



Older Rainbow Community of Albuquerque, serving LGBTQ+ elders

A 501(C)3 Non-Profit Organization

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**AUGUST 2025**

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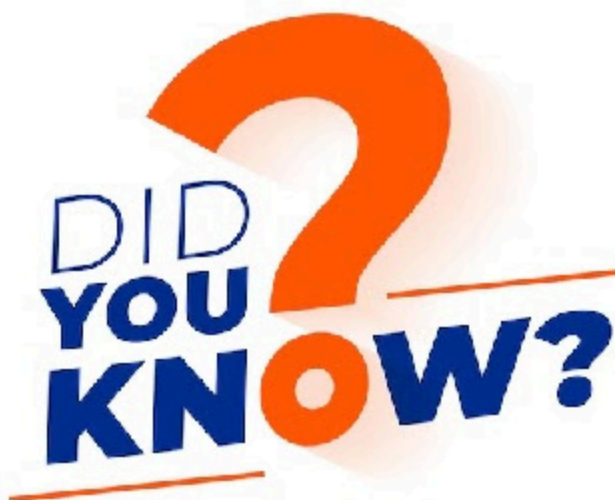
## **NO ONE IS ALONE**

**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!

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"We have a delivery for you of your purchase. Unfortunately, it does not include your address. Click the link and verify your address so we can delivered this package to you"

Have you ever gotten an email or text with this type of message? If so and you click on the link, you have set yourself up for a customer services scam.

Customer service fraud is a type of imposter scam--the most commonly reported scam in the United States, the Federal Trade Commission reported early this year. And these scams are growing. In February, Amazon reported a 33 percent increase since December in customer service impersonation scams on social media. In these cases, scammers monitor complaints and reply with fake info.

How do searches for customer service numbers lead people into the traps of crooks?

- Criminals create phony sites and then buy ads that force their sites to the top of routine Google or voice assistant searches.
- Some sophisticated scam rings are also manipulating algorithms to make their phone sites rise to the top of searches.

A message board discussion about an airline, for example, might include articles recommending a fake call center. Those posts, and the fact that they're hosted on seemingly legitimate forums, can then boost search engine results for the impostor side. Once those phony numbers are called, practiced criminals take over.

"When they started asking for money, something should have gone off in my head," Alan says. "But it sounded just like customer service

calls I've had before."

Here are how experts say you can curtain scams linked to customer service calls:

- **Slow Down.** When you're looking up a customer service phone number, something has usually gone wrong. And when something is wrong, you're anxious, nervous and working quickly. Take a moment, catch your breath and calmly scrutinize search results, particularly URLs. You will probably notice that there is something strange in the URL's address like a slight change in the company's name.
- **Be especially careful when booking a trip.** Travel is a common source of customer service fraud as passengers scramble to resolve missed connections and canceled flights. To protect yourself, log in to your airline account and contact customer service through the airline's app. If you are taking a trip but haven't downloaded the airline's app to your phone, do it now.
- **Avoid posting complaints about customer service on social media.** When you gripe on sites like Quora or Redditt, you're also signaling scammers. They are all over these websites, acting like helpful members of the community. They'll say, "Oh, here's the number you need." But it's the number for their fake call center.
- **Ignore unsolicited messages about customer service sites.** Don't answer calls from unfamiliar numbers. Only answer calls that are in your phone's contact list where you can see who is calling. If their name or the company doesn't come up, ignore the call. If it's legitimate, they'll leave a message. Don't click on unsolicited links, like the cannot-deliver email at the beginning of this story. And don't give anyone remote access to your computer. Even if a company's name appears on your phone, don't answer. Scammers can make their numbers look legit. If you have a complaint, look for the real company's contact number.

If you get a pop-up, an email, a test message--anything saying that there's a problem with your accounts--do not call the number. And if someone wants you to pay with cryptocurrency or gift cards, or directs you to a crypto ATM machine, it's 100 percent a scam.

Protect yourself. No one else will.

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Greetings,

Looking for something to do? DOROT is a nonprofit organization, addressing the challenges of an aging population. That's us.

They have asked us to encourage people to register for discussion leader training. DOROT and the Albuquerque Department of Senior Affairs have mapped out a pilot test of this training and are seeking eight (8) discussion leaders. Feel free to share this with people who might be good discussion leaders.

DOROT's Aging Alone Together is a six-week series designed to empower solo agers to build community while exploring tools, strategies and support to age successfully. They define 'solo ager' broadly. Solo agers are individuals who, by choice or circumstance, expect to age or make decisions about their future independently.

This program is offered at no cost and in partnership with the City of Albuquerque and Older Rainbow Community Albuquerque (that's us). Aging Alone Together provides a framework and tools for engaging with the experience of solo aging. They aim to create a supportive, positive space for discussion, self-reflection, and learning.

**The workshop is not intended to be therapeutic or to replace or replicate a traditional support group experience. The program will not offer medical, financial, legal, or personal advice.**

Each session builds upon the last, and community is best formed

when all participants can meaningfully participate. They ask that you commit to attending at least 5 of the 6 sessions in the Workshop.

You will receive an Aging Alone Together Workbook and a Resource Guide, which contains weekly reading material and Action Plan Tools worksheets based on the topic for each session. Following the six sessions, DOROT offers educational and social networking opportunities for Aging Alone Together alumni.

ORCA has submitted a proposal to the city of Albuquerque to recruit Discussion Leaders for the training and handle outreach. The training will take place on ZOOM and, as of this moment, is a volunteer program. Our virtual sessions last 90 minutes each. If you have any questions before registering email DOROT at: [agingalonetogether@dorotusa.org](mailto:agingalonetogether@dorotusa.org)

If you are interested in being part of this effort, here are the proposed **Discussion Leader Training dates**. Please let them know which date/time works best for you:

- - Aug 14, 2025 10:00 AM
  - Aug 21, 2025 10:00 AM
  - Aug 28, 2025 10:00 AM
  - Sep 4, 2025 10:00 AM
  - Sep 11, 2025 10:00 AM
  - Sep 18, 2025 10:00 AM

Time shown in Mountain Time.

Here is where you can register for the training: [https://dorotusa-org.zoom.us/meeting/register/w0noZIRjT1CKz3PusaQhuA](https://dorotusa.org.zoom.us/meeting/register/w0noZIRjT1CKz3PusaQhuA)

Yours,

Paul Oostenbrug, Chair, ORCA Board of Directors

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**Growers' Market To Break Ground**



City Councilor Nichole Rogers, Mayor Tim Keller and other city officials marked the official groundbreaking of Albuquerque's newest growers' market.

The market, to be located on the southeast corner of San Mateo Boulevard and Kathryn Avenue, was the winning submission of hundreds of potential projects put forward by community members. The process, called Participatory Budgeting, was a first for any Albuquerque council district.

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All participants who attend ORCA meetup events are expected to RSVP.

Thanks for RSVPing - this lets the Host know you'll be attending.

When you RSVP, please do so for yourself and any **non-ORCA** member who is attending as your guest. **All ORCA members should RSVP for themselves.** This helps us identify how many members are attending events, statistics that are essential for future planning and grant writing.

However, **if your plans change**, just open the event homepage in the ORCA Meetup site, **click Edit RSVP**, and either change the number of guests or cancel your own attendance.

To change the number of guests who'll be going with you (if any), click **"Update"**.



To cancel your own attendance, click "**Not going**".

**Thank you for following good RSVP etiquette.**

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## **West Side ORCA Women (WOW)**



This event meets the first Wednesday of every month at Books on the Bosque, [6261 Riverside Plaza Lane NW](#), Suite A-2. This month it is on Wednesday, August 6, 2025 11:00 AM - 1:00 PM.

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



## Join Us to Discuss Post-election Challenges, Concerns, and the Work Before Us.

**Tuesday, August 12th at 6:00PM**

We expect to talk about Skrametti (a United States Supreme Court case which held that a Tennessee state law banning puberty blockers and hormone therapy for the treatment of gender dysphoria in minors did not violate the Equal Protection Clause of the Fourteenth Amendment to the United States Constitution), the subpoenas, ICE, and the direction of the federal attacks—specifically how they affect folks in New Mexico.

**6:00 PM - 7:00 PM on Zoom**

Please RSVP and join Nathan Saavedra from EQNM, Dr. Molly McClain from Deseo Clinic, George Bach from UNM Law School, and Adrien Lawyer from TGRCCNM.

**RSVP NOW**

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## **Days In The Park**



Join us as we celebrate our community together.

On Thursday, August 14th, from 5-8pm enjoy a fun evening with friends at Altura Park. Food trucks will be available for your dining pleasure, or you can bring your own food and drink.

Bring a chair or blanket. Dogs on leashes are welcome.

**RSVP NOW**

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**Gay & Bisexual Men's Peer Support Group**



[Aug 14 @ 6:30 PM MDT](#)

[Aug 21 @ 6:30 PM MDT](#)

[Aug 28 @ 6:30 PM MDT](#)

[Sep 4 @ 6:30 PM MDT](#)

[Sep 11 @ 6:30 PM MDT](#)

[Sep 18 @ 6:30 PM MDT](#)

[Sep 25 @ 6:30 PM MDT](#)

[Oct 2 @ 6:30 PM MDT](#)

[Oct 9 @ 6:30 PM MDT](#)

[Oct 16 @ 6:30 PM MDT](#)

## Details

Are you navigating unresolved, anger, fear, or past trauma? Do you feel overwhelmed by societal challenges, or the uncertainties of today's world? Join us for a peer-lead support group design to provide a safe space for gay and bisexual men to connect, share, and find empowerment together.

### Why Join This Group?

In our community, we often face unique struggles that can feel isolating, such as;

- \* Unresolved anger for fear of the unknown in today's uncertain times.
- \* Challenges with dating, relationships, and feeling truly unseen.
- \* Coping with issues, like HIV, substance abuse, and emotional or childhood trauma.

*This group is about creating a space to heal, support, each other, and address the concerns that affect our lives and well-being.*

### When & Where?

**Thursday's at 6:30pm.**

**Unity Spiritual Center.**

**9800 Candelaria Rd NE.  
Albuquerque, NM.**

**What to Expect?**

A non-religious, peer-lead support group.

A welcoming environment for sharing and personal growth.

Facilitated by **Michael Small**, an experienced group leader with over 25 years of facilitating support groups in Seattle and Albuquerque.

**Details:**

Sessions are 1.5 hours long.

Donation-based participation.

Space is limited-RSVP to secure your spot.

Welcome to Direct Message Michael Small via the Meetup app.

*Let's come together to create a community of strength, healing, and hope!*

To RSVP or for more information, visit the **Unity Spiritual Center Website** <https://www.uscabq.org> or send an email to: [ministerassistant@abqunity.org](mailto:ministerassistant@abqunity.org)  
(505) 663-6030

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**ORCA In Person**





Please join us on August 14, 2025, from 2-3pm for our in person monthly event at Highland Community Center.

**RSVP NOW**

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## **Sawmill Social**



A wonderfully mixed group from our community will meet for food, drink, and stimulating conversation at the Sawmill near Old Town on August 12, 2025, from 11am -1pm. We meet inside if it's warm or outside if it's cool. Look for the Blue ORCA sign.

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## **Men's Coffee**



Doesn't this look inviting? Well, on August 20, 2025, enjoy revealing and engaging conversation at McDuffie (Hidden) Park from 10am to 11:30 at this lovely, relaxing spot in this picture. How peaceful is this? And the company? Exceptional. Please bring a chair if you wish, something to drink, and enjoy the the company of members of your ORCA community.

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## **Westside ORCA Hike**

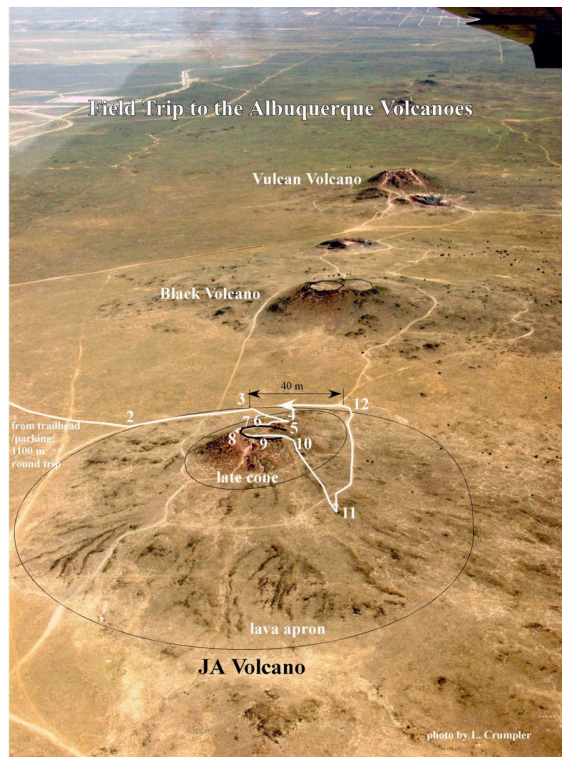


Join the West Side ORCAs on August 21, 2025, at 10am for a hike at the Volcanoes, a part of the Petroglyph National Monument. Be sure and bring a water bottle, a hat, and sunscreen. The hike is moderate. There is a vault-style restroom near the parking lot and you will find several benches along the trail.

If you use GPS, the entrance is near the Double Eagle Airport, 7401 Atrisco Vista Blvd, Albuquerque, NM 87120

This, from the National Park Service:





## JA Volcano and the Albuquerque Overlook

Distance: One-mile round trip from parking lot to scenic overlook and back

Degree of difficulty: Easy to moderate

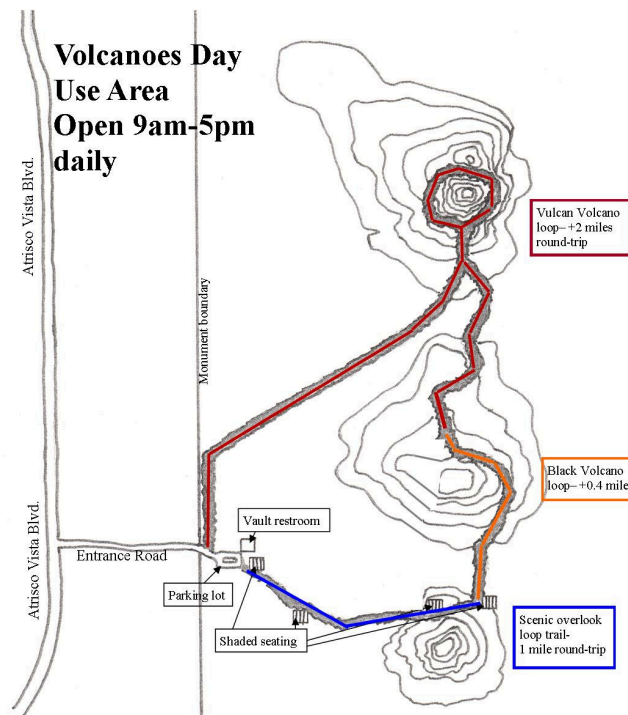
This main trail departs from the parking lot and heads east to a scenic view of the Rio Grande Valley, Albuquerque, and the Sandia Mountains. This trail has three shaded rest areas with benches and trash receptacles.

## Black Volcano Loop

Distance: 0.8 mile round trip from scenic overlook back to JA Volcano

Degree of difficulty: Moderate

From the scenic overlook, follow trail north. At 'Y' intersection take left trail around base of Black Volcano. On the north side of Black Volcano you will come to another 'Y'. Going right will take you north toward Vulcan Volcano and add 2 miles to your hike. Or you can turn around and make your way back to the parking lot.



- Fee-free, undeveloped trail system. 1 mile to 4 miles round-trip distance.
- **No petroglyph viewing.** No water. Vault restroom facility only.
- Pets allowed on trails. Must be on leash (no longer than 6 feet) and under control of owner at all times. Owners must pick up after their pets.
- Lock vehicles, secure your valuables, and set vehicle alarm system.
- Parking lot closes at 5pm. After hours parking available outside entrance gate.
- **Hikers must remain on designated trails. Hiking to volcano tops is not allowed.** Commercial photography, video, weddings & events require a Special Use Permit. Call (505) 899-0205 ext. 233 for permit.

## Vulcan Volcano Loop

Distance: 2 miles from Black Volcano to parking lot

Degree of difficulty: Moderately strenuous

Follow trail north of Black Volcano to the largest of the cinder cones. The trail along the eastern base of Vulcan is difficult to find but do not give up. A gradual incline up the east side of Vulcan leads to a level, mini-volcanic valley on Vulcan's north side. Continue on trail and go left (south) when you approach the 'Y' on the northwest side of Vulcan. At next 'Y' go left again for an up-close look at this well preserved cinder cone. Follow trail down, continuing south on old road which leads to the Volcanoes Day Use parking lot.

## North Volcanoes Loop Trail

*Distance:* 2.3 miles connected to the Vulcan Volcano Loop and back.

*Difficulty:* moderate

This section of the trail connects to the Vulcan Volcano Loop and will take you to the remnants of a historic corral.

### **What You'll See**

In terms of mineralogy, the lava rock from the volcanoes is basalt. Basalt consists of the minerals olivine, plagioclase feldspar, pyroxene and magnetite. Various textures in the volcanic rock, from smooth to rough, as well as color variations are due to the lava's mineral content, temperature, and exposure to oxygen. Red lava rock had higher iron content and exposure to oxygen than black or gray lava rock. Other volcanic features include:

**Volcanic ash & cinders** - small particles of dried lava that were blown high into the air then fell to the ground like a blizzard of hot, volcanic popcorn.

**Spatter** - thin sheets and blobs of magma that cooled rapidly and coat the sides of the cones with a hard crust.

**Caliche** - a white, calcium carbonate substance covering buried portions of rocks.

**Lichen** - a complex "plant" composed of an algae and a fungus that live symbiotically on rock surfaces. Colors vary from green, yellow, orange, to rust.

### **For Your Safety**

Dress appropriately and always wear sturdy hiking boots with ankle support. Spring, fall, and winter winds are chilling. Layer clothing and wear a hat and a windbreaker or jacket. During spring and summer months apply sunscreen generously, wear sunglasses and a hat.

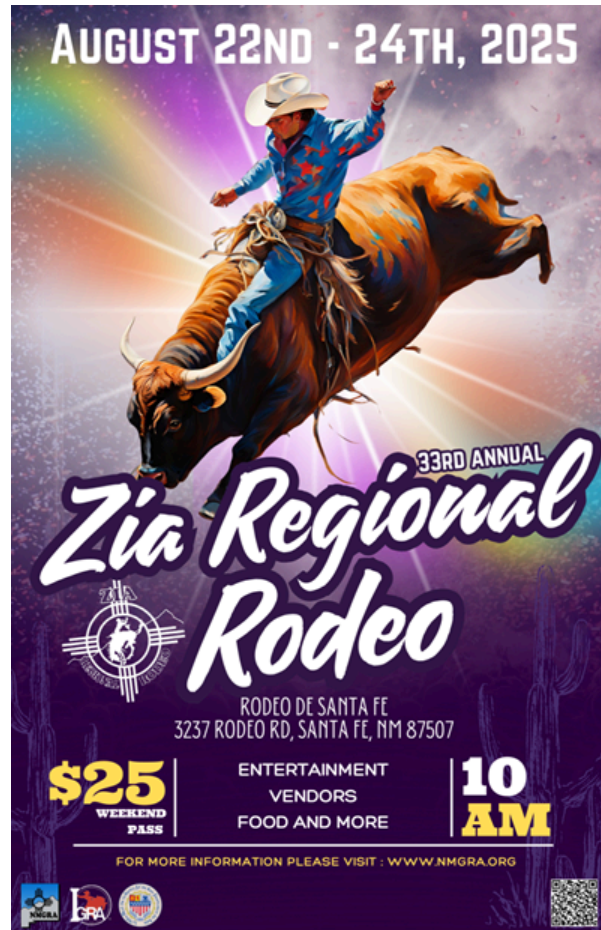
### **Pets**

Dogs are permitted on the trails provided they are on a leash, no longer than 6 feet, at all times. Bring a bag to pick-up after your dog and dispose of it in the trash receptacle. Remember to bring plenty of water for your dog(s).

RSVP NOW

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## Zia Regional Rodeo



ZIA Regional Rodeo (33rd year) in Santa Fe, NM is being held at Rodeo de Santa Fe, Rodeo grounds, 3237 Rodeo Road, Santa Fe NM 87507. Weekend pass \$25. Check NMGRA for information. This announcement is not ORCA event.

RSVP NOW

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## **Pool Party and Cookout**



On Sunday, August 24, 2025, Paul and Jere invite you to attend a pool party and cook out starting at 1pm. They will provide hamburgers, hotdogs/sausages, buns, and fixings. You are encouraged to bring a side dish (vegetable, salad, etc.) appetizer, or dessert.

And your swimsuit and a towel. You might want to bring flip flops too as the pool deck can get hot. There is a covered/shaded sitting area for about 15 people.

**RSVP NOW**

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## **WIMIN Family Potluck Picnic**



# WIMIN Family Potluck Picnic

Everyone is welcome!  
All Ages, All Genders,  
All Orientations

Sunday, August 24

11:30 - 2:30

North Domingo Baca Park  
on the south side of the park,  
access off of Carmel Ave

WIMINFEST was a joyful, inclusive, lesbian celebration of Women's culture that happened in ABQ from 1984-2005. We are a planning committee for the COMEBACK in 2026! Be a part of herstory!  
wiminfest@gmail.com

*Join us for a few hours holding space for our authentic selves, laughing, eating, playing, telling each other our stories. Bring a chair or blanket, a dish to share, beverage utensils, a game to play, a friend.*

*And if you can't bring a dish, come anyway.*

with PosterMyWall.com

It's a true potluck. We'll have paper plates and some ice chests. Come help us kick off the WIMINFEST Comeback of 2026! You can come picnic with us and segue to the Pool Party!

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RSVP NOW

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**Danny Lyon: Four Recent Films**



## **Details**

Join us to see four films by award winning photographer Danny Lyon on August 31 at the Guild Cinema in Nob Hill.

**Program One** at 4:30 PM: Premiere "Beat the Drum Slowly" and "SNCC" about 100 minutes.

Price \$10 for Program One

**Program Two** at 7:00PM: "Immigrant" and "Wanderer" about 80 minutes.

Price for each program separately is \$10, or buy tickets for both programs for \$15.

Call Dennis if you have questions.



Danny Lyon (born March 16, 1942) is an American photographer and filmmaker.

All of Lyon's publications work in the style of photographic New Journalism, meaning that the photographer has become immersed in, and is a participant of, the documented subject. He is the founding member of the publishing group *Bleak Beauty*.

After being accepted as the photographer for Student Nonviolent Coordinating Committee (SNCC), Lyon was present at almost all of the major historical events during the Civil Rights Movement.

He has had solo exhibits at the Whitney Museum of American Art, the Art Institute of Chicago, the Menil Collection, the M. H. de Young Memorial Museum in San Francisco and the Center for Creative Photography at the University of Arizona. Lyon twice received a Guggenheim Fellowship; a Rockefeller Fellowship, Missouri Honor Medal for Distinguished Service in Journalism, and a Lucie Award.

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**Our new website is [www.orcaabq.org](http://www.orcaabq.org).**

**Email [SC@orcaabq.org](mailto:SC@orcaabq.org) to reach the Steering Committee.**

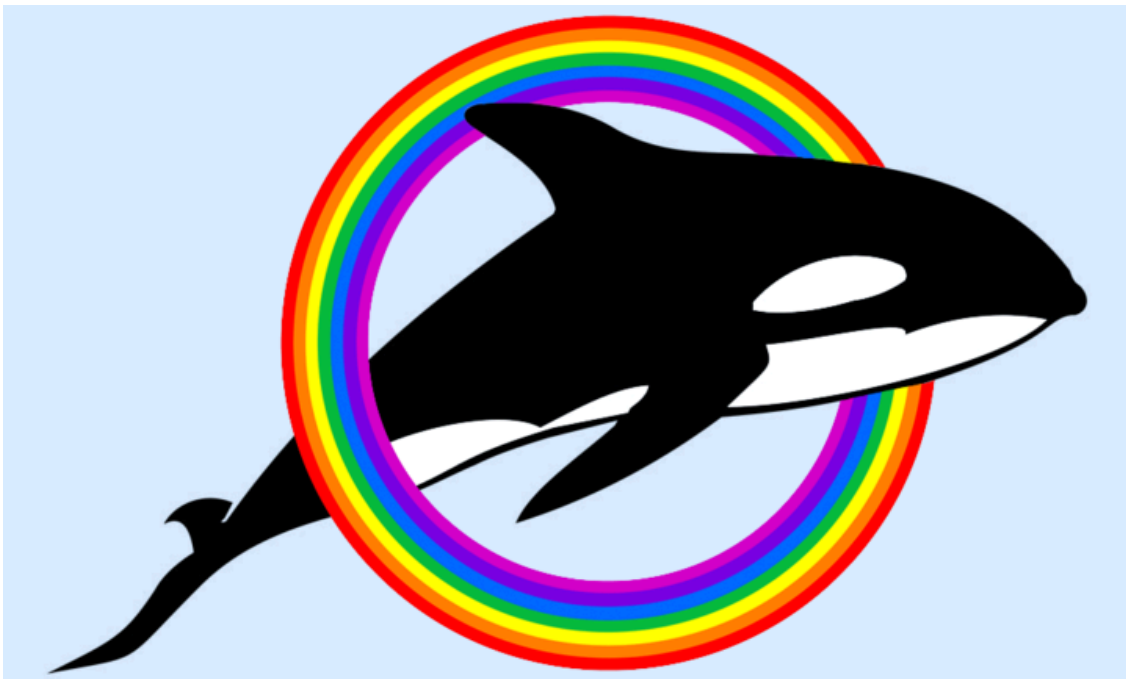


**We welcome suggestions about events you'd like to see offered or things you'd like to see on the website. The ORCA website lists a variety of resources that may be helpful:**

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

**Questions about ORCA Albuquerque and the events listed above? Email us: [sc@orcaabq.org](mailto:sc@orcaabq.org).**

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



**Our mailing address is:**

Older Rainbow Community of Albuquerque  
PO Box 20421  
Albuquerque, NM 87154

[Add us to your address book](#)

Want to change how you receive these emails?

You can update your preferences or unsubscribe from this list.

