



Good Things Happen When We Work Together!

By: Char Wenger and Chris Courtright

Good things happen when three outstanding area non-profits, East Cape Health Center, Asociación de Artes, and Rotary International, work together to accomplish one big task!

It all started when East Cape Health Center and our local Rotary International Club were conducting their annual health screenings in El Cardonal schools. The group was taken on a tour of the newly constructed High School, and were informed that there were no funds in their budget for furniture or AC units. As luck would have it, there were some visiting Rotarians from Northern California who happened to know of this great organization and connected us with ReUse Up, a non-profit linking school furniture destined for International non-profit groups with who needed it.



Loading up for a school delivery!



A Season of Change

By: Christine Courtright

Asociación de Artes will be celebrating its 32 years in existence this upcoming year! That is 32 years of supporting the East Cape area schools – now 21 schools and that number is growing every year with new schools being built!

Asociación de Artes (AdA) started in 1993 as an organization providing art supplies and has morphed into a school maintenance provider, class room builder, AC repair provider and everything for the classrooms from pencils, pens, paper, to sports equipment to classroom furniture and even building up a new and fresh computer lab in the LB Secondary/High School. We have come a long way from art supplies that is for sure! At AdA, we do whatever it takes to **'help make the educational experience the best it can be'**! In the years of our existence, we have seen the number of students applying for High School scholarships explode, and the number of students continuing to higher education is fantastic! We know that if those first 8 years of their educational experience was not a good experience, they would not be continuing – and the continuation of education is our reward!

All the things we do takes money and we made money through our three events- the Holiday Art Show, Artist Studio



It takes a village to deliver school furniture!

Char Wenger, founder of East Cape Health Center, took on the project and ran with it. Char worked with Martha Goettelmann, the leader of the Reuse Up Network based in southern California. She coordinated the enormous task of organizing the transportation and importation of furniture from the Santa Ana school system. At first, it seemed like a slam-dunk process, but Char soon discovered that getting importation measures

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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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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:

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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.



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of "wood" from the US to Mexico was a bigger deal. Char was in San Diego to work with the importation process and eventually transferred funds from her own account to ensure the supplies would make it to Los Barriles BCS, as soon as possible and before the school year began.

The big day came, and an ACV 52' extended semi-truck trailer arrived fully loaded with desks, chairs, and tables. Unloading was like taking apart a huge 52' puzzle! We negotiated with one of the teachers at the LB Secondary school to open the gates because the truck was so tall it could not pass all the electrical and telephone lines hanging down streets in town. The only place off the highway had to be the Secondary school. When we gained access, we had volunteers from Rotary, EC Fellowship Church, El Cardonal school teachers and delegation, and workers at Cape Health Center. Even the police officer on duty loaded the back of his truck to help transfer furniture to El Cardonal. Ten trucks went off to El Cardonal, fully loaded for the schools. Edgar Lucero (you know him from East Cape Health Center) coordinated El Cardonal teachers and delegation workers for the entire process of getting furniture to the El Cardonal schools. The trucks loaded with school desks, chairs, and tables headed for the new high school, primary, secondary, and even the kindergarten classroom. It was a big task, but they handled everything in one long day.

Chris Courtright, from Asociación de Artes, had surveyed the Los Barriles, Buena Vista, Campamento, San Bartolo and La Ribera schools to see what furniture they could use. We were able to link up Los Barriles Secondary/High School with the tables and big wooden chairs to complete the new lunch area, and San Bartolo, Buena Vista and Campamento Primary schools along with La Ribera Primary, Secondary and High Schools received tables, chairs and desks.



Alex Flores on delivery day with lots of chairs!

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Season of Change Continued From Page 1

Tour and Festival de Artes. Approximately 75% of our income comes from the Holiday Art Show and the Festival de Artes. And that is a huge portion of our incoming budget!

But, change happens to all communities. We have seen sleepy Los Barriles turn into a busy and rushing town. We have seen La Ribera turn into a destination and they too are also seeing a building boom of new residents. That is good for the locals and their incomes as more business comes their way. And we are glad for that.

But sometimes progress happens that really changes a community and that community's traditions. For 29 years, Asociación de Artes has brought to the sleepy Los Barriles community the Festival de Artes, which is held in March. The festival was often the first introduction to folks from the SJD/Cabo, Todo Santos and La Paz to our town. The festival was also an event that all residents could enjoy and we would often see as many locals as 'gringos' – and that was very big to AdA! Now, Festival de Artes is at a crossroads as our festival grounds and event parking has been taken over by the pickleball craze. Finding a new home has not been a simple thing. To put on an event that size (the event director has 28 years of experience putting on festivals) you need three major things: flat ground that is mostly grass (preferred) or concrete, lots of close

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Good Things Continued From Page 3

The Association of Artes was lucky to have Geovany Garciglia and Alex Flores from CanDoo Rentals, along with their helpers, who took command of taking the needed supplies to the schools. That took in making sure that the right tables and chairs, in the right amount, went to the right school! It was a big task, took lots of counting and recounting and many truck loads. CanDoo Rentals even loaned their truck and trailer to make one of the trips easier.

Every piece of furniture was delivered and gratefully accepted. This was a big treat for the East Cape area schools and a great discovery for all of us to learn about the ReUse Up organization. New furniture (or gently used in this case) does not happen very often and it makes a huge difference to the schools to help properly educate the kids. And with the population explosion in the entire East Cape, schools are busting at their seams with new students! Many of the schools had to double up kids to desks, so the furniture was greatly appreciated!

Although the furniture is free, transportation, import taxes, and IVA on its value are costly. Char Wenger and her donor contacts, as well as donations from the Asociación de Artes and Rotary, covered the expenses of the \$16,000. Char Wenger went above and beyond in this project. She knows a thing or two about getting donated equipment into Mexico. Just see how well-equipped her clinic is. Between Char's consistent contact with the donor group and organizing the timeline with the important-

ion this great project came together. This opportunity has been offered to us for the next year to receive more furniture and we will need donations for transport from willing donors who want to make a difference. So, watch out for more details on the fundraising for more furniture! The needs are great here and we all know the difference a quality education at a school with the proper supplies and materials can make in the lives of the youth and their families! It is a win - win for all of us residing in this community.

A famous phrase, "it takes a village to get things done," fits in this case! A village of nonprofit organizations that see the importance of educating the children of the East Cape. As we all work for the same goal of improving the lives of those in the East Cape, I hope this excellent example of working together will inspire others to work together on considerable projects to lighten the load for all. Don't we call that networking in the business world?



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parking for guests and parking for vendors, and access to water and electricity. Hotel Palmas de Cortez was perfect for both the Holiday Art Show and the Festival de Artes, but that space is gone. At this point, we have not found a new location for the Holiday Show or the festival with the parking issue solved—parking is the key to success in any event. We are working on that problem and hope for a solution soon. But at the time of this writing, we can report nothing we would call 'good news'. But I am an optimist and I believe in miracles, so we will see! And remember we still are having our super fun Artist Studio Tour on February 12, 2025! The Artist Studio Tour is not effected at all with the changes effecting the other two events.

Change is scary, but Asociación de Artes is looking out of the box for new ways and events to generate our income. We have some ideas we will be working on, and are still looking for our miracle! We have a mission to do and we will do it, it just might be in a different way, and that is ok!

In the meantime, we hope that all of you will open your wallets when we are raising funds for a certain project. When we put out requests for items that the schools need, we hope that you can share what you have with the schools. We cannot stress enough, how important it is to ensure the proper education the students of the entire East Cape area. We depend on these educated students for the way of life that we have come to enjoy here in the East Cape.

Now more then ever, Asociación de Artes is relevant and necessary to ensuring our way of life here in East Cape!

And if you have an idea for an event, please let us know! We are all ears!

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Friends Supporting Families Celebrating 2 Years Helping Our Community

By: Robin Neal

It's been quite a journey for Friends Supporting Families these past 2 years! We've grown from helping one family monthly to helping 24 families monthly! We helped the DIF one year ago with the generous support of a \$72,000 Yacht Aid Global disaster relief grant. Thanks to a generous donor, the funds for a food pantry was provided and a large cabinet was built for the DIF to store food donations. Our primary fund-raising source-the Saturday Market has been very successful! We have also been fortunate to have booths at various community events and through the generous support of this amazing community we have been able to contribute to our Los Barriles community! A huge thank you to Joe's Deli for helping us order the food, as well as Gringo Groceries for your generous contribution every month. We are busy creating new products for the Saturday Market which begins mid-November. We look forward to seeing you at the Market! If you are interested in donating to support our cause, please contact Robin Neal at



Pantry at the DIF full thanks to Friends Feeding Families

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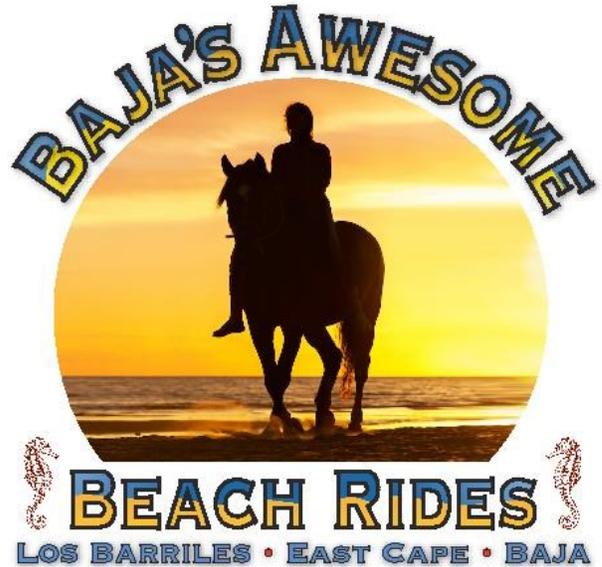
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Grupo Tortuguero Los Barriles RESCUE-HANDLE- PROTECT-RELEASE

By: Kareema Jones

As our turtle season begins, we kindly ask to be aware and respect the areas along the beach from La Ribera to Playa Norte.

Each season, our 2 brothers, Omar & Noe Araiza dedicate their time collecting hundreds of nests from July - December. Each day from early morning they search a 14-kilometer range starting from La Ribera, where the mother turtle lays her eggs, we collect them & relocate to our nursery in Los Barriles.

Applying for permits each year to collect, handle and rescue these nests and the concession to protect the hatchlings in an enclosed nursery, their expertise of how to look, find & delicately handle the eggs of hard enduring work has proven successful in the rise of numbers of our Olive Ridley Sea Turtles.

During these months of hot summer weather, the brothers are out early each, and every morning and it does not stop there. Throughout the day they check for new nests and new hatchlings from under the covered, protected nursery, even into the late evening and early hours of the morning they are checking.

The hatchlings are released up & down the beach as it is important for them to imprint the sand when heading out to sea. The moonlight guides them, so it is important to not have any unnatural bright lights shining from homes which results in them going towards these lights, hence giving predators the opportunity.

During the peak months (October & November) when our locals, tourists, and snowbirds are here, our team of volunteers assist in the release each morning helping them get to the sea as quickly as possible from harm, predators, dogs, beach vehicles and human impaction.

It gives us all a satisfaction & awareness for the safety of these amazing and one of the oldest living beautiful creatures, being collected from their protected nursery, brought down to the beach and watch in awe as they make their way, imprinting the sand, following the light of the sun (and moon) out to sea. Yes, not all make it, but the ones that do make it will come back each year once they mature. They are soft, delicate and can easily be damaged if not handled properly, which is why we leave it to the brothers and our volunteer team.

Grupo Tortuguero Los Barriles will be having a Turtle Aid Awareness Event, Tuesday December 3rd, 5-9pm La Playa Restaurant. Mark your calendar and watch for more information to come. This event will include a turtle release, dinner, slide presentation, auction, raffles, 50/50 and a selection of items to purchase.

Prices for tickets are Individual Tickets: 900 MXN
Group Tables of 6: 4500 MXN
Group Tables of 8: 6300 MSN

Tickets can be obtained from Oct. 19th at Homes and Land, Vita's Boutique and our Community Market November 16th, 23rd and 30th, also from our team Volunteers on WhatsApp. Group Tables bookings of 6 and 8 available for reservation in advance and paid in full.

We are looking forward to seeing you all there at this great and informative fund-raising event!

Turtle Team Numbers:

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IHKITI 2024-25

By: Seddon Wylde

And now, see what the Weavers of San Antonio have accomplished in the past few years!

We have our own “brand”, called Ihkiti which means weavers in the Aztec language. There are now 8 women, some of whom are embroiderers. The group meets twice a month. Seddon Wylde, the first weaving teacher, meets with them once a month in the winter. Last March-April, Ihkiti entered a competition for funds to expand their knowledge in the community. On Dec 1st, 2023, they won the highest amount given for this cause.

And now, one of the results for the community was an introduction of weaving : starting with lessons for children 6-12, and for young adults and older, 12+, completely free and held at Casa de la Cultural in front of the elementary school in San Antonio. Furthermore, they have had printed labels, price tags and information handouts to be used at the local festivals.

Not only to mention, that in the 2023-24 season, they exhibited 7 times:

- * Los Barriles Festival's
- * Magic of Weaving at El Sargento
- * Artist Studio Tour in LB
- * Malecon de La Paz
- * El Triunfo Festivals
- * San Antonio Festival

And now, in 2024, they will present woven and embroidered works based on historical facts and techniques used by the original residents of Baja California Sur.

- ** Woven palapas , Chiname (walls of palo de arco) and Petate (mats or sleeping mattress)
- ** Cave Paintings
- ** Lanzas * used to capture animals, carve whistles and drill holes.
- ** Milagros With the influence of religious groups and the mines Milagros were created to decorate and give thanks to a saint in the church. The most famous one * was one from Baja called “Silver Thundercloud “, Milagro 5.5 cms., Muleje, Baja California, Mexico
- ** Fruits and Herbs, Figs, Pitahaya, Mango, Avocados and Basil (? Do we want to this now?)
- ** Music from the los campos. Lullabies

This information was collected by Stefani Cajica and Seddon Wylde from the Museo of Anthropology and History of Baja California Sur, Museo Ruta de Plata, El Triunfo Piano Museum, Museo del Vaquero de las Californias.

And we are proud to say that in July one of the weavers from San Antonio won 1st place in the entire State of BCS in the Textile category! The competition was held in La Paz! First of many to come!



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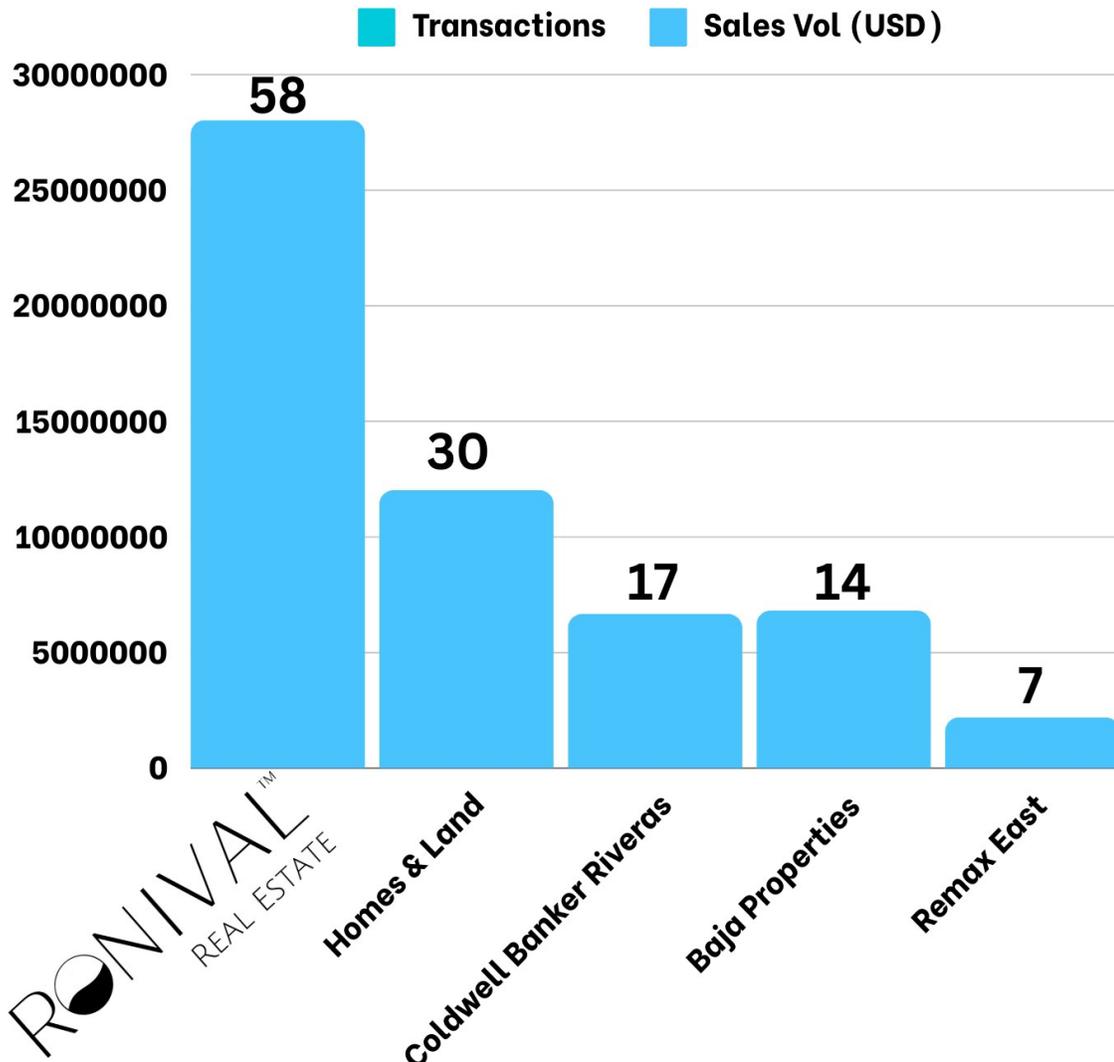
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The numbers do the talking...



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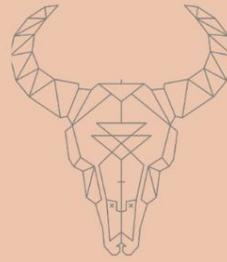
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The Crucial Role of a Lot Line Survey When Purchasing Property in Baja Sur

By: Amanda Prowse – Ronival Real Estate

When diving into the real estate market in Baja Sur, it's easy to get swept up in the excitement of finding the perfect piece of land. With its breathtaking landscapes and appealing investment potential, it's no wonder many are eager to make a purchase. However, amid this allure, there's a critical step that should never be overlooked: the essential lot line survey that needs to be completed before you put any money into escrow. In a region often likened to the "wild west" of real estate, taking this precaution can save you from significant complications and financial setbacks down the road.

Baja Sur's real estate market, while promising, can sometimes resemble the untamed frontier. The region's rapid development and variable regulatory practices create a unique landscape where assumptions can lead to costly mistakes. This makes it all the more important to ensure that every detail of your property purchase is thoroughly vetted. One key aspect of this due diligence is conducting a lot line survey.

For an investment ranging from hundreds of thousands to millions of dollars, spending an additional \$400-\$500 USD on a lot line survey can be expensive for some, and for others a minor expense. However, this relatively small cost in the greater scheme of things can provide significant protection against future disputes and misfortunes. The actual cost of a survey may vary, particularly for larger parcels of land, but the investment is well worth it for the clarity and security it offers.



Without a lot line survey, you risk encountering several potential issues, each of which could have serious financial and legal implications. Properties with older titles may have outdated or incorrect information recorded at the Catastral/Public office. Historical records may not accurately reflect current property boundaries, leading to disputes over land ownership or usage. Additionally, older surveys might have been conducted using less precise pre-digital technology that relied more on a human creating the data. This resulted in inaccuracies that only become apparent when you attempt to develop or use the property. If the initial survey was performed decades ago, there's a chance it doesn't match modern standards.

Another common issue is the placement of existing fences or markers. It's not uncommon for these to be incorrectly placed. Sellers might advertise a property based on boundaries that they, in all good faith, believe to be correct. But these incorrect boundaries could mean you could find yourself in a situation where the physical boundaries don't align with the legal ones.

If you encounter a discrepancy during a lot line survey, don't panic. Small discrepancies can often be corrected through a process known as "deslinde." This procedure involves formally reestablishing and

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Survey Continued From Page 13

documenting the correct boundaries of the property. While it can take time and involve an attorney and/or surveyor, it's a valuable process to resolve boundary issues. Engage with a qualified surveyor or legal expert that you trust to help you navigate this process and ensure that your property lines are accurately defined.

A good real estate agent should be advising you to invest in a lot line survey as part of the purchase due diligence. If your agent does not recommend this, it's crucial to insist upon it yourself. A professional agent understands the importance of a survey in protecting your investment and ensuring a smooth transaction. If they fail to highlight this necessity, make it clear that a lot line survey is non-negotiable part of your offer to purchase. Make sure your offer to purchase includes a clause about the survey!

Once you've done your survey – either just the outline & markers or a full topographical survey – you can then plan and develop more accurately. Whether you're building a new home or planning landscaping, understanding your property's limits is crucial for compliance with local regulations and avoiding encroachments.

Ultimately, it's all about peace of mind. You're in Baja to live a fun and enjoyable life without stress. Make sure that your agent is working hard for you and mitigating as much risk as possible so that you can create that dream home you always wanted.



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Even The Computer Guy Gets Hacked!

By: Lane Sikes

The computer guy gets hacked. True story. I was checking my morning emails and noticed a notification for a recent charge to my Ebay account for over \$3600. I skipped the included email link for safety reasons and went directly to my Ebay account. Nothing! After a detailed search of the Ebay site, I came across a tab for "Show Hidden". The charge was there. I dashed over to my PayPal account and the charge was there. I immediately checked the credit card account linked to PayPal and the charge was pending. I called the bank and stopped that transaction. I contacted PayPal and Ebay via their website to report the scam. Within 36 hours everything was back to normal. I generally follow my own advice for security. The Ebay password was secure and not used on any other account. I did have notifications turned on for charges but not to my cellphone. I did NOT have two factor authentication turned "on" big error on my part. My solution was to detach the credit card from PayPal, using a bullet proof password for both and two factor authentication. Hacking can happen to anyone.

A very good rule is: Never grant remote access to your computer to anyone unless it's a very trusted friend or relative. I have had too many friends fall victim to "callers from Microsoft or Apple". From the moment you grant access all the information including financial information is at risk. After that, the only sure solution is to wipe the internal drive and reinstall everything.

If you have a cellphone, you have a Sim Card. There are now two types of Sim Cards, Esim and physical Sim. Most older phones have a physical sim. Newer phones have the capability of both. Starting with Iphone 14 and newer you can only use an Esim. The newer Iphones have multiple Esim capabilities. The advantage of the Esim is security. In years past scammers have convinced cellphone carriers to send the scammers a physical Sim for a targeted person. That gives the scammers a chance to get their phone number and two factor authentications. Esims make that scam extremely difficult. Personally, I use Esim as my primary phone line and the physical Sim for data when I travel overseas. Some people elect to use their US cell provider for Esim and the physical Sim for TelCel.

Probably the most important thing you can do is get familiar with procedures when you or a friend has lost their phone. If you have an Iphone, you can use any other Apple device to find your lost item where it be the cellphone, earbuds or tablet. You can use "Find My" on the alternate device to help locate the missing item. You will need your "Icloud" account logon information. For Andrid users, "Find my device" is the key. Again, you will need your account information. Keep it handy. In both cases, a battery charge, data connection or Bluetooth connection is a must.

Just about everyone has a cellphone and just about everyone will encounter a small issue that just pops up for no apparent reason. I have an Android phone, and my wife has an Iphone. Same solution for both. Perform a total shutdown (power down). Wait a couple of minutes and restart. That will cure most temporary issues.

From BCS Noticias: The Fund for the Protection of Marine Resources (Fonmar) announced that the mobile application "Denuncia App FONMAR" was launched, which will allow the recognition of marine species through photographs, consultation of closed seasons, and tournament calendars of sport fishing, as well as presenting cases about illegal actions or environmental impacts. The official pointed out that, in addition, the platform will allow complaints about damage to the environment or marine animals to be filed, safely and anonymously, which is why they will work together with various authorities and Non-Governmental Organizations (NGOs).

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A Feeding The Hungry Charity Story

By: Blackie Gordon

A Glimmer of Hope.

When I was a kid I always went to bed hungry. It was just normal for me. In fact, it was so normal I thought every kid was always hungry. I guess I noticed that some kids had nicer clothes, newer shoes, and talked about going places, but that was just the way it was. I didn't really question it. I guess you don't when you're young.

One day I stole a set of coloring pencils from a girl at school. They were bright, shiny, smooth, colorful. I wanted them so much. I took them home with me.

We had never had anything like these in our house before. When my mum found them, she was angry. She forced me to tell her where I had got them. When I told her I had taken them from another girl at school mum was very cross. She marched me round to this other girl's house. Mum lectured me the whole way. It was a long walk. The other girl didn't live in the same part of town as we did.

When we got to this girl's house my mum made me give the pencils back, say I was sorry, and apologize for taking them. I felt embarrassed and uncomfortable. Strangely the other girl didn't even seem to have noticed her colored pencils had been missing!

All the way home my mum held my hand. She told me how proud she was of me for giving the pencils back and apologizing for taking them. My mum explained that some people had more things than we did, but it was not right for us to take their stuff. She talked about

how life was not always fair, but that was the way it was. My mum explained that we didn't have lots of money, didn't always have lots of food, didn't have new clothes, but that didn't mean that we could not be rich in decency, in honesty, in trustworthiness, and in working hard. She gave me lots of hugs. I think this was the first time I realized we were poor. I went to bed hungry, but I never forgot that day.

I have kids now. A while ago, when taking one of my kids to the doctors, I read an article in a magazine that suggested that poor nutrition in children limits their mental as well as their physical development. Sometimes, when I lay awake at night, I wonder what I could have become if I had not always been hungry as a kid. Could I have become a doctor, a dentist, a vet, a lawyer, an architect? I question if I hadn't always gone to bed hungry how much more could I have been?

Now I work two and a half jobs. Life is a struggle. Sometimes it is very tough. I am passing on to my kids my mum's teachings of decency, honesty, trustworthiness, and hard work. We don't have new clothes, we don't have a fancy house, we don't have transport, we don't take holidays, we don't live in the good part of town. However, we do get Feeding the Hungry food vouchers. These ensure my kids do not go to bed hungry like I did. I may not have won in life, but I believe my kids have a chance.

With a better start in life than I had, they may one day become doctors, dentists, vets, lawyers, or architects. Time will tell. They may contribute much more than I can ever do. I really hope so.



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BAJA SHAKESPEARE CELEBRATES 25 YEARS!

By: Sheryl Segal

The 2024-25 seasons marks a huge milestone for our very own Los Barriles theater company. We began in 2001 with a production of MacBeth, and have performed all of the Shakespeare Comedies, as well as a variety of pantos, fairy tales, and murder mysteries, always with a Baja theme, along with live music, singing, dancing, and laughing.

We are so privileged to play in Baja. With so much goodwill from our community, Baja Shakespeare continues to grow and change along with our ever-growing community of friends and family. Last season, our original production of The Addams Family Fiesta was our biggest show ever. We performed 7 shows, for more than 700 people, at the beautiful Hotel Palmas de Cortez convention center.

Our core group of thespians, musicians, and the crew represent a group of enthusiastic, slightly zany folks who work incredibly hard for many months to bring the community a memorable performance. Last year we were thrilled that so many newer troupe members returned for a second season. As we like to say, "It's easy to get into Baja Shakespeare, but impossible to get out! And we love our volunteers. Kudos to all of you who come out and help to ensure our show is a rousing success.

Baja Shakespeare is proud to give back to the community every performance. We invite local not-for-profits to participate in fundraising, we shop locally for costumes and props and support our local restaurants for our dress rehearsal meals and after-show parties.

This year, our PERFORMANCE DATES at the Hotel Palmas de Cortez will be FEBRUARY 21, 22, 23, 26, 27, 28 and MARCH 1. Mark your calendars so as not to miss the 2025 production. It's going to be a memorable year!

The best part of Baja Shakespeare is that we are a community theater group, and anyone can join in.

It's time to start thinking if this is your year to join Baja Shakespeare. We'd love to have you! Would you like to be behind-the-scenes? Set design, costumes, props... our to-do list is long.

Time for you to get up on stage? Ready to sing? Dance?

If you have any questions, please contact:

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Club Rotario Los Barriles Cabo Este
Est. 2005

By: Linda Snider, Communications Director 2024-2025

Our goal is to work together on unique, sustainable projects to positively impact the lives of others. Service above self.

As the town gets quiet and rejuvenates for the next high season...we wish to thank everyone who lent a helping hand with our activities this past year.

Beach Clean Up After Hurricane Norma (Oct)	Day of Dead Festivities (Nov)
Taste of East Cape Fundraising Gala (Dec)	Christmas Toy/Blanket Giveaway to outlying East Cape Communities (Jan)
Fountain Clean Up (Jan)	Spring Carnival Parade (March)
Fashion Show Fundraiser (March)	Semana Santa Beach Bathroom (March)
Health Screenings (April)	Children's Day Pancake Feed (LB) (April)
Children's Day Lunch (Santa Cruz)(April)	Mother's Day Festivities (LB) May
Mother's Day Festivities (San Bartolo) (May)	Distribution of Water Filters to El Campamento (July)
East Cape Schools Furniture Delivery (Aug)	Computers/Printers/Mini Splits for El Cardonal HS (Aug)
Curso de Verano Swimming Program (Aug)	

During the coming months/year, we will again focus our activities on hurricane clean up, beach bathrooms for Semana Santa, distribution of water filters where needed, health screenings, Christmas Toy/Blanket Giveaway, Curso de Verano, our fundraisers, and of course our commitment to various activities which uplift our community. In addition, we continue to work on these ongoing projects: LB Library/Tech Center, Los Barriles Fountain, Laguna Park Improvements, El Ancon Sports Complex, Los Barriles Playground Refurbishment, Centro de Salud generator.

We appreciate the opportunity to partner with a few local non-profits as well as the help from local government entities with coordinating activities. We wish to thank Rotarian Clubs in the USA & Canada that have helped fund our activities, as well as the kind & generous support of local individuals, businesses, who have donated time & money.

We look forward to next season (our 20th!). Our Club endeavors to have a positive impact in our community. Look for us on Facebook, our website and in the Baja Pony Express. Considering membership in our club? Questions? Concerns? Comments? Go to



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Epazote

By: Renée Lagloire, M.A. Anthropology

Native to Mexico and Central America, the herb *epazote* (*Chenopodium ambrosioides*) has been flavoring the foods of Mexico for millennia. It was known to have been used in the cuisines of the Aztecs and the Mayas. Among other variations, the Aztecs consumed *ayocomol-latolli*, a corn masa drink made with whole cooked beans, and *epazote*. With the Mayas, *epazote* was the herb of choice for cooking beans. It was also widely used in a simple salsa made of chiles and water, to which *epazote* and toasted ground squash seeds were added. Today, the herb is used throughout Mexico but is especially popular in its southern states.

The flavor of *epazote* is a cross between mint and basil but is floral too. *Epazote* has a peculiar smell, reminiscent to some of coriander greens, oregano, anise, mint, and even tar and diesel. Indeed, its smell is reflected in its name, *epazote* in Spanish, which is derived from two words in the language of the Aztecs: *epatli* and *zotli*, forming the phrase “skunk herb.” Less is more with *epazote*, large quantities make foods inedible and can be harmful to humans. The small quantities in Mexican recipes are safe.

Something magic happens when *epazote* is mixed with other ingredients ... strong, delicious flavors arise. In

most Mexican households, it is a key ingredient in black beans, where it is known for its anti-flatulent effects. *Epazote* is also a tasty addition to quesadillas, with a sprig simply added on top of the cheese before cooking. It’s an interesting herb that is worth experimenting with. The next time you see fresh *epazote*, get some and try this delicious Michoacan-style chayote recipe.

Chayotes Guisados al Estilo Michoacano - Michoacan style chayote

1/4 cup oil
2 pounds chayote, peeled and diced
1/3 cup finely chopped white onion
1/3 cup roughly chopped *epazote* leaves
salt to taste
12 oz tomato, broiled
2 serrano chilies, charred
2 cloves garlic
Salt



- Blend together tomatoes, chilies, and garlic and set aside.
- Heat oil in skillet. Add squash, onion, *epazote*, and salt. Stir well, cover the pan, and cook over medium heat, stirring occasionally, until just tender, about 10 minutes. Stir in the blended tomato mixture.



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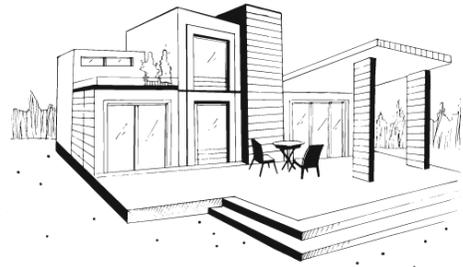
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THE EAST CAPE GUILD; FUNDING EDUCATION AND BRINGING MUSIC TO THE EAST CAPE

By: John Plotkin

Many know the East Cape Guild, which enters its' 28th year as a fully volunteer run non-profit organization with the sole mission of raising money to fund scholarships to put high performing but economically challenged students through high school and, in some instances, college. But if you are new to the East Cape you may be unaware that government only funds education through the 8th grade in Baja California Sur. The East Cape Guild has, over its history, raised well over 1.2 million dollars and provided over 3,600 scholarships to enable students to continue their educations after the 8th grade enabling many of them to go on to become successful professionals, business owners and community leaders throughout the East Cape. This past year alone, the Guild funded high school scholarships for 290 students and college scholarships for 87 students. THE EAST CAPE GUILD CONTINUES TO MAKE A POSITIVE IMPACT ON THE COMMUNITY!

But the Guild is not just about education. The Guild raises money by bringing quality music, entertainment and fun to the East Cape. This year's line-up promises to be even bigger and better than years past.

First, the Guild will be hosting a concert at Hotel Palmas de Cortez in Los Barriles on Saturday, December 14, 2024, with a Linda Ronstadt cover band featuring local favorite musician Carl Schweitzer. This band, which has been pleasing crowds to rave reviews throughout the United States, makes its first appearance in Los Barriles. General admission tickets are available on-line through Event Brite and premium tickets will be for sale in Los Barilles at realty offices of Homes and Land of Baja and Baja Properties.

Second, the Guild will hold its third Singer/Songwriter concerts on the weekend of March 7, 2025, bringing singer/songwriters from Nashville's Combustion Music back to Los Barriles for a Friday night VIP dinner and concert on March 7th and a larger town concert on Saturday March 8th. Both events will be hosted for a second straight year by the Hotel Palmas de Cortez which provided an amazing venue for these amazing musical events and provided room packages for interested attendees. This was one of the truly epic events of 2024 and was so well received that the Guild's supporters at Costa Palmas will expand the event to include a concert at Costa Palmas. Stay tuned for details on ticket sales for these events which will be communicated on the Everything Los Barriles Facebook page, the Baja Pony Express, the Gringo Gazette and on the Guild's Facebook page.

Third, the Guild will continue to receive support from local and visiting musicians at Open Mic nights every Wednesday night.

Other Guild events include the annual Tamale Night cook off at the Concha on Sunday February 2, 2025, and other yet to be scheduled local fundraisers for the Guild that have included a bicycle race, lectures and other events hosted by the Yoga Garden. John Plotkin's East Cape Calendar will be available for purchase at the Saturday Community Market in Los Barriles.

Finally, the Guild gratefully accepts cash donations and in-kind donations for those simply interested in sponsoring a scholarship student or donating to the Guild.

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Be Part of the Soft-Opening of BCS's Newest Home for Vulnerable Children

by Adam Greenberg

Have you heard about the John Gullo Home for Children? This incredible new facility, built by Leaders2Give, is almost ready to provide a haven for children whose families are facing medical crises throughout Baja California Sur.

After years of planning, fundraising, and construction, we're excited to announce a *soft-opening* event for the local community. Join us on November 23rd at 12pm for a ribbon-cutting ceremony and the first public tour of the home. You'll meet our team, learn more about the mission behind this project, and find out how you can get involved in this life-changing initiative. An open house will continue until 4pm.

The John Gullo Home for Children has been in development for the past five years. Thanks to the generosity of our community and individual donors, we've raised nearly \$1M to build and furnish this world class facility, which will temporarily house children while their families receive critical medical care.

Despite the wealth that flows into the region through tourism, more than half of Mexico's population lives in poverty, with women and children being the hardest hit. Baja California Sur has some of the highest mortality rates for breast cancer and childhood leukemia in the country, leaving many families in dire situations. The John Gullo Home for Children was inspired by one such family and the local community's determination to help. It is a testament to the power of compassion and collective action.

While the home is now built, we are still working to raise the remaining operational funds before it can fully open in early 2025. This soft-opening event is your chance to see firsthand what has been accomplished and learn how you can help bring this compassionate project to full operation.

We're offering an opportunity for supporters to leave a legacy. Naming rights are still available for certain buildings and key areas within the home, including buildings, rooms, outdoor spaces, and communal areas. This is a unique chance to have your name, or the name of a loved one forever associated with a project that will impact the lives of countless children. By claiming a naming right,



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you're not only helping us meet operational needs — you're also becoming a permanent part of this compassionate legacy. If you're interested in learning more about these opportunities, please reach out to us info@leaders2give.org

To visit the facility, follow the paved road (not Hwy 1) north through Los Barriles for about 30 minutes. The John Gullo Home for Children is located on the right-hand side across from La Tarrazas in El Cardonal.

About Leaders2Give

Leaders2Give is a US-based 501(c)(3) organization with a volunteer Board of Directors that works to inspire, teach, and empower people to become leaders capable of solving society's most pressing challenges. Through partnerships with local organizations and our sister organization, Líderes Para Dar, we provide vulnerable children and communities with free housing, food security, healthcare, education, and more.

If you're unable to attend the soft-opening but would like to learn more or contribute to this vital cause, please visit our website at leaders2give.org.



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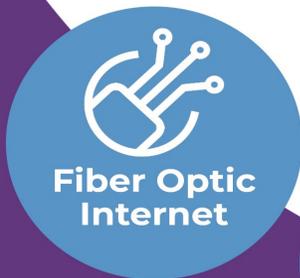
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The Proverbial Neverland

By: Jo Dibblee

One of the most powerful experiences of my life was in a country 2600 miles away from my native Canada. The first time my husband, Michael, and I toured the girls' and boys' dorms at *New Creations Kids*, my heart broke for the children, more because of what we didn't see. There was no personalization, stuffed animals, and something was amiss—there were no pillows!

"Where are the pillows?" I asked.

"We can't afford pillows. Those are expensive." Roberto, the head of the group home, responded.

"What?"

As we continued on the tour the lack was glaring: I knew I wanted to help.

That was nine years ago; and so much has happened for us all.

Today, we're going to see the children. Though it's only been ten days since we've been there last, we're excited. Nothing beats the energy these wonderful children give us—and there are always between twenty to thirty of them, ranging in age from three months old to seventeen.

As we round the corner, there they are, twenty-eight boys and girls of all ages charging us, laughing and smiling, quickly swarming us—little hands and arms are everywhere; they envelop us.

And in their best English... "How are you?"

"Muy bien, gracias, ¿y tú?" We respond.

As we open the back of the SUV – all the children rush forward to help unpack groceries and take them to the kitchen. One little boy, Eric, grabs a large package of hotdogs and waves them above his head with a big smile. In minutes, they've unloaded the SUV—even little three-year-old Maria takes a bag of bread to carry.

New Creations Kids is not an orphanage. It's a foster home where the parents have signed over guardianship, but not parental rights. Roberto and Alma provide a safe and nurturing environment for children who have been abandoned or whose parents can't care for them because of various reasons, such as imprisonment or alcohol or drug addiction.

Unlike the orphanage, where there is hope of being adopted, there's no chance of a loving family coming to adopt them. Some arrive at the home as infants, others later. All age out at eighteen.

Born out of necessity, *New Creations Kids* started

operating twenty-three years ago. It all began when Roberto discovered a newborn baby that had been left on their doorstep. The desperation of leaving a baby tells its own story.

New Creations Kids is solely funded through donations, there are no government programs. Roberto and Alma committed to meeting the needs where they could. Little by little and step by step, they've grown and helped hundreds of children, saving them from cartels, sex trafficking, prison, drugs, and death.

The children arrive traumatized, and *New Creation Kids* is a haven in the storm they've come from, offering an alternative, healthy path and way of life. Over the years, Roberto and Alma, with help from donors, have added an animal husbandry program, a large vegetable garden, and an expanded entrepreneur program to expose the children to opportunities to grow, and to make the foster home more sustainable.

Rarely are the children reunited with their parents. Though some parents do attempt to reunite, it's often heartbreaking to see the children be returned just a short time afterward. Sadly, I have witnessed this heartbreak and betrayal a few times.

A foster home is like being in the proverbial Neverland. Never being adopted. Never having a family of your own. Never being seen as an individual. *So many never's.*

This is the plight of the children of *New Creations Kids*—they live in a state of flux, yet resilient, dreaming and wishing their parents would return. Their resilience is a source of inspiration and hope for us all.

Roberto and Alma do their best to give attention to all the children, however, imagine trying to give individual attention each day to thirty kids who need to be fed, schooled, and also manage all of the other tasks that keep a roof overhead and food on the table. And don't forget the fundraising. The endless fundraising they have to do

Continued On Page 26



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Neverland Continued From Page 25

so they can continue operating and accepting more children.

Cristina is a beautiful young woman who endured the trauma of being left by her parents on three occasions. She shares her heartbreaking story. Tragically, on one such attempt to reunite and come home with her parents, Cristina's father overdosed and died in her grandmother's arms. At the time, Cristina was fifteen, and once again, she was returned to New Creations Kids. She vowed that she would never go with her family again. As she felt that her real family were Roberto and Alma and the other children.

Now twenty-three, Cristina has decided to make it her life's work and is staying at *New Creations Kids* as a caregiver, sister, and mother to the young ones. I asked her one day why she hadn't left. Her response broke me wide open. She looked at me, her gaze steady as a tear rolled down her cheek. "Jo, I am staying here to help Roberto and Alma. They saved my life!"



Cristina in Spring 2024

Her story is similar to the other children who call *New Creations Kids* their home. And they are some of the most vulnerable children in Mexico. They are also some of the luckiest, as they've found a safe and loving home to protect them.



Team Humanity Baja

By: Jo Dibblee

There remains much to do, and the children need us, which is why my husband Michael, and I started a non-profit organization called *Team Humanity Baja* and a donation membership program. The program has zero administration fees, and one hundred percent of the generous and valuable donations go directly to the children—every single penny/peso counts.

Because all children deserve a safe and happy home where they don't have to worry about not having food or a comfortable bed to sleep in. *New Creations Kids* brings all of this to their children—but they need our support. Because groceries, water, and housing aren't free. (Even a bag of happy hotdogs has a price.) We're determined to make sure all of their sustainable programs continue to thrive!

We ask: Will you stand with *Team Humanity Baja* and the children of *New Creations Kids* so we can continue to enrich and lift these children? Your support is crucial and makes a significant difference in their lives. Your contribution, no matter how big or small, is a powerful force for good in these children's lives.

Join us at: <https://www.zeffy.com/donation-form/7329c736-b178-4a3b-b631-dc419ad8912e>

We need you! <https://www.zeffy.com/donation-form/7329c736-b178-4a3b-b631-dc419ad8912e>

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

This season, we are growing our-

- * Bring the Joy Program these are days of pure fun. Where we gather just because.
- * Sunday Fundays - Sunday with Family where we share meals and do activities.
- * See Me Program - Children express their uniqueness through art therapy and writing
- * Develop self-reliance skills - 2024/2025 focus is on Teaching Baking and Canning
- * Educational Field Trips

Capital projects:

- * Transition housing
- * Kitchen Renovation
- * Outbuilding repairs
- * Tables and Chairs for homework

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by
Connie Heinen



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The Perfect Beach Day and the Importance of Reef Safe Products

By: Cheryl Hampton

Swimming off the beach, watching kites on a windy day, or soaking up the sun are all typical ways to spend a great day at the beach. Perfect is different for all of us but one thing is common: Big smiles and a sense of wellbeing after a great day at the beach.

With over 30 miles of beautiful sand beaches, Los Barriles, BCS Mexico in the East Cape area offers many great choices. Perfectly located halfway between Cabo San Lucas and La Paz, this area is easy to reach either for a day trip from those commonly visited areas or come for a longer stay to enjoy all this area has to offer.

The main beach areas are easy to walk to from most hotels and lodging choices. If you drive onto the beaches, just be sure locate parking areas and stay on the hard packed areas park. To experience the more remote locations you should consider using a UTV and they can be handy to haul all your stuff even to the main beaches. These come in many different styles and sizes so if you have access to one, plan your group and locations accordingly. If you need to rent one there are many great local companies who offer plenty of choices. 2 person or multi person UTVs are available so you can pick what best fits your needs.

Of course, don't forget to think about sun protection, hydration, snacks and comfort. Make sure to include water along with your beverage of choice as dehydration is no joke and can ruin a great vacation. Sun protection in the form of shade, sun shirts or sunscreen are a must to protect you from the sun. Remember to reapply after swimming and always use reef safe products. We must protect this beautiful sea and the creatures that live there.

Choose your spot and set up for an epic beach day. Perhaps you will choose a beach canopy for maximum shade for your group or just an umbrella for one or 2 people. Be sure to bring chairs along for a more comfortable experience.

If these items aren't available in your lodging, you can rent them from LB Beachgear conveniently located on the beach by Hotel Playa del Sol. Reef Safe Products are also available here for sale if you didn't bring any with you. If you

want to order these before your trip, just use my referral link below for a 10% discount using referral code Cheryl.
<https://stream2sea.com/?ref=BeachGear>

Add some fun or entertainment to your day to ensure everyone is enjoying the experience. Many of us like to listen to music, read a book, swim or paddle and just sit and enjoy the view. Depending on the season you may see a humpback whale cruising by or a mobula jumping for joy. Take a pair of binoculars along so you can get a closer

look. To ensure we continue to enjoy this beautiful marine environment make sure you are using Eco-friendly Reef Safe Products. My choice is Stream2Sea, a woman owned, veteran owned company that offers a full range of products.

Five Important Things You Need to Know.

1. Avoid petrochemical sunscreen ingredients The full impact of petrochemical sunscreen ingredients – including oxybenzone, avobenzone, octinoxate, ensulizole, homosalate, octisalate, octocrylene, padimate O and butyloctyl salicylate – is still being studied, but it appears that they all can damage aquatic ecosystems and the creatures who live in them in amazingly small concentrations.

2. Read the back of the package There is no legal definition of “reef-safe” or “ecofriendly” sunscreen so manufacturers can say almost anything on the front of the bottle. They are, however, required by law to list active ingredients on the back of the label. Take the time to check and make sure that they don't contain petrochemical or ingredients that could harm our oceans, lakes, rivers and reefs.

3. Ecofriendly sunscreen is important wherever you're using it. More than 14,000 tons of sunscreen are reported by NOAA to wash off our bodies and into the oceans every year. What they don't tell you is that the most important source of ocean-harming petrochemicals isn't from beachgoers and scuba divers, but rather from the wastewater created when you wash those chemicals off in a shower or flush them down the drain.

Continued On Page 28



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4. Check the container too
Eighty percent of ocean debris is plastic, that can take hundreds of years to break down. Plastics kill millions of animals every year who mistakenly eat it or get tangled in it. More recently, studies are showing that microplastics created when plastic containers break down into tiny pieces have been found in more than 100 species of fish and shellfish that humans are likely to eat. (All Stream2Sea products are packaged in sustainable containers made with bio-resins from sugarcane or post consumer recycled materials like milk jugs.)

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5. Ecofriendly is people-friendly too!
Many questions remain about the safety of petrochemical sunscreens for the people using them too. In 2019, the FDA removed the GRASE – generally recognized as safe and effective – designation for petrochemical sunscreen ingredients and asked manufacturers to provide safety data. The only sunscreen ingredients that are still considered GRACE are zinc oxide and titanium dioxide found in Stream2Sea products – yet chemical companies continue to put new petrochemical based sunscreens on the market.

Since 2014, Stream2Sea has the first and only sunscreen to be scientifically tested and proven safe for fish and coral larvae. We can still debate what it means to be reef safe, but we fully believe is the reef safest! Check out the results of those tests at <https://stream2sea.com/product-testing/>.





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Rancho La Venta

By: Chris Courtright

Have you made the short drive north to Rancho La Venta yet? If not, Rancho La Venta is well worth your while and let me tell you why!

Rancho La Venta is located on Hwy 1 at mile marker km 144.5, just 1/2-hour drive from Los Barriles and 1 hour from La Paz. They offer estate bottled wines, tastings and tours of ranch and vineyard. Wine tasting is held on Friday, Saturday and Sunday from 10 – 5. You can also get delicious lamb meat products and other food products from the ranch side of Rancho La Venta. And I can tell you that their meat is delicious!

Need a mini vacation? They have that covered as: there are 3 charming B&B casitas to rent with a unique pool / sauna. How perfect if you want to do the wine tasting, and then just walk over to your casita! No driving required! They also have a gift shop featuring paintings by Liz Pudwill and hand-woven textiles by Stefani Cajica.

All of this is set in a beautiful mountain and valley setting where you can enjoy a hike on the over 250 beautiful acres of trails. Make sure you take time to meet the official 'Rancho La Venta greeter', Pluto the Burro! He is always ready for selfies but we warn you,

has a tendency to be a photo bomber!!!

Rancho La Venta is at the Los Barriles Community Mar-

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

ket each Saturday from 8 – 12. The market starts November 17th thru April. At the market, you can get wine and food products, weaving and other gift items. You can even call them with your wine or meat order, and they can have it there at the market for you.

So, if you have not made the drive to Rancho La Venta, now is the time! Robert and Liz along with Stefani and Daniel are waiting to show you a great time! Check them out at www.rancholaventa.com



Paul's one-liners on Death

By: Paul LaGloire

- ◆ Before your last days on earth, it would be wise to review your diaries using "white out."
- ◆ A daily jog may prolong my life, but I'd rather walk and perhaps die a week sooner.
- ◆ The word "grave" puts seriousness in that hole in the ground.
- ◆ Everything I see I owe to food and drinks; and without both, the cemetery takes over.
- ◆ Death brings absence to a new high.
- ◆ Dying makes you realize that this life was really your very own.
- ◆ Sepulchral inscriptions depict grave moments.
- ◆ Life in the fast lane could mean death in a faster one.
- ◆ My epitaph could very well be: "They all said it wouldn't kill me to be nice at least once." Well ... it did!

Read the color version online at www.eastcapearts.com

Adventure And Fun. The Best Of Baja

By: Blackie Gordon

How can you have a Murder Mystery event in an ATV?



Sign up with your friends and find out!

Get ready for the event of the season. **Saturday 14th December 2024**, Inspector Clouseau, Nancy Drew, Sherlock Holmes, Hercule Poirot, Miss Marple, and Columbo have all tried their hand at solving these puzzles, Now it is your turn.

They never had as much fun as you will have on this year's community ATV charity fun ride. Get those engines running, get those brain cells working and, when those wheels start turning, you will be set for the best ATV ride of your life.

It is not often that you get the chance to have the most fun ever and, at the same time, help the most unfortunate in our community. This really is Baja at its Best.

Over the last few years, the Community ATV Fun Ride has raised thousands of dollars for the Feeding the Hungry Charity. Why is it such a successful fundraiser? Because it is so much fun!

All the information you need to take part in this amazing event can be found at <https://www.ATVFunLosBarriles.com>



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Wonderland for Kids

By: Christine Courtright

We all know that the Baja is a wonderland for adults, did you know that there now, in Los Barriles, is a Wonderland for Kids! This is a place that is a safe zone for fun and care for kids, and a relief and necessity for parents!

It all started about 2.5 years ago. Virginia Bradshaw and Gunnar Williamson decided to move to East Cape full time when Virginia was pregnant with their first son. It quickly became apparent that their son, and other kids, needed more stimulation and activities than available in Los Barriles. The idea was hatched, and they decided to create a space dedicated to kids where they could explore, learn, socialize and play- because at the time there was no space just for kids in the town. In addition, working parents needed a reliable place to send their kids away from their homes. Their goal is to have kids excited to come to Wonderland and want to come back! Early stimulation is important to children, not only for the development of their son, but other children as well. They strive for consistency and quality care. The dream became reality on November 6, 2023.

The Toddler Program is their specialty. There are local Spanish-speaking teachers that run the program, and Virginia assists the kids with English. All of the staff are trained in CPR and first aid.

Details are everywhere! They have a monthly theme and plan the activities around that theme -example October is "Harvest" month where we plan to have a "pumpkin Patch" and gardening activities. They had a Space month where they would build a box-spaceship the kids painted, and they focused on crafts around the solar system. "Professional jobs" month the kids role played as doctors, chefs (they made their own quesadillas and sandwiches), policeman, fireman and fisherman.

The daily program includes arts and crafts, indoor and outdoor free play, music and movement, motor skill development, story time, and daily educational activities on letters and phonics, math and science, shapes and colors. There is a nap room for the kids that need it. Mealtimes and snack times are also part of the program.

There is also movie and pizza nights on Fridays 6-9PM. The night includes and art activity, games, pizza and a movie. For ages 3+. Allowing parents to have a night to themselves. They can offer movie nights privately as well for 4+ kids any night of the week. And they are even-working on a scholarship program to provide childcare for single working mothers in the community!

Stats you need to know:

Open Monday-Friday 8-5 pm. Closed for federal holidays.

Available for daily, hourly or monthly care

Infant care for 3-12 months

Daycare service 1-8 years old

Bilingual Toddler Program ages 1-3.5 years.

Location: Calle Ancon across from the tire shop. Find us on google maps

Think of Wonderland for Kids for your young visiting guests so that they can have a memorable and special day too!

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Educating Future Medical Professionals

By: Char Wenger

The East Cape Health Center's commitment to healing extends beyond medicine – it encompasses a wide variety of community assistance, where every act of care it provides stitches together a healthier, more resilient community. Both locally and beyond the East Cape.

As an example of this commitment, during the summer months, the clinic arranged for a medical intern to temporarily join the clinic's team in order to learn the intricacies of quality care and cohesive services from the clinic's staff. With an array of in-house diagnostic services and equipment, including x-ray capability and its own lab, the clinic provided valuable first-hand medical training that this intern will be able to take back to his community.

These types of experiences allow the East Cape Health Center to fulfill its mission of not only providing quality medical and dental care to the East Cape area, but to help educate future young professionals. By teaching and promoting high professional standards, in addition to compassion, listening skills, empathy, and clear communication, the clinic greatly enhanced this intern's career development and helped create an even better future

Our clinic staff also gains with the enthusiasm of the doctors in training and sometimes we learn from them of new techniques, procedures and advances that they have learned in their educational environments. It is a definite win-win for everyone and continues the commitment of the East Cape Health Center to medical excellence and education.



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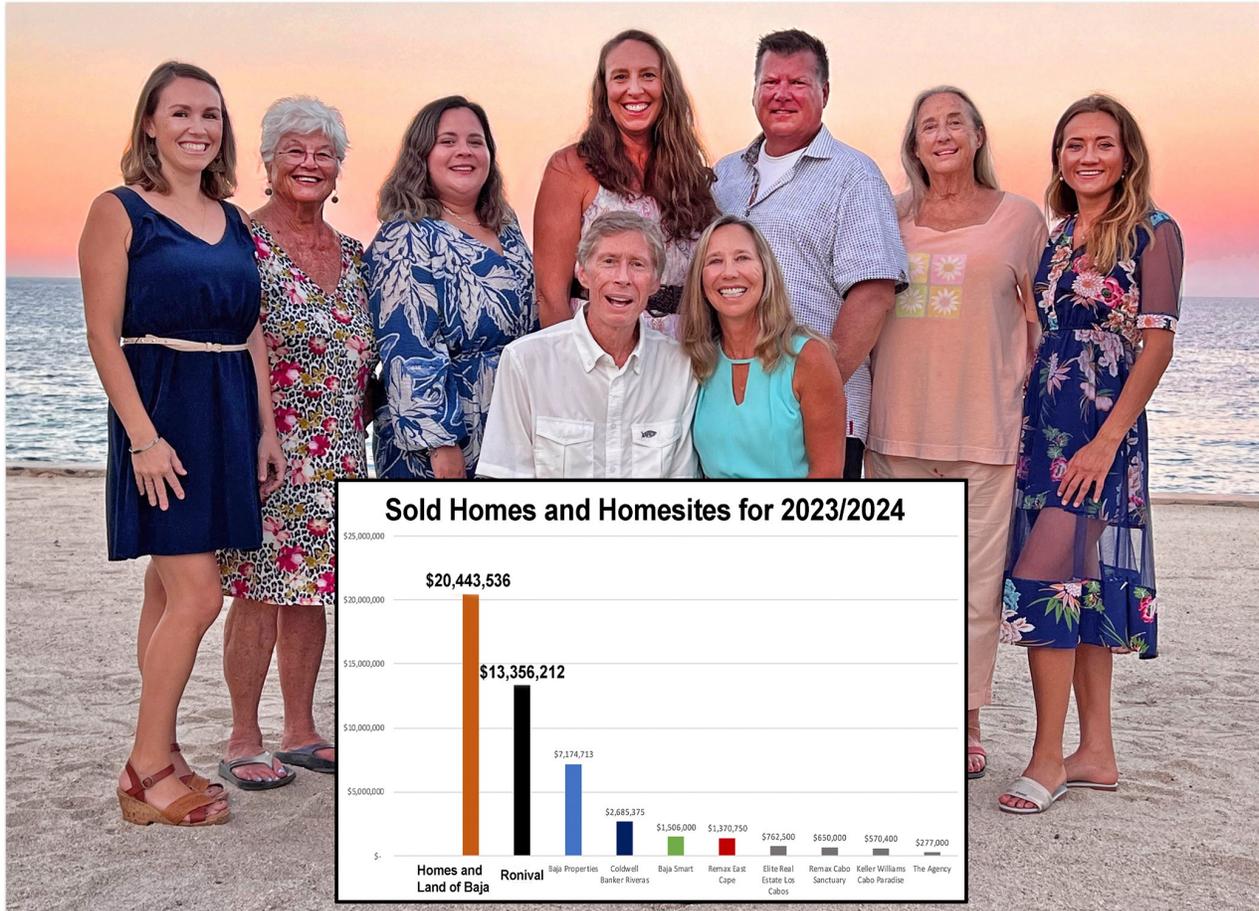
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Results say it all so give us a call!

Take a look at the 23-24 stats from the Northern part of the East Cape! These are stats that represent where our buyers and sellers actually are, not stats from down close to Cabo. In Real Estate many people talk about how good they are and what they can do for you, but we believe that results say it all.

We would like to thank all our new buyers and sellers for their support! To all of you new sellers, the market is still good so let us know if you would like to sell your home or homesite. Our Office is in the center of Los Barriles in the Palapa building next to the yellow Tiki Bar in the big parking lot. We are also across the street from the veggie stand.

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At East Cape Health Center, our mission is to enhance the health and well-being of local residents, ex-pats, and tourists who enjoy the East Cape Mexico. United by our passion for patient care and community support, we offer high-quality medical and dental services, including diagnostics, lab tests, X-rays, dental panoramic exams, and ultrasounds.

As a trusted provider, we accommodate a wide range of insurance plans, offering solutions from short-term travel policies to comprehensive global coverage for your entire family. Our dedication to personalized care ensures that your health and well-being are always our top priority.

Your generous donations help us provide essential health services to those in need. We invite you to support our social assistance programs, ensuring that everyone in our community has access to quality care.

Do you need a specialist? Consult with us: we offer regular services in urology, dermatology, gynecology, and radiology. We're here to help!

PASSPORT TO HEALTH

It is the most comprehensive preventive medicine service offered by East Cape Health Center. Take control of your health by detecting potential health concerns early, before they become critical. It includes a comprehensive consultation and physical examination by a medical doctor, along with laboratory and imaging screening tests to provide a thorough evaluation of your health. Your contribution will be directed to a fund that provides essential medical services to underserved members of our community.

This has already helped countless individuals by preventing diseases and providing timely assistance before it was too late.



Donate to East Cape Health Center

We appreciate your donations, which enable us to continue providing Los Barriles with high-quality medical and dental care, as well as affordable pharmacy services for hard-to-find controlled medications.

All your donations are tax-deductible.

www.eastcapehealthcenter.org

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