



Adelante Mujeres

SUMMER 2015

Join us for
Day of the Dead!



Wednesday, October 28th

At our Forest Grove
Farmers Market

*Altars, Activities,
Costumes & More!*

CSA Salsa Share

Support local farmers
and receive a weekly
recipe and ingredients
for salsa or hot sauce!



adelantemujeres.org/csa
Starts August 5th



Happy 10th birthday Forest Grove Farmers Market!

Who would have guessed that the handful of vendors who started selling goods in a small parking lot 10 years ago would have blossomed into the Forest Grove Farmers Market as we know it today? Now, the Market is home to over 40 businesses showcasing their farm fresh veggies, sun ripe fruits, vibrant flowers, delectable treats from around the world and so much more. It has become a place not only to find the local bounty of produce and artisan foods, but it has also developed into a community hot spot. Attracting a diversity of people who reflect our true community profile, the market creates a space for connections, learning and celebration.

We are so grateful for all of the support we have received over the past ten years. Every donation, drop of sweat and conversation has made the Forest Grove Farmers Market something to be proud of! Thank you!

-Kaely Summers, Forest Grove Farmers Market Manager



Sustainable Agriculture sows seeds of independence

By Megan Eatough Communications/Volunteer Coordinator

Otoniel Del Real comes from a family of farmers in Zacatecas, Mexico. “I grew up in fields of corn, pumpkins and beans,” says Otoniel, whose father and grandfather were both farmers.

But, at the age of 20, Otoniel left his farming roots behind and came to the United States in search of work.

After thirteen years without farming in his life, Otoniel heard about our Sustainable Agriculture program through his church and jumped at the chance to return to farming.

It was difficult for Otoniel to balance the agriculture classes with 10-hour workdays and family responsibilities to his wife and children. But his efforts paid off. Two years later, Otoniel says the four-month course completely changed his life. Now, he grows a large portion of his family’s produce in a successful organic plot at the Forest Grove Community Garden, where Adelante Mujeres provides land and water to gardeners for a very small fee.

“I feel more independent now,” says Otoniel, “I don’t depend on supermarkets. It doesn’t worry me if they raise the price of tomatoes.”

Otoniel grows kale, tomatoes, cucumbers, pumpkins, chiles and nopales (prickly pear cacti). He wants to grow more onions and garlic, because they are used in so many recipes.

“I feel much more certain that I can feed my family and also feed them food that’s pure, without chemicals,” Otoniel states proudly. His harvest principally feeds his family, and he shares any extra with his friends, extended family and neighbors.

“We should all learn how to grow and harvest part of our diets,” says Otoniel, “and everyone should get to know what a farmer’s work is like.”

Sustainable Agriculture Program Director Alejandro Tecum says Otoniel is a good example of successfully putting the techniques taught in the class into practice. “Students in the class learn to grow their own food for the rest of their lives,” Alejandro said, “and they really see the benefit of using sustainable techniques.”

Otoniel’s favorite part of the class was learning about the variety and multitude of microorganisms that live in the soil. “The farmer nourishes the soil, the soil nourishes the plant, and the plant nourishes the farmer,” he says.

Working in the community garden is “like therapy for me,” says Otoniel, “after a stressful day of work I can come here and work. That’s the way I relax.”

The community garden provides farmers with a place to share ideas and compare results, and our Sustainable Agriculture program provides them with ongoing help and support. Alejandro begins and ends each day with a stop at the garden to give students advice in this hands-on learning environment.

Otoniel continues to study sustainable agriculture, and he is currently enrolled in an advanced agriculture internship with brothers Aaron and Jesse Nichols, our partners at Stoneboat Farm, with aspirations to start his own business selling vegetables in the future.



Sustainable Agriculture program participant Otoniel Del Real harvests one of his first lemon cucumbers of the season.



Otoniel’s son Isaac enjoys helping in the garden.

Exciting expansion for Early Childhood Education

By Megan Eatough Communications/Volunteer Coordinator

Adelante Mujeres is excited to announce that our Early Childhood Education (ECE) program is gearing up to serve more children. Our new partnership with the Oregon Child Development Coalition's (OCDC) Head Start program will allow us to more than double the number of children we serve and expand the services we provide.

To accommodate the growth, we will be moving the classrooms to a new location at OCDC's building on Enterprise Circle in Hillsboro. The two organizations have a long history of partnership, which began when we shared a federal Even Start grant over ten years ago.

"We are very grateful to have leased space at Saint Anthony's Catholic Church for the last 12 years. Now, we look forward to moving into a space with classrooms specifically designed for infants, toddlers, and preschool children," says Adelante Mujeres Executive Director Bridget Cooke.

In addition to the new space, the partnership will allow us to serve infants, teach year-round, offer physical, dental, and mental health services, and provide meals.

Early Childhood Education has been deeply connected to the mission of Adelante Mujeres since its inception. In our community, 40% of Latino children live in poverty and the gaps in opportunity and achievement can be seen by age three. In response, we have developed a culturally responsive model that engages the mother as the child's primary teacher.

"Our model fosters relationships between moms and kids, and gives parents the knowledge and opportunity to be actively involved in their child's education," says Bridget.

To maintain this model of learning together, Adelante Mujeres will rent a classroom in OCDC's Hillsboro building and move Adult Education classes there as well. That way, moms and children will continue to come together for nutrition activities, lunchtime, and a weekly *Música Juntos* (Music Together) class.

To accommodate the increase in students, we have hired eight new teachers and several substitutes. Many of our new teachers were students in our Adult Education program, and have a strong sense of how Adelante Mujeres strengthens families.

"The ability to offer our former participants the opportunity to grow professionally is my favorite part of this collaboration," says ECE Program Coordinator Francisca Pérez, "they have a lot of knowledge and a lot of passion, and they understand our mission, which is very important."

Experienced teachers Rosalia Dominguez and Maria Esther Rizo look forward to the opportunity to mentor and collaborate with this new team, and Francisca will be able to focus solely on her role as Program Coordinator.

As the program grows, the mission and methods of the program will remain the same. "The fact that we are going to serve more families does not mean that we will change the work that we do or the quality of the work that we do," says Francisca.

We will also continue to provide an engaging place for children to discover the world around them and the fun and excitement of learning.

"It is very important that kids are ready for kindergarten," says Bridget, "and being ready means becoming eager learners with the skills and confidence to communicate well and relate well to others."



Thank you Pacific University

Adelante Mujeres is grateful for the ongoing support we receive from our generous community partners.

Pacific University has supported Adelante Mujeres since our inception in 2002. Countless students and faculty have collaborated on projects and volunteered in our programs. We have partnered in a multitude of different ways.

The Bridge Program is a shining example. With the help of Spanish Professors Nancy Christoph, Mariana Valenzuela and Jamie Wilson and support from the Center for Gender Equity, the Bridge Program provides the women in our adult education program the unique opportunity to take a Spanish Literature class at Pacific University and practice writing poetry. At the end of the semester, Adelante students present their poems to the public in a celebration of their poetic voices. For many of our students, this is their first experience writing poetry and speaking in public.

Pacific University has also generously hosted our Chicas Youth Development summer camps, where you can find Pacific students and faculty volunteering to present and lead fun and educational activities.

This year, Pacific University, a longtime Adelante supporter, was instrumental in the record breaking success of our Fiesta of Hope by becoming a Premier Sponsor.

We are very grateful to have such a strong partner as we move forward together to strengthen families and build a thriving community.



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