



Turk by Eva Ceskava

The 2023 photo contest has officially begun!

Our theme this year is **Curious Creatures**.

The resulting calendar will be full of images of birds, bees, and bunnies, and of course pets! Any critters you can capture digitally or on film can be submitted. The contest ends a bit earlier this year, so begin now to photograph and send us the results as you work. You may submit photos taken years ago, as well. Please note the changes this year. We have a new format, so all images must be horizontal.

- Submissions are free.
- Reminder, ALL images must be horizontal.
- No limit to the submissions you may send.
- Each photographer will only win once.
- Send the largest image you can produce. We can size the image, but we prefer at least 11 inches at 300 dpi.

- Include your name, email, and phone along with the image.
- Contest ends June 30.

You may send photos any time up to the deadline. We REALLY appreciate getting photos early, and you may submit more photos later.

The photos need to be taken within our Parkland Village service area, which is basically Parkland Hills and Southeast Heights neighborhoods. See the Parkland Village website for a full description of the service-area boundaries.

Prizes: The 12 winners of our contest will have their photos in our 2024 calendar and on 5 x 7-inch notecards. The notecards come in a box containing all 12 images. Winning photos will be identified, and winners will have brief biographies on the cards and in the calendar. Winners will be invited to join a gallery exhibition of the winning photos and will receive both the calendar and a box of cards. The first-prize winner receives two of each and a framed photo. We will also recognize Honorable Mentions in the calendar.

Jurors for the contest are Satoru Murata and Jory Vander Galien, both members of Albuquerque Photographers Gallery.



Redtail Hawk – Photographer unknown

From the President:

Spring is in full gear. What a welcome sight it is to see the trees and flowers leafing out and blooming after five months of dormancy! In anticipation of Spring, we held a Zoom forum in early March on planning xeriscapes to attract pollinators. Julianna Lichius of Desert Sun Landscaping was the presenter. The forum was well attended and very lively, and there were lots of questions and sharing.

In the first 3-1/2 months of this year, 12 volunteers have provided 64 services to our members. The most popular service continues to be transportation, with light chores in the home and assistance with technology tied in second place. We can expect to be getting requests for yard work as Spring progresses.

One of our Board members had knee-replacement surgery and needed light chores done on multiple days following her surgery. It was very gratifying to see that 6 different volunteers accepted 8 requests to perform those light chores and make lunch for her!

Since the last newsletter in January, our request for several more members of the Services Committee has been answered. Three new members are either taking turns serving as call managers a/k/a volunteer service coordinators (receiving calls from people requesting services or information about the Village) or helping to conduct new member assessments or both! We are thankful to Rose, Sarah, and Robyn for joining this committee and helping with this crucial work.

We have recently given both the City of Albuquerque and CREW (Community Renovation Empowering Women) the green light to refer people who live in the Parkland Village service area to us. They both provide some of the same services that we do, and there are clearly instances where it is appropriate for us to refer people to them. Hopefully their referrals will help the Village grow.

In anticipation of the Village growing, we will be holding another volunteer orientation on Sunday, April 30, from 2:30 to 4:30 PM. If you would like to consider volunteering to provide services to Village

members, please let us know if you are available to attend this Zoom orientation.

Stay safe and healthy,

Rich Weiner



The next Parkland Village event will take place at Eunice Kalloch Park on June 3, 1-3pm. We'll have music, yard and board games like cornhole, Bananagrams, scrabble, and so on. As the date nears, you will hear from us in more detail. See you at the park! It is at the intersections of Quincy Street, Anderson Ave., and Ridgecrest Circle.

Parkland Village Inclusivity

Our Village community serves all elders and persons with disabilities who reside in our service area regardless of gender, gender identity, sexual

and affectional orientation, race, ethnicity, creed, religion, or political affiliation.

Roland Penttila: Volunteer Hero

Our most prolific volunteer since the beginning of the year has been Roland Penttila. He provided 16 services to members, or a quarter of the all the services provided. He has told us that he "is having a ball" meeting and helping people in our neighborhood. In particular, he goes to one elderly member's house once a week to help her do a food order online, and then another volunteer picks up the groceries the following day. He has also provided transportation for several members.

Volunteer Orientation

We will hold an orientation for new volunteers by Zoom on Sunday, April 30, from 2:30 to 4:30 PM. If you can attend, please call us at (505) 417-8799 or e-mail us at info@parklandvillageabq.org.

Member Makes Use of Services



Eva Ceskava

I retired in 2011. I had worked in Albuquerque, then elsewhere, and I came back when I retired. Shortly afterward, I was diagnosed as legally blind.

The Village has been a lifesaver. I've always taken Sun Van to go to the gym and other places. But sometimes I have doctor appointments where there is not enough notice to use Sun Van. Volunteers have accepted my requests for a ride to the doctor. It has been such a help!

The biggest thing about the Village has been the people I have met. I knew some of the people involved with the Village, but some of the people I met since being involved with the Village have become very good friends.

I'm on the Board, the Fundraising Committee, and the Events Committee. The idea of the Events Committee is to plan events that will help connect neighbors with neighbors. We are planning events in open spaces with music and food.

Social connections have been important, especially during the last 3 years, when we've been so isolated.

-Eva Ceskava

Postscript: Since making the remarks above during a Parkland Village Zoom Forum, Eva has undergone surgery, and is getting help from village volunteers post-op. We have been making lunches, dusting, supplying a few groceries when needed, and more. A faithful volunteer has been reading her mail aloud on a regular basis.

Member Profile



Meg and Bruce Porch

Longtime residents Meg and Bruce Porch are living their best lives right here in Parkland Village. The Porch house dates to 1926 and is said to be the first house built in Parkland Hills. They bought it in 1969 as

a fixer upper. More than 50 years later, they are still living in it.



The Porch home

Bruce earned a BS and a master's degree at Wayne State in Speech Therapy. He then received a scholarship to continue his studies at Stanford, where he met Meg. She had graduated from UNM and was also a master's student studying Speech Therapy. Like Bruce, Meg's impressive academic skills had earned her a generous scholarship.

They both went on to have remarkable careers, all while raising several children. Though Meg's career was punctuated by stints at home for child-raising, she remained active and curious and continues always to study and learn. For a time she delved deeply into the history of pioneering women, dedicating herself to learning many historic arts like quilting, canning, weaving and candle-making.

When Bruce finished his Ph.D, he accepted a dual offer from UNM and the VA hospital here in Albuquerque. This was Meg's old stomping ground. Before attending UNM, she had spent many of her formative years with her extended family in Tucumcari.

While Meg was working part-time and raising the kids, Bruce continued his work in speech disfunction/Aphasia. At Stanford, he had developed a much-needed method to systemically evaluate Aphasia, which he called the Porch Index of Communicative Ability (PICA). Before brain scans,

PICA was widely used, not just in America, but also in Europe and Japan.

After the children grew up, Meg returned to work, now concentrating on the newly recognized field of dyslexia. She developed a private practice and was a highly sought after instructor at the Multisensory Language Training Institute.

Bruce's new passion is for the understanding and treatment of stuttering, a neurological condition that, he explains, stems from the brain developing an alternate pathway for speech when a person feels that he/she is under observation. Dr. Porch is developing ways to desensitize people to their listeners. Meg, meanwhile, is enjoying her beautiful home and her wonderful children and grandchildren.

If anyone in the neighborhood has a problem with stuttering or knows of someone in the neighborhood with that problem, Bruce will be happy to help free of charge. Contact us, and we will put you in touch with Bruce.

La Von Blu

Today, as part of our ongoing focus to highlight local neighborhood businesses and supporters, we spoke with Sharon and Jordan Gateley, owners and mother and son team at La Von Blu, a luxury bath and body boutique in Nob Hill.

Together they research, develop, manufacture, and sell their products from their storefront location in the Nob Hill Shopping Center.



The La Von Blu crew

You can also find La Von Blu products at craft fairs, Pop-ups, and festivals held throughout the year in Albuquerque.

Obviously dedicated in their passion to provide Albuquerque with premier skin, bath and body products, they use only plant-based vegan oils and butters. Their candles are made with eco-soy wax without paraffins and phthalates.

The idea behind La Von Blu came about twelve years ago while Jordan was in college and working part-time at a soap shop. Knowing he could make a better product, Jordan proceeded to develop his own soap. Sharon, a nurse practitioner, provided the first outlet for selling the soaps.

La Von Blu has been at their current storefront location for five years. They love that their Nob Hill location offers them visibility, walkability, and front door parking. In addition, La Von Blu holds in-store classes and fun home and school parties. Sharon and Jordan's mission is to help everyone look and feel better while aging gracefully and naturally. They will deliver or mail their products to you. They have been great supporters of Parkland Village, so thank them when you go in!

La Von Blu

109B Carlisle Blvd SE.

Monday - Saturday 11am-5pm

Sunday 12pm-4pm.

505-200-2912 and www.lavonblu.com



Albuquerque Photography Gallery 20th Anniversary Celebration is Coming Up!

Our partners for our fundraising project are celebrating 20 years of operation. APG provides us with jurors for the photo contest and holds an exhibition of winning photos. They sell our calendars and cards in gallery, too. They are inviting us to join them for their party, and it is sure to be fun. **You will find them in Old Town, at 328 San Felipe NW.**

They sent this invitation:

*"... we are celebrating our Twentieth birthday next month. With thanks to all our customers through the years, the party begins on May 12th and goes until closing time on May 14th. **The biggest part will be on Friday May 12th beginning around 5:00PM and going until 9:00PM.** We'll be there, along with several of our alumni members, and definitely refreshments. Good refreshments!
Please save some time to come see us."*

Parkland Village Board of Directors and Key Volunteers

Rich Weiner, President
Mara Hoffman, Vice President
Kim Seidler, Secretary- Treasurer
Candy Nartonis, President-Elect
Eva Ceskava, Member of Board of Directors
Nancy Musinski, Volunteer Service Coordinator
Rose Rohrer, Volunteer Service Coordinator
Marj Patrick, Volunteer Service Coordinator
Robyn Cruz, Volunteer Service Coordinator
Kate Matthews, Parkland Village Calendar Designer
Vicki Rohrmann, Grant Writer

For more information about Parkland Village or Village membership, visit our website at www.parklandvillageabq.org or call us at (505) 417-8799.



We are looking for a few volunteers for the Fundraising Committee. We run the Photo Contest, print calendars and notecards, apply for grants, introduce the neighborhood to Parkland Village through tables at Hyder Park during Tasty Tuesdays, and walk door to door as well. You do not need to do it all, but just what appeals to you! We'd love to have you!

Zoom Forums

Since Parkland Village's last newsletter in late January, we held one Zoom forum – in March – titled Lush Xeriscape for All Your Pollinators. Julianna Lichius of Desert Sun Landscaping was the presenter. The timing was excellent – just in time for getting ready for spring planting. We had one of our best turnouts for this event. People had many questions and stories to share about their landscapes.

Be on the lookout for notices of future Zoom forums or in-person get-togethers. We expect to have at least one Zoom forum this spring.



If any of you have skills and/or interests that you would like to share in a future Zoom forum, please get in touch with us and let us know. Or you could request a topic.



Online Yoga Classes

The **Villages of Santa Fe**, in collaboration with AARP, has been sponsoring online classes in exercise and gentle yoga. Any of you are welcome to register for, and join these classes. Some classes are free, and some involve a nominal fee. You can get more information about and register for these classes at: <https://villages.punchpass.com>.



Parkland Village
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