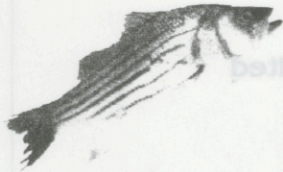


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Tucson, Arizona 85705
OFFICIAL PUBLICATION
OF THE
CHOLLA BAY
SPORTSMEN'S CLUB



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MAY 2004

EDITORS: Pat Goodin and Nancy Schmidli
Contributors: Pat, Nancy, Ken Goodin, Don Schmidli, Jo Barnes, Mickey Babbitt

UPCOMING EVENTS:

April 30, May 1 and 2nd - 1st derby week-end
May 8th - OBSC Rib Dinner.
May 11th - Cholla Chapter Meeting - Black Dog
May 14, 15, 16th - 2nd derby week-end
May 15th - Xochitl's 10 Yr. Anniversary Party
May 25th - Red Hat Luncheon -1:00 - Call 382-5056 for place
May 28, 29th - Last derby week-end
May 30th - Fish Fry and Awards
Each Monday - Bridge at the club house. Notify Nancy Schmidli (382-5036) or Jo Barnes (382-5086) if you plan to play. Time - 12:30 -



HAPPY FISHING!!

49th ANNUAL DERBY

Don't forget - Derby Dates Are:

April 30 - May 2
May 14 - 16
May 28-29

Fish Fry and awards May 30th.

Hope all you fishermen can be here!! And, WOW
- Next year is our big "50"



CHOLLA CHAPTER NEWS

By Pat Goodin

On April 11th we had another successful luau, with a count of 99 people. Roger prepared chicken, pork, apple sauce, homemade bread, salad, potatoes, and I don't remember what all, plus homemade bread-pudding for dessert. What a fantastic feast! We tried for some entertainment, but being Easter week-end, we didn't come up with any. Still, everyone seemed to be having a great time. Thanks to all who helped set up tables, decorate, cook, take plastic off the new chairs, clean up around the building, etc. The patio in front of the club has been re-done and looks great. We have purchased 100 new chairs, and about 10 or so new tables. There is space now for everyone, so come on out to the functions of the OBSC and CBSC if you haven't been attending those events. You'll be greatly impressed.

The next meeting will be in Rocky Point - 2nd Tuesday, May 11th, at the Black Dog Restaurant. You'll have your choice of a fish or chicken basket, and I'm pretty sure that we'll be having live music. It's only a hop skip and "bump" from Cholla, so be sure and bounce your way into town. Just kidding. Actually the roads have been really good most of the time, and we do need to patronize the restaurants part of the time. Black Dog Restaurant now has VIP cards for members of our club. You can pick one up from me or Nancy. Put it out when you go there and you'll get happy hour prices on your drinks at any time, and a discount on regular priced meals. (Not the specials)

Submitted by Tere Wilson --
 A third reflection in poem by her friend, Lollie
 Butler (written 2001)

THE SKY ABOVE PUERTO PENASCO

August nights rise cool and clear
 Over the Sea of Cortez,
 One star opens like a note on white paper,
 One then another until the sky crackles.

We have ridden swells all day,
 Lines baited, flukes breaking the wake of
 fishing boats, Now tired beyond belief
 We climb adobe steps to spread bedrolls
 On the casita roof,
 The children sleep where they fall;
 Bright planets caught in mid-orbit.

Above us, lights we count on
 May have burned out long before we rose
 in this hemisphere.
 Our eyes take lustre as something stable-
 some are only tricks the sky plays on us.

Sad to think of stars before we came
 To register the colors of their lives,
 their deaths, like missionaries
 thrown off these cliffs by Aztecs,
 Their Aves streaking over dark space.

Below, across a moonlit path of water
 Bach begins his soft vibrato,
 Barks of spindly dogs drift up from town,
 Voices from the Cantina blur
 And we sleep,
 Stars and faces drifting from us
 Always beyond our reach.

SORRY!!!!

I must apologize for the typing errors in
 last month's "Chatter". I typed that one
 around midnight one night (won't try
 that again), and then forgot to run the
 spell check the next day. All my fault!
 Pat Goodin

COOK'S CORNER

by Pat Goodin

CRUSTLESS BACON & EGG QUICHE

- 1-1/2 c. milk
- 1/2 c. biscuit mix
- 3 eggs
- 1/4 c. butter or margarine, melted
- dash of pepper
- 1 c. shredded Cheddar cheese
- 8 bacon strips, cooked and crumbled

In blender, combine milk, biscuit mix, eggs,
 butter and pepper.. Pour mixture into greased
 9" pie pan. Sprinkle with the cheese and bacon,
 and gently press the cheese and bacon below
 the surface with a fork. Bake at 350 for 30
 minutes, or until knife inserted near center
 comes out clean. Let stand for 10 minutes
 before serving.

HEALTH HELP

FOODS FOR LONG LIFE AND WELL-BEING

by Pat, as found on webmd.com

What's the secret to staying healthy as you get older? Exercise,
 of course. Also, the right food. To get started, add these five
 nutrients to your diet:

- Soy to manage your cholesterol
- Fiber for your whole body
- Antioxidant "Superfoods" to protect your cells and heart
- Calcium for your bones
- Water for energy and your skin

In this issue we will concentrate of the first one - Soy to manage
 your cholesterol. "No, adding soy to your diet does not mean
 pouring more soy sauce on your Chinese food", says Leslie Bonci,
 MPH, RD, LDN, director of sports nutrition at the University of
 Pittsburgh Medical Center. It does mean adding soy foods such
 as tofu, soy milk, soy nuts, or the green soybeans called
 edamame by the Japanese.

See "Soy" on page 3 for continuing story

More information on the other nutrients to be in future issues.

KEN'S TRIVIA

What does the Mexican holiday of Cinco De Mayo
 celebrate?

THANK YOU DERBY SPONSORS

2004

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CHOLLA CHAPTER

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DBM DESERT BUILDING

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LATITUDE 31

LOBO DEL MAR

LOWERY'S AZ-MEX WINDOWS & DOORS

MERLE'S AUTO SUPPLY

MEXICO BONITO REALTY

PHOENIX FISHING SUPPLY

RAUL'S AUTO REPAIR

RCCI CARPENTRY

RIO RICO PROPERTIES

ROCKY POINT TIMES

S & E DRYWALL

SOUTHWEST AUTO BODY

STEEL DOOR OF TUCSON

TUCSON ROLLING SHUTTERS

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PLEASE
PATRONIZE
OUR
SPONSORS
AND THANK
THEM!!

POST
THIS
PAGE
UP
SOMEPLACE
SO YOU'LL
KNOW
WHO OUR
SPONSORS
ARE

WATCH
FOR THEIR
ADS IN
FUTURE
ISSUES OF
THE
CHOLLA
CHATTER

ADVENTURE - MY FIRST TRIP TO CHOLLA BAY **by Mickey Babbitt**

In February, 1958, over a long weekend that celebrated one of the President's birthdays, I began my first adventure in Cholla Bay. My husband, my six-week old son, my 17 month old daughter and myself were to be weekend guests of Stella and Joe Lupinsky, who shared a cabin with Jean and William Troxell. The highway between what is now Lukeville and the Cholla Bay turnoff (milepost 90) had just been paved (it had small amounts of black-top and really not entirely finished). At the mile post turn-off the real adventure began. The dirt road was such that no one expected to make it to Cholla Bay without getting stuck in the road once or twice. You were over the worst if you could make it to the arched "gate" manned by Chewy. He would ask the cabin number and you could proceed on down the "road". A wonderful time was had by all of us in Troxell's "tin shack". The wind and waves made extra noise baffling around the corrugated tin.

The highlight of the weekend was The 3rd Annual Cholla Bay Sportsmen's Club Fishing Derby and Fish Fry! Saw horses with boards were set up in the middle of the main road approximately where the gazebo is now, near Sally's Cholla Cafe. The fish caught by the fishermen was served fried, and everyone brought a side dish, chairs, plates, flatware, napkins, their own drinks, etc. The club then was mostly fisherman who came together to help each other and everyone else in Cholla Bay.

When you came from the States at that time, you brought EVERYTHING with you - gasoline, purified drinking water, ice (available only in unpurified blocks at that time). You could buy fish, tortillas, beer, booze, limes, and very little else. No one went back and forth to town. The Cholla Road was good for one round trip only. Some people would place bets on who would get stuck the most on the way out. In later years, we would go to "town" to buy tortillas from ladies who made tortillas on a big metal dome about the size of a dining room table, hand stoked with wood under the metal dome. Their braids would sway from side to side as they hand-slapped the tortillas before cooking them on the dome. But, THAT IS ANOTHER STORY!

SOY, continued from Page 2

Soy has an impressive resume, along with some inevitable controversy. Adding soy to your diet has been shown to significantly lower cholesterol, which can reduce your risk of heart disease. Plus, soy is high in iron, which many women need. Some women also say that soy helps them manage hot flashes and other symptoms of menopause, although those benefits have not been proven by long term clinical studies.

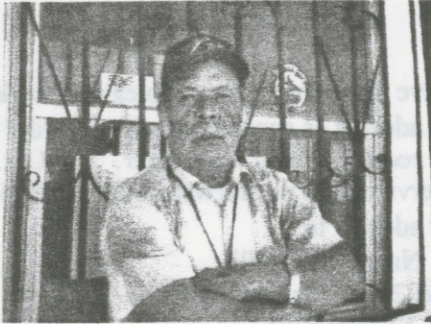
Still, its cholesterol-lowering benefits are powerful enough. Indeed, the right diet can lower cholesterol as much as medication, according to a study reported July 2003 in *The Journal of the American Medical Association*. That four week study found that a diet of soy fiber, protein from oats and barley, almonds, and margarine from plant sterols lowered cholesterol as much as statins, the most widely prescribed cholesterol medication. Soybeans themselves provide high-quality protein, are low in saturated fat, and contain no cholesterol, making them an ideal heart-healthy food. To lower your cholesterol, the American Heart Association suggests you look for products that provide 10 grams of soy protein per serving, and try to eat three or more servings per day.

THE LUAU

The luau was a complete success, with 99 people attending. We want to thank all the kitchen help - Drum roll here!! Roger Grabske - CHIEF OF THE CHEFS, Jerry Ketelhut - THE " DO IT ALL WITHOUT COMMENT" GUY (lookin' for bash pork pullers), Paul Schoonover and Andy Sussong - THE CHIEFS OF THE CHICKEN, John Sweet, Ken (Colorado Carrot) Johnson, B.O.B. (Onion Lover) Belk, Debbie Grabske, Pat Sussong and Grace Schoonover - THE VEGETABLE GURUS, Agnes Felton of SALAD LAND, and David Bennett - BREADMAN AND BREAD-PUDDIN MAN. THE FOOD WAS OUTSTANDING AND WE'LL LET YOU DO IT AGAIN NEXT YEAR! Thanks also to all the servers, decorators, bar tenders, table movers, chair plastic bag removers, yard cleaners, and everyone else who helped in so many other ways. There were just too many to mention, and don't want to forget anyone.

Answer to Ken's Trivia

The holiday of Cinco De Mayo, The fifth of May, commemorates the victory of the Mexicans over the French army at The Battle of Puebla in 1862. It is primarily a regional holiday celebrated in the Mexican state capital city of Puebla and throughout the state of Puebla, but also in some other cities in Mexico and the U.S. It is not, as many think, Mexico's Independence Day (which is Sept. 16).

The More You Know.....**By Jo Barnes**

Most of you know Agustin Leon Leyva, who has probably had the most impact on Cholla of any local Mexican citizen. Agustin was born in Pitiquito, Sonora, Mexico on September 11, 1942. He worked as a mechanic for many years and came to Peñasco in 1978, where he also worked as a mechanic. In November of 1979, he was hired as the Cholla radio operator by the Cholla Bay Sportsmen's Club, and has been the radio operator ever since. He has handled and helped co-ordinate numerous search and rescue operations, mostly on the water. He has always stayed with the radio until the last boat was safely home.

Agustin was hired through the City of Peñasco by the Cholla Homeowners to also be our policeman in 1979. Gus Brown furnished an apartment in Cholla for Agustin and his family, and the Cholla Chapter of the Sportsmen's Club did extensive carpentry and plumbing work to make the apartment livable. He and his family lived there for 9 years. His youngest son, who is now 21, was born while they lived in that apartment. They then moved to Peñasco so the four boys could attend school there. We were all happy to have Agustin living in Cholla because he was on call day and night and always patrolling and looking for thieves with his beautiful German Shepherd dog, Captain, when he wasn't on duty at the radio shack. He now lives with his wife, Pety, and her three children in his house in Peñasco.

Agustin has an uncanny knack of tracking footprints and tire tracks, and can tell if a car is owned by a Mexican or American by the tire prints in the sand. He has solved many robberies in Cholla, and recovered some irreplaceable stolen articles. For years his reputation has kept many would-be thieves from

coming to Cholla. He speaks and understands English perfectly and those of us who have been here for a long time have come to depend on Agustin for answers to our questions and/or problems.

He is now working as a policeman at the entrance to Cholla and when you see his little red car parked at the guard house, be sure to wave and say "Hello", but don't try to hi-jack his car!!

Thank you, Agustin for taking care of us.

Let's Go Fishing**By Don Schmidli**

Get a boat, get a pole, get a line and reel, get fishing!!! It's the 49th annual CBSC Fishing Derby, beginning April 30th, May 1st and 2nd. in Cholla Bay. And be sure to get your Derby Tickets from Agustin at the Radio Shack before you go out. He and Brad Moen, Derby Chairman, will be on hand to answer all your questions.

The tides will vary from plus 12.4 on Friday to plus 15.2 on Sunday. The water temperature will be around 70 degrees. We hope this will mean good fishing. We hope the weather will also be good.

Jack Straughan and Jerry Ketelhut and all their helpers will be on hand to weigh fish this first phase of the Derby, as I will be on a trip to Puerto Vallarta. Thanks, guys, and thanks also to Joe of J.J.'s and his workers for putting up and taking down the scales, as they do every derby. Also, thanks to Dave and Kelley Adams and Brad and Dee Moen for organizing the Derby. Good Luck to all and I'll see you the second phase, May 14th, 15th and 16th.

Hum Bug!!!!

SHIP'S STORE

Ship's store will be open everyday of the Derby 9 a.m. to 5 or 6. It is located next to the Radio Shack at the launching area. The new derby shirts have been designed and ordered by Dave and Kelley Adams. Be sure to get there early to get the sizes you want. We also have other very nice embroidered polo shirts and caps, plus many other things you will surely want.

We will need help at Ship's Store during each Derby. If you can do this, please call Pat Goodin 382 5056, Nancy Schmidli 382 5036 or stop by Ship's Store and "sign up". It's where the "action" is, so it's fun to be there. And, if business is slow, we can always play a game of cards!

Membership News:

Nancy Schmidli

Thanks to all of you who have joined the CBSC since the April Chatter came out. We now have over 205 memberships in the Cholla Chapter and over 35 in the Tucson Chapter. We were very happy to sign up five new memberships at the Luau on April 10th.

Welcome to the following new Members!

- Rick and Helen Dahlstrom
- Gretchen Ellinger
- Lewis and Robin Francis and family
- Michael and Dana McNary
- Dave and Lindy Owens

If you have not been receiving email from me, it's because I am getting many failures. I don't know why, but I will keep trying!!! stuffie@prodigy.net.mx

Invite a friend to join!

**CHOLLA BAY SPORTSMEN'S CLUB
MEMBERSHIP APPLICATION
\$40 FOR 2004**

New memberships are pro rated for 2004 are now \$30

Membership dues and other activities of the Cholla Bay Sportsmen's Club funded the purchase of radio equipment and support the maintenance and operation of the Marine VHF Radio (channels 16 & 26) for the Northern Sea of Cortez & CB radio(channel 3) in the Cholla Bay area. The CBSC pays the salary of the radio operator, assists in search and rescue operations and, when necessary, can assist with some arrangements for transportation of critically ill or injured. The CBSC conducts the annual fishing derby, publishes a monthly newsletter and promotes good relations between American visitors and our Mexican neighbors.

Name: _____

Address _____

City: _____ State: _____ Zip _____

Email _____

Cabin # _____ Phone _____

Mail to:
Cholla Chapter – Nancy Schmidli, P.O. Box 218,
Lukeville, Az. 85341

or

Tucson Chapter – Shirley Reid 1440 E. Hampton,
Tucson, Az. 85719

Address Change

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

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

The Moon, The Sun, The Wind and The Rain

May 2004

- SUNRISE – From 5:49 to 5:31**
- SUNSET – From 7:14 to 7:32**
- FULL MOON – May 4th – 1:33 p.m.**
- NEW MOON – May 18th – 9:52 p.m.**
- AVERAGE AIR TEMPERATURE 70 degrees**
- AVERAGE SEA TEMPERATURE 72 degrees**
- AVERAGE RAINFALL 0.004 inches**
- AVERAGE WIND SPEED 8.8 mph**

Special Notice

You will soon be receiving your Derby tickets in the mail, with an enclosed instruction sheet. We hope you will support the 49th annual Fishing Derby and the Club by purchasing your tickets for prizes that are awarded at the Fish Fry. The Derby committee works very hard to get some really great prizes. You do not have to be present to win. If you are not present to receive your prize, your name will be listed in the Chatter and you will be able to pick your prize up later at Ship's Store. This has been a problem in years past and we hope this will be a good solution.

Note: If you won a prize last year, 2003, and have not been able to pick it up, it will now be in Ship's store for you to pick up