



Quintessence Neighborhood News

Quintessence Neighborhood Association
Annual Issue: April 2023

MESSAGE FROM THE PRESIDENT

You are wonderful neighbors! I was impressed by the people who came to help out at last year’s Spring Cleanup, filling many bags of trash and weeds.

I also enjoyed meeting old and new neighbors at our three neighborhood events – our Fourth of July celebration, National Night Out, and the Fall Festival. I was blown away by your clothing donations at the Fall Festival (we almost needed a second vehicle to transport them!).

I’m impressed by neighbors I see keeping the neighborhood clean, whether it’s servicing QNA’s dog waste stations, picking up litter, or helping a neighbor with weeds.

Even more neighbors now have the opportunity to be QNA members with our new changes in bylaws in compliance with NARO (page 3). We hope all of you will join QNA; we need your support with ideas, dues, and cooperation.

Learn about the covenants and the committee that help keep our neighborhood pleasant (page 5). Most of these are outward signs of a healthy neighborhood; give yourself an internal, mental checkup with our guest article on mental health (page 7). Learn new ways to protect yourself from pests online or outside (page 9).

Please consider coming to our **annual meeting** on **April 20th at 7pm** at Grace Lutheran church (7550 Eubank) to vote, hear from the City’s Open Space department, and meet some neighbors! Everyone is welcome!

Sincerely, Andrea Landaker, QNA President

INSIDE THIS ISSUE

Events.....	3
NARO.....	3
What is the ACC?.....	5
Mental Health.....	7
Avoiding Scams.....	9
Coyotes.....	9
Photos.....	11

QNA COMMUNICATIONS

Email qna.abq@gmail.com
to send ideas or feedback!

MEMBERSHIP

Join YOUR neighborhood association, QNA, today! You can return the enclosed envelope or fill out our online form:





**DOING THE
RIGHT THING
IS OUR COMPANY
STANDARD.**

Comfort Problem Solvers.
Serving Albuquerque & Santa Fe since 1977

Commercial and residential
heating and cooling services
with your comfort in mind.

- ✓ Air Conditioning
- ✓ HVAC & Furnace
- ✓ Design/Build
- ✓ Maintenance Agreements
- ✓ Minor Plumbing and Boiler Repairs



Proud to be serving New Mexicans for more than 40 years.



**24-HOUR EMERGENCY
SERVICE LINE:
505.991.7395**



**SERVICE
& REPAIR LINE:
505.884.2770**



AZTECMECHANICAL.COM

QNA Annual General Meeting

Thursday, April 20th at 7pm at Grace Lutheran Church (7550 Eubank Blvd.)

We'll hear from Albuquerque Open Space, elect board members and officers, vote on NARO-required bylaw changes (see below), and meet our neighbors!

We will also have "Slow Down, Albuquerque" and "There is no Poop Fairy" signs for any interested.

2023 QNA Calendar

April 20 th	Annual Meeting
May 13 th	QNA Yard Sale Day
July 1 st	Popsicles at the Park
August 1 st	National Night Out
Oct. 28 th	Fall Festival

QNA Yard Sale, May 13

We'll advertise the sale and post signs bringing people to the neighborhood. Host your own yard sale and add your own signs directing people to your sale. Email president@qna-abq.org to participate. 8am-12pm.

What is NARO?

The Albuquerque City Council recently voted to update the Neighborhood Association Recognition Ordinance (NARO). The updated NARO codifies recognition standards for neighborhood associations, and now, neighborhood coalitions. Recognition status means that a neighborhood association or coalition is entitled to receive notice of developer permit applications, information about projects and construction happening around the City, and also entitles them to automatic appeal standing under the Integrated Development Ordinance (IDO). To maintain recognized status, neighborhood associations must do the following:

- Operate in an open and democratic manner
- Offer membership to any resident 18 or over, property owner, or business within its boundaries
- File required paperwork with the City Office of Neighborhood Coordination
- Offer membership and voting rights without making payment of dues a requirement
- Hold at least one meeting per year and use good faith efforts to promote the meeting within their boundaries and to members
 - Conduct fair and open elections

QNA already meets almost all of these requirements, so there will likely be minimal functional changes for our neighborhood association. The main change for QNA will be that membership and voting rights will not depend on dues payment. QNA has always made its email communications and its neighborhood events open to neighborhood residents, whether or not they are QNA members. In the future, QNA dues will be voluntary and membership will be by affirmation. QNA will still accept and encourage payment of voluntary dues or member donations, so that our neighborhood association can continue to sponsor events, maintain the common areas, mail the newsletter, and support community welfare and neighborhood improvements. At the QNA annual meeting in April, we will vote on the bylaw changes needed to be in compliance with these ordinance changes.

Talent is Nurtured.

Learning is focused and potential thrives.



Sunset Mesa School
Preschool & Grades K-5th

Now Enrolling for 2023-24! 505-298-7626 | sunset-mesa.com

Architectural Control Committee

By Paul Fugitti, QNA ACC Member

Do you enjoy living in Quintessence? I do. We have a lovely neighborhood which is one of the nicest in town. You can see that your neighbors take pride in their homes and surrounding area.

Do you know where in Albuquerque you can find places called The Meadows, The Estates, The Gardens, and The Enclave? They are subdivision units within Quintessence.

These units along with Talea Court, Sandia Glow Court, and Alexandria Court each have specific covenants. The covenants cover many aspects of living in our community.

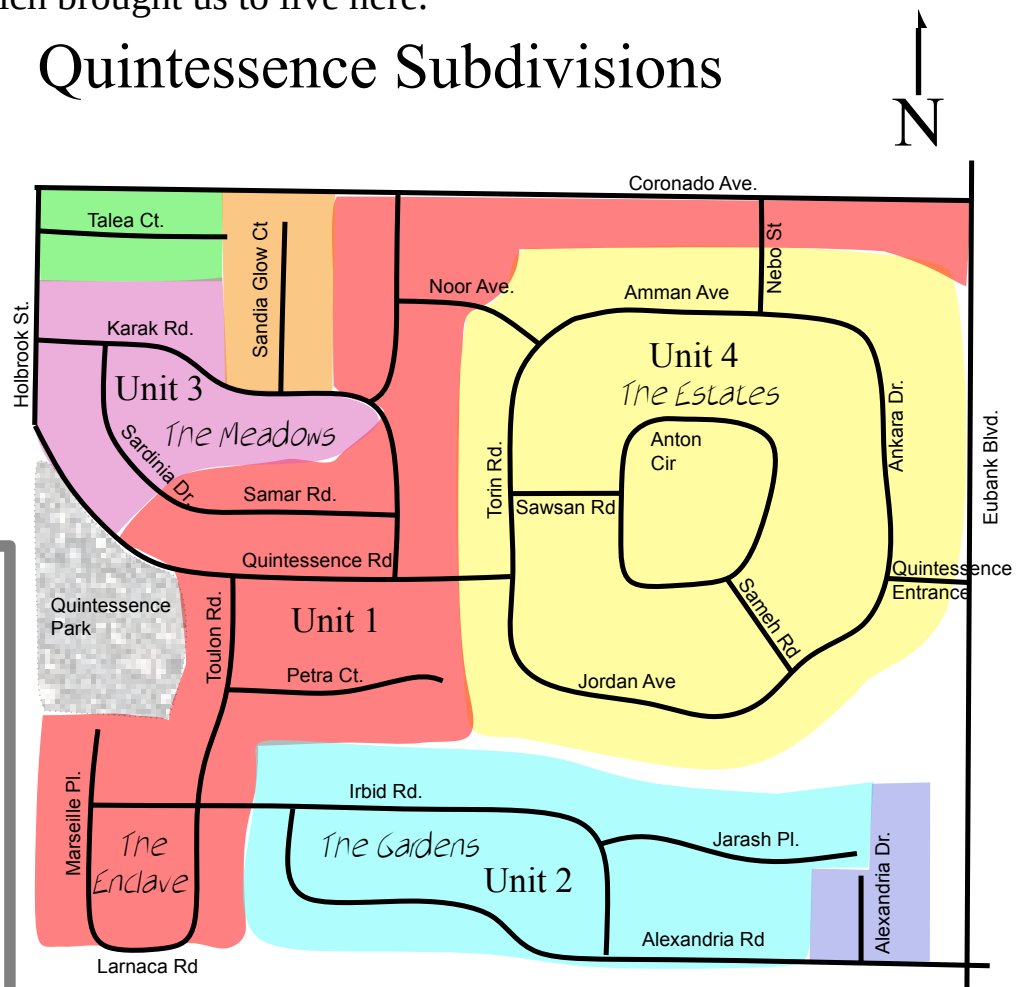
Do you know which QNA committee is tasked with administering the covenants? The Architectural Control Committee(ACC), which is comprised of neighborhood volunteers. Basically what this committee does is to encourage our fellow homeowners to comply with the covenants. The purpose is to preserve and maintain the values and beauty which brought us to live here.

You can view the complete purpose of the ACC and the covenants on the QNA website, qna-abq.org.

If you'd like to join the ACC, email qna.abq@gmail.com

Missed trash?
Park problems
Road issues?
Call the City's
hotline at **311!**
Or go online:
cabq.gov/311

Quintessence Subdivisions





CURIOUS

ABOUT ALBUQUERQUE ACADEMY?

“The curiosity
of the students is one
of the main strengths
of the Academy.”

~ Grace '27

To hear more from Grace and
other students, visit aa.edu/curious
or scan this code.



**IT'S NOT TOO SOON TO THINK ABOUT
ALBUQUERQUE ACADEMY FOR FALL 2024.**

Visit aa.edu/admission.
(505) 828-3208 | Grades 6-12



5 Factors that Affect our Minds

By Vivek Gulati, Quintessence resident and Art of Living instructor

As of 2021, 19% of American adults are experiencing a mental illness. Forty-six percent - almost half - of full-time American workers are suffering from mental health issues.

America is the melting pot of cultures. We've adopted food and clothing from all around the world. Can we adopt wisdom from around the world too? Especially wisdom that can help with the most pressing issues of our time.

1. Food

These days "mindful" eating is being promoted quite a bit. When we sit and eat, with all our awareness, the food tastes better and our body and mind respond to it better. If we rush to eat, or eat while distracted (in front of a TV or a screen or while driving), we end up overeating.

In many traditions around the world, people say a prayer or chant a mantra before they eat. The idea behind these practices is that it puts us in the right frame of mind - settled, grateful, peaceful - before we eat.

2. Space

Have you noticed that you feel different when you are in nature? The space we are in has an impact on our mind.

3. Time

If you have or have had a teenager at home or if you've been a teenager, you know that it is just a phase - it'll pass. Taking this long-term view gives us the serenity to take the ups and downs of teenage years in our stride. So is the case with our mind too. We all have experienced "off" days - and then in 2 or so days the state of the mind changes!

4. Company we keep

In self-development circles, it is a common saying that we are the average of the 5 people we spend most time with. It is not necessary to physically spend time with them - all we could be doing is giving them space in our mind!

On a more practical level, just notice - do the people in my life uplift me? Do their values align with what I want for myself?

5. Wisdom

This is the most powerful influence on our mind - wisdom that we have heard or imbibed in our life comes to our rescue when we need it the most. Here are two examples.

Whether someone is rich or poor, whether someone is smart or dumb, whether healthy or sick - everyone will eventually die. When we reflect on this truth, then we experience a sense of freedom. Our mind doesn't get caught up in the small stuff.

Another example of wisdom is - everything is changing. We know this already. Good times have come and gone. Hard times have come and gone. In fact, it is the hard times that gave us depth and made us stronger.

When we start to recognize this, then we don't get swayed by the ups and downs of life.

Keeping in mind all these factors that affect our mind, we can start to do simple things with our food, space, time, and influences to take care of our mental health. And, every once in a while reflect on the deeper truths of life!



Manzano Day School

- Core Values
- Fenton Ranch • Learning Lab
- Community Service Projects
- Bus Service • Nonprofit

Planting
seeds *Through Joy in Learning®*

Now accepting
applications for 2023-2024

We are the only Albuquerque elementary school accredited by the Independent Schools Association of the Southwest.



Financial Aid Available

1801 Central Avenue NW
505.243.6659
www.manzanodayschool.org



3 Ways to Avoid Scams

Spot Imposters

Anyone can say they are from Amazon or a car company or a charity. They may even fake their email or caller ID. You can always hang up, call the real number for the organization, and check to make sure it's real.

Beware wiring money

Sending money through CashApp, Western Union, gift cards, or reloadable debit cards is nearly impossible to get back. Pay with a credit card and you can dispute the charge if necessary.

Talk to someone

Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.

Living with Coyotes

Coyotes are a common wildlife species throughout the City of Albuquerque. Most sightings do not require any action except to protect small children and pets. Make sure you are not feeding them by keeping trash, bird feeders, and pet food inaccessible to coyotes. Motion lights and 6 foot high fencing can help deter coyotes from your yard.

To discourage coyotes from making a home in your neighborhood, the City recommends hazing to reinforce their natural distrust of people. Do not do this if the coyotes are sick, aggressive, or may be protecting a den nearby.

To haze a coyote near your property, look large and threatening, make noise by yelling or using a noisemaker, and advance slowly. Surprises such as opening umbrellas, bright lights, throwing rocks, or spraying garden hoses may also be effective. Leave them a way to escape and make it clear they are not welcome on your property.

Most coyotes will slink away, sometimes pausing to look back. If a coyote growls back at you or advances, it is considered aggressive and should be reported with 311. Please also report trapped, sick, or injured coyotes.

Ask a Gardener

Did you know you have a free expert available to help with advice about your yard?

Check out the extensive resources at abqmastergardeners.org – you can even send a message if you have a question they didn't cover. Or, if you prefer, call the Master Gardener Hotline at (505) 243-1386.





SCAN ME



YOUR NEIGHBORHOOD REAL ESTATE RESOURCE

April Rodas, Realtor®
505.226.1882
aprilrodas@gmail.com
aprilrodas.kw.com



*We look forward to seeing
you in the neighborhood!*

As a real estate broker and resident of Quintessence, I know the value our neighborhood offers. Whether you're looking to buy or sell a home, I'd love to make my services and resources available to you.

APRIL RODAS
- REAL ESTATE -

kwALBUQUERQUE
KELLERWILLIAMS REALTY
505.271.8200

Quintessence Photos

4th of July
Popsicle Party



Fall Festival
Costume Contest and
Photo Booth





PO Box 22033
Albuquerque, NM 87154-2033

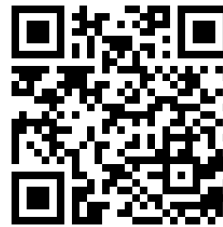
<http://qna-abq.org>
qna.abq@gmail.com

PRST STD
US POSTAGE
PAID
PERMIT #1171
ALBUQUERQUE NM

QUINTESSENCE NEIGHBORHOOD ASSOCIATION (QNA) MEMBERSHIP FORM

All adult residents/owners may join QNA.
Optional dues are \$20 per year, payable to QNA
by mailed check or money order, or Paypal to
qna.abq@gmail.com.

More than one adult in your household? Each one
who wants to join needs a separate form.
Scan the QR code to fill this form out online!



VOLUNTEER OPPORTUNITIES

QNA needs you! Can
you help with any of
these committees?

- QNA Board
- Neighborhood Watch
- Architectural Control
- Beautification
- Membership
- Dogi-Pot Maintenance
- Outreach/Events
- Other _____

Name _____

Address _____

Phone _____

Email _____

We never share your email address and send updates about once a month.

Yes! I would like to join Quintessence Neighborhood Association!

Signature _____

New Member

Membership Renewal