



Breaking through Barriers

# Capital Women

## BRANCH HOLIDAY SOCIAL, DECEMBER 19<sup>TH</sup>

### WHAT'S COMING UP?

**Board Meeting:** 1:00 pm Jan. 23, First Christian Church. All are welcome to attend.

**AAUW-NM Leadership Team Meeting, Jan. 29:** Lunch for state officers and Santa Fe Branch members. Everyone invited to meeting.

**AAUW-NM Legislative Day, Jan. 30:** Everyone invited to participate and learn to lobby for AAUW issues at the state legislature

- **Start:** San Francisco Street Bar and Grill, 50 East San Francisco St., upstairs, at 5:00 pm for dinner.
- **Next:** Holiday Concert, 7:00 pm, presented by the Santa Fe Concert Band at the Lensic Theater at 225 West San Francisco St.
- **Fees:** Dinner from the menu at your own expense. Concert free, donations welcome.
- **Bring:** Socks and underwear for grade school boys and girls in the Adelante Program; mostly in children's medium and large sizes, also adult-sized socks and underpants.

**Please RSVP**  
by Dec 15  
to Lois Hammer:  
989-1176  
or  
[cfhammer75@  
Q.com](mailto:cfhammer75@Q.com)



From Palace of the Governors Archives

The Santa Fe Concert Band continues one of Santa Fe's oldest traditions, of

### Santa Fe Concert Band

free public concerts by volunteer musicians. This tradition dates back over 140 years, when Francisco Pérez, after serving as a Confederate Army bugler in the ill-fated invasion of New Mexico by Texas forces during the Civil War, returned to Santa Fe and formed *La Banda de Santa Fe*. This musical tradition continued under various names and direc-

tors, including Los Conquistadores from 1909 through 1940, the latter part of which was under the highly-respected and popular Dan McKenzie. The Santa Fe Concert Band was formally incorporated in 1983 under the directorship of Greg Heltman, who continues as director.

## One of Our New Members

### Ellen Cerreta



Ellen, who was raised in Pelham Manor, NY, has been a resident of Santa Fe, NM for the last 10 years. She originally moved to New Mexico for a post-doctoral fellowship at Los Alamos National Laboratory. In 2003 she became a member of the Technical Staff within the Structure/Properties Relations Group of the Materials Science and Technology Division.

Ellen received her BS in Aerospace Engineering from The University of Virginia in Charlottesville, Va. Her research experience at The University and as a summer student at

Rockwell Science Center in Thousand Oaks, Ca. convinced her to pursue a career in Materials Science. She obtained her advanced degrees (a Masters and PhD in Materials Science and Engineering) from Carnegie Mellon University in Pittsburgh, Pa. In her research at Carnegie Mellon and her 10 years at Los Alamos, she has utilized microscopy to characterize damage in metals. Her current work focuses on quantifying damage to advance predictive models.

While working at Los Alamos, she met Santa Fe native, Carl Trujillo. They were married in 2004 and have a little boy

named Thomas as well as two dogs and two cats. Thomas just turned 3 this past October.

Since completing her graduate degree, Ellen has also demonstrated service to the materials science community as a member of The Minerals, Metals, and Materials Society (TMS) and ASM International since 1997. She has served on numerous committees for these organizations and is presently on the Board of Directors for TMS. Locally, Ellen supports the Northern New Mexico community by helping to bring science to schools through the Los Alamos Women in Science (LAWIS) organization.

## Looking for an end of the year tax deduction?

Charity Navigator gives AAUW a Four Star Rating

**AAUW Funds #9110** is the general fund that contains all the other individual funds. A contribution to this fund is very appreciated by AAUW because it allows them to direct your donation where it is most needed.

If you would like to be specific in your donation, the individual funds are: **Legal Advocacy Fund 3399**, **Public Policy Fund #4337**, **Educational Opportunities Fund #4336**, **Eleanor Roosevelt Fund #9170** and the **Leadership Programs Fund #4339**.

One fund of interest is The Educational Opportunities Fund. It supports educational and lifelong learning opportunities for women. Under this program over \$3.7 million in funding was distributed through 240 fellowships and grants for the 2011-12 academic years. This fund also supports The Undergraduate Scholarship Clearing House which educates women by allowing students to find and apply for scholarships from AAUW branches across the country.



Send any donations to  
Charla Thomas  
2000 Calle Lejano  
Santa Fe, NM 87501

Make checks out to AAUW Funds, with the number of the desired fund.

I will fill out the AAUW Funds form and forward all to National Headquarters.



## PRESIDENTS' MESSAGE

I often have trouble falling asleep at night and thought this would end once I retired. My day's activities and the next day's plans would run through my head like an auto-replay tape. After retirement not much changed. I just have a new set of tapes!

While waiting for an appointment and thumbing through a copy of *Woman's World*, an article about sleep caught my eye. Here are some hints.

- 1) Go to sleep with a soothing scene in your mind.
- 2) Make sure your nose isn't stuffy.

- 3) Meditate for 10 minutes in the morning and at night.
- 4) Wear a special cap that circulates cool water over you forehead, but be sure your feet are warm.
- 5) Have a glass of cabernet. It contains melatonin..
- 6) Say thank you.

Well a glass of cabernet would give me a stuffy nose, so scratch that one. The sleep cap isn't on the market yet, but socks I can do. Maybe I can find time to meditate and try the soothing scene visualization, but the easiest one of all is to just say "Thank

You". According to the article, being thankful reduces negative thoughts, which can cause light, interrupted sleep, Thankfulness also increases the production of dopamine to promote restful sleep.

This is a time of year when many of us give and receive gifts, visit with friends and family and find many reasons to be thankful. I guess Bing Crosby had it right all those years ago when he crooned, "Count your blessings instead of sheep". So here's to better rest for all of you, and a happy and healthy 2012.

Co-president, Julie Vollmer



### CONGRATULATIONS

to **Gaile Herling**,  
 coordinator for the Adelante program,  
 in being selected as one of Santa Fe's **10 Who Made a Difference**

## State of the Santa Fe Public Schools

### Cultural Make Up of Students

72% Hispanic	3% Native American
23% Caucasian	2% Asian



Santa Fe School Superintendent Bobbie Gutierrez presented her State of the Schools Address November 17th at Salazar Elementary School. Preceded by performances from the Santa Fe HS Choir and Orchestra, Gutierrez welcomed about 100 people including the Board of Education, teachers, students, parents and interested citizens. Santa Fe's schools serve 12,591 students in 25 school facilities. In spite of negatives such as increased numbers of students per

classroom, fewer teachers, fewer custodians, fewer bus routes and cuts in the budget; Gutierrez stressed positives: about 125 high school seniors received scholarships and seniors averaged a 3.0 GPA. Student achievements, honors and awards were many and impressive in music, athletics, art and the sciences. Public-private partnerships have played a large role in financial and academic support. Future goals include higher student proficiency in basic subjects, resulting in more students enrolled in higher

level courses. The goal of graduating at least 90% of the freshmen in four years coupled with a reduction of the drop out rate was paramount on the list of future concerns. Gutierrez concluded with urging members of the audience to tell five people they know about accomplishments of Santa Fe schools, to tell five people to write Governor Martinez about revenue enhancements for schools, and to volunteer in schools. Upon ending her address, the Superintendent received a standing ovation.

Nancy Scheer, Editor  
1894 Esplendor  
Santa Fe, NM 87505

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We're on the Web!

[www.aauw-sf.org](http://www.aauw-sf.org)

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### Mission Statement

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

*La AAUW adelante en eguidad para las mujeres y las muchachas por medio de el apoyo, la educacion,  
filantropia, y la investgacion.*

#### ELECTED OFFICERS

**Co-Presidents:** Julianne Vollmer, Kris  
Rodgers, & Enid Tidwell

**Membership VP:** Helen Cahn

**Secretary:** Carol Ann Mullaney

**Finance Co-Chairs:** Nancy Scheer and  
Nickola Rubow

**AAUW Funds Chair:** Charla Thomas

**Public Policy Chair:** Jeri Balick

#### APPOINTED OFFICERS

**Program Committee Chair:** Riette  
Mugleston

**Newsletter Editor:** Nancy Scheer

**Directory Editor:** Enid Tidwell

**Web Master:** Lina Germann

**AAUW-UNM Fund:** Judy Kares

**Outreach Coordinator:** Lina Germann

**Membership Data Coordinator:** Judy Bates

Association HELP LINE  
number is **1-800-326-  
2289**. It is  
available M-F from 10 am -  
5pm EST/EDT. The email  
address is:

**[connect@aauw.org](mailto:connect@aauw.org)**

The Congressional Action  
Line is (202) 785-7785.  
Call 800-821- 4364 for  
FAX updates from the  
Women's Network for  
Change.

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