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Announcements

Next General Membership Meeting - Postponed until a later date

Great American Cleanup (originally scheduled for April 25) - Postponed

Useful Coronavirus Information Sources

[coronavirus.gov](https://www.coronavirus.gov) - current Federal coronavirus updates from the CDC, FEMA, and the White House

[cv.nmhealth.org](https://www.cv.nmhealth.org) - current coronavirus information for New Mexico

[cabq.gov](https://www.cabq.gov) - coronavirus updates from the City of Albuquerque

Coronavirus Hotline - call before going to the hospital for suspected coronavirus: 1-855-600-3453

President’s Message



Special Coronavirus Message:

These are unprecedented times with the Coronavirus making way into New Mexico. Extreme measures have been taken by our New

Mexico Government; closing all schools and closing many city services in order to prevent the transmitting of the Coronavirus to one another. Social distancing has been proven to be the best method for preventing transmission and slowing the spread of the virus. Seniors are the most

susceptible to severe medical effects as are those with heart disease, diabetes and lung disease according to the CDC.

There are many seniors in our families and in Heritage East. Keeping tabs on neighbors by a phone call, email or text may prove life saving if they start feeling ill. Now is the time to be neighborly. Anyone may need help in some form or another. Something as simple as needing supplies or medications to providing food if the individual does get sick. Of course keeping distance by putting things on their porch or having them come to your car to prevent inadvertent contact. Use technology to communicate to each other and not put yourself or anyone else at risk.

Heritage East neighbors are the best and come through

when needed. Now is the time to be a good neighbor and contact those who may need monitoring or your support.

Spring is normally pretty awesome in Albuquerque and personally I'm looking forward to the change of season. We have been working with the city to spruce up the Ventura medians this year. We are trying to make the medians a "showcase" for the city and a beautiful front door to Heritage East. The wildflowers were nice last year but we'd like them to be even better this year. The Wildflower Initiative has been active in Albuquerque for a few years now but we'd like to jump start the initiative in our neighborhood. Councilor Bassan has contributed funds to improve our medians along with HEAR contributing funds. More of the medians have been adopted by neighbors this year to ensure they are clean and monitored for sprinkler operation. We have also been working with surrounding neighborhood associations to get as many volunteers as possible involved with getting and keeping the medians beautiful.

We are seeing improvements in properties along Ventura and San Francisco along with other areas throughout Heritage East. In addition, sidewalks have been repaired on San Francisco. Many thanks to those improving your properties...everyone wins. The upgrade to vinyl fencing that some neighbors have installed looks nice and should withstand the elements better than cedar.

- Jeff Figiel, HEAR President

Updates

Defined Fitness Gymnasium

On November 6, 2019, Consensus Planning officially withdrew the Special Use Request and request to change the Paseo Del Norte/North Albuquerque Acres Sector Plan; thus ending the pursuit of the Defined Fitness facility at Hollbrook and Palomas. I'd like to thank everyone who made their voices heard by contacting the County Planning Commission.

PNM Substation

PNM has decided on the new substation location. It is the 4 acre site at the southwest corner of Paseo Del Norte NE and Browning NE. Additional meetings will occur to participate in the decisions for power poles, enclosure wall

design and landscaping. The planned timeframe for beginning construction is the end of 2020 and operational midyear 2021. New transmission lines and poles (85 feet tall) will be installed along the east side of Eubank from Hamilton to Paseo Del Norte and then east to the substation. Distribution lines (power going to homes) are expected to go north and west from the substation. The distribution lines along the south side of Paseo Del Norte along Heritage East will be replaced with larger poles to hold additional power lines. The height is expected to go from the current 35 feet to between 40-50 feet. The final design has not been completed yet. Final design, permitting, and an open house will occur before submitting to the county for approval. Additional information is located at the PNM website at <http://www.PNM.com/palomas-substation>.

Freedom Way Traffic Calming Study

The study is scheduled for August 2020. This coincides with the beginning of the next school year.

Adopt-A-Median

Four medians along Ventura St. have been adopted. We have had several neighbors volunteer to be leads and on teams to maintain these areas. If you would like to adopt a median please contact me at HEAR. President@gmail.com. I have all of the information to be submitted to the city or contact the Keep



Albuquerque Beautiful directly at 505-761- 8334 or at cabq.gov.

New Board Members

Please welcome the new HEAR Board Members - Joe Jenkins and Deb Redford. Last November Joe and Deb joined the board and since then Deb Redford has agreed to be the new vice president. We are excited to have new people which bring different talents and fresh ideas to the board. Welcome Joe and Deb.

North Domingo Baca Pool and Splash Pad Email Writing Campaign



A pool and splash pad have been discussed for years for installation at North Domingo Baca Park. Funds have been allocated for the design but the funds to actually build have not. I recently spoke to Councilor Brook Bassan about the project and she has contacted APS and county commissioners to try to secure funding for the project. She is asking for assistance from us to contact our APS School Board, our county commissioner, our NM State Senator and Representatives in support of this project. Many neighbors have asked when the pool is going to be built. If you support this project, please send an email in support to any or all of our representatives. Below are the names and email addresses of our APS School Board Representative, county commissioner, NM State Senator and both of our NM State Representatives that cover Heritage East:

APS School Board - District 7

Dr. David Percy
percy_d@aps.edu

County Commissioner - District 4

Commissioner Lonnie C. Talbert
district4@bernco.gov

NM House of Representative - District 27

Representative Marian Matthews
marian.matthews@nmlegis.gov

NM House of Representative - District 31

Representative Bill Rehm
bill.rehm@nmlegis.gov

NM State Senator - District 21

Senator Mark Moores
mark.moores@nmlegis.gov

Weed, Litter and Snow Removal Ordinance



Weeds have been a constant problem in Heritage East and throughout Albuquerque, especially right after the spring rains but really any time of year if they are not managed. Below is an excerpt from the ordinance. A

number of letters have been sent out to households from HEAR and some reported through 311. When our properties are maintained, the entire neighborhood looks beautiful and our property values remain high. We all win.

A description of the city ordinance below is taken directly from the cabq.gov website:

The [Weed, Litter and Snow Removal Ordinance \(§ 9-8-1\)](#) is intended to promote general health, safety and welfare for Albuquerque by prohibiting the maintenance or accumulation of plants determined to be of major allergenic significance, those which constitute a fire hazard when wind collected, or those which otherwise present a hazard or nuisance to inhabitants of the city. Further, the ordinance is intended to promote the growth of native and other grasses/plants whose root structures tend to aid in stabilizing the soil and reducing dust.

Because this ordinance is law with enforcement that can include court appearances, fines and even jail time, it's vital that you do not ignore any notices of violation that you may receive. If you do receive a violation notice and need more time to tend to the violation or there are circumstances you need to discuss, please call the Code Enforcement Inspector listed at the bottom of the notice. The inspector needs to speak with you in order to make accommodations for your request. If you feel you have received a violation notice in error, please call and the situation can be discussed with the inspector.

The rules of the city ordinance:

Let's get to the heart of the ordinance so you know what your responsibilities are:

- Remove any weeds with a height or width of more than 4 inches from the following areas:
 - The front, rear or side yard of your property
 - From the property line all the way to the curb, including the sidewalk. If you don't have a curb adjacent to your property, then the area 10ft outside of your property line
 - From your property line to the middle of the alley adjacent to your property
- The following plants are considered "weeds" per the ordinance: Pigweed, Russian Thistle, Ragweed, Lamsquarter, Kochia, London Rocket, Flix weed, Tansy Mustard, Spurge, Silverleaf Nightshade, Field Bind Weed, Purslane, Hoary Cress, yellow Foxtail and Green Foxtail (pictures available at cabq.gov).

Arroyo Dumping

Dumping yard waste or anything into an arroyo is illegal. Arroyos are storm drains and not to be used for disposing of waste of any kind. If you see people doing this please kindly let them know or call 311. Please help us keep our neighborhood beautiful.



Recycling Update



Thanks to Susan Tackman for continuing to run our monthly aluminum recycling effort

For all of 2019: 1,190 pounds of aluminum were collected for a total of \$514.01.

In January and February of 2020 you have donated 207 pounds of aluminum resulting in an additional \$65.49 in the HEAR coffers. March's contributions of 125 points added \$37.50 more.

Our recycling pickups are on a temporary hold (at least in April and May) until the COVID-19 stay-at-home order has changed. HEAR's normal monthly recycling collection on the first Saturday of every month from 8:30-11:00 a.m. at Rotary Park (7725 Quintana Dr.). All proceeds benefit HEAR. You can just put your bagged aluminum in the red pickup truck with the HEAR sign on it. If you can't make it to the park, call Susan Tackman, HEAR Recycling Chair at 822-8761 to arrange an alternative way to donate your aluminum.

NOTE: while it can still be recycled, aluminum foil must be separated from the aluminum cans. Thanks for your help with separating the foil and cans prior to bringing them to the park.

Thanks to everyone who participates in our recycling program!

Treasurer's Report



We start the spring with \$24,817.80 in our accounts. Paid memberships for 2020 stand at 227 (Thank you). So far this year we have received \$5,820.16 from

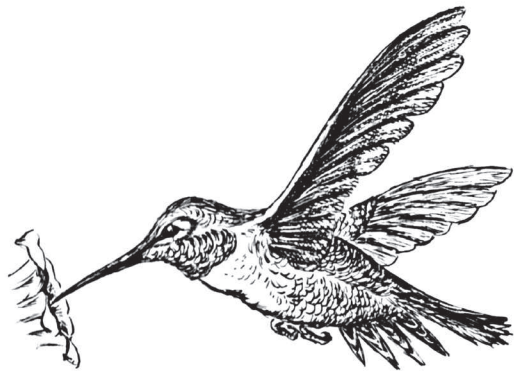
memberships and gifts, and \$514.01 from recycling. To date we have had expenses of \$1,145.98, primarily for volunteer recognition (\$588.23) and the flyer (\$402.75). Additional expenses were the HEAR PO Box (\$134.00), and some miscellaneous charges (\$21.00). Membership total is pretty good compared to last year but still low compared to previous years so now is the time to renew or sign up for a membership for the first time.

-Bill Spahn, 2020 Treasurer

Email Updates



To receive updates between HEAR newsletters via email please include your email address when you fill out the form to join or renew your membership. If your email address changes or you would like to be added to our email list, please contact our newsletter coordinator at hear.newsletter@gmail.com and provide a current email address.



ABQ Backyard Refuge Program



The Friends of Valle de Oro National Wildlife Refuge and its partners have launched the ABQ Backyard Refuge Program in the Middle Rio Grande and Albuquerque Metro Area. Everyone can make a contribution to helping our wildlife and community thrive. Protecting wildlife and its habitat doesn't just happen on public lands. Whether you live in a single family home with a yard or deck, an apartment or townhome with a balcony, or on a multi-acre lot, everyone has the ability to contribute to the effort to garden for wildlife and landscape for conservation.

The Introductory Resource Guide provides ideas for simple steps we can all take to provide migratory birds, wildlife, pollinators, and beneficial insects the shelter, food sources, cover, and water sources that they need. This includes suggestions for how to design or improve your backyard habitat based on the size of your property and the types of trees, shrubs, grasses, and flowers you choose to plant and maintain. These provide food sources and

shelter for many species of birds, butterflies, and bees. The Guide also provides examples of plants that provide nectar for hummingbirds and other pollinators, and food for seed-eating birds, seasonal tips for attracting and maintaining your refuge, and best practices to benefit wildlife in your yard.

If the idea of making your property a garden for wildlife and landscape for preservation appeals to you, you can also work to certify your yard, patio, or deck as an official ABQ Backyard Refuge. You can certify your space, large or small, at three different levels.

- *Contributing habitat*: Ideal for smaller spaces including patios, balconies, or small courtyards.
- *Connector habitat*: Ideal for smaller yards, side-yards, or large deck spaces.
- *Core habitat*: Ideal for larger yards and community spaces.

The Guidebook lays out the levels of certification and the necessary requirements for providing food for wildlife, water sources, shelter (places to raise young, or cover for wildlife), and best practices for soil and water conservation.

For more information about the ABQ Backyard Refuge program, the Introductory Guide, plant lists, the full Education Guide, upcoming workshops and events, and the opportunity to certify your yard as an ABQ Backyard Refuge, please visit ABQbackyardrefuge.org.

- (excerpts from the ABQ Backyard Refuge Program Introductory Resource Guide) *Cynthia Benedict, HEAR Neighbor*

Fun with Sourdough



Judging by the baking supply aisle at Albertsons it seems that I'm not alone in expanding my baking repertoire during this time of enforced time at home. I've decided to build my skills around sourdough

baking - a style of baking dating back thousands of years. Once you've got your sourdough starter going, the sky is the limit in what you can make: bread, biscuits, waffles, pancakes, cakes and more. Here I provide a basic starter and my new favorite

basic sourdough bread recipe - both based on Rita Davenport's *Sourdough Cookery* cookbook (1981, HPBooks).

Basic Sourdough Starter

- 2C (260 g) all-purpose flour
- 3 T sugar
- 1 envelope active dry yeast (1T)
- 1/2 t salt
- 2 C warm water (105 F, 40 C)

In a 4- or 6-C large bowl, combine all ingredients. Beat with a wooden or plastic spoon. Fermentation will dissolve small lumps. Cover bowl with a cloth. Set in a warm place free from drafts (85 F, 30 C). Let ferment 2 to 3 days. Stir mixture several times each day.

To maintain and use, remove starter needed for a particular recipe from your container. Refrigerate the remaining starter in a plastic or glass container that has an air vent or hole in it. Label the container with contents. Replenish every 7 to 10 days by stirring in equal amounts of water and all-purpose flour. After replenishing, let the container of starter stand at room temperature overnight. Return to refrigerator the next day. If a clear liquid forms on top, stir back into starter. Makes 3 to 4 C.

Once you have your starter going you can use it for many different recipes. Here is my new favorite bread recipe.

Sourdough Bread

- 1 C milk
- 3 T butter or margarine
- 3 T sugar
- 2 t salt
- 1 envelope active dry yeast (1 T)
- 1/4 C warm water (105 F, 40 C)

6 to 7 C (780-910 g) all-purpose flour
 vegetable oil for tops of loaves
Overnight Starter (mix the following ingredients in a large bowl, cover with cloth, set in warm location overnight)

- 1 C sourdough starter (above)
- 2 C warm water (105 F, 40 C)
- 2 1/2 C all-purpose flour (300 g)

Prepare overnight starter the night before according to the instructions above. Next morning, put milk into a small saucepan. Heat almost to a boil over medium heat. Do not boil. Stir in butter or margarine, sugar and salt. Set aside to cool 10 minutes. Sprinkle yeast over water. Set aside to soften 5 minutes. Stir softened yeast mixture and cooled milk mixture into starter mixture. Beat until blended. Beat in 3C of flour until batter is smooth. Cover with a cloth and set in a warm place free from drafts. Let rise 30 to 40 minutes or until almost doubled in size. Stir down dough. Gradually stir in enough remaining flour to make a medium-stiff dough. Turn onto a lightly floured surface. Knead 8 to 10 minutes or until smooth and elastic. Add more flour if necessary. Divide kneaded dough in half, cover and let rest 10 minutes. Grease 2 9" x 5" loaf pans. Shape dough into loaves and place in pans. Brush tops lightly with oil. Cover with cloth and set in a warm place free from drafts to rise for about 1 hour or until dough reaches tops of pans. Preheat oven to 375F (190C). Bake 45 to 50 minutes or until loaves sound hollow when tapped with your fingers. After 30 minutes, if loaves are golden brown, cover with a tent of foil to prevent further browning. Remove baked loaves from pans. Cool top side up on arack. Makes 2 loaves.

- Karl Benedict, HEAR Neighbor

HEAR Officers and Volunteers

President	Jeff Figiel	(505) 856-0042	hear.president@gmail.com
Vice President	Deb Redford		
Secretary	Paul Jessen		
Treasurer	Bill Spahn		hear.treasurer@gmail.com
Board Member	David Allan		
Board Member	Janet Aaron		
Board Member	Phyllis Martinez		
Board Member	Bob Hall		
Board Member	Joe Jenkins		
Recycling	Susan Tackman	(505) 822-8761	

Useful Contact Numbers

Neighborhood Security

Police/Fire/Rescue Emergency - 911

Non-emergency Police Phone Number - 242-COPS (2677)

Albuquerque Police Department Northeast Substation - 823-4455

City Services

Albuquerque Citizen Contact Center - many questions related to the services below can be answered by calling this number - 311 - cabq.gov/311/

City Council - 768-3110 - cabq.gov/council/

Solid Waste - (505) 761-8100 - cabq.gov/solidwaste

Poison and Drug Information - 272-2222

Mayor's Office - 768-3000

Zoning violations - 924-3850

North Domingo Baca Multigenerational Center - 764-6475

Other Services

PNM - Electric Emergency or Power Outage - (888) 342-5766

PNM - Customer Service - (505) 246-5700 or (888) 342-5766

New Mexico Gas Company - Gas Leaks or Emergencies - 888-NM-GAS-CO (888-664-2726)

New Mexico Gas Company - 505-697-3335 or 888-NM-GAS-CO (888-664-2726)

CenturyLink - Technical Support - 877 348-9007

CenturyLink - Order Phone Service - 800-475-7526

Comcast - Customer Service - 800-934-6489

Water Utility Department - Emergencies (Water/sewer) - 857-8250

Water Utility Department - Customer Billing (Water/sewer) - 768-2800

Water Utility Department - Water Conservation - 768-3655

Schools

HubertH.HumphreyElementarySchool-(505)821-4981

Eisenhower Middle School - (505) 292-2530

La Cueva High School - (505) 823-2327

Heritage East Association of Residents
PO Box 92465
Albuquerque, NM 87199-2465

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Heritage East Association of Residents (HEAR) Membership Form

If you have already sent in your dues for 2020, **Thank You!**

You may use this form to renew your membership or join us for the first time.

You can also sign-up and pay online at <http://hear-online.org/online-membership-form>

Last Name(s) _____

First Name(s) _____

HEAR Street Address _____
Physical address in the neighborhood

Email Address _____
For delivery of email updates. Please differentiate between similar letters/numbers - e.g. between 1/l and

Phone Number: Home _____ **Other** _____

Notes or Comments _____

Membership dues are \$25 /calendar year per household. Please make your check or money order out to HEAR and mail it, along with this form to: **HEAR, PO Box 92465, Albuquerque, NM 87199-2465**