

Asociación de Artes 2025-2026 Season!

Welcome back to our beloved East Cape in Baja! Asociación de Artes (AdA) is looking forward to a new and exciting season! Changes have come to the different AdA events, but with change comes opportunities and great times! One thing that has and will not change is the commitment that we have with the 21 East Cape area schools and our commitment to the students to *"help make the educational experience the best it can be!"* That means we will help each school with their individual needs. That might entail basic school supplies or sports equipment, ceiling fans or AC service. It might be a new classroom, furniture, computers, printers, curriculum books and sometimes just simple art supplies! We will do what it is within our control and budget. And that is why we have events – it is to raise funds for the schools!

The 2025-26 season will start out in December with a new and sure to be fun event! December 10, from 1 – 4pm, we will have a Holiday Design and Fashion Show – for home and person! We are adding a *twist* to the traditional fashion show by including interior design for your home, and of course fashion for your person! This new event, sure to be the event of the season and just in time for the Holiday season, you can see the new collections from Victoria's Fashions and Jolumir fashions along with Elizabeth Perkins jewelry. We will have interior designs from the Apron Lady and Dony Arts to name a few. Held at Cascada del Leon - #139 Camino del Leon in Las Brisas, Los Bariles, you will be treated to a delicious Italian dinner, Mango Bakery desserts and a selection of wines, prosecco, etc. We will have a few live auction items, select silent auction items and plenty of beautiful things to see and buy. It is sure to be a delightful time, with good friends, fantastic views and surroundings. We are offering only 100 guests tickets for this first event. Tickets are only \$850 pesos or \$50.00usd. It is important to remember all proceeds go directly to support the 21 East Cape area schools that AdA

supports. More details at www.eastcapearts.com

Our next event will be the Artist Studio Tour on February 4, 2026 from 10 - 4. We have made another change for the AdA as we have moved the tour to be the *first* Wednesday of February from now on. It will be the same great tour of 15 – 18 local artists studios with several guest artists at most locations. That way you get to see the most artists, for the least amount of travel. We personally select the artists from the many talented artists in the East Cape so you will have a variety of mediums, styles and designs. It is always a fun show and one of the favorite events in the East Cape Area!

Continue on Page 3



Asociación de Artes Presents:
Holiday Design & Fashion Show
For Home and Person!
December 10th
1pm- 4pm
Place: Cascada del Leon -
#139 Camino del Leon - off Zebra Drive Las
Tickets ~ \$850 pesos / \$50.00usd
Sold at Vita's Art & Fashion and
Apron Lady at Saturday Market
Details at: www.eastcapearts.com

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In addition to space in the printed version, your color ad appears in the online version at no additional cost. You can download the 2024-2025 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 non-fiction 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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AdA Continued From Page 1

We always cap off our season with the original East Cape event, **Festival de Artes in La Ribera!** This will be our 31st festival! Hard to imagine for an event to be held so long, but it is true, the original FdA is still here and continues on! Last year we moved to a new and improved location in La Ribera. We are returning to the fantastic La Ribera Community Plaza, but this time, and for the years to come, Festival de Artes will be the second Sunday of March – March 8, 2026 from 10-4. This allows us to present the best show, that has the best hand selected artists from the Baja, the best entertainment, the best car show and a great selection of food & drink vendors!

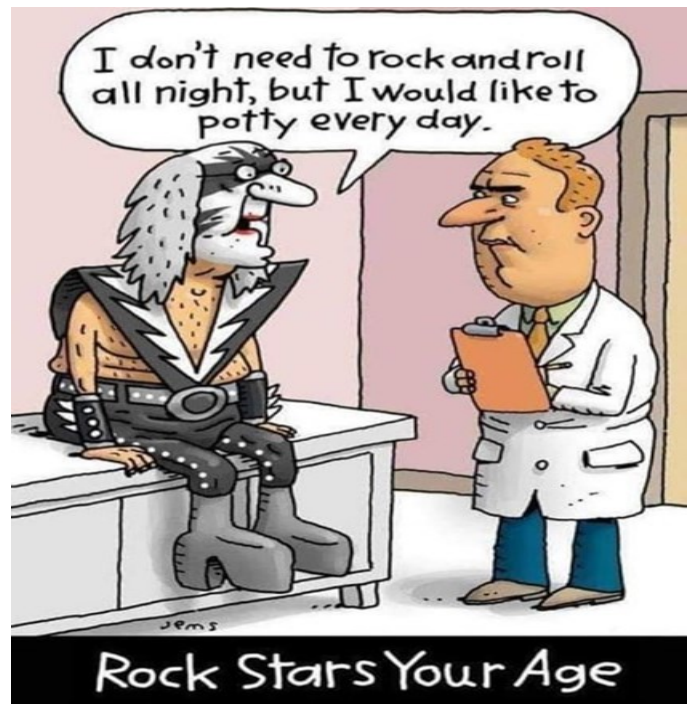
Each year we think we cannot improve on the festival, and each year we manage to do it! AdA is so proud of what we have created, and we look forward to improving, creating and presenting a day to remember to all who come to Festival de Artes!

Asociación de Artes goes to the efforts of producing the events for one reason: to make money for the 21 schools in the East Cape area we serve. To reiterate, we will buy school supplies and do repairs. Last season we bought new teacher desks, student chairs, paper, pencils and art supplies. We repaired lighting, AC units and ceilings. The things we do are what the schools tell us are their most pressing needs. Without our support, the quality of education the school provides would be greatly compromised. What we do is important and necessary! And we need everyone's help – both as volunteers, guests to our events, sponsors and donors! We all have a vested interest in the East Cape students getting educated. What we do ensures that we are helping to “*make the educational experience the best it can be.*”

Asociación de Artes is on an active hunt for volunteers that want to join us in truly making a difference to our community. We invite all out there to come and participate in making a difference. Events do not happen out of thin air, it takes volunteers. Some come to help only the day of events, others to help us with the preparation for each event. We do everything we can to make our ‘jobs’ have minimal time requirements, fun and rewarding, and the since of accomplishment you get is the most important payment you will need! Please send us an email if you want to discuss making a difference. Your help and support will be greatly appreciated.
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Why Not Join the Club Rotario Los Barriles Cabo Este?

By: Cami Beckerdite-Stitt

I am excited to share my journey as a new member of Rotary in Los Barriles. My partner and I recently built a home in the Palo Blanco community, drawn here by the natural beauty and the warmth of the people. From the beginning, we knew we wanted to be more than just residents—we hoped to become an active part of the community and give back to the place we now proudly call home. For 18 years, I directed high-volume retail stores on the East Coast at a Fortune 500 company, where I built my success on a foundation of servant leadership, fostering a culture of volunteerism, and staying deeply connected to my community.

Coming from a family of Marines, service has always been a core value for me. My passion for giving back began early as a candy stripper during my freshman year of high school, and it continues to shape the way I live and lead today.

Joining Rotary feels like a natural next step for me because it perfectly aligns with my mission of service and community involvement. Rotary's global network of dedicated individuals making a positive impact locally and worldwide is inspiring. As a new member, I am excited to contribute my skills, energy, and passion to meaningful projects that uplift the Los Barriles community and beyond. Being part of Rotary is not just about service—it's about building lasting friendships and creating a stronger, more connected community.

Why not join the Rotary? It offers an opportunity to make a difference alongside like-minded individuals who truly care. One of the wonderful things about being part of the Rotary community here in Los Barriles is experiencing the vibrant culture and rich flavors of the East Cape. From fresh seafood caught daily to authentic Mexican dishes bursting with local spices and tropical fruits, the taste of East Cape is truly unforgettable. Many Rotary events and fundraisers, including the annual "Taste of East Cape," celebrate this culinary heritage, bringing people together while supporting important community projects. I am thrilled to have been asked to write this article and to participate actively in Rotary this year. It is an honor to join such a passionate group dedicated to making a positive difference while embracing the warmth and spirit of the East Cape.

The Rotary Club of Los Barriles has been instrumental in many community projects that make life better for families in the region. Ongoing projects include clean water programs like the Healthy Water Project, providing filtration systems to East Cape families. The club supports health screenings at schools, organizes fun and meaningful cultural events like the Day of the Dead and Spring Carnival Parade, and manages important community spaces such as Laguna Park. The park now hosts a low-cost pickleball club, the seasonal Community Market, and is the heart of local gatherings like the "Taste of East Cape." Recent efforts include creating a computer center at Los Barriles Elementary for children without access to technology, supporting the children's day free pancake breakfast, and assisting with food bank and disaster relief. Plans are underway to update Laguna Park and help establish a mobile library for the wider region, continuing Rotary's commitment to education, health, and community well-being.

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Active Seniors Enjoy Life More

By: Sefi Held

The best prescription for our older adults in the East Cape area for a healthier and better retirement is exercise. Your stay will be much more enjoyable for your 2025 - 2026 season if you can discover a movement practice that you enjoy and can also stick with.

Did you know that moderate intensity physical activity can help you live longer and reduce health problems? Regular activity helps to control blood pressure, body weight and cholesterol levels and even cuts the risk of hardening of the arteries, heart attack and stroke. It also conditions the muscles, tendons, ligaments and bones to prevent osteoporosis, it keeps your body more limber and stabilizes your joints which lowers your risk of everyday injury. Exercise also improves your digestion, can help manage low back pain, arthritis and diabetes. One of my favourites is that regular activity helps you maintain your independence longer which we all strive for and, of course, makes you feel so much better, manages stress and gives your more energy to enjoy your work and play here in paradise.

A well-balanced exercise program includes cardiovascular and muscle conditioning, flexibility and balance training to prevent falls as we age. It is best to start slow and build up gradually to at least 30 minutes of movement activity on most days of the week.

A few safety tips if you are new to activity - always remember to keep safety in mind when exercising.

- ◇ Wear comfortable, well-fitting, supportive shoes if your activity requires impact.
- ◇ Avoid outdoor activities in extreme temperatures.
- ◇ Drink plenty of fluids to stay well hydrated and consider electrolytes if you exercise for prolonged periods of time.
- ◇ Listen to your body when determining an appropriate exercise intensity (keep in mind that monitoring intensity using heart rate is not always accurate if you are on

heart rate altering medications).

Be aware of the danger signs. Stop activity and contact your doctor or health clinic if you experience any of the following symptoms: pain, pressure in your chest, arms, neck or jaw; feeling lightheaded, nauseated, or weak; becoming short of breath, developing pain in your legs, calves, or back; or feeling like your heart is beating too fast or skipping beats.

I experienced firsthand the results of not listening to my body eight summers ago while actively working out in extreme temperatures. My sodium levels dropped way below normal, I had two seizures, fractured my lower thoracic spine as well as L5. Many tests later, lectures from my attending physicians that "I of all people should have known better" and a week in the hospital changed not only my attitude about the intensity of how I move now but also my mindset. Moving at a slower pace with compassion and less vigor has served me well and reminding myself that my 76-year-old body deserves this (even though my ego brain thinks I can still go hard core).

We are extremely fortunate in Los Barriles to have a bounty of options available to us whatever your mobility needs may be - we need to get up and move our own way intelligently. Our community offers everything from gym memberships, studio classes with chair-based movements if you are not able to get off the floor easily, mind body yoga and Pilates classes, pickleball, a plethora of water-sports including lessons, and dance style classes and adult ballet. Join the growing number of older adults who are demonstrating that exercise helps keep your body strong.

Remember:

When you bury a body, cover it with endangered plants so it is illegal to dig it up.

Follow me for more gardening tips.

Author unknown.....

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East Cape Health Center Is Growing Again!

By: Charlene Wenger

Since 2013, the East Cape Health Center Pharmacy has been a part of the Los Barriles community, providing a reliable and an affordable place to access essential and controlled medications to support families with their health care. Over the years we have become a trusted partner and dependable service.

OUR NEWLY RENOVATED PHARMACY IS DESIGNED FOR A PLEASANT EXPERIENCE, LOCAL 1

The pharmacy has entered a new phase, marked by changes that strengthen our commitment to our community members. Among them is a renewed logo that symbolizes the union of families. We moved to a larger space, which enabled us to expand our design for greater comfort and efficiency. Our dedicated professional staff has been educated on all of the items in our pharmacy, putting care into every detail of our service.

WELL FAMILY GROUP: A HOLISTIC APPROACH TO HEALTH CARE, LOCAL 2

Along this journey comes WELL Family Group, an extension of East Cape Health Center. Aimed at promoting well-being, our group of specialists will provide full support. This project broadens the vision of health care with a more comprehensive approach.

WELL Family Group will soon incorporate:

- Functional medicine: addresses health from a scientific approach in a personalized way.
- Workshops and community programs: promote healthy habits and preventive health education.
- Comprehensive wellness initiatives: focus on both physical care and emotional balance.

In this way, WELL Family Group will be a space where good health is a priority, with an emphasis on living actively in our community.

Through this transformation, WELL Family Pharmacy reaffirms its commitment to growing alongside our community. Our name change is a great improvement in our image and a step forward toward a more comprehensive approach to family well-being. WELL Family Pharmacy will continue to be a reliable ally, with a renewed vision focused on keeping you healthy.

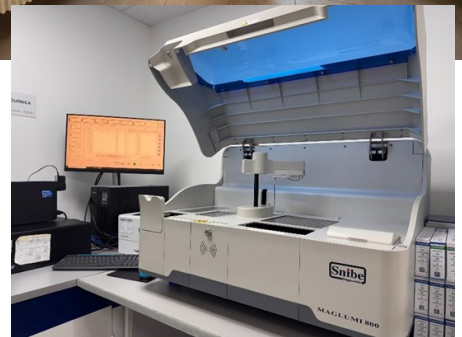
OUR LABORATORY: ADVANCED TECHNOLOGY FOR YOUR HEALTH

East Cape Health Center Laboratory has modernized our equipment. A generous donor provided us with a Maglumi 800, a state-of-the-art system that allows us to perform multiple specialized and precise tests. These include female and male hormones, vitamin levels, thyroid panels, insulin control,

cortisol, total and free PSA, cancer markers, among other studies. Thanks to this technology, we can provide fast and reliable results, helping you and your doctor make informed decisions about your health, just another way we support our community with a holistic approach to health care. Having your tests done at our clinic avoids outsourcing and saves costs.



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Spotlight on La Ribera

By: George Bergin (from Summer 2005)

La Ribera is Spanish for “shore, bank or beach.” Originally, this little East Cape fishing village was known as Tres Rios. Although there are no rivers near here today, we can imagine how the town got its name, especially in the rainy season. Three broad arroyos fan out from the slopes of the nearby La Laguna mountain range and run to the Sea of Cortéz on either side of the town. When the canyons high up in the Lagunas absorb more rainfall than they can hold, these arroyos run like shallow rivers.

Many years ago, the main village of La Ribera was located on a flat shelf of land touching the beach. Over the years, hurricanes and monsoonal rains flooded the area, devastating the town. As a result, residents were forced to abandon the site and rebuild their homes and businesses on higher ground. The skeletons of two or three crumbling concrete and brick structures remain to mark the site. An Ejido, composed of 59 families, owns all the beach property where the original village was laid out.

La Ribera's beach lays east and west. Prevailing winds

come from the north and down from the la Lagunas. The water is held inshore in long ponds of brackish water called, Charcos. At times, rain, wind, waves and tides act together to break through the berms. The whole marine food chain for miles along the beach benefits from the rich factor in La Ribera's ability to sustain its commercial fishing operations over the years. This “mountains feeding the fish” scenario is rare on the Baja peninsula as well as other parts of Mexico where mountains are much further from the sea.

La Ribera's first fishing resort began operation in the 1970's. Others soon followed. The town has prospered with the growth of this sport fishing/tourist business. The latest economic “boom” is due to the influx of retirees from the US and Canada. Their many trips to the Baja peninsula convinced them that there are few places with city services remaining in East Cape, which have affordable lots for single-family homes.

So, what does the future hold for La Ribera? What will happen to all of that Ejido-owned beach front property? Several developers, envisioning golf courses and a marina, have studied the area and want to buy. The Ejido is willing to sell. But the process is exceedingly slow. Don't look for any major changes in the lifestyle of La Riberians any time soon. In the meantime, they're just going to keep on fishing!



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Life of a Baja Dog: The Last Story

By: Bill Osborne

Hi, this is Missy, the Baja Dog that has been telling you about my life in Los Barriles and in Washington State for the last two years. When we left off last time, my health was declining rapidly and I knew that my parents, Bill and Cheryl, were very upset about what was happening to me. As the cancer progressed; I didn't like it whenever one of them was not with me.

After Bill took our family portrait on September 30, 2024, he spent some time on the computer looking at the pictures he took that morning. I sat at his feet on a blanket and watched him intently. He called Cheryl over to where he was working and said, "I got it. This picture is perfect!" Cheryl looked at the picture, gave me a hug and started crying. I couldn't understand why she would cry if the picture was so good. I would find out soon what brought her to tears.

October 1, 2024, started like every other day. I woke Bill up early by whining and scratching at him. I had to go now! He quickly got dressed and took me for my walk. Unlike most mornings, I did my major duty quickly. Then he did something I had never experienced. He burst into tears and cried uncontrollably. I had seen Cheryl cry many times in the last few months, but this was a first for Bill. At first, I tried to pull away, but I realized he needed me, so I sat down beside

him and looked into his eyes. The crying continued. He held my head in his hands and kept saying, "I love you so much." I knew he and Cheryl loved me, but this time was different.

After what seemed like an eternity, Bill stopped crying and took me to the house for a special breakfast. Cheryl gave me some freshly-cooked chicken and Bill topped it off with a chocolate-covered ice cream bar, one of my favorite treats. I heard Cheryl say that dogs aren't supposed to eat chocolate, but "It doesn't matter anymore."

After a nice nap, I reminded Bill that I needed to go again. To my surprise, Bill cried again. I could not figure out what was wrong. We walked down to the river, but unlike yesterday where I swam in the river, today I looked at the water and headed back to the house. Cheryl greeted us with a hug for Bill and a nice tummy rub for me.

When I went to one of my beds, they both sat next to me and showered me love and affection. I slept for an hour or so, when Bill came to me with the lead. This time, both of them took me for a walk. Little did I know this would be the last such walk for me. They put me in the car, and we headed to The Dalles, Oregon. It felt like just another trip for Cheryl to go shopping. She stopped at the Fred Meyer store to get some things she needed for dinner. As was the usual case, I sat in the passenger seat and nervously awaited her return.

Instead of returning home they drove to the Columbia Veterinary Clinic. I had never been there before. Bill went in alone to talk with them. Like it was when Cheryl was the grocery store, I was much happier when he returned. The two of them hugged me and professed their love for me.

We all exited the car and went into the office. One of the nice ladies escorted us into a small room where we were greeted by two nice women. Of course, I had to greet them, lick some hands and check out the room by sniffing everything. The vet talked very seriously to Bill and Cheryl. She explained what was going to happen next. After going into great detail, she asked, "Do you want to stay?" They both nodded their heads.

The veterinarian said, "The first shot I am going to give her will sting like a big bee sting. She isn't going to like it, but the pain will be brief, and she will become very calm." After receiving the shot, I turned around and licked her hand.

Cheryl knelt down, held my head, and rubbed my ears. Bill laid down beside me with his face next to me. I looked at him, gave him a big kiss on the lips and fell asleep. The next shot was given in my left rear leg. Within a minute, I stopped breathing, and my heart stopped. My life had ended.

From my place in Dog Heaven, I watched the two people who loved me like no others cry and left the room. For the first time in more than two years, I was out of pain. I know it was the toughest thing Bill and Cheryl ever did but letting me go with dignity was the right thing. I know that my spirit will live with them forever.

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by
Connie Heinen

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The Origins of Day of the Dead Traditions

By: Mexicohistorico.com

The Day of the Dead, or Día de los Muertos, is a vibrant and deeply meaningful celebration that honors the lives of those who have passed away. Rooted in ancient traditions and enriched by cultural influences over the centuries, this holiday is not just a time for mourning but a joyous occasion that brings families and communities together. From elaborate altars adorned with colorful decorations to festive gatherings filled with laughter and remembrance, the Day of the Dead encapsulates the belief that death is not an end, but a continuation of life in another form.

Historical Background of Day of the Dead

The Day of the Dead, or Día de los Muertos, is a celebration that honors deceased loved ones in Mexico and among Mexican communities worldwide. Its origins are deeply rooted in pre-Columbian traditions, shaped significantly by Spanish colonization, and have evolved over the centuries into a unique blend of indigenous and European customs. Understanding the historical background of Día de los Muertos not only illuminates its significance in Mexican culture but also highlights its role in preserving memory and fostering community connections.

Pre-Columbian Traditions

Long before the arrival of the Spanish, indigenous peoples in Mesoamerica celebrated death as a part of life, viewing it not as an end but as a transition to another existence. The Aztecs, for instance, had a complex relationship with death, which was deeply integrated into their religious beliefs and practices. They believed in an afterlife where the soul would journey through various challenges, and the manner of one's death greatly influenced their fate in the afterlife.

One of the most significant deities related to death in the Aztec pantheon was Mictecacihuatl, the Lady of the Dead, who ruled over the Mictlán, the underworld. The Aztecs honored their dead through elaborate rituals and ceremonies, often involving offerings of

food, flowers, and personal items. Families would create altars, or *ofrendas*, to welcome the spirits of their ancestors back to the world of the living during specific times of the year, particularly during the harvest season.

Additionally, other indigenous cultures, such as the Purepechas and the Mixtecs, also celebrated death with their unique customs. They created intricate altars adorned with flowers, particularly *cempasúchil* (marigolds), which were believed to guide the spirits with their vibrant color and scent. These practices laid the groundwork for the modern celebration of Día de los Muertos, demonstrating a reverence for life and death that has persisted through generations.

Influence of Spanish Colonization

The arrival of Spanish colonizers in the 16th century drastically altered the religious landscape of Mexico, leading to the imposition of Catholicism and the suppression of indigenous beliefs. However, rather than completely erasing indigenous customs, the Spanish often integrated them

Continued On Page 12



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Origins Of Day of Dead Continued From Page 11

into their religious practices. This syncretism is particularly evident in the celebration of Día de los Muertos, which coincides with the Catholic observances of All Saints' Day and All Souls' Day, celebrated on November 1st and 2nd, respectively.

During this period, the Catholic Church sought to convert indigenous peoples by adapting their existing traditions. The concept of honoring the dead was aligned with Catholic teachings about the afterlife, purgatory, and the importance of praying for the souls of the deceased. Consequently, many indigenous practices were absorbed into the Catholic framework, leading to the formation of a hybrid celebration that included both Catholic and indigenous elements.

The altars, once solely dedicated to indigenous deities, began to incorporate Catholic symbols such as crucifixes, rosaries, and images of saints. The fusion of these traditions created a rich tapestry of beliefs surrounding death and the afterlife, allowing communities to maintain their cultural identity while also embracing elements of the dominant religion.

Symbolism of Altars (Ofrendas)

At the heart of the Day of the Dead celebrations are the



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altars, or ofrendas, which are meticulously created to honor the departed. These altars serve not only as a physical space for remembrance but also as a symbolic representation of the deceased's journey back to the world of the living. Typically adorned with a variety of items, each element of the altar holds deep meaning.

Photographs: Images of the deceased are prominently displayed to welcome their spirits back.

Marigolds: Known as cempasúchil, these vibrant flowers are believed to guide the spirits to their altars with their bright color and scent.

Food and Drink: Traditional foods such as pan de muerto (a special bread) and favorite dishes of the deceased are placed on the altar, symbolizing nourishment for the spirits.

Personal Items: Belongings or mementos of the deceased are included to signify their presence and honor their memory.

Candles: The light from candles represents faith and hope, illuminating the way for the returning souls.

Water: A glass of water is often placed to quench the thirst of the spirits after their long journey.

This intricate arrangement of items reflects the belief that the spirits of the deceased return to visit their families during this time. The altars serve as a bridge between the worlds, facilitating a connection that is both sacred and celebratory. The creation of these altars is often a collaborative effort, involving family members in the preparation and decoration, reinforcing bonds and collective memory.

Role of Food and Drink in Celebrations

Food plays a central role in the Day of the Dead festivities, symbolizing life, sustenance, and the continuation of traditions. The culinary offerings are not merely for consumption; they carry deep significance, with each dish reflecting the tastes and preferences of the deceased. The preparation and sharing of these foods serve as a communal activity that fosters connection among family members and friends.

- **Pan de muerto:** This traditional bread is shaped like a skull or decorated with bone-like pieces. Its sweet flavor and symbolic form make it a staple of the celebration.

- **Calaveras de azúcar:** Sugar skulls, often decorated with colorful icing, are both a playful and poignant representation of the dead, serving as a reminder of mortality.

Atole and champurrado: These warm beverages made from corn and chocolate are commonly served,

Continued On Page 13



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SNAP Los Barriles: Caring for Animals, Supporting Our Community

By: Paula Myers

If this is your first time picking up an *East Caper* and visiting our slice of paradise, let us introduce you to SNAP – Spay, Neuter and Prevention Los Barriles.

Founded in 2013, SNAP was created to give local pet owners a safe and healthy option to prevent unwanted dog and cat litters. By offering free spay and neuter services in Los Barriles and surrounding towns, we help reduce abandonment and neglect. Beyond surgeries, our mission includes education and mentoring youth to become tomorrow's leaders in humane pet ownership. SNAP is 100% funded through donations, and every peso directly supports this work.

For our friends returning for the season, here's a look at what we've accomplished while you were away:

- We've averaged about 125 animals sterilized each month, with our busiest month reaching 181 surgeries.
- We've hosted community clinics in El Cardonal, Mira Flores, Santiago, and Campamento—towns where transportation can be a challenge.
- With the help of Cortez Rescue and the "Vanimal," owners can now schedule pickups for their pets, making access to surgery easier than ever.



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This summer, we reached over 100 school-aged children across Los Barriles, La Ribera, and Santiago, teaching the importance of responsible pet ownership.

And now, a word about cats. Many of you may have noticed feral cats popping up around your casas. Feral cats are community cats—if you feed them, they will stay, and those two cute kittens can quickly become 16. But don't worry, SNAP can help! While we don't foster or rehome, we do have cat traps available for checkout so you can play a role in controlling the population.

Want to get involved or learn more? Follow us on Facebook @SNAP Los Barriles. Together, we can make a lasting difference for the animals—and the people—of our community.



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Origins of Day Of The Dead From Page 12

embodying comfort and nostalgia.

Favorite dishes: Family recipes and the deceased's favorite foods are prepared and offered on the altar, reinforcing the idea of familiarity and love. Sharing these meals is a way to celebrate life and honor the memories of those who have passed. Families gather to reminisce, tell stories, and partake in the feast, creating an atmosphere of joy and remembrance. The act of eating together symbolizes unity, reinforcing cultural values of community and family ties.

Day of the Dead Festivals in Mexico

In Mexico, the Day of the Dead is not merely a holiday; it is a cultural phenomenon that takes place annually on the first and second of November. What sets this celebration apart is its unique blend of indigenous and Spanish influences, creating a multifaceted festival that varies across regions. Major cities and towns in Mexico host elaborate celebrations that attract both locals and tourists alike.

One of the most famous celebrations occurs in Oaxaca, where the streets are filled with vibrancy and life. The city transforms into a colorful display of marigolds, sugar skulls, and beautifully decorated altars. Families participate in creating ofrendas, altars adorned with photographs, favorite foods, and mementos of the deceased. The ofrendas not only honor the dead but also serve as a reminder of the cyclical nature of life and death.

In Mexico City, the festivities are grander than ever, with parades, music, and dance performances that celebrate the essence of life. The Day of the Dead parade, which began in 2016, showcases large, intricately designed floats, as well as traditional dancers and musicians. This event has become a symbol of national pride and cultural identity, drawing thousands of participants and spectators from around the world.

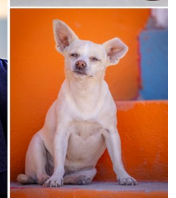
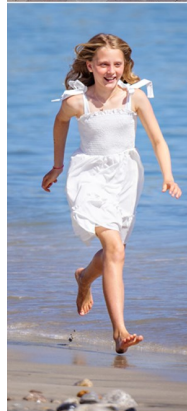
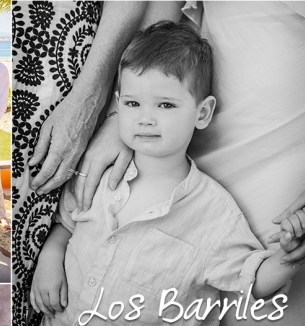
Different regions also have their unique customs. In Pátzcuaro, Michoacán, the celebration involves a night vigil at the cemetery, where families gather to pray, eat, and reminisce about their loved ones. The lake of Pátzcuaro is illuminated by candles placed on boats, creating a stunning visual that embodies

the spiritual connection between the living and the dead.

*Left:
Example of an
Ofrendas*



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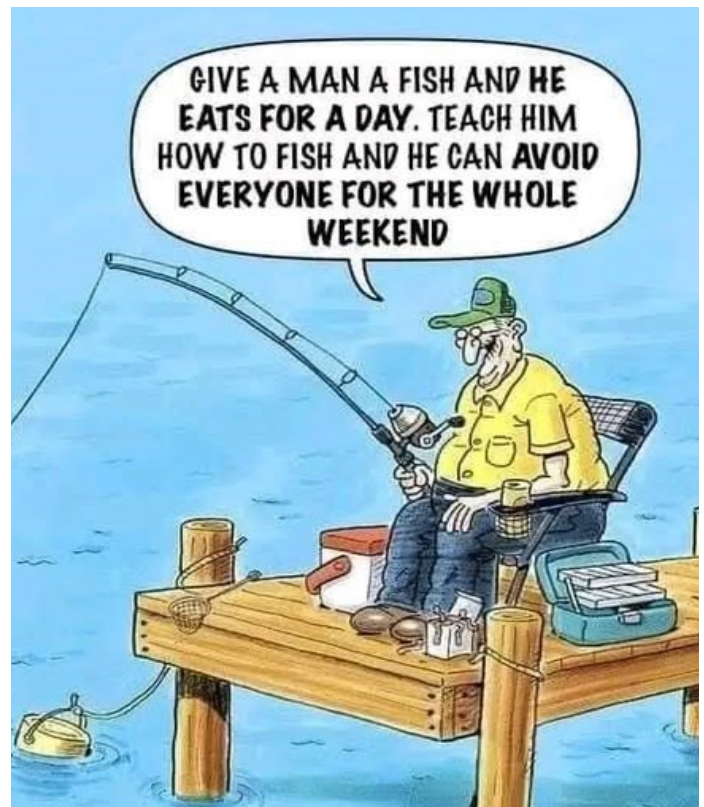
Find your Joy in BCS MX

By: Cheryl Hampton AKA Scubacheryl

Remember when you used to be excited to greet each new day? Hopefully you still are but many among us struggle or need a reminder of how blessed we are to spend time in this beautiful paradise. Baja California Sur, MX, specifically the East Cape area, offers so many diverse activities and pursuits that allow us to explore and regularly renew our joy.

Perhaps you had a childhood activity that life got in the way of, or you have always dreamed of “trying” something. I like to say “You are never too old to have new experiences” particularly when it comes to injecting fun and joy into your life. Most visit this area or move here because it is so beautiful and offers many types of activities. **So get outside and experience it.**

Don't fall into the trap of sitting all day just gazing at the sea from your room. You can choose to sit on the beach, or by the pool and just watch the world go by while you sort out what interests you. Actually, go out on the sea or get into it as you probably are here because of the miles and miles of beautiful beaches. Stick your face below the shiny surface and discover an entire new world where swimming, snorkeling or scuba diving allows you to completely immerse yourself in that world.



Paddle a SUP or kayak out to meet marine creatures that like to cruise near the shore like dolphins or mantas. Sighting whales during the winter season becomes a group activity when those on shore will point so those on the water can responsibly approach. During the windy season kite boarding, winging and sailing offer an exciting way to enjoy the sea. Of course, Baja Sur is famous for world-class sport fishing and there are many options to experience that thrill.

If water activities aren't your thing there is still plenty to choose from. Pickleball is the newest craze here and you will find many venue choices for that increasingly popular sport. Don't overlook considering other land-based activities like hiking in the hills or beachside yoga with stunning overlooks of the sea. Horseback riding down the beach or up the arroyos offers a great opportunity to slow down and enjoy the scenery. If you don't mind getting a bit dirty, get into an ATV or SXS to roll down the beautiful beaches, carefully of course as we do have nesting sea turtles frequently. The general rule is if you can see a dust cloud behind you, you are going too fast. Head for the arroyos for an opportunity to speed up a bit without spraying beach goers with dust. Always watch out for the livestock that free range this entire area or other visitors and animals just out walking.

Bottom line, there is every reason to get out and experience the beautiful area that you came to see. Get the most from your time here and recharge your happiness batteries. Think about what you want to try and reach out to one of the many locally based tour operators. We have experts in water sports and activities that will be glad to explain your choices and options. Speak to your hotel front desk or property manager if you need some guidance as they usually know someone who can help. Plan your next epic day in paradise to find your joy.

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Technology Safety, New Technology and Good Tips

By: Lane Sykes

Here's a great way to start a new season: Beware of Google searches or any internet searches. If you are looking for tech support online and decide to Google Search for tech phone numbers, beware that the first several on the list are mostly paid ads. Yes, you can pay Google to move your Ad to the top of the search results list. Scammers are willing to buy ads. If you look carefully, you can see the Ad logo in the Google search. Far too many unsuspecting people with Tech problems search for the number, call and are charged a huge sum of money. Some even have the credit cards used for illicit purposes. When you search for Tech Support phone numbers, look at the top of the screen where all that www.xxxx is and verify that it is indeed the tech site you are searching. Also, you can renew your passports online. Use: travel.state.gov. Do NOT Google search for Renew My Passport. The first several hits are potential scams.

Speaking of online searches, I use Artificial Intelligence (AI) all the time no matter what the search. My go to is "Gemini" by Google, second is Grok, followed by Chat GPT and CoPilot. If you need to repair something or gain general knowledge about a subject, they all work great. If you search for opinions, that will change with each AI provider. I just finished my Living Trust using AI. Grok gave me a Trust that was reviewed and blessed by an attorney. Gemini was no help.

Be careful when you use a QR code that is out there in the public domain. For instance, you park in a pay-to-park area or lot. You see a QR code that lets you pay via your cell phone. Make sure the QR code is not an overlay with scammers QR. Always check the URL or internet address. Another scam involves the tap to pay. At a huge number of gas stations you can see the gray pad the size of your credit card where you can tap your card for payment. Scammers are disabling the existing one, then place a phony square over it to conceal the original. The prompt on the screen will advise you to insert your card. That's where the scammers have placed a card reader. Next, all your credit/debit card info is revealed to the scammer. I still use tap to pay but beware.

Just before I left Baja for summer vacation, I purchased a Vsee Box just to give it a try. What the heck is a Vsee Box? Good question! It's a TV add-on box that connects to the TV via an available HDMI port on the TV. The Vsee box connects to the internet. After a few short, simple updates, you now have access to a huge host of media. You can access local stations all over the US. For our Canadian readers, yes there are 5 curling stations. My favorite sport as you can put your beer down on the playing surface and it never gets warm. Bottom line on the Vsee Box, I'm buying a second one. The TV resolution is good right out of the box. I'm going to swap the included HDMI cord for an upgraded one. BTW, no VPN required and it's worked all summer in the US. If your internet plan is truly unlimited, no problem. If your

bandwidth is metered, either turn off Vsee or select home. Otherwise, the Vsee will continue to download media and you may be charged with an overage.

When you use Apple Pay to pay for a recurring subscription that is outside the Apple Sphere, there will be a 30% surcharge added. I had subscribed to Consumers Report via Apple. Yes, I got hit with the 30%; so I canceled and went direct to Consumers Report.

Here's a quick way to price check when searching on Amazon. Click on the page in Amazon that has that nice gadget you've been searching for. Look in the top left of the corner of the screen and you will see Rufus with a search block. Just "Ask Rufus for a price check by simply typing "Price History" You will see a 30 day price history for that product. If there's a product that I don't need immediately, then I select "Save for Later". That helps me monitor prices. If there's a Prime Day in the near future, I generally fill up the "Save for Later" and wait for any price drops on Prime Day.

Here's an new iphone app: <https://berkanan.chat/> It works over BlueTooth instead of WiFi or cellular.

My grandpa once said:

"Your terrible job is the dream of the unemployed. Your house is the dream of the homeless. Your smile is the dream of the depressed. Your health is the dream of the ill. Don't let difficult times make you forget your blessings."



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Baja Shakespeare Turns 26!

By: Sheryl Segal

Baja Shakespeare proudly raises the curtain on its 26th season, celebrating more than a quarter century of laughter, drama, and community magic.

When Baja Shakespeare first took the stage more than 25 years ago, many thought it was just a lark—a summer camp skit, a community talent show, something fun “just for kicks” before everyone returned to fishing, kiteboarding, and pickleball.

But the joke’s on us—in the best way possible!

Here we are, 26 years later, with musical directors, live music, dancing, and singing, and the enthusiastic support of our vibrant East Cape community.

Last season’s smash hit *Madre Mia!* brought laughter, singing, and dancing to more than 700 audience members, filling the theater with joy and applause. Friends old and new joined us—onstage, backstage, and in the seats—proving once again that theater thrives when community comes together.



This Season’s Show

Baja Shakespeare returns in February at the stunning Hotel Palmas de Cortez Convention Center.

Performance dates:

February 20, 21, 22 (Sunday matinee), 25, 26, 27, 28
(Tickets on sale in January—mark your calendars!)



A Little Teaser... This year’s production is packed with outrageous comedy, toe-tapping music, and a few surprises we can’t quite reveal just yet. Let’s just say—expect mistaken identities, over-the-top characters, and a whole lot of laughs. If you thought *Madre Mia!* was fun, wait until you see what we’ve cooked up for Year 26!

Where Does Your Ticket Money Go?

We’re often asked this, and we’re proud to say: it stays right here in the East Cape.

Your support helps us

- Purchase props, costumes, paint and the hundreds of little items it takes to put on a show.
 - Feed our hardworking actors and crew during those marathon rehearsal days.
 - Rent storage for our sets, backdrops, costumes and lights
 - Invest in sound and production equipment to make each year better than the last.
- In short: your ticket helps keep Baja Shakespeare alive and thriving—while also supporting local businesses and nonprofits.

A Note of Thanks

We are deeply grateful to everyone who has laughed with us, sung with us, and stood by us. Your support keeps the arts alive in Los Barriles and makes this magical journey possible.

Here’s to 26 years of Baja Shakespeare—and to many more to come!

See you in February for another unforgettable adventure onstage



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- 🌟 Your donation helps us finish what we’ve started.
- 🌟 Your generosity creates opportunities for our children and families.
- 🌟 Together, we make dreams possible.

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Helping People, Changing Lives: 3 Health Benefits Of Volunteering

By: Angela Thoreson

Volunteers make an immeasurable difference in people's lives and often serve to help others. Did you know that volunteering can benefit your health as well?

The good news is that you don't need to be a philanthropist or senator to enhance or create change in your community. Volunteering makes an immeasurable difference in people's lives. Your actions, big or small, can help others and benefit your health.

Research has shown that volunteering offers significant health benefits, especially for older adults, including:

1. Improves physical and mental health.

Volunteering activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than non-volunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of

meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling age, gender and physical health.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time and talent in the areas they find meaningful. Older volunteers experience greater increases in life satisfaction and self-esteem.

At Mayo Clinic Health System, volunteers serve as greeters and waiting room attendants, provide patient room information and directions, and help transport patients and patient items. Many volunteers use their craft skills to make prayer shawls, blankets, sweaters and hats, that typically are given to newborn babies and patients with cancer. Other services volunteers provide include working in the hospital gift shop, performing clerical duties for staff or offering pet therapy to patients through the Paws Force team.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

People volunteer for different reasons, such as exploring careers, sharpening skills, staying active during retirement, meeting new people and serving their communities. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

Are you interested in becoming a volunteer? There is a wide variety of volunteer opportunities in every community, whether you're interested in youth, environmental, health, religious or community causes. Check with local nonprofit and cultural organizations, schools, faith communities, or hospitals for options.



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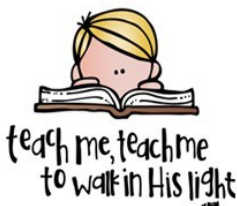
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Colossians 3: 12—14

12 Since God chose you to be the holy people he loves, you must cloth yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience.

13 Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

14 Above all, clothe yourselves with love, which binds us all together in perfect harmony.



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Paul's One-Liners

By: Paul LaGloire

- ♦ Some people like to be first, but never to pick up the check!
- ♦ Many “anonymous” gifts are done so to be detected.
- ♦ Power is what horses used to have.
- ♦ The more we jump and praise the highest, the more magnified becomes its pedestal.
- ♦ An eye for an eye sells more eye patches.
- ♦ When a person is on a last leg, it doesn't imply that there were many of them to start with.
- ♦ The presentation should equal the veneration of the gift.
- ♦ A mime is a performer with speechless exaggerations who craves loud cheers.
- ♦ When a proposal is in-depth, it will be over-explained in length.
- ♦ It is when you spend yourself that you can economize
- ♦ Exoneration is an acquittal with fifteen paragraphs.
- ♦ Two guys stole a calendar, and they each got six months.



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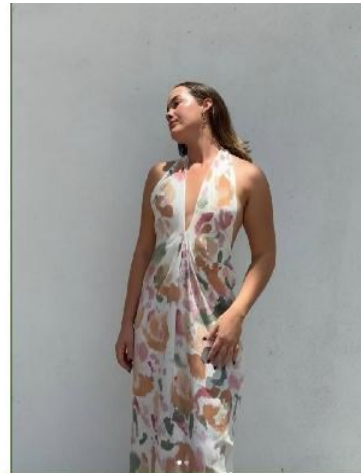
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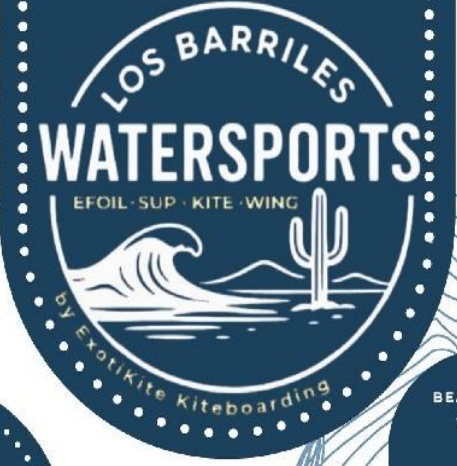
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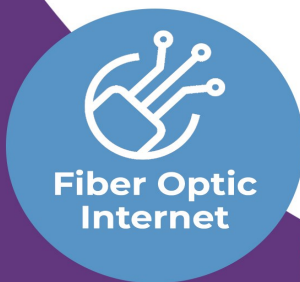
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The Unexpected

By: Blackie Gordon

I had dreams. I married a really nice guy who had a solid job in construction. Over the next five years we had two beautiful children. I was happy. We were renting a place to live and were beginning to carve out a good life for our young family.

Travelling to work one day, my husband was a passenger in a car that ran off the road. His back was injured. The accident left him in constant pain. It wasn't his fault, but he was the one who was suffering. To try to cope with the pain he began to drink. He drank too much. This was not good.

When he drank too much his character changed. He became abusive and, as time went on, he started to become physically violent. I was frightened. My children began to suffer. My husband's temper was scaring them, and they were beginning to show signs of anxiety. I never thought life would turn out like this. My dream had turned into a nightmare.

For my kids' sake I left our place and moved back to live with my parents. This wasn't ideal but, in time, my kids were starting to calm down. I was beginning to get my life back in order. I found a cleaning job and my parents looked after my kids when I was working. This obviously wasn't my initial dream, but life was getting better again.

We might have made it, but then I got sick. The treatments

were hard. They were painful and tiring. I tried to keep going but my work suffered. Then the doctors told me that my body was not responding well to the treatment. The nightmare had returned.

I don't know why my life has been full of these challenges. I would give anything to have a different life.

I don't know what we would do without the food vouchers that I get from the **Los Barriles Feeding the Hungry Charity**. This guarantee of food is wonderful. It is such a relief to know that, despite what problems I have, my kids will not go to bed hungry.

I think a lot about this help I am getting. The fact that my kids are guaranteed food is only part of my gratefulness. Just knowing that someone else cares enough to help us is incredible. Somehow, I don't feel so alone in my struggles anymore. On my own this would be too much for me but, with the help I am getting, I have a chance.

I want whoever it is that is paying for these food vouchers to know that your kindness and generosity makes a huge difference to me and my kids.

From the bottom of my heart, thank you.

This is just one story of many. If you would like to be involved in making a real difference in the lives of the least fortunate among us, sign up to go on the Community ATV Charity Fun Ride on Friday 12th December 2025. Full details about the ride can be found at www.AtvFunLosBarriles.com



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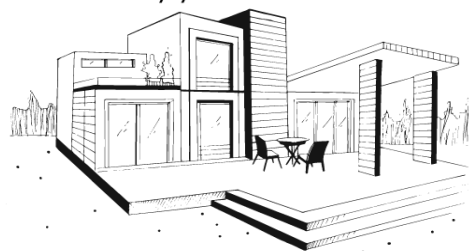


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Los Barriles, B.C.S. next to Carmens Cafe

We Thought the Hard Part Was Building The John Gullo Home for Children

By Adam Greenberg

Several months ago, we proudly announced the John Gullo Home for Children in El Cardonal, BCS had received its operating permit. The home was ready. The staff was moving in. The vision was becoming real.

We thought the hard part was behind us. We thought building the home would be the toughest part. After all, this *is* Mexico. Anyone who's ever tried to build a house, get a residency card, or even set up regular water delivery knows the system doesn't exactly run on gringo time or expectations. But as it turns out, the building was just the beginning.

The hardest part? It's the day-to-day work of operationalizing it... of filling this beautiful, nurturing space with the very children it was built for. That work is still ongoing.

What We've Learned

Shortly after opening, we welcomed our first child. His stay was temporary but pivotal. It gave us insight into the complexity of the challenges children bring with them and what kind of support is needed to help them heal and thrive.

Since then, we've been listening, learning, and adjusting. Some of that learning came from Casa Hogar in Cabo San Lucas, one of the most respected children's homes in the state... and, if the name sounds familiar, that's because their story inspired the Netflix movie *Blue Miracle*. Yes, that Casa Hogar.

Their leadership team spent several days with us this summer, offering practical feedback, encouragement, and a powerful reminder that this work takes time—and that children will come, most often through word of mouth and trust built slowly. We later visited their facility in Cabo and came away with a renewed sense of purpose, a list of ideas we're now implementing, and a deeper commitment to creating a truly sustainable, caring, and child-centered

home.

One Step Closer

In August, we took a big step forward by hosting a three-day "pilot camp" at the home for 23 children and 8 staff members from Casa Hogar. It was our first chance to see the home filled with so much laughter, life, and movement.

We spent time on the beach, shared meals around the table, and learned from both the staff and children what it really means to make a space feel welcoming and safe. The children left us with handmade gifts, including a thank-you poster and a "tree of handprints" that now hangs in the facility, a reminder of the future we're building toward.

What We're Doing Now

One of the biggest changes? We've launched an aggressive outreach strategy across the entire Baja peninsula.

Under the leadership of our on-site Facility Director, Belén Meza Sandez, and Assistant Director, Sara María Esparza Lucero, we've created a comprehensive plan to strengthen connections with social workers, hospitals, clinics, and DIF offices in every major municipality from La Paz and Their calendar now includes nearly two dozen site visits between now and the end of November, with posters, flyers, and presentations designed to explain the home's mis-

Continued On Page 28

Mosaic Workshop

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Leaders To Give Continued From Page 27

sion and who it serves: children whose families are experiencing a medical crisis. And at every stop, we're hearing the same thing, "This home is so needed."

Building Our Village

Right now, we're looking for:

- Local professionals who can offer specialized support (e.g., child psychologists, therapists, social workers)
- Helpers for enrichment activities like arts and crafts, tutoring, gardening, music, or even just playing a board game
- People willing to be on call for occasional help with errands, repairs, or supplies

As we continue outreach across the peninsula, we're also building a local volunteer network to strengthen day-to-day operations at the John Gullo Home for Children

If you live in the area and would like to lend a hand we'd love to hear from you.

What It Takes to Keep the Home Running

While outreach continues, so do the daily operational costs. The home runs entirely on donations, with an annual operating budget of about \$100,000 USD. Every dollar provides food, electricity, salaries, and support services to ensure children are safe, cared for, and loved



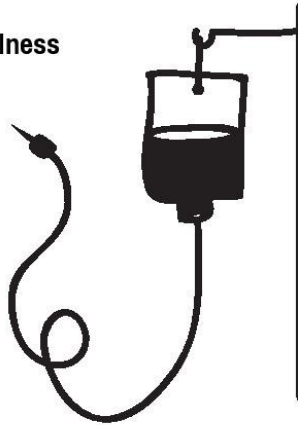
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If you're reading this and wondering how else you can help, here's how:

- Become a recurring monthly donor, even at a small amount.
- Share our story with friends or local contacts here in Baja—especially those connected to hospitals, clinics, or schools.

We've come a long way, but there's still so much to do. Thank you for being part of this journey with us.





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East Cape Guild Scholarship Fund – Turning 30 in 2026!

By John Plotkin

The East Cape Guild will celebrate its 30th year of funding scholarships for children from the East Cape Guild who perform well in school and have financial need. Additionally, as funds permit, the East Cape Guild sends some Guild high school scholars on to college. Last year the East Cape Guild funded 272 high school scholarships and 80 college scholarships. Los Barriles, La Ribera, Santiago, Mira Flores and the many other communities of the East Cape share the legacy of the Guild Scholarship Fund with graduates serving in important roles in their communities; mayors, engineers, lawyers, doctors, engineers and other jobs that make the East Cape the vibrant and wonderful place we live in.

How can you support this effort you may ask? Well, to fund the scholarships the Guild is wholly run by volunteers. If you are new to the area please come to one of our monthly meetings, announced by Baja Pony Express. Look for our event notices on Everything Los Barriles Facebook page or check out the East Cape Guild's website. The Guild raises money through fun fundraising events and through community donations.

This year's first Guild fundraising event is the return of the Parade of Homes/ Poker run which will take place on Sunday, November 30, 2025. Visit 6 homes in the area reflecting a blend of locations and construction styles. Pick up a playing card at each house and vie for the best poker hand to win a prize or buy tickets to try to win this year's raffle basket which will be filled with items brought back to Los Barriles from their summer travels and local gift certificates.

October—November 2025



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Meet some of our students at each of the homes.

Can't make the Parade of Homes but want to contribute to the Community? Donations to the Guild (tax deductible to US taxpayers) can be made through the International Community Foundation at ICF.org by specifying the East Cape Guild as the recipient of the donation. Donations can also be made through our website EastCapeGuild.com.



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The Couple Who Saved Over 1,800 Children

By: Jo Dibbley

In 1999, Roberto and Alma dreamt of opening a home for the abandoned and forgotten children in Baja. The need was there, but it seemed insurmountable. They kept the faith and stayed the course. In 2001, just two short years later, they opened **New Creation Kids** in La Paz, Mexico. In this haven, children would be cherished and protected. What had seemed impossible only two years before became reality.

Roberto often reminds everyone, "*poco a poco*," little by little—and that's how their dream unfolded, through generous donations, and the love of compassionate volunteers.

Fast forward to today—they have transformed the lives of over 1,800 children! Their unwavering commitment has shone brightly, even through fierce storms, times of feast or famine, and countless challenges. What an incredible testament to resilience! Their work hasn't only changed the lives of these children, but also inspired a



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Al-Anon group meeting every Monday and Thursday
from 10-11am at the Spa Buena Vista Serenity Garden
for families and friends that are affected by someone's
else's drinking. Contact sheilafluf@yahoo.com or
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community to come together and make a difference.

Team Humanity Baja joined Roberto and Alma's efforts in 2016—this year marks our tenth anniversary partnering together. It is a profound joy to work with Roberto and Alma and to grow alongside these remarkable children, many of whom are now blossoming into inspiring young adults. The experience of being with, serving, and learning from these resilient kids is one of the greatest gifts and joys of my life.

A heartfelt thank you to Roberto and Alma for their tireless dedication and inspiring service. Congratulations on **24 years of creating a loving home for over 1,800 children!** Their dedication and hard work are the driving force behind our joint success, and we are deeply appreciative of their dedication. We are all connected through our shared commitment to these children, and it makes our work so meaningful!

We have some exciting programs lined up this upcoming season to enrich the lives of our children. Two programs: **Little Aprons** and **See Me** are making a triumphant return, and for our older kids, we're introducing financial literacy lessons! Plus, the thrilling **Clay Village** will begin construction, along with many more creative activities on the horizon. And our popular weekly **Sunday Funday** program will be back in full swing.

We have fantastic plans for **New Creation Kids'** 25th anniversary next year. Join **Team Humanity Baja** on Facebook to stay informed as we share the excitement over the next few months.

Continued On Page 33



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Couple Who Saved Continued From Page 32

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- Retired teachers fluent in English and Spanish
- Art teachers
- Gym teachers
- Cooking teachers
- And helpers to assist with our ongoing weekly programs

To learn more about these incredible children, Roberto and Alma, and Team Humanity Baja, please check out: **Team Humanity Baja's Facebook page and website.** www.jodibblee.com

Donations: Please donate at: <https://www.zeffy.com/en-CA/donation-form/7329c736-b178-4a3b-b631-dc419ad8912e>

Join us on Facebook at <https://www.facebook.com/groups/teamhumanitybaja/>

Are you ready to get involved? We'd love to help you find your place on this heartwarming journey!



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For full details about the event visit <https://www.AtvFunLosBarriles.com>

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Cortez Rescue & Outreach Every Day Enriching The Lives Of Homeless And Neglected Dogs

By: Nancy McGrew

Cortez Rescue & Outreach is a non-profit canine rescue and welfare organization that is dedicated to alleviating suffering by improving the lives and welfare of dogs in the East Cape region. Cortez Rescue is run almost exclusively on the dedication of volunteers. It literally takes a village to do what they do. Cortez Rescue needs your help and support. You can contribute to this life-enhancing work in many ways. Here are a few examples:

1. Volunteering time by joining a dog walking day at the rescue. Dogs get out of their kennels for exercise and leash walking. A favorite activity for many of our volunteers!

This is a coordinated activity Monday thru Saturday, let us know if you'd like to join us! Email to info@cortezrescue.org

2. Be a Foster Parent - Fostering is one of the easiest, most impactful and most rewarding volunteering experiences. Learn more about this life-saving service on the Cortez Rescue website, <https://cortezrescue.org/volunteer-with-us/>

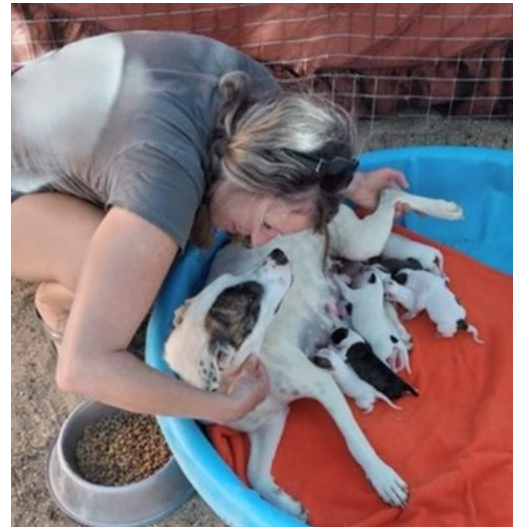
3. Be a Flight Escort Angel - many Cortez Rescue pups are rehomed, adopted, in the US and Canada. As you and your visiting families and friends fly out of the Cabo airport, it would be of great service to escort a pup to their forever home. All arrangements and expenses are covered by Cortez Rescue. Being a flight angel is easy and rewarding! Learn more about being a flight escort on the Cortez

Rescue website at <https://cortezrescue.org/pet-escort/>

4. Support Cortez Rescue at the Saturday market in Los Barriles. Consider working the booth at the market or volunteering at our Mini Cortez in town location during market hours where we have actual loveable and adoptable Cortez Rescue dogs for market visitors to come meet.

Cortez Rescue & Outreach will host a volunteer informational reception and appreciation gathering in Los Barriles on November 4 and December 2. Please plan to join us for some delicious food and refreshing beverages. If you are new and curious, come and get acquainted with people who are currently involved with Cortez Rescue who can answer any questions you have about getting involved. If you are a past volunteer, welcome back. If you are currently volunteering, come take a break and feel the love. Everyone is welcome and we look forward to seeing familiar faces and welcoming new ones! If you are interested in joining us and helping the local pups, please RSVP and get on the guest list by messaging to info@cortezrescue.org.

You can learn more about volunteer options and contact Cortez Rescue to get involved through our website <https://cortezrescue.org/>



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Exciting news: David and Carlene Lokey, owners of Homes and Land of Baja, are now the proud new owners of Tres Palapas Pickleball Resort just north of town. Get ready for freshly refurbished courts, a new restaurant, and exciting new additions like a fitness center, bocce ball, free pickleball lessons for beginners, bingo nights, and more. The best part? Pickleball! Come join us for some fun! www.trespalapasbaja.com

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