

FREE

February 2017 .
Volume 5, Issue 8 .

Donna Hernandez-Mathieus
Librarian/Editor

Inside this Issue

2

Library News
February Calendar

3

Cost of Electricity #2

4

Word of the Month
February Celebrations

5

Natural Health Tips
Joke of the Month

6

Senior Center News
Future Events

7

Keeping Chickens Warm
LJ Comm Dev Assoc

8

Cookbook Entry Form
Classified Ads

Rio Abajo Community Library
28 S. Calle de Centro
La Joya, NM 87028

(505) 861-8289

Website: www.RACLibrary.info
Email: RACLibrary@hotmail.com
Facebook:
www.Facebook/RACLibrary

A 501(c)(3) nonprofit registered in New Mexico – owned and operated by volunteers and with donations

February Hours:

Tuesday, Wednesday, Thursday
11:00 a.m. – 6 p.m.

Fridays 9:00 a.m.-1:00 p.m.

DONATE TO OUR BUILDING FUND!
www.GoFundMe.com/RACLibrary



RAC Library Leaves



Important Notes from Community Leaders

Martha Salas,
District 1, Socorro
County Commission



The new year has presented some new issues and revived some old concerns.

FIRE ISSUES. A somewhat serious issue has arisen concerning controlled fires. By EPA and County restrictions only cardboard, paper and yard refuse (old brush, grass, twigs, etc.) can be open burned. Open burns do not include incinerating old mattresses, plastic bottles, household waste and other toxic-releasing items.



Not only is this illegal, but the fumes from non-natural items are causing serious problems for neighbors and the community. The smoke and fumes are going through swamp coolers and into the air of those with asthma and lung problems, plus are causing complicated allergic reactions. So, please be considerate of others and avoid burning household refuse.

Other County services will be covered next month. Meanwhile, if you want more information on these and other programs, check out the website at www.socorrocounty.net. ✂

Sheriff William
Armijo



There has been a significant increase in residential burglaries and stolen motor vehicles in the last year. Most of this crime is driven by drug addiction and drug abuse.

The individuals committing these crimes have a high potential for violence and most of these criminals are not from our own community. They are traveling from Albuquerque and Valencia County to our county.

If you see any suspicious activity at your residence, your neighbor's residence, or suspicious vehicles in your neighborhood, please contact law enforcement immediately ('911' or 575-835-0941). The longer you wait, the less chance we have of apprehending the suspects.

Get a good description of the suspects and the vehicles they are driving, and include a license plate if you can do it safely.



For your safety, please do not attempt to make contact with these criminals; they can be very dangerous. ✂

RAC Library News



Cookbook & Bingo!

In addition to reviewing some of the absolutely wonderful submissions for our Community Cookbook, we are also working on our Annual St. Paddy's Day Bingo.

We continue to strongly encourage everyone to submit at least one family or household recipe. It is hoped that every family is represented. We've also contacted various agencies and others for historical pictures featuring the best of our remembered history to compliment the great recipes. The deadline of July 1st has been set so that we can have the cookbook ready for the holidays!



As for the St. Paddy's Day Bingo, work has begun to acquire prizes and we hope this year's efforts provide bigger and better than last year! It will be held on Sunday (March 19), with the fun beginning at 2:00 p.m. at the Parrish Hall on Highway 304. More details next month!



SERVICES RAC LIBRARY OFFERS:

- Books, Magazines, Movies & Audio Books to borrow
- Copy services
- Faxing (local area only)
- Help with homework/research
- Job Search assistance
- Free Family Pass to 15 NM museums and historic sites
- Open computers with internet
- Notary Public services
- Snacks & Beverages ✕

Belated Happy Birthday, Fay

By Gair Linhart



Happy birthday,
Fay
Even though it
ain't today
I'm sorry that I
missed it
If I knew, I would
have wished it

I also am past sixty
So I'm a sexagenarian
But instead of feeling sexy

I'm more like an antiquarian

Getting' older ain't so bad
It's just the pains and aches
One has to be real tough
But you've got what it takes

We should have a party
And stay up late, till nine
I'll bring the Geratol
We'll have a real wild time!

So happy birthday Fay
A birthday card you'll get
Next year if I remember
To try to not forget. ✕

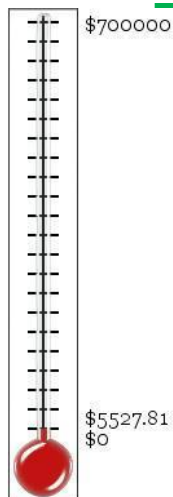
This Month's Events

February 1, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING
Plans for the upcoming growing season will be made.

February 2, 2017 -- Friday
GROUND HOG DAY



February 3, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY BOARD MEETING
Activity is ramped up for the Annual St. Paddy's Day Bingo and the cookbook! Everyone welcome.



RAC LIBRARY BUILDING FUND STATUS

Total amount needed: \$700,000 total

STEP ONE:

Site development = \$70,000 (preparing site, septic, well, electrical hook-up)

Kick-off funds provided by:

Socorro Electric Cooperative Foundation (\$1,000)
La Joya Community Development Association (\$1,000)

Help our Library get its own building!

Donations accepted at:

RAC Library and on-line at www.GoFundMe.com/RACLibrary

This Month's Events

February 8, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias

RAC MOBILE LIBRARY

Books, talking books and movies will be available to borrow, plus Charlie Landsborough's CDs.

February 10, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita

SENIOR'S DANCE

All Seniors welcome. Note Lunch will be served at 11.

February 13, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING CIRCLE

Work on your project, learn new crafts, and visit with everyone. For info call 864-0666, 864-5904

February 14, 2017 -- Tuesday
VALENTINE'S DAY



February 19, 2017 -- Sunday
2:00 pm at RAC Library, La Joya
ANNUAL LA JOYA MUTUAL DOMESTIC WATER ASSOCIATION

Everyone is welcome. For more info call (505) 358-0057..

This Month's Events

February 20, 2017 -- Monday
PRESIDENT'S DAY



February 20, 2017 -- Monday
11:00 am at Las Nutrias Parish Hall (Hwy 304)
ST. VINCENT DE PAUL/ROAD RUNNER FOOD BANK

Free food is distributed for low-income households. To enroll, come in one hour early.

February 22, 2017 -- Wednesday
9:30 am at Senior Center, Las Nutrias
RAC MOBILE LIBRARY

February 24, 2017 -- Friday
9:30 am at North Soc. Senior Center, Veguita
SENIOR'S DANCE

All Seniors welcome. Note Lunch will be served at 11.

DEADLINE FOR SUBMITTING MARCH ANNOUNCEMENTS: 5:00 P.M., FEBRUARY 21, 2017



What does it cost to get power? (Part 2)

By Mary Lucy Baca,
District 1
Representative



Last month we talked about the costs to get power from the G&T to us. As we stated in Part One there are a lot of costs to get our power here. Some of the other costs come in the form of benefits we pass onto SEC Members, such as Demand Response and Energy Shaping programs, Advisory Councils, Pilot programs that advance the future usage of our energy, and Renewable Energy Credits (Green Power).

Demand Response Programs are programs that are designed to give you ways of using less energy at times of great demand. For example, if it is 100° plus outside, everyone has their A/C on. So

Annual Río Aabajo Community Library Bingo

March 19, 2015 -
Beginning at 2:00 p.m.

At

Our Lady of Sorrows
Parish Hall
(NM Highway 304, Las Nutrias)



Lots of GREAT Jackpots!
Great Door prizes!
Great Snacks - Desserts - Beverages!
Great Fun!

these programs will help lessen the amount of energy we need to be ready for those Demand times.

Advisory Councils help us see what is being used across our country. With a network of over 900 Electric Cooperatives nationwide we use the best practices from each, and communicate issues that come up to see if there is something better out there. A few of these groups range from Communications & Member Services, Renewable Energy, Distributed Generation, Energy Shaping, and IT. We can learn and search together for ways that make things better for our member owners.

Renewable Energy Credits ("REC'S") are governmentally mandated. Each Electric Cooperative has to have a current amount of each year. If we run short our G&T can help with these credits. Our power provider buys these REC'S from the other 42 members and pools them. We can always meet our requirement this way, and saves us the expense of going on the open market to buy them.

These are just a few of the many benefits we are able to take advantage of. Next month we will talk about the costs and benefits from YOUR Cooperative to you.

At the December Board of Trustees meeting, the 2017 budget reflected a rate increase from our power provider, and a higher materials cost for the day-to-day operations. The 2016 budget was set at \$24,815,244. The 2017 budget is set at \$25,240,622 – a difference of \$425,378 (a 1.71% increase). Our Board looked at every line item and found just cause for this increase.

The Board also had a discussion on cyber security regarding upgrading to protect all personal information. The system is now also set up for future additions at-the-ready.



The Board also wanted to thank all of the SEC Linemen that got the power back on after the incredible wind storm on the 16th of December. With staff support they were able to do an

amazing job in a short amount of time considering the damage done to the system from the wind. Thank you SEC Linemen!

Please keep in mind that all of the monthly Board meetings are open to the public. If you would like to bring something in front of the Board at one of these meetings, please go to www.socorroelectric.com to find more information. As always, thank you for being a member owner of Your Socorro Electric Cooperative. ✂

SHOPPING ON- LINE?

Sign up for Amazon Smile

(www.Smile.Amazon.com)

Make purchases as you normally would and Amazon donates a percentage of their profits to the non-profit of your choice – and of course – you want to pick

**Rio Abajo Community
Library!**

Word of the Month



Unrequited:

(adjective) (1) not returned or reciprocated; (2) not avenged or retaliated; (3) not repaid or satisfied)

EXAMPLES: The Lancelot story is all about longing and *unrequited* love/

ORIGIN: The first noted English use was in 1535-45. ✂

Rio Abajo Community Celebrations

February 1

Avriel Cederstrom's birthday
Carol K Grajeda's birthday

February 2

Dominique Jones' birthday
Johnathan Rodgers' birthday

February 3

Ia J. Cederstrom's birthday

February 4

Emily Crowder's birthday

February 7

Josh Esquibel's birthday

February 8

Bernie Cordova's birthday

February 9

Bennie Barreras' birthday

February 10

Maribel Betancourt's birthday
Robert Shannon's birthday

February 14

Thom Apodaca's birthday
Chyanne A. Rael's birthday

February 16

Tara & Maeve & Greta
Cederstrom's birthdays
Tabatha Orndorff's birthday

February 19

David Cordova's birthday

Rio Abajo Community Celebrations

Jessica Rawlins' birthday

February 20

Logan Johnson's birthday

Sarah Rogers' birthday

February 23

Inés Martinez's birthday

February 25

Lovelía Jaramillo's birthday

February 26

Lacie Sanchez's birthday

Margarita Unzueta's birthday

February 28

Trysten D. Garcia's birthday

February 29

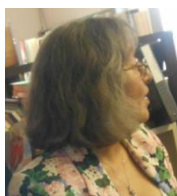
Jose Grajeda's birthday

IS A BIRTHDAY, ANNIVERSARY OR
CELEBRATION COMING UP? LET US KNOW
AND WE'LL PASS THE WORD!

Natural Health Tips

Make Your Own Deodorant

By Donna
Hernandez, ND, MH



How to Make Natural Deodorant

Eating a good diet and drinking enough water can really cut down the odor, but sometimes you need something else. Conventional deodorant antiperspirants infuse your armpits with cancer causing aluminum, but for those of us who have sought a more natural option, the pickings are rather slim. There are a lot of natural deodorants out there, but most of them don't work well.

I did find in the process that pure baking soda or plain coconut oil work pretty well, so if you aren't into making your own, maybe try that.

Deodorant Recipe

3 T Coconut Oil

3 T Baking Soda

2 T Shea Butter

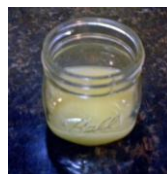
2 T Arrowroot or cornstarch

Essential Oils (optional)

Melt shea butter and coconut oil in a double boiler over medium heat until barely melted.

NOTE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out...

1. Remove from heat and add baking soda and arrowroot or cornstarch.
2. Mix well
3. Add essential oils and pour into a glass container for storage. It does not need to be stored in the fridge.
4. If you prefer, you can let it cool completely and put into an old deodorant stick for



easier use, though it may melt in the summer!

Why Use Natural Deodorant?

I started this pursuit to avoid Alzheimers and breast cancer, but I'm a lifelong convert because it works! After a few weeks of using natural, I noticed an unexpected side effect... I wasn't sweating as much to begin with. Months later, and I notice this even more!

I urge you to try making your own deodorant. Even if you aren't daunted by the ingredients in commercial deodorant, wouldn't you feel better knowing you weren't putting anything on your skin that you couldn't eat (not that you would want to eat shea butter!). If you do try it, let me know the outcome!

NOTE: Donna, who lives in La Joya, is a Naturopathic Doctor, a published author, and writes regular articles for publications on the internet.✂

Joke of the Month

For the "Lover's Month" (Valentine's Day), we have two perspectives on love (**giggle**).



Steven (age 3) hugged and kissed his Mom goodnight.

"I love you so much, that when



Rio Abajo Community Library Board

President
Vice Pres
Secretary
Treasurer
Directors

Carolyn Ueberroth, Contreras
Minnie Presley, Veguita
Dolores Phillips, Sabinal
Quentin Lawson, Veguita
A. Miguel Trujillo, Las Nutrias

Federal non-profit # 83-0398943✂

you die I'm going to bury you outside my bedroom window."



Wife: Oh, come on.

Husband: Leave me alone!

Wife: It won't take long.

Husband: I won't be able to sleep afterwards.

Wife: I can't sleep without it.

Husband: Why do you think of things like this in the middle of the night?

Wife: Because I'm Hot.

Husband: You get hot at the darkest times.

Wife: If you love me I wouldn't have to beg you.

Husband: If you love me you'd be more considerate.

Wife: You don't love me anymore.

Husband: Yes I do, but let's forget it for tonight.

Wife: (Sob-Sob)

Husband: Alright, I'll do it.

Wife: What's the matter? Need a flashlight?

Husband: I can't find it.

Wife: Oh, for heaven's sake, feel for it!

Husband: There! Are you satisfied?

Wife: Oh, yes, honey.

Husband: Is it up far enough?

Wife: Oh, that's fine.

Husband: Now go to sleep and from now on when you want the window open, do it yourself. ✂

Northern Socorro Senior Center

Although our full time Site Manager, Pat White-Johnson, is



still on medical leave, there are a lot of things planned in February!

Our Senior Center will be hosting the Pool Tournament on Thursday, February 16th from 10:00 a.m. until the competition is done! Everyone is welcome to come in and practice before the event, and everyone is encouraged to attend the Tournament to cheer our local competitors!

Another fun development – Weekly Bingo! Every Wednesday from 11 am to 12 pm, there will be a Bingo game. It costs \$1 per card to purchase prizes.

Lastly, the bi-weekly dances continue to be the most popular event. This month the dances will be on the 10th and 24th from 10 am to 12 pm.

All Seniors (60 years and older) are welcome to join the Center for a hot meal and activities. To qualify for meals at the center you need to be assessed the first day you come in (takes 5-10 minutes) and requires basic information.

Some of the things the Center provides:

- Hot meals from 12 pm to 1pm.
- Meals-on-Wheels when qualified (for home bound, disabled, bedridden, or unable to cook for oneself).
- Transport to and from the Center.
- Monthly shopping trips to Socorro as scheduled.

- Monthly menu and activity calendar with a nutrition packet and fun puzzles.

For additional information about the program, come by the Center (894 Highway 60, Veguita) or call (505-861-2860). The Center is open Monday through Friday, 8 am to 2 pm. ✂

Future Events

March 1, 2017 -- Wednesday
ASH WEDNESDAY (LENT BEGINS)

March 1, 2017 -- Wednesday
6:00 pm at RAC Library
LA JOYA ACEQUIA MEETING

All the latest irrigation news will be exchanged.

March 3, 2017 -- Friday
9:30 am at RAC Library
RIO ABAJO COMMUNITY LIBRARY
BOARD MEETING

Plans are in the works for exciting events in 2017. Everyone welcome to attend!

March 13, 2017 -- Monday
6:30 pm at RAC Library
LAJOYA LADIES' CRAFTING
CIRCLE

Work on projects, learn crafts, and visit. For info call 864-0666

March 8, 2017 -- Wednesday
9:30 am, Sr Center, Las
Nutrias
RAC MOBILE LIBRARY

March 17, 2017 --
Thursday
ST. PATRICK'S DAY



March 19, 2016 -- Sunday
2 pm at Our Lady of Sorrows
Parish Hall, Highway 304,
Veguita
ANNUAL ST. PATRICK'S DAY
BINGO

News about the RAC Library's Annual Bingo will be highlighted next month!

Future Events

March 20, 2017 -- Monday
11:00 am at Las Nutrias Parish
Hall (Hwy 304)

ST. VINCENT DE PAUL/ROAD
RUNNER FOOD BANK

Free food is distributed for low-income households. To enroll, come in one hour early.

March 22, 2017 -- Wednesday
9:30 am at Senior Center, Las
Nutrias

RAC MOBILE LIBRARY

April 16, 2017 -- Sunday
EASTER SUNDAY

APRIL 25, 2017 -- Tuesday
7:00 pm at RAC Library
LAJOYA COMMUNITY
DEVELOPMENT ASSOCIATION

DEADLINE FOR SUBMITTING FEBRUARY
ANNOUNCEMENTS: 5:00 P.M.,
FEBRUARY 21, 2017



Keeping Chickens Warm

By Starry Hilder, Planet Goat

We don't all have limitless cash to pay for electricity, so heating lamps and electric water dish heaters aren't an option. Instead, we use things that are natural, organic and biodegradable! The awesome thing is these tips can be used for your flock right away.

Woodstove Magic: Using Rocks

Wood heat works out great for the chickens because we keep rocks on the wood stove. The rocks heat up, retain heat (thermal mass) and are used in a couple different applications.



First, we put the rocks in the water dish. This prevents the chicken's water from freezing.

We take our heated flatter rocks and place them on the floor of the coop during the night. Throughout the night it radiates and gives them just a little extra warmth

The Beauty of Straw

Straw is a great insulator. When the temps drop we do a couple things. We stack straw bales up against the bottom of the coop. I layer it on the floor and build up their empty egg-laying boxes with it. The thick floor layer helps warm up their coop and helps as a sound barrier for early morning roosters who want to get you out of bed at 4am!



I also take the straw and use it outside where I feed them. I create a small area using a baby crib railing, which I cover with leaves. Underneath, I pile up the straw. When I feed the chickens, the food doesn't freeze, plus they are protected.

When spring comes, all that beautiful straw then goes right into our compost pile for later use in the back-to-Eden garden

Insulate Your Coop

It pays to add insulation to your coop. Purchase faced insulation to avoid exposing your chickens to the fiberglass. If you use Styrofoam, realize the chickens will peck it to death! So, it must be covered so as not to tempt them.

Also, make sure there is still some ventilation in the coop. A sealed coop is a no-no. Don't forget the rug! I nailed old rugs up on the sides of the coop. Every little bit

helps, so don't throw those old ratty rugs away. Your animals will be thanking you.



Close the Door

Something so simple as keeping the coop door shut during the night will help

immensely when temperatures dip at night.

Warm Food

Warm treats during the winter go a long way. I make warm oatmeal, rice, potatoes, and even add some coconut oil to the mix. Every now and then, I will also add a little bit of Gatorade to their water.

Just remember, chickens are a hardy bunch -- bred to tolerate winter conditions, so don't fret. But all of these handy tips will keep them much more healthy and, of course, cozy warm.

NOTE: This article first appeared in the Mother Earth News Blogs on Jan. 17, 2017. This excerpt was printed with permission. For more info,

see
www.MotherEarthNews.com ✕

La Joya Community Development Association News

The La Joya Community Development Assoc. met on Jan. 24 and had a packed agenda of items. After routine Association business was completed, updates about projects began.

Regarding the Gym, a proposal had been presented to Don Tripp, but in light of his recent resignation and the severe State-level budget cuts, the hopes to

restore the Gym have been tabled for one year.

The new County Commissioner, Glen Dugan, has been contacted. It is believed he will be attending the next LJCD meeting.

Updates regarding the archeological dig was presented. Included in the information was regarding the location of the exact location of the chapel, identification of some buildings previously unearthed, and the status of pottery dated from 1100 A.D. Plans to expand the project were also discussed.

The next Association meeting has been scheduled for April 25th. ✂

Classified Ads

FIREWOOD for sale. (505) 859-1901.

PIGS FOR SALE. (505) 249-1371.

2014 RED CAMRY for sale (575) 618-7378.

FREE FIRE STARTING MATERIALS. Stop by the RAC Library to pick up during library hours.

JOHN DEERE RIDE-ON MOWER. 140D, only 100 hours of use. \$1,400. (505) 861-0497 or cell (505) 610-1723.

LAPTOP FOR SALE. Dell Latitude D820, Intel Centrino Duo, Vista Home Premium; 32-bit operating system, 1 GB memory; \$100 or best offer. Available to be seen at RAC Library. (505) 864-3662.

JAZZY ELECTRIC WHEEL CHAIR, never used plus vehicle carrier. Retails for \$5,000, selling

Rio Abajo Community Cookbook Entry Form

Person entering recipe(s): _____

Address: _____

City: _____ Zip: _____

Contact phone: _____

Email: _____

If not presently living in the Rio Abajo community, please explain family connection to the community: _____

Name of recipe(s) being submitted (recipes on separate sheet): _____

Include a little story, description of occasion and/or a picture.

- Please submit your story or history on a separate sheet or submit via email to RACLibrary@hotmail.com (one story/history per entry).
- Regarding any picture, please send via email or come into the library so originals can be scanned and returned promptly.

Submit entry form by June 1, 2017 with attachments to: RACL Community Cookbook at 28 S. Calle de Centro, La Joya, NM 87028.

Rio Abajo Community Cookbook Entry Rules

The Rio Abajo community includes:

Abeyta Jarales San Francisco

Bernardo La Joya San Juan

Blue Springs Ladrón Foothills Tierra Grande

Bosquesito Las Nutrias Veguita

Contreras Sabinal

All entries must be submitted by someone living in this community or by someone whose family came from this community. **DEADLINE FOR ENTRIES: June 1, 2017**

There are no limits as to the number of entries being submitted, but selection of recipes to be included into the cookbook will be made by the RACL Review Board. Submittal of a recipe does not guarantee entry into the cookbook.

With each recipe, please provide exact measurements for each ingredient rather than approximations – i.e., a palmful of flour in my hand equals 1/4 c, but someone else's palm may equal a full cup. Approximations can produce a household disaster!

Before submitting a recipe, please double-check that no ingredient has been overlooked or forgotten.

Recipe categories will include:

- Appetizers & Beverages
- Breads and Rolls
- Main Dishes and Casseroles
- Sauces, Dressings, Gravies, Marinades
- Soups and Salads
- Vegetables
- Pies, Pastry & Desserts
- Cakes, Cookies & Candy
- This & That (anything that does not fit the categories,

for \$2,500. (505) 861-0497 or cell (505) 610-1723.

HOME COMPUTER FOR SALE. Dell Inspiron 537 computer with HP w1907 monitor. Has Intel Celeron processor (64-bit); 4 GB RAM, 1T memory, Windows 7 premium (activated) and Microsoft Office 2007. WiFi enabled and

includes computer desk. \$300 or best offer. (505) 417-1618

Want to run an ad in next month's newsletter? It's only \$1 a month for 25 words or less. Deadline for submissions: February 21, 2017. For display ad rates, call at (505) 861-8289. ✂

Order Form for Ads, Subscriptions and Volunteers

Subscription:

☐ Request an annual subscription (with gifts and extras) to the monthly newsletter (\$15/year) to cover the costs of copies and postage (enclose a check or money order made out to Rio Abajo Community Library).

Advertising

☐ I want to run an ad for \$1 and am enclosing what I want my ad to say (25 words or less) to include in the next newsletter.

☐ Contact me regarding display advertising.

Volunteering/Donations

☐ I want to volunteer to help out at the library for one hour per week.

☐ I want more information about serving as a Board Member on the Rio Abajo Community Library Board to help direct and advise the Library (one meeting a month for about one hour).

☐ I want to donate goods and/or services for RACL fund-raising efforts.

☐ Make a cash donation of \$_____ (make check or money order: to Rio Abajo Community Library).

☐ Other _____

Name _____

Address _____

Phone _____

Email address: _____

Rio Abajo Community Library
28 Calle de Centro S
La Joya, NM 87028

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