

# RSVP NEWSLETTER



Volume 6, Issue 4-2015

Mid-Rio Grande

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# LOS ALEGRES DE BELEN RETIREMENT



THE TRUE BEAUTY OF MUSIC IS THAT IT CONNECTS PEOPLE. IT CARRIES A MESSAGE, AND WE, THE MUSICIANS, ARE THE MESSENGERS.

LOS ALEGRES DE BELEN have been an icon throughout the City of Belen. Playing for all kinds of events and playing in the Belen Senior Center for 16 years and we have enjoyed listening and dancing to all their music. They also became our friends through all these years. Not only playing at the fiestas and state fairs making our City proud of them and how they have represented Belen and its people. Frank Esquibel, Tino Mascarena, Tim Sanchez, Sisto Sanchez, Frank Gonzales, Joe Padilla, Pat Garcia, Joe Ray Carrillo and Jonathan Mascarena. The Retired Senior Volunteer Program would like to thank all of the band players for all the joy and love they have given to the RSVP Program and to our Seniors for 16 years. You will be missed. RSVP is going to honor Los Alegres de Belen with a proclamation thanking all the band players. Thank you for all your hard work you have given us for 16 years.



## Center for Ageless Living



Every year RSVP goes out and helps feed all the Seniors that are in the Center for Ageless Living and all the Senior Olympians get honored on that day also. We had 10 RSVP Volunteers helping out on September 18. We all had a good time. Thanks to all that help out on that day.

### Pumpkin-Pecan Spice Cookies



- 1/2 cup butter or margarine softened
- 1 1/2 Cups packed light brown sugar
- 2 eggs
- 1/2 cup canned pumpkin
- 3 teaspoons vanilla
- 2 3/4 cups all purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground cloves
- Pinch ground cardamom
- 1 1/3 cups finely chopped pecans
- 1/2 cup white vanilla baking chips
- 4 oz vanilla-flavored candy coating (almond bark)

**Chopped**  
**Directions**  
 1) Heat oven to 350F. Grease cookie sheet with shortening or cooking spray, or line with cooking parchment paper or silicone baking mat.  
 2) In large bowl, beat brown sugar, butter, eggs, pumpkin and vanilla with electric mixer on medium speed. Stir in flour, baking powder and spices. Stir in pecans and baking chips. Drop dough by tablespoonfuls onto cookie sheet.  
 3) Bake 10 to 14 minutes or until edges are lightly browned. Remove to cooling rack. Cool completely about 30 minutes.  
 4) Place candy coating in small resealable freezer plastic bag; seal bag. Microwave on High about 1 minute or until softened. Gently squeeze bag until coating is smooth; cut off tiny corner of bag. Squeeze bag to drizzle coating over cookies, Let stand until set.

### Retired Senior Volunteer Program

RSVP Volunteers use their skills and experiences to make a difference in their communities. They must be 55 and older.  
 So if you are 55 years or older and would like to make a difference in your community, please contact: Bertha Flores 505-966-2567.

The RSVP office will be taking applications for the Thanksgiving baskets from October 16, 2015-November 20, 2015

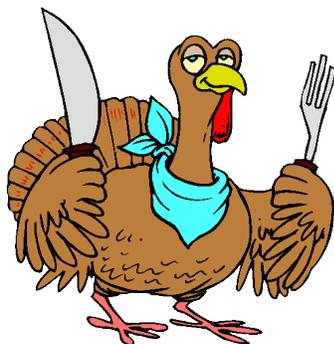
At 305 Eagle Lane, Belen  
 From 1:00 pm-5:00 pm

Only Wednesday, Thursday, Friday

Must be in the Belen School District

Must Bring ID, Proof of Income, Proof of Residence

And a Birth Certificate for every Child in the home.



**LIFE IS..**  
*a challenge · meet it*  
*a gift · accept it*  
*an adventure · dare it*  
*a sorrow · overcome it*  
*a tragedy · face it*  
*a duty · perform it*  
*a game · play it*  
*a mystery · unfold it*  
*a song · sing it*  
*an opportunity · take it*  
*a journey · complete it*  
*a promise · fulfill it*  
*a beauty · praise it*  
*a struggle · fight it*

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## CODE RED

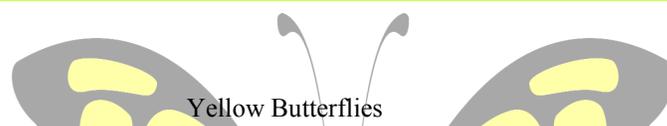
**CodeRED** is an alert system now being used by the Valencia Regional Emergency Communications Center (VRECC). When you call 911, you are talking to the staff at VRECC. In an emergency a message will automatically be sent to all land line phone numbers in the affected area of the county by Code RED. You can also enroll to receive emergency messages on your cell phone with text messages; you can also receive messages at your e-mail address. Police and fire officials can use Code RED to alert the public about events like wildfires, emergency evacuation notices, missing children, criminal activity, and similar incidents. To enroll in Code RED go to this web site: <http://www.loslunasnm.gov/vrecc> and click on the large black and red box that reads “Code RED”. This web page is on the Los Lunas village web site but Code RED is for ALL of Valencia County. If you have any questions call VRECC at 865-2039.

## NEW MEXICO CRISIS AND ACCESS LINE

**New Mexico Crisis and Access Line:** this is a free phone line that is open 24 hours a days, seven days a week. If you or a loved one is having problems such as feeling suicidal, displaying uncontrolled rage, having feelings of hopelessness, increasing drug or alcohol use, withdrawing from friends and family, or experiencing similar problems, call the hotline at **855-662-7474**. You can also learn more about the NM Crisis and Access Line at their web site, [www.nmcrisisline.com](http://www.nmcrisisline.com). The hotline is staffed by clinicians at a master’s level and higher, or who are on a path to licensure, and are supervised by licensed mental health professionals. At the crisis hotline they can make referrals to local resources that can provide more help.

## MEDLINE PLUS

**Medline Plus** provides trusted health information for the public. It is offered by the National Library of Medicine, a part of the National Institutes of Health. It can assist you in locating authoritative health information. You can view videos and tutorials on a wide variety of health topics; learn more about prescription drugs and over the counter medicines; and read articles from a medical encyclopedia. To learn more visit their web site, [www.medlineplus.gov](http://www.medlineplus.gov).



At the turn of the century, in a small town in Virginia, not far from Arlington there lived a dear little flaxen haired boy. He had beautiful hair and when he played in the sunlight it made his hair look like gold. His mother noticed butterflies hovering over him as he played and remarked that they were about the color of his hair.

The child grew older and was not ready to leave for school for the first time. His mother walked down the garden path to the gate to see him off. She loved this little boy very dearly and was quite sad for she knew she would miss him very much. Just as he went through the gate and was turning to wave to his mother, the yellow butterflies flew all around him and one came to rest on his head. He liked to see them near and never tried to catch them or harm them. As he grew to be an older boy, for some reason the yellow butterflies flew around him many times. The years passed very quickly. Now the young man was graduated. About this time, there was dread and fear of war. His mother’s heart was heavy, for her son, Jimmy, we call him, was already talking about enlisting if the United States declared war.

War was declared in April, 1917. He enlisted. The day he left for training camp his mother and boyhood sweetheart went to the train to see him off. He tried to be cheerful and make them feel the same, but his mother’s heart was nearly broken and his sweetheart was very sad. They heard the train whistle and knew in a moment he would be gone, but just before the train arrived, again the yellow butterflies were there flying all around him. He said, “You see the yellow butterflies are still with me and they will be here to welcome me back home.”

He went to war. As soon as he could he wrote letters home, telling his mother and sweetheart to cheer up, the war would not last long and he would soon be back. They received quite a number of letters, but suddenly they stopped coming. His mother thought he might be in action and couldn’t write and hoped to hear from him later, but there was no letter for mother and sweetheart. They scanned the casualty lists. He was never reported wounded or killed in action, nor did they hear anything from the government concerning him. The war was over. Time passed on.

The broken hearted mother read in the newspaper of the dedication to take place in Arlington. She went. There she saw the tomb and wondered whose son was lying there. In her heart she felt it might be her Jimmy. She tried to listen to the speaker, hearing very little that was said. Her anguish and pain were almost unbearable. At last she heard something like this. “We have come to honor this soldier. He was selected from a number of ‘unknown Soldiers.’ No one knows whose son is lying here.” Just then Jimmy’s mother gasped. It was all she could do to keep from crying out. Hovering all about the tomb were swarms of yellow butterflies. She knew whose son was lying there. She thought, “These people have gathered here to honor my son. It is his tomb they dedicate.” Then she breathed a silent prayer, “Oh God! I thank thee for those beautiful butterflies. They have come to welcome Jimmy back home.”

**October**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Del Rio Senior Center dance	2	3
4	5	6 Belen Senior Center dance	7 Los Lunas Senior Center dance	8 Del Rio Senior Center dance	9	10
11	12 Columbus Day	13 Belen Senior Center dance	14 Los Lunas Senior Center dance	15 Del Rio Senior Center dance	16	17
18	19	20 Belen Senior Center dance	21 Los Lunas Senior Center dance	22 Del Rio Senior Center dance	23	24 Health Fair at Rec Center
25 Mother-in-law-day	26	27 Belen Senior Center dance	28 Los Lunas Senior Center dance	29 Del Rio Senior Center dance	30	31 Halloween

**November**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Savings ends & All Saints Day	2 All Souls Day Dia de los Muertos	3 Belen Senior Center dance	4 Los Lunas Senior Center dance	5 Del Rio Senior Center dance	6	7
8	9	10 Belen Senior Center dance	11 Closed Veterans Day	12 Del Rio Senior Center dance	13	14
15	16	17 Belen Senior Center dance	18 Los Lunas Senior Center dance	19 Del Rio Senior Center dance	20	21
22	23	24	25	26 Closed Thanksgiving Day	27 Closed	28 Christmas Parade
29	30					

**December**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Belen Senior Center dance	2 Los Lunas Senior Center dance	3 Del Rio Senior Center dance	4	5
6 Hanukkah begins at sundown	7	8 Belen Senior Center dance	9 Los Lunas Senior Center dance	10 Del Rio Senior Center dance	11	12
13	14	15 Belen Senior Center dance	16 Los Lunas Senior Center dance	17 Del Rio Senior Center dance	18	19
20	21 Winter Begins at 9:49pm	22 Belen Senior Center dance	23 Los Lunas Senior Center dance	24 Closed	25 Closed Christmas Day	26 Kwanzaa
27	28	29 Belen Senior Center dance	30 Los Lunas Senior Center dance	31 Closed New year's eve		

# OCTOBER BIRTHDAYS, NOVEMBER BIRTHDAYS , DECEMBER BIRTHDAYS



Linda Apodaca	10/30	Louisa Garcia	12/14	Mary Rau	11/21
R.C. Blandford	11/08	Ida Garley	12/30	Nancy Roselli	11/27
William Britton	12/04	Bonnie Gemoets	12/29	Mark Rosenblum	11/13
Thomas Bradley	11/04	Clyde Gensen	11/16	Frances Samlick	10/25
Ann R. Brown	12/28	Jean George	11/13	Dolores Santiago	12/29
Lois Bulkley	10/07	Isabel Guerra	11/19	Ada Simons	12/15
Patricia Carter	11/15	Lydia Gurule	10/05	Margaret Snare	11/25
Alan Casey	12/13	Linda Haverty	12/06	Gloria Torres	12/13
Mary Lou Chavez	11/17	Tom Hershberger	11/04	Bonnie Walker	12/03
Veronica Chavira	11/30	Henry Hutson	11/01	Susan Walton	12/31
Krystyna Cherry	12/23	Norma Hutson	12/31	Janet Zimmerman	10/02
Laura Cliff	12/23	Nancy Kent	11/19		
Frank Cox	11/09	Barbara Lassahn	10/16		
Thomas Driber	12/21	Quentin Lawson	12/19		
Lorri Eberlein	11/25	Corrine Lopez	12/21		
Frank Esquibel	10/16	Herman Lucero	12/13		
Rose Esquibel	11/20	Perla Martinez	12/03		
Nancy Faust	12/21	Betty Mascarena	12/11		
Corrine Finch	12/16	Alma Mercek	11/02		
Sandra Fleming	12/20	Patricia Messimer-Thorn	11/05		
Shirley Francis	12/24	Alicia H. Mora	10/13		
Annie Garcia	12/31	Donna Nicholas	11/23		
Josie Garcia	10/11	Linda Powroznik	12/09		