can only imagine the things that will need attention.

As a reminder, we are still collecting Spanish language books to fill the libraries of all the schools. If everyone can put it in your plans for next season to bring one or two down, we can stock the shelves! Amazon is a great place to find them or once here, there are bookstores in downtown La Paz and SJD. Even grocery stores have books. And books don't take up much space in suitcases. At my house, guests are required to bring a few Spanish language books with them. Small price to pay to visit paradise!!

We look forward to our 2022 – 23 season in paradise. We encourage you to make volunteering part of your next season's goals. As our community grows, the needs become greater, and we can make the difference in people's lives. It takes all of us to work together to keep our paradise as it is, and we can only do that by

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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! The two different prints are some of the fine work from Steven King, who we lost this summer.

Prints are available at Vita's Fashion and Art in Los Barriles
or email: eastcapearts@gmail.com



Crescent Moon Project



Culture for Children



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AdA Continued From Page 3

helping/volunteering. In **Asociación de Artes** we help to *make the educational experience the best it can be.* Education is the key to a brighter future, so help us turn the lights on to the youth of the East Cape. To do this we need some helping hands, for a little while and not really that often if that is what you need. We encourage everyone to help us help others and ensure paradise remains that way! You can contact us at eastcapearts@gmail.com.

You can always keep up to date with what is going by visiting our website www.eastcapearts.com

Next season, which hopefully is covid free, our events are as follows:

- Holiday Art Show** - December 4th -
Always first Sunday of December
- Artist Studio Tour** - February 8, 2023 -
Always Wednesday before Valentine's Day
- Festival de Artes** - March 19, 2023
Always third Sunday of March

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SUGAR, SUGAR - Our Bitterweet Addiction

By: Sefi Held

All foods that contain carbohydrates such as fruits, vegetables, grains, and dairy have sugar occurring naturally and consuming whole foods that contain natural sugar is okay. Plant foods also have high amounts of fiber, essential minerals, and antioxidants. The problems occur when we consume too much sugar - sugar that food manufacturers add to products we consume to increase flavour or extend shelf life.

Science has proven that chronic, low-grade inflammation can turn into a silent killer that contributes to a host of diseases including cardiovascular disease, cancer, and type 2 diabetes among other conditions.

The American Heart Association recommends that women limit their sugar intake to 6 teaspoons per day, while men should limit their intake to 9 teaspoons. A teaspoon of sugar contains 4 grams which equals to 24 grams per day for women and 36 grams for men. The average person consumes from 22-30 teaspoons of added sugar per day!! It is amazing how quickly those sugar grams add up. Sugar is in everything from canned soups to cookies, but it also hides in many places you would not suspect, like salt, for example. In order to keep regular table salt free running the sugar, in the form of dextrose, is added to keep the potassium iodide in salt from oxidizing. All iodized salt contains sugar. 1 cup (245 grams) of low-fat yogurt can contain up to 47 grams of sugar, which is 12 teaspoons. 1 tablespoon of ketchup contains 1 teaspoon of sugar. 1 20-oz (570 ml) bottle of a sports drink will contain 32 grams of added sugar or 8 teaspoons!

There is really no way to sugarcoat it: Consuming too many **sugary goods and drinks** is a recipe for poor health. That is the conclusion of a paper in the European Journal of Preventive Cardiology.

Using CT scans, researchers found that people who ate more added sugars, like those in baked goods, boxed cereals and sugar-sweetened beverages, appeared to have greater amounts of fat tissue, particularly visceral and pericardial adipose tissue. We know that dangerous levels of fat deposits in the abdominal cavity and adjacent to the heart are connected with higher risks of diabetes and cardiovascular disease setting us up for poor health.

A potential cancer risk has been added as another reason to pay close attention to the added sugars on the Nutrition Labels of what we buy.

Consumption patterns were assessed using several 24 hour dietary records from 101,279 adults. As reported in *The American Journal of Clinical Nutrition*, the majority of the risk stemmed from the intake of sugars added to foods and drinks, which now makes up the majority of simple sugar intake in the typical North American diet.

Interestingly, the cancer link remained significant even when weight gain was adjusted for. This suggests that high intakes of sugars may play a role in cancer etiology via some mechanisms not related to body composition, such as driving up inflammation or promoting insulin resistance.

A separate study found regularly drinking sugar-sweetened soda may increase the risk of death for women diagnosed with breast cancer. Drinking sugary beverages five times per week or more increased the risk of total and breast cancer-related deaths when compared with women that rarely or never drank them.

Overconsumption of **added sugars** is known to also contribute to a host of health issues including obesity and heart disease. Surplus sugar may cause our cellular power plants, called mitochondria, to become less efficient, reducing their energy output. When there is too much glucose in cells, which can happen from high sugar consumption, the lipid profile of the mitochondrial membrane can change, leading to a loss of optimal functioning in the body.

We consume way too much added sugar daily and reading food labels is one of the best ways to monitor our intake of added sugars. Let's pay attention to what we put in our bodies in order to keep them healthy, to live disease free and enjoy residing in this Baja Paradise. Don't forget that you are the absolute best project you every worked on!



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S.N.A.P. - Spay, Neuter & Prevention

By: Kathy Ice and Paula Myers

What is S.N.A.P.? It is an independent organization in Los Barriles that provides FREE sterilization services to the dogs and cats owned by our local Mexican community. S.N.A.P. believes in prevention and education by offering spay and neuter services to prevent the overpopulation of our four-legged friends.

Our S.N.A.P. clinics have been extremely popular and visible for all to see. If you have ever volunteered for a clinic, I am sure you would agree the collaboration between the vets, volunteers and pet owners is top notch. In 2019 S.N.A.P. provided about 250 sterilizations during the day long quarterly clinics. During that same time period, S.N.A.P. also paid for an additional 150 procedures in an office. Accounting for roughly 400 procedures that year.

Prior to the pandemic our organization offered spay and neuter clinics which represented the vast majority of the services we offered. Once the pandemic hit, we were suddenly unable to conduct these large scale clinics. As of today, we still have not been given approval by the local government to organize large gatherings but that has not stopped us from our mission.

Unfortunately, our four-legged friends failed to follow social distancing guidelines so we had to re-group and figure out how we could continue providing services without having in-person clinics. For our dedicated volunteers at the clinics, not being able to help out has been a hard pill to swallow. The volunteers and donors loved the services we provided such as cleaning up the animals, prepping them for their procedure, sitting in the recovery area, providing food and so much more. S.N.A.P. was no different than most organizations impacted by this pandemic. In order to continue to provide services we had to rethink our business model.

Prior to the pandemic, in partnership with Dr. Cristóbal, Veterinarian at Clinica Veterinaria in Buenos Aires, Los Barriles, S.N.A.P. offered a voucher for free sterilization services in his office. This allowed owners who were unable to attend the quarterly clinics the opportunity to have



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the sterilization completed in his office. For the past 18 months, we have expanded this voucher program. Our volunteers have continued to work with Mexican pet owners to make arrangements for in office procedures, including providing transportation to the clinic and education about healthy pet ownership. Using this new model in 2020 S.N.A.P provided funding for 612 dogs and cats, preventing unwanted litters.


While we really love our S.N.A.P. clinics, the reality is our new model has doubled the number of sterilizations completed in a single year. S.N.A.P. provided **940** sterilizations for 2021!! Our largest number of sterilizations on record since this organization formed. The pandemic has taught us many things. S.N.A.P. clinics are expensive to hold when you account for the number of veterinarians required to operate a clinic safely. Using an appointment and voucher-based system, we have been able to increase the number of spay and neutered animals in our community and decrease expenses. By reducing overhead expenses for the clinics, we were able to apply those funds to the additional animals we provided services for this past year. However, we haven't given up on our S.N.A.P Clinic model and are hoping to bring it back once we are given approval to hold large scale gatherings.

We appreciate all the calls, emails and facebook posts seeking assistance with locating the animals, their owners and then arranging for sterilization services. One of our most recent calls resulted in our volunteers rounding up over 50 cats at one property.

How are we able to do all of this you ask? It all starts with YOU! First, spread the information about this program to your local workers, gardeners, and neighbors. Give them the phone number for S.N.A.P. and tell them it is a free service.

Secondly, and most importantly, we need monetary donations to continue to provide these services. S.N.A.P. does not have any paid staff and we rely solely on volunteers and funds received through donations to complete our mission. Would you like to be a sponsor? With a minimum of \$700 USD donation, we will recognize your business or contribution on our Facebook page, include your information on flyers and public notices, and

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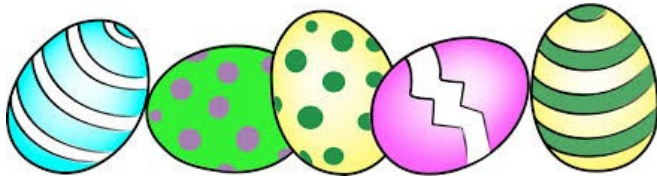
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Spay and Neuter Continued From Page 6

provide you a certificate to display in your business or at home. Don't want to be a sponsor, no donation is too big nor too small. Consider donating a smaller amount on a monthly basis. Donations can be made through PayPal (friends & family) to Rita Rehome-Myers: 4snaplosbarriles@gmail.com. If you are here in town, you can make an in person donation at the Homes and Lands Real Estate Office .

Lastly, non-monetary items such as collars, leashes, food, bedding and recovery supplies can also be dropped off at the Homes and Lands Real Estate Office. We are really in need of large collars. We are also looking for volunteers to help with transportation, Spanish speaking individuals for community outreach and anyone who is fabulous at doing fundraising fun events.

We cannot do this without you, so thank you in advance. If you have additional questions or desire to be a sponsor or volunteer, please contact: 4snaplosbarriles@gmail.com or call 624-240-9347. Follow us on facebook: **Spay and Neuter - S.N.A.P. Los Barriles**



To Mask or Not to Mask?

By: East Cape Health Center Team

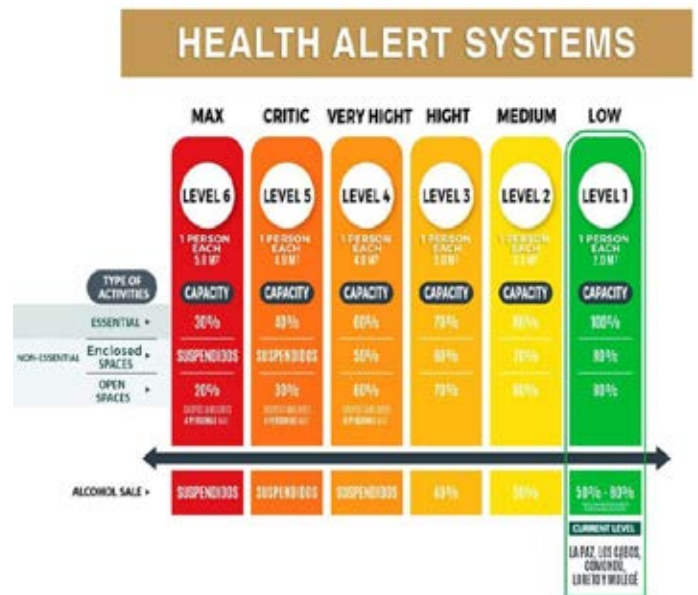
Hamlet isn't the only one who has doubts regarding what choice to make, despite the situation he found himself in, to be or not to be?

This same question represents the struggle that occurs between human will and reality, in such a way that life and death become an optional choice. To mask or not to mask? Many of us still ask that question, even though the use of a facemask is mandated for our own protection. Does the mask work? Of course! Without ruling out the other recommendations such as frequent hand washing, use of anti-bacterial gel, and the correct etiquette when sneezing.

COVID-19 spreads through respiratory droplets that people expel when they cough,

sneeze, or talk. Data shows that people can spread the COVID-19 virus even when they don't have symptoms or feel sick. The risk of disease spread is especially high in situations where the recommended social distancing of six feet (two meters) cannot be maintained. *See Note 1 at end.*

The use of the mask is a protective measure towards others, since, at the height of the pandemic, a significant proportion of the population transmitting the virus were asymptomatic (40%) or pre-symptomatic. Children must be included in this group, as they may or may not present symptoms, but can have a much higher viral load than those reported in seriously ill patients. Along with this, very specific studies have been carried out on the low dispersion of saliva droplets with the use of different types of face masks, medical masks are superior.



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Connie M. Heinen

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Mask Continued From Page 7

Now, leaving general data behind and focusing on our state of Baja California Sur, we have been living the "new normal" for several consecutive weeks, the BCS national health department has observed a significant decrease in positive cases of COVID-19, as well as a low transmission of the virus, this after we lowered our guard during the holidays and the new year and had a spike in cases, we can finally say that we have returned to level one, green. This means that, since there is a lower risk of contagion, we have the opportunity to reactivate the local economy, as well as to reestablish recreational and socialization dynamics that are essential to strengthen our human development, always remembering the importance of keeping our guard up with the correct use of the face mask, frequent hand washing, as well as getting vaccinated.

If you are looking for another reason not to completely relax, just remember that April is spring break! National tourist destinations flourish with a considerable number of visitors; restaurants, nightclubs, beaches, shops fill up and crowds are common. But... we have nothing to worry about, right?...

Good news

Previously, on our website (visit us), we published an article highlighting the importance of an ambulance in good condition within our community. Starting at the same time a fundraising campaign to buy a new unit, more modern, better equipped and suitable conditions to provide this service of such vital importance to our patients.

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by
Connie Heinen

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Fortunately, we have received donations from members within our community, concerned about receiving a fair, dignified, but above all human service.

Among the good things that happen thanks to everyone's support, we want to announce that we have a new location for our lab, just as you enter our door to the left. This gives us the advantage of offering more comfortable services for our patients and improved installations for our chemists. We have one of the most equipped labs in the area, compared to the best hospitals in Los Cabos. By having the lab in a new area, we have been able to free up more space within the clinic, which will be used for a specialized gynecology and urology office and better accommodation in our emergency care area, as well as 2 observation rooms.

Aside from this good news we are excited to share that we now have a new doctor to cover the weekends. Dr. Nanthanel is available Sat and Sun, extending to 24hr coverage for emergencies and general consultation.

We are ecstatic with our growth and our hearts are filled with hope for the future.

Within the good, we cannot avoid the bad... Which is that our x-ray machine is out of service. Many do not know it, but our x-ray equipment was purchased from a hospital in the United States around the year 2010. Manufactured in 1995, of the Bennett brand, model B-180M4F, has helped many people in the surrounding area and communities. Every year we perform close to 3,000 x-ray images and have literally squeezed the power out of our x-ray equipment. It's complicated and time consuming to source an x-ray machine in adequate conditions and bring it to our beloved town of Los Barriles. We've fought to repair our beloved Bennet, but we did not receive a good diagnosis. It's a patient that we cannot treat... We're trying to rent portable equipment, to help us cover the needs of our patients while we manage to raise more funds for newer imaging equipment with innovative digital technology. This would put us, in terms of equipment, on par with the best hospitals in our neighboring cities.

All this with a single purpose, to provide a better-quality service to all our patients, regardless of their ability to pay.

Note 1: Washington State Coronavirus Response (COVID-19) - "The Department of Health highlights the importance of the use of masks and shares additional information" - <https://coronavirus.wa.gov/es/news/el-departamento-de-salud-highlighta-la-importancia-de-la-usage-de-mascaras-y-comparte-informacion>



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Tech Talk

Latest & Problem Solving

By: Lane Sykes

Home automation has been with us for about 10 years. Most of the newest advances have happened in the past 5 years. What is home automation? Excellent question. Most of us know about the Amazon Echo products. Home automation is a lot more. You can control everything from lights, to cameras, to vacuum cleaners, microwaves, just about any WiFi enabled household appliance. Progress but it scores a relatively low SAF (Spousal Approval Factor). The biggest problem was inter system compatibility. Finally help is on the way with a new protocol "Matter". This protocol will allow all platforms to work together. If you buy lights from Kasa, they should work with products from Wemo using the same software. "Matter" also allows systems to be controlled when the internet goes down while the WiFi router is still functional. This also allows for much faster operations since the command doesn't have to leave your home network. Hopefully we can program all our smart home devices through one App. My favorite Alexa routine is one created through the Amazon Alexa App. I just say, "Let there be light" and behold all the lights in the living room illuminate at once. When we are ready for bed, we just say "good night" and Alexa turns off all the lights. High SAF scores.

So, your neighbors WiFi is faster than yours. Why? Many reasons. Speeds can vary with the type of router that you



have. Obviously, I have more than one router; yes, their individual speeds are somewhat different even though the internet source is the same. If you have one of the new version 6 routers, you will need version 6 compatible devices to take advantage of the higher potential. If you use a Virtual Private Network, the speed will slow sometimes up to 20% depending on the VPN provider. My "go to" browser for years has been Chrome. I'm finding that Chrome is using a huge amount of computer resources and that slows everything. Lately I'm moving to Firefox. Noticeable speed increases online while using less resources from the computer. As always make sure your operating system Windows or Mac is up to date. Bottom line, there are a lot of small factors that affect your speed vs your neighbor.

Take a good look at your digital photos, this could be the last time you see them. A single crash could be "the end". A photo backup system is essential. I backup all the photos on my computer to duplicate external drives. External drives are great but they can fail or can be stolen. I backup photos from my phones and computer online using Google Photo or Amazon Prime Photo. If you're a Prime Member, Amazon will backup your photos at full resolution for free.

Tip of the month from a friend. If you are trying to save data to an external drive or usb "thumb" drive and you get a message that says it cannot save to that drive or cannot save, make sure there is room on that drive. If the drive is full, it will not save. Time to plugin that newer bigger external drive. Save the old drive; see previous paragraph.

Throughout this year all the Cell Network providers in the US will begin shutting down their 3G networks. Verizon will abandon all CDMA towers (really old tech). If you have a smart automobile, this may affect your onboard systems. Subaru Starlink and GM's Onstar to name a few will be affected. Some automakers will be able to upgrade systems but not all.



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5 Kids, 6 Adults, 2 Crew and One 'Two Awesome Day'!

By: Chris Courtright

Ok, so you are thinking 5 kids with 6 adults all day on a 32' boat, "*what were they thinking??!*" But it gets better when I tell you the ages of the kids: 3yrs, 4yrs, 6yrs, 10yrs and 12yrs. Now, for sure you know all the involved were crazy. But I am here to tell you that what a day we had....and it was all good! Or I would say great, even magical with all the boxes checked off on that 'magical day on the water bucket list'!

It all started when family and friends were coming to East Cape and we all wanted a day on the water. So, we combined our trips and scheduled our water adventure for early March. There were many back and forth's with the Awesome Sportfishing family for life jacket fittings, exact times, check on the wind, and all those necessary details. The day was set, kids life jackets fitted and now all we needed to do was be at the office at 7am. To ensure a timely arrival, the kids were all dressed in their swimsuits for the night, wet suits and towels piled up, lunch packed, and adults ready to go. We made it right on time, no small feat in itself, and were greeted by Shawn, Omar and Theresa. At this point, I wondered if they worried how the day was going to work out!!!!? They gave the kids a good reminder about how to move about on a boat and that they want all 11 of us to come back!

For the kids, the adventure started great right off with the ride to the boat in the large Awesome UTV! The next great thing was donuts, pastries, chips and smoothies for breakfast... now that is living to a kid!

The morning air was cool, so we all had jackets on to start the trip, but the sun was high and bright, forecasted to be in the 80's and the water was like glass! Everyone found their spot to sit for the ride out to where the fishing would begin. The boys headed up to sit with the captain in the seat in front of the helm where the view was great, the girls tended to sit on the bow and feel the warmth of the sun.

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Traveling just a short distance the boat made a sharp turn to the right and off to the side were 100's of dolphins! The excitement rose as the dolphins, including baby ones, were putting on a show for the delighted group. The kids made their way to the bow so they could sit and hang their feet over the edge with hopes of a dolphin touching their toes! For a while we played with those wonderful ocean residents, and then they went their way, and we got ready to go fishing.

Now, these kids were no stranger to boats, just fishing on this scale was new. The 10-year old's only goal for his vacation was to catch a fish! Poles bated up and set, and off we go at a nice leisurely pace; all waiting for the sound of fishing excitement as the reels start to sing. We started off slow, had several half bites (as the crew called it) or as I call it smart fish knowing how far to eat without being caught! While fishing we saw resting sea lions, manta rays and the billed fish jumping out, just to show us they are there, and not being fooled by our lines.

The sun was warm by now and the island of Cerralvo was getting closer as we got ready to make our stop there. The hook was set, wetsuits on, plan of attack was made, and off into the



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Too Awesome Day Continued From Page 12

very cold water we went for our short 25' swim to the shore. The warm sand felt good and there were plenty of treasures to be found. We roamed the beach looking for prizes. The more we wondered, the more we saw. As we entered the island *shore graveyard* saw two dead turtles, one with a full shell, skeleton head and looked intact, puffer fish, including what we think was the world's largest one at 15+", and lots of cool shells. But it was time, and we needed to head back to the boat with our treasures.

After a quick lunch, the fishing began. Now, I had gone on and on to our friends that we *always* caught fish on these trips and fresh dorado was so good..... So, the pressure was on. The crew was diligent looking making dashes to the right or left as they saw what was hoped to be our dinner. Then it hit! The singing sound of fish on! We all knew who got the first reel in, and he was ready, took his place in the fighting chair (part of the experience) and went to work. Up and wind down, up and wind down, he continued for what I thought surely would tire him out, but no, he kept at it. The other kids were the cheering section, dancing the fish dance. Once on deck what a bright and fighting fish it was. Not the largest one, but yes, we can have fish dinner tonight!



The first deep sea catch!



Our trip was not done, we fished on, kids sang and talked about what kids talk about, adults took naps and just enjoyed the sites and sounds of a day at sea. Alas, time was getting short, so poles in and full speed ahead to get back to shore!

Everyone was tired, but still on the *great adventure high* of the day. It was a magical day. No meltdowns, no tears, no "I don't wants" – and none from the kids either! Fish was dropped off at Barriles Grill for our dinner to be prepared for our enjoyment and what a dinner it was! It was day to remember and as the 3 (almost 4-year-old) said "when can we do it again?!"



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IGFA Announces 2022 Tommy Gifford Award Winners

By: Gary Graham

“One of the longest-tenured charter boat captains in Mexico’s Baja East Cape region, Jesus Araiza held a remarkable front row seat to the evolution of Baja sportfishing stretching back to 1955. Not only was he one of the first “tag & release” captains in the East Cape area, but he was also awarded the High Skipper Award for “tag & release” 19 different years during his career. His reputation as one of the top captains at the “Ranch” was legend, and he was so popular that he was often booked several seasons in advance. Jesus retired in 2008 from Hotel Buenavista Beach Resort, a neighboring hotel, leaving the day-to-day fishing to his sons. Today, his grandson, Tony, captains the “Retriever,” a 66-foot Viking fishing out of Cabo San Lucas. Sadly, Araiza passed away at age 79 on April 8, 2021, quietly at his home in Los Barriles, BCS, surrounded by family members”.

Captain Jesus Araiza, a Baja Legend Gary Graham-That Baja Guy

I began writing my “Road Trekker” columns in 2008 and Jesus Araiza was often mentioned in them; several times he was even the main topic. Sadly, he passed away at the age of 79 on April 8, quietly at his home in Los Barriles, BCS, surrounded by family members.

One of oldest remaining charter boat captains in Baja’s East Cape Region, Jesus held a remarkable front row seat to the evolution of Baja sportfishing stretching back to 1955, the early days of Rancho Buena Vista Hotel; his journey was well documented and filled with fascinating tales that only being there could provide. Not only was he one of the first “Tag & Release” captains in the East Cape area, he was also awarded the High Skipper Award for “Tag & Release” 19 different years during his career. His reputation as one of the top captains at the “Ranch” was legend and he was so popular that he was often booked several seasons in advance.



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Jesus Arizia Continued From Page 14

It's no wonder he fished with so many of the WON Baja columnists throughout their careers and was acquainted with the others. This accounted for the fact that he was mentioned in most of their writings over the years: Ray Cannon, followed by Tom Miller, Fred Hctor and then Gene Kira, who assumed the Baja column upon Hctor's death.

Jesus retired in 2008 from Hotel Buenavista Beach Resort, a neighboring hotel, leaving the day-to-day fishing to his sons; today his grandson, Tony, captains the "Retriever" a 66-foot Viking fishing out of Cabo San Lucas.

Jesus could often be found each afternoon in the front yard of his corner family compound sitting beneath his favorite shade tree enjoying the afternoon breeze.

Last summer, I visited Jesus for the last time. He seemed happy, quite content, and of course we shared many of our amusing East Cape fishing tales.

I'm honored to have been Jesus' friend over the past 37 years. I always enjoyed seeing him and learning his perspective about the many changes in East Cape and beyond. In addition, his sportfishing experiences had earned him the respect and admiration of the many friends and acquaintances we shared, and we had many stories to compare, both on the water and off.

The news of his passing reverberated throughout Baja in general, and specifically among his many friends and admirers in the sportfishing community.

"He was a great man. I was very lucky to spend time on the water with Don Jesus. The stories he told of the golden age of East Cape fishing are burned into my brain forever! Gary, you may recall when you had your tackle stored at Jesus's house in Los Barriles? There was a real Baja treasure in that storage room. Jesus's dog eared copy of *The Sea of Cortez*, signed to Jesus by Ray Cannon and Harry Merrick."... Lance Peterson

"R.I.P. Jesus."... Bill Harris

"I just wanted to tell you how much the article that you wrote meant to our Captain Tony Araiza, his grandson and the family. They were astonished to learn things they didn't know."... Martha Macnab

Vaya Con Dios Sr. Araiza! ... Tuna Dave

"Very upsetting. I lived across the street from him a few years ago in Los


Barriles and remember when I first arrived there I would see him out in the yard, just sitting there for hours on end, with his dog

"After about three weeks I finally went over and introduced myself on my way out to the beach. On my ATV was my fishing gear and he proceeded to ask me where I was going to fish?"



Jesus Arizia is second from the left in 1958

Continued Pg 16



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Jesus Ariza Continued From Page 15

“From that day on I would stop by on my way out or in and listen to one of his stories or pieces of local advice about fishing. Occasionally, I would take him some mahi fillets or cabrilla that I would catch on the each. He will be missed and may he rest in peace.” ... Kyle Banashek

“Great guy and a great fisherman.”... Andrew Hughes

“I remember this very distinguished man. I never knew him. I could tell, by looking at him, that he had a rich history. So sorry to hear of his passing.”... Diane Staley Aerts

I had the privilege to know and fish with Jesus. He was my skipper in 1963 at the Ranch when I caught my first marlin when I was 5 years old, unassisted. He had me bear down and do it by myself. R.I.P. Jesus. You will be missed by all.”... John Duckett

“Amazing fishing family.”... Thomas Neikirk

Araiza’s sportfishing legacy is secure in the family dynasty of 7 children, 14 grandchildren and 12 great grandchildren, some of whom work within the recreational sportfishing industry which will benefit from his heritage; the Araiza family will continue to influence East Cape and Baja for future generations.

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Whale Sharks

From Britannica.com

Whale shark, (*Rhincodon typus*), gigantic but harmless shark (family Rhincodontidae) that is the largest living fish. Whale sharks are found in marine environments worldwide but mainly in tropical oceans.

Whale sharks inhabit warm waters around the world. They are found in the western Atlantic Ocean from the coast of New York in the United States to central Brazil, including the Gulf of Mexico and the Caribbean Sea.

Body structure- The whale shark is enormous and reportedly capable of reaching a maximum length of about 18 metres (59 feet). Most specimens that have been studied, however, weighed about 15 tons (about 14 metric tons) and averaged about 12 metres (39 feet) in length. The body coloration is distinctive. Light vertical and horizontal stripes form a checkerboard pattern on a dark background, and light spots mark the fins and dark areas of the body.

The head is broad and flat, with a somewhat truncated snout and an immense mouth. Several prominent ridges of hard tissue, often called keels, extend horizontally along each side of the body to the tail. There are five large gill slits on each side of the head region, just above the pectoral fins. Special spongy tissue inside the gill slits that is supported by the shark's gill arches forms a unique filter used in feeding. A short, rudimentary sensory organ called a barbel hangs from each nostril. The shark has a large

front dorsal (top) fin and smaller rear dorsal and anal fins.

Feeding habits- The whale shark is one of three large filter-feeding sharks; the others are the megamouth shark and the basking shark. The whale shark forages for food at or near the surface of the ocean. Its large mouth is well adapted to filter feeding and contains more than 300 rows of small, pointed teeth in each jaw. As the shark swims with its mouth open, seawater enters the mouth cavity and filters through the gill slits. The meshlike tissue of the internal gill slits acts like a sieve, catching plankton and other small organisms while allowing the water to pass through and return to the sea. Periodically the shark will close its mouth to swallow the trapped prey. The whale shark sometimes feeds with its tail down and its opened mouth pointing up toward the surface, allowing water and food to enter the mouth as the shark bobs up and down. The captured prey includes both zooplankton (small animals such as copepods, shrimp, and other invertebrates) and phytoplankton (such as algae and other marine plant material). The whale shark also eats small and large fish and mollusks, including sardines, anchovies, mackerels, squid, and even small tuna and albacore.



Reproduction and longevity- Although the whale shark is usually solitary, it is sometimes found in schools of up to hundreds of individuals. These animals are found mainly in the open sea, but they sometimes come near the shore. Although their reproductive biology is not well known, scientists presume that whale sharks give birth to fully formed live young. The smallest free-living whale sharks that have been measured were 55 cm (1.8 feet) long, which is likely their approximate size at birth. Each litter contains about 16 young, but litters of many more are possible.

Scientists estimate that the life span of the whale shark ranges from 60 to 100 years.



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Whale Shark Adventure

Part Two

By: Theresa Comber

Back on board, back to the rails, our passion for finding her again coursing our systems. Within minutes the ships engines lit up and we were speeding away on a banking turn that belied the length of this vessel. I own fishing boats and could feel exactly how fast and capable this ship was. Clearly our Captain Martin, a calm man with endless experience and a lifetime of trained eyes had a whale shark in his sights. Hammer down we were moving far away from the first female and traveled another two miles before settling down and like a gift from the sea, another whale shark was in our midst. Now all guests on board were ready and 6 in each panga we gently came close. This time Dení was really stepping up her game, adding a tissue sample to our goals and as a long shot, should she be a particularly accommodating and friendly mature female, we would attempt to get a length measurement.

Our first overboard was for ID pictures and the dorsal measurement – WOW, 4-1/2 feet at the base. This female seemed to enjoy our presence and stayed near the surface, submerging only 25 feet or so before resurfacing. Again, swimming hard, she was even bigger, and very pregnant. Dení turned on her jet legs and swam below her to assess her girth. We climbed back aboard the panga and were ferried in front of her and then overboard we went again. This time, Dení with the tissue sample stick and my task was to photograph her. Diving down, she was in front of the dorsal fin and jabbed the point into the skin, as thick as 4" and the thickest of any creature. As I was above and behind, I realized that should this kind whale shark take an exception to being poked, I might be whacked with her enormous tale. Likely 25 feet down, I could see Dení try again, but the end was not piercing. We surfaced, climbed back onboard, changed the point, and down again we went. I captured a beautiful picture of Dení at her very best and the first time with the sharpened point was a success. For Dení, Christmas morning came early when onboard she withdrew the three-inch piece of tissue and slid it into a vile. We have now been in and out of the water likely 5 times, swimming with all our might. But back overboard we went again to get the measurement. Dení's partner, Felipe, her passion equal for the sea and whale sharks, moves like a dolphin in the water and unfurled the measuring wheel while many hands made for successful work in this attempt at stretching the tape, and, got it! 36 feet! All the while alongside this enormous animal swimming as hard as we can.

As I climbed back aboard, I handed my fins to the pango telling him not to let me have them back. I could barely breathe; my heart was pounding out of my chest. Seriously. It was late afternoon; we were hours in the

Continued on Page 22

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Whale Shark Continued From Page 20

water and into this day and I was toast. Until this gorgeous creature surfaced alongside us and in a second, I yanked back my fins and overboard again.

How old was she? Where has she been? How many babies is she carrying? How much does she weigh? How can she be so enormous and yet so completely unperturbed by us? With her gentle nature and docile spirit, how does she survive in our seas which are so rife with danger? My head was spinning, and I wanted inside Deni's to learn what she knows.

Whale Sharks have been on the earth for 60 million years. So incredibly unique, they are the sole member of their genus. They can live to be at least 70 years old, but with such little known, like whales, they may actually live much longer, perhaps 100 years. They are filter feeders, with enormous mouths to consume plankton, krill, larvae, small fish and fish's eggs. At 36 feet long, she probably weighs at least 25,000 pounds and likely is carrying 300 babies. She's 'vivipary aplacented' – an enormous term describing the profoundly incredible ability to house eggs inside her body and then self-inseminate, using sperm she holds from a previous mating. She then incubates and gives birth to live young, producing and delivering them over a prolonged period of time. Wow, survival of a species in a remarkable reproduction.

The entire trip, the entire journey, absolutely incredible. My head is still spinning with awe and my life, changed. Swimming in thousands of feet of water alongside the world's largest fish, being honored to accompany this

profoundly gifted woman and chase her passion for the allusive whale shark was a gift beyond measure. Now the goal is to assure the project Whale Shark Mexico as part of the non-profit organization ConCiencia Mexico Deni and Felipe, with Lela's encouragement, can continue their quest and unfold the mystery of the Whale Shark

Mom's Favorite Sayings

- 1. What part of no don't you understand?**
- 2. I don't care who started it!**
- 3. Money doesn't grow on trees.**
- 4. Your face is going to freeze like that.**
- 5. Your hands are not broken.**
- 6. Beds are made for sleeping, not jumping.**
- 7. No one said life is fair.**
- 8. Eat your vegetables.**
- 9. I don't know is NOT an answer.**
- 10. Because I said so.... That's Why!**

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The Canary in the Coal Mine is Ailing

By: Kay Mundt

From 1896 to 1986, coal miners used canaries to warn them of rising CO levels. If the bird sickened, the miners fled.

Birds are a sentinel species. They are more sensitive to the colorless, odorless carbon monoxide than people. Birds require immense quantities of oxygen to fly, and to fly up to heights that would make people altitude sick.

Today the National Audubon Society reports that two-thirds of America's birds are threatened with extinction. A heartbreaking fact for bird lovers like me. For thirty years I've been providing seeds, fruit, and water to all who venture onto my land, making me keenly aware of the dwindling numbers. Where there used to be flocks of warblers, kingbirds, lark sparrows, grosbeaks, flycatchers and goldfinches, now only one or two stragglers complete the journey.

Birds have shown us they are in a unique position to tip us off to health threats that we cannot see. Birds use temperature as a cue to time reproduction with food availability for nestlings. Because migrations are independent of temperature (using day-length instead), birds' complex systems are mismatched by the warming climate, causing them to arrive in their summering grounds too late for their food sources. It's the absence of the migrating birds here in the East Cape that is so painfully obvious.

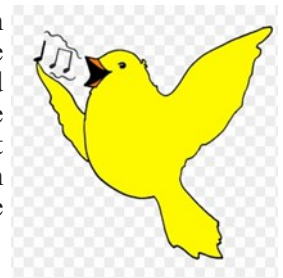
Not all extinctions are caused by increasing CO levels. Wetlands are drained and forests cut down to expand agriculture. Global warming brings droughts, wildfires, eroding beaches, and increased acidity of our oceans. Pesticides and pollutants alter birds' hormones, brains, and even their songs. Low levels of lead alter behavior and mess up digestion.

Lest we think that birds aren't important to our survival, birds pollinate flowers, disburse seeds, control bugs, clean up carrion, and fertilize plants.

Birds provide the starkest clues in the animal kingdom about whether humans, too, may be harmed by toxic substances. Rachel Carson was the first scientist to link the fate of birds to that of humans in her book, *Silent Spring*, in 1962. Today, biochemical analysis has become more precise, allowing researchers to study how chemical contaminants in water affect hormonal systems.

Birds are "winged warnings" for the high-carbon world we humans have built, but there are some ways we can do our bit to help them out.

Protect any wetlands near you. Allow a section of your land to go wild, providing cover for nesting and food. Make clean water available, cleaning the bird baths frequently. If you feed the hummers, be vigilant for the tiniest bit of black mold; use hot water and a toothbrush to clean the feeders every time before refilling them.



Look for natural alternatives to pesticides: www.beyondpesticides.org
Plant desert flowers, shrubs, and trees that provide food: <https://az.audubon.org/conservation/top-10-bird-plants-central-arizona>



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Aging Safely at Home on the East Cape

By: Brittany Baker, RN, BSN

You've enjoyed wintering on Baja's East Cape for years. The warmth, the activities, the slow lifestyle. Would you stay longer if you didn't have to go back home to see mom or dad? You know they would like the warm weather here, so why not bring them with you? Now you have options.

There is a lot of good change to be noticed around the East Cape. Especially in the realm of health care. More urgent care clinics, more physicians, more world class hospitals, better health insurance, more activities, more options. Now we have home care and home health services available right here in the East Cape. We no longer have to hear the story of someone who had to return north due to the need for extra home care, which in the past was not easily available from a professional company.

Home Care is non-clinical, non-skilled, non-medical services, provided by a professional caregiver meant to help you remain independent in your home, longer. Home Care services include: laundry, cooking, cleaning, running errands or accompanying, escorting to appointments, companionship and engaging in hobbies and activities. This can also include supervision for someone with dementia or Alzheimer's disease.

Home Health Care is clinical or "skilled" care. For example: Nursing care, medication management, disease management, post hospitalization care, rehabilitation, etc. This can include assistance with following doctors' orders and assistance with hospice care too.

Both areas, HC and HHC, can assist in activities of daily living in the personal care area such as dressing, bathing and grooming and helping to ensure you meet your daily nutritional needs.

Whether you want 24-hours around the clock care, 7 days a week assistance or just a few days or nights a week, respite care for a weekend in getaway or anytime you don't feel comfortable leaving your loved one alone. There are these services available to help make your parents, spouse or loved one's time on the East Cape safe and meaningful. You may be thinking about yourself and your aging future. None of us are immune from sudden illness or injury and the need for short term home care. Homecare/Home Health service will allow you to remain here in the Baja and not be forced to return elsewhere because there is not the care you need.

A good company will have registered nurses on staff should anything happen to you or your loved one and there is the need someone to take care you/they get home from the hospital. Whether it's for you in the future, or for your loved one right now, the services are now in the East Cape.

Now you or a loved one can comfortably make long term plans for the future that include being able to easily and comfortably spend your remaining days here in the East Cape, without the worry of declining health. So, now you know: does that change your long-term East Cape plans?



“Zona Tranquila Los Barriles”

An information & awareness-based community initiative for sensible & safe beaches

By: Theresa Comber

Good things happen when a community comes together. The Los Barriles community is coming together on behalf of creating safe and sensible beaches and good things are happening!

Sadly, in mid-February Mack the Dog was run over by a speeding truck on the beach in front of Costa Brava. This senseless accident congealed a growing concern that something needed to be done. More than 250 people attended meetings or voiced their support to implement a 7 mph/11 km speed on the beach. The Mayor of Los Barriles, Francisco “Pancho” Silva plus the Los Barriles’ representatives of Zofemat, the Federal group in charge of beaches, are in full support of a community proposed “Zona Tranquila” awareness and information program. The ATV rental companies are leaning in to adopt and share this request with all their rental guests. From the Pemex Arroyo south to the far side of North Beach, turtles, dogs, children, walkers, runners, kites,

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Zona Tranquila Continued From Page 25

beach goers, cyclists, horse riders, all using the beaches deserve a safe and sensible experience. All agree no more dogs, and certainly no children or adults, should be threatened by vehicles traveling too fast on the beach.

A comprehensive, multi-layered, community-based message supporting “Zona Tranquila” has been created with signage as a primary component. The single beach message is essential and Zofemat has agreed to take down all beach signs to avoid a messaging conflict. Mayor “Pancho” also wants us to share that he believes we all are part of this community; whether on an extended vacation, a winter season, a second homeowner or a year-round resident, holding citizenship or not, he wants us to know the primary tenet of Mexico’s Zofemat laws ask all individuals in society to support its environment. This community based; bottom-up effort will restore a sensible beach environment.

The goal is to have the campaign in place by April 14 in time for the Semana Santa celebration which will be held for the first time in two years. The complete program cost is \$8500 and in just ten days more than half has been raised. Anyone wishing to help the “Zona Tranquila” beach awareness & information program is encouraged to donate at: <https://www.gofundme.com/f/zona-tranquila-for-los-barriles>. Any questions or comments are encouraged to be send to: zonatranquilalosalbarriles@gmail.com. Good things are happening.



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Mindfulness of the Body

By Tehroma Lask

There are many ways of describing mindfulness and meditation. In this piece, I'll be sharing one perspective, one voice and encouraging you to cultivate and deepen your own. This is not a "how to" article or exhaustive definition of mindfulness or meditation. It is simply a personal share with one of the things I love most: personal stories.

I like to imagine mindfulness as an ongoing awakening of the senses and through this awakening, a deepening in presence.

And I like to remember meditation as a natural state of being. Being aware of where and how I am moment to moment, day by day. As many moments as I can. And with as much curiosity, openness and non-judgmental awareness as possible.

It feels as natural to connect with my five basic senses and a myriad of ways of being in this body as it feels normal to become distracted and forget where I am and momentarily what is real. In other words, it is easy to get stuck or lost in my head.

All of the above is constantly changing. My inner world evolves as much as the outer world that surrounds me.

Two of my favorite teachers, two humans I've learned

a profound amount about being human are my two children. They are grown and growing. I continue to learn and grow as I watch them learn and grow.

When my firstborn came into the world, I was twenty-two and ten years away from stepping foot into a yoga class and even longer before sitting down for formal meditation. I was young and beginning to learn how to care for another human being's heart, body, mind and soul. It was a time of intense focus to build a home, a life, a family. I was the company's bookkeeper and found comfort in long hours at the office spent plugging in numbers and coming up with reports. I spent a lot of time in my head.

As I watched my son discover the world around him through his senses, I slowly became more connected with my own. I saw him studying toys and anything in front of him with a curious gaze. This brought awareness to see with more curiosity. I saw him smell everything he picked up – the pediatrician asked if he was putting things in his mouth and I said, no, he brings things close and inhales. I paid more attention to my sense of smell deepening my love for plumerias. When we attended children's parties, he would slowly make his way into the crowd. Taking in the sounds, sights, surroundings. This made me more aware of my own sensitivities to external stimulus. Especially sound. When he was two, he discovered how to turn on the hose and feel the water flowing out. Cool water running over his hands, his small feet connected with the wet earth. This deepened my

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Mindfulness Continued From Page 27

awareness of sensation, touch, something as simple and wonderful as cool water and how it feels on the skin. And, when he was tired and ready to leave a gathering and pulled on my skirt, I remembered where my body was in space: proprioception. Sight, smell, hearing, touch. Tasting new foods always came after smell, making the experience doubly rich to witness and I imagine to experience.

Towards the end of my twenties, I found myself at home on bed rest awaiting the birth of our second child. This experience brought me deeper into connection with my own body. To be still out of medical instruction and necessity. After two weeks of climbing the walls – I was not accustomed to long periods of stillness – I surrendered. A voice deep within me said, who knows when you will experience this much quiet again? Sink in. I learned to be still and feel my body from the inside out: interoception.

A few years later, I found yoga, bringing me deeper into my sense awareness, proprioception, interoception. Later, meditation and mindfulness of the body, breath, thoughts and emotions.

As I continue to grow as a mother, formally and informally in yoga, meditation and mindfulness, my connection to this physical form becomes more alive. Embodied awareness.

While much is uncertain in this life, I can count on this body to be right here, right now for as long as I am alive and breathing. Moment to moment reminders of where, how and what I am. When I look in the mirror, I see gray hairs and reminders of life passing quickly. I don't want to miss a moment! I want to live and be as fully present, alive and open to this life I am experiencing. And in the moments when I feel overwhelm, my thoughts racing, worried, sad, angry or anxiety rears its familiar head, when I feel overwhelmed, I can pause. I feel my feet touch the ground, I can see what is front of me, breathe in the air and listen to the rise and fall of sounds, I can take a drink of water and notice how this moment feels, cultivating a sense of being at home in this body. Just for this moment. And the next. I can slow down the racing thoughts, cultivate compassion for the worries and anxieties I notice, I can steady my heart and mind. One moment and breath at a time.

"It is a strange and wonderful fact to be here, walking around in a body, to have a whole world within you and a world at your fingertips outside you. It is an immense privilege, and it is incredible that humans manage to forget the miracle of being here. Rilke said, 'Being here is so much,' and it is uncanny how social reality can deaden and numb us so that the mystical wonder of our lives goes totally unnoticed. We are here. We are wildly and dangerously free." — John O'Donohue



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Crescent Moon Turns One Years Old!!

By: Priscilla Duran

Crescent Moon wanted to do something special to celebrate our first year anniversary. It was quite an accomplishment for this single idea to grow and blossom and turn into something that would last. So what does an art group do.... create. Once we had our idea, we needed money. We asked and we were overwhelmed by the response and generosity of the community.

So, the first mural (of hopefully many!) that we made, it was a celebration for the 1st anniversary of Crescent Moon, the kids painted for two days, they were led by Melissa McDonald, our arts teacher.

We want to thank the following for their contribution and support.

Our Letter artists:

Frida, Jose Miguel, Isla, Georghette, Dylan, Valentina, David, Bauer, Isaac, Camilla, Marianna and Sofia thank you! You did amazing!

Our Support artists: Juan, Daniela and Melissa spent 15+ hours prepping and completing the mural. Thanks to Rotary for preparing and painting the wall for us to make the mural.

Sponsors:

LazyDaze, Barb Coble, Jim and Sandy Hall, Kevin Cohen, Julia and Spencer Kelley, Only Los Barriles Souvenirs, Pancho's Café, Homes & Land of Baja, Mike and Elaine Kohen, Maria's Restaurant, Christie Cooley, Wendy Crown, Tanis Rovner, Sharon Cook, Shannon Reinhardt, Colleen Findlay, Toni Smith, Ken Phillips, Zumba Fitness with Rossy, Victoria Olenich, David Daneshmand, Nancy Hudson, Tamra McKinney, Margo Sanna, Tom Sullivan, Christine Dearden, Anne Gardner, Jacqueline Ayling, Julie Harris, Julie Marks, Deborah Kasson, Leah Gilmore, Michelle Newell, Like My Mother Does, Rita Rehome-Myers, Gwen Bathgate, Carol Skelton, Heidi Barker, John Deandero, RONIVAL Real Estate, Gini Guinn, Cheresa Dawn Schuster, Jennifer Petittlerc, Sheryl Segal, William Givens, Asociación de Artes



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Behavior Enhancement Skills

By Nancy McGrew

The past several months have been filled with exciting changes and improvements at Cortez Rescue. We have been working diligently implementing new dog handling and training techniques. Cortez Rescue has been fortunate to have had two professional dog behaviorists work with our dogs and train volunteer staff this winter. Prior to this training, most Cortez volunteers were simply dog lovers and enthusiasts with big hearts doing the best they could to improve the well-being and lives of the dogs in our care. Of course, all of this is still true but now volunteers also have learned new skills and techniques to take Cortez Rescue dogs to an even greater level of wellness and success through behavior modification and leash skill development.

Dog training basically starts with people training. Cortez Rescue volunteers have gone through hours of dog handling, canine behavior awareness, and leash skill development training. Consistency is of utmost importance when teaching new behaviors to the dogs and all Cortez volunteers are consistently utilizing the same proven training techniques. The program is paying off, we have seen outstanding results with reversing undesirable dog behavior and the development of leash and command discipline in a very short time.

All volunteers hold Cortez Rescue dogs to the same high standards and expectations. Cortez dogs receive socialization opportunities, are trained not to jump on people, respect thresholds (to not bolt across a threshold like an open door or gate) as well as sit and heel on leash along with other important behaviors that make them even more adoptable. We are so proud of our dogs and their commitment and development into the very best version of themselves. Baja dogs are some of the best dogs in the world and we think Cortez Dogs are the best Baja dogs.

If you'd like to get involved with Cortez Rescue and im-

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We always, and especially, need foster homes. If you'd like to open your home and your heart to a rescue dog, please let us know. You may not even need to actually be in East Cape to foster. Cortez Rescue dogs' benefit from foster homes in the US and Canada. Get involved today, fostering is a very rewarding experience and saves lives.



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Is There Really A Need?

By Adam Greenberg

Leaders2Give is pleased to announce, after recently meeting with: the Director of DIF (the government entity responsible for family welfare;) the local delegation for the East Cape; and, the sub-delegation for El Cardonal, we have all the necessary support needed from the government and local Mexican community to take the next steps toward our goal of building and sustaining a temporary home for children while their families are experiencing a medical crisis.

A promotional video was just launched on Leaders2Give.org where you can learn about the need for this project. You can also download a detailed copy of our business plan which covers many FAQ's including these:

1. Is there really a need for this facility? A: Yes. Sadly, the rate of poverty in BCS increased almost 200% over the last few years with most of those impoverished

being women and children. Furthermore, Mexico and specifically, BCS, have amongst the highest rates of breast cancer and childhood leukaemia in Mexico. In fact, our goal to build this home was inspired by a story from a local family who became aware of a single mother of five who had to abandon four of her children in the slums of Los Cabos while seeking medical treatment for her youngest boy.

2. Is El Cardonal the right place for this facility? A: The site where the children's home is being built was donated for this use. El Cardonal has an elementary school and a high school, small stores, and a medical clinic. It is far enough from Los Barriles to maintain privacy and security for the children, and it's close enough to access all necessary services upon which we will need to rely. There are even hotels and restaurants in the area for volunteers who wish to visit.

3. Where will these kids come from? A: Children will be welcomed from all over the state of BCS. We will work closely with DIF and local health authorities to place these deserving children., and it's close enough to access all necessary services

upon which we will need to rely. There are even hotels and restaurants in the area for volunteers who wish to visit. Where will these kids come from?

3. How much money will this cost? A: We estimate total construction at \$300,000.00 USD. Operational expenses are anticipated to be \$50,000 USD per year based on stats from the home in La Paz for which we are currently overseeing financial operations.

4. Where will the money come from? A: So far, money has generously been donated from both private individuals as well as corporate and non profit groups from all over the world including this incredibly generous community where 7 of our 9 board members have homes. The Rotary Club of Los Barriles is supporting this project as is the Rotary Club of the Sea to Sky Corridor which includes West Vancouver, The Sunshine Coast, Squamish and Whistler, BC, Canada. A US 501 (c)(3) tax receipt is provided for all US citizens and our sister Mexican non-profit, Lidéres Para Dar (which will also be involved in overseeing operations of the home) is able to

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Leaders2Give Continued From Page 33

issue tax receipts for Mexican nationals. As of March 2022, we have raised approximately 1/3 of the required CAPEX. We are also writing grants and hosting fundraisers (more on that below.)

5. When will construction begin? A: We expect to break ground this summer (or as soon as we receive our building permits.) In the lead up, we are working hard to raise the balance of the funds necessary to complete construction and sustain operations for at least three years.

When will children start to live there? A: We anticipate this will occur by the fall or winter of 2023, if not sooner, depending on the date construction is completed and the success of our fundraising initiatives to raise operational funds.

What a Beautiful child. This is why we help!



Speaking of fundraisers... in the lead up to our groundbreaking ceremony, we are hosting 5 "Cinco De Mayo" fundraisers!

Our Cinco De Mayo campaign begins at a private home in Toronto, followed by a restaurant in Chicago, 2 private homes here in the East Cape, and will wrap up on May 14th at the Steven Kent Winery in Livermore, California where guests will enjoy the award winning wines of the Lineage Collection, upscale Mexican street food, and much more. As part of this Cinco De Mayo campaign, we will also be hosting an online silent auction between April 15th and May 15th.

You can obtain tickets to all those events and view our online auction by visiting Leaders2Give.org. On our website you can also learn more about this project, our incredible all-volunteer board of directors, and other key volunteers without whom this project would not be possible.

In fact, it is with great pride that we welcome our newest member of the board, Charleen Fariselli. Charleen is a CPA and owner of an accounting firm, but more importantly she's a mom to 2 kids and 2 dogs. She also happens to be in the last months of training for a black belt in Tae Kwon Do.

Charleen has travelled the world, both alone and with her kids, living in 6 different countries over the last 25 years and finally, ending in Los Barriles, Mexico as her full-time home.

The experiences she's had have provided a deep drive to help women and children that may need an extra helping hand. Her children also motivate her to help even more; for example, her son said he wanted to be a cook when he grew up so he could cook at orphanages to make the kids all their favorite foods so they would be happy.

All that has brought her to Leaders2Give, not only to make a difference for other children, but to help guide her own children into continuing this work.

Leaders2Give would cease to exist without the compassion and generosity of people like you. Thank you for making a difference!



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