



Older Rainbow Community of Albuquerque, serving LGBTQ+ elders

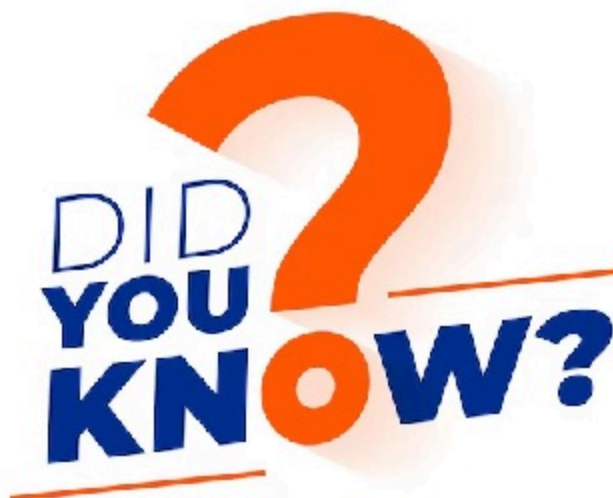
A 501(C)3 Non-Profit Organization

APRIL 2025

Community is vital as we age, and being around others who share similar experiences and interests is crucial for our well-being. ORCA provides a welcoming space for LGBT+ elders to come together, share ideas, and enjoy fun, meaningful activities tailored to your interests.

By joining ORCA MeetUp, you become a member of ORCA at no cost. This is your chance to meet new friends, exchange ideas, and participate in events designed for the LGBT+ elder community.

Sound interesting? Visit <https://www.meetup.com/Albuquerque-LGBT-Elders> to join today!



The Story of ORCA's Founding

On the evening of September 21, 2011, a PFLAG Albuquerque meeting took place at the First Congregational United Church of Christ.

After that meeting, a woman observed that PFLAG should have a meeting for seniors. That was the beginning of the process that led to PFLAG Albuquerque hosting the first meeting for seniors on February 10, 2012, from 2 PM to 4:30 PM at Albuquerque's Palo Duro Senior Center. The meeting took place in a triangular shaped room and 20 people attended. One of the interesting aspects of the meeting was that a woman who happened to be at the senior center that day saw our sign and decided to attend the meeting.

After the success of the first meeting, PFLAG continued to have monthly senior meetings. They were held at different senior centers and multi-generational centers in Albuquerque, to see what location worked best. Soon, meetings had been held in all of Albuquerque's eight senior/multi-generational center locations.

PFLAG Albuquerque felt that SAGE USA might be the right "platform to support future meetings and activities. They applied to be designated the SAGE affiliate for the state of New Mexico, but were told they would have to limit their "service area" to a smaller region. Thus, the organization became known as SAGE Albuquerque. We became an affiliate of SAGE USA in 2013.

As the years went by, we decided to host meetings at North Valley Senior Center and Highland Senior Center. Over time, as we held more and more meetings at Highland Senior Center, it became our "organizational home."

In 2022, SAGE USA required all affiliates to stop using the name SAGE. Because this name was central to our identity, this caused a bit of an uproar. In September of 2022, we held a community meeting at which we settled upon a new name – Older Rainbow Community of Albuquerque (ORCA).

Now here it is 2025, and ORCA is a teenager..., and celebrating 13 years of providing wonderful ways for people to get together...

Thank you to everyone who has made ORCA possible!



IT COULDN'T BE EASIER

There has been talk about elderly people living alone. Who's looking out for them? What happens if they need immediate help? Are they even still alive? Maybe you are one of these people.

Well, the solution is as easy as one, two three. Here it is:

1. Do you have a cel phone that you can use to text messages?
2. If so, do you know how to text? If not, don't give us that old excuse: I'm too old. **You are never too old to text, particularly if it's a question of your health and safety.** If you don't know how to use your phone's text feature, email SC@ORCAABQ.org and leave a message. We can help you learn how to text with your cel phone. If there's enough people who need this help, we can organize a workshop for everyone who needs to learn how to text. It's easy. And it

might save your life.

3. Do you have a friend you can text? Do they have a cel phone they can use to text? Do they know how to use this feature? If so, will they text you on a regular basis? Will you text them on a regular basis? Ask that friend if they will text you each day at about the same time, checking if you are okay. You can simply text back, “Yes” or “I’m okay.” Or, you can text them about the same time each day, checking if they are okay. Just by texting, you both indicate you are still breathing. Mission accomplished, and it takes 2 minutes at most.

If you or they don’t get the return text saying you or they are okay within a set amount of time--say an hour—you can re-text, call, come to your or their residence or call Fire and Rescue to kick down your door. This last option is the choice of last resort. Therefore, it’s important to text each other back as soon as possible or else...

This is a simple way to let each other know that everything is okay, and it doesn’t take a village to make it happen. All it takes is two people--you and a friend--and two cel phones.

But don’t wait.

Start today.

It could be a matter of life or death.



Adrien Lawyer has had a varied background in the software industry, education and activism. He currently is the Executive

Director for the Transgender Resource Center of New Mexico, of which he is also the co-founder. He is now the co-author of *Gender Transition for Dummies*.

It is an essential resource for transgender and non-binary readers who are considering the various elements of what is often called gender transition. It starts at the beginning, answering questions like, "What is transgender and what is non-binary?" and, "How Do I Know If I'm Transgender?" Learn to navigate social transition, prepare for gender-affirming surgery, tell loved ones about your transition plans, find a supportive community, and take care of your mental health.



Calling 2SLGBTQIA+ **storytellers and performance artists** to **audition in May** for a chance to present (for pay!) at a Pride variety show in late June, 2025.

The event will primarily showcase personal storytelling (in drag if you so desire). We will also offer slots for performance artists from the community who wish to present their talents including song, dance, poetry, circus, drag, or other forms of theater.

Please pitch an act on the **theme of resilience and joy in queer/trans experience**. Acts should not be longer than 10 minutes.

Set up an audition or submit inquiries @letmespeakqueerly on instagram or by contacting letmespeakqueerly@gmail.com.



When you RSVP to an event and are bringing a guest, please make sure that they are **NOT** members of ORCA. **Members**

should RSVP on their own even if they are coming with another ORCA member.

And **if you must cancel** attending an event, please come back to the event announcement and **cancel your attendance.**

It's RSVP etiquette.

West Side ORCA Women (WOW)



Since this event happens at the beginning of each month and the newsletter often does not come out until after this event,

please mark your calendars so you don't forget.

This event meets the first Wednesday of every month at Books on the Bosque, 6261 Riverside Plaza Lane NW, Suite A-2, at 11am.

There is no set topic for discussion. If anyone has a story to tell, we're ready to listen. This is a place to get together, meet other women and chat. There will sometimes be an announcement about ORCA and its activities.

There are drinks and goodies available for purchase. The bookstore is woman owned and is welcoming to the LGBTQ community.

So, won't you please join us.

RSVP NOW

The Best Deal In Town



The University of New Mexico's Music Department's Spring season is coming to an end. But what a glorious climax. And it's **FREE!!**

The **April 16th** concert is called "From Brahms to Beatles" and is conducted by Dr. Sebastian Serrano-Ayala. The repertoire includes Brahms' *Academic Festival Overture* (in which the jokester composer includes several student drinking songs), Peter Warlock's *Capriol Suite* (a dance suite based on Renaissance dances), Leonard Cohen's *Hallelujah*, a work by Gustav Holst (of *The Planets* fame) called the *St. Paul's Suite* (written for the St. Paul's Girl School where he was the "music master") and the Beatles *Hey, Jude* (a message of comfort and hope to John Lennon's young son, Julian, during his parents' divorce. Didn't know that, did you?).

The concert starts at 7:30 in Keller Hall, located in the Popejoy building on the UNM campus. Did we mention it's **FREE!!**

If you wish, join us beforehand at **6pm** at **El Patio de Albuquerque on Harvard Street** across from the campus for some delicious New Mexico cuisine.

RSVP NOW





Did you know? The New Mexico State Plan on Aging is being updated, and YOU can help ensure that the new plan is inclusive of LGBTQ+ people and people living with HIV!

SAGE, the country's largest non-profit advocating for LGBTQ+ older adults, is looking for New Mexicans to join us in the fight for equal access to services that help everyone age at home and with dignity.

You're invited to a community training on how to lobby your legislators and speak to the media about why LGBTQ+ and HIV+ protections must be included in the State Plan on Aging. SAGE will explain how to tell your personal stories around accessing aging services and the challenges faced as older LGBTQ+ people or people living with HIV.

Storytelling could mean talking to a reporter for a print or broadcast story, speaking at a state house lobbying day, or even writing an op-ed to the local newspaper. The important thing is getting your voice out there!

RSVP NOW



Bowling Shirts Lunch n' Laughs at the Lanes While Staying Sut of the Gutter

The West Side ORCAs are going bowling on **Thursday April 24, 11am at TenPins & More: 1416 Deborah Rd SE, Rio Rancho**, NM 87124 which is visible from NM 528 (Rio Rancho Blvd). \$5.25 to bowl, and \$2.00 for shoe rental. There's also a restaurant if you want to have a bite.

This event is open to all ORCA members, though mileage is not reimbursable, lol.

RSVP NOW



Celebrity Waiter Event to Benefit Meals on Wheels

ORCA's Board of Directors and others are planning to attend this event to raise the visibility of Albuquerque's older LGBT community with Meals on Wheels, a terrific service provider.

If you'd like to join our table, we'd love to welcome you. Craig V has agreed to serve as our Celebrity Waiter. He'll be embodying Randy Rainbow and we'll get to "tip" him for providing us with excellent service.

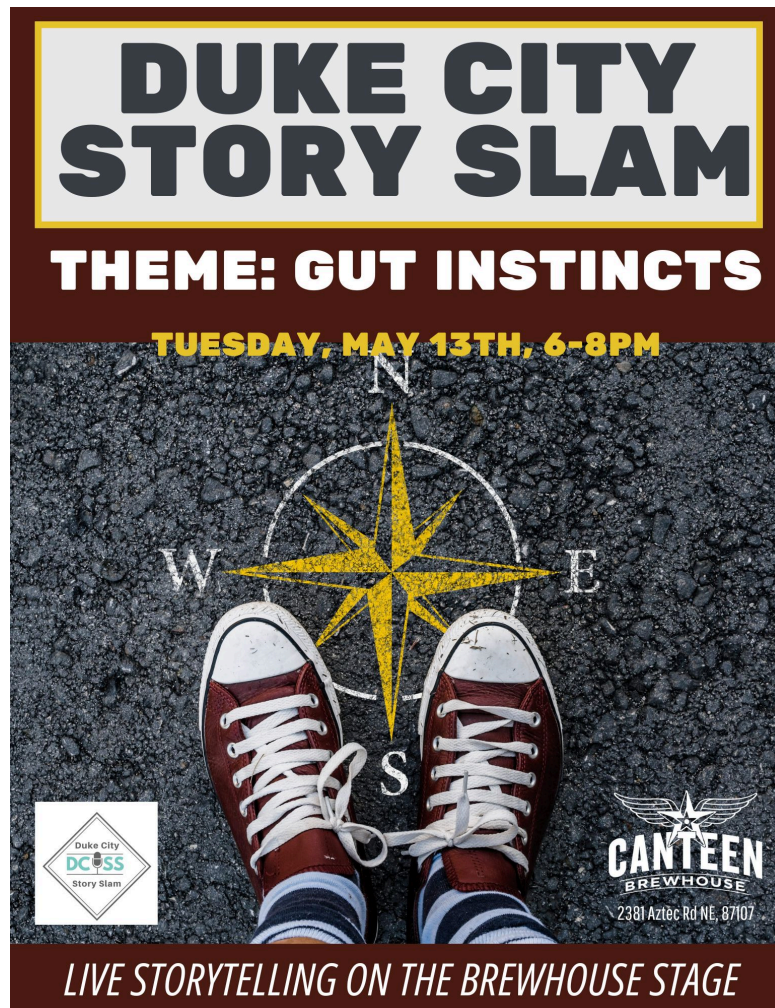


The rest of us will be "non-Randy." All of us will be dressed in rainbow shirts, cat's eye classes, and colorful fedoras.

If you'd like to participate, please email: sc@orcaabq.org. Tickets at the ORCA table are \$100. We'll gather for drinks at 5:30 and have dinner at 7:00.

Doing good and having fun doing it. That's the ORCA way!





Cris Williamson Concert



Thursday, May 15, 2025 7:30PM

Location

South Broadway Cultural Center

1025 Broadway Blvd SE, Albuquerque, NM 87102

**NOTE: She is having another concert May 16th @ 7:30 in Santa Fe, St Francis Auditorium at the New Mexico Museum of Art
107 W Palace Ave, • Santa Fe NM**

Decades before indie labels were the norm, and years before women had any real access to the industry, Cris Williamson was busy changing the face of popular music. In 1975, the twenty-something former schoolteacher recorded *The Changer and the Changed*, for her brainchild, Olivia Records, the first woman-owned woman-focused record company.

Her music and voice quickly became the soundtrack of a movement and was the cornerstone of what would become known as "women's music," music created, performed, and marketed specifically to women.

Today, that recording, *The Changer and the Changed*, remains one of the best-selling independent releases of all time. Says Bonnie Raitt, "The first time I heard Cris' music, it was like hearing honey dripped on a cello... Cris has been a whole lot of women's heroes—including mine."

RSVP NOW





We are planning a dance. And are still determining where to hold it. Please save the date for May 17 in the afternoon.





Pie Palooza March 2025



Duke City Story Slam March 2025



UNM March Music Madness March 2025

Our new website is www.orcaabq.org.

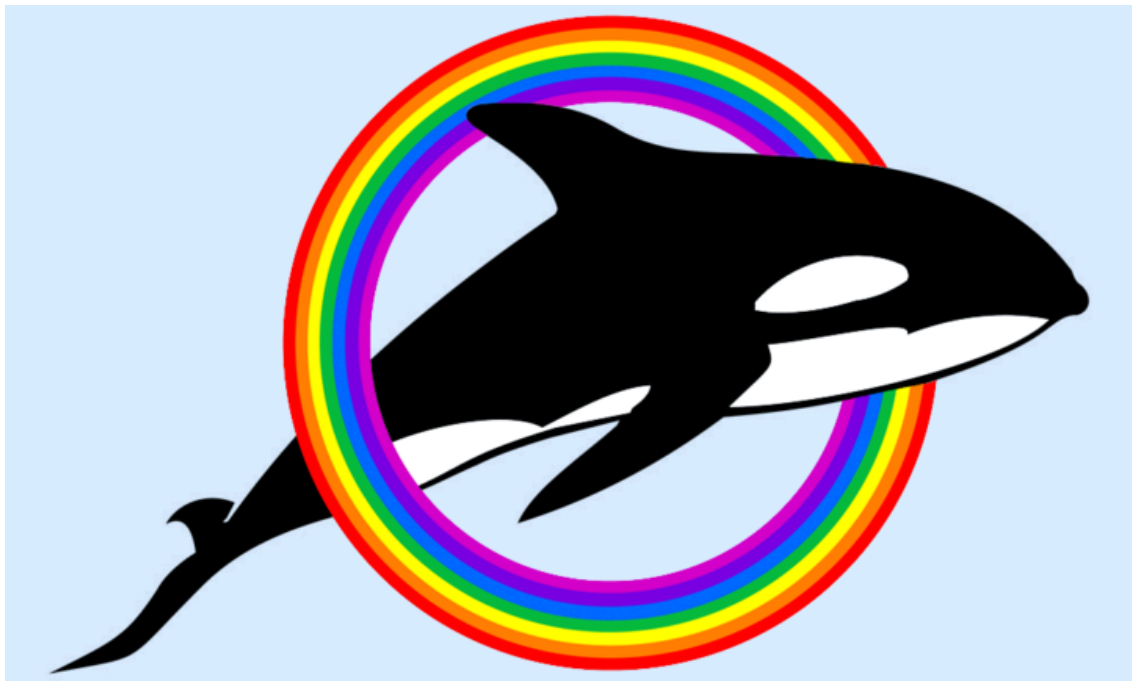
Email SC@orcaabq.org to reach the Steering Committee.

We welcome suggestions about events you'd like to see offered or things you'd like to see on the website. The ORCA website lists a variety of resources that may be helpful:

<https://orcaabq.org/resources/>

Questions about ORCA Albuquerque and the events listed above? Email us: sc@orcaabq.org.

ORCA seeks diverse community groups to partner on common projects. Please contact sc@orcaabq.org, if you'd like to explore collaborating with us.



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