

October 2026

Pacífico Vibes

VOL
05

Underwater Hockey

Dive into a unique experience to unwind

This is us

Melesia: A Story About Sustainability, Community, and the Power of Taking Action

Be part

Click here and tell us what stories you'd like to see in the next issue

> Ir a versión en español

Welcome

Life is made up of moments, and we often let them pass us by without stopping to appreciate them—a walk outdoors, a conversation, quality time with family, or simply the chance to breathe and feel at peace. Learning to cherish those moments has transformed the way I live.

This issue invites us to look more closely at what's right in front of us, to discover new ways to connect with ourselves and our surroundings, and to remember that well-being is also built through the little things in daily life.



I invite you to explore this issue with curiosity, to discover what's happening right here in our community, and to find new ways to enjoy and experience it.

And if there's a story we don't know yet, tell us about it.

Etzel Bartuano

*Business Development Manager
at Trendline Technology
Resident of Woodlands*

A handwritten signature in black ink, reading "Etzel Bartuano".

Living Culture

Are there any writers among us?

We want to hear the stories that were born here and share them

Among our neighbors, **there might be an undiscovered author or storyteller** who has dedicated time to turning their ideas into stories that deserve to be heard.

At Pacífico Vibes, **we want to discover your story and share it.**

If you write, have published a book, or know someone with a story to tell, this is the place for you.



“When I want to write something, it’s because I feel it deserves to be told.”

Gabriel Garcia Marquez

And you, what have you written?

This is us

One person can start the change

Melesia Kasha is a resident, entrepreneur, and investor in Panama Pacífico. Since 2018, she has built part of her life and projects here, focusing on clean technologies and solutions related to water, soil, air, and energy through K2 Grupo Empresarial and K2 Ambientis Inc.

Her story also reflects her commitment to the community—identifying needs and seeking concrete ways to contribute.



Her involvement with animal rescue began long before she arrived in Panama. For years, she has participated in animal rescues, foster care, and adoptions in Canada, Colombia, and Panama. Here, that experience led her to address a new need when she began to identify cat colonies around the facilities where her company operated. **Instead of looking the other way, she decided to get directly involved.**

"We're not just changing the animal's life. We may also be changing the life of the person who takes it in."

Melesia Kasha

Melesia decided to get directly involved. She took charge of feeding, trapping, spaying and neutering, providing medical care, and finding homes for the animals, and managed to rescue nearly 20 of them. **For her, this work is another way to care for the environment and respond to a need that existed in her community.**



But she also discovered something else. There were already people making similar efforts, and once they connected, they began sharing contacts, resources, and knowledge. Veterinarians, organizations, neighbors, and businesses have become allies. Melesia says this presents an opportunity to continue growing and ensure that more initiatives find support.



“The challenge is to continue bringing on board individuals and companies that want to turn their resources and capabilities into new ways of contributing to the community.” **Melesia Kasha**

Her story shows that building a community means getting involved: identifying a need, taking action and creating space for others to contribute. When capabilities come together, the impact reaches further.

Do you have a story to tell?

Share it

Community tips



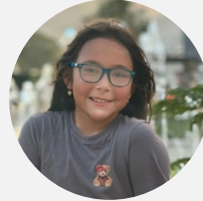
Glenda Castillo

Civil Engineer and
Resident of Woodlands

A well-planned renovation avoids surprises and makes the process more enjoyable. Before moving a wall, consult a professional; some walls may support your home's structure.

Plan ahead with blueprints and the necessary permits. Set aside a budget for unforeseen expenses. Throughout the process, be mindful of the environment: you can recycle, reuse, and choose eco-friendly materials.

Plan and build responsibly!



Catalina Barreto

Student and Athlete
Resident of Woodlands

Doing after-school activities is the best because I get to learn new things, have fun, and make friends. **I really like roller skating, and I go to the Skating Club at TRAIL School.**

I like it because I can practice, learn new moves, and share the experience with others. It's cool to take advantage of all the activities we have.

Come on, come join us and have some fun!

Wellness in motion



A diagnosis is not a prognosis

There are things we tend to put off: exercising, eating better, resting, setting boundaries, breathing, and being present. Until life reminds us that well-being shouldn't be something we put off.

After going through two cancer diagnoses and spending five years in remission, **Etzel decided to transform her way of life: to move her body, take care of her habits, prioritize herself, ask for help, strengthen her faith, and be more present for her family. Her experience left her with one certainty:**



Share your story

"It's a diagnosis, not a prognosis. You decide how to handle it. We can't always control what happens to us, but we can decide how to face it and what to do with whatever life puts in front of us".

Etzel Bartuano

She also **discovered just how much our environment can influence our well-being.** During the pandemic, when she was also going through a difficult time, **having nature, trails, and open spaces nearby allowed her to walk, breathe, clear her mind, and recharge.** That connection with the environment, along with physical activity and community, became part of her journey to feel alive again.

Her story offers a simple invitation: don't wait for something to force you to take care of yourself.



“Find an activity you enjoy, get moving, review your habits, eat healthy, rest, learn to set boundaries, and seek support when you need it. And when faced with a diagnosis, remember that you don't have to go through it alone—medical, emotional, family, and spiritual support are all part of the journey.”

Etzel Bartuano



Every morning, **Etzel gives thanks for the everyday things: opening her eyes, feeling well, and knowing that her family is also doing well.** Perhaps that is one of the greatest lessons of her story: **well-being doesn't begin when we need it.** It begins with the small decisions we make about how we choose to live today.

Offline is the **new luxury**

Pratyatma Yoga

For Javiera, **yoga and stretching** are a way of life that **invite you to look inward, find calm, and connect with yourself**. Her classes combine movement, breath, and meditation to engage your body and mind, and can be adapted to different needs and life stages.

She offers private, personalized classes in various practices, such as Hatha, Vinyasa, and Yin Yoga, among other specializations.

A place to return to yourself



 **Book your class**

WAA Panama Blue Hub



In Veracruz, Deyanira transforms **water sports** into an **experience of well-being**, movement, and connection with nature, featuring non-motorized water activities.

To experience it in a big way, **Tabogazo 2026** is here, **celebrating its 9th edition on December 5**. A **journey from Veracruz to Taboga** that brings together participants in stand-up paddle, Polynesian canoeing, kayaking, dragon boat racing, and open-water swimming, connecting sports, wellness, and purpose-driven tourism.

 **Sign Up**

Are you up for experiencing the Tabogazo?

Underwater Hockey



This sport came to Nativá thanks to Franck and Nicole, a Canadian couple who decided to start a small club with neighbors and friends. After six months, they found a larger space at the French Lycée’s pool where they have continued playing.

The game combines underwater play, movement, and strategy. Teams use masks, snorkels, fins, and a small stick to move a puck along the bottom of the pool toward the opposing goal. Although it may seem like a demanding sport, **they emphasize that it’s low-impact and can be played by people of all ages. They even mention that in Canada, they’ve played with people as old as 74.**

“You can come without any equipment—we have everything you need to get started.”

Franck comments



 Join Us

Want to try something different? They meet **every Tuesday and Thursday**, from 5:00 to 6:00 p.m., at the French Lycée pool. Just come by, give it a try, and have fun.

Working out means clearing your mind, taking care of your body, and connecting!

What activity would you like to share?

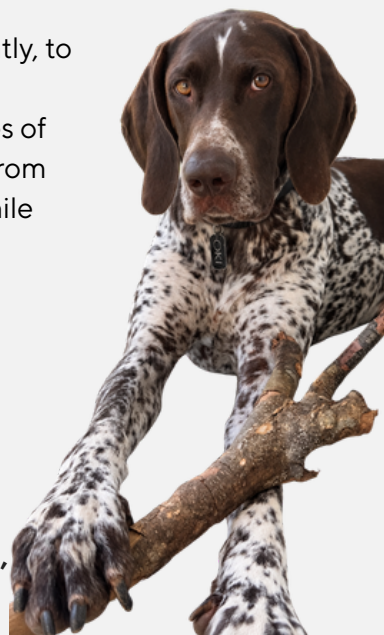
Share it

Pet club

Roki and Dafa: Cold and Heat

From Canada to Bocas del Toro and, more recently, to Panama Pacífico. Roki and Dafa have been with Natasha and her partner through different stages of their lives. Roki arrived first, after being chosen from among several puppies one Canadian winter, while Dafa came from Bocas del Toro, where she was rescued from a litter living on the streets.

Moving away from the island, where they were used to the beach and nature, was a major change. **After a long car ride, they found a new place to explore here. They discovered something that made the transition much easier: natural spaces where they can walk, run, and continue to enjoy each other's company.**



"Dogs bring a lot of love and companionship. When they're with you, you're never really alone."

Naty



Roki is pure energy, always ready to play with his ball. Dafa, on the other hand, has a more independent and calm spirit. **Together, they found a new home in Panama Pacífico where they can continue doing what they do best: keeping each other company, playing, and filling their home with joy.**

Does your pet have a story to tell?

Share it

Coliving

Venomous Animals:

Knowing them means learning to live with them

Various species of venomous animals have been identified in our surroundings, including snakes, spiders, and scorpions. This group also includes some wasps, bees, moths, centipedes, and beetles. Knowing which ones can be found in your surroundings helps you know how to respond if you encounter them and avoid unnecessary risks.



“Knowing the species that inhabit our environment reduces fear, allows us to recognize the risks, and teaches us to respect their space”.

Reinaldo Perez, a wildlife ranger, explains

If you encounter one, do not touch it or try to catch it. **Keep your distance and let it go on its way.** If you are bitten or stung, seek immediate medical attention and do not wait for symptoms to appear.



Learning about these species also helps us overcome our fear of them and learn to respect them. As Reinaldo explains, this knowledge allows us to better understand how to behave during an encounter and enjoy nature more safely.



“These species play an important role in the ecosystem because they help control the populations of other species and maintain that natural balance”.

Reinaldo Perez, wildlife ranger

Not all venoms pose the same risk to humans. Some species have developed toxins that are particularly effective at immobilizing or subduing their prey, but have a much lesser effect on us.



If you encounter an animal:

- Watch it from a distance.
- Do not try to move or capture it.
- Report it to the CSI:
+507 316 3636

Living in harmony with nature means learning to preserve and respect its natural course, so remember:

- Keep your distance
- Slow down
- Avoid direct contact

We are part of a living system

What would you like to know about our wildlife?

Share

Growing here

Best Logistics Park

The infrastructure that supports business growth is recognized outside of Panama. During **EXPOPARKS Dominicana 2026**, the **PanAmerica Corporate Center** was honored with the **EXPOPARKS LATAM Award 2026—Best Logistics Park**—for its contribution to the development of logistics and business infrastructure in Panama and Latin America.

More than just an accolade, **the award highlights a vision for development that combines infrastructure, connectivity, and the capacity for long-term growth and competitiveness.** During the event, Henry Kardonski, CEO of London & Regional Panama, shared his perspective on best practices for developing mixed-use urban projects and industrial platforms designed to meet future needs.



This recognition also highlights the evolution of the commercial sector—an ecosystem where companies, industries, and service providers find the infrastructure and conditions necessary for growth, generating new opportunities and strengthening the sector's role within Panama's business and logistics landscape.

**When you choose the right environment,
everything grows with you**

Explore opportunities

Mr. Car Wash Eco Spa: Caring for What Moves Us



In 2024, this business started as a franchise, but Karla Gúnera and her team knew they could build something of their own. That's how **Mr. Car Wash Eco Spa was born—a more approachable and eco-friendly brand designed to care for vehicles and make the experience easier for visitors.**

That mission is also reflected in the use of eco-friendly products and equipment, which help reduce water consumption and environmental impact.

Today, after two years in the same location, the business continues to grow. It serves companies and repeat customers, and the next step is to become more involved with the community. The goal is to continue strengthening the brand, adding new experiences, and building on the foundation laid in Panama Pacífico.

"Here I found a place where I could also grow my business and my life".

Karla Gunera
CEO, Car Wash Eco Spa

For Karla, this project is much more than a business. **It's part of her creativity, her vision of service, and her desire to build something of her own.**

It's also a personal story. After years of commuting daily, she decided to move to Panama Pacífico and **found a place here where she could also enjoy community life.**

Best place to live

Closer to Your Life

Well-being also means having the things that are part of your routine close by. **When schools, shops, restaurants, services, sports facilities, green spaces, and gathering places are part of your surroundings, many of the things you need are just a few minutes from home.**



That proximity translates into time for yourself. Time to enjoy a leisurely breakfast, spend time with your children, work out, meet up with friends, or simply treat yourself to a few minutes of downtime. **When what matters is close by, you have the freedom to choose how to spend your time, and your day has more room for the things you truly enjoy.**



More proximity, more moments.

Every minute spent close to what you need or enjoy adds up. And when convenience is part of your daily life, living feels simpler, more connected, and more like your own.

SEMM Benefit:

Support designed to take care of you

Panamá Pacífico offers various ways to live a healthy, fulfilling life, surrounded by nature, with spaces to share, and the peace of mind that comes from having everything you need nearby; one of these is the assurance that you'll be supported and cared for by a trained professional in unexpected situations.



It brings great peace of mind to know that **you have access to a 24/7 ambulance service through the SEMM Benefit—an emergency care option** for those who live and go about their daily lives here.

In an emergency, every minute counts. And having pre-hospital care nearby means you can count on a prompt response when a situation arises that requires immediate attention.



This service is available to Panama Pacífico residents 24 hours a day, every day, and you can request it through the:

CSI: +507 316 3636

**When you choose the right environment,
everything grows with you**

Explore opportunities

Stay tuned

A Night to Celebrate Together



When was the last time you decided to go out and have some fun? On Thursday, December 3, Pacific Experience is once again creating a space for the women in our community.

Mama Cocktail Night is back for its third edition with a clear invitation: break out of your routine, meet up with your friends, and let yourself be surprised.

An evening of great food, mixology, music, dancing, and a surprise experience in which you'll also play a part.

"More than just an event, this initiative was created to foster moments within Panama Pacífico that allow us to connect, celebrate, and enjoy ourselves together. Because part of living here is also having spaces to share."

Katherinne Osuna

So round up your friends, put on your best outfit, and get ready for one of those nights that you savor without rushing and remember for a long time to come.



The plan is set. All that is missing is you. Be part of this very special night

-  **Thursday, December 3**
-  **The Westin Playa Bonita**
-  **Tropical Chic Outfit**
-  **Surprise Show**



"The goal is to create experiences that build community and make us say, 'I'm so glad this is happening!'"

Katherinne Osuna



Are you in? Reserve your spot and get ready for a night full of surprises by the sea

Book it here



Stay connected

Click on the icons

 Social media



 Resident

WhatsApp & Email

+507 6612-4808

plc@panamapacifico.com

 Commercial

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+507 6790-5388

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Alert channel



Thank you for being part of our community.

See you in the next edition!