

SAN FELIPE'S ENGLISH LANGUAGE NEWSLETTER



San Felipe **NEWSLETTER**

San Felipe, Baja Ca, Norte, Mexico

February 15, 2014

NEWS, ACTIVITIES, CLASSIFIEDS & MORE

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HAPPY VALENTINE'S DAY!

Photo taken by Lowell Martin of Las Arenas
On the way to the water fall.

San Felipe Newsletter - Feb. 15, 2014



By Linda Sullivan



**Bob and Linda at our Wedding Celebration surprise party. Organized by Linda Martinez
Photo taken by Karen Buehler**

The weather seems to be changing and getting a little warmer in the daytime. Still cold at nights, but not half as bad as it was a month or two ago.

Time is going by so fast. We have all kinds of events going on by our charities and lots of Festivals and Fiestas. It is getting to be party time in San Felipe. Lots of things happening in town which is a wonderful place to party. The Sea of Cortez is a great background for all this fun stuff.

Bob and I are having the time of our life's and enjoying each day. Our families are doing well and the grandchildren are great. All kinds of Birthdays coming up to celebrate. We just want to enjoy each other and each day as it comes.

Don't forget to bring all you can to the Peoples Gallery and I will see that it gets to the right people. Clothing, purses, shoes, jackets, pots & pans which could be a luxury to someone else who does not have the money to just go out and buy the things they need. Dishes, eating utensils, toys, children's clothing. Well, I think you got the idea. I will never stop asking for your help. The town's people can use our help and they are all so thankful for what we

bring for them. They also are very giving people and if they have a tortilla they will break it in half and share it with you. I know that for a fact. It happened to my own son and his family, after their car broke down in Mexicali. We will never forget this families kindness.

Till next time!

Linda

PERCEPTION


**When you let your own light
Shine, you give others
Permission to do the same.**

**EDITOR/OWNER: Linda Sullivan
TECHNICAL ADVISOR: Patti Haynes and
Susan Young**

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**Diane Pilato (Health Info.)
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Stacy Ditita (Viva Articles)
Katherine Hammontre Craig ("Dear Kat")
George Jackson (Races)
Donna Roberts (Desert Mothers)
Sandi Flannigan (Recipes +)
Kathy Keane (Birds)
Susan Young (Food Bank)
Joy Darr (Golf Tourn. News)
Jim Ingegno (Interviews +)
Roy S. Houston (Informative Articles)
Suzi Kukar (SFARP News & Updates)**

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CALENDAR OF EVENTS

FEBRUARY

- 8 Art, Wine & Food Fiesta
- 14 Valentine's Day
- 15 1st Baja Latino Festival
- 19 Desert Mother's Art Class
- 22 Heart of Baja Quilt Show
- 27 & 28 SCORE San Felipe 250

MARCH

- 1-4 Carnival
- 2 Rest of SCORE 250
- 19 Desert Mother's Art Class
- 20-29 Art, Wine, & Food Fiesta

Dates change here from time to time.

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South Campo Calendar of Events

FEBRUARY

- 3 Mexican Constitution Day
- 8 Las Amigas Casino Day
- 14 Valentine Dance at CC
- 16 Elizabeth K. Watercolor Open House
- 21 Weaving Classes Begin
- 22 8th Annual Cancer Walk
- 22 Puertecitos Quilt Show

Activities at CC & South Campos

- M-W-F- Exercise Class 9 AM
- M Quilting Group 10AM
- M Bible & Prayer Study 1PM
- M AA 4 PM
- T Yoga 8AM
- W Cards 1PM
- Th Yoga 8 AM
- Th AA 9:30 AM
- Sunday Catholic Services 2 PM**

Everyone is invited to join the South Campo activities. All are welcome.



Our Third Spay Clinic was January 19-20th. A team of 3 vets and 3 vet techs visited San Felipe and successfully completed 109 spay and neuter surgeries. The Fundación San Felipe Unidos Por La Educación hosted the clinic. Many local citizens scheduled their appointments and brought their pet to the clinic. Non-Mexican citizens also helped neighbors by sponsoring their pets for the spay and neuter surgeries. Our volunteer team was strong and we thank all who helped to make this event a success. Major headway is being made to improve the health of our community for both animals and citizens. We thank those personal sponsors, businesses and organizations that contributed to fund the clinic. Look for our "Spay is the Way" decal on the doors of our local businesses who have sponsored our spay and neuter fundraising campaign. Become a business or personal sponsor by contacting Barbara Bagileo at US 707 -280-6292 MX 686-193-2167 or Judith Topping at MX 686-162-6213. Help us solve the problem of animal overpopulation. **We believe Spay Is The Way.**

We at VIVA are tremendously saddened by the sudden loss of our beloved citizen, Kuchy Sanchez. Active would be an understatement to describe the enormity of her compassion and generosity toward all organizations that seek to help those in need -- our community's children, the impoverished, the elderly and the indigent animals. She had tenderness, perseverance and a sincerity to help those less fortunate. She will always be remembered for the strength of her conviction. She inspired so many. Thank you, Kuchy. Your smile will always brighten our community. We honor you by continuing your work...

Adopt, Donate, or Volunteer.

Dogs



Cats

Desert Mothers
By
Marilyn Doyle

COMMUNITY CREATIVE CENTER

It's been a slow start for the Center, but now people are learning about us.

It feels like people are really interested and love the idea of the center.

I think one of our biggest advantages of the center is the ideas of forming community and meeting new and different people. This of course, was the goal of the center. Also let's not discount the fact that it is a way to make extra money for our teachers and get their work known.

I must quickly add some of the teachers are donating their fees to the center, Thank You.

Since we are a non-profit organization we charge the teachers one dollar for each person that attends the class. They get to keep the rest of the fee. We do not have the space to list all of the classes and teachers. So here is a teaser, we will be offering the following new classes: Making and painting custom tiles, a great photography class including using every type of camera, to editing, theatre (impromptu, children and adults) A meeting will be held on Saturday February 02, at the Roadrunner, Desert Mothers Gallery at 10:00 AM Everyone that is interested, Please come, Computers, Mosaics, Metal art and Self defense Seminar (wear lose fitting clothing, and bring water)

We will still be offering our dance classes, music and painting classes.

Our detailed schedules will be available at the Desert Mother's stores, at Playa De Oro, 1025 Mar de Caribe, El Dorado ranch Golf Shop, also Peoples Gallery and Sunrunner. It will also be posted on the Desert Mother's and Community Center web page and facebook.

Email BajaDonna@gmail.com or call 576-0089—686-169-5267 or Connie Coats 688-0538

Thank You, Donna Roberts



San Felipe Newsletter - Feb. 15, 2014

HOTEL LAS PALMAS
The Hideaway Bar & Grill
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*Celebrate St. Patrick's Day on Monday,
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Where do I go?

You know many people come into the Peoples Gallery/San Felipe Newsletter Office and ask me lots of questions about Real Estate down here. Where to go, who to see, who can I trust, who will not lead me in the wrong direction.

I can tell you I always send them to Jose at Desert Reality. He knows the best of the best in San Felipe. He also gets to know you and what you are looking for. Never does he try and sell you something you are not interested in.

Jose is also studying to become a lawyer, and he already knows the in's and out's of the law down here.

If you are looking for the right answers call Jose and tell him Linda from the Peoples Gallery sent you.

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This is a picture of my Grand daughter Jessica holding up her hair she just got cut off. It was about 10 to 12 inches and she is donating the hair to "Wigs for Kids that have Cancer.

She looks great and did a very unselfish thing for someone else. She did the right thing. Jessica is only 7 years old. I am so proud of her.

By Linda Sullivan



SNARLIN' CHOLLA PARTY

Snarlin' Cholla Party is Monday February 24 the day before contingency at our house at Play de Oro.

Everyone is welcome.

Come party with the Snarlin' Cholla Team.

Held as always at the Flannigan's house.

San Felipe Scene
By Sandi Flannigan



I got this recipe from Pure Wow on line.... It's really great.

Roasted cauliflower? Been there, done that. But roasting a whole head of cauliflower? Now we've got your attention. This recipe has you slathering cauliflower in a spicy yogurt marinade and roasting it at a high temperature. The result is an amazingly delicious dish that's as dramatic in presentation as it is easy in preparation. Serve it with a big green salad (we suggest lime juice and olive oil for the dressing) for an easy weeknight supper or your next "the vegetarians are coming to dinner" party.

Spicy Whole Roasted Cauliflower

A PureWow Original Recipe

Makes 6 servings

Start to Finish: 1 hour

Ingredients

1 tablespoon vegetable oil

1 head cauliflower

1½ cups plain Greek yogurt

1 lime, zested and juiced

1 tablespoons chile powder or more to taste

1 tablespoon cumin

1 tablespoon garlic powder

1 teaspoon curry powder

2 teaspoons kosher salt

1 teaspoon black pepper

Directions

1. Preheat the oven to 400° and lightly grease a small baking sheet with vegetable oil. Set aside.
2. Trim the base of the cauliflower to remove any green leaves and the woody stem.
3. In a medium bowl, all the ingredients
4. Dunk the cauliflower into the bowl and use a brush or your hands to smear the marinade evenly over its surface. (Excess marinade can be stored in the refrigerator in an airtight container for up to three days and used with meat, fish or other veggies.)
5. Place the cauliflower on the prepared baking sheet and roast until the surface is dry and lightly browned, 30 to 40 minutes. The marinade will make a crust on the surface of the cauliflower.
6. Let the cauliflower cool for 10 minutes before cutting it into wedges and serving alongside a big green salad.

Denny and Phil (the Suns of Beaches) are going to be at the Road Runner every Friday and Saturday for the rest of the season starting on Feb. 7th. Road Runner is planning a fabulous Valentine Party with the Suns of Beaches.

Sea ya, Sandi

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Kuchy

(Olga Lydia Sanchez Mendoza)

The other day I was at Wal-Mart and saw a rack of newborn and infant Christmas apparel at 70% off. I started to put a few in my basket for next Christmas, and then it hit me, yet again, what would I do with them? I slowly put them back. No doubt everyone who has worked with Kuchy has had a similar experience in the last few days. Her passing has left a void in San Felipe.

I met Kuchy about 17 years ago. Bill and I hoped to do some volunteer work with some of the schools, especially the special school (CAM). The first thing we were told was, "See Kuchy." Kuchy's help was all we needed. She introduced us to principals and teachers and translated our conversations with them. If we needed advice or help, she was ready to assist. Her mother, Gracie, was still with us at that time. As a member of Las Amigas, she helped with their scholarship program and also assisted people in the community who needed help. Kuchy followed in her footsteps.

Since then, more and more groups have expanded or been formed. These include: The Rotary Club, 99+1, Lions, Voluntarios Sin Limites, Better Together, KIN, VIVA, Casa de Fe, and Sunshine Hacienda and San Felipe churches. I suspect that every group has benefitted in some way by Kuchy's help. She was our conduit, our liaison with the community.

In addition to helping with the scholarship programs of Las Amigas, Rotary, and KIN, she and her family



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members and friends distributed school supplies, dispenses (monthly food packages), helped with fund-raisers and other events. She distributed toys to children at Christmas as well as Rotary gifts to seniors. Her family's campo, Los Compadres, was always available for the use of any service organization, and frequently she and her family did most of the cooking.

Kuchy had so many gifts and talents. She taught at CONALEP for a time and had a real gift for relating to young people. However, teaching in a classroom was not her vocation. She wanted to work directly with people and help the poor in any way she could. At meal time, there were always extra people at her table. Once she fixed up a room in her house and took in a disabled woman and cared for her until a home was found. She also loved dogs, took care of fosters, and had a yard full of pets who would have been dead without her care. Her husband and family understood her passions and gave her the freedom to pursue her mission in life.

What impressed me most about Kuchy was her ability to work with any person or organization without becoming involved in the pettiness and in-fighting that happens from time to time in any group. If she had any hurt feelings or criticisms she kept them to herself, and they were not spread around the town. She was truly a wise woman and knew that negativity would only impede her from accomplishing her goals.

Kuchy was only 45 when she left us on the Feast of the Epiphany when the Nativity story tells about the visit of the Three Kings bringing gifts to a baby in a stable. Kuchy not only gave gifts. She was and is a gift to all of us. Let us honor her by carrying on her work in San Felipe.

Article by Kay Gabbard



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Denny & Sandi's Party Central
@ Playa de Oro
Burgers, Fries, Drinks, Music
Join the Fun & Bring Your Friends!!!

Rotary's Steak In The Park

The Rotary Club of San Felipe will hold our 11th annual **Steak In The Park** event on Thursday February 27th in Hayward Park located next to the Centro de Salud and the fire station. The event will feature a steak dinner, silent auction, live music and a no host bar and will start at 1pm and end at 3:30pm

Tickets are 13 dollars or 160 pesos and can be purchased from any Rotarian, Sunrunner mail services, The Peoples Gallery, Fat Boy's Pizza, Chocolate Lovers and the El Dorado Venders Mkt. on Saturdays at the Rotary trailer.

All proceeds from this event will help provide funding for community projects to benefit San Felipe.

THE FOOD BANK

The food bank is always in need of all kinds of items. They can sell make a little money from these things and help feed the people who need our help.

Things that you have around the house like clothing, cookware, all kinds of kitchen utensils, pots and pans. Toy for the kids, clothes for the babies and small children.

If you give they will get what is needed to help keep a clean and safe home.

Volunteers without limits

American Tax

Bob is at the Peoples Gallery ready to help you with your American income tax. If you would like to have it done here and not have to go back to the states just for that, he has been doing this since 1965.

Income tax is something we don't really like doing, but it must be done, so he is here to help you with your needs. He is a tax consultant and knows the best way to do this.

So, if you would like to have some help, stop by the Peoples Gallery and he will be there to answer any questions you might have.

Hope to see you soon.

Bob Silverman

**San Felipe, don't miss
the Scoop!**



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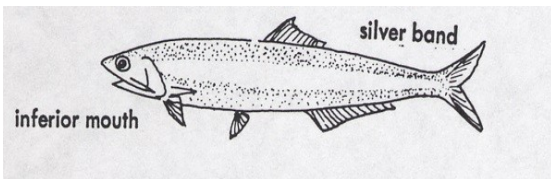
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At The Peoples Gallery

FEEDING FRENZY
By
Roy S. Houston, Ph.D

Has anyone noticed that in the last couple of months there have been a gazillion birds, mostly gulls, brown boobies and brown pelicans feeding on fish in our local waters. These feeding frenzies could be seen as far as the eye could see. Also, I have noticed numerous dolphins and sea lions also filling their bellies in the same general area. I was informed that these huge bait balls consisted mostly of herring in the family Clupeidae anchovies in the family Engrulidae.



Northern Gulf Anchovy

Apparently this population explosion has also been occurring off of Puerto Peñasco and adjacent waters. Feeding frenzies where large numbers of fish attract all kinds of marine life and birds are not uncommon in the northern Gulf of California. However, I have not observed one to this degree in many, many years!



Feeding frenzy-photo courtesy of CEDO

What caused this incredible influx of small open ocean fish? I have no idea; however it is known that anchovies are a major food source for commercial fishes, birds, and marine mammals in the Upper Gulf of California. This phenomenon is hopefully an indication that the Sea of Cortés is still a rich and diverse environment. What a way to begin the New Year!

MISSING

IF YOU HAVE INFORMATION ABOUT ANDREA BROWN
PLEASE CALL YOUR LOCAL POLICE DEPARTMENT

ANDREA KRISTEN BROWN
 Missing From: Los Angeles, CA
 Date Missing: December 16, 2013
 Age: 43
 Sex: Female
 Height: 5' 9"
 Weight: 150
 Build: Thin
 Eyes: Brown (green contacts)
 Hair: Blonde
 Race: Hispanic

Last seen in Los Angeles, CA at 7th Street/Metro Station boarding a bus.

Large lower back tattoo, tongue pierced, Wears gold, silver, and costume jewelry, always carries purse/bag. Needs medications.

Circumstances behind Disappearance:
Left a Christian shelter to look for family.



Have You Seen Me?

FOR CURRENT INFORMATION & HOW TO HELP:
<https://www.facebook.com/alexisnicolemontanez>

I was informed about Andréa Brown gone missing and was very upset to hear about this. She came into the Peoples Gallery from time to time just to say hello and talk for awhile.

She is a beautiful person and very friendly. She has blonde hair and a wonderful smile.

We are all looking forward to hear that she is safe and has been found. Nothing on that yet.

She was last seen in the Los Angeles area and was living in San Felipe Mexico for some time. Where her parents are located.

If anyone has any information that the police or her family can use please do what this flier asks of you.

To know someone who is missing is a horrible feeling to have.

Wishing her family strength and love and our good wishes

Linda and Bob

GETTING AROUND TOWN

066 for emergencies is the same as 911 in the U.S.A.
 and will connect you to the emergency number in San Felipe.
 To dial an 800 number, use 880 from San Felipe.
 OPERATOR ... 002



How do I Contact...

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- Alarm Co... 577-6267
- Bakery (Blue Gecko)... 686-209-6771
- Bug Busters Pest Control... 577-1406
- Cabo Cape (Wearable Art) 686-112-1325
- Chumpo's Pizza + More... 577-0085
- Club De Pesca (Campo)... 577-1180
- Desert Realty..... 686-573-0339
- El Cortez Hotel... 577-1055 from the U.S. 011-52-686-577-1055
- Fat Boys Pizza & More... 577-4092
- Papeleria Copicentro... 577-1402
- People's Gallery... 577-2898
- Pharmacy Regina... 577-1258
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- Services by Lupita Foudy Mora...577-0178
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- Talabarateria Y Fotografia.. 577-1144
- The Hideaway (Las Palmas Hotel)... 577-1333
- YET MAIL (fm3;s etc).. 577-1255

All articles, ads, classified and photos are due by the 26th of each month. This will help get the printing done on time.

MEETING TIMES AND PLACES

- Las Amigas..2nd & 4th Wed. 10:00am @ Ocotillo Lodge
- SFARP.. 1st & 3rd Wed. 10:00am @ Old Corona Building on Mar de Cortez
- Rotary Club.. Monday 8:00am @ The El Cortez Hotel
- AA & NA Corner of Ensenada & Mar Caribe (Schedule on door)
- Lions Club.. 1st & 3rd Thurs. 4:00pm at Las Palmas Hotel

IMPORTANT PHONE NUMBERS

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- POLICE 577-1134
- IMMIGRATION 577-1083
- TOURIST OFFICE 577-1155
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OPERATOR 002
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Popular Downloads

Patti Haynes

HOTSPOT SHIELD

This is an Internet connection protector which encrypts your traffic to protect you from spying while communicating over the internet. An excellent tool for anybody who uses public Wi-Fi networks. It also ensures you can access sites and data according to your specifications.

From *AnchorFree*:



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<http://www.hotspotshield.com/>

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From *AVG Technologies USA*:



AVG AntiVirus Free not only gives you the top-quality antivirus protection and security features that you'd usually expect only from a paid product, but added privacy features for 2014 help keep your personal information safe both online and on your PC, and the new integrated File Shredder permanently deletes sensitive files to keep them from falling into the wrong hands. Add to this our Anti-Spyware Technology and WiFi Guard, and you can be sure that wherever you are, at home or on the move, we're taking your privacy seriously.

And it's not just your PC and privacy that we help protect. Performance remains a significant factor, too. We firmly believe that antivirus software should never get in your way, so our

smart scanning technology not only reduces scan times; it ensures that they take place when your PC isn't busy with other tasks. In other words, you can get on and do what you need to without any delays or interruptions.

Read more: [AVG AntiVirus Free 2014 - Free download and software reviews - CNET](#)

[Download.com http://download.cnet.com/AVG-AntiVirus-Free-2014/3000-2239_4-10320142.html#ixzz2pNcJSVSn](http://download.cnet.com/AVG-AntiVirus-Free-2014/3000-2239_4-10320142.html#ixzz2pNcJSVSn)

CCleaner

From *Piriform*:

CCleaner is a freeware system optimization, privacy and cleaning tool. It removes unused files from your system allowing Windows to run faster and freeing up valuable hard disk space. It also cleans traces of your online activities such as your Internet history. Additionally it contains a fully featured registry cleaner.

<http://www.piriform.com/ccleaner/download>

Malware Bytes

From *Malwarebytes*:



Malwarebytes Anti-Malware combines powerful new technologies built to seek out, destroy, and prevent malware infections.

Malwarebytes Anti-Malware is an easy-to-use anti-malware application available in both a Free and PRO version. The Free version is well-known for its detection and removal capabilities, and the PRO version uses advanced protection technologies to proactively stop malware infections.

<http://www.malwarebytes.org/>

DEAR KAT OR QUIERDA KAT is a jaded form of Dear Abbi but is not meant to be professional, legal or other marital advice. It's simply my opinion and you are free to take it or not. I also write Kat's Korner, San Felipe's Scoop on www.katskorner.com.mx but this is the only place you can read "Dear Kat". If my advice helps you - bravo - but if it doesn't, don't blame me! Feel free to drop a comment off at the People's Gallery or email your advice to bajakat at gmail dot com. You can also send or drop off any issues you may want advice on. Enjoy!

Quierda Kat: I know you've heard this 1,000 times and so have I but I never thought I'd be writing for advice about the same thing. Every time I go out in public with my husband, he's always kissing and hugging every woman he meets. These women are supposed to be my friends but I find myself doubting them because they seem to enjoy my husband's affection. I've told my husband how I feel and he thinks I'm over reacting that he's just being "friendly". I am not as close with my women friends as I used to be and I miss them. Any advice offered will be taken! You can call me "Lonely".

Dear Lonely. Yes, I have heard this complaint many times and not just in this column. Personally, I don't think you're over reacting and if your husband doesn't see that, then he's a jerk. As far as your friends are concerned, it may be they are or were embarrassed by your husband's kiss and hug and that's why they comply. Now, there are some women who don't care if the man is married, but I would tell your husband to keep his hands and lips to himself.

Dear Kat: I have a neighbor who I will call "Sally". She's a widow who moved next door after the demise of her husband. I invited her for coffee one morning and it was pleasant enough. Here's my problem. Every time she sees me on my patio, she walks over and joins me. I feel bad for her but there are some mornings I like to just sit by myself and have my morning coffee. I don't want to be rude, but it's starting to drive me up the wall. Please help!

Dear Help: I'm afraid you're going to have to be rude. Your kindness will keep her coming over, so why don't you sit her down and let her know you need your space. If she continues to show up on your doorstep, get a big dog.

Dear Kat, I have an embarrassing question and would like advice from you. My husband, whom I love very dearly chooses to help people all of the time. I agree with helping people. But the last straw for me was when he went to a neighbors (female) to help her (for the 4th time) with small weird chores, like hooking up her TV!! Like how hard is that? And various little needed chores. When he returned home he felt like he was her handy man!! She is now back with her live in, and acts like she needs nothing from us, in fact we have been accused of being a pity pot neighbor! How do you kill this person with kindness when they are so self centered? From Tired of my neighbor.

Dear Tired: When I first read your email, I thought you were asking me how to kill your neighbor. You

don't want to do that, but killing a person with kindness is for your peace of mind, not the neighbor's. You might want to try this: Say in your mind over and over again "I wish my neighbor health, happiness and prosperity". After you've said it enough times, more than likely your resentment will be gone. In the meantime, tell the husband if he's anyone's handyman, he's yours and stay away from the neighbor. Before you know it, she'll be asking him to remodel the house.

Quierda Kat: This is an odd complaint, but it's something that really annoys me. Every time I put a photo on Facebook or write something, there is one person who constantly writes something negative. I don't know why; I don't have a problem with this person that I know of. What can I do? FB Frustrated

Dear FB Frustrated: Have you thought about asking this person what their problem is? If not, I would ask him or her what's up. If you've already talked to this person and they continue to leave negative comments, then un-friend him/her. That will put an end to it.

Quierda Kat: I am new to San Felipe and I read your column the other day while I was at People's Gallery. How does one meet people down here? Newbie.

Dear Newbie: Welcome to San Felipe! There are a number of ways to meet residents and tourists. We have tons of events and lots of cantinas you can go to in order to meeting people. We also have a group called the "San Felipe Singles" or Saturday Night Singles. They go out for dinner on Saturday nights. I'm not sure if you're a man or a woman, but there's always dancing at one place or another. The unique thing about San Felipe is everyone goes out by themselves at least once, so you don't have to be shy. Have fun and good luck!

Dear Kat: I belong to the group in town who raises money (I don't want to say where the money goes or you will know who I'm taking about). I came across a receipt for personal items that this group has paid for. I don't want to cause problems, but it just don't seem right and I know my group shouldn't have paid for those items. What should I do? "Don't want to be a snitch"

Dear Don't Want: Wow, that's a pretty serious accusation and I would be very careful unless you're positive it's theft. It could be this person picked up personal items and expects to pay it back. Before you lose any sleep over this or before you put your foot in your mouth, make sure you know all the facts. For example. You really don't know if this person paid for something out of their own pocket and this is how he/she was repaid. Investigate before you accuse or you may find yourself arrested for slander! (www.katskorner.com.mx and facebook)

The Results Are In..the Winners Are....

by Susan Young,

Volunteers Without Limits

The Results Are In..the Winners Are....

by Susan Young, *Volunteers Without Limits*

Today is the big day! This afternoon (Jan 27) at Parrots Cracker during the Photo Awards Luncheon we will announce the top three prize winners for the **¡Sí, San Felipe! Photo Contest**. Since the event will be history by the time of publishing I will share the winners with you here for the benefit of those who could not join us for the announcement.

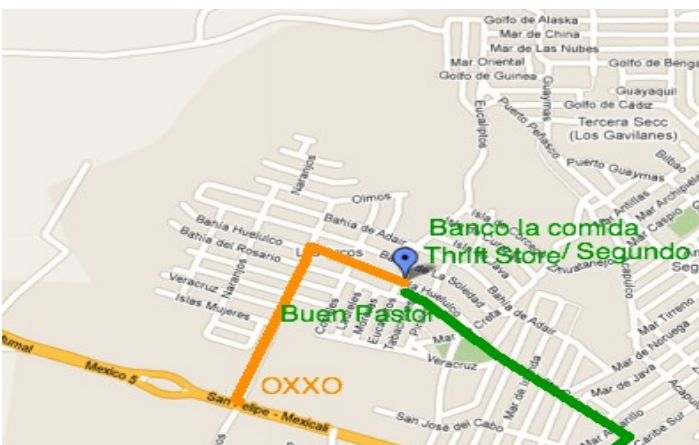
- 1st Place \$100 – Jessica Ireland
- 2nd Place \$50 – Julie Bruns (Anita Net)
- 3rd Place \$25 – Mike & Gail Gates

Jessica has written that she would not be able to attend the event but she requested that we share that her winnings (if there were any) would be contributed to her new non-profit organization which she is calling [Breaking the Cycle of Poverty](#). This lady has done wonders on her own this last year so I am eager to see what she will do through her new organization. Check out her web page to learn more about her work.

In the meantime, it looks like Baja Good Life will be joining the [Reluctant Fundraiser](#) in our efforts to complete the **¡Sí, San Felipe!** coffee table book, containing the best of the photos collected during the contest and showing off our beautiful and diverse community. This book will be made available for purchase through [Volunteers Without Limits](#) and many of the other non-profit organizations and each organization will earn a portion of the profits gained from the sale of the books.

Check back next month for more details about how to get your book and support your favorite non-profit!

From The Mexican Revolution



A LIFE WORTH LIVING

Our friend and I do mean everyone's friend, Kuchy Sanchez (Olga Lidia Sanchez Mendoza) Beyond a doubt was a woman who certainly led a life worth living. She died needing a new roof on her home, a car that ran and many other things. To many people that would mean that she did not have a successful life. Too often we judge people by what they have, not by the very important things that define what your core of being is. Kuchy as a woman whose radiance, love and devotion to her community is almost unbelievable. Kuchy, like her Mother, Gracie spent her entire life making a difference. She changed every life that she came in contact with. I had heard about Kuchy long before I actually met her. She was nothing like I had expected. The first thing that struck me was her beautiful smile and the joy of life that was like a bright light shining all around her. . When we worked together I was always amazed, not only by how calm she was but the amount of energy she had. Kuchy came alive when she was helping people and it was a sight to behold. She energized all of us, made us want to be better, to do more. But on our best day we couldn't be half the woman that she was.

Her funeral was the largest I have attended. It felt like the whole town was there. Every helping organization in town attended, along with hundreds of people that she helped to make their lives better. I heard over and over, My God, what will we do now? We lost our glue. No One can ever take Kuchy's place and they are right.

A few days after the funeral, I stopped by Kuchy's and her sister , Gracie told me that Kuchy wanted Desert Mother's to have bags of material. Then she gave me Kuchy's personal knitting needles. After pulling myself together I had this vision of Kuchy in heaven knitting all of us together, all of the organizations and community knitted together, each individually becoming part of the pattern and creating Kuchy spirit. This is how we can keep her spirit alive and continue her work. So with much love and appreciation, I and the following organizations would like to say good-bye, by knowing that God has a very special place for you.

Rotary Club, Las Amigas, SFARP, Volunteers without Limits, Cancer Society, VIVA, Better Together, Kids In Need (KIN), Desert Mother's, DIF, Lions Club, and the Desert Mother's Creative Community Center.

JUST A LITTLE NOTE

By
Linda Sullivan

When going out to eat I find it rather useful bringing my own piece or two of Tupperware or just plastic container to take my leftover's home.

I really don't like the containers they use and most of the time I tilt them and they leak.

This way I have something I can just put in my refrigerator without fuss or muss.

The rest. people like it and I like it. This is a very convent way to take home your food.

Bob and I had dinner at El Sarape the other night and brought two containers with us, ordered a little extra and had lunch the next day. We love leftovers anyway.

Have fun and bring some home.

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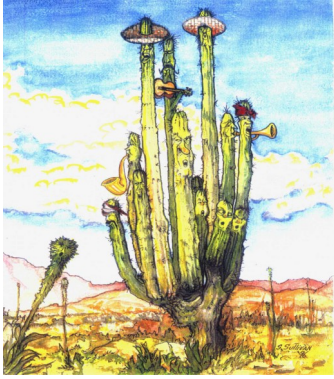
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Special any 2 for \$15

Where do I live??

By

Linda Sullivan



There are 8 T-Shirts to be carried exclusively at The Peoples Gallery . On Sale Now. Plus a free gift with each T-Shirt purchase.

When Steve and I first moved to San Felipe, we rented a house at Villa De Las Palmas a little South of town. At that time there were only about 5 houses built there. Steve's parents built a home there and we just loved it. At first I was happy, then after about 3 years I became bored and didn't know what to do with myself. I collected shells, road on the beach with a 3 wheeler we had. There were no telephone lines available at that time. I had no phone and just an antenna for our TV which only got a few channels from Yuma. I read lots of books, and took lots of naps.

Steve came up with the Peoples Gallery idea and we both loved it. After getting all legal (that was 22 years ago) the gallery was born. I am still running it to this day and love every minute.

We then bought a trailer/home in Club de Pesca right in the front row. Our view from the front of our house is the Sea of Cortez. We are literally a few feet from the sand and sea. It is a wonderful place to live. I do miss Steve who is gone now for almost 3 years. Rest his soul, I have made a new life for myself and have included Bob in it. We have known each other for 45 years.

I don't think I want to move from the area I am in. We have guards, trash pick-up more than once a day. Lots of parties, good neighbors, temporary visitors and not to mention watching the sea go in and out twice a day. I am in love with where I live and enjoy it very much.



FROM THE DESK OF SANDI FLANNIGAN

Please bring down Dog Food for the local dogs... You can drop them off at the VIVA's Segundo, next door to Dr. Solice. (closed on Sunday & Monday)

BIG BUCKS in "NO CRYING" RACE

Get your buggies out and get ready to double your Social Security income; the "Sin Llorrar / No Crying" race is starting to pay nicely. Ten vehicles entered for the years end race two Saturdays ago at the Gazcon junkyard race course. Each entrant pays 1000 Pesos, winner takes all, (no crying). For 10 entry fees, that's about \$800 US Dolares, not bad for about 40 minutes worth of racing in the dust. (The winner does donate 500 Pesos to Red Cross for having the ambulance on site).

This events winner: Beto Aguillar, driving the yellow Ranger truck from the Aguillar Tire Shop, (the big yellow one about a mile north of the arches), he took home all the dough. Second place (no dough) in the old Cholla car, provided by Gallo's Auto Shop now painted yellow, was Garcia Felix Juan Luis, and third was "Chava" Salvador Morachi, in his Baja Bug of Funrail Auto Shop behind the immigration office.

The course has been improved; now from the center field parking/spectator area you see the cars go by 5 times. A couple nice jumps have been added and there's report of possibly an exhibition jump happening on future events, ie; the junk yard guys will attempt to jump over their daily driver, a fairly new Ranger type truck. The jump was being groomed the day before this event and was supposed to happen Saturday, but certain experienced racers there on site, were expressing concern for the "angle of attack" on the jump ramp.....had they gone thru with their plan, they would have trashed the junk yard daily driver. Stay tuned for the next race, these guys want some exposure and will eventually "crash" some thing just to get their 15 minutes of fame.

**CODE AWARDS PARTY
POINTS CHAMPIONS GET BIG TROPHYS**

Jan. 25 at the Terraza Andares Jardin in Mexicali, CODE Off Road held their annual party for the 2013 season competitors. The party started at 2 pm and may very well still be going on as of this writing (it is known to go on well into the following day because they get 10 kegs of Tecate).

The food and beverage was free to the people who assisted during the race season, people who volunteered their time and efforts as timers, road cross-

ing guards, etc. Representing San Felipe was yours truly, Jim Booth and Cordell Elliston. Being it was the first time for us, we didn't know what to expect. Race Director, Poncho Lacarra met us at the door and escorted us to our reserved table, and from the time we sat down til the time we left, the waiters made sure our beer glasses never dipped below half. The food was great, 3 choices of freshly cooked tacos with all the trimmings.

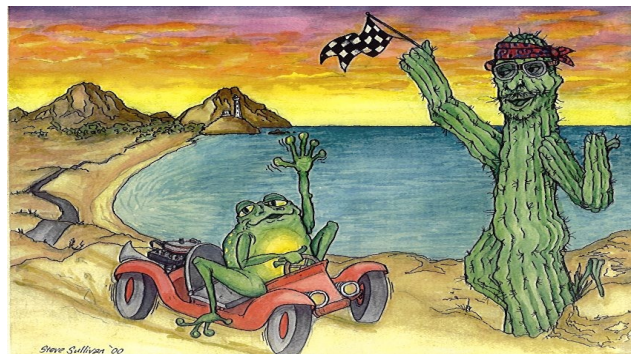
The trophy's were huge, about 2 feet tall, traditional round cup type, with the competitors names engraved, and made of Mexico's finest gold plastic, so shinny it hurt your eyes to look at them, the perfect dust collector. We did not go unnoticed, we got 2 plaques thanking us for being a part of the CODE family and for our help during the year.

CODE'S next race: Sat. FEB. 9,
K-29, Hwy 2, Laguna Salada, Mexicali.
3 -19 mile laps, 2 heats, easy race to support.
Entry fee: 5000 pesos pro classes, 3500 Sportsman

CHOLLA BAJA - 250 KICK OFF PARTY

The Cheeseburgers in Paradise "nooner" will be held on Monday before the Baja 250, that is Feb.24th. Party starts at noon, music and dancing, race maps will be available, Baja Brew Clubs Red Ale on tap, and the usual race beverages on hand from the Cholla Bar. If you would like to be involved with the race on a more personal/dirty level, see any-one of us and we'll hook you up with a pit or chase crew.

As of this printing; (there maybe changes?), the 250 course will go south from the Arches to Huatemote Wash, then go west to Valle Chico, then north to Hwy 3, up to San Matias, up to Mike's Sky Ranch, then west on the cut-off road, back down to Valle Trinidad, "UP" the Goat Trail, over the Summit, into Laguna Salada, back south thru Borrego, cross Hwy-3, then south on the Powerline back to the Arches. Watch for official map soon.



BUTTER'S BETTER
By Diane Pilato of Sea Star

People shudder when they hear the words “saturated fats”, believing that these natural fats are somehow harmful to everyone’s bodies. Marketing does a most believable job at altering our thinking about various things, and for many, the information is accepted as “truth”, without even taking the time to check things out. We were told that butter is bad. But here’s the good news: Butter’s Better!

It’s amazing how we bought into the margarine scam as well as the polyunsaturated oils, but the AMA was heavily involved in this money-maker. Doctors touted the health benefits of margarine at the same time they peddled new cholesterol meds. Finally we are realizing that most processed foods are created for profit and not for long-term health and nutrition. Margarine has NEVER been healthier than natural, organic butter.

Butter is a natural cooking treasure as old as King Tut’s tomb. Our relatives – even the distant ones from long ago - ate butter every day – lots of butter – and they lived long, productive lives. Butter didn’t harm them, and it shouldn’t harm you. Butter got a bad rap in the United States after WWI when margarine came out of the commissaries and onto the grocery shelves. Many products are born from war, and crafty marketing pushed good and natural butter right off of our tabletops. It wasn’t because butter was unhealthy, but because margarine had many marketing advantages over butter. Margarine could sit on the grocery shelves for months without spoiling, and margarine brought the manufacturers more profit.

Margarine was discovered in 1869 in response to Napoleon III’s request for a wholesome butter alternative. His primary aim was to supply food to the French army that would not spoil. This new discovery worked, and after WWI, manufacturers introduced this “new margarine wonder” to the American public, using the prevention of heart disease as its main endorsement. Heart disease was rare in America at the turn of the century - before margarine and the new cholesterol medications. Between 1920 and 1960, heart disease became America’s number one killer, and at the same time butter consumption plummeted from eighteen pounds per person per year to merely four.

Today, heart disease is still a major health threat, so I think it’s safe to conclude that butter is not the cause. Research shows that trans fats found in margarine cause heart disease! Natural butter is loaded with essential vitamins. In comparison to margarine, butter contains many nutrients that protect human beings from heart disease.

Vitamin A found in butter is a critical nutrient for the health of the thyroid and adrenal glands, which both play a role in heart and cardiovascular health. Butter is America’s best and most easily absorbed source of vitamin A. Vitamins A and E in butter play a strong anti-oxidant role in human health.

Butter contains lecithin, a substance that assists in the proper assimilation and metabolism of cholesterol and other fat components. Butter also contains a number of anti-oxidants that protect against free radical damage that weakens the arteries.

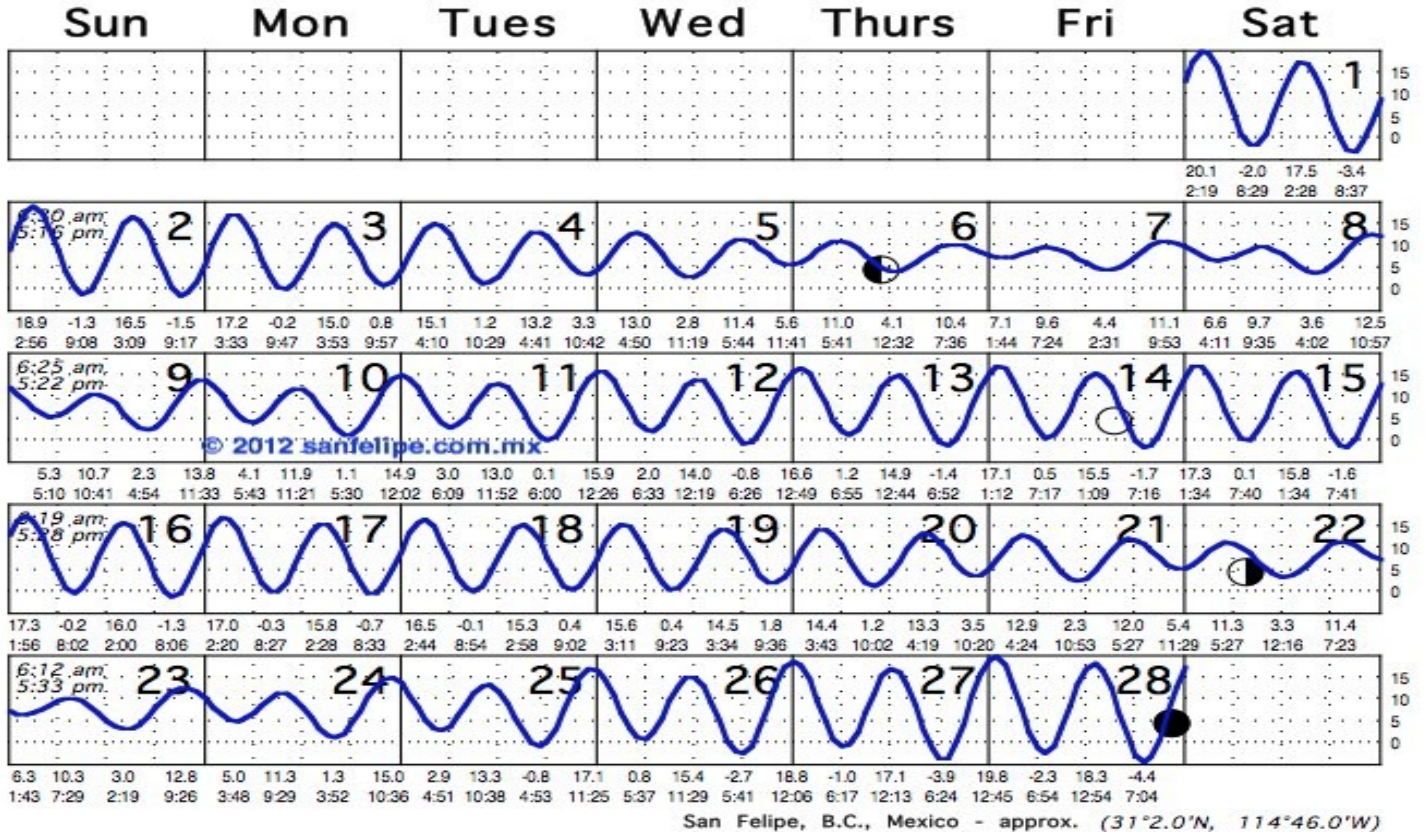
Butter is a very rich source of selenium, a vital anti-oxidant, containing more selenium per gram than herring or wheat germ.

Your immune system loves butter. Hydrogenated fats found in polyunsaturated oils, margarines, and many butter substitutes have a toxic effect on the immune system. In past articles I’ve covered the healthy benefits of coconut oil. For cooking, throw away any of your vegetable oils, corn oil and stop cooking with olive oil. Olive oil is great raw and uncooked, but it is modified when heated and becomes an oxidized fat. Oxidation is not good for the body, and especially the brain.

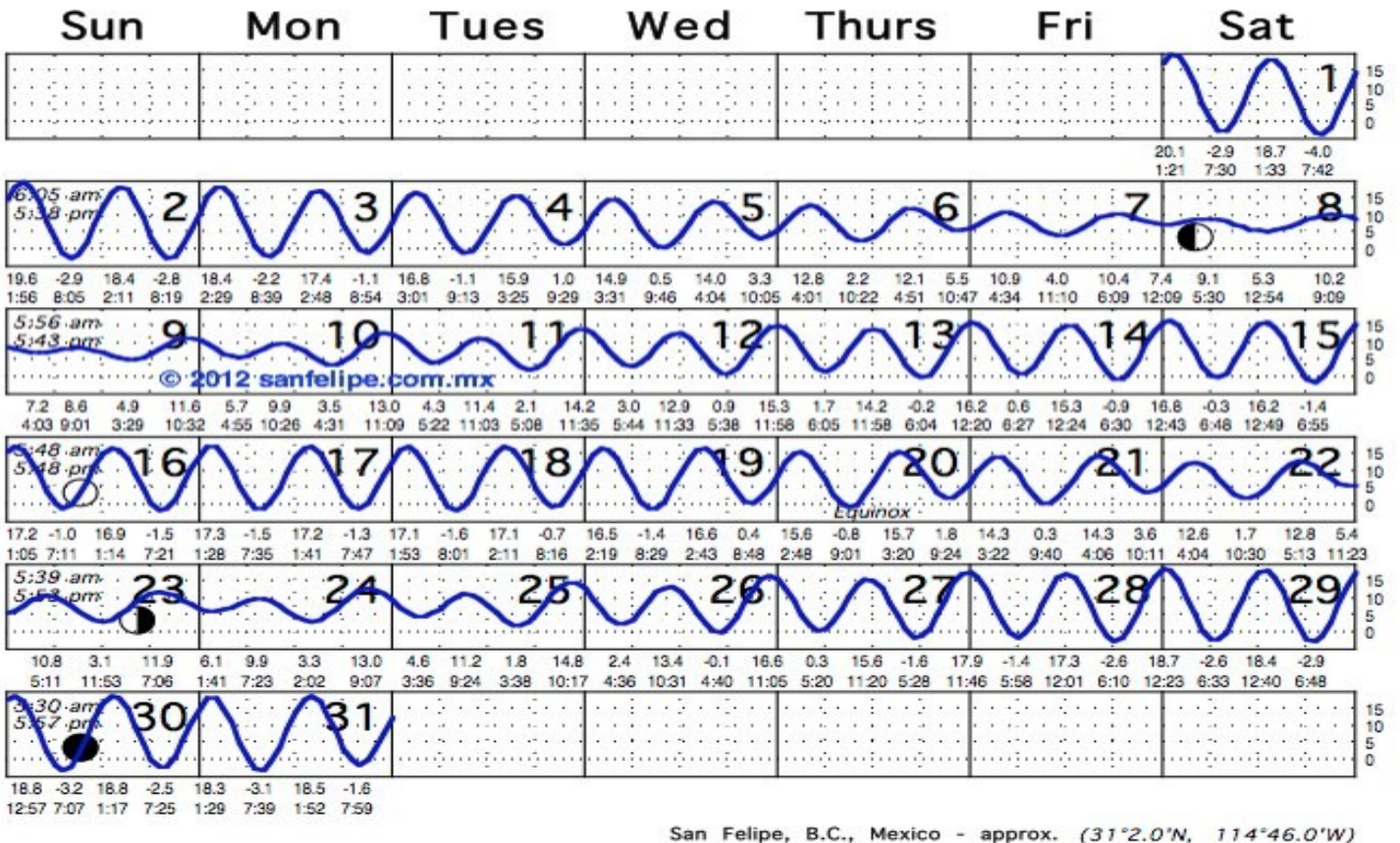
So for cooking, use butter or coconut oil, both healthy saturated fats that your body will love. In cooking, avoid heating the butter or coconut oil to the point where it smokes, or in the case of butter, turns dark brown. High heat is not necessary and the benefits of the butter or coconut oil are not impaired by overheating. It is wise for us to remember that natural sources are superior over manufactured foods. In choosing butter, many people prefer to purchase the unsalted version and then add sea salt to the recipe to taste. Enjoy your butter, and use it guilt free, because it is true that Butter’s Better!

Hope your Valentine’s Day is filled with loving moments, shared with friends and dear ones! Diane

February 2014



March 2014





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Photos from the Mexican Revolution



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Thanks for caring
Linda Sullivan





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The Desert Mothers are well on their way to a successful spring season. Come in to our stores and check out our new stylish handbags that we have made with the recycled grocery bags. Our other new products are gourds and hand painted beach stones. We are continuing to make metal flowers hangers, metal owl hangers, mosaic items using glass, glass etching, sand masks and ceramic pieces.

Please ask about our Desert Mother classes that are formed to teach and benefit the Desert Mothers and their families. They are offered once a month. We have interesting playshops for your learning experience all the way through July.

Thank you to all of my volunteers that spend their time to help teach the Desert Mothers, Penny Nask and Beth Smith, ceramics, and Diane Ebner, Gourd Design. Helping to make our stores a success are volunteers, Gene, Debbie LaBonte, Sue Benson, Becky Palomares, Jacquie Cole, and Ron Doyle. If you have an interest in art to share or a few hours each week to donate to Desert Mothers, please contact me.

Come see us at our two locations, The Galley and Work Shop located at 1025 Mar de Caribe, & The golf shop in El Dorado.

Marilyn Doyle, Desert Mothers Coordinator
 686-688-0213 or 696-578-6017
 ronilyn2009@yahoo.com

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San Felipe Newsletter - Feb. 15, 2014

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PUERTECITOS HAPPENING

Heart of Baja Quilt Show
Bake Sale & Raffle
Presented by: Matomi Strippers Quilt Guild

Where: Puertecitos Clubhouse

When: Sat. February 22, 2014

Time: 10 AM - 2 PM

Purpose: Fundraiser for our community charities

All are Welcome!

A COURSE IN MIRACLES

? ? ? ? ? ? ? ?

**Information Meeting
2nd Sunday of Every
Month**

Time: 10:00 AM

Place: Alegra Restaurant

E-mail:

mnqnjc@hotmail.com



CLASSIFIED

\$7 Minimum (5lines): \$2 Each Extra

BEACH HOUSE FOR SALE: In Laguna Percebu. Home on bluff overlooking beautiful beach: Three bedrooms and three bathrooms: Several covered patios: and numerous shade trees. A deck over patio with great view: Solar system, and very large leased lot; two garages for the toys. Quick sale: \$110,000 DLLS.

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Call: 686-577-0178

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HOUSE FOR SALE: Beautiful Beach house with guest rooms, garages, and boat storage. Big solar system with elec. refrigerator. The Best Camp at KM 45. \$149,000. Call Allen for more information. 619-417-4216.

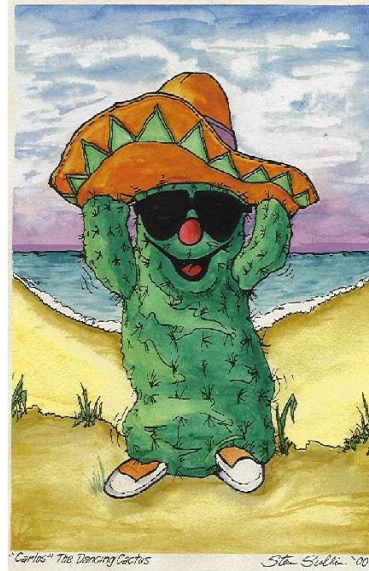
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FOR RENT: 2 Full Hook-Up RV Sites/**Beachfront** at Campo Ocotillo 5 miles North of San Felipe. Available March, 2014 - Short or Long Term Rent belindaeastman@yahoo.com; Or 01152-686-577-3018
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Thanks Linda

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A COOKIE FOR A SMILE

By

Daryl of Villa de Las Palmas

Sitting in line at the border, I don't think is on anyone's bucket list. If you buy a \$4.00 package of cookies then when your sitting in line, hand a cookie to a vendor that is passing by. You will get a smile, eyes light up,. A thank you, or bless you. That is pretty good for one cookie. Then notice the other drivers, smiling and nodding their heads.

Just a nice thing to do for someone who is having hard times.

NEW AA MEETING PLACE

AA meeting at KM 181 on Hwy. in front of Campo Ocotilla

English meeting hours Tuesday & Saturday @ 12 Noon Monday & Thursday 6:30 pm

Mexican Meetings every night @ 6:30 EXCEPT Wednesday & Sunday. Everyone Welcome. For more information...

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