



Jan 1 2012

### Chicxulub Food Bank Program

The despensa this month was a beehive of activity. There was a group of volunteers who came out to pack the despensas and worked like a well-oiled unit. I think we were done in less than 45 minutes!

Here they are at work.



Then of course we had ensuring that we weren't



our supervisor slacking off.

These are the ladies



from Royal Beach 1 who came to participate.

Sunday dawned overcast, windy and cool but it was the 15<sup>th</sup> and most of the families appeared.



### **Newborn Program**

First new baby of the year (that I know of) is due in May and we have some great knitters making wee toques and sweaters for the new arrivals.

### **Albergue de San Joaquin**

Everyone has been making donations of socks and toques to the residents at the nursing home. Thanks to all of you for keeping them warm.



There is a group of men working on maintenance projects for the home and their first project is to remove the

6 concrete beds that are not used and taking up space.



Thanks to Daniel and his group for taking this on.

The group of ladies doing the exercise groups is doing a fine job keeping the residents active and warm. The wheelchair yoga group is coming along very



nicely.

And of course, we now have the students from the university taking Physiotherapy and Occupational Therapy coming twice a week to work with



the residents.

All of this combines to create a new energy that is a delight to experience.

### **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](mailto: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!

### **Adopt-A-Family Program**

As you know the success of the food despensas relies on your donations of \$75 to cover the cost for one year. As your donation comes in you are assigned a family. If there is anyone who wants to know about your adopted family please feel free to ask the question and I will send you a photo and summary. FYI: the program's fiscal year is from November to October.

### **Sport Camp**

Baseball is ready to begin on Jan 21<sup>st</sup> with the kids and the group of snowbirds willing to work with the kids.

### **English**

Susan has begun her class with the kids at AQR grade VI and reports a good time.

English for Adults began this month at Nakuk Pech in Chicxulub and the first class had an attendance of 11 adults and teens. Thanks to Ralph for taking this on.

### **Activity Group**

The first group was Jan 21<sup>st</sup> at Nakuk Pech and thanks to Wayne and Lorraine for leading this group. Only one boy attended but the volunteers are willing to persist and hope the kids come.

### **Items required:**

- Wool;
- Toiletries;
- Knitted slippers and toques
- Toner cartridge for an HP Laser Jet 4 92298A for Andres Quintana Roo elementary school. My eyes are failing me as this is now the

correct number; I think it is as difficult to find as the previous number...sorry! Thanks for looking.

- Any leads on buying a Canon projector or microphone.

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

### **Slow Market in Progreso**

The Whole Food Market in Progreso happens every Sunday from 10 am to 8 pm. You'll find the best lamb burgers on the planet, fresh organic vegetables, chutneys and Monique's Bread...check it out! Calle 56 between 21 y 25. For more information call Lina Hyde 01 969 935 7875. And her Whole Food Café is open every Monday from 11 to 3 pm.

### **Bamboo Beach, the home of the Chix Food Bank**

Charly and Ron continue to have their two specials on Tuesdays and Thursdays with some new additions.

1. For the liver and onion lovers who have forgone coming for supper because their partner shudders at the thought of L&O, Ron and Charly are now also offering for those non-liver customers, a nice marinated chicken breast on Tuesdays beginning the week of Jan 16<sup>th</sup>.
2. Also there have been some changes with the baby back ribs and various combinations of ribs and chicken.

If you have not tried either of these specials I would encourage you to do so.

### **Malecon**

Phase 2 of the malecon will be completed by the end of the month. There are many opinions on the entire project but come see for yourselves.

### **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.

### **Condo for Rent**

There is a new condo on the market at Neek Kan. It is a 2BR with den and if you are interested let me know. So far it is rented in February.

## **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 soon.

## **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