

SAN FELIPE'S ENGLISH LANGUAGE NEWSLETTER



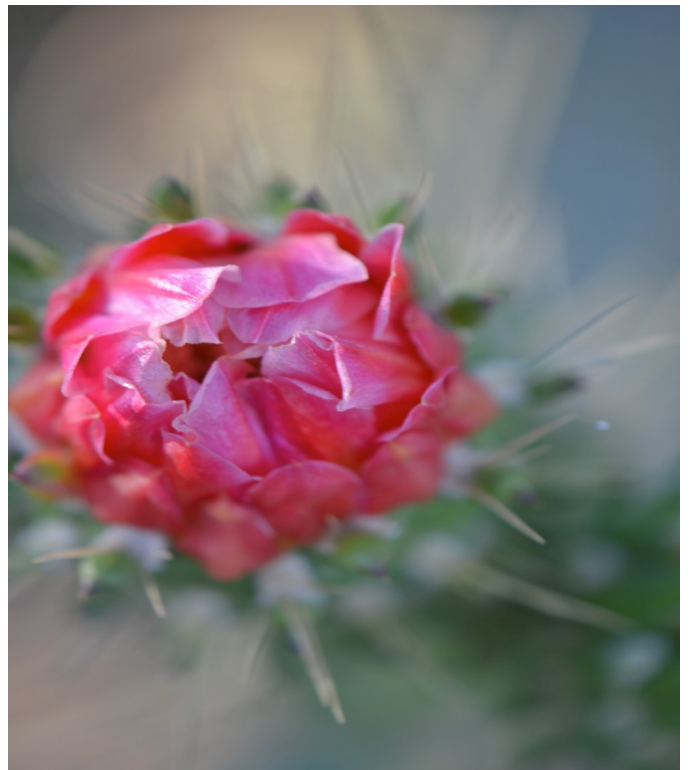
San Felipe **NEWSLETTER**

San Felipe, Baja Ca, Norte, Mexico

April 15, 2014

NEWS, ACTIVITIES, CLASSIFIEDS & MORE

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Photos taken by Terry Van Arsdale
Flowers around Las Arenas Camp

San Felipe Newsletter - April 15, 2014



will now have their jewelry and flowers for sale at the Peoples Gallery. Many of you will meet them at the Blues and Arts Festival. Ede's paper flowers are to die for and Miguels jewelry is very unique. Everyone will want something from them. Please come to the gallery and see what they have left for me to show and sell. I also have flower head bands.

Till next time!

Linda

PERCEPTION

**Anything that needs defense you do
not want - it will
weaken you.
A Course in Miracles**

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

Contributing Writers & Volunteers

**Diane Pilato (Health Info.)
Patti Haynes (Computer Info.)
Stacy Ditita (Viva Articles)
Katherine Hammontre Craig ("Dear
Kat")
George Jackson (Races)
Donna Roberts (Desert Mothers)
Sandi Flannigan (Recipes +)
Susan Young (Food Bank)
Joy Darr (Golf Tourn. News)
Jim Ingegno (Interviews +)
Roy S. Houston (Informative Articles)
Vickie Kimble (South Campo Events)
Kathy Keane (Birds)**

Printed in San Felipe by Copicentro



On March 16th we went to a Full Moon Party at Club De Pesca put on by my neighbor Pam Trayler. It was a wonderful night with lots of good friends and neighbors. The moon seemed to be at it's best. So bright and the moon beam was amazing as always. The next day we went to a great St. Patrick's Day Party at Las Arenas put on by Frank & Mary. Frank owned an Italian Rest. At one time and his cooking is some of the best I have ever had. He cooks things from all over the world. We had a wonderful green day.

The El Cortez has their Annual Paella Fiesta and although Bob and I didn't make it there, I was told how wonderful a time everyone had. The food was great and the entertainment fantastic as always.

Now, Bob and I are patiently awaiting the Chili and Salsa Cookoff at Club de Pesca in May. Not only do we live there in the front row, but are always excited to be able to go to this Fiesta and that is what it is. Party, party, party. Food, drinks, voting for your favorite cooks and just plain enjoying the music. The party is something you will not want to miss.

My Mexican Artist from Mexicali and wife



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HERE IS A GREAT RECIPE FROM THE KITCHEN OF MARY MARTIN

Roman lettuce
Cream cheese
Cucumber
Tomato
Red Onion
Imitation Crab

Take the leaves of lettuce and cut them in half width wise, peel and thinly slice the cucumber length wise, cut a few strips of red onion and same with the tomato. Now do the same with the crab.

Take the lettuce smear with cream cheese, put on the red onion so it sticks to the cheese, then put on the crab, cucumber and tomato slices. One of each is enough per lettuce leaf. No seasoning of any kind required.

Now here comes the fun part. Eat it and serve it to guests. They will love it.

CALENDAR OF EVENTS

APRIL

12-13 Art, Wine & Food Festival
13-20 Mexican Spring Break
30 Dia del Nino

MAY

1 Dia del Trabajo
3 Club de Pesca Chili
Cookoff & Salsa Fiesta
10 Art, Wine, & Food Fiesta
21 Desert Mothers Art Class

Dates change here from time to time.



South Campo Calendar of Events

APRIL

- 5 Star Lecture 7pm at CC
- 6 Star Gazing Party at Sunset
- 6 Race for Boobs
- 6 CPR Class
- 19 South Campos Annual Poker Run
- 26 2nd Art Tour 10-2PM starts at CC

MAY

- 1 Mexican Labor Day (Observed)
- 2 Snorkeling Class w/ R. Houston
- 16 Jim Taylor Postponed till Oct.

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
- F Fine Arts Group 12-3
- Sunday Catholic Services 2 PM**

**Everyone is invited to join the South
Campo activates. All are welcome!**



Volunteers for Indigent and Vulnerable Animals

VIVA is a volunteer organization dedicated to rescuing and caring for dogs and cats that have been abandoned, mistreated or injured in some manner and have no means of survival without the aid of caring individuals, many of whom are VIVA volunteers.

We operate a shelter for homeless dogs with the ultimate goal of finding forever homes for them. Some are sick or injured and must first be restored to good health.

We also operate a segunda next door to Dr. Solis's veterinary clinic where items are donated restored and resold by VIVA volunteers.

This is one way we raise funds to operate our shelter and hold spayed and neuter clinics where anyone can bring their pet for a nominal donation. This is the only way to humanly control the dog and cat population in San Felipe.

We are now providing another opportunity for individuals who would like to help our cause, with the opening of a new location where items can be donated and re-purchased by way of a predetermined donation. This new endeavor is called Second Chance and is located on highway five next to Parrott's Cracker Rest. Stop by and check out the clothing and furniture items available. Dry dog food and other pet items are available also. Donations are always greatly appreciated.

**Terry Smith
VIVA President**

Adopt, Donate, or Volunteer.

Desert Mothers By Donna Roberts

Our next Playshop is April 23, 2014. It will be Silk Painting. A fun class and you can leave with a beautiful silk scarf or tie handmade by you.. Don't forget women do wear ties, especially when they are hand painted and one of a kind. You must register and pay 1/2 down at least one week before class.

We are working hard to get ready for the Blue's & Art show and our next and last show for the season at the Home Store on April 24th.

It is fun coming up with new products. I have decided to encourage the Mothers to come up with new ideas and start making things they want. I have been impressed with their ideas and products. I think that they do better and enjoy making things they want to make. I really enjoy seeing them spreading their wings and becoming and owning their artist selves.

We will be closing for the summer. July thru August. So, please come by and see us before we close for the summer. During the summer we will be making some changes. Sharing part of our building with some wonderful people, and we will continue to grow.

We had a change of board members. Debbie Duval is the new Vice President, Suzie Benson is the Secretary, Irene Cogley is the Liaison ,and Lois Kerachen Treasurer. Thank all of you.

The store hours have changed to the following:

Tuesday– Friday 10:00– 1:30.

Closed Saturday, Sunday and Mondays.

For all of our friends who are leaving, we wish you a great summer and hope to see you in the fall.

Donna Roberts 576-0089 or 686-169-5267



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Saturday, April 26
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South Campos ART TOUR

TOUR EIGHT LOCAL ARTIST STUDIOS
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10 - 2 Tour Art Studios
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A PARTY TO REMEMBER

By
 Linda Sullivan

I have been to many Birthday Parties, but this one was so special. It was Sandi Flannigan's 75th and what a night we had. There must have been over 100 people in and out of The Road Runner Rest. To eat and wish Sandi a very happy day.

Sandi had a smile from ear to ear and husband Denny & Sax Player Phil played for us throughout the night.

Lots of gifts and good wishers and fun for every one. Sandi made the rounds talking with just about everyone in the room. We are felt special and to Sandi we are. Her friends are very important to her.

The food was amazing as always. These are the times I wish I could eat more because it was so good. Romalda and Doug are the perfect hosts to see that everyone is taken care of. They have a wonderful staff, from Pedro the Bartender & the waitress's.



This cake was made by The Blue Gecko Bakery and designed just for Sandi. Linda Martinez is the owner/baker and she prides herself on her work. She is truly an artist in the cooking and baking world.

San Felipe Scene
By Sandi Flannigan



San Felipe has been blessed with the most idyllic weather this month. Actually all of 2014 so far has been great. The beaches are beautiful and the desert is in full bloom, thanks to earlier rains. With the excellent weather there have been many events scheduled-Rotaries Steak in the Park, 2 crafts shows, the Paella Festival, Blues and Arts Fiesta, a Tequila Festival and of course, Name That Tune just to name a few. The Baja 250 encountered heavy rains in the mountains and the start of the race was delayed by 2 hours -- this occurred the end of February; March has been dry and we have had very little wind.

'2nd Chance'--- An exciting new Boutique has opened up in San Felipe. A group of animal lovers have been spending many hours going through boxes, bags, closets and cupboard to bring wonderful shopping finds to our town. You'll find many treasures including jewelry, clothes, furniture and home accessories. Many dog & cat supplies have been donated as well. Drop off your unwanted items and spend your time shopping at 2nd Chance. Any items we can not use, we send down to the VIVA thrift shop. 2nd Chance is totally volunteer and donation based with a lot of fun mixed in. All the profit from the donations go to the dogs and cats of San Felipe. We are hoping to spay, neuter, feed and adopted out the local dogs and cats. Please go through your closets, cupboards and drawers. We are always looking for volunteers so drop by say hi and check it out. Hours are 10 to 3 Tuesday through Saturday. All your donations get a second chance to be loved, and so do the dogs and cats of San Felipe

Well it's NO secret now that I am 75 now! :-)) I sure can't lie about my age... One of my birthday cards stated "it is a proven statistic that the more birthdays you have the longer you live"! I think a hundred people were at Road Runner Friday night the 21st to help me celebrate. I was totally overwhelmed. Thank you all so much for wishing me well... Denny and I are so happy we moved to this fantastic little town. Friends make the difference wherever you are and I feel so

blessed to have so many wonderful friends in my life. Again, Thank You All!! The Suns of Beaches played the music of course, (they are there every Friday and Saturday 6-9. Phil Singletary and Denny make great music together and Phillips wife, Nikki is a great party motivator. She is always on the dance floor and everyone is crazy about Nikki!

Sea ya' next month at the Chili Cook Off at Club de Pesca! and in the San Felipe News Letter.

APRIL

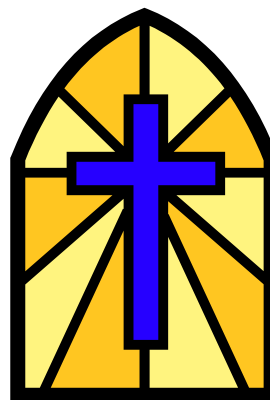
April was my mother and her twin sisters Birthday month and is also my twin grand daughter's Birthday month.

My mom is long gone, but I think of her all the time and miss our talks and time together. My mom's birthday was April 27th and the twins is on the 30th. I consider this a great gift from my son.

The years go by so fast that I find not taking the time out of a busy day to give thanks for what Bob and I have. Our work, our friends, and our family. This is the time of year that we should all be thinking about all these things.

Happy Easter and Happy Passover to all my Jewish friends. To all our families may they be happy.

Linda Sullivan



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Denny & Phil make a wonderful team

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

Congratulations to Tom aka as (FAT BOY) for the start of his 9th year as owner of Fat Boy's Pizza April 3rd will start that 9th year know as the best corner in town. Corner of Chetumal and Mar de Cortez.

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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At The Peoples Gallery

CAMPO OCOTILLO ST. PATRICK'S GOLF TOURNAY

By
Joy Darr

A touch of the Irish Green herald in the Campo Ocotillo's St. Patrick's Golf Tourney on March 14th. What else but a perfect sunny day greeted the golf participants.

Supervising the drawing of the teams and awarding the winners were Audrey Ardary and Joy Darr.

Winners were:

First Place: Sid Norton, Shirley Esau and Patrick Leigh.

Second Place: Steve Praml, Fred Howe and Audrey Ardary.

Third Place: Dan Esau, Al Darr and Peggy Snowden. Paco Ordinas, Ed Ardary and Joy Darr. Kelly Martin, Van Meter and Gene Brown.

Closest to the Pin on number 3 was won by Shirley Esau.

Corned Beef and Cabbage was served in the form of Hot Dogs by Kathy Salmon and Candy Jenkins.



Photos by Victor Rodriguez Ratliff. First day of Spring.

CLUB DE PESCA UPDATE



By Jim Ingegno

Less than 3 Weeks until the Club de Pesca La Fiesta en La Playa Chili Cook Off and Salsa Fiesta.

La Fiesta en La Playa, the 12TH Annual Chili Cook off which will include the 1st SALSA Competition, with entrees from various local restaurants as well as local residents, will be held as planned at Club De Pesca on Saturday May 3, 2014. The event will start at 12:00PM and continue till 5:00PM.

Music will be provided by the Agave Band, who will play from 1:00 on.

This year's chili will be judged prior to noon, so all attending can be served chili at 12:00 Noon.

Already there are 12 Salsa Entries as well as 12 Chili entries. There is still time to enter either event or both as some people have chosen to do.

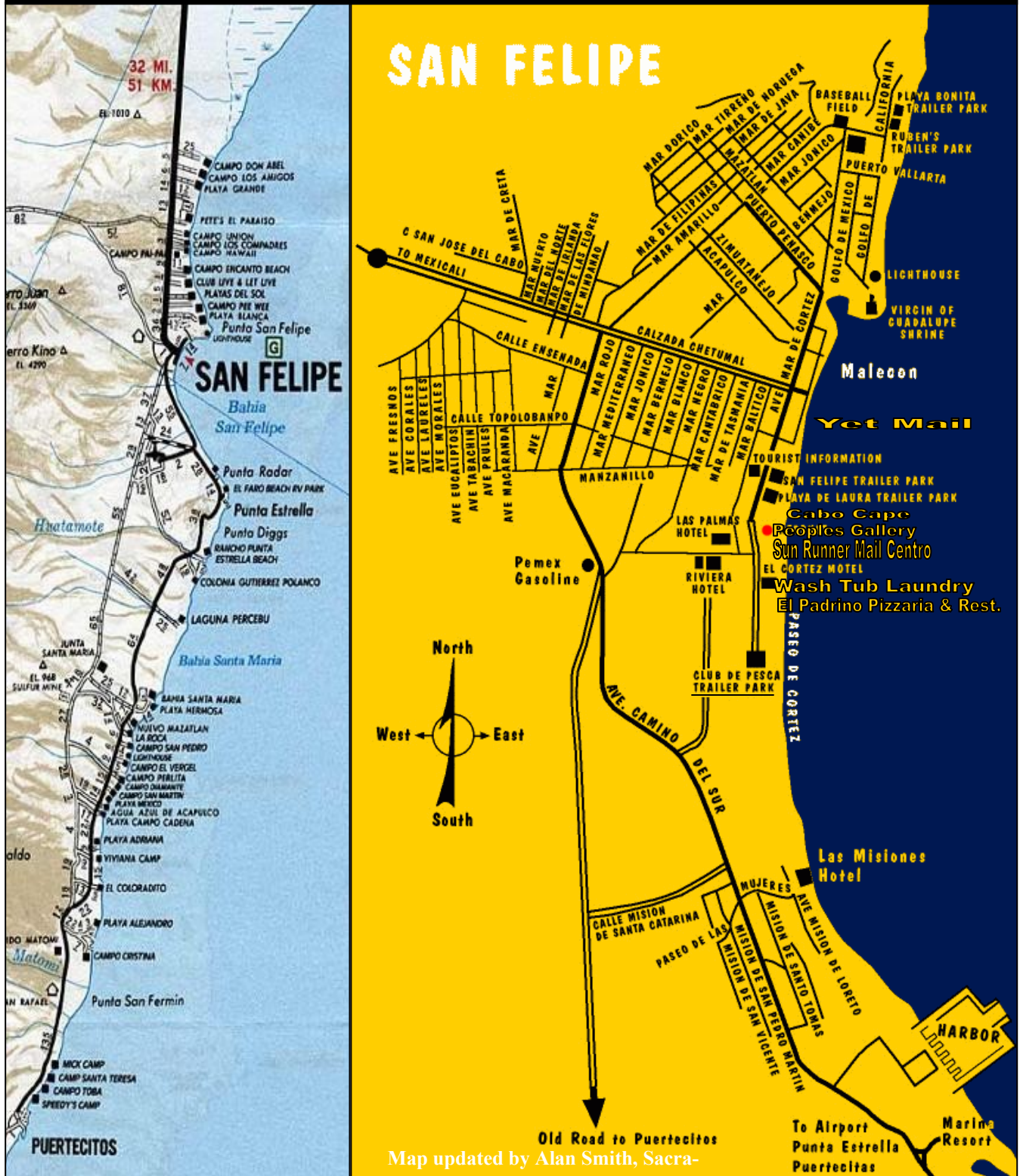
PRE SALE TICKETS ARE NOW ON SALE AT THE TIENDA LIMON IN CLUB DE PESCA. THE COST IS \$3.00

Anyone wishing to enter either event may register by emailing Jim at clubdepescachilicookoff@gmail.com, or calling 686-181-7041. There will be a cash prizes for the chili competition, as well as trophies for both events. There is no entrée fee for either event. Entries for Chili must be a minimum of 3 gallons and for Salsa a 1 gallon minimum.

In addition, anyone who wishes to volunteer please contact Jim at the above listed addresses or phone number.

Please mark your calendar for LA FIESTA EN LA PLAYA..

GETTING AROUND TOWN



How do I Contact...

**San Felipe Newsletter &
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 Bakery (Blue Gecko)... 686-209-6771
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 Chumpo's Pizza + More... 577-0085
 Club De Pesca (Campo)... 577-1180
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 1333
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**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

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The Gila Woodpecker

By Kathy Keane

This month's bird is one you probably all know, if not by sight, by its tendency to drum on the side of your house! Its first name is pronounced "Hila," as you'd say a Spanish word starting with "gi" and "ge," such as "gente" (people), but there's nothing else silent about this bird! You'll generally hear the Gila Woodpecker well before you see it, even before it starts hammering on your woodwork. I hear its loud "eeeeek eeeek eeeek" when it's about 500 feet away, flying toward my house. These crazy birds will try to hang onto and feed from your humming-bird feeder! They eat insects, fruit, seeds, and sometimes birds' eggs and lizards. I'm told they also like orange halves. Gila Woodpeckers are striped with black and white on their backs, and a pale tan-colored head and breast. Males have a red patch on top of the head. You may confuse this bird with a Ladder-backed Woodpecker or Northern Flicker, so check your book to be sure.



Male Gila Woodpecker, from "All About Birds,"

[http://www.allaboutbirds.org/guide/
Gila_Woodpecker/id](http://www.allaboutbirds.org/guide/Gila_Woodpecker/id)

These birds love saguaros but also our native cardon cactus, eating the fruits and nesting within holes they carve in a soft part of the trunk. When a pair of Gila Woodpeckers excavates a nest hole in a cactus, it typically doesn't use it for several months, since the inner pulp of the cactus needs to dry out in order to form a solid casing around the cavity to support the eggs and hatched young. Male Gila Woodpeckers forage primarily on the trunk and main branches of the cactus, while the female focuses on side branches and diseased areas.

CHANGES

By

Linda Sullivan

Our wonderful town of San Felipe is forever changing. The stores are sprouting up all over the place. New Restaurant, new clothing, new thrift, and just about everything else. What is sad is that the Bank is back to one and only on branch, so if you are planning on having to go to the bank make sure you plan on stay a little while. This is sometimes known as the social get together for the towns peoples.

The Malecon (beach area) is getting more beautiful by the day. The works are working very hard and fast to get it all done, so we can enjoy the beach and have great access to it. The sands and water are amazing this time of year. Come and enjoy it all with us.

It has come to the time that most of our winter visitors are having to go back to their homes for the summer. We made a lot of new friends and loved spending time with the old ones.

We are now all looking forward to the Club De Pesca Chili and Salsa tasting Party. This is the Fiesta you won't want to miss. The tasting is so much fun and you get to vote on your favorite, so that means you have a say so in the voting. This event will have not only tasting, music, you dancing, all the people you know and new ones too having the best of the best Fiesta in this town and the last of the season.

I live at Club de Pesca right in the front row and most of you know how much I love it there. This summer I think Bob and I will be staying home. We have not planned a vacation. You never know what might come up. We get to stop working for the summer and enjoy where we live. Opening the drapes and watching the sea from our living room window is, well I don't think I can even explain how beautiful it is. You need to book a space and see for yourself.

There are two more newsletters after this one and then the next one will be starting up in Oct., so if you would like to have it just mail me a check and let me know the way you want to receive it. Thanks

Down South

by Nancy Hinsey

NHinsey2001@yahoo.com

Second Annual A.R.T.S. TOUR...

Progress is defined as *movement toward a specific goal*. The specific goal of the South Campos Art Tour is to raise money to support and promote continuing art education in the Poblado Delicias schools. To that end, we view our progress as a great success.

Last year's First Annual Art Tour proceeds were spread among several school projects last Fall and Winter, including papier mache masks for the "Old Man Dance," part of the Middle School's May presentation, Teacher Appreciation Day gifts, and a new and on-going "English Second Language" series. The basic ESL lessons are taught weekly by a cadre of twenty volunteers from the community, and will continue through May. Plans are under way for an even more targeted teaching agenda next season, including a play and conversational groupings of students of different levels.

This year's Second Annual Art Tour will be held on **Saturday, April 26th** and features six *new* artists and two from last year with all *new* work. The ticket price is \$15 and includes a kick-off meal, your tour of eight artist's studios and workshops, and desert, raffle and Silent Auction at the conclusion of the tour.

You'll begin at 10 a.m. at the South Campos Community Center, Km 35.5, where you'll receive your Tour Booklet with details of the day's event, artist bios, a list of Silent Auction items, and a free Raffle ticket. Peruse the booklet while feasting on a delightful meal served by a team of hard working cooks. When you're ready, you will be directed to begin at one of the eight studios, and then follow the map to the other studios in your own time, ending back at the Center at 2 p.m. There you'll enjoy desert and have time to bid on numerous Silent Auction original art items, donated by our local artisans. Also, this is your final chance to purchase more raffle tickets, and perhaps go home with one of three themed Raffle gift baskets: solar, kitchen and wine/cheese. The tour artists will also be on hand at this time to answer any questions or simply encourage you to discover your *own* "divine spark of creativity."

This year's artists comprise an impressive array of art forms – iron works (Joe Elliott), oils (Cindy Wolff), water color (Liz Kapa and Carol Nickens), elemental art (David J Hall), stained glass (Patti Kenmore), mosaics (Joanne Harrison), and photography & mixed media (Leena Hannonen).

Most of the studios this year are in the southern stretch of camps, from Playa Linda at Km 33, south to Los Pulpos at Km 49. Each artist will be on hand to discuss their art form, and will offer items for sale. Some will have a sign-up sheet for classes offered in the Fall.

The Tour Administrative Staff has grown from four to nine for this year's event, plus many more support volunteers who prepare food, place flags and signs, sell tickets, assist artists and provide set-up and tear-down at the Center.

Ticket sales are limited to 125, and are available in San Felipe at Hair by Nancy, both locations of SunRunner, Los Venados Restaurant and in El Dorado Ranch from June Martin. Down South tickets are readily available at Nan & Pop's Hardware in the poblado and Jacques Arthur in Puertecitos.

We look forward to greeting all attendees at this year's highly anticipated Second Annual South Campos Art Tour.

A.R.T.S. = Art Renews The Spirit

SAN FELIPE NEWSLETTER

**Prices per month:
For ads**

1/8 page ad = \$ 30 (3 1/2 x 2 1/2")
1/4 page ad = \$ 45 (3 1/2 x 5")
1/2 page ad = \$ 85 (5 x 7 1/2 or 3 1/2 x 10")
1 page ad = \$125 (8 x 10")

The newsletter comes out 9 months per year, October - June. (June is our summer issue). June issue runs through the summer till Oct. 15th, when the new season starts.

You will be listed next to the map in the middle of the newsletter with your phone number on the other page, only while you are advertising with me.

FLOWERS OF THE SEA

By

Roy S. Houston, Ph.D.

Last fall I wrote an article on the sea jellies, those gorgeous cnidarians (pronounced 'ny dairy ans...the C is silent) that visit our local waters from time to time. In addition to these creatures, cnidarians include many other beautiful creatures such as sea anemones, corals, sea fans and a host of other animals. This article will focus on the sea anemones which are often referred to as the "sea flowers". Before we venture into some of the interesting features of sea anemones let us quickly review some of the major characteristics of the phylum Cnidaria. Cnidarians are carnivorous (they love meat!) animals that possess tentacles containing stinging cells called cnidocytes. These specialized cells eject small harpoon-like structures known as nematocysts which are toxic and are used to paralyze their prey. Nematocysts are also used for defense against intruders, including us! The stings from these nematocysts can be brutal, such as those of Pacific Man-o-war or the sea wasps of tropical waters. Fortunately most of our local species produce mild to irritating stings. The body of many cnidarians can be in the form of a polyp, like that found in sea anemones, or a medusa, which is typical of sea jellies. Polyps are generally sessile or not motile and can exist as solitary individuals or in colonies; whereas medusae are motile and free-swimming. Many cnidarians have both body forms especially during their reproductive cycle. Sea anemones belong to the Class Anthozoa meaning "flower animal" and only possess the polyp form. Sea anemones however are diverse and come in a wide variety of shapes, sizes and configurations. Many anemones occur as solitary creatures and live attached to rocks or around the edges of tide pools. These individuals can be observed with tentacles extended even at low tide if they are submerged. However, when exposed to air they withdraw their tentacles and appear as slimy balls of mucus hanging on the rocks! Some intertidal species have sticky bodies to which adhere sand grains and bits of shells. These particles reflect heat and light and minimize the effects of dehydration if the animal is exposed to air during low tide.



Solitary Sea anemone

Another solitary species known as the "piggyback anemone" attaches to the shell of mud-flat snails in order to hitch a ride! Other forms burrow in sand or mud where they anchor themselves to rocks or shells underneath the sediment. When extended, which may be up to a foot, their tentacles lie on the surface spread out like petals of a flower. Tube anemones known as cerianthids also live in soft sediments; however they are nocturnal and extend their long tentacles only at night. Colonial sea anemones or zoanthids exist as colonies comprised of many polyps which are joined with each other either by stolons or at their base. Most zoanthids have small polyps ranging from ¼ to ½ inch across and can be found living on rocks in tide pools and on shallow offshore reefs.



Zoanthid anemone

Since many sea anemones whether solitary or colonial are rather small, take time to peek under ledges or closely examine rocks to find these amazing creatures for they can be quite mesmerizing!

LIFE IS HOW YOU
MAKE IT.
Care about your
friends.

FIRE PROTECTION INFORMATION

By

EDR Emergency Services Advisory Board

I want to ask again the cooperation of all residents and ranch departments to have some preventive actions regarding to Fire Protection on and off the ranch, this is very specific on Propane Tanks..

In summer, due to high temperatures, the propane pressure inside the tanks rises, with the attached risk of hose or fill valve leaks or the activation of the pressure relief valve.

Please, make sure to have the following actions:

- 1) Check or change the gas house (main line, from the tank to the house/bbq/boiler)
- 2) Check the pressure regulator and connection nuts
- 3) Keep covered (avoiding the direct sun beam over) the tank, the main valve, the filling valve and hose. The direct sun beam may affect the seals and non-metal parts as well as increases the internal temperature, therefore the pressure rises.
- 4) Make sure that the gas company has your address or contact in file, so we can call them in an emergency case to correct a leak or a defective propane tank. It is a good idea to have identified the gas company name on the tanks so we can call them in an emergency.
- 5) Preferable, have a professional person to check and verify the safety of your propane system and have a scheduled maintenance-verification program.
- 6) Have a Fire Extinguisher available at home, but more importantly, prevent any associated fire risk such fuel, inflammable material, electrical installations and emergency exits identified and unobstructed.

Unfortunately, there are a large number of unprotected propane tanks that can be observed from the streets, the idea is to contact all the owners and ask them to have preventive actions such as enclosing or protection of such tanks.

Please help by spreading the word.

El Dorado Ranch Emergency Response Department: 576-0587. Emergency line: 576-0345. If you dial 066 that is similar to 911 please make sure that you are calling from San Felipe area; calls are answered at Mexicali, they have bilingual staff as well.,



El Padrino

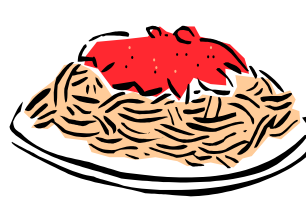
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QUIERDA KAT or Dear Kat is a monthly column written by Kat Hammontre. It is an off-colored version of Dear Abbi. Please enjoy!

Querida Kat:

I'm sure I'm in need of some of your cogent advice, but instead, I'm hoping today you'll allow me to climb onto my soapbox to inspire some of my fellow ex-pats (full- or part-time) to learn just a little Spanish. We gringos are guests in this beautiful country by the kind hospitality of its gracious people, and they deserve our appreciation and respect. Yet when I'm at the swap meet in line to pay for my produce or at the grocery store or a restaurant, it breaks my heart to hear "How much?" instead of "¿Cuántocuesta?" and no attempts whatsoever to even say "por favor" or "gracias." I'm sure these are the same folks who demand that Latinos in the U.S. speak only English! Why would they believe themselves exempt when the tables are turned? Amigos and Amigas, I'm not insisting you become fluent in Spanish. I know most of you are jubilados (retired persons), so there's no excuse for taking a few minutes a day to learn some basic Spanish phrases, via a program on your computer, a class in San Felipe, or asking your house-cleaner or construction worker "¿Cómo se dice ...?" to learn a new word. I guarantee that, even if your pronunciation or grammar is far from correct, your simple attempt to speak the native language will be rewarded with a sonrisa grande (big smile)! **Sign me "Spanish Speaking Ex-Pat"**

Dear Spanish Speaker: Thank you for writing about this subject and you'll notice I didn't use your name! I too get quite frustrated when peeps live in Mexico and do not take the time to learn the language, especially easy words to at least say please and thank you. There are many classes offered around San Felipe for them to learn. There are some folk, however, who simply can't learn a foreign language. Let's hope your letter brings some insight.

Dear Kat,

When my husband passed away, it felt like I needed to be alone. I have re-married and am very happy. The only problem is he is deaf and I run out of patience. How do I calm down and be more understanding?

Signed Patience problems.

Dear Patience: Funny you would write about having patience regarding deafness, as I am stone deaf at times. Try and remember it's very frustrating and sometimes very embarrassing for the person not able to hear when he or she has to constantly ask people to repeat themselves. Mine is a sinus problem but your husband's may be more serious. Does he have hearing aids? If he does and he doesn't wear them, ask the doctor about having them surgically implanted! Some people turn theirs off so they don't have to listen to their spouse. Here's a little trick. Write out what you want to say in big letters in case he can't see too well and make him write his answers. That will cure

him in no time! And, of course, count to ten!

Quierda Kat. This is a problem I don't want anyone in my town to know I'm writing because it's a small town and everyone will know. My neighbor is having an affair with the pool cleaner. I saw them over my fence in the pool without any clothes on. Now, I'm not a peeping Tom or anything, but I heard noise and naturally peeked over. Her husband is very good friends with mine and I haven't told him yet, but I'm ready to. They have only been married a few years and she's a second wife. What would you do? **Mortified.**

Dear Mortified.

Well, that depends on whether or not the friendship between the cheater's husband and yours. If I were you, I'd tell the husband and let him decide. He may be angry at your husband for a bit, but it's better than being made a fool of. Good luck.

Dear Kat.

Someone told me about the article you write everyone month and suggested I write to you. (I did read a couple of your articles and enjoyed them). Here's my problem. I have a neighbor who I thought was a good friend as we have lunch occasionally. The real problem is she and her husband are constantly hosting dinner parties with some people I know and some I don't. I have never been invited to one of these parties and it really hurts my feelings. **"Left Out"**

Dear Left Out.

That's very bad form on your neighbor's behavior. I assume you've spoken to her about it but if not, I would definitely set her down at your next luncheon and ask her what the heck is going on. If she gives you a wishy washy answer, end the friendship. She sounds like she's embarrassed to have you around her other friends and you don't need friends like that.

Quierda Kat.

My friend, whom I refer to as "Ana" moved in next door about three months ago. I swear she thinks I'm the local Safeway the way she borrows sugar, coffee, toilet paper, spices and she even asked me for a toilet plunger. Because she's new to our community, I've tried to be hospitable but I've come to the end of my rope. Any advice for **"Not a Grocery Store"**?

Dear Not a Grocery Store:

It's time for a red light special. If she's been living next door for three months, it's time for a trip to the local stores. If you're so inclined, I'd take her to the local pharmacy, hardware store, groceries, bakery, etc. and tell her, remember where these stores are because my store at home is permanently closed. It sounds to me like she's been taking advantage of you so put a stop to it now!

Dear Kat,

I recently inherited a large sum of money and I made the mistake of telling a not so close friend.

She proceeded to inform a few civic groups around town and told them I would probably be donating money to each of them. Kat, I never said I was going to do this and now I feel obligated. I already donate to every charitable event we have here and I'm not about to donate a large amount of money to anyone. I am livid this has happened and it makes me look like a scrooge. **"No donations"**.

Dear No Donations.

I gather a few of the civic groups have contacted you about the news your acquaintance has been spreading. The easiest thing to say (even if it's a white lie) is "I don't know what she's talking about" and leave it at that. Then tell the loud mouth to buzz off.

Quierda Kat,

My husband's sister is coming to stay with us for an extended time and although I love her dearly, she's a slob. I spend a lot of time keeping my house clean and I'm on my winter vacation and I don't want to spend it cleaning up after her. Is there a nice way to say "please clean up after yourself". It's not like she's a teenager – she's 44. **"Help"**.

Dear Help:

Okay, here's a plan. Take a piece of poster board and line out Monday through Sunday. Then, assign duties or rooms to be cleaned or just cleaning days. Make a few copies and when she comes, simply tell her "This is the cleaning schedule – any deviation will result in you renting a motel. I am not your maid". If she balks, drive her to the motel and if your husband complains, drop him off at the same motel.

BAJA 250 - " RACING IN THE RAIN"

Sat. Mar. 1, 183 starters, 143 finishers (78%, very high), the first wet Baja 250 in years, claiming to be a fast course, and the longest, 274 miles; got faster for the bikes and upper classes. After a last minute decision to cut 55 miles out due to heavy rain washing out the newly cut bypass at the summit, the new 219 mile course saw top average speeds of 62.14mph by Mexicali top gun and winner, Gus Vildosola.

Instrumental in the course change was Weatherman James Coates of El Dorado, who was to man a radio spot at the summit (RM-140). James, traveling alone in his jeep with a 25' antenna, tried to get in 2 ways from hwy 3 at Valle Trinidad. After getting stuck 2 times at RM 130 and having a flat on the way out, his jeep in low range couldn't make it. He rode the flat out to the hwy where the SPEED team recognized him, pulled over and changed the flat in the rain, in 4+ minutes (pay attention girls). Radio contact to Boss Weatherman Bob Stienberger wasn't possible until James reached San Matias, 25 miles east. Weatherman Bob Otwell attempted reaching the summit area at 10:30p that night and conditions were no better. SCORE's Roger Norman eventually blocked the course at the hwy 3, VT exit to the Pemex, within a minute of the 1st bike's arrival on race day morning. The new course by-passed the 55 mile Summit and went east on Hwy 3 to Borrego at 60 mph to K-179,

then north 12 miles hooking up with the original course layout. By the way, a well known top racer decided to take the dirt road that parallels Hwy 3 at 100+ mph and was rumored to be penalized more time than it would have taken him to do the race at his Trophy truck speed.

Race day, the bikes got off clean, but there was a delay in the start for the 4 wheel classes. With the course change confusion, new layout, etc. there was a delay anyway and some of the spectators were set up in the actual course a few miles south of town, where the 3rd truck out, J C Lopez rolled into a crowd on a turn and caused a time out till things were taken care of and miraculously, no one was hurt. [Can you imagine what this would be like in a state side event?].

In this race locally we had Rafael Navarro IV, #1009, 5th out of 21 cars @ 4:35:42; Juan Gallo and Hector Perez, #1261, 6th of 7 entered in class @ 7:32:51; Kay Awaad & Steve Sherod, #8161, 1st out of 1 entry in class @ 8:49:55; Jere Hooper with Greg Hempel, #736, 2nd of 6 in class @ 6:02:25; and the Cholla car, Brian & Steve Siler (not bros.) #1501, 2nd of 5 in class @ 8:39:56.

With the course change, the rain, late starts, and mass confusion, there's lots of stories:

First time co-driver, Keri Siler Ursey, Steve's daughter, got the start line with her Dad, and was staged behind 14 side by sides (the UTV class) and by time they got to RM 25, Steve passed most of those plus a few trucks; however, the car came to a dead stop at RM 44. Keri counted the 18 rigs they just passed, 'pass' them as they were working on the car. Keri was having fun pulling the computer in and out of the tight spot beneath the tire rack, while Dad and daughter try to trouble shoot what was, eventually electrical, no sparky.

A radio call for help got to Baja Joe at RM 54, at Jose's in Diablo dry lake, (thank god he had a radio). It was Joe's 1st time out to pit, now he had to become the rescuer of the race. Joe back tracked to Steve and towed him back to Jose's in his rail, where Brian came in with an igniter, which solved the problem and got the car back in the race; however, this added up to 2 hours down, and with the rain just beginning at Jose's, the fun wasn't over.

Steve and Keri, were wet by time they got to Hwy 3, RM 83, where they knew, the "only" pit support up in the mountains at Mike's cutoff, RM 99, was Jim Booth and crew. The road to Mike's became extremely slick and the tires were throwing mud into the cab on Keri's cute face (helmet shield). She swears she was still having fun! They had put on rain jackets and had towels, but that only worked for the first wipe - they were so packed with mud, they couldn't see their seat belts and the car was heavier! They were the last car to go thru check point 1, by seconds, and the rain wasn't any better for Brian. He drove from VT RM 118 to the finish, and on the 40 mile stretch of highway to Borrego in the rain, he couldn't see oncoming cars. Brian had to turn off the HID bright lights for on coming cars so he wasn't blinding them in the rain, and only 1 of 4 other lights worked. The rain on the highway did do a cheap-ass wash job on the outside of the car though. As for the inside: forget it, total mud pit!

Steve and Keri drove Brian's truck back home expecting a nice warm cab to get into. But the wipers didn't work, heater wasn't hot, cold air only, and the defrost didn't work, so they had worse conditions than they had in the race car - a foggy windshield with 60 mph oncoming traffic! Keri swears she was still having fun? Psychotic adventure, yes, fun....?... Keep her

signed up, she's made for the sport !

At the finish line, we saw the Parrots Cracker truck, they got a big race banner, a bottle of champagne, and lots of camera time as they were the first in class, apparently the SPOT tracker did not work on their rig, and it did not work on the muddy Cholla car either, even after changing it out at the start line, Cholla also got winner's treatment with champagne and a banner because the announcer guy hadn't realized that a fast bad ass class 1, who was entered in our class crossed 2 hours before us. But what does he know, he's not a racer guy, he's a smiley "what's a SPOT Tracker" announcer guy, so we all had fun and got lot's of race trinkets.

NEXT RACE: The 2nd Annual BOOBS (race for cancer cure) held in Mexicali- Sat. Apr. 12, 10:00 am, K-29, Hwy 2; 5- 20 mile laps; now entered: Gallo w/4 girl drivers/co-drivers & Beto/Aguillar Tire Shop: Dawnette needs a co-driver ! Don't Miss This One!

RM 99 REMOTE PIT REPORT - by Jim Booth

Little did I know, when I volunteered to do a remote pit between San Matias and Trinidad, how valuable my Pacific Northwest Camping experience would be. Myself and 4 other hearty campers headed out late Friday morning to camp overnight and be in place at our predetermined location, north of Mike's Sky Ranch. It rained all the way up on an already difficult muddy road. When we arrived the rain continued to be driven sideways by strong winds. Too wet and windy to erect our tents, we hastily set up a large tarp between our 2 vehicles. Next was to ensure we had a protected cook/camp fire.

Rain continued "all" night as we slept in the vehicles. Saturday morning provided little relief from the rain and wind. Coffee brewing made things a little more acceptable, until Gerry emerged from his truck declaring, "I do not want to play anymore". Little did we know (including his wife Victoria) he was just jerking our legs. Occasional breaks in the rain allowed us to make some improvements to our camp, but we still opted to sleep in our cars for the whole ordeal.

Friday afternoon we were in radio contact with Weatherman (James Coates) who we knew was trying to make the RM140 Summit north of Trinidad. After getting stuck twice and unable to go further, he surrendered to our location where he was met with a cold cerveza and dry cover. Unfortunately our location did not provide the communications he desired and James left to set up at a different location.

Our pit did provide us with a great view $\frac{3}{4}$ of a mile back down the course where the most challenging mud was located. When the first truck cleared the first ridge, the spray of mud filled the horizon. Had Gerry been serious about wanting to quit and go home, it would have been impossible to get out in his 2 wheel drive F-150 in spite of his excellent driving skills. From our location we watched the muddy course devour several race vehicles and spectator cars slipping and sliding off the road/course. After continual torrential down-pours thru Saturday night, we awoke to sunshine Sunday morning. We decided to take our time breaking camp fixing coffee and having a bite to eat waiting to allow the only way out to drain and dry the best it could.

Our exit was very challenging even for my Subaru chase car. I left first allowing Gerry in his 2 wheel drive to observe my difficulties and the lines I took. The same places we watched gobble up vehicles the day before, tried to eat us also,

but we did manage to successfully navigate and escape the mud's wrath. The biggest low pressure system to hit SoCal in decades did not dampen our spirits. Would we do it again? Hell yes!

Because we had no communication from our pit location, we didn't find out until we returned home Sunday morning (after the awards ceremony was already over) that we had been out there supporting our local teams in their 1st and 2nd Place wins.

Huge thanks to my fellow campers Gerry and Victoria Ramos, Marie McClead and Linda "I quit to Pit" Wilson.

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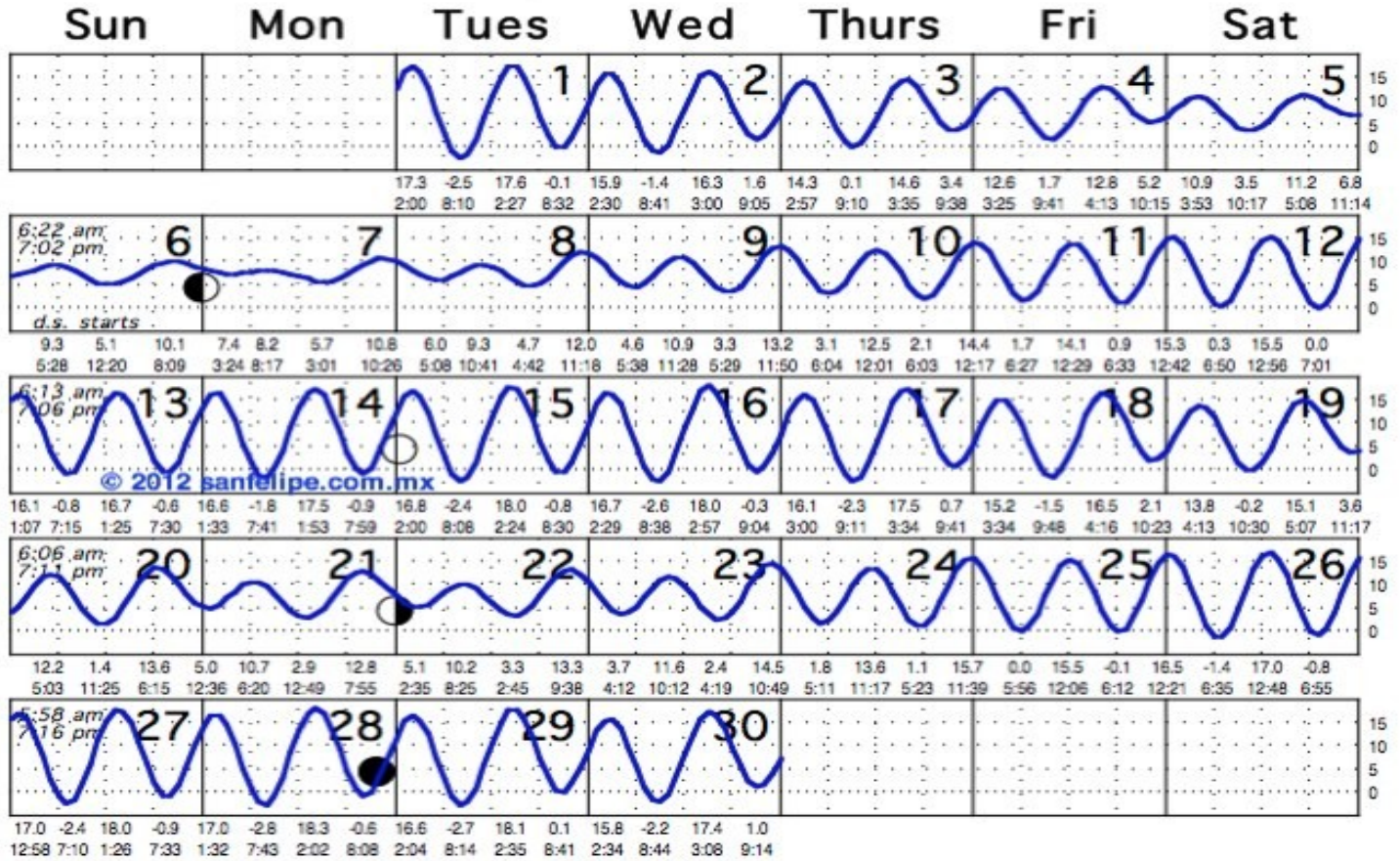
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Photo taken by Victor Rodriguez Ratliff

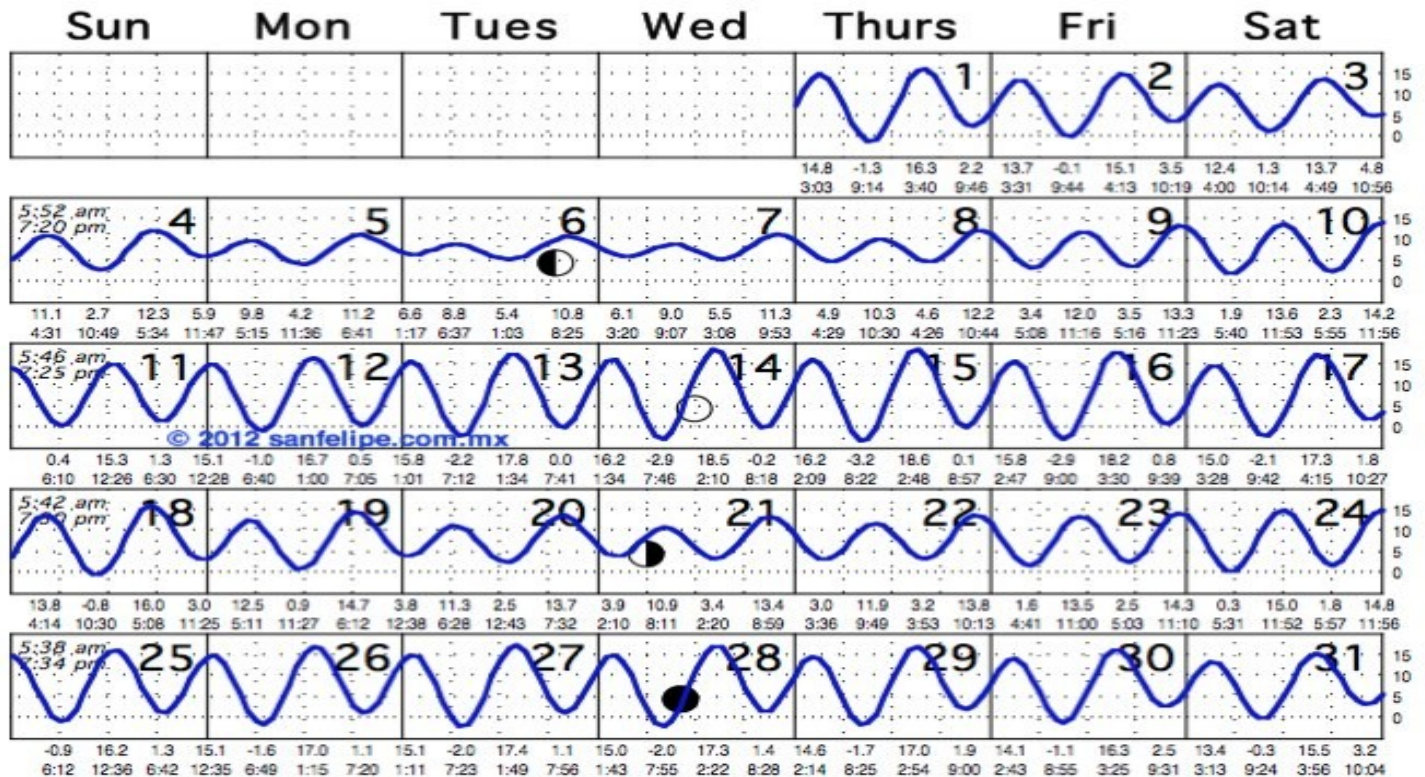
Bob and I got to see these wonderful children walking up Chetumal St. looking so cute and proud. First Day of Spring. There were so many and all had their happy faces on.

April 2014



San Felipe, B.C., Mexico - approx. (31°2.0'N, 114°46.0'W)

May 2014



San Felipe, B.C., Mexico - approx. (31°2.0'N, 114°46.0'W)



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Thanks for caring
Linda Sullivan



Artwork by Steve Sullivan

FROM THE DESK OF SANDI FLANNIGAN

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Your Eyes Aren't Getting Sleepy?

By Diane Pilato of Sea Star

There you are, lying on your bed and staring at the ceiling, but somehow, your eyes aren't getting sleepy. If this sounds like something you can relate to, you are a part of a large segment of the adult population who are experiencing Insomnia. In fact, The American Academy of Sleep estimates that about 30 to 40 percent of adults suffer from the symptoms of insomnia annually. If you fall into this category, read on, even if it is in the middle of the night and you've decided to read instead of staring at the ceiling!

Many people never visit their doctor to discuss the insomnia and try to cope with it on their own. Often the condition becomes a chronic habit and they are unaware that this can have a detrimental affect on their body. Insomnia symptoms may include:

- Difficulty falling asleep at night
- Awakening during the night
- Awakening too early
- Not feeling well rested after a night's sleep
- Daytime tiredness or sleepiness
- Irritability, depression or anxiety
- Difficulty paying attention, focusing on tasks or remembering.
- Increased errors or accidents
- Tension headaches
- Distress in the stomach and intestines (gastrointestinal tract)
- Ongoing worries about sleep

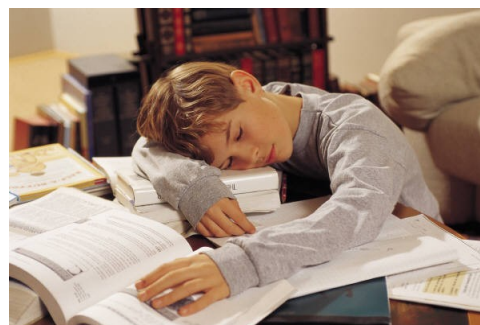
Someone with insomnia will often take 30 minutes or longer to fall asleep and might only get six hours of sleep or less. This can be for three or more nights a week, over a month or more. People who get less than 6 hours of sleep per night are one-third more likely to develop diabetes, according to a Harvard 10-year sleep study of more than 70,000 women. The reasons that sleep problems might be connected to diabetes isn't clear, but researchers think that too little sleep may reduce levels of leptin, a hormone that tells us to stop eating. After going without enough sleep for two nights, people in one study had more of the hunger-inducing hormone ghrelin and less of the appetite-suppressing leptin. Essentially, sleep loss may cause you to want to eat more than your body needs. It has also indicated that sleeping more can actually help you lose weight, because you are consuming less food at night. The study found that women who got less than 7 hours of sleep were at slightly higher risk of heart disease as well. Sleep deprivation may hurt hearts by raising blood pressure, pumping extra stress hormones into the

bloodstream, or raising blood sugar levels. While individual needs vary, 7 to 9 hours of sleep is considered the ideal range for adults.

The Pineal Gland, located in the area of the brain, is responsible for regulating melatonin in the body. Your body counts on melatonin to keep your sleep-wake cycle regular. It has been discovered that calcification of the Pineal Gland can occur from fluoride. A large majority of city water supplies in the U.S. have fluoride added, which can be ingested through drinking or absorbed through contact with the skin from showering and bathing. There is an ongoing debate about the effectiveness of fluoride protecting teeth. More people are now using fluoride-free toothpaste. Online you may find some remedies to help de-calcify the Pineal Gland.

Other reasons for insomnia might include one or more of the following: Too much light at night, (also time in front of the T.V., computer), not enough sunlight during the day, room temperatures that are too hot or too cold, eating a large meal within 2 to 3 hours of your bedtime, jet lag, high levels of stress, ingesting alcohol before bedtime, and consumption of caffeine within hours of going to bed, which includes many soft drinks. Remember that dark chocolate, which is actually good for the body, also contains caffeine. Even disturbances of noise, such as a snoring bed partner, can disturb getting a good night's sleep. As a side note, women are at a higher risk for developing insomnia.

Relaxation techniques, such as meditation or a warm bath, may make it easier to fall (and stay) asleep. Yoga is beneficial when done regularly; exercising earlier in the day rather than at night; using herbal sleep aids such as Valerian, Chamomile tea or specific herbal combinations may help to relax you. Sleeping in a very dark room is best, avoiding even lights from various appliances. While sleeping pills may help in the short term, long term usage may actually worsen insomnia symptoms. They can also become addictive within a short period of usage, and can have undesirable effects on the body. Hopefully this sheds some light on your sleeplessness (oops-not more light at night), and I know you're going to laugh when I confess this, but I wrote this article at 1:30 A.M.! My eyes aren't sleepy yet...well, maybe they're starting to droop! Sleeplessly yours,
Diane



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