

The Heritage East Herald

Volume XXIV, Issue III September 2014



HEAR's Mission: Heritage East Association of Residents is committed to preserving and enhancing the beauty, safety, and enjoyment of our neighborhood.

President's Message - HEAR Working for You!

As summer ends and the smell of roasting green chile permeates the fall air, I am writing my last newsletter message as HEAR President. It was a fast three years and I am proud of our accomplishments and especially proud of our active and dedicated HEAR board and committee members.

We are fortunate in that our neighborhood is almost entirely built out, as is the surrounding area. Many of the development controversies that affect neighborhood associations throughout Albuquerque mostly just pass us by. We are also lucky that our area, though not without crime, is still one of the safest in the city. It is also one of the most desirable areas to live, as indicated by how quickly homes are listed and sold.

Knowing that we will not have to spend our energy on external issues, HEAR has instead worked diligently to improve our own neighborhood. Nightly security patrols, working with Councilor Brad Winter to upgrade our parkways along Ventura, monthly trash pick up by neighborhood kids, new or renovated entrance signs, regular enforcement of covenant and zoning violations, regular newsletters, and recently a new website and communication portal, are all accomplishments of the HEAR board over the past three years.

And, although I have said this before, I cannot emphasize enough the importance of a strong dues paying membership. All of the above is accomplished by maintaining a large base of HEAR members, paying \$25 a year. Unfortunately, our membership, though still one of the largest of any voluntary neighborhood association, has gone down over the past two years. As of this writing, we have approximately 450 members out of 1240 households. We will not be able to continue providing all of the services listed above if we cannot increase our membership. If you have not paid dues for 2014, please do. Your support is critical to our success! I want to personally

commend those committed residents that pay their dues, and more, on an annual basis. Thank you!

Finally, I would like to once again thank all of the board members and committee volunteers I have worked with over the past three years. There are many challenges ahead for HEAR, but with dedication and energy, this neighborhood will remain one of the very best places to live in Albuquerque for many years to come.

Doug Crandall, HEAR President

HEAR General Membership Meeting

HEAR will be holding the next General Membership Meeting next month. Light refreshments will be provided. All Heritage East residents are invited and encouraged to attend!

Date: Thursday October 16th

Time: 7:00 p.m. (join us at 6:30 for a meet and greet)

Location: North Domingo Baca Multi-Generational Center, 7521 Carmel Ave NE (west of Wyoming, just north of Paseo del Norte).

Aluminum Recycling Report

June-85 lbs., \$55.25
July-94 lbs., \$61.10
August-110 lbs., \$67.60

Next recycling date:

Saturday October 4, 2014

Please save your recyclable aluminum (cans, foil etc.) for HEAR's monthly recycling collection every first Saturday of the month from 8:30-11:00 a.m. at Rotary Park (7725 Quintana Dr.). All proceeds benefit HEAR. 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.



Thanks to everyone who participates in our recycling program! -*Susan Tackman*

50th Wilderness Celebration

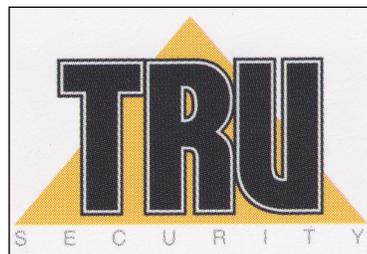
2014 marks the 50th anniversary of the Wilderness Act, a landmark conservation bill that created a way for Americans to protect their most pristine wild lands for future generations.



Get Wild Festival

October 18th 2-10pm at Civic Plaza

wilderness50th.org



Neighborhood Security Update

TRU Security reports that their officers are encountering fewer open garage doors. Thanks for your vigilance! Making sure you keep your garage doors closed is an easy way to deter crimes of opportunity.

Note: **For emergencies call 911.** For **non-emergency** incidents TRU Security can be contacted, day or night, at:

505-515-0067

*For more in-depth information about TRU Security, please refer to their web site:

<http://www.trusecurity.org/index.html>

SOLD

Once you make the decision to buy or sell a home, you should call a trusted agent with experience. Dianna has 25+ years' experience and has been trusted by over 150 Heritage East homeowners.

Dianna Johnson

Dianna@JohnsonTeam.com

798-9222



Words of Wisdom

Our life is frittered away by detail. Simplify, simplify.
Henry David Thoreau

For The Birds

It is hard to believe, but Autumn is here, and birds are enjoying the fruits of Summer. Most of the hummingbirds have left or are leaving. A few will spend the Winter here, so if you see that some of yours are inclined to stay, keep you feeders out. Sugar water at 4 parts water to 1 part sugar freezes at a lower temperature than water, so you are safe in leaving feeders out until the hard freezes of Winter arrive. In Albuquerque, the first significant Winter-type storm usually occurs around Halloween, but even after that, days are usually warm and sunny. About that same time you should start thinking about putting out grain and sunflower seeds for the small birds that are permanent or Winter residents.



Following are eight ways the National Audubon Society says you can protect the birds where you live:

- 1) **Reduce or eliminate pesticide and herbicide use.** By using fewer chemicals in and around your home you will help keep birds, pets and your family healthy.
- 2) **Plant native species.** Native flora provides birds with food in the form of fruit and seeds, and is home to tasty invertebrates like bugs and spiders.
- 3) **Identify the non-native invasive plants in your region,** and work to remove them from your yard. And don't bring any new invasives into your backyard habitat! Invasives don't provide as much good food or habitat as natives do, and can threaten healthy ecosystems.
4. **Attract hummingbirds with sugar water,** made by combining four parts hot water to one part white sugar, boiled for one to two minutes. Never use honey, artificial sweeteners, or food coloring. Clean hummingbird feeders with a solution of one part white vinegar to four parts water once a week.
5. **Make your windows visible to birds to prevent collisions.** Put up screens, close drapes and blinds when you leave the house, or stick multiple decals on the glass (decals need to be no more than two to four inches apart to be effective).
6. **Let your yard get a little messy!** Leave snags for nesting places and stack downed tree limbs to create a brush pile, which is a great source of cover for birds during bad weather.
7. **Close your blinds at night and turn off lights you aren't using.** Some birds use constellations to guide them on their annual migrations, and bright bulbs from windows and sky lights can disrupt their steering senses.
8. **Create or protect water sources in your yard.** Birds need water to drink and bathe in, just like we do. Be sure to keep birdbaths clean and change the water three times per week when mosquitos are breeding.

I can agree with all except number 7 which I believe is futile and ineffective for suburban neighborhoods when you consider the abundance of street lights we have. I can see five from my house. I doubt that the City of Albuquerque would be willing to turn them off.

In closing, I would like to relate a couple of amusing avian incidents which demonstrate that size isn't everything. While birding this summer with a group at the Rio Grande Nature Center, I saw a flying Great Blue Heron being harassed by an American Kestrel making repeated dives at the big bird. At the same time, the Kestrel was being attacked by a tiny Black-Chinned Hummingbird. A short time later, while at home, I saw a Black-chinned Hummingbird flying straight at top speed while about two inches behind him was a Bumblebee in hot pursuit. You big guys better watch out!
All for now - Happy Autumn!

Bob Buttery, HEAR resident

Fall Annual Membership Meeting

Guest Speaker: *Representative Bill Rehm*

Mark your calendar for Thursday, October 16th at 6:30 p.m. for HEAR’s Annual Fall Meeting. The meeting will be held at the North Domingo Baca Multi-Generational Center and the featured guest speaker will be State Representative Bill Rehm, who represents Heritage East. Representative Rehm will talk about issues of importance to our neighborhood, our city and our state. Don’t miss this one!

Elections will also be held at the meeting and anyone interested in serving on the board or on a committee is encouraged to attend and volunteer for a position. Your commitment is one evening meeting a month (one hour) for the board meeting, and a willingness to work on behalf of all HEAR residents to maintain and improve the quality of our neighborhood. We have a beautiful neighborhood and HEAR needs committed volunteers - please give us your time and support!

Board members will be available at 6:30 p.m. to meet attendees and the General Membership Meeting will start at 7 p.m. ending at 8 p.m. Light refreshments will be served. There will be door prizes. We look

Crimeview Community

APD provides an online tool that average citizens can use to see what crime incidents have been reported in their neighborhood by type and date range. No statistics were available for June 1 through Sept. 15. Please check for an update in the next newsletter.



Source of information: crimeview.cabq.gov

HEAR Has A Website–Check It Out !!



Our website is routinely updated with:

- ◆ news for the neighborhood
- ◆ digital collection of past newsletters
- ◆ upcoming events
- ◆ contact information for key City offices and HEAR Board members
- ◆ frequently asked questions
- ◆ membership information

<http://hear-online.org>

Did you know? Heritage East sends out periodic updates via email to residents who have provided us their email address. The purpose of the emails is to pass along helpful information regarding things like lost and found animals, suspicious activity etc.

Sending an email to HEAR at hear.newsletter@gmail.com about suspicious or criminal activity should not take the place of calling **242-COPS** for non-emergency Police issues, and **911** for Emergency calls.– Cynthia Benedict

FAQ-Frequently Asked Questions

Q: Am I responsible for weed control on or near my property?

A: *Yes, it is the owner's responsibility to provide weed control on a regular basis in both areas. This includes controlling the spread of weeds and actively removing visible weeds. Areas of responsibilities include the front, back and side yards as well as the parkway strip located between the street and sidewalk in front of each home or side yard area.*

Q: My neighbor does not pick up his dog's waste in the back yard. What can I do?

A: *It is recommended that the neighbors discuss the issue together. If there is no resolution, call the City at 768-1975 (Environmental Health).*

Q: Does my dog need to be on a leash when I walk him in the neighborhood?

A: *Yes, by City ordinance regulations, pet owners are required to leash animals at all times when outside of the home. This is a health and safety issue for the animal, the owner, and any individuals that they might encounter.*

Q: Am I responsible for keeping my bushes, trees and shrubs off of the sidewalk area?

A: *Yes-Residents are responsible for trimming vegetation to ensure that it does not block the sidewalk. Albuquerque Traffic Engineering (857-8680) can be contacted if enforcement is necessary. You must provide the street address, a description of the specific problem, and the type of landscaping that needs to be addressed.*

Q: How many animals can I have in my home?

A: *Domestic animals in a residence may not exceed more than 6 cats, or 4 dogs and 2 cats.*

Q: Are there any regulations regarding satellite dishes or antennas?

A: *This is not a regulation enforced by HEAR*

Q: May I operate a business out of my home?

A: *Yes, but there are restrictions regarding vehicle traffic, and any business activities that may affect the residential character of your home. Also, all home occupations must be pre-approved by the City of Albuquerque Zoning Office prior to operation.*

Q. Barking Dogs

A. *HEAR does not regulate animal disturbances. Call City Animal Services at 768-1975 or 768-2600.*

"Something to smile about."



- Exams/Oral Cancer Exam - Velscope™
- Teeth Whitening One Appointment
- Porcelain / CEREC™ Crowns - One Appt.
- Porcelain Veneers
- Crowns & Bridges
- Root Canals
- Gentle Cleanings
- Partial & Full Dentures
- Implants Nobel Biocare™
- Cosmetic & Family Dentistry

Digital X-Rays (Uses Less Radiation)
3D Cone Beam Imaging

New Patients Welcome

Monday – Saturday Appointments

292-3933

3900 Eubank Blvd NE, Ste 11

DR. LINDA NICHOLS
DR. CHRISTINE LENHOFF

drlindakaynichols.com



Autumn Bean Salad

- | | |
|------------------------------|----------------------------|
| 1 can (15 oz) garbanzo beans | <u>Dressing</u> |
| 1 can (15 oz.) black beans | 1/4 cup red wine vinegar |
| 1 can (15 oz.) pinto beans | 1/4 cup olive or salad oil |
| 1 can whole kernel corn | 1/4 tsp. black pepper |
| 1/2 cup chopped green onion | 1/2 tsp. salt |
| 1 lg. red bell pepper | 1/4 tsp. thyme |
| 16 oz. green chile | 1/4 tsp. sugar |
| 5 tomatoes, chopped, seeded | |
| 2 cloves garlic, minced | |

Rinse and drain beans and corn. Mix green onion, red pepper, green chile, tomatoes and dressing. Chill for 1 hour. Makes 8 cups, serves 16.



Treasurer's Report

- 2013 membership: 588 out of 1,240 homes
- 2014 membership (to date): 450
- Current checking account balance: \$14,748

<i>Income</i>	2013	2014 (to date)
Membership Dues	\$12,287.00	\$12,335.00
Recycling	\$722.18	\$447.00
Newsletter Ads	\$780.18	\$552.00
Interest	\$37.30	\$50.00
Misc.	\$60.00	\$0.00
Total	\$13886.66	\$13384.00

<i>Expenses</i>	2013	2014 (to date)
Newsletter Postage	\$3,634.80	\$2,317.00
Beautification	\$1771.00	\$2043.00
Misc. Dues & Expenses	\$0.00	\$143.00
Security	\$13032.60	\$6978.00
Website	\$288.00	\$192.00
Volunteer Appreciation	\$549.03	\$770.00
Meeting Expenses	\$79.00	\$0.00
Total	\$19354.43	\$12443.00



New Client Promotion !
1st hour yard cleanup only \$39 *
 (2 man crew)
 Regularly \$79/hr

Call to Schedule 792-3600
 Or
 Visit WaterQuest.com



Landscaping
 Groundskeeping
 Irrigation Repair



* Limited time, some restrictions apply



Amy McGuckin

Associate Broker

(505) 263-2519

amymcguckin@aol.com



LEGACY

10400 Academy Rd NE
 Suite 100
 Albuquerque, NM 87111
 (505) 293-3700

A Lifetime Resident of Albuquerque with 27 years of Real Estate experience. I live in Heritage East and know the area well, I strive to represent my clients in the manner that I would want to be represented if I were **buying** or **selling** my own home.

**Please call me
 First about
 Real Estate!
 263-2519**

Signs, Signs Everywhere the Signs!

Perhaps you saw the HEAR WORKING FOR YOU! sign located at the entrance to Freedom Way and Ventura this past month. This sign demonstrates the work of our committed volunteers that contracted with Zia Sign Company to completely restore and repaint our very outdated entrance signs on Freedom Way with an updated color palate. HEAR has received many compliments about upgrading of these signs; and as the entrance to the neighborhood, this is a great improvement. This project was paid for with your HEAR dues and completed because of the hard work and dedication of the HEAR Board and your HEAR Sign Committee.

Earlier this year, Treasurer Jeff Figiel repainted the entrance sign to Ventura Estates off Redmont. In June, board members Gloria and Neil Schwartz repainted the Heritage East signs on Ventura and Yorktown. Thank you, HEAR Board Members, for committing your time and volunteering for this project.

Ann Crandall, Beautification Committee



Scoop Your Poop

My son and a friend needed a flexible, convenient project to earn community service hours for school. I suggested cleaning up the arroyo near our house. They decided to start at Holbrook St. entrance to the arroyo and stop at Rotary Park. It took two teenagers 5 hours to complete the project, and at the end they had 8 large garbage bags, about half of it dog poop. Afterwards, I could appreciate the beauty of the arroyo without dodging doggy land mines. Unfortunately, that clean arroyo is again covered by dog poop.

Bernalillo County has launched a campaign called “**There is No Poop Fairy, Scoop Your Poop, Grab It, Bag It, Toss It**”. It is estimated that 40 dump truck loads of dog waste is washed into the Rio Grande every year.

Why should we care about dog poop lying around? Dog poop can carry diseases such as Campylobacteriosis, Salmonellosis, Toxocariasis, and Toxoplasmosis. These diseases can be transmitted to humans and other dogs. Pet waste left on the ground is washed into our arroyos, and eventually into the Rio Grande. In the river, it uses up oxygen, harming aquatic organisms and degrades the river’s health. If all those reasons are not enough, it just looks disgusting.

The proper way to dispose of dog waste is to pick it up in a bag and flush the droppings down the toilet or throw the bag in the garbage can. I am writing this in hopes that more people will join me in picking up after our dogs and keeping the neighborhood clean and poop free.

J.H., HEAR resident

We Can’t Do It Alone-

Volunteers like Debbie Green pick up dog waste at Rotary Park on a daily basis. Neighborhood volunteers also stock the metal boxes full of plastic reusable trash bags for “doggies” and their owners that visit Rotary Park in addition to our walking trails. Please be a responsible pet owners and do your part, by cleaning up after your dog.

HEAR Officers & Committee Chairs

Doug Crandall–President 294–5243

Neil Schwartz–Vice President 856–7956

Dave Mulder–Secretary 821–0050

Jeff Figiel–Treasurer 856–0042

Ann Crandall–Membership Questions
294–5243

Susan Tackman–Recycling 822–8761

Cynthia Benedict–Newsletter Coordinator
hear.newsletter@gmail.com

Email updates: If you would like to receive new updates between HEAR newsletters via email, please send a valid email address to Cynthia Benedict at: hear.newsletter@gmail.com. Also, please let her know if your email address has changed.



This is your neighborhood newsletter. Please Read!

PRSR STD
U.S. Postage Paid
Permit 1893
Albuq. NM

Time-Sensitive Material. Deliver Promptly.
Postmaster: Please deliver by September 30



If you have already sent in your dues for 2014, Thank You! You may use this form to renew or new members may join now!

Heritage East Association of Residents (HEAR) Membership Form

Last Name(s): _____

First Name(s): _____

Address: _____

Telephone No.: _____

Email Address: _____

(please distinguish between the number “1” and the letters “l” and “L”, and the number “0” and the letter “O”)

Membership dues are \$25.00* per household per calendar Year.

Please mark the appropriate box: Membership Renewal or New Member

Please make check or money order payable to HEAR and mail it along with this form to:

HEAR
PO Box 92465
Albuquerque, NM 87199–2465

* We welcome additional funds if you wish to contribute more to HEAR for neighborhood improvement projects