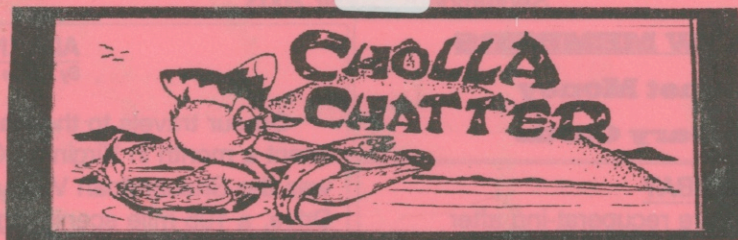


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CHOLLA BAY  
SPORTSMEN'S CLUB



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**SEPT/OCT. 2003**

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**Contributors:** Pat, Nancy, Sally Dalton, Adrianna Adams, Donna Wilhite, Ken Goodin, Betty Moore, Jo Barnes

**UPCOMING EVENTS:**

October 11th - OBSC Okoberfest at Club House

October 14th - CBSC Meeting - Pot Luck at Club House

October 16th, 17th - Fishing Derby

October 18th - Fish Fry

November 11th - CBSC Meeting - Place to be determined

November 27th - Thanksgiving

November 28th or 29th - CBSC Craft Sale at Club House -  
Specific Date and time not yet determined

December 6th - Tentative Date for CBSC Meeting

December 13th - OBSC Pot Luck at Club House

December 20th - Christmas Party for our Mexico families

Bridge will start at Cholla Cafe on Mondays whenever  
enough people get back from summer vacations .

**COOK'S CORNER (from Pat)**

**NO BAKE PEACH PIE**

Slice 1 qt. (6-7 peaches)

Mix together: 1 cup water

1 cup sugar

3 TBS cornstarch

1 small pkg. peach jello

Put sliced peaches in baked pie shell. Cook mixture  
until it thickens and is some-what clear. Pour over  
peaches. Chill one hour. Top with cool- whip. Enjoy!



**CHOLLA CHAPTER NEWS**

by Pat Goodin

Guess what!! There isn't much news from Cholla Chapter, since we haven't had any meetings since the last Chatter came out. Just a reminder - our October meeting will be Tuesday, October 14th, and will be a pot luck dinner at the club house. We'll catch up on each other's summer activities, so bring your "pot"(of food of course), your summer pictures, and come and have a good time sitting around and shooting the breeze. Phil is working with the Oasis Restaurant and we plan to have our November meeting out there. They always serve us a really great fish dinner, so plan on being there for that one also. The November Chatter will be the other kind of Chatter, which will contain the derby ads. AND - don't forget the fish fry - October 18th at the club house. See you in Cholla Bay!!!!!!!

**THOUGHT FOR TODAY**

Never take a cross-country trip with a kid who has just learned to whistle.  
(Jean Deuel)

Man does not live by words alone,  
despite the fact that sometimes he has to  
eat them.

(Adlai Stevenson, II)

**WELCOME NEW MEMBERS**

**Ken and Janet Money  
Renewal - Gary Curtis**

**SICK BAY**

Glad to hear these people are recuperating after illnesses: Shirley Peterson, Estelle Maud and Liz Cummins.

So sorry to hear of the deaths of Helen Farrah (wife of Tom Farrah (Tom Cat), Lonnie Brannum, Elden Travis, former Cholla Bayer Fred Boyer, Clinton Sinanovic (son of CBSC member Ginger Sinanovic) and former Cholla Bayer Marv Silva. Our sympathies go out to all the families.

**THE GOOD NEWS**

**Jason and Missy Crawley, who are new members of CBSC, announce the birth of a son. Jason is the late Evelyn LaZear's grandson and are at M25-L17 in Cholla Bay.**

**DERBY NEWS**

Don't forget the last derby week-end will be October 16th and 17th. October 18th will be the annual fish fry and awards at the club house. Hope everyone is back in the bay by then. See you at the club house. Don't forget that Ship's Store will also be open then. If you don't have this year's derby T-shirt you better come down and get one.

**FIRE**

I think in the last issue of the Chatter I said surely we couldn't have another fire and evacuation again this year. Well, the fire did happen again, but at least we didn't have to evacuate again although it came very close to the "trigger point". In a letter to the editor of the local paper here in Show Low area, someone suggested that maybe we have an extra season - we would have Spring, Evacuation, Summer, Fall and Winter. Hopefully that won't have to happen and we will not have that extra season next year. Let's just skip evacuation season.

**KEN'S TRIVIA**

What are the seven places in the U.S. where the American flag is flown continuously - 24 hours a day?

**THANK YOU**

To all my Rocky Point and Cholla Bay friends for all their cards, flowers, donations and condolences after the death of my son, Clinton.  
Ginger Sinanovic and family

**ADVENTURE**

By Arlene Stevenson

On our travels to the East Coast this summer, we spent a month in Virginia. One of our favorite places was the Shenandoah Valley. We took the Skyline Drive, a 105 mile scenic highway that winds along the crest of the Blue Ridge Mountains through the Shenandoah National Park.

On either side of Skyline Drive are ridges and valleys, hills and hollows, laced with sparkling streams and waterfalls. There are over 70 lookout areas and numerous trails. Absolutely beautiful with all the wild flowers and about 100 different species of trees. We hiked down a trail that led to a waterfall. We saw deer and wild turkey. We toured the Luray Caverns. The chambers, 30 to 40 feet high contain a variety of formations all in beautiful natural color. Pools reflect hundreds of stalactites.

We also went to see the Natural Bridge, considered one of the seven natural wonders of the world. It really is awesome. Supporting Rte. 22, the 215 foot high bridge spans Cedar Creek. The arch span is 90 feet across. We strolled along Cedar Creek amidst a beautiful nature park that took us underneath the bridge to an old Monacan Indian Village, Salt Peter Cave and Lace Waterfall. VERY NICE.

**HEALTH TIP****DRINKING RED WINE MAY INCREASE CELL LONGEVITY**

FROM WEBMD NEWS

Researchers may be one step closer to finding the fountain of youth. They say they've identified how a compound commonly found in red wine, peanuts, and grapes slows the aging process while increasing maximum lifespan.

The compound is called resveratrol - a natural antioxidant. For years, researchers have studied resveratrol, linking it to reduced risk of cancer, atherosclerosis, heart disease, and brain diseases such as Alzheimer's disease - all diseases that are more prevalent as we age.

Researchers have been anxiously trying to identify substances that influence age-regulating genes. And it looks like resveratrol may be one of them. They say the discovery could possibly help them develop drugs that extend life or treat aging-related diseases such as Alzheimer's disease or heart disease. Their study appears in the latest issue of "Nature".

Extending Cell Life - The Harvard medical school researchers note there is existing evidence that calorie restriction can extend lifespan across a range of species. The new study shows that resveratrol - commonly found in plants (fruits and nuts, especially in red grapes, mulberries, raspberries and peanuts) may be able to replicate this process, allowing cells to live longer.

After screening thousands of molecules, the research group says it found that resveratrol mimics calorie restriction in yeast - activating enzymes that slow aging, increasing the stability of DNA, hence extending lifespan by as much as 70%. Researchers suspect plants make these age-slowng molecules as a defense response.

Resveratrol is associated with a surprising number of health benefits, most notably in age-related diseases, including: cancer, atherosclerosis, and brain disorders.

Researchers now hope to eventually test how resveratrol works in other subjects, including humans.

## **COMMUNITY CENTER EXPANSION**

By Bucky Maud

The Vecinos' Board of Directors is considering expansion of the Community Center, together with equipping an administrative office. The proposed expansion would include: expansion of the current building to include the current patio with identical arched windows, etc.; addition of an identical patio extending beyond the current patio; stuccoing inside and out of all areas of exposed concrete block; painting of all stuccoed areas; and addition of handicap ramps with railings leading into the front patio and to the front door. The office (on the west end of the building adjacent to the library) would be equipped with a desk, table, computer, air conditioning, mail drop, etc., so that the affairs of the Vecinos will be centrally located and available to all. As you may know, Shirley Peterson, who has been doing virtually all administrative affairs of the Vecinos from her house for so many years, has been quite ill and was hospitalized for two (2) months. This will give her the relief she needs and will be yet another step in the evolution of the Vecinos.

### **THANK YOU, SHIRLEY, FOR THE YEARS AND YEARS AND COUNTLESS HOURS YOU HAVE VOLUNTARILY GIVEN TO THE VECINOS!!**

By the time you receive this article, a decision will have been made on the Community Center expansion. A decision on the office has already been made. Many items have already been donated: Members: Niles - an air conditioning unit; Bob Belk - a fax/phone; Ray Hayes - a file cabinet; Shirley McDonald - a fan and light kit; Mike Dugan - computer; Rick Smith - monitor and printer; Bucky Maud - three chairs. We have ordered a nice desk and table-top from carpenter "El Amo" for about \$250. We still need a good wheeled desk chair, a thermostat, tile, grout, cemenquin, window covering, window grill, phone jacks, two lights, a door threshold, wiring, electrical outlets, and office plaque, etc. If you have any of the above or anything else you would like to donate (like money - \$150 already donated!!!), contact the persons below until about October 1st at the (928) numbers:

Bucky Maud - (928) 367-1742; Cell - (602) 320-2114, Mexico 382-5038

Rick Smith - (928) 367-8253, Mexico 382-5017

Bob Belk - (928) 537-2675, Mexico 382-5016

Thank you Rosie and Carl Murphy for the use of your computer so that I could finish the Cholla Chatter in Show Low. Pat Goodin

## **Answer to Ken's Trivia**

Flag House Square, Baltimore, Md.  
Fort McHenry, Baltimore, Md.  
Valley Forge National Memorial, Valley Forge, Pa.,  
Town Green, Lexington, Mass.  
U.S. Marine Corp. Memorial (aka Iwo Jima Memorial, Arlington, Virginia  
Washington Monument, Washington D.C.  
The White House, Washington, D.C.

## **WHITE MOUNTAIN/ROCKY POINT PARTY**

Each year, those of us who come to the White Mountains from Rocky Point for the summer get together for a party. This year was the 8th annual party, and was held on August 23rd at the home of Bucky and Estelle Maud. About 44 or so people attended the pot luck dinner, and, as usual with pot lucks, the food was "mucho" and "muy bueno". It had rained earlier in the day, and even hailed, but by 3:00 at the start of the party, the storm had passed over and we were able to be out on the decks where Estelle had prettily decorated tables set up for dinner. Many thanks to Bucky and Estelle for opening up their house for us, especially since Estelle was and still is recuperating from double by-pass surgery in June.

If anyone has a place in the White Mountain area and you aren't on our list, please let me or someone know your address, phone number and email address (if you have one), so that we can contact you for next year's party. You can email me at [nolehace@prodigy.net.mx](mailto:nolehace@prodigy.net.mx) or call me in Cholla Bay at 382-5056.

## **DISASTER KITS**

Here are some suggestions for survival kits that I picked up, again from a web site on the computer: Pat Goodin

For the car:

- Keep the tank at least half full at all times. Gas pumps rely on electricity to pump.
- Local maps, in case your normal route home becomes blocked.
- A list of local emergency shelters and addresses of local relatives or friends.
- Blankets and a small supply of food and water

On Hand (in your purse or nearby):

- A small flashlight. Try to find one you can keep on your key chain.
- Cell phone
- Cash and small change. ATMs and credit card processing devices don't work without electricity, but cash does. "Having cash available will help you get what you need immediately", says Rocky Lopes, Ph.D. disaster preparedness expert at the American Red Cross. "So having some good old American cash on hand is a good idea in case you need to buy batteries for your flashlight, bottled water, etc."

--State-issued identification that includes your current local address. It sound obvious you'll need this to get home if officials restrict access to your neighborhood due to disaster. You'll run into problems if your driver's license has an old address.

Note- I think bottled water would also be a good idea.

**CHRISTMAS IS COMING!**

The annual Christmas party for the Mexican Families that live in Cholla Bay will be on Saturday, Dec. 20th at the Fry Shack . This is the one event that we have each year especially for our Mexican neighbors as a goodwill holiday celebration. After the party Santa and Mrs. Santa deliver boxes of food and toys to each home. Each child, 14 and under, will receive at least one special toy (about \$10 value). This year, again, each family will receive a food box, including a roast, that they can use for the Holidays.

Last year we gave food boxes to 35 families and toys to 60 children. This year we are expecting more families that are living in Cholla now. We will be using the proceeds from last year's Arts and Crafts Sale, but we still can use lots of donations. Some of the things we would like to have donated are:

- 1) Money is always nice, and a food list will come in the Nov. Chatter. In the way of toys and other gifts:
- 2). 75 children's and 75 adult toothbrushes and 30 tubes of toothpaste. ( Any dentists among the membership who would like to donate these or help us purchase them Wholesale?)
- 3) New or used baseball equipment that is in good shape.
- 4) New or used Barbie clothes and toys (shopping cart, car, etc.)
- 5) New or used infant and toddler toys ( We have some new babies in town.)
- 6) New or used children's puzzles, k'necks, legos or Lincoln logs.
- 7) New or used children's book in Spanish.

If you would like to donate any of these or other items of your choice, please bring them to Diane Bennett's in Cholla or email her [ddb1125@aol.com](mailto:ddb1125@aol.com), or call at 480-940 9345 or Nancy Schmidli, [stuffie@prodigy.net.mx](mailto:stuffie@prodigy.net.mx) or call 382 5036. You can mail donations to Nancy Schmidli, P.O. Box 218, Lukeville, Az. 85341

**The Moon, The Sun, The Wind & The Rain**  
**SEPTEMBER 2003**

SUNRISE- FROM 6:10 to 6:27  
 SUNSET - FROM 7:00 to 6:20  
 FULL MOON - September 10th - 9:36 A.M.  
 NEW MOON - September 25th - 8:09 P.M.  
 AVERAGE AIR TEMPERATURE - 82 DEGREES F.  
 AVERAGE SEA TEMPERATURE - 83 DEGREES F.  
 AVERAGE RAINFALL - 0.47 INCHES  
 AVERAGE WIND SPEED - 8.1 MPH

**ATTENTION!!!!**

**Don't forget the Arts and Craft Sale on November 28th and 29th!! All you Artists and Crafters bring your creations to Donna Wilhite or Nancy Schmidli or contact them for more information. [Chollajohn@aol.com](mailto:Chollajohn@aol.com), 382 5066 for Donna or [stuffie@prodigy.net.mx](mailto:stuffie@prodigy.net.mx) 382 5036 for Nancy**

**Address Change**

If you have an address change, please let us know your new address as soon as possible in order to continue receiving the newsletter. The U.S. Postal service will not forward bulk mail. Send it to:

**Cholla:** Nancy Schmidli  
 P.O. Box 218 • Lukeville, Az. 85341  
**Tucson:** Shirley Reid  
 1440 E. Hampton • Tucson, Az. 85710

**Invite a Friend to Join the**  
**Cholla Bay Sportsmen's Club**  
 Annual Membership \$40.00

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ St. \_\_\_\_\_ Zip \_\_\_\_\_  
 Email \_\_\_\_\_

Mail to : Nancy Schmidli, P.O. Box 218, Lukeville, Az. 85341 or Shirley Reid, 1440 E. Hampton, Tucson, Az. 85710

**The Moon, The Sun, The Wind & The Rain**  
**OCTOBER 2003**

SUNRISE- FROM 6:28 to 6:50  
 SUNSET - FROM 6:19 to 5:46  
 FULL MOON - October 10th - 12:27 A.M.  
 NEW MOON - October 25th - 5:50 A.M.  
 AVERAGE AIR TEMPERATURE - 74 DEGREES F.  
 AVERAGE SEA TEMPERATURE - 75 DEGREES F.  
 AVERAGE RAINFALL - 0.46 INCHES  
 AVERAGE WIND SPEED - 6.9 MPH