

Un-Tea for Tech Trek



February is the month of our fundraiser for Tech Trek 2025. Watch your mailbox for an invitation to join our Un-Tea. Every contribution, whether large or small, helps.

When many of our branch members respond, we demonstrate to the camp organizers the depth of our support. That depth can be important in securing other grants. Your contribution is tax exempt.

If you prefer not to wait, make your check out to **AAUW Tech Trek NM** and mail to:

**AAUW Tech Trek New Mexico
PO Box 90322
Albuquerque, NM 87199**

Tech Trek New Mexico is a week-long camp at New Mexico Tech campus in Socorro, NM for girls who are passionate about Science, Technology, Engineering, and Mathematics (STEM). Bailey Garcia from Los Alamos Middle School attended the 2024 Tech Trek camp; at our Fall Lunch she shared both highlights and takeaways from her camp experiences. It was wonderful to hear her enthusiastic report. Our branch hopes to support other girls' wishes and aspirations to experience Tech Trek.

Tech Trek is looking for volunteers to read essays that the girls have submitted in their applications. Please contact Judy Prono if you are available to help in this capacity. (djprono@msn.com or 505-412-3769)

**Valentine's Day Luncheon
Rancho de Chimayo
Saturday, February 15
Mark your calendar
Details to follow soon**



Public Policy Report

Branch members, Karin Roberts professionally coordinated refreshments from the branch, and Margo Batha moderated the proceedings at the Legislative Preview co-sponsored with LWV.

Christine Chandler, our state representative, focused on the paid family leave program. Kristina Fisher, of Think New Mexico presented solutions to the Health Care Shortage. Our senators, Dist. 6 Sen. Roberto Gonzales (WR) and Dist. 5 Sen. Leo Jaramillo (LA) presented their priorities. If you missed the preview, The LA Daily Post printed a summary, available at this link. <https://ladailypost.com/state-legislators-share-insights-into-2025-legislative-session/>

To stay informed look under the **Public Policy** tab on our state AAUW website:

<https://aauw-nm.aauw.net/publicpolicy/> for information about our state Advocacy Team (A-Team): how to join, what we do, and how to use <https://www.nmlegis.gov/> to find legislators, committee information, and legislation. By joining the Advocacy Team, branch members will have the opportunity to influence the legislature to support AAUW core values.

AAUW-NM's "Legislative Advocacy Day" Monday, February 10th

NM Land Office, Morgan Hall, 310 Old Santa Fe Trail.

Monday: 10:00 am to noon,

Healthy Aging and Economic Security

- 10:00 Stephanie Garcia Richard, State Land Commissioner: The Land Grant Permanent and Severance Funds and education and environmental sustainability.
- 10:15 Emily Kaltenbach, NM Aging and Long-Term Services, Cabinet Secretary: resources and services available through <https://aging.nm.gov> and the strategic plan to address the needs of our growing elderly population
- 10:45 Othiamba Umi, AARP-NM State Policy Director: Paid Family Medical Leave legislation, other state priorities, national efforts to protect and strengthen Social Security, Medicare, and Medicaid, and legal resources for seniors
- 11:15 Kristina Fisher, J.D., THINK NM Associate Director: Addressing Health Care Provider Shortages legislative proposal

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AAUW-NM Leadership Team Meeting, Sunday, February 9

Hotel Santa Fe, 9 am-4 pm Morning session covers AAUW-NM business and a talk/discussion on "DEI Awareness." Afternoon talks cover best practices in elder caregiving and potential consequences of mass deportations in New Mexico. Lunch is included and can be paid for at the door. The meeting is in-person only; no Zoom option.

Book Group

The February book is The Chinese Groove by Katheryn Ma. Jo Moore will review at both meetings.

The February 3rd, 7pm meeting will be hosted by Els Hoffer at 505 Grand Canyon, WR. Please let Els know if you will attend (jimnelshoffer@icloud.com, 505-672-3245).

The February 4th, 1pm meeting will be hosted by Bev Cooper, 521 Ridgecrest, WR. Please let Bev know if you will attend (bcooper@cybermesa.com, 505-672-9696, 505- 709-0480)

Nonfiction Book Group

The February book is Of Time and Turtles by Sy Montgomery; the discussion leader is Cynthia Biddlecomb. Rosmarie Frederickson will host the meeting at 1372 47th St on Monday, February 10th, 7pm. Please let Rosmarie know if you are coming (frederrh@yahoo.com, 505 577-1914, 505 662-5915)

Great Decisions

This group meets every other Thursday at the White Rock library. Meetings are hybrid: in-person and by Zoom. Branch members who have not joined the group are welcome to sample a Zoom session, Denise (denisegeorge@icloud.com, 505-690-3534) will be happy to send out a link if asked.

2025 Great Decisions Schedule. Several topics still available!

Date	Topic	Presenter
January 30	#7 AI and National Security	Denise George
February 13	#8 American Foreign Policy in the Middle East	Mary Ann Lindahl
February 27	#6 The Future of NATO and European Security	Karin Roberts
March 13	#1 American Foreign Policy at a Global Crossroads	Judy Prono
March 27	#4 India: between China, the West, Global South	Marilyn Doolen
April 10		
April 24		
May 8		

Fruit Project Report

We received a lovely thank you note from LA Cares for the fruit bags distributed for the December holidays. The remaining \$292.80 was given to LA Cares for February fruit. LA Cares included a copy of their Year End Report ; both document are included at the end of this newsletter.

Science Fair Report

The Los Alamos Branch of AAUW continued the tradition of judging elementary level (K-5) entries, individual and class projects. The Los Alamos Country Science Fair was held at Barranca Mesa School this year. There were with 27 individual projects including 2 class projects. The branch judges were Bev Copper, Marilyn Doolen, Denise George, Karen Henderson, MaryAnn Lindahl and Judy Prono.

The team looked for a good hypothesis, scientific method, age-appropriate experimentation with good explanations and data. The team goals were to give positive feedback and encouragement and to express that science is fun and rewarding. Judges wrote letters to all 8 students and 2 classes that were selected as having outstanding projects. The letter closed with a reminder to “Stay Curious and keep asking questions”.

Most individual projects were in the Physical Science category with some in Life Science and Earth Science. All awarded projects from AAUW were in the Physical Science category.

Best of show class project was from Mrs Smidt’s Kindergarten class, titled “Pinewood Derby Speed”; it received \$25. The other class project was Mrs Cloren’s 2nd grade class project, titled “Magical Magnetic Materials”; it received \$20.

AAUW’s choice for Best of Show among the individual projects was “Penny Avalanche” by Renee Ramsey; it was awarded \$15

The following five top tier projects were also awarded \$15:

Glyn Lo with “What color out of red, pink, blue, yellow, and transparent can attract the most bugs?”

Arwen Bishofberger with “How far do sound waves travel?”

Noah Mendez with “The best gear ratio”

Emma Bittner with “Which substance melts ice the fastest - sand, sugar, or salt?”

Julin Alcala with “Fun with Circuits”

Two second prize projects were awarded \$10 each:

Henry Rodarte with “Magic Sand”

Ernest Maupin with “Sweet but explosive Soda”

We were budgeted \$150 and the committee chipped in an extra \$5 to make the math come out.

We are encouraging this age group to stay curious and share that science is fun.

Respectfully submitted,

Karen Henderson

Future Programs

- Friday, March 14, 2:00pm, Zoom meeting on Leadership Los Alamos program, Kirsten Bell, LLA Board Chair. The focus is on how the program has advanced women’s career opportunities.

Calendar

Feb 3,4	Book Group
Feb 9	LTM
Feb 10	Legislative Advocacy Day
Feb 10	Nonfiction book group
Feb 15	Branch Luncheon
Feb 27	Great Decisions

Coordinating Council 2024-2025

Judy Prono	Facilitator	505-412 3769	djprono@msn.com
Linda McLellan	Secretary	505-690-3939	lindamclellan@msn.com
Mary Ann Lindahl	Membership/Treasurer	505-660-2259	moonbeamx@comcast.net
Laura Loving	Diversity-Equity-Inclusion	262-853-4138	mailto:lalsfnm@gmail.com
Denise George	Newsletter/WEB	505-690-3534	denisegeorge@icloud.com
Nina Thayer	Public Policy	505-231-6312	gnthayer@cybermesa.com
Carroll Thomas	At Large	505-662-7617	carrthom58@earthlink.net
Bev Cooper	Publicity	505-672-9696	bcooper@cybermesa.com
Appointed positions			
Karin Roberts	Hospitality	505-709-8930	karinroberts875@icloud.com
Helena Whyte	STEM	505-690-7824	mozden08@aol.com
Maryjane Giesler	University Representative	505-662-5574	mgiesler@unm.edu
Open	Nominating		

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LA Cares End of Year Report for 2024

As 2024 comes to a close, I would like to review the advantages of having LA Cares operating in Los Alamos County:

**In 2024 there were 1071 households and 2,682 individuals who accessed our food distributions. (4th quarter was 283 households and 692 individuals.)

**In 2024 we gave \$ 41,373 to 90 families for rent assistance. (4th quarter, \$9,260 to 19 families)

**In 2024 we gave \$ 41,195 to 85 families for utility assistance. (4th quarter \$7,689 to 21 families.)

** We spend \$3,000-\$4,000 each month (for over 100 households) on fresh food items like eggs, bread, fruit, vegetables, meat, as well as cereal, juice, pet food, kid snacks, diapers, special needs dietary items. This is in addition to the shelf-stable items gathered from various food drives and from the Santa Fe Food Depot.

That adds up to well over \$130,000 in expenditures each year. This is possible only through the generous donations of our supporters.

LA Cares has impacted the lives of many citizens of Los Alamos County! Without LA Cares some of these families would have gone hungry, been evicted, or had their lights and heat turned off. *No one else is doing this work—for free! LA Cares is staffed 100% by volunteers.* In 2024, 55 volunteers gave 4,495 hours of their time to help their neighbors in need. (Most of those hours are from our hard-working, dedicated Board of Directors.) If we were to put a conservative dollar value of those hours of only \$20 per hour, it would add up to a contribution of \$89,900 put directly into our community. That's not counting the many hours from groups who have organized canned food drives around town. Thank you! We depend on those food drives to stock our shelves.

The original mission of LA Cares, which began 30 years ago as "Homeless Services of Los Alamos", was, and still is, to prevent homelessness. With every dollar we give for rent or utilities, we are helping a family keep a roof over their heads or to keep the lights and heat on. For every bag of groceries we give, our clients can supplement their food budget and stretch their dollars a bit farther. From one client: "I had a blip in my employment this year and your monthly food distribution got me through a rough patch. My job is back on track, so here's a thank you for all you do!"

As you know, LA Cares is supported 100% by donations. Individuals, churches, companies, civic organizations, and schools are all very supportive of our goals. Donations such as these are essential in helping us to help people at risk of becoming homeless. Your donation goes to the purchase of fresh food for our monthly food distribution, or for rent or utility assistance for residents of Los Alamos County. We have a very small overhead, since we are entirely staffed by volunteers. (A small amount of our budget, approximately 5%, goes to insurance, phone, copies, etc. but no one receives any salary—this is a calling of the heart to help others.)

2024 has been a very busy year for us, and we anticipate that in 2025 our services will be even more in demand. Thank you for your past support and thank you for your future participation through donations to make life a little easier for members of our community.

LA Cares

PO Box 248, Los Alamos, NM 87544

Lacaresnm.org

505-661-8015

January 15, 2025

AAUW

411 Cheryl Ave.

White Rock, NM 87547

Dear Friends of LA Cares,

Thank you for ongoing support of LA Cares. Your generous donation of \$772.20 for fruit in 2024 has been essential to our continued success. We were able to put the money we usually spend on fruit toward a special meat item for the holidays.

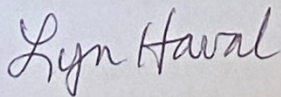
We sincerely appreciate your contribution that helps families in Los Alamos County to survive in these tough times. Donations are spent on food or rent and/or utility assistance for those who need it most.

We really look forward to the beautifully decorated gift bags of fruit in December. Our clients are always awed by the wonderful presentation. When you bring all the bags into the kitchen at BELC, it looks like an ocean of gifts! (The left-over monies will be credited in 2025.)

I have included an "end-of-the-year report" that gives details of how many people we were able to help in 2024. Also, there is an official receipt that you can use for tax purposes.

We would not be able to accomplish the positive outcomes for so many families without your generous support of LA Cares. We appreciate every dollar that is given. You are the reason we can continue.

With sincere thanks,



Lyn Haval,

President,

LA Cares, Board of Directors