

Cuba Youth Visit NM Legislature

On Thursday March 17, 2011 Cuba resident Rufina Cowboy and her children Lisa Cowboy, Tamara Lewis, and Chloe Cowboy, joined by Shari Smoker and Susan DeFrancesco from the UNM Prevention Research Center's Healthy Kids Healthy Cuba Project, rode the NM Rail Runner to Santa Fe for a visit to the New Mexico State Legislature. Upon arriving in Santa Fe, they headed to the State Capitol Rotunda Building to take a guided tour. After the tour, the children visited with State Senator Lynda Lovejoy and State Representative James Madalena.

Senator Lovejoy, spent some time with the children talking about the importance of growing food and getting back to traditional Navajo ways. She also talked with Lisa about her important job on the student council -- and likened Lisa's job to hers. Afterwards, when Susan asked Lisa if she could picture herself as Senator Cowboy one day, Lisa said "Yes!"

Representative Madalena spoke to the family about the districts he represents and congratulated them on their work in the community garden. The final stop before heading home was the Governor's office. The family posed for photos and toured the Governor's outer office.

Tamara Lewis and Lisa Cowboy also recently wrote letters to their Senators and Congressman in Washington D.C., as well as First Lady Michelle Obama, inviting them to visit the Village of Cuba and describing all of the community efforts they are involved in. The letters were personally delivered to Washington D.C. by Susan DeFrancesco and Dr. Richard Kozoll of Cuba, who participated in a training and in a series of meetings with our Congressmen and their legislative assistants sponsored by the Robert Wood Johnson Foundation as part of the Healthy Kids Healthy Cuba project. They spoke with the Congressional members about the work Step Into Cuba is doing and the work on the Farmers' Market and community garden, and asked them, among other things, to visit Cuba to see the work first hand and visit with the community members involved.

Cuba Community Coordinator Shari Smoker expressed her pride in the Cowboy family. "These children are an inspiration. They continually volunteer in the community for the Cuba Community Garden and in school, and are motivated each day to improve their community, their health, and learn new things. I really think it was important for the family to meet their local representatives and for our state legislators to learn about the great things going on in Cuba." For more information on Healthy Kids, Healthy Cuba, contact Shari Smoker at 575-289-0244.



(L) State Senator Lynda Lovejoy visits with the Cowboy Family.



(R) State Representative James Madalena visits with the Cowboy Family.

End of another Year! Count those rent receipts!

**Just seems that we live for the landlord?
Never seem to get ahead? Ready to get out of the rut?**

1 Bedroom rental in the Cuba Area - \$300 per month.

2 Bedroom rental in the Cuba Area- \$450 per month.

3 bedroom rental in Cuba Area- \$600 per month.

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**OWNING A HOME CAN COST AS LITTLE AS
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**OWNING A HOME CAN COST AS LITTLE AS
\$653.00 PER MONTH - \$100,000** on approved credit.

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Cuba

- 1) 2 bedroom 2 bath single wide home. Hill top view. 1 ac. lot. \$69,000
- 2) 2 bedroom 1 bath. Garage + pole barn 8 acres. Secluded. \$174,900
- 3) 2-3- 4 bedroom 2 bath. Adobe 3300 sq.ft. includes guest house \$265K
- 4) You get to be the landlord. 3 residential units+store front. \$99,000
- 5) 3 bedroom 1 bath adobe home. 5 ac. Irrigation rights. \$89,000
- 6) 3 bedroom 1 bath on Highway 550. ¾ ac. Great investment \$64,900
- 7) 3 bedroom 1 1/2 bath adobe 1 ac+near schools. Huge garage \$79,900
- 8) 3 bedroom 2 bath. 2 story 2.5 acres. Recent renovation. \$115,000
- 9) Quaint adobe home on Rio Puerco. 2-3 bedroom 1 bath. \$65,000
- 10) 3 bedroom 2 bath ½ ac. with detached 2 car garage. \$89,000
- 11) 5 bedroom 4 bath on 2 acres. 5,200 sq. ft. Deer Lake \$399,900

La Jara

- 1) 3 bedroom 2 bath log home on 1 ac. large garage for \$159,000
- 2) 3 bedroom 2 bath hill top view on 1.6 ac. \$2K incentive. \$85,000
- 3) 2 homes on ½ ac. Converted medical office + MH. \$104,900

Regina

- 1) 2 bedroom 1 bath + detached guest bdrm. 1 car / shop. \$110,000
- 2) Large 2400 sq.ft. home 3 bd. 2 bath with shed & carport. \$170K
- 3) 2 bedroom 1 bath, 2 story Log Cabin. Bear paw Lake. \$85,000

Lindrith

- 1) 3 bedroom 2 bath + 30 X 50 garage. Pole barn. 10 ac. \$152,000
- 2) 4 bedroom 1 bath log home. 30 X 50 garage workshop. \$129,000

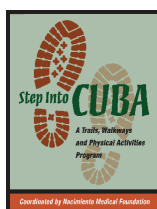
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Summer Job

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June 27 – July 12, 2011

Paid training, work outdoors on Nacimiento Community Foundation

Open Space in Cuba, NM, building a walking/hiking trail for our community!

If you are interested call:

Anna Schulte

w. 575-289-3718 c. 505-288-2733

or email walkingchampion@stepintocuba.org.

www.stepintocuba.org

Brought to you by:

National Park Service Rivers, Trails & Conservation Assistance program

Nacimiento Community Foundation Step Into Cuba program

University of New Mexico Prevention Research Center

The Robert Wood Johnson Foundation

Cuba Part of National Study to Count Pedestrians and Bicyclists

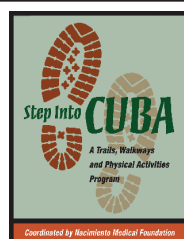
Soon Cuba community members will team up with staff from the University of New Mexico Prevention Research Center (UNM PRC) and count the number of pedestrians and bicyclists along main roads in Cuba. Using guidelines from the National Bicycle and Pedestrian Documentation Project, the community of Cuba will once again contribute to data collected for the National Bicycle and Pedestrian Documentation Project, and for use by the Village of Cuba and the Step Into Cuba Alliance. The National Bicycle and Pedestrian Demonstration Project is a nationwide effort to create a uniform, consistent data collection system for walking and bicycling.

In May and September 2010, community members and UNM PRC staff positioned themselves at three locations in Cuba near two major roadways (U.S. 550 and NM 126) and in the Village of Cuba's St. Francis of Assisi Park to count pedestrian and bicyclists. The counts for 2010 showed that on average there were 25 pedestrians and bicyclists recorded each hour across all locations. The majority (88%) were pedestrians, two-thirds (67%) were male, and almost one-third (30%) were children or youth. The busiest site was along U.S. 550 at Miera Road.

The UNM PRC and community members will be repeating the counts at the same locations this year in May, July, and September. The data will show any changes in walking and bicycling in the community over time as improvements are made to make the roads and sidewalks in Cuba safer and more attractive for pedestrians. The information can also assist in planning and implementing ideas and improvements for the benefit of Cuba and other communities nationwide. The results will be reported to the Village Council and the community.

Thank you to Mayor Richard Velarde, the Cuba Village Council, Loretta Jacquez, Tim Rogers, the Step Into Cuba Alliance and all of the community members who are involved in this project.

For more information on the Cuba Bicycle and Pedestrian Counting Project contact Shari Smoker: 575-289-0244, ShSmoker@salud.unm.edu or Theresa Cruz: 505-272-8379, ThCruz@salud.unm.edu. For information on the National Bicycle and Pedestrian Documentation project go to: <http://bikepeddocumentation.org/>



Healthy Communities

Nacimiento Community Foundation

www.stepintocuba.org



Spring 2011 Activities Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 PM		Senior Center WALK 10 minutes	Health Center WALK 30 minutes		Senior Center WALK 10 minutes
1:00 PM			Senior Center STRETCHES 10 minutes	Senior Center STRETCHES 10 minutes	
2:30 PM	School Road WALK 60 minutes		School Road WALK 60 minutes		School Road WALK 60 minutes
04:00 PM	Eichwald Center YOGA 20-60 minutes		Eichwald Center YOGA 20-60 minutes		Eichwald Center YOGA 20-60 minutes

To sign up for an activity, call 575-289-3718, or e-mail: walkingchampion@stepintocuba.org

*For a Village of Cuba Eichwald Center Gym Membership, call 575-289-3758

For Senior Center information, call 575-289-3510

Cuba Farmers' Market holds Customer Appreciation Celebration!

On Saturday March 26, 2011, the Cuba Farmers' Market held a Spring-time Celebration at the Village of Cuba Senior Center. Community members stopped in for a free delicious meal, cooked with locally grown foods. Music was provided by DJ Marty Vigil- and the dancing was fantastic! The celebration gave the community an opportunity to visit with and speak to members of the Cuba Farmers' Market, learn how to get involved in the Market and also learn valuable information on growing foods. They were also able to view a fabulous display of photos and information on locally grown foods arranged by Farmers Market Vendor and Committee Member Walter McQuie. In addition, the celebration included a seed exchange with many varieties shared by community members.

A special thank you to the sponsors and volunteers who made the celebration possible: The Village of Cuba, Loretta Jacquez, Melissa Crespin, Nacimiento Community Foundation, the Cuba Farmers' Market Planning Committee, Ann Stern, Carl Stern, Walter McQuie, Richard Jamison, Ron Jamison, Julie Pederson, Fatou Gueye, Marty Vigil, the UNM Prevention Research Center, and the Robert Wood Johnson Foundation.

The 2011 Farmers Market Season begins May 7, 2011 from 9am to noon at the Village of Cuba St. Francis of Assisi Park with plant sales and early produce. Regular Season begins July 2, 2011 and will run every Saturday from 9:00 a.m. to NOON at the Park. For details on the Market or to become a vendor this Season, please contact Shari Smoker, at 575-289-0244.



Cuba Community Garden Celebrates 4th Annual Spring Planting Day

On Saturday, March 26, 2011, Cuba area gardeners, community volunteers, and local youth came together with shovels in hand to work on Cuba's Community Garden. The Garden provides community members a safe place to grow food and plants where they can also network with others. It's also a way to make fresh healthy foods more accessible to Cuba community members.

With the help of many volunteers, the garden was weeded and prepared for new growth. The garden has a total of 20 raised beds and it is the hope of the Garden to build more for future growers.

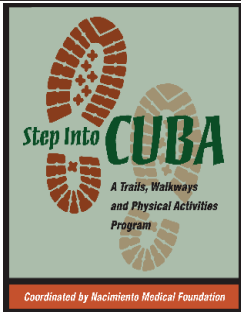
Volunteers and members enjoyed a presentation on spring soil preparation by guest speaker John Phillips (Soil Biologist) and also enjoyed a visit from Woodsy the Owl!

Garden Directors Dr. Suzanne Norman and Jill Mumford also demonstrated the creation of a Hoop House (a hoop house is a small green house/structure that can be built over your garden to help extend the growing season) and provided information on gardening.

If you would like to volunteer your time, donate goods or services, or start growing at the Cuba Community Garden, please contact Dr. Suzanne Norman at Nacimiento Community Foundation 575-289-3718, Jill Mumford at 575-289-3746, or Shari Smoker at 575-289-0244.



Hoop House



Congratulations to Cuba Elementary School's healthy physical activity for EVERY student!

From January through May, 2011, every student at the Cuba Elementary School had thirty minutes of extra physical activity every week. This was made possible through collaboration with the Nacimientto Community Foundation's Step Into Cuba: Healthy Communities program.

Each grade level at Cuba Elementary School (Pre-K through 5th grade) had a scheduled 'P.A.' (physical activity) session, once a week. The fun physical activity sessions were lead by Anna Schulte, Nacimientto Community Foundation's Healthy Communities Coordinator and Step Into Cuba Walking Champion.

Sometimes the groups would walk to the high school football field to play touch football, run on the track, or turn cartwheels on the turf. But mostly, they went for wilderness walks on the beautiful Cross Country Trails. These trails are located right on the Cuba Independent School District Campus. The trails run up and down sandstone foothills and criss-cross through large pine forest. The elementary kids would run, climb hills, explore nature, stretch their arms and enjoy the fresh, pine-scented air. Kids enjoyed the warm sun and occasional hawk and horse sightings. One kindergarten student was overheard saying, after an especially wonderful walk, "This was the most amazing day of my life!"

These adventurous outings helped students at Cuba Elementary School de-stress and return to class refreshed. Kids learned that being active is fun and rewarding, and that it should be a part of everyday life. Ask your kids to go out on a nature walk with you and see how great it feels! You can try out the Cross Country Trails at the Cuba Schools, or walk around the nature trail at the Village of Cuba St. Francis of Assisi Park or Library Trail. There are probably even some nice places to get out and enjoy the fresh air and natural surroundings near your house. Even five minutes can make a big difference.

The Step Into Cuba: Healthy Communities Initiative is funded by New Mexico Department of Health Diabetes Prevention and Control Program.



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