



Hispanic Women's Council

Winter 2016-Early Spring 2017 Newsletter

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The Hispanic Women's Council is a non-profit, inter-generational, organization established in 1988 to promote, support, and create opportunities for Hispanic women.

Vangie Samora
Editor

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Un mensaje de la presidente

As I begin my year as HWC President, I am acutely aware that I stand on the shoulders of giants. Who are these giants? They are you – grandmothers, mothers, sisters, daughters, nieces, cousins. Women who love us unconditionally, feed us, nurture us through childhood illnesses, help mend our broken hearts and coach us in the *art of life*. I think about the women who helped us navigate our first day of school, our first jobs outside our family and our first job as managers of our own homes. I am grateful for women who guide us by setting the example of who we can be in the world: good parents, loyal friends, supportive sisters, successful students, stewards of our organizations, active members in our community. I am personally grateful for the women in my life who tried to teach me how to make tortillas (I still need help!) and follow unwritten family recipes. In short, as I begin my year as HWC President, I want to recognize our wonderfully diverse, wise, and generous membership. It is because of all of you that the HWC exists.



As with my predecessors, I accept this responsibility and opportunity knowing that I have members' support. I was reminded last year by one of our young members that we are *comadres* and with this *comadrazgo*, support comes automatically. I reflected on our name: "Hispanic Women's Council" – not "woman's council" – we are many – not one – and with many, we can accomplish much. I thought about the word Council and what it says about who we are, and what we do. It refers to an assembly of people brought together for discussion or deliberation. Recently, our assembly deliberated by voting for new Board Members. In the upcoming year, our assembly's discussions will include gathering to network in our *mitote* power hours, to celebrate our scholarship recipients, and to fundraise at our annual, fun-filled masquerade ball. Please visit our HWC website to follow our calendar of events at <http://www.nmhwc.com>.

As your 2017 HWC President my priorities are to:

1) Strengthen our commitment to the HWC scholarship and mentorship program. This is one of the reasons that I joined the HWC and the Board. Serving on the scholarship committee and as a mentor for HWC scholars at UNM has been a personally rewarding experience. I am so impressed with the caliber of Hispana/Latina scholars and am proud to part of this organization that recognizes the importance of offering financial support and mentoring to women who embody our mission as "a non-profit, intergenerational organization established in 1988 to promote, support and create opportunities for Hispanic women."

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2017 Membership

Connie Aldaz-López, Tech. Mfg. Manager, Intel Corp.

Clara Apodaca, Former First Lady of New Mexico

Lillian Apodaca Partner, Bingham, Hurst & Apodaca, PC

Julia Archibeque-Guerra Sandia Labs Retiree/ Educator

Dr. Marlene Ballejos Asst. Dean for Admissions UNM School of Medicine

Valerie J. Borrego, CPA

Jane Braithwaite Homemaker

Philly Carrasco, Retired

Gloria Chavez-Sampson

Dr. Viola E. Florez Professor and PNM Endowed Chair, College of Education, UNM

Dr. Merrilee Foreman Owner, Chiropractic Lifestyle Center

Eva Gonzales, Retired Customer Service Mgr.

Dr. Melissa Gonzales Associate Professor, UNM Dept. of Internal Medicine

Samia Hindi, Educator

Dr. Mari-Luci Jaramillo Former U. S. Ambassador to Honduras

Viola M. Johnston Retired Accountant

Teresa Leger de Fernández, Officer, Leger Law and Strategy, LLC

Edna L. López President & CEO Compa Industries, Inc.

Lucia López, Retired

Rose Lopez, Retired

President’s Message...Continued from page 1

2) Complete revisions of our bylaws, which have not been updated since 2005. We initiated this process in 2016 by reviewing “best practices” of other associations’ bylaws. We are now moving into the revision stage, where we will ensure that our bylaws are up-to-date and complete, followed by legal review and Board action.

3) Work with others to maintain and build our membership. As of late February, our membership is over 50, a very good sign this early in the year. I encourage each member to bring a family members, friend, or colleague to one of our events so that others can learn about the HWC, and perhaps, join us!

4) Collaborate with others as the HWC plans it 30 year anniversary! We will update you as we plan for this historic event, including how you may become involved in honoring this milestone in the life of HWC.

The Hispanic Women’s Council is an all-volunteer organization that has survived and thrived over the past 29 years, due to the vision and commitment of many who have nurtured this organization. I look forward to working with you all in 2017 to continue our rich traditions!

Dr. Victoria Sánchez

My Year as President in 2016

Doesn’t seem long that I stood before you and presented my priorities for 2016. Those priorities were networking, marketing, strengthening our organizational infrastructure, addressing increasing costs, and re-establishing relationships with other Hispanic women’s organizations. All these priorities aligned with HWC’s mission to “promote, support, and create opportunities for Hispanic women.” I am very pleased to share that all my priorities were met, and with our collective efforts, HWC had a successful and momentous year!

The highlight of 2016 was our National Guest Speaker---the honor of hosting Supreme Court Justice Sonia Sotomayor. The intimate time Justice Sotomayor spent with our members will be forever enshrined in their minds. The event elevated HWC to another level in our community, and brought immeasurable marketing benefits. A testament to that is our membership grew by 24 percent in 2016, to a sterling number of 103.

Networking is at the heart of our mission, bringing members together to connect, learn, grow, and have fun, in warm “comadre” type settings. Our three Mitote Power Hour Networking events (Real Women Have Curves, both at the theatre and at the reception at Vangie Samora’s home, the Flamenco Exhibit in Santa Fe honoring HWC member Elizabeth Cardenas, plus our Newcomers Welcome in July at Yanni’s) provided lovely venues to meet and learn first-hand from professional actors and artists, to welcome our new



members, and to connect with old friends and acquaintances. The value of these events was confirmed when someone approached me at a Mitote and said, "I really needed this, my life has been so busy that I dropped attending HWC functions, and now that I rejoined, I realize how much I've missed these relationships." A very powerful testament.

Maintaining our Hispanic traditions is important to HWC. Our Mother/Daughter event in May honoring the different generations of important women in our lives, and the yummy Empanada Cooking Demo by Stella Noriega, were events designed to perpetuate the importance of our cultural traditions.

The Public Lecture (standing-room only) presented by U.S. Ambassador Mari-Luci Jaramillo, in partnership with NHCC, was historic and educational. Ambassador Jaramillo and her distinguished career serve as a powerful model for young Hispanic women for generations to come.

In September we got to meet our 19 scholarship recipients for the 2017-18 school year; a group of very impressive, bright, young women. Through the diligent efforts of Dr. Leila Flores-Duenas and the Scholarship Committee, our scholarship program continues on the path of success.

In October we held our annual Masquerade Charity Ball, our annual fundraiser and brainchild of Dr. Vi Florez. The event was another super success, raising a total of \$11,736, and the opportunity to promote HWC by having photos of Masquerade Ball attendees published in the Dec-Jan issue of ABQ the Magazine.

For Christmas we gathered at Nick & Jimmy's, enjoying the beautiful music by Las Flores del Valle, and singing of the traditional Las Posadas---a most fitting ending to HWC's 2016. An delicious and generous selection of appetizers were courtesy of HWC.

Through the efforts of our Treasurer, Raqui Martinez, an on-line payment system is now in place. Through the generosity of Dr. Merrilee Foreman, the HWC webpage was upgraded and updated in a timely fashion.

My outreach efforts to Diana Montoya, President of Las Mujeres, and to Diana Rael, President of MANA de Albuquerque, proved very positive, and the stage has been set for future collaboration.

Some of the year's work was intense, time sensitive, and challenging. Some was educational, stimulating, and even thought-provoking. But more importantly, the work was always done in a caring and joyful manner. The true, *comadre*, esprit de corps prevailed at all times, and that's what made my year so enjoyable. My most heartfelt thanks to the Board, to the Chairs and their committees that made it all happen, and to the membership. Your attendance at our events, your donations, and general support are vital to HWC's success. Support such as Edna Lopez providing space for our Board meetings is invaluable. Also, thank you to our Sponsors who helped us defray costs.

The goal of an effective leader is to work towards taking an organization to the next level, and leaving it in better standing at the end of his or her term. That is what I strived to do for HWC, and I am very pleased with what was accomplished during my term.

Elsi Sánchez

2017 Membership

*Karla Barela Lucero
Advance Planning Consultant
FRENCH Funerals*

*Margarita Maestas
Retired College Educator*

*Linda López McAlister
Founding Artistic Director
Camino Real Productions, LLC*

*Julianne Montano, Student
Administrative Assistant
Perikin Enterprises*

*Maricela (Mari) Ochoa
Outreach Mentor/Consultant
for NM School for the Blind &
Visually Impaired*

Melita Ortega, Retired

*Carmen Rodríguez, President
Carmen Cares Consulting*

*Dr. Valerie Romero-Leggott
Vice Chancellor for Diversity
UNM Health Sciences Center*

*Mónica Sánchez, UNM Gradu-
ate Student*

*Petra Sánchez, Retired Public
School Educator*

*Shelle VanEtten de Sánchez
Consultant*

*Verónica T. Sánchez
Unit Administrator
UNM Extended Learning*

*Mary Frances Santistevan
Retired, APS*

Edwina Diana Sisneros

Rose Spader, Author

Rose Montano Stein, Retired

*Mary Lou Trujillo, Retired
NM Health & Environment
Dept.*

Victoria Silva Wilger

Sylvia Vigil-Raines

New Board Member Profiles



María Gallegos was born and raised in northern New Mexico. María studied biology and mass communications at New Mexico Highlands University and spent 17 years as an environmental scientist specializing in water quality. After leaving the field of environmental science she went on to study Labor and Economy, obtaining a Bachelors degree in Labor Studies from the National Labor College (George Meany Center for Labor Studies) and received the college's first ever Presidential Award for Excellence. She currently works for the New Mexico Acequia Association, bringing together her skills in environmental science, community organizing, grant writing and policy. She is a proud mama of a wonderfully gifted artist.

María Gutierrez was born and raised in Albuquerque, NM, graduated from Valley High School and attended CNM and the University of Phoenix. She was a Financial Advisor with Metropolitan Life Insurance Company for 19 years (now retired). She is a long standing member of the Hispanic Women's Council and has served a term on the Board. Most important achievement: two children, Keith lives in Florida and Sarah who lives in Massachusetts. She has been a mentor for Mentor Initiatives, a division of Youth Development Inc., for 14 years.



Kathryn Ramsey was born and raised in Texas and moved to New Mexico in her teens. She attended St. Pius X High School, received a Bachelor's degree in Elementary Education from The University of New Mexico and taught 5th grade for several years. She earned a Master's degree from Concordia University Texas in Advanced Literacy and Instruction and became a Reading Specialist. Because she enjoy collaborating with peers and seeking ways to improve instruction, she became an Instructional Specialist at a Middle School, coaching teachers and designing assessments for the English Language Arts and Social Studies departments. She is employed with Albuquerque Public Schools as an Instructional Coach at Emerson Elementary.

Rosella Trujillo (Paula Rosella Pena y Lujan) was born in Taos, New Mexico, where her father was the Chief Magistrate/Town Marshall of the village. He was killed in the line of duty when she was five years old, thus she, along with six siblings, was reared by a single mother. Rosella married at an early age and put all her energy into raising three children. They have all achieved upper degrees and are fine, responsible, productive citizens. She had a twenty-five year career in sales and retired from a managerial position, which was rare, at the time, for women in a male dominated business.



Therese Trujillo holds a Master's degree in Organizational Management and has used her education in both public and private sectors in finance, human resources, and program management. Currently she is consulting for small businesses providing services in budget projections and pro-forma, developing human resources policies, training staff, and establishing standard business operating procedures. She is a successful trainer, mentor, and public speaker.

2016/2017 Scholarship Recipients



L-r standing: Rosa Prada, Irma Vazquez, Erin Lucero, Monica Sanchez, Amanda Provencio, Merlyn Avila, Jacquelyn Garcia, Florencia Monge, Trisha Martinez, Melissa Martinez . L-r seated: Modesta Cruz, Sonia Trillo, Lucretia Vigil, Lisa Herrera, Monique Gallegos. Not shown: Gloria Muniz-Chavarria, Carla Nieto, Jennelle Otero, Christina Termini

Meet and Greet—The 2016 Meet & Greet was held on September 9 at the UNM Science & Technology Rotunda. This is our opportunity to meet the scholarship recipients and learn more about their educational goals and achievements. The Keynote Speaker was Marianna Anaya who delivered a well-received message about “Co-Madres and Life Lessons in Education.” Then, each student took a few minutes to talk about their academic progress and to recognize the support they receive from their parents, friends, or partners. Many students also took this opportunity to express how meaningful their affiliation with HWC has become. A recent message HWC received from a student captures this sentiment:

I recently defended my PhD in Biomedical Sciences and am currently interviewing for post-doctoral fellowships across the US. Having the financial assistance from the HWC scholarship each semester has allowed me to focus on my research during my graduate studies. Being a member of the HWC has provided me with an opportunity to connect with my heritage, while networking with Hispanic women from the greater Albuquerque area. I am consistently impressed by the dedication that the HWC has for the cause of empowering Hispanic women, particularly at the early stages of their careers.

*Christina Termini, PhD Candidate
UNM Biomedical Sciences Graduate Program*



Left: Leila Flores-Dueñas, Khalil Ekulona, Trisha Martinez, Elsie Sanchez.

HWC President Elsie Sanchez pursued an interview on KOB-TV and on October 14, Khalil Ekulona, host of the KOB-TV program “Good Morning America” interviewed Leila Flores-Dueñas, Chair of the HWC Scholarship Committee, and Trisha Martínez, HWC Scholarship Recipient, about the HWC Scholarship and Mentorship Program. The taped interview aired on Oct. 21, 2016.



Novella Herrera & Lisa Herrera (scholarship recipient)



Raqui Martinez and Marisa Stanford



Bettye Pressley and Mari-Luci Jaramillo.



Andrea Blea & Maria Sedillo



Vangie Samora & Jim Iden

Masquerade Charity Ball
held at the Albuquerque Country
Club on October 22, 2016.

Thank you to all who supported
this event and helped us raise
\$11,736 for scholarships.



Monica Sanchez and Victoria Sanchez



On the dance floor: Mari-Luci Jaramillo and Jim Elliott



Left: Marcela Sandoval & John Serino...they led "La Marcha"



L-R: Kim Trujillo, Theresa Cardenas, Teresa Leger, Vangie Samora, Merrilee Foreman, Raqui Martinez



Dr. Melissa Gonzales

More photos from the Masquerade Charity Ball



Corine Trujillo, winner of the
50/50 Raffle!



Gloria Chavez-Sampson



L-r: Christina Termini (student) & her husband Rhys Brooks; Lisa Herrera (student), Victoria Sanchez, Novella Herrera; Carla Nieto (student) & her husband Mauricio de Segovia

Learning to Make *Empanaditas*

On November 12, 2016, Stella Noriega hosted a cooking demonstration in her home, and attendees (featured in group photo) learned to make pumpkin and cherry-filled *empanaditas* “from scratch.”



Stella Noriega holding a freshly-made *empanadita*.



L-r, front row, Mari-Luci Jaramillo, Elsie Sanchez, Ana Blea, Rose Spader. L-r, back row: Raqui Martinez, Merrilee Foreman, Judy Garcia, Kim Trujillo, Alberta Jones, Frances Romero, Marcela Sandoval.

In Memoriam

Maria Samora Sedillo died on December 22, 2016. She was a member of HWC for over 20 years and holds the distinction of being the person who first proposed the wearing of hats at the mother-daughter event...now an annual tradition. Her sisters are HWC members Elsie Sanchez and Vangie Samora. Her daughter Rose Lopez is also an HWC member. Marie was a Food Services Manager with the UNM Mental Health Center for 14 years. In 1991 a life-time dream was fulfilled when she became co-owner and manager of her own business, Catering For Your Pleasure, Inc. After 8 years, she returned to school and earned a Certificate in Business Administration from the Albuquerque Technical-Vocational Institute. She was subsequently hired by the UNM Division of Continuing Education where she was the Facility Manager of the Carlisle Center for 5 years and later worked on the Mariachi Spectacular and The Story of New Mexico Programs. She retired from UNM in 2003.



Guadalupe (Lupe) Gutierrez was born December 12, 1919 in San Pedro, New Mexico and died October 3, 2016. In years past, Lupe was a member of HWC and attended many events where we enjoyed her spunkiness and wit. Her birthday often coincided with our annual Christmas Party and she was treated to a group sing-a-long of “Las Mananitas.” HWC member, Maria Gutierrez, is her daughter. Lupe is remembered as a wonderful mother and grandmother who taught her children, relatives and friends how to make tamales. She enjoyed winning at the White Rose Bingo Parlor and Sandia Casino.

2017 Annual Membership Meeting

The HWC Annual Membership Meeting was held on February 5, at Little Anita's Restaurant in Old Town. This meeting helps us to transition from one year to the next, and, in many ways, sets the tone for the rest of the year. Five new board members were elected (see their profiles on page 4). We heard from Elsi Sanchez as she summarized her year as 2016 president and highlighted an impressive list of accomplishments (for details, see page 2). We also heard from incoming president Dr. Victoria Sanchez who talked about her priorities for the year and the importance of HWC and the contributions all members can make to continue our success. Each person in attendance was given an opportunity to say a few words about themselves. This is always informative and inspiring. Finally, the Estrella Brillante Award is presented to a person who has made significant contributions to HWC. This year, the award was presented to Dr. Viola E. Florez. The following photos capture the enthusiasm and spirit of camaraderie that mark this event.



Dr. Vi Florez and Mari Ochoa



Julianne Montano and Edna Lopez



Rose Montano Stein



Photo Left: Doris Caimi and Lucia Lopez

Photo right: Margarita Maestas and Karla Barela Lucero



Raqui Martinez, Dr. Victoria Sanchez, Marcela Sandoval



Vangie Samora, Elsi Sanchez, Rose Lopez



Petra Sanchez, Veronica Sanchez, Shelle Sanchez



Monica Sanchez



Kathryn Ramsey and Dr. Vi Florez



Left: Maria Gutierrez and Dr. Marlene Ballejos

Right: Carol Vigil and Stella Noriega



Estrella Brillante

Dr. Viola E. Florez received the Estrella Brillante Award and was recognized for her many contributions to the success of HWC, especially for promoting our educational goals.

Dr. Flórez has been a member of the Scholarship Committee for several years serving as a reader of the scholarship applications, leading to the selection of the scholarship recipients. She hosted the first Meet and Greet Event to bring the scholarship recipients together with the members of HWC, thus creating a mentoring opportunity for the students. This has become an annual event. Five years ago she initiated the Masquerade Charity Ball to raise funds for the HWC Scholarship and Mentorship Program. Under her leadership, this annual event has grown every year and provides the bulk of the funds awarded to students.

Other leadership roles include serving as the HWC President in 2013 and serving on the committee of five that planned and executed the events featuring Supreme Court Justice Sonia Sotomayor. She has also opened her home for HWC gatherings and for committee meetings and always provides a delectable meal.

Dr. Florez is admired by her *comadres* for her graciousness and professionalism.



Dr. Vi Florez holding her award, presented to her by Elsi Sanchez.

Bringing Awareness to Lymphedema...My Story by Julia Archibeque-Guerra



I am a "lymphie." That's what those of us with lymphedema call ourselves. Lymphedema (LE) is an incurable, but treatable, disease caused by damage to, or the removal of, lymph nodes that creates a blockage in your lymphatic system. This blockage prevents lymph fluid from draining properly and the fluid buildup leads to swelling. Two types of LE exist: primary and secondary: Primary LE can be present at birth (congenital) or develop at the onset of puberty (praecox) or in adulthood (tarda). Secondary LE can be caused by surgeries or radiation treatments and is a common consequence of cancer treatments that remove or damage lymph nodes or vessels.

My journey with LE began in 1982 as a result of a radical hysterectomy in 1977 for invasive cervical cancer. The swelling first appeared in my foot and ankle and eventually progressed up into my upper leg and groin area. After diagnostic tests, including exploratory surgery, I was diagnosed with LE. My treatment consisted of wearing a compression stocking and keeping my leg elevated. As a young single mom, working to support her two young children, this was easier said than done. I did my best, but after a spider bite on my LE leg in 1996, I was hospitalized with a severe case of cellulitis. The infection was eradicated, but the swelling increased the size of my leg to double that of my normal leg.

Fast forward to 2015 when I joined the New Mexico team of lymphies, LE therapists, and friends to support the Lymphedema Treatment Act (LTA) to improve coverage for the treatment of lymphedema by amending Medicare statute to allow for coverage of compression supplies. In 2016, HWC members Marcela Sandoval, Angelina Medina and I participated in the LTA Lobby Days in Washington, DC, and were successful in obtaining support from Congresswoman Michelle Lujan Grisham and Congressman Ben Ray Lujan. The legislation has been introduced again this year, and once again, Congresswoman Michelle Lujan Grisham is a co-sponsor. We are working on gaining the support of Senators Heinrich and Udall and Representatives Lujan and Pearce.

March 6 has been designated World Lymphedema Day by governing bodies around the world in a movement spearheaded by the Lymphatic Education and Research Network. This recognition brings attention to the global fight against lymphedema. Awareness begets action, and at this collaborative global level, awareness spurs the advancement of research, enables proper diagnoses, and informs the development of effective treatments and access to care. Most importantly, awareness is empowering to those living with lymphedema.

In January 2017, I traveled to Paris, France, for an evaluation and consultation with the world-renowned lymphedema surgeon, Dr. Corinne Becker, and learned I am a good candidate for lymph node transplant surgery. I am scheduling the surgery for this summer. Though my activism will wane during this time, it is only temporary...in no time I will be back and more determined than ever.

Exito y Mas Jeanne Gauna Social Justice Spirit Award was given to two HWC members: **Maria Gallegos** and **Salome Martinez-Lutz**. These inspiring women are the recipients of the 2016 Jeanne Gauna Social Justice Spirit Awards for their tireless work to win social, political, economic, environmental, spiritual and cultural justice for the people of New Mexico. **Theresa Cardenas** received an environmental social justice award from Interfaith Power & Light, a national advocacy non-profit that engages faith communities and individuals in collective action, from education on climate change as a moral responsibility and building a clean energy future, to policy advocacy. **Rose Spader** was a 2016 New Mexico-Arizona Book Awards Finalist for her historical fiction book, *Overtured Bucket*. **Melita Ortega** turned 95 on February 22. ¡Felicitaciones!