

## Hello Cuba Community Members!

Good for us! Through the efforts of our wonderful watering volunteers, and a little help from our winter moisture, we have kept our trees, shrubs and wild flowers alive at the Village of Cuba St. Francis of Assisi Park! Trees, shrubs and wildflowers provide shade and wildlife habitat, purify the air and water, and beautify our surroundings.

Now, as we move into summer, we need as many watering volunteers as possible to see that the plantings survive the extremely dry conditions we are facing this year.

Being a Watering Volunteer is a great way to give back to your community while, at the same time, doing something good for yourself. Both getting out in the fresh air and volunteering are proven to reduce stress and improve well being.

It only takes a few minutes to turn on/off a spigot. While the spigot is on, you can take an evening stroll around the park trail, or do a bit of weeding, or run some errands in town, or even get home to start dinner (just be sure to come back and turn it off again!)

As you make your summer plans, please consider setting aside some time to be a Summer Watering Volunteer. Please contact:

Anna Schulte,  
 Healthy Communities Coordinator  
 Nacimientos Community Foundation  
 walkingchampion@stepintocuba.org  
 w. 575-289-3718  
 c. 505-288-2733



THANKS! And happy summer.

## Summer Walking



Walking is one of the safest, easiest and most effective ways to be active. The benefits of walking are many! Here are just a few: weight management, lower risk of illness & disease, improved mood and sense of well being, better sleep, stress relief, and pain relief.

We want to encourage more walking, because most of us don't get enough physical activity in our day.

But please be safe! In hot summer weather, it is important that everyone stay energized hydrated, and cool during their walk. Dehydration and fatigue are common in our dry climate. A walk should not be tiring, but refreshing. It should be a form of exercise, but also a form of enjoyment, relaxation and entertainment. Here are a few tips for your summer walking.

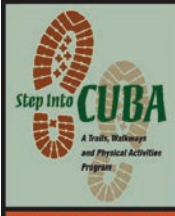

Walk early in the morning or later in the evening to avoid the hottest part of the day.

Tell someone where you are going and when you plan to be back, and carry a cell phone in case you need to call for help. Stay safe by walking with a friend or in a group, a wonderful way to get your exercise, and enjoy the company of others. Watch for cars and follow all traffic rules along roadways like NM 126, County Road 13 and US Hwy 550.

Dress for the weather. Wearing the right clothing for the summer temperatures will help keep you cool and relaxed during your walk. Thin all natural fibers, such as cotton, are a good choice for hot weather walking, or try clothing made of a synthetic blend that is designed to wick sweat away from your body. Light colored clothing can keep you cool and will help drivers see you if you are walking along a roadway. Always wear a sun hat. Wear appropriate shoes. Walkers of all ages need comfortable, lightweight and durable shoes. The flat sole should provide ample cushioning and support. Socks should be comfortable, breathable and moisture wicking.

Bring Plenty of Water: One water bottle per person per walk. Water is an essential part of summer walking. Water gives you energy and keeps you cool and hydrated. Snack on nuts and fruits. Nuts and fruits are a great source of energy. Combined with water, this type of snack will keep you walking with enough energy to go the distance. Lots of fruits are fresh and available in the summer time, but dried fruit is another good option.

Summer is a wonderful time to get outdoors and into nature. We are so lucky to live in an area with many beautiful mountain trails for your enjoyment. See you out there!

	<h3>Healthy Communities</h3> <p>Nacimientos Community Foundation                  www.stepintocuba.org</p> <h3>July 2011 Activities Calendar</h3>						
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>		<b>Friday</b>
	<b>8:00 AM</b>	Forest Service <b>STRETCHES</b> 15 Minutes					
	<b>9:00 AM</b>		Morning Park <b>WALK</b> 60 minutes		Morning Park <b>WALK</b> 60 minutes		
	<b>10:00 AM</b>		WIC Office <b>STRETCHES</b> 10 minutes		WIC Office <b>STRETCHES</b> 10 minutes		
	<b>12:00 PM</b>	Health Center <b>WALK</b> 30 minutes	Senior Center <b>WALK</b> 15 minutes	Health Center <b>WALK</b> 30 minutes			Senior Center <b>WALK</b> 15 minutes
	<b>12:30 PM</b>		Library Loop <b>WALK</b> 30 minutes				Library Loop <b>WALK</b> 30minutes
<b>01:00</b>		Senior Center <b>WALK</b> 15 minutes	Senior Center <b>STRETCHES</b> 10 Minutes	Senior Center <b>STRETCHES</b> 10 Minutes	Senior Center <b>WALK</b> 15 minutes		
To sign up for an activity, call 575-289-3718, or e-mail: walkingchampion@stepintocuba.org For Senior Center information, call 575-289-3510							

## A VISIT FROM A LEGISLATIVE ASSISTANT AND A LETTER FROM THE WHITE HOUSE

On May 27th, Matt Ruybal, Legislative Assistant for Congressman Ben Ray Lujan visited Cuba. Congressman Lujan was scheduled to visit but due to the voting schedule in the U.S. House of Representatives he was unable to come in person. Mr. Ruybal had an active



day. Met at El Bruno's by Dr. Richard Kozoll and Jeanette Linville from the Nacimiento Community Foundation and Step Into Cuba, Susan DeFrancesco of the UNM Prevention Research Center's Healthy Kids Healthy Cuba project and Loretta Tollefson of the Mid-Region Council of Governments (MRCOG), Mr. Ruybal first walked from the restaurant to the Village of Cuba St. Francis of Assisi Park. He exper-

enced firsthand the challenges of a pedestrian attempting to cross US Highway 550 and learned about the efforts of the Village, Step Into Cuba and the NM Department of Transportation to make Cuba's Main Street more pedestrian friendly. At the park, the group was met by community volunteers who have been active in Park improvements, Step Into Cuba, the Cuba Farmers' Market and the Cuba Community Garden.

Mr. Ruybal walked the park trail while learning about the Step into Cuba and Healthy Kids, Healthy Cuba projects. Before leaving the Park, Mr. Ruybal planted a native wildflower, earning him an official Step into Cuba volunteer hat! Mr. Ruybal was impressed with efforts of the Village of Cuba and community volunteers to encourage a healthy lifestyle. He promised to share all he learned with Congressman Lujan, relaying to the group the Congressman's interest in projects that can improve the health of Cuba's children and their families. Mr. Ruybal ended his visit by taking a short hike on the proposed Fisher Trail, accompanied by Dr. Kozoll.

Mr. Ruybal's visit follows a trip made by Dr. Kozoll and Susan DeFrancesco to Washington D.C. in March 2011 for a two and half day workshop and meetings with New Mexico's Congressional Delegation. The trip was sponsored by the Robert Wood Johnson Foundation to help Healthy Kids Healthy Communities (HKHC) build and strengthen relationships with members of Congress and their staff. In order to let the Senators and Representatives know the impact the HKHC project is having in New Mexico, Dr. Kozoll and Ms. DeFrancesco visited all of the New Mexico Congressmen's offices and talked about the efforts of Step Into Cuba and Healthy Kids Healthy Cuba to encourage healthy lifestyles among families in Cuba. They invited Representative Lujan to visit Cuba and meet with community volunteers.

Dr. Kozoll and Ms. DeFrancesco also delivered letters from Cuba residents and soon to be 6th graders Lisa Cowboy and Tamara Lewis to each Congressman. In the letter the girls described their involvement in the Cuba Community Garden, their yoga classes, and how important it was for them to be involved in these community efforts. Dr. Kozoll and Ms. DeFrancesco also asked Senator Bingaman's office to deliver a similar letter from Tamara and Lisa to First Lady Michelle Obama. This past month, the girls were shocked to open their mailbox and find letters as well as autographed photos from President Barack Obama and

First Lady Michelle Obama! In her letter to the girls, the First Lady congratulated them on their community efforts.

"This is great for the children, they were so thrilled to get the recognition of the First Lady – it's something they will probably always remember," said Shari Smoker, UNM Prevention Research Center Community Project Coordinator. "I encourage more of our local youth to get involved in community projects. Great things can happen- things that can change their lives forever."



THE WHITE HOUSE

May 9, 2011

Darrelcia Cowboy  
Tamara Lewis  
Post Office Box 418  
Cuba, New Mexico 87013

Dear Darrelcia and Tamara:

Thank you for writing. Your letter was so thoughtful, and I love to hear about your views and ideas.

Here at the White House we started a program called *Let's Move!* to keep our Nation's children healthy. We want to keep gym classes in schools, serve healthier meals to students, better inform parents about nutrition, and make sure that all communities have access to healthy, fresh, and affordable food.

Each of us has a role to play in making sure kids across our country get healthy, and you can make a difference for yourself, your family, and your community. Your generation is full of creativity, energy, and great ideas. So encourage your family to cook dinner together, turn off the TV and play games, and take walks or bike rides. Try organizing a school garden or sports team. Or you can visit [www.LetsMove.gov](http://www.LetsMove.gov) to learn more and get involved.

Thank you again for your letter. Keep up the good work and remember that with the right attitude, you can do anything. So get ready, get excited, and get moving!

Sincerely,

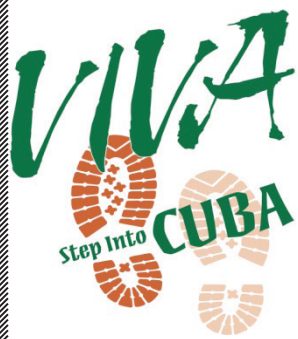
*Michelle Obama*

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### WE'VE MOVED!

The University of New Mexico (UNM)  
Prevention Research Center Cuba office has moved.

Effective July 1, 2011, our new location is:  
Nacimiento Community Foundation  
Public Health Office -Food Pantry Trailer  
6362 Hwy 550  
Cuba, NM 87013

For information about our projects please call  
Shari Smoker,  
Community Project Coordinator  
575-289-0244

## CUBA MESA RECYCLERS

158 Hwy 197 Cuba, New Mexico

575-289-3274 or 505-330-1065

NEW HOURS STARTING IN 2011

Monday thru Friday 8:00 am to 4:30 pm

Closed for Lunch 12:00 to 1:00

SATURDAY 8:00 am to 11:30 am

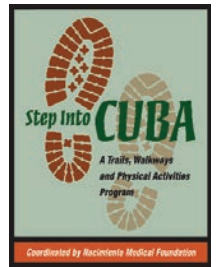
Got an Eye Sore in your Yard? Recycle it Today!

We Recycle All types of metals, Aluminum, Tin,  
Copper, Brass, Batteries, Steel, Stainless Steel, Lead,  
Appliances, Cars with Titles

Keeping Cuba & Surrounding Areas Natural-ly Wonder-ful  
Call or Come Down and See Us



## Trail Construction Workshop Attracts Enthusiastic Youth and Volunteers



On June 27 and 28, 2011, seventeen people attended a Backcountry Trail Design & Construction Introductory Training Course in Cuba NM. The course was taught by Attila Bality, National Park Service, Rivers, Trails and Conservation Assistance Program and facilitated by the Nacimiento Community Foundation (NCF) Step Into Cuba Project. Participants began with a classroom overview of trail design with particular attention to sustainable grade, safety, and construction techniques. The group then moved to the "field" – the NCF property connecting the Cubita Road to the Santa Fe Forest - in order to use newly learned tools and techniques first hand on the recently designed Fisher Trail. By the end of the workshop the group learned to determine trail grade with a clinometer, created several hundred yards of full bench cut trail, built several retaining walls, began work on a switch-back, and learned techniques for clearing vegetation from trail corridor and building cairns.

"Building trail is a real community building project. It was a great way for us to get to know each other and it was rewarding seeing what we accomplished, working together." Said Anna Schulte, participant.



Coordinated by NCF, with incentives provided by UNM PRC, three local youth; Joseph Gallegos, Tommy Lewis, and Jeremy Pinto, put their new skills to use and continued working on the trail through the second week in July. The experience they have gained could lead

to future jobs with Youth Conservation Corps or Forest Service.

"They are doing something great for our community," Dick Kozoll said of his crew, "Participating in the creation of a locally accessible hiking trail where people can be physically active."

Work will continue on the Fisher Trail over the summer, some of the workshop participants have already volunteered to build steps that are needed to climb out of one arroyo crossing. Once the trail is complete, hikers will be rewarded with new access to Cuba Mesa including stunning views of Cuba and the Sierra Nacimiento.

Congratulations to those who participated in the June 27 & 28 workshop and earned their certificate of completion!

Mary Birdsong	Anthony Bowens	Darrellyn Cowboy
Rufina Cowboy	Julia Edwards	Joseph Gallegos
Terry Johnson	Dick Kozoll	Tommy Lewis
Gene McCracken	Owen Meyers	Cord Mounkes
Alex Paz	Julie Pederson	Jeremy Pinto
Anna Schulte	Olson Tsosie Jr.	

If you are interested in an opportunity to learn trail building skills or wish to volunteer to help build the Fisher Trail, please contact the Nacimiento Community Foundation at 575-289-3718.