

Village of Cuba Works with Step Into Cuba to Improve Walking Trails

At the December 16, 2009, Village Council Meeting, Mayor Velarde and the Members of Council gave their approval for the Step Into Cuba Alliance to seek additional funding

from the New Mexico Department of Transportation on behalf of the Village of Cuba.

UNM Prevention Research Center, a Step Into Cuba Alliance Member, has contracted with former NM Department of Transportation Bicycle, Pedestrian and Equestrian Coordinator, Mr. Tim Rogers, MCRP, to compile, complete and submit the required Project Identification Forms by the January 15, 2010 deadline.

Mr. Rogers, one of the state's leading experts on national engineering standards, guidelines, and best practice in the area of walking and bicycling, will work with the Mid-Region Council of Governments Rural Transportation Planning Organization to request funding for sidewalk rehabilitation, traffic calming, crosswalks and other improvements along the Highway 550 Corridor through Cuba. Additional projects improving the bicycle/pedestrian safety of our village may also be identified and submitted.



Dr. Kozoll meeting with Tim Rogers

Dr. Richard Kozoll, Step Into Cuba Volunteer Coordinator, and Anna Schulte, Healthy Communities Coordinator, met with Mr. Rogers in Cuba on December 18, 2009, for his initial site visit/discussion of possible projects.

This latest approval from the Mayor and Village Council demonstrates their continued support for the efforts of the Step Into Cuba Alliance. This partnership has already resulted in many accomplishments. Most recently, there was the coordination with UNM Landscape Architect students who came up on December 3, 2009, to gather more input from our community and help us begin to develop a Master Plan for the park. This builds off of the May 28, 2009, Walkability Workshop, which engaged community members and encouraged them to voice their requests and concerns about safety and increased physical activity venues throughout the Village of Cuba for children, adults and seniors.

This past summer, the Village Workers bladed a new walking trail near the Cuba Library, which is used and appreciated by many residents, especially our Senior Citizens and children living near by.

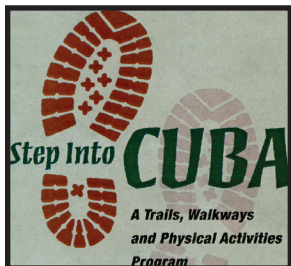
In the spring of 2009, the Village bladed a new walking trail around our St. Francis Assisi Park, which many residents have been using to increase their physical activity. The Village Workers also helped volunteers enhance our park by transplanting trees and planting seedlings, as well as hauling and placing boulders for landscaping features.

The Mayor and Council have also agreed to build up the walking trail at St. Francis Park in preparation for all weather surfacing and to provide support and assistance for planting more trees in the park, which has been made possible by a Re-leafing Grant from the New Mexico Forestry Division. The Village governing body has also offered to co-sponsor a future Pedometers Lending Program at the Library.

A special Thank You must go to Vandora Casados, Village Clerk/Treasure, for her patience, her guidance, and her ability to take the ideas/proposals presented and turn them into practical tasks to accomplish these improvement to the Village of Cuba

For more information about Step Into Cuba activities, please contact Anna Schulte 575-289-3178 (work) or 505-288-2733 (cell) and visit the Step Into Cuba Website at <www.stepintocuba.org>





Save The Date!

**Saturday,
January 30th
10am - 2pm**

The Step Into Cuba Alliance
would like to invite YOU to the
St. Francis Assisi Park/Eichwald
Recreation Center
Ideas Workshop
with UNM Landscape Designers

Saturday, January 30th 2010,
from 10am - 2pm at the
Eichwald Recreation Center
in Cuba, NM

Come sketch, draw and model
your ideas to help develop a St.
Francis Assisi Park
Eichwald Recreation Center
Master Plan

Have your wishes known and find out what other
people are thinking. Hear about all the suggestions
our community has given so far. Together, we can
inspire a wonderful, workable plan!

Light refreshments!

For more information call 575-289-3718

St. Francis Park Ideas Workshop

Come prepared to share your creative insights for the redevelopment of St. Francis of Assisi Park at the Eichwald center on Saturday, January 30th, 2010 from 10am to 2pm. Students from the University of New Mexico School of Landscape Architecture and Planning along with the National Park Service and the Step Into Cuba Alliance will be hosting an Ideas Workshop. The UNM graduate students will gather YOUR thoughts and ideas and transform them into visual drawings as part of a redevelopment plan for St. Francis of Assisi Park. With maps and markers to people and food – this event would be unfortunate to miss.

Who should participate? Anyone who has used St. Francis of Assisi Park for walking, biking, soccer, playground, observing, picnics, baseball or exercise should share your vision of the park's future. Everyone who has driven by, run past, bogged through or dropped your kids off at St. Francis of Assisi Park is encouraged to come give your perspectives on how it should be used. Anyone who has heard of, or otherwise happened by St. Francis of Assisi Park is invited to participate in this one-day event.

This Saturday workshop will allow participants to work in small groups to: graphically express ideas and concerns; sort out program issues and suggest solutions, and present ideas to the rest of the audience. From there, students will take those ideas and refine them into design and program elements for a rejuvenated St. Francis of Assisi Park.

For more information about the Ideas Workshop, please call 575-289-3718

Winter Walking Tips

Walking is one of the most effective and easiest forms of exercise, so don't let the winter weather keep you indoors! Walking outdoors in the 'winter wonderland' can be refreshing and invigorating as long as you keep these tips in mind.

If possible, choose a place to walk where there is little or no traffic, like one of many wilderness hikes in our area, or in town try St. Francis park, quiet residential streets or the high school track. Walk with a friend or carry a cell phone, especially if you go on a wilderness hike!

Sidewalks along 550 can be impassable during winter months, and most other roadways in our community don't even have sidewalks, so if you must walk on roadways, walk against the traffic as close to the curb as possible. It's important to stay aware of the traffic, so don't cover your ears, you will want to hear cars approaching. Snow packed and icy roads may prevent motorists from stopping or slowing down, so be cautious.

Dress in bright colors or wear reflective gear, and make sure any children you are walking with are also dressed in bright colors or reflective gear.

Dress in several lightweight layers that you can take off or put on to keep you from overheating or getting too cold. Make sure kids are dressed in layers, too!

Winter sun can be very strong, so wear sunglasses and a hat.

Wear gloves and a scarf.

Wear comfortable shoes, preferably waterproof, that fit well and have good traction.

Start your walk slowly to give your muscles a chance to warm up.

Take slower and smaller steps to prevent slips and falls on icy surfaces.

Bring water. Dry winter air can be dehydrating.

Don't carry heavy bags or packages as this can impair your balance.

Stay safe and active this winter



Healthy Communities Winter 2010

Step Into Cuba Walks & Activities Calendar

We are on a Winter Break. Look for the 2010 Spring Schedule!