

# RSVP NEWSLETTER

VOLUME II, ISSUE I  
Fall 2011



RSVP wants to thank Selma Martinez for 10 years of service with RSVP, We all joined together at Fat Sats to thank Selma and husband, Vince for her years of service : Attending : Mayor Rudy Jaramillo, Selma Martinez, from left: Annie Sanchez, Orlinda Duree, Ann McDole, Mary Jane Gallegos, Wayne Gallegos, Mary Aragon, Jim Rickey, from right: Richard Ditrich, Vince Martinez, Bertha Flores, Jesus Flores, Richard Aragon

### INSIDE THIS ISSUE:

Cover Page & page 2:  
Selma Martinez  
Retiring from the RSVP  
Board of Directors

Senior Olympics:  
Page 2

Calendar of Events:  
Pages 3-4

Animal Shelter:  
Page-5

Birthdays:  
Page-6

Easy Fall Recipe  
Page-6

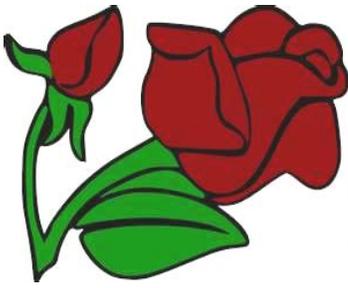
### YOUR NAME IS VOLUNTEER:

Your name is volunteer  
Your name is love, because you show me love and compassion when I needed it the most.  
Your name is patience, because you took time to listen to me when my stories were long and my heart was heavy.  
Your name is kindness, because you used your healing hands to touch my pain and guide me when I was lost.  
Your name is mentor, because you taught me the lessons that life cannot teach so soon.  
Your name is volunteer, you are love, patience, kindness, a mentor and so much more...  
We celebrate you the volunteer.

Bertha Flores Director:  
505-966-2567  
Ann McDole: Asst .  
505- 966-2566  
100 S Main St.  
Belen ,N.M.87002



## RSVP LEADS WITH EXPERINCE



Mayor Rudy Jaramillo and the City Council proclaimed July 5, 2011, as Selma B. Martinez Day for her outstanding volunteer work for the City and the Community. Selma served as chairperson for three years of her ten year stint on the Board of the RSVP. She chaired the Volunteer Appreciation Lunch for three years. Selma was also a member of the Hispano Chamber of Commerce and the Belen Rotary Club as well as participated in the American Cancer Society's "Relay for Life". Thank you Selma Martinez for all you have done for RSVP and the Volunteers. We will miss you.....



## Senior Olympics 2011 In Las Cruces New Mexico



Senior Olympics have come and gone and Valencia County has brought home the metals ! \*\* 26 Gold metals, 20 Sliver metals, 9Bronze metals,4th place 8 metals, 5th place 3 metals. **Congratulation to all the Athletes of Valencia County Senior Olympics**

# September 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
4	5 <b>Labor Day</b>	6 Belen Senior Center 10am-12pm City Council Meeting	7 Fred Luna Senior Center Dance 10-12pm	8 Council Meeting Los Lunas	9	10
11 <b>National Grandparents Day</b>	12	13 Belen Senior Center 10am-12pm	14 Fred Luna Senior Center Dance	15	16	17
18	19 City Council Meeting	20 Belen Senior Center 10am-12pm	21 Fred Luna Senior Center 10am-12pm	22 Council Meeting Los Lunas	23 <b>Autumn Begins</b>	24
25	26	27 Belen Senior Center Dance 10-12pm	28 Fred Luna Senior Center 10-12pm	29	30	

# October 2011

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 City Council Meeting	4 Belen Council meeting Belen Senior Center Dance 10-12pm	5 Fred Luna Senior Center Dance 10-12pm	6 Los Lunas Council Meeting	7	8
9	10 Columbus Day	11 Belen Senior Center Dance 10-12pm	12 Fred Luna Senior Center Dance 10-12pm	13	14	15
16	17 City of Belen Council Meeting	18 Belen Senior Center Dance 10-12pm	19 Fred Luna Senior Center Dance 10-12pm	20 Los Lunas Council Meeting	21	22
23	24	25 Belen Senior Center Dance 10-12pm	26 Fred Luna Senior Center Dance 10-12pm	27	28	29
30	31 Halloween					

# November 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	1 City Council Meeting	2	3	4 Los Lunas Council Meeting	5	6
7	8	9 Belen Senior Center Dance 10-12pm	10 Fred Luna Senior Center Dance 10-12pm	11	12	13
14	15 City Council Meeting	16 Belen Senior Center Dance 10-12pm	17 Fred Luna Senior Center Dance 10-12pm	18 Los Lunas Council Meeting	19	20
21	22	23 Belen Senior Center Dance 10-12pm	24 Fred Luna Senior Center 10-12pm	25	26	27
28	29	30 Belen Senior Center Dance 10-12pm	31 Fred Luna Senior Center 10-12pm			

# December 2011

SUN	MON	TUE	WED	THU	FRI	SAT
	1 City Council Meeting	2	3	4 Los Lunas Council meeting	5	6
7	8	9 Belen Senior Center Dance 10-12pm	10 Fred Luna Senior Center Dance 10-12pm	11	12	13
14	15 City Council Meeting	16 Belen Senior Center Dance 10-12pm	17 Fred Luna Senior Center Dance 10-12pm	18 Los Lunas Council Meeting	19	20
21	22	23 Belen Senior Center Dance 10-12pm	24 Fred Luna Senior Center 10-12pm	25	26	27
28	29	30 Belen Senior Center Dance 10-12pm	31 Fred Luna Senior Center 10-12pm			



# ANIMAL SHELTER

## The Wind Beneath My Wings

It must have been cold there in my shadow  
 To never have sunlight on your face  
 You were content to let me shine, that's your way  
 You always walked a step behind.  
 So I was the one with all the glory  
 While you were the one with all the strain  
 A beautiful face without a name for so long  
 A beautiful smile to hide the pain.  
 Did you ever know that you're my hero?  
 And everything I would like to be  
 I can fly higher than an eagle  
 For you are the wind beneath my wings.  
 It might have appeared to go unnoticed  
 But I've got it all here in my heart  
 I want you to know I know the truth,  
 Of course I know it  
 I would be nothing without you.  
 Did you ever know that you're my hero  
 You're everything I wish I could be  
 I could fly higher than an eagle  
 For you are the wind beneath my wings.  
 Did I ever tell you you're my hero ?  
 You're everything, everything I wish I could be  
 Oh, and I, I could fly higher than an eagle  
 For you are the wind beneath my wings  
 Cause you are the wind beneath my wings.  
 Oh, the wind beneath my wings.  
 You, you, you, are the wind beneath my wings  
 Fly, fly, fly, away, you let me fly so high  
 Oh, you, you, you, the wind beneath my wings  
 Fly, fly, fly high against the sky  
 So high I almost touch the sky  
 Thank you, thank you  
 The wind beneath my wings.  
 Friends are angels....Who lift us to our feet  
 When our wings have trouble remembering how to Fly!  
 We can all remember a time in our lives when someone crossed our path as we were in the midst of despair....and just at the moment when that certain magical something takes place, you knew without a doubt this was your angel ...your special HERO. Angels come in many different forms. They maybe friends, family , neighbors, teachers, doctors, fireman and sometimes strangers. But one thing they all have in common, they are your special gift.....



Valencia County Animal Shelter has become one of RSVP sites. The Animal Shelter needs a volunteer for data Processing and for front desk help, We want to put every animal that comes in on the computer system so that it makes it easier to track animals that are lost or up for adoption. This will help the Animal Shelter and the staff to know what is coming in and what is going out. Please come in and sign up with RSVP and help these beautiful animals at the shelter. Call or come by:

Bertha Flores RSVP Director  
 505-966-2567

Ann McDole RSVP Asst. 505-966-2566  
 100 S Main St Belen, NM 87002



Fall Stew (Soup)

**Ingredients:**

2) teaspoons olive oil  
 3/4) pound lean boned leg of  
 lamb or lean ,boned chuck  
 roast, cut into 1-inch cubes  
 1)cup chopped Vidalia or other  
 sweet onion  
 1)cup chopped celery  
 3/4) cup chopped carrot  
 3)garlic cloves, minced  
 1/2) cup dry red wine  
 1 1/2) cups cubed baking potato  
 1) cup chopped peeled rutabaga  
 1) cup chopped peeled turnip  
 1/2) teaspoon salt  
 7(10 1/2 -ounce) cans low -salt  
 chicken broth or 8 cups home-  
 made chicken stock  
 2) bay leaves  
 1/2) cup chopped plum tomato  
 1/2 cup chopped zucchini  
 1/4) cup chopped fresh cilantro  
 1)teaspoon dried oregano  
 1)teaspoon ground cumin  
 1/4) teaspoon ground red  
 pepper  
 1/4) teaspoon black pepper

**Preparation:**

Heat oil in a large Dutch oven;  
 Add lamb, browning on all  
 sides. Add onion celery, carrot,  
 and garlic; sauté 5 minutes .  
 Add the wine, and cook 3 min-  
 utes, stirring frequently.

Add potato and next 5 ingredi-  
 ents (potato through bay  
 leaves); bring boil. Reduce heat  
 medium ; cook 1hour and 20  
 minutes or until vegetables are  
 tender. Add tomato and remain-  
 ing ingredients; cook and addi-  
 tional 10 minutes. Discard bay  
 leaves.

# HAPPY BIRTHDAY

**Rosemary Agorichas**  
**10/24**

**Rose T. Archuleta 09/06**

**Rose Ball 10/24**

**Sofie Benavidez 09/07**

**R.C. Blandford 11/08**

**Kay Bonney 09/14**

**Racy Bowersox 09/29**

**Luz Chavez 09/29**

**Gil Chavez 11/12**

**Frances Chick 11/12**

**Frank Cox 11/09**

**Pauline Crawley 10/04**

**Tricia Dorsi 10/29**

**John Duran 10/19**

**Keith Easton 11/19**

**Lorri Eberlein 11/25**

**Frank Esquibel 11/20**

**Patricia R. Fritts 09/21**

**Delia Garde 11/16**

**Clyde Gensen 11/16**

**Jean George 11/13**

**Lue Ellen Griggs 10/08**

**Mildred Hammer 09/23**

**Donald Hawes 09/01**

**Tom Hershberger 11/04**

**Mary T. Hidalgo 09/29**

**Henry Hutson 11/01**

**Vee J. Jurrens 10/05**

**Peggy Kraushaar 09/20**

**Barbara Lassahn 10/16**

**Pearl Lucero 09/23**

**Helen Montoya 09/19**

**Lois Morris 10/13**

**Glenn W. Oliver 09/30**

**Sue Raether 09/21**

**James G. Rickey 09/26**

**Mark Rosenblum 11/13**

**Frances Samlick 10/25**

**Alice Torres 09/26**

**Annabelle Trujillo 10/04**

**Lizzie Trujillo 10/07**

**Rita Veix 10/11**