President’s Message

Time for Celebration

By Gayle Rogan

The beginning of spring brings more causes for celebration than just sunnier, warmer weather, although for some of us, sun may be enough. The Women’s Commission had the honor of sponsoring Mary Bruemmer’s 90th birthday bash and will sponsor SLU’s annual rite of spring, the Women of the Year Luncheon, taking place April 21.

After graduating from SLU in 1942, Mary returned in 1956 as director of women’s housing. Since then, Mary’s life has been one of service to SLU, taking on roles such as dean of women, assistant to the vice president for student affairs, dean of student affairs and assistant to the vice president for development. Since 1990, Mary has served as a full-time volunteer, sharing her time and talents with the Division of Advancement and the Jesuit honor society, Alpha Sigma Nu, as well as an ex officio member and matriarch of the Women’s Commission.

The Women’s Commission board honored Mary Bruemmer’s birthday with a party on February 25 in the second floor reception area of Pius XII Library. Happy birthday, Mary, and many thanks for all you’ve done for the women and men of SLU.

Secondly, we have the 2010 Women of the Year to celebrate at a luncheon in their honor on Wednesday, April 21. This year, the Women’s Commission has the honor of recognizing six outstanding Saint Louis University women. To find out who will be honored as 2010 Women of the Year, read page 2.

Thanks to Michelle Hyde and members of the awards committee for the final list of honorees and to the deans, faculty, staff and students who nominated them and other remarkable women here at SLU. Luncheon reservation details can be found on page 5; tables fill up quickly!

Congratulations to all. I look forward to seeing you on April 21!

Lisa Suggs, Center for Anatomical Science and Education, helped Mary Bruemmer celebrate her 90th birthday.
Women of the Year Honorees Announced

Register for Annual Spring Luncheon by April 13

The 33rd Annual Women of the Year awards, which recognize women’s contributions and achievements, will take place Wednesday, April 21 at Busch Student Center. This traditional springtime event is sponsored by the Women’s Commission in collaboration with the Office of Diversity and Affirmative Action.

Six university women will receive special honors as 2010 Women of the Year. Nominated by their colleagues and representing administrators, faculty, staff and students, they were selected by the awards committee of the Women’s Commission.

The reception will begin at 11:30 a.m., with the lunch and program starting at noon in the Wool Ballroom at Busch Student Center. Reservations for the event are $16 per person and may be made by using the form at the end of this newsletter or online. Tables for eight are available.

The 2010 Women of the Year honorees, who will be recognized for their contributions and commitment to the goals and ideals of Saint Louis University, are:

**Mildred Mattfeldt-Beman, Ph.D.**
Chair of the Department of Nutrition and Dietetics, Doisy College of Health Sciences

Mildred Mattfeldt-Beman is a true leader at SLU as evidenced by her tireless service to community, dedication to academic rigor and outstanding performance in extramural funding for research projects. Committed to building the local food system, Millie turned a patch of ground into a full sustainability program in the dietetics curriculum. She has grown the dietetics program by leaps and bounds while relentlessly pursuing innovation. Through grants she has been awarded, she leads nutrition, gardening and cooking activities aimed at children with special needs or who are underprivileged. She has opened garden plots for members of the SLU community to grow their own vegetables and started the Gardens to Tables Kids Culinary Camp for the children of SLU employees and local residents. Her drive and motivation serve as an inspiration to all who work with her.

**Samantha Morr**
Senior, John Cook School of Business

Since enrolling at SLU, Samantha Morr has immersed herself in the University community as a student and a leader. She has been elected by her peers for multiple positions in student government at both the University and John Cook School of Business levels. She has served as the chair of the annual JCSB service day, a member of Omicron Delta Kappa, REACH participant and a U101 instructor. Because of her outstanding qualities, Sam was named a business school ambassador and has been selected to carry the school’s banner in the May 2010 commencement services. Her involvement in campus activities and commitment to service are both remarkable and exceptional.

**Lauren McCray**
Physical Therapy Doctoral Candidate, Doisy College of Health Sciences

Physical therapy doctoral candidate Lauren McCray’s identity as a student is inseparable from her identity as one who serves others. She double majored during her undergraduate years, earning bachelors degree in Spanish and exercise science. Her Spanish education proved invaluable as a volunteer at the La Clinica and Casa De Salud clinics, but Lauren wasn’t content to stop at two languages; she took night classes in Arabic and Polish to better understand her patients at her summer jobs. Lauren has also promoted medical care to underserved populations in the U.S., Belize, Ghana and Ecuador. She is president of Students for Africa and is a significant fundraiser. Her global vision and service works truly make her a woman for others.

**Darcell Scharff, Ph.D.**
Associate Dean of Academic Affairs, School of Public Health

Darcell Scharff began her time at SLU as a student in the School of Public Health and has continued to make great contributions to the SLU community. Her research focuses on health disparities, cultural competence, equitable access and workforce preparedness. Darcy regularly collaborates with local community agencies to reduce racial and ethnic disparities and increase access to health care. She is the founder of Mother to Mother Telephone Support, a program that provides assistance to pregnant and postpartum women who are experiencing emotional adjustment disorders. After the sudden death of School of Public Health professor Terry Leet, Ph.D., Darcy demonstrated strength and resourcefulness, continuing Terry’s plan of hosting a series of community health rounds and therefore keeping his vision alive. Her seemingly endless energy towards building and improving community relationships and collaborations make her a tremendous addition to SLU.

(continued on page 3)
Clean House, Clean Mind: Guest Speaker Shares Tips For Organizing Your Life

Do you ever get a suffocating feeling when you look around and see clutter? Do you take pleasure in the sight of a neat desk or room? At “Spring Cleaning Our Lives – Getting Rid of Destructive Influences,” the final Women’s Commission’s program of the year, guest speaker Janine Adams explained how to develop an organizational system that can keep clutter at bay for good. The founder of Peace of Mind Organizing LLC, Janine shared tips and tricks with attendees for customizing your own organizational system and maintaining newly created order. (see box below)

Janine is the president of the St. Louis chapter of the National Association of Professional Organizers and has served on the board since its inception. Click here to visit Peace of Mind Organizing on the web.

---

**GETTING STARTED**

- Begin with a visualization of what you want and need from a room or space
- Start small; focus on a single shelf or drawer
- Don’t spend more than 30 minutes at a time organizing – consider using a timer!
- Divide things into piles, such as keep, donate, relocate to another room, shred and trash
- Ask yourself the following for each item: Do I use it? Do I love it? Does it actively add to my life? If I get rid of it and need it again, can I get another? What’s the worst that could happen if I get rid of this? Is it likely? Tip: These questions should be asked of new purchases, too!

---

**COMMON MISTAKES**

- Buying bins and organizers before you’ve done your “weeding”
- Storing things far from where you use them
- Creating complicated systems
- Thinking piles are bad. Piles are clues to where you naturally put things; work with your inclinations, not against them
- Striving for perfection. Perfectionists often become paralyzed by indecision. Learn to be organized enough, not organized perfectly
- Not having a place for everything

---

**WHAT YOU CAN DO TODAY**

- Create an “action box”: an expandable file folder without a lid for sorting mail and other paperwork that adds clutter to your life
- Create categories such as checks to deposit, coupons, gift cards, bills that need to be paid, event invitations, follow-up or pending matters
- Keep the action box in plain sight and use it daily
- Don’t use the action box for past paperwork (tax filings, insurance information) or for paperwork you plan to use in the future (magazine clippings on home decor or recipes)
No one wants to think about dying, so it makes sense that many of us haven’t considered what will happen to our loved ones if something happens to us. It’s easy to put off writing our will or to make sure our assets are protected should the unthinkable occur.

On Feb. 16, women from across the University were treated to an expert lesson in financial and estate planning, courtesy of Mimi Sharamitaro, who graduated from Saint Louis University School of Law in 2005. An associate attorney at estate and tax planning firm Blase & Associates LLC, Mimi led an engaging question and answer session, highlighting the importance of planning for the future and taking care of our loved ones.

Attendees pose questions about the estate tax, wills and power of attorney to guest speaker Mimi Sharamitaro.

Estate Planning Attorney Tackles Difficult Subject

Mimi Sharamitaro, a 2005 graduate of Saint Louis University School of Law, explains the importance of estate planning to a packed room.

What do you do at SLU?
I coordinate the advertising and on boarding/promotion paperwork for staff. I also handle the processing of invoices, refunds and the purchasing card, along with coordinating various projects within HR.

What’s your favorite part of your job?
I enjoy meeting new people and coordinating various projects.

Where are you from?
I’m from the St Louis area; I grew up in the northwest county area and commuted into the city to attend Rosati Kain High School. I am currently living in northern Jefferson County.

Have you ever attended a Women’s Commission event before “Taking Care of Our Financial Health”? What did you think of the topic?
Yes, I have attended most of the events sponsored by the Women’s Commission for the last eight years. I found the presentation on estate planning very informative. There was quite a bit of information given and everyone was able to have their questions answered.

What’s the biggest challenge facing women in the 21st century?
I think the biggest challenge for women is trying to balance work, family and school and still finding a few minutes for themselves.

What’s the last book you’ve read?
The Lucky One, by Nicholas Sparks. He is currently my favorite author; I recommend all of his books.

Spotlight On: Teresa Perry

Each issue, we highlight a woman who recently attended a Women’s Commission event. This issue’s subject is Teresa Perry a Human Resources Coordinator.

What’s the biggest challenge facing women in the 21st century?
I coordinate the advertising and on boarding/promotion paperwork for staff. I also handle the processing of invoices, refunds and the purchasing card, along with coordinating various projects within HR.

What’s your favorite part of your job?
I enjoy meeting new people and coordinating various projects.

Where are you from?
I’m from the St Louis area; I grew up in the northwest county area and commuted into the city to attend Rosati Kain High School. I am currently living in northern Jefferson County.

Have you ever attended a Women’s Commission event before “Taking Care of Our Financial Health”? What did you think of the topic?
Yes, I have attended most of the events sponsored by the Women’s Commission for the last eight years. I found the presentation on estate planning very informative. There was quite a bit of information given and everyone was able to have their questions answered.

What’s the biggest challenge facing women in the 21st century?
I think the biggest challenge for women is trying to balance work, family and school and still finding a few minutes for themselves.

What’s the last book you’ve read?
The Lucky One, by Nicholas Sparks. He is currently my favorite author; I recommend all of his books.
33rd ANNUAL
WOMEN OF THE YEAR
RECOGNITION EVENT

Presented by
THE SAINT LOUIS UNIVERSITY WOMEN’S COMMISSION
In collaboration with
THE OFFICE OF DIVERSITY AND AFFIRMATIVE ACTION

Wednesday, April 21
in the
Wool Ballroom at Busch Student Center

Reception: 11:30 a.m.
Lunch and Program: 12 p.m.

Grilled chicken spinach salad with strawberries, mandarin oranges, candied walnuts and poppy seed dressing; dinner rolls; white and chocolate mousse with fresh berries; iced tea and coffee.

____ Number of reservations @ $16 each

Name ________________________________

Phone ______________________________ E-mail ______________________________

Table of eight may be reserved. Please print names below.
(Please indicate choice of entree below; (Chicken), (Veg))

________________________________________  ( _________ ) ________________________________________  ( _________ )

________________________________________  ( _________ ) ________________________________________  ( _________ )

________________________________________  ( _________ ) ________________________________________  ( _________ )

________________________________________  ( _________ ) ________________________________________  ( _________ )

To submit registration, print this form and mail
with checks made payable to Saint Louis University to:
Women’s Commission
221 N. Grand Blvd., DuBourg 359
St. Louis, MO 63103

DEADLINE FOR RESERVATIONS: TUESDAY, APRIL 13, 2010