Our Village Life

Our Village Life, The Santa Familia Monthly Newsletter | **Newsletter May 07** Volume 1, Issue 1

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The New Village Council

By Jana C. Uhlik

So, here it is, the **New Village Council of Santa Familia**. Long awaited, and with a heavy load on them regarding expectations. There are so many things we need … We want our village to be safer, prettier, cleaner, and MORE FUN! But, of course, these people, who come into their new positions, will need our help to do a good job. They cannot achieve anything if we don't work with them and cooperate in any way we can.

Who are they?
First, there is Benicio Cano, the Village Chairman, then we have Abimael August as Vice Chairman, Shirley Humes as Secretary, Roy Cano as Advisor, David Carrillo for the Sports Committee, Miller Tun as Treasurer, and last but not least, Gilberto Guerra as Vice Treasurer.

What are their plans?
There is an address of the incoming Village Chairman which outlines his ideas and plans on the last page of this newsletter. He will introduce himself and tell you what he would like to do to make our lives better.

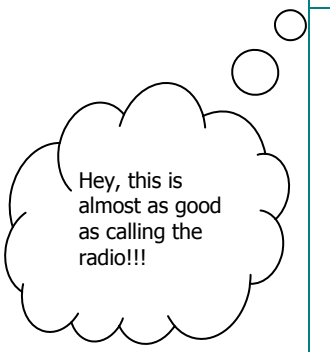
How can I reach them?
All Village Council members are available for you and your questions and concerns. On page 7 you will find their phone numbers, so you can contact them if you need them. They are willing to work for us – let's work with them, for our Village of Santa Familia!

The Santa Familia Newsletter

By Jana C. Uhlik

Maybe it's because I live in San Jorge, so I am not in the middle of the village where you get all the latest news about what is happening in Santa Familia, but also for other reasons I thought it might be a nice idea anyhow to inform everybody about what is going on. So I decided to create this small newsletter, which will be issued monthly and will tell you all the news … about what is happening in Santa Familia! A newsletter is only as good as the articles presented and how current the event dates are, so I would like to invite you all to participate.
Got a comment on something? When is your wedding date? Just had a baby? Want to express your feelings? Have a nice picture you want to share? Anybody is welcome to improve this newsletter and to put as much information in here as possible. I plan to create several new columns over the next couple of months, such as a quarterly financial report of the Village Council, a column with births, deaths and marriages, information about health and education and so much more!
Please help - send your articles by e-mail to janauhlik@gmail.com, call me with some information at 601 6246 or just drop your article or information into the little red mail box at the front gate of the Whistling Ducks Farm in San Jorge. Want to stay anonymous? NO PROBLEM.

Continued on pg. 2



The Santa Familia Newsletter

By Jana C. Uhlik

Continued from pg 1.

We treat all your information confidentially and will not publish your name if you don't want it to be out in the open. However, we reserve the right not to publish an article if it contains hateful, harmful or damaging content or is offensive in any way.

Please note that this newsletter is completely independent and not affiliated to any political or any other group. ANYBODY can write an article or give us information!

The sole purpose of this newsletter is to provide all villagers with necessary information, to catch their interest with special topics and to try to get everyone involved in making our village really OUR VILLAGE.

The Handing Over Ceremony

By Jana C. Uhlik and Paulette Robinett

On Friday, April 13, the Handing Over Ceremony from the last Village Council to the new one took place at the Community Center. Although I personally thought that should be a big village event because of its importance, it was just a small event with the following people present: Mr. Cowo from the Rural Development Office, Mrs. Beatrice Waight (Justice of the Peace), Mr. Alcario Cano, Mr. Domingo Chinchilla and Mr. Russel Aldane from the former Village Council, Mr. Benicio Cano, Mr. David Carrillo, Ms. Shirley Humes, Mr. Miller Tun and Mr. Roy Cano from the new Village Council, Ms. Marlyn Waight as interested party and Ms. Paulette Robinett as photographer.

Some of the handed over equipment from the old to the new Village Council.

What was handed over?

Money
Not as little as shown in the picture, but not very much more either … 136.22 Belize Dollars were handed over to the new Village Council…

Keys, Equipment, Tools
Keys for the Community Center
1 lawn mower, 2 weed eaters
5 plastic tables
1 large wooden table, 1 small wooden table
1 desk
63 plastic chairs, 1 broken wooden chair
Village Maps (oh, there were Village Maps???)

The Ceremony started with an explanation of the duties and responsibilities of a village council, followed by the oaths, the turning over of the equipment, and an equipment inventory, the handing over of the keys and current topics.

Football Marathon and Bingo Fundraiser

Helping a Family …

On Sunday, April 22, the Village Council - Youth and Sport Council, headed by David Carrillo, will organize a large fundraising event to help the Manzanero family, where a member needs an important operation. The Football marathon will start at 9 am and 12 teams were invited to play against each other. There will be lots of food and beverages for sale!! Call David Carrillo for more information: 621-2021.

On the day before, Saturday, April 21, there will be our first BINGO game in the village ever, starting at 3pm at Wilbur Humes House (next to the Humes Shop). The electric Bingo machine was donated by **The Rotary Club of San Ignacio** and we asked for permission to use it in the village to help the Village Council raise funds. The machine is currently stored at the Whistling Ducks Farm and either Ms Jana or Ms Robbie will organize the game. All the money will be given to the Village Council minus 10% which go to the Rotary Club as a usage fee. The Bingo cards will cost 1 Belize Dollar, or you can buy 6 cards for 5 Belize Dollars to increase your chances in every game.

Water Board Meeting Schedules 2007

By Paulette Robinett, Secretary of the Water Board

Please note that ANYBODY is invited to join the meeting to voice their questions and concerns regarding the water situation in Santa Familia. Please use the chance to speak up!

The **dates** of the meetings are:

April 22	3pm
May 20	2 pm General Meeting
June 17	tbd
July 15	tbd
August 19	tbd
September 16	tbd
October 21	tbd
November 18	tbd
December 16	tbd

Venue: Community Center

Water Board Billing Clerk Information

You can pay your water bill at the Humes Store in Santa Familia on the following days:

1st day of every month
8th day of every month
15th day of every month
LAST day of every month

TIMES: 8-12 am and 2-6 pm

Payments due before the 15th of the following month. Accounts 60 days past due will be disconnected automatically with no notices.

Water is LIFE!

Water … our WATER!!!

By Paulette Robinett, Secretary of the Water Board

Do you think the water board members only worry about the water supply system for the village? Then you would be 100% wrong! We also worry about health and preserving the groundwater which filters down into our water supply. Fecal matter from pampers which are just dumped on the ground and trash which attracts rats, mosquitos and other unsavory critters all have a negative impact on our groundwater supply. Proper disposal of ALL TRASH is important! If our water supply becomes polluted then what???

Go to war with each other for a glass of pure H2O? That is what the world needs to worry about, not just our little village. The impact of human activities is largely irreversible within the ecology. We need to promote harmonious development of man and nature. We need to put in place a good management system to stop our water and groundwater from becoming polluted. We need to enforce strong measures to punish the people who have no respect for the environment.

Santa Familia river bank and path!!

Anxiety Disorders

By Marlyn Waight

What are Anxiety Disorders?

Anxiety is a normal reaction to stress. It helps one deal with a tense situation in the office, study harder for an exam, keep focused on an important speech. In general, it helps one cope. But when anxiety becomes an excessive, irrational dread of everyday situations, it has become a disabling disorder. Anxiety disorders range from feelings of uneasiness to immobilizing bouts of terror.

Generalized Anxiety Disorder: Most people experience anxiety at some point in their lives and some nervousness in anticipation of a real situation. However, if a person cannot shake unwarranted worries, or if the feelings are jarring to the point of avoiding everyday activities, he or she **most likely has an anxiety disorder.**

Causes: ***The causes of anxiety disorders are not fully known, but both physiologic and psychologic factors are involved.***

Physiologically, all thoughts and feelings may be understood as resulting from electrochemical processes in the brain.

Psychologically, anxiety is viewed as a response to environmental stressors, such as the rupture of a significant relationship or exposure to a life-threatening disaster. Anxiety disorders may be due to a physical disorder or use of a legal or illicit drug.

Symptoms: Chronic, exaggerated worry, tension, and irritability that appear to have no cause or are more intense than the situation warrants. Physical signs, such as restlessness, trouble falling or staying asleep, headaches, trembling, twitching, muscle tension, or sweating.

Formal diagnosis: When someone spends at least six months worried excessively about everyday problems.

Treatment: Anxiety is among the most common, most treatable mental disorders. Effective treatments include cognitive behavioral therapy, relaxation techniques, and biofeedback to control muscle tension. Medication, most commonly anti-anxiety drugs, such as benzodiazepine and its derivatives, also may be required in some cases. Some commonly prescribed anti-anxiety medications are diazepam, alprazolam, and lorazepam. But consult your physician before taking any anti-anxiety medication

Anxiety...You are Not Alone

Did you know?

That there are five major types of anxiety disorders.

Research has shown that anxiety is the number one mental health **problem**; may contribute to mental **disorders** or other medical conditions such Diabetes and High Blood Pressure.

Women suffer from anxiety and stress almost **twice** as much as men.

Anxiety is the **most common** mental health issue facing adults over 65 years of age. (elderly)

Left untreated, anxiety may cause both physical and mental complications. Suicide is not uncommon among people with depression or anxiety disorders. Attempts to "self-medicate" the disorder may lead to substance abuse and alcoholism. Social anxiety can become so intense that agoraphobia develops, making it difficult to leave the house.

Generalized anxiety in Belize 4013 with a population of 272,945 that is without those that do not seek help.

17% of elderly men, 21.5% of elderly women experience severe anxiety with the lowest prevalence rates are for people between the ages of 15-24.

That it can affect people of all ages and can fully develop at any point during the lifespan

Self-care

These tips may help reduce your anxiety:

Take action. Determine what's making you anxious and address it. For example, if finances are your concern, draw up a budget.

Let it go. Don't dwell on past concerns. Change what you can and let the rest take its course.

Break the cycle. When you feel anxious, take a brisk walk or delve into a hobby to refocus.

Take care of yourself. Get enough rest, eat a balanced diet, exercise and take time to relax. Try to avoid caffeine and nicotine, which can worsen anxiety. Don't turn to alcohol or unprescribed drugs for relief.

-Talk to someone. Share your problems with a friend or professional counselor who can help you gain perspective

Source:
http://edition.cnn.com/HEALTH/library/DS/00502.html
http://www.wrongdiagnosis.com/g/generalized_anxiety_disorder/stats-country.htm
http://gad.about.com/od/prevalencerates/a/prevoverall.htm

Events in April/May

Saturday, 21 April
3 pm Wilbur Humes House / Shop
BINGO

First ever BINGO game in Santa Familia!
Fundraiser for the Manzanero family. Sponsored by **The Rotary Club of San Ignacio**, the Village Council and Whistling Ducks Farm.

Sunday, 22 April
9 am, Football Field
FUTBOL MARATHON
Games, Food, Drinks, Fun

Sunday, 22 April
3 pm, Community Center
WATERBOARD MEETING

All members of the Water board please attend. Call 602-3924 if you cannot attend. All villagers with questions and concerns are invited as well!!

Monday, 30 April
6 pm, Whistling Ducks Farm
WATERBOARD CONTEST!

Today is the last day for submitting your entries for the Water board Contest! Please bring your posters and essays to the Whistling Ducks Farm in San Jorge by that day.

Sunday, 13 May – MOTHERS DAY!!
3 pm, Park at the Police Station
MOTHERS DAY CELEBRATION

Let's celebrate our Mothers - not only this day, but every day! PRIZES in several categories for our Mothers! Food and drink and Christian music! SEE LAST PAGE!

Sunday, 20 May
2 pm, Community Center
GENERAL VILLAGE MEETING

Please come all! Lots of important information, water board issues. WB Contest winners will be announced and prizes awarded! There will be a Guest Speaker!

Sunday, 20 May
After the General Meeting, Community Center
BINGO – A Family Fun Event

Another fun afternoon with your family! Come and play Bingo and support the village!

Sunday, 27 May
2 pm, Community Center
BINGO – A Family Fun Event

Another fun afternoon with your family! Come and play Bingo and support the village!

VILLAGE CLEANUP IN MAY –
DAY TO BE ANNOUNCED!
Please come all and help clean up our village!

VILLAGE LIFE IN SUMMER -
DAY TO BE ANNOUNCED!
A BIG CELEBRATION FOR OUR VILLAGE!

Welcome

Births in Santa Familia

Devin Daylen, April 4
Diana Moh and David Manzanero,
Santa Familia

CONGRATULATIONS!

Goodbye

Deaths in Santa Familia

1 + 1 = ♥

Marriages in Santa Familia

Miguelito Guerra
Olga Carrias
14 April 2007,
Santa Familia

Ramoncito Jr. Landero
Matilde Bacabb
28 April 2007,
Santa Elena
Please come to the ceremony and reception only if you have an official invitation. Thank you!

CONGRATULATIONS!

CHURCH NEWS!

† New Generation
Service: every day except Thursday, 7 – 9 pm

† Catholic Church
Service: 10 am Sunday

† Seventh Day Adventist
Service: Sat. 9 am to 11.30 am

† Evangelical Holiness
Service: 7 pm Wednesday
10 am Sunday
7 pm Sunday

† Pentecostal Church
Service: Mo., Wed., Fr., Sat.
Sun. 7 pm to 9 pm, Sun. am

† Iglesia de Dios
Septimo Dia
Service: Wed. 7 pm
Sat. 9am – 11.30am
Sun. 7 pm

SCHOOL NEWS!

Are all your kids from 10 to 15 (if they go to school or not!) participating in the Water Board Contest about Water Preservation? Remember, they need to do an essay and a poster and there will be PRIZES!!
Deadline: 30 April!!
Info at all shops

Please all schools! Send articles!!

Letters to the Editor - 1 -

ARE YOU THE PROBLEM OR THE SOLUTION?

By Anonymous

Several members of the village where I live asked me why do I care and do so much on behalf of the community… instead of asking me, perhaps, the question should be redirected inward. Why do the members asking the question and the members of the community not care more? If members of the village or any village would combine their energy and efforts to improve everything for everyone jobs that take hours would take only minutes. Example: replacement of water lines, digging trenches, painting the water tower, cutting brush and weeds from community areas, village cleanup, trash removal, etc. Why wait for someone else to do it? Someone else might not be there, so don't lean on someone else ... stand up and be counted as part of the solution. If something needs to be done in your village just start fixing, cleaning, repairing, assisting, doing ... you will be a better person for it and your community will be richer for your presence.

Letters to the Editor - 2 -

ARMCHAIR QUARTERBACK

By ' Ms. Robbie'

It is very easy to be an armchair quarterback. All you have to do is sit back, watch, observe and complain about what everybody else is doing wrong and forget to give credit for what they did right. So my question to you: are you the quarterback who is directing the action on the field and rolling up your sleeves and helping to make a positive impact on your community? Or are you one of those armchair quarterbacks who the only thing they do good is tear down everybody else's efforts. If you are an armchair quarterback, remember: SILENCE IS GOLDEN and shut up and let the rest of us do the work - quit interfering with your negativism. The last time someone complained about the water boards efforts on behalf of the village they also offered suggestions for improvement. I asked if they would like to fill the empty spot on the water board. The answer: a resounding "Noooo!" They didn't want to be bothered. Said it was too much work … Hopefully, after reading this, you won't be an armchair quarterback but you will become an active positive member of the team. What team? The village! I am tired of hearing only complaints without getting any positive feedback or possible solutions. So let's work together and quit tearing each other down.

BUS SCHEDULES

Santa Familia to San Ignacio

6.00 am
7.30 am
8.00 am
1.00 pm
1.40 pm
3.30 pm

San Ignacio to Santa Familia

6.45 am
10.30 am to SL
11.00 am
12.30 pm
3.30 pm
4.00 pm
5.00 pm

Santa Familia to Spanish Lookout

6.00 am

Spanish Lookout to Santa Familia

7.00 am
1.00 pm

The Village Council News By Benicio Cano

The Members of the Village Council of Santa Familia

Benicio Cano, Village Chairman
Phone: 621-7482
E-mail: benny_2007@yahoo.com

Abimael August, Vice Chairman
Phone: 607-1513

Shirley Humes, Secretary
Phone: 621-6722

Roy Cano, Advisor
Phone: 620-7182

David Carrillo, Sports Committee
Phone: 621-2021

Miller Tun, Treasurer
Phone: 663-2140

Gilberto Guerra, Vice Treasurer
Phone: ---

The Members of the Water Board of Santa Familia

David Cobb sen., President
Phone: 609-3090

Paulette Robinett, Secretary
Phone: 602 3924

Marlyn Waight, Treasuer
Phone: 601-0279

Domingo Chincilla, Vice Chairman
Phone: 665-6486

Ivan Carrias
Phone: ---

Israel Rivera
Phone: ---

Cristobalina Leal
Phone: ---

With the change of the Village Council, there will be changes of the Water board also.

Our Village Life
Monthly Newsletter for the Village of Santa Familia

Whistling Ducks Farm
EDITOR
Santa Familia
Phone: 601 6246
E-Mail: janauhlik@gmail.com

ADDRESS FROM THE SANTA FAMILIA VILLAGE COUNCIL CHAIRMAN BENICIO CANO

Greetings in the name of our Lord Jesus Christ. I, Benicio Cano, as the newly elected chairman along with my council members would like to extend our sincere gratitude to all voters that went out on April 1, 2007, to cast their votes on our behalf. Thanks for the trust and privilege you have given to us to represent you as you Village Council.

I commit myself with the best of my ability as chairman along with my councilors to lead and guide our community to a field of progress, prosperity and a better environment.

The team I lead as your chairman is made up of principled members who are committed to serve you, together we must now work for the betterment of our community. I further say that our Village Council is founded on the principles of transparency, integrity and accountability and is committed to carrying out the responsibilities and authority afforded to us as your Village Council.

Villager, I humbly ask of your cooperation to help us and make Santa Familia a great and peaceful village to live.

Yours in Christ,
B. Cano

Needs to be taken care of:

We pledge to use our leadership skills to promote and organize:
- Sporting and recreational activities
- Maintain all public stations clean
- Improve the health center on a better basis
- Work hand in hand with the Water Board Committee
- Be very attentive and willing to work along with churches' needs, especially in fund raising.

IMPORTANT!!
DEADLINE FOR ENTRIES FOR THE ISSUE OF JUNE 2007:
May 20, 2007

Would you like to see your **AD** in this newsletter? Just let us know! For a small fee which will help us print this newsletter, we can put your ad anywhere on this newsletter. Please ask for sizes, formats and rates. Call 601 6246.

HEROES' TALES
Down at the Veteran's Hospital, a trio of old timers ran out of tales of their own heroic exploits and started bragging about their ancestors. "My great grandfather, at age 13," one declared proudly, "was a drummer boy at Shiloh." "Mine," boast another, "went down with Custer at the Battle of Little Big Horn." "I'm the only soldier in my family," confessed vet number three, "but if my great grandfather was living today he'd be the most famous man in the world." "What'd he do?" his friends wanted to know.
"Nothing much. But he would be 185 years old."

A Real Hero's Tale - if you know someone who has done something remarkable for the village, let us know! They deserve positive recognition.

If you find any errors, such as wrong dates, places, etc. please let us know!

Call the Editor at 601-6246

Do you want to be a reporter? There is no age requirement, no pay, possibly long hours and a requirement for accuracy. Contact Ms. Jana at 601 6246.

QUOTE OF THE MONTH!

Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

William James
(1842 - 1910)

Mother's Day

"To describe my mother would be to write about a hurricane in its perfect power." **- Maya Angelou**

A little boy forgot his lines in a Sunday school presentation. His mother was in the front row to prompt him. She gestured and formed the words silently with her lips, but it did not help. Her son's memory was blank. Finally, she leaned forward and whispered the cue, "I am the light of the world." The child beamed and with great feeling and a loud clear voice said, "My mother is the light of the world." **- Bits and Pieces, 1989**

Dear "Sister",

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her Mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter.

"Don't forget your Sisters," she advised, swirling the tea leaves to the bottom of her glass. "They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need Sisters. Remember to go places with them now and then; do things with them. "Remember that 'Sisters' means ALL the women... your girlfriends, your daughters, and all your other women relatives too. "You'll need other women. Women always do." What a funny piece of advice!' the young woman thought. Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sake! A grownup! Surely my husband and the family we may start will be all I need to make my life worthwhile!'

But she listened to her Mother. She kept contact with her Sisters and made more women friends each year. As the years tumbled by, one after another, she gradually came to understand that her Mom really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, Sisters are the mainstays of her life. After more than 57 years of living in this world, here is what I've learned:

THIS SAYS IT ALL:

Time passes.
Distance separates.
Jobs come and go.
Men don't do what they're supposed to do.
Hearts break.
Life happens.
Children grow up.
Love waxes and wanes.
Parents die.
Colleagues forget favors.

BUT.....Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach. When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end.

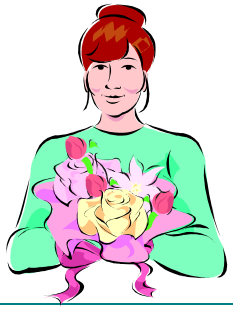
Sometimes, they will even break the rules and walk beside you...Or come in and carry you out..... Girlfriends, daughters, granddaughters, daughters-in-law, sisters, sisters-in-law, Mothers, Grandmothers, aunties, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other. Every day, we need each other still.

Different language ... same meaning all over the world ... MOTHER

Italian - Madre
Portuguese - Mãe
Albanian - Mëmë; Nënë; Burim; Kryemurgeshë
Belarusan – Matka
Dutch - Moeder; Moer
Greek - Màna
French - Mere
German - Mutter
Hindi - Maji
Urdu - Ammee
English - Mom, Mummy, Mother
Spanish – Mama
Hawaiian - Makuahine

P R A Y E R
Blessed are mothers
Models of care, like no others.
With mothers' love in mind
May we grow to shine.
Bright beacons of care
For family, friends, neighbors - Our world family everywhere!
-Susan Kramer



"All that I am or ever hope to be, I owe to my angel Mother." **- Abraham Lincoln**