

CHOLLA CHATTER

OFFICIAL PUBLICATION OF THE CHOLLA BAY SPORTSMAN'S CLUB

VOLUME 48

FEBRUARY 2005

HOW IT ALL STARTED...

An Invitation was sent out in 1955



Dear

Some of the Sportsmen who fish at Cholla Bay, and those who have places that they store their boats, would like to organize a Cholla Bay Sportsmen's Club. The purpose of such a club would be to have better fellowship among the sportsmen and to help one another in every way possible. It would be well to be organized in the event any question should arise in regard to our investments at Cholla Bay.

We feel as a group of sportsmen who are organized, more could be accomplished than individually. As a group we might do something about the road in to Cholla Bay, and might be able to make other improvements. We feel it would be good to have a meeting now and then, perhaps a fish fry, or some sort of get together occasionally.

We suggest there be no dues, no rules, no regulations, unless the group choose to have such. It would perhaps be well to have a president and maybe a secretary who could gather information that would be valuable to the group of people, or would be available to call for information anyone might desire.

If you care to become a charter member, or know of someone who would, please write or call me and include any ideas you might have that would be good for such a club.

Sincerely,

Albert O. Scott
1109 N. Patricio
Phoenix, Arizona
Tele. AL 3-4808

CHOLLA CHAPTER NEWS

by Pat Goodin

We had our January meeting at the Black Dog Restaurant in Rocky Point. If you missed it, you missed a great meal of "Kitchen" Fried Chicken, with mashed potatoes, biscuits and cole slaw. A few people ordered other items off the menu. Only about 25 people were there. Where is everyone? Seems like there aren't many people here at this time. Maybe it's because of the weather, as it hasn't warmed up a lot yet as of this writing. However, it's getting warmer each day, and before long we'll be turning on air-conditioners and wanting a little cooler weather. Actually, as I look at the weather channel and see what's going on around the U.S. and also other countries, we should count our blessings, as our weather here has been at least as good or better than any other place I've seen.

New officers for 2005 are as follows:

President - Jack Straughan - 382-5216

Vice-President - Pat Goodin - 382-5056

Secretary - Diann Aliano - 383-7560

Treasurer - Donna Wilhite - 382-382-5066

Membership - Nancy Schmidli - 382-5036

Board Members - Bucky Maud, Don Schmidli, Rick Smith, Ken Goodin, Bill Schoen, Bob Adams, Jerry Ketelhut, Bob Belk, Shirley McDonald and Pauline Shelby.

The February board meeting will be at 9:00 am at the Cholla Cafe on Saturday, February 5th. The February meeting will be that evening. 5:00 Happy Hour, about 6:00 for dinner. We do want you to know that anyone who wishes to, may come and sit in on any of our board meetings. With the new year starting, we are looking forward to our 50th anniversary of the fishing derby. And, if you're a fisherman, try to get in the derby this year for sure. Dave Adams, derby chairman, will have articles in this issue about what's going on with the derby.

If you haven't paid your 2005 dues yet, get them in ASAP, so you don't miss any issued of the Cholla Chatter. It's going to be a great year! Also, try to sign up at least one new member!

See you at the meetings!

Hasta Luego... Pat

Christmas Party Additions

I missed recognizing the following people who donated to the CBSC Christmas Party. Thanks to Buster (Keith) and Anne Jackson and also Soda Parker. Your donations were a great help. Anyone else, please let me know...

Nancy Schmidli

Sick Bay...

- Bruce Beidler was in the hospital with pneumonia, but is in the Bay and doing fine at this time.
- Bill Brown is in the hospital with viral pneumonia as I write this, but hopefully will be well by the time you read this.
- Austin Schillinger fell and broke his leg, and is recovering in Tucson.
- Hugh Hawley was ill and was taken to Scottsdale, and is also improving at this time.
- Shirley Peterson got out of her "boot", but is still wearing a brace on her foot, but seems to be doing much better.

Please stay well everyone.

The Moon, Sun, Wind and Rain!

FEBRUARY, 2005

Sunrise	7:28 to 7:04
Sunset	6:09 to 6:31
Full Moon	Feb. 23rd - 9:54 p.m.
New Moon	Feb. 8th - 3:28 p.m.
Air Temp.	55 degrees
Sea Temp.	59 degrees
Rainfall	0.16 inches
Wind Speed	7.1 mph

FOR SALE:

Ocean Kayak, 2 person Dive Kayak. 16', twin scuppers, back rests, and paddles Excellent condition, new cost \$1100, sell for \$500. Located in Cholla. Call Dave @ (602) 499-8699

HOW IT ALL STARTED...

1955 - 1957

- On October 12, 1955 the founding efforts of Al Scott were rewarded; seventeen people met and formed the Cholla Bay Sportsmen's Club. A month later officers were elected; President: Albert O. Scott, Vice President: Oakley Jordan, Secretary-Treasurer: George Gehon, Directors: M. J. Olson, George Beeler, Louis Lugo, Pryor Sanborn.
- Constitution and By-Laws were drawn up by Oakley Jordan, Seth Smith and Al Austin, and were adopted by the membership.
- Some of the first topics of discussion were improvement of the road in to the settlement of Cholla Bay, a better place to launch a boat, and a meeting with Puerto Peñasco authorities to tackle red tape problems...
- The first Derby was held in February 1956, with Bill Blair as chairman. There were more than 400 entrants and a fine fish fry wound up the two-day festivities.

1957-58

- The Club rolls on, expanding to some 170 members... and with real assets in the treasury.
- A Thanksgiving Day Derby was held in conjunction with the Lions Club of Rocky Point, the proceeds providing polio immunization for the school children there.
- The road was graded weekly, a parking lot was built, ramps from the boat landing were paved.
- The Cholla Chatter was initiated by Bill Valentine. Volume 1, issue 1 was printed May 20, 1958! President: Oakley Jordan, Vice President: Tom C. Hammer, Secretary-Treasurer: George Gehon, Directors: Paul Schoonover, Chet Locker, Seth Smith, Gerald Williams.

1959-60

- A tractor was donated to grade the road.
- Charts were made of the upper third of the Gulf of California.
- A tide chart was printed in the Chatter.
- Clothing drive for flood victims chaired by Marge Klaver.
- Chatter published its first Annual Derby issue. Plans underway for installation of radio facilities at Cholla Bay. A 150-watt input station will be at Nacho's store for both ship-to-shore communications, and to maintain contact with a similar station George Gehon is installing in his Phoenix store. President: Paul Schoonover, Vice President: William Blair, Secretary-Treasurer: Lyle Underdown, Directors: Mable R. Stump, "Slim" Wilkerson, Bill Valentine.

1960 - 2005: Stay tuned to future issues of the Chatter

PROMOTORA TURISTICA PLAYA ESCONDIDA S.A. DE C.V

CHOLLA BAY HOMEOWNERS

The tax office located in the municipal office in Puerto Peñasco is now prepared to collect your property taxes. If you can, when you go in to pay take your last years receipt with you. It will expedite the time you have to spend in line. Those of you who do not have your bank trust yet still are responsible to pay your property taxes. Just be sure to have your Manzana # and your Lot # so they can credit the correct lot.

Most of you are aware the bank trust office has been transferred from Puerto Peñasco to the Tijuana branch of Bancomer. You can now send your payments in to their stateside address: PO Box 430606, San Ysidro, California 92143. Make your check out to BBVA Bancomer, put your Bank Trust #, Manzana # and Lot # on your check. Address your envelope: ATTN: SR. JOSE VENEGAS. Sr. Venegas is the gentleman handling the bank trusts for all of the Cholla Bay lots. Several people have reported receiving their canceled checks within 3 weeks to one month and say that is all the receipt they need. If you want more information from the bank, enclose a self addressed stamped envelope and Sr. Venegas said he would enclose a receipt from the bank. Normally they pick up their stateside mail every two weeks but at the rate payments are coming in, Sr. Venegas said they would probably make their pick-ups every week.

Get all your payments in and go fishing... Reports are a 93 pound grouper was brought in. Several Broomtail Grouper, Red Snapper and Orange-mouth Corvina just to mention a few that have been weighed in.

-The Management

MEMBERSHIP NEWS...

"Welcome Aboard" to all the new members who have joined so far this year!! We are very glad to have you and hope you will join in all our activities and have a great time in "The Bay"!

- **Mike and Deb Tuerk**, from *Springview Nebraska*, joined at our meeting at the Black Dog. They just stopped by to find out what was going on and joined. Mike is very interested in fishing, although he will not be here to join the Derby this year... next year, for sure, Mike.
- **Lowell and Frankie McCulley** have been in *Cholla* a long time and love sailing. Lowell has put out a calendar with great photos. You can purchase one at Ship's Store or at the Cholla Cafe. It will also benefit the club.
- **Kathy Hill and Dawn Hulett** (Kathy's mom) are former long time *Cholla* residents and members, but have again rejoined us. We hope to see them at many of our club functions this year.
- **Shane Baldwin & Christine Bussan**, from *Phoenix*, have bought a cabin in *Cholla*, brought into the club by our Derby Chairmen. We hope to be meeting Shane & Chris at the Derby and other functions that will be happening this year
- **Dennis Gresham**, from *Glendale, AZ* also has a cabin in *Cholla* and brought into membership by the Derby Chairmen, Dave and Kelley Adams. We'll be watching for Dennis at the CBSC functions.
- **Ramon and Dawn Perez**, of *Rocky Point* and very good friends of the Adams' and in fact are the Co-Chairmen of this year's Fishing Derby. Ramon and Dawn are former members. We look forward to seeing them at the Fishing Derby Functions this year!
- **Charlene Solomon**, of *Tempe*, has a cabin in *Cholla* and from her membership form I see she is a next door neighbor of the Adams in *Tempe*, and introduced into the club by them.
- **Pat Susong**, of *Scottsdale*, has a cabin in *Cholla* and has been active in many of the events going on here. She has especially helped with the Luau in the kitchen the past two years. We will see her smiling face at many of the events in *Cholla*.

We are very fortunate to have a great Clubhouse in *Cholla* and hope all of our members will come to the functions to enjoy our fine facility.

As of this writing we now have 168 members in the *Cholla* Chapter and 26 in the *Tucson* Chapter. Remember, if you have not sent in your 2005 dues, you will need to do so soon in order to get any more Chatters. If you have lost your membership form, there is one in the Chatter that you may use. Also, remember to keep your address current with us, as the Chatters are sent by bulk mail and the Post Office will not forward these to new addresses. Hope you are all having a wonderful "New-Year" and hope to see you all in "The Bay".

- Nancy Schmidli

CHOLLA BAY SPORTSMEN'S CLUB MEMBERSHIP APPLICATION

2005 Annual Dues: \$40.00

Mail this application and payment to the Chapter of your choice.

<input type="checkbox"/> CHOLLA CHAPTER PO Box 218 Lukeville, AZ 85341	<input type="checkbox"/> TUCSON CHAPTER 1440 E. Hampton Tucson, AZ 85719
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Membership dues and other activities of the CHOLLA BAY SPORTSMEN'S CLUB have funded the purchase of radio equipment, continue to support the operation & maintenance of Marine VHF Radio (Channels 16 & 26) for the Northern Sea of Cortez, also CB Radio (Channel 3) in the Cholla Bay area. The CBSC pays the salary of the Cholla Bay Radio Operator, assists in search & rescue operations, and when necessary can assist with some arrangements for the emergency transportation of critically ill or injured. The CBSC conducts an annual Fishing Derby, publishes the monthly "CHOLLA CHATTER" Newsletter, and promotes good relations between American visitors and our Mexican neighbors.

NAME: _____

SPOUSE: _____

ADDRESS: _____
(US or P.O. Box ONLY)

CITY: _____

STATE: _____ ZIP: _____

PHONE: _____ CABIN #: _____

E-MAIL: _____

Summer Address: If you want your Chatter sent to a different address June to Sept.: _____

COOK'S CORNER

Cowboy Caviar by Arlene Stevenson

1 can blackeye peas- drained and rinsed
1 can shoe peg corn- drained (green giant)
1 avocado chopped
2/3 cup cilantro - chopped
2/3 cup green onions- chopped
1 roma tomato - chopped

Dressing:

1/4 cup olive oil
1/4 cup red wine vinegar
1 clove garlic - pressed
3/4 tsp salt
1/8 tsp pepper
1 tsp cumin

Blend dressing ingredients... then pour over veggies and toss. Serve with tortilla chips. I like to use the Tositos SCOOPS... **Enjoy!!!!**

A LITTLE HUMOR...

A kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she go to one little girl who was working diligently, she asked what the drawing was. The girl replied. "I'm drawing God." The teacher pause, and said "But no one knows what God looks like." Without looking up from her drawing, the girl repld, "They will in a minute."

UPCOMING EVENTS:

February 5th: CBSC Meeting and Dinner - Cholla Community Center - Happy Hour 5:00, Dinner about 6:00.

February 5th: CBSC Board Meeting 9:00 am. at Xochitl's Cholla Café.

February 19th: OBSC Mardi Gras.

February 22nd: Red Hat Luncheon - Latitude 31

Mondays: Bridge and/or other card games at the Cholla Community Center at 12:30.

April 29th- May 1st: First weekend of the Fishing Derby.

April 30th: Kickoff Breakfast for the Derby Cholla Community Center at 6:00 am.

May 13th - May 15th: Second weekend of the Fishing Derby.

May 14th: Cocktail get-together

Cholla Community Center at 6:00 pm.

May 27th - May 30th: Third weekend of the Fishing Derby.

May 29th: Steak Fry - Cholla Community Center at 5:00 pm.

June 9th - June 10th: Last phased of the Fishing Derby.

Saturday, June 11th: Awards and Fish Fry
Cholla Community Center at 4:00 pm.

50th Anniversary Fishing Derby Update

As we mentioned in last months chatter we will be giving away a Penn International reel & rod combo every weekend of the derby. Here's how it will work... on every weekend of the derby we will announce a certain target fish for that weekend (such as trigger, pinto, mackerel, etc.) when the scales close at 6:00 on the last derby day of that weekend, whoever has caught the biggest target fish of that weekend will win the rod & reel. The grand prizes at the end of the derby will be gold Penn Internationals 2 speeds in the junior and adults categories. Plus there will be many more big prizes available to the fishermen and everyone else through different raffles throughout the derby. And one more little thing... one lucky fisherman will have a chance to **win \$20,000.**

At this point we still need some more big sponsors. Any sponsors donating at least \$500 or more in cash, product or services will receive a V.I.P package. If you are interested in becoming a Major Tournament Sponsor please let us know ASAP so that your name or company logo can be put on the derby posters and the special fishermen's T-shirts. For more information on becoming a major Derby sponsor please call 480-345-0623 and we will give you all the details.

Within the next few months we should have every thing in line, so keep an eye on the Chatter or watch for posters around town for more exciting news. If you haven't fished the derby in awhile, or maybe you've never fished it, or maybe you fish it every year, it doesn't matter, this is the one to be part of!!!

See ya at the Derby.

Derby Chairmen: Dave Adams and Ramon Perez

Health Help... Foods for Long Life and Well-Being

In this issue we will concentrate on: **Bananas**

After Reading THIS, you'll NEVER look at a banana in the same way again!

Bananas: Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast,

break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also

neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

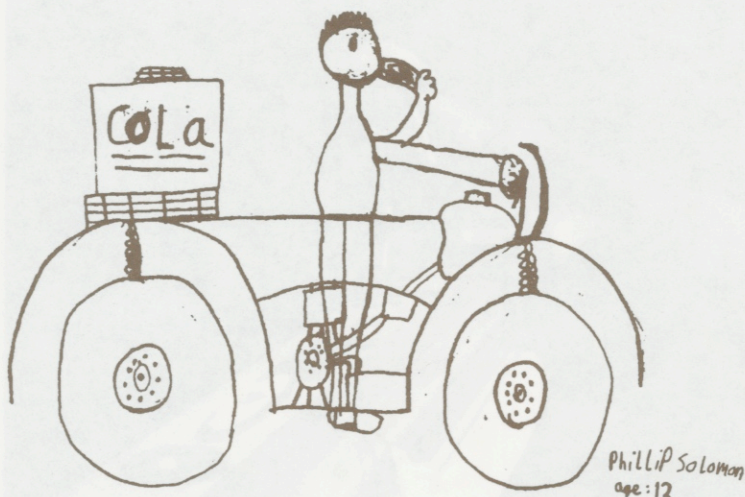
So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

You might want to pass this tidbit to your friends!!!!

Ode To Cholla Bay's 'Chateau Charlene':

Having had the opportunity over the past 11 years to visit Cholla Bay many times, I always dreamt of being able to eventually buy property in this wonderful community. Approximately 2 years ago, that opportunity arose. A house near the Fry Shack with an attached lot below that had an existing boat house, was up for sale. Not expecting that I could actually afford something like this, I looked into it further. A friend of mine was interested in buying the property with the boat house on it, while I wanted just the lot with the house. We agreed that we would try and go in together to purchase the property. We made an offer, albiet, quite below the asking price, not expecting that our offer would even be considered. Luckily for us, the existing owners considered it, and counter offered just a couple of thousand dollars over our original offer. I was ecstatic thinking that there was a possibility that I could actually own this home. Once it sank in and all the proper paper work was done, the house was mine. It wasn't much at first. Obvious that no one had lived in it for a few years. After hauling out most of the belongings that came with the home, clearing out the bugs and spider webs, I realized what potential this "beach home" had. The views from the back patio and the roof are gorgeous. Obviously, it takes time and money to make anything into what you want it to be. I enjoy those weekends that I can go to Cholla and work on my house. First it was getting new water tanks and the roof re-done. Then little by little replacing, fixing and cleaning everything else. It really is a "beach home" with the original home being a 1952 trailer with a large room built onto it. The bathroom is not attached to the home, which requires having to go outside to get to the bathroom. If this were the way my home in Phoenix was, I certainly wouldn't be able to tolerate it. But for some reason, it does not matter to me at all, that even when it is very cold, that I have to get up out of my warm bed and walk outside to get to the bathroom. It must have something to do with the fact that I am in Mexico, specifically in Cholla Bay, and I would rather be here than anywhere. Many people that have stopped by my house have commented that this is the way they remember homes when they were younger. Visiting grandparents that had property in Cholla, during the summer, and staying with them in their trailer homes. Now so many of these original homes have been razed and beautiful new homes built in their place. As much as I would like to have a nice home with an indoor bathroom, some how the charm of this home entices me. If and when I ever have enough money to build a new place, I think I will have a very hard time knocking this home down. It is not much to look at, and yet it has become my retreat from "reality" and I look forward to each time I am able to get down there and spend time in it. I am looking forward to spending time with my family and friends in this home, in this small beach community called Cholla Bay. I am looking forward to meeting new people that enjoy spending time in Cholla as much as I do. I understand that there is a "Block Party" the last weekend of January, where neighbors can get out and meet one another. I hope to meet more Cholla lovers, like myself.

-Charlene



Riding the ATV around Cholla

HEALTH TIP

Vitamin C is proven to calm nerves.

How can you keep stress from making you sick? Load up on vitamin C. According to new German research, taking 1,000 mg. of time-released vitamin C, twice a day, can cut your body's production of stress hormones by 30%! Volunteers who tried it felt less anxious, reveals Stuart Brody, Ph.D. Why? "Because vitamin C absorbs the harmful chemicals, like cortisol, that your body secretes in tense situations."

Cholla Bay Sportsmen's Club
1648 W. Wetmore Rd.
Tucson, AZ 85705

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