

## RSVP

Belen Business  
Center  
719 South Main  
Belen NM 87002  
(Next to Belen  
Senior Center)

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# RSVP NEWSLETTER

Volume 9, Issue 2

Mid-Rio Grande

## The Greater Belen Chamber of Commerce 712 Dalies Ave. Belen, NM



"In this life we cannot always do  
great things.

But we can do small things with  
great love."

— Mother Theresa

## *The Greater Belen Chamber of Commerce*

Chamber director Rhona Espinoza has provided the following information about the Greater Belen Chamber of Commerce.

“ I have been the Executive Director of the Greater Belen Chamber of Commerce 8 years on Thursday, May 10<sup>th</sup>! My Office Manager/Membership Specialist is JoElla Patterson and she has been here one month longer than me and she is in charge of the visitor’s center, the business of the office and the membership records.

When I began we had 45 paying Chamber members and we are now at 291 members that include 25% from Los Lunas area. We have members from Colorado Springs down to Las Cruces. Our mission is dedicated to growth and retention of commerce through a committed partnership enhancing our quality of life. In a nutshell, we support and work hard with existing businesses to help them grow and succeed! We have monthly networking events for the members to come together and network amongst themselves, we send out regular e-blasts about their sales, promotions and their businesses in general and finally we work with our elected officials, locally and state to ensure that ordinances, laws and regulations are business friendly. We regularly grow our chamber by at least two new members each month and publish a 12 page base newsletter each month and add flyers from our Chamber members to make our newsletter over 40 pages long each month. Membership dues have not increased in over 15 years and instead we have several fundraisers to close the gap to make our small budget work. ”

RSVP is looking for volunteers for the Chamber of Commerce. If you would like to join or want more information please come by the RSVP office or call Bertha Flores at 505-966-2567 or Seleena Carrillo at 505-966-2566.



Rhona is Executive Director



JoElla Patterson is Office Manager



# 2018 RSVP Volunteer Luncheon



This year's luncheon was a Rock n Roll theme. It was a great success and every one had a great time. We appreciate our volunteers; they give back so much to the community with helping others. This event is just to show them how thankful we are for them.





## BLT Pasta Salad

- 1 (16 ounce) package medium seashell pasta
- 1 pound sliced bacon
- 1 1/2 cups light Ranch-style salad dressing
- 1 small onion, chopped
- 2 tomatoes, chopped

1. Bring a large pot of lightly salted water to a boil. Add the pasta, and cook until tender, about 8 minutes. Drain, and rinse under cold water to cool.

2. Meanwhile, cook the bacon in a large deep skillet over medium-high heat until browned and crisp. Remove from the pan and drain on paper towels.

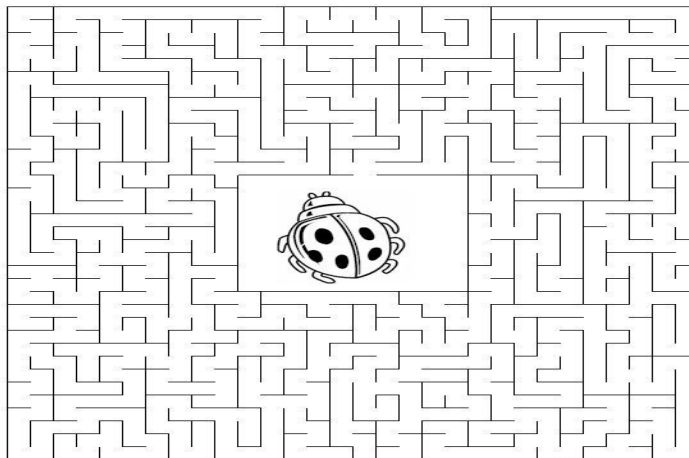
3. In a large bowl, stir together the Ranch dressing, onion, and tomatoes. Mix in the cooled pasta. The pasta will absorb some of the dressing, so don't worry if it seems like too much. Refrigerate for several hours or overnight. Crumble bacon over the top just before serving.

### Retired and Senior Volunteer Program (RSVP)

RSVP volunteers use their skills and experiences to make a difference in their communities. Volunteers help in libraries, food pantries, schools, and senior centers. They must be 55 years or older. So if you are 55 years or older and would like to make a difference in your community, please contact Bertha at 505-966-2567 or Seleena at 505-966-2566.

## Lady bug Maze

Help the lady bug find her way out!



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### Here are a few tips to help stay cool in warm weather:

Stay hydrated. The more hydrated you are, the more effective your body will be at keeping you cool. Drink water – not fizzy and alcoholic drinks, which will dehydrate you.

To keep cool during exercise, avoid training in the middle of the day. If you need to exercise outside, do it early in the morning when the temperature is lower.

Wear lightweight, light-colored natural fabrics like cotton and linen, as these will help your skin breathe and let your sweat evaporate, cooling you down.

Use a fan to circulate air from open windows. Keep your blinds or curtains drawn during the day, so your home doesn't heat up while you're out.

To cool down quickly, run your wrists under a cold tap or keep a water spray in the fridge for a quick cooling spritz to the face.

Keep some wet wipes in your bag so you can freshen up your hands, face and neck if you get hot or clammy.

To cool down in bed, try keeping your pillowcase or sheets in a plastic bag in the fridge during the day. Put them back on the bed at night. The fabric will stay cool when you're trying to get to sleep.

### Protect yourself against medical identity fraud and other identity theft:

Protect your personal and medical data. Read all information and bills from your medical provider. For medical identity theft family members and friends are more likely to steal this information than other people. Access your free credit report regularly. You are entitled to a copy of your credit report from the three credit agencies (Equifax, Experian, & Trans Union) once a year. Call 1-877-322-8228 or log on to this web site to access your reports:

<https://www.annualcreditreport.com/index.action>

# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Belen Senior Center Dance	4 Fred Luna Senior Center Dance <span style="color: red;">Independence Day</span>	5 Del Rio Senior Center Dance	6	7
8	9	10 Belen Senior Center Dance	11 Fred Luna Senior Center Dance	12 Del Rio Senior Center Dance	13	14
15	16	17 Belen Senior Center Dance	18 Fred Luna Senior Center Dance	19 Del Rio Senior Center Dance	20	21
22 <span style="color: red;">Parents' Day</span>	23	24 Belen Senior Center Dance	25 Fred Luna Senior Center Dance	26 Del Rio Senior Center Dance	27	28
29	30	31 Belen Senior Center Dance				

# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Fred Luna Senior Center Dance	2 Del Rio Senior Center Dance	3	4
5	6	7 Belen Senior Center Dance	8 Fred Luna Senior Center Dance	9 Del Rio Senior Center Dance	10	11
12	13	14 Belen Senior Center Dance	15 Fred Luna Senior Center Dance <span style="color: red;">Feast of the Assumption</span>	16 Del Rio Senior Center Dance	17	18
19	20	21 Belen Senior Center Dance <span style="color: red;">Senior Citizens Day</span>	22 Fred Luna Senior Center Dance	23 Del Rio Senior Center Dance	24	25
26	27	28 Belen Senior Center Dance	29 Fred Luna Senior Center Dance	30 Del Rio Senior Center Dance	31	

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <span style="color: red;">Labor Day</span>	4 Belen Senior Center Dance	5 Fred Luna Senior Center Dance	6 Del Rio Senior Center Dance	7	8
9 <span style="color: red;">Grandparents Day</span> <span style="color: red;">Rosh Hashanah begins at sunset</span>	10	11 Belen Senior Center Dance <span style="color: red;">Anniversary of terrorist attacks Patriots Day</span>	12 Fred Luna Senior Center Dance	13 Del Rio Senior Center Dance	14	15
16 <span style="color: red;">Mexican Independence Day</span>	17	18 Belen Senior Center Dance <span style="color: red;">Yom Kippur begins at sunset</span>	19 Fred Luna Senior Center Dance	20 Del Rio Senior Center Dance	21	22 <span style="color: red;">Fall begins at 7:54PM</span>
23/30	24	25 Belen Senior Center Dance	26 Fred Luna Senior Center Dance	27 Del Rio Senior Center Dance	28	29



## July, August and September Birthdays

<i>Helen Abeyta</i>	7/14	<i>Virginia Chavez</i>	8/20	<i>Lydia Chavez</i>	9/3
<i>Patricia Alvarado</i>	7/13	<i>Sally Chavira</i>	8/29	<i>Patricia Coleman</i>	9/10
<i>Doris Dewey</i>	7/23	<i>Mickey Cone</i>	8/30	<i>Wayne Dingman</i>	9/23
<i>Emily Encinas</i>	7/7	<i>Vicky Dickey</i>	8/27	<i>Elena Dutchover</i>	9/6
<i>Cynthia Fleming</i>	7/11	<i>Teodora Gomez</i>	8/9	<i>Heide Green</i>	9/13
<i>Lupe Garcia</i>	7/6	<i>Eileen Hemy</i>	8/22	<i>Delbert Gregory</i>	9/17
<i>Carlos Herrera</i>	7/20	<i>Frances Marquez</i>	8/20	<i>Paul Hasse</i>	9/17
<i>Hilda Hidalgo</i>	7/13	<i>Rosalie Marquez</i>	8/31	<i>Linda Henson</i>	9/9
<i>Jon Malk</i>	7/22	<i>Toni McDonald</i>	8/23	<i>Adolfina Herrera</i>	9/27
<i>Vicki Malk</i>	7/20	<i>Nancy Rodriguez</i>	8/22	<i>Peggy Kraushaar</i>	9/20
<i>Lillie McNabb</i>	7/29	<i>Barbara Scarberry</i>	8/21	<i>Pearl Lucero</i>	9/23
<i>Gary Nichols</i>	7/25	<i>Rex Seedig</i>	8/14	<i>Mike Moreno</i>	9/22
<i>Rose Peterson</i>	7/27	<i>Farabe Smith</i>	8/22	<i>Peter Mushala</i>	9/21
<i>Lois Pettis</i>	7/7	<i>John Zollan</i>	8/9	<i>Prescilla Romero</i>	9/4
<i>Helen Romero</i>	7/20	<i>Delores Aragon</i>	9/29	<i>Frances Scott</i>	9/11
<i>Carmen Sosa</i>	7/14	<i>Rose Archuleta</i>	9/6	<i>Patricia Torrez</i>	9/1
<i>Maria Rosa Beach</i>	8/8	<i>Joe Arvizu</i>	9/6	<i>Cynthia Van Meter</i>	9/10
<i>Linda Brenner</i>	8/26	<i>Madeline Brooks</i>	9/4	<i>Roger Ward</i>	9/11
<i>Rita Chavez</i>	8/24	<i>Gary Bycynski</i>	9/6	<i>Lucille Dolores Zamora</i>	9/3
<i>Rosie Chavez</i>	8/27	<i>Luz Chavez</i>	9/19	<i>Margie Zollan</i>	9/22

### RSVP Office

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### E-Mails

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RSVP Office Hours  
8:00 AM - 5:00 PM

Created By:  
Seleena Carrillo