



Nov 2011

Chicxulub Food Bank Program

We have just passed our 6th anniversary on the 15th and ready to continue. It is unfortunate that the need continues but we are ready for it.

THANK YOU FOR YOUR CONTINUED SUPPORT

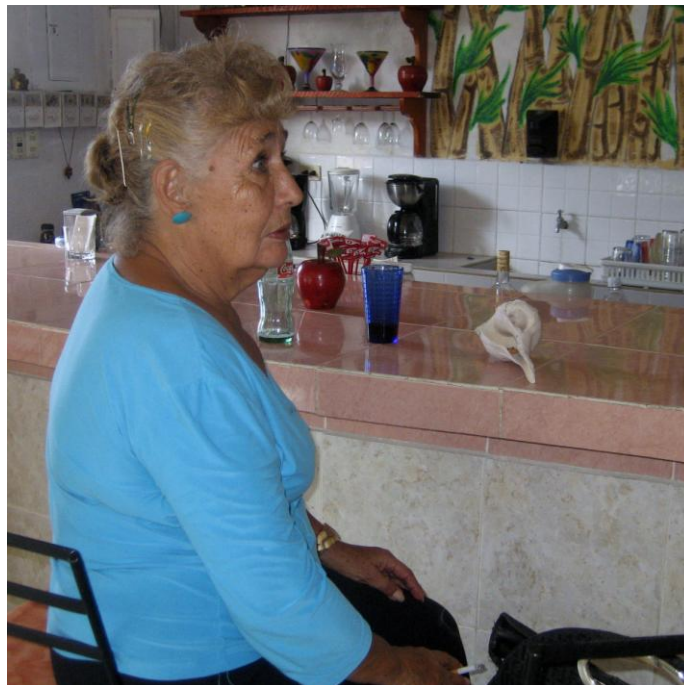
Here we are only one month away from Christmas and who knows where the time goes. I am trying to find out what families relocated to Flamboyanes from the cienega in September. If some of our people went then there will be room for new families.

There are currently 81 families on the list with others waiting in the wings to get on the list.

Noah and Evan have each adopted a family to sponsor for this year. They came to help pack the despensas and as you can see they were very intent on doing their best.



The 15th was a busy day with lots to do. Rita worked with the list of people who want to work outside of the home to get their contact information. It will be available this month at Bamboo Beach. Then she confirmed the size of each family to get the Christmas hamper list accurate. It seems the number of people is always changing.



Brin and Lyn worked with the vitamins and the kids. It is becoming more difficult to get the required vitamins on time from Similares. I don't want to change but may be forced to. Today Lyn and Brin handed out 30 bottles, 2 liquids and 2 newborn vitamins to the families.

Newborn Program

True to form we had our 4 new babies born throughout 2010-11, 3 boys and 1 girl and all received their package of clothes, vitamins, formula and water to help through the first 6 months of their new lives.



Yahir at 11 months



Erik at 4 months



Ximina at 1 month



Ernesto at 6 weeks

Albergue de San Joaquin

Volunteers are beginning to return and the residents are happy to see them. A group of students from the Tech visited this month and what energy we had. The residents always enjoy new people and this was no exception.



Tamara, another volunteer is coming Mondays to do chair yoga with the residents and if there is anyone out there who would like to assist please come on over to the home. Her group is from 11-12.

Cookbook Project

Have you sent in your favourite recipe for the cookbook project? If not, please send your recipes, biographies, and interesting information to: chixcookbook@gmail.com. The idea is to create a cookbook with recipes tried here in the area so long as the ingredients are available and the sky is the limit!

Purpura Plastika

The children and their artwork are progressing nicely. They are working on creating alibrijes which is an animal composed of various animal parts. Here are a few examples:



Familias Por Un Chicxulub Mejor (Families for a Better Chicxulub)

The **Hanal Pixan** workshop was a success. We gathered Saturday November 12th in Nakuk Pech, the cultural centre in Chicxulub and enjoyed the altars, new found knowledge, dancing and of course the food.

This altar was created by moms, dads, kids and teachers from the elementary school, Andres Quintana Roo



This one was created by the Juan Carlos and a group of children who are attending the Purpura Plastika workshop every Saturday.



The dancers did 4 sets of two dances each from Aztecs, Chiapas, Jalisco and Yucatan.

Concheros are ritual dances done by Aztec dancers to honour their deities. Tonight we saw rituals to fertility and war.

Aztec tribal dances



Jalisco





Sport Camp

It was suggested that we make a list of common baseball terms in both Spanish and English so the volunteers and kids can relate better. One of the boys, Mattias will be working with a volunteer, Dennis to develop the list.

English

Planning is in the wind for English classes at Andreas Quintana Roo, afternoon session to begin sooner rather than later.

English for Adults will be offered from January to March at Nakuk Pech in Chicxulub. So encourage anyone you know who is interested in learning.

Activity Group

Planning is in the works for the activity group to start up again but with a stronger connection to the classroom setting. Many kids are interested.

Items required:

- Wool;
- Toiletries;
- Knitted slippers
- Toner cartridge for an HP Laser Jet 4 92208A for Andres Quintana Roo elementary school
- Any leads on buying a Canon projector

Here is some local news to keep you up to date:

- **Yoga Classes**

Many folks have asked about local yoga classes and do I have news for those interested. Some of you may already know Tamara Stojadinovic who lives here in Progreso and once again Tamara is planning to give classes to interested yoga aficionados. You can reach her at tamarast11@yahoo.com for more information.

- **Yakunah** has a new menu and jazz music every Wednesday afternoon for your enjoyment. I have heard the music is great so if you like this type of music, mark it on your calendar.
- **La Casa de Malecon** is a new restaurant on the malecon close to the casa de pastel and is a good alternative to the well know places along the strip. The food is consistent and good. Chef David does a fine job of introducing new dishes. Word has it the menu will include Thai food.



- **Remembrance/Veteran's Day**

On November 11th, thanks to Jack, Peter and Linda about 50 members of the foreign community gathered at Bamboo Beach to honour our soldiers. This is the first time for this event and from the responses we are receiving it could become a regular event.



- **Slow Market in Progreso**

Looking for something different and healthy? We have a form of the slow market they have in Merida here in Progreso. The organizer is Lina Hyde and her Progreso Whole Food Cafe will be reopening Sunday, December 4th at 10 AM. You can find the market on calle 56 #138 between 21st & 25th, phone: (969) 935-7875 or email her at omi7@earthlink.net

Some of her basic staples are: eggs, milk, yogurt, kefir, goat cheese, butter, and requeson cheese. She will also have fresh organic produce like tomatoes, lettuce, mushrooms, cucumbers, eggplant, sprouts, carrots, baby greens, beets, & radishes. We also carry organic lamb (ground and cuts). Other miscellaneous products are chocolate, black pepper, hibiscus flowers, chutneys, jams, and body oils.

Our cafe menu consists of organic salads, lamb burgers, kibis, soups, and fish & chips, as well as sangria, hibiscus and cucumber coolers.

Monique Duval, from her bakery at the Slow Food Market in Merida, will be here on Sundays offering her breads.

- **House for Rent**

A large house on the beach is available to rent. If you are interested let me know and I can send you photos and information.

- **Electric Scooters for sale or rent**

This is good information if you require one or have a visitor who has mobility issues and needs help getting around. There is someone who will either sell or rent by the day a Travel Pal electric scooter. Information available on request.



Travel Pal

See you in a few short months.

Tax Donation Process

The process for making donations to the Canadian Food for Children organization who will send you a tax receipt has been working very well. Comments to me indicate they are efficient and prompt. I receive notification from their office when funds are transferred to the Food Bank account.

Here is how you do it.

All you need to do is write the cheque to:

Canadian Food for Children

40 King George's Road

TO Ontario

M8X 1L3

Attention Mary Reid.

Include my name and Chix Food Bank project and they will issue the receipt and deposit the money into the Food Bank account here in Mexico.

Ensure you add your email address on the back of the cheque so you can receive the monthly newsletter.

Please advise me if you are making your donation in this manner so I can keep the records straight for the Adopt A Family program.

The families of Chicxulub thank you for your caring and warm support.

Sharon Helgason