

Cuba Farmers' Market

Since early March, a Cuba Farmers Market Planning Committee, made up of area farmers and gardeners, interested community members, local restaurant owners, healthcare professionals, UNM Prevention Research Center staff, Nacimient

Community Foundation staff, and local youth have met regularly to discuss and plan the market.

Decisions have been made carefully regarding everything from time, date and location of the market, to vendor guidelines and how this can be a successful and sustainable event for the area. The goal is to promote a healthy



Cuba Farmers' Market Planning Committee members discuss ideas in June 2010

community with increased access to locally grown fruits and vegetables. The Committee looks forward to seeing the Market grow in both vendor participation and community involvement.

At the June Village Council meeting, Mayor Rick Velarde and Council Members provided their support for the Market, which will welcome growers within a 60-mile radius of Cuba. The Market will be held twice weekly on Mondays and Saturdays from 9:00 a.m. to noon, beginning August 7th through the end of October. The Monday market will be held at the lot between the Nacimient Community Foundation office and the Post Office; and the Saturday market is planned to be held at St. Francis Park. To date there are approximately 20 growers who will sell at this year's market and we welcome new vendors!

Mayor Velarde has graciously agreed to kick-off the opening day of the Market on August 7, 2010, with a ribbon-cutting ceremony at St. Francis Park. Additional activities planned for the opening day include live music, cooking demonstrations, a clown and face painting for children, hula-hoop activities for kids, and much, much more!

Should you wish to participate as a vendor at the market, attend planning meetings, or would like more information, please contact the Cuba Farmers' Market at 575-289-0244. For more information on the NM Farmers' Marketing Association, visit their website at <http://farmersmarketsnm.org/>.



Congratulations!

To the following persons who have met their first 6 week walking goals with the 2010 Step Into Cuba Walking Program:

Mildred Atencio
Lynda Carol
Esther Cordova May
Yvette Cordova
Helen Garrett
Jana Lee Meeks

Lucy Morfin
Stephanie Prieto
Pamela Ramirez
Miriam Rodriguez
Debbie Sanchez
Gavina Valdez

If you have completed your 6-week Step Into Cuba Tracking Sheet, return it to: 6362 Hwy 550, Cuba, NM (Public Health/WIC Building next to the Post Office) Or Mail to : Walking champion, PO Box 880, Cuba, NM 87013

Your reward will be delivered to you.

Anyone can sign up for our 6-Week Walking Plan and earn rewards!

Call 575-289-3718 or e-mail: walkingchampion@stepintocuba.org

You can also ask your Health Care Provider for a Walking Prescription and a referral.

Healthy workers are better workers!

Employers! We can help you start a Worksite Wellness Program. Find out how this can benefit your business and your employees.

Call: 575-289-3718 or e-mail: walkingchampion@stepintocuba.org



Healthy Communities
www.stepintocuba.org

July 2010 Walks Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00 AM		Library Trail WALK 15 - 30 minutes		Library Trail WALK 15 - 30 minutes	
10:00 AM	Weekday Adventure WALK 60 minutes				Friday Adventure WALK 60 minutes
12:00 PM	Lunch Break WALK 15 - 30 minutes		Lunch Break WALK 15 - 30 minutes		
01:00 PM		Senior Social WALK 15 - 30 minutes	Senior Center STRETCHES 5 - 10 minutes	Senior Center STRETCHES 5 - 10 minutes	Senior Social WALK 15 - 30 minutes
05:00 PM		Library Trail WALK 15-30 minutes		Library Trail WALK 15-30 minutes	
07:30 PM		St. Francis Park WALK 20-60 minutes		St. Francis Park WALK 20-60 minutes	

Call Anna Schulte @ 575-289-3718 to sign up for a Walk, or e-mail: walkingchampion@stepintocuba.org

Cuba Community Garden Spring Planting Day

On Saturday, May 22, 2010, Cuba area gardeners, children from a local Baptist Church Youth Group, community volunteers, and UNM Prevention Research staff came together prepared with sun hats, shovels, and gardening gloves, to work on Cuba's Community Garden project. The day was filled with sunshine, hard work and enthusiasm as the community cultivated existing garden beds and built new raised beds. Seedlings grown by students at Cuba Elementary School sold quickly at the plant sale that benefitted the garden effort. A variety of local residents visited the garden site curious to see what the project was all about and to buy plants.

The day was made possible not only by the hard work and dedication of many volunteers, but by the generosity of local businesses and individuals including American Legion Post 23, Cuba Elementary Students-Mr. Fuchs, Ms. Lyon, and Cuba Fifth graders, Dr. Suzanne Norman; J&M Baling Company; Mickey's Saveway; Phillips 66; Robert Wood Johnson Foundation, Healthy Kids, Healthy Cuba; University of New Mexico Prevention Research Center; Sandoval County Public Works Department; Cliff Sandoval; Jan Petery; Jill Mumford, USDA, Natural Resources Conservation Service, and the Village of Cuba. Items ranging from water and ice to straw-bales, guardrails, and equipment use were donated to the Garden.

It is the hope of the Community Garden Group that more people will become involved in the Garden. The Garden provides gardeners a safe place to grow food and plants where they can also network with other community members. It's also a way to make fresh healthy foods more accessible to Cuba community members who like to garden. It is particularly important to involve youth in the project so they learn about the process and health benefits of growing plants and healthy food.

The Garden is a non-profit organization and a part of Nacimientto Community Foundation. It began with the help of a one-time grant from John Snow, Inc. in 2007. Community Garden Director, Dr. Suzanne Norman states "We believe local residents really see the need for fresh local food close to home, and the benefits of neighbors working together to make it happen."

There are currently 16 raised beds in the garden and more are being built. An additional work day is being planned for the near future and it is hoped that community involvement will grow so that the local garden will flourish! For more information about the Cuba Community Garden, please contact Jeanette Linville at Nacimientto Community Foundation 575-289-3718.



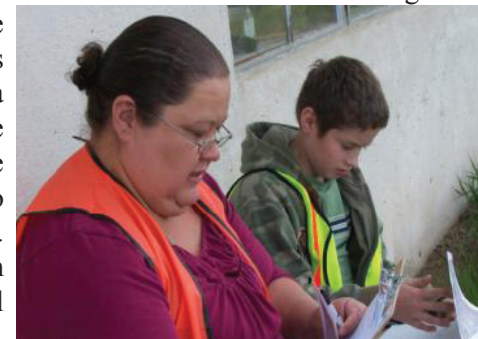
Garden Members and Volunteers work to build a raised bed.



Volunteer youth Torsha Mestes, Revena Mestes, Darrelia Cowboy, Tamara Lewis, Chloe Cowboy, Tommy Lewis (not pictured), and Rhiannon Mestes (not pictured) enjoyed helping with the Garden project.

Village of Cuba Joins National Bicycle and Pedestrian Count

Utilizing the National Bicycle and Pedestrian Documentation Project guidelines, staff from the University of New Mexico Prevention Research Center (PRC) and volunteers from the Cuba community positioned themselves at three locations in Cuba to manually count bicyclists and pedestrians. The counts provide a measure of the current level of pedestrian and bicyclist activity along main roads in Cuba. The counts will be repeated in the future to document changes in the amount of walking and biking in the Village over time. There may be changes due to efforts of the Step Into Cuba Alliance to make Cuba more walkable and the Village's current work with the NM Department of Transportation to plan safety improvements along U.S. 550. Cuba volunteer fire-fighters, area youth and staff from the Nacimiento Medical Foundation joined PRC staff on May 11, 13 and 15 during two hour "shifts" in the afternoon and early evening to take the counts. After a brief training, counters put



Volunteer fire-fighter Shannan Ellington and son Mike conduct counts at US 550 and Miera

on their safety vests, grabbed their official counting forms and their clipboards, and went to their assigned posts at the Intersections of US550 and Cordova, US550 and Miera and NM126 west of St. Francis Park. Each volunteer patiently



Volunteer Jacob Curtis conducts counts at US 550 and Cordova

sat on folding chairs borrowed from the Village Eichwald Center and carefully watched and counted. In addition to collecting data for local use, Cuba is contributing to the collection of data for the National Bicycle & Pedestrian Documentation Project, which is an effort led by Alta Planning & Design, in collaboration with the Institute of Transportation Engineers Pedestrian & Bicycle Council. The project's purpose is to gain a better understanding of pedestrian and bicyclist activity within communities across the United States. Data regarding motor vehicle trends and use is abundant however there is a shortage of data with respect to walking and bicycling. Without sufficient data, it can be difficult to estimate existing and future bicycle and pedestrian activity or obtain the funding needed to build trails and walkways and implement the safety improvements many communities need. This ongoing effort to collect pedestrian and bicycle data can assist in planning and implementing ideas and improvements for the benefit of communities nationwide, including Cuba.

CUBA MESA RECYCLERS

License #2874

158 Hwy 197, Cuba, New Mexico

Keeping Cuba & Surrounding Areas
Natural-ly Wonder-ful

Got an Eye Sore in your yard?
We'll gladly pick it up!

We recycle all types of Metals, Aluminum, Tin,
Copper, Brass, Batteries, Steel, Stainless Steel,
Lead

Call or Come Down and See Us.
575-289-3274 or 505-330-1065



Left to right: Alzadam Martin, Amaya Sandoval, Josiah Aragon, Jared Crespin, Angel Rivera



Left to right, top row: Reanna Madrid, boy, Carlos Herrera, McRon Pinto Jr., Bottom row: Lexie Gutierrez, Shermen Cayaditto.

Step Into Summer School

This June, students attending Cuba Elementary Summer School earned beads for walking.

Each day a student came to Summer School, they walked for 45 minutes; to and from the new High School Cafeteria for breakfast and lunch. The Elementary Summer School Staff accompanied the children on the walks.

The Step Into Cuba Program rewarded the students for their healthy activity by letting each child choose a colorful glass bead every day they came to Summer School. On the last day of Summer School, the students strung their bead to make beautiful, one-of-a-kind necklaces and bracelets.

Mr. Fuchs' fourth graders hiked an additional 30 minute on the Cross Country Trails every day. The fourth graders and all the Elementary Summer School staff earned stylish, insulated lunch bags.

Good job everyone, and keep up the walking this summer!



Left to right, top row: Brittney Chiquito, Lasiah Martin, Antawn Antonio, Jathan Olivas, girl, Myles Otero. Bottom row: Cymonia Garcia, Jeremy Segura, Lars Pinto



Left to right: Cherone Otero, Andrew Lucero, Mikayla Pruitt. Photos submitted by Step Into Cuba

Community Plants NM Forestry Trees & Shrubs

On Friday, June 11, 2010, one hundred trees and shrubs were planted in St. Francis Park of Assisi, Cuba NM. Nacimiento Community Foundation was awarded a grant by New Mexico Forestry to carry out this work, thanks to a grant written by Dr. Richard Kozoll. The project was coordinated by Anna Schulte, Healthy Communities Coordinator, and administered by Jeanette Linville, Program Director, Nacimiento Community Foundation.

Brian Velarde, Mayor Pro Tem, was instrumental in ensuring the success of this project. The Village of Cuba donated workers, the use of its backhoe, new water lines, shut off valves and spigots to support the new plantings. Arturo Valdez dug a trench with his equipment and the Water Department workers, Faustino Gallegos, Joe Duran and Antonio Crespin, worked all day to install the new lines. Lupe Aragon, formerly of the Village Water Department, stopped by, as did Vandora Casados, Village Clerk/Treasurer and Loretta Jacquez, Parks and Rec. Director, to lend their support and encouragement.

The trees were purchased locally from Eagle Rock Nursery, owned by Mary and Johnny Carrillo. Johnny brought the trees to the park and planted them in the holes dug by local contractor, Cliff Sandoval of Cgroup Construction Services. Cliff donated the use of his skid steer and auger to dig all the holes for planting. Mary and Johnny also donated a beautiful cottonwood sapling, planting it along side the other trees.

All of the shrubs were ordered from, and delivered by Plant World in Albuquerque. They arrived in good condition, healthy and ready to be planted. Several planting Volunteers, led by Dr. Kozoll, were on hand to help. Johnny Carrillo, Jeanette Linville, Caleb Linville, Owen Meyers, Jimmy Atkinson, Wiggy Greacen, Shari Smoker, David Smoker, Anna Hargreaves and Anna Schulte all got their hands in the dirt.

Another planter, Karen Lightfoot, Wildland Urban Interface Forester came up on Friday. Karen works for New Mexico Forestry and was assigned to the St. Francis Park project to help guide us through the process. Lance Davidson, State Urban & Community Forestry Program Manager and Re-

leafing Coordinator was also very helpful with everything from the grant application, back in 2009, through the final reporting this June.

On Saturday, June 12, Dr. Kozoll, Owen Meyers, Jimmy Atkinson and Anna Schulte returned to mulch and water the new trees. They were joined by Carmen Campbell, Donna Lovato, Cord Mounkes, George Latham, Julie Pederson, Bonita Benko, Janet Pagie-Reeves and Paul Reeves. The mulch was donated and delivered by Sandoval County, Phillip Rios, Director of Public Works.

Following the planting event, Dr. Kozoll with his wife, Sally Davis spread grass and wild flower seeds over the trencher tracks to help restore the area where the ground had been disturbed.

Then, Cliff Sandoval, Cgroup Construction Services and Johnny Carrillo, Eagle Rock Nursery, installed a drip irrigation system, with help from Galvin Otero. The new system will not only water the New Mexico Forestry trees and shrubs, but will also water the existing transplanted pinon trees in the park. This will greatly reduce the burden on the watering Volunteers who have faithfully cared for the trees. The drip system is manually operated. Volunteer Waterers will now be able to simply turn on the water, enjoy their time in the park, then turn it off and go!

Finally, a new sign was printed by Sarah Gijon, of Always A Better Sign in Albuquerque, acknowledging the Volunteers and Sponsors of this project. Walter McQuie built a beautiful frame for the sign, and provided a sturdy Douglas fir sign post. Cliff dug one more hole, and Walter, with help from Rich Jamison, installed the sign near the new trees, completing the project. Karen Lightfoot, NM Forestry came up to see the sign go up and gave the project a final review, which she said it exceeded expectations.

A beautiful 'green zone' now graces the east end of our St. Francis of Assisi Park. We could not have accomplished so much with out the support and contributions of each and every one of us. A big, heartfelt CONGRATULATIONS and THANK YOU to the community of Cuba! Come check out your park!

Jemez Mountains

Electric Cooperative, Inc.

JMEC 2010 Annual Membership Meeting

Come join us on **Sunday July 18, 2010** at the Jemez Mountains Electric Cooperative's Annual Meeting Site (Rancho De La Luz) located in La Cueva, 7 miles north of the Village of Jemez Springs, New Mexico.

- **Registration starts promptly at 11:00 a.m.**
- **Lunch will be served at noon**
- **Business meeting follows at 1:00 p.m.**

Music and entertainment will be provided. Many door prizes including a big screen T.V. grand prize giveaway (**must be present to win**).

Jumpers, face painting for all children, popcorn and plenty of fun for the entire family!

See You There!

Celebrate National Farmers' Market week right here in Cuba, NM
Come out to support the kick-off of the



Saturday August 7, 2010

9 AM-Noon

St. Francis of Assisi Park

Sandoval County Fair Parade



Saturday, July 31st

Line-up begins at 9 AM
Parade Starts at 10 AM
No Cost to Participate
Prizes will be awarded

For More Information please feel free to call
Amanda at 505-269-1727

Join Us for the 2010 4-H Jr. Livestock Auction

Saturday, July 31, 2010

Sandoval County Fairgrounds, Cuba, NM

Registered Buyers are Welcome to Attend the Buyer's Luncheon at no cost, 12:00 Noon, Fairgrounds
4-H Jr. Livestock Auction begins at 1:30 p.m.

For More Information on becoming a Buyer or Donor
Sandoval County Cooperative Extension, P. O. Box 400,
Bernalillo, New Mexico 87004 (505) 867-2582