



Adelante Mujeres

SPRING 2015

An evening of hope, inspiration, and generosity

Forest Grove Farmers Market

**Opening Day
May 6th**

Wednesdays 4-8PM
May 6th—Oct 28th

**Now seeking
volunteers!**

Food ~ Fun ~ Community

Join Our CSA

Support local farmers
and receive a weekly
share of fresh local
produce.

Introducing our first
ever salsa share!

adelantemujeres.org/csa

Deadline to register:
May 15, 2015

Thank you to all who supported our Fiesta of Hope. Together we raised \$97,000 to support our programs! It was a true celebration of the work that we are doing to transform lives and strengthen families. Thanks to all who enthusiastically supported us through the purchase of tickets, bidding at the auction, sponsorships, and generous donations.

If you missed the event, be sure to view the new Adelante Mujeres video that we debuted. It can be found on our website. The crowd was also moved by Mayra Carranza's story about her own transformation as a participant in our Chicas Youth Development program. Turn to page two to read her inspirational story.

~**Bridget Cooke, Executive Director**



Three hundred people came together in celebration at our Fiesta of Hope on April 11, 2015. The evening was filled with inspiring stories of hope, a lively auction, a delicious dinner, and salsa dancing. Heartfelt gratitude to all who supported this wonderful event!



Mayra Carranza shared her story at Fiesta of Hope

Even though I am terrified [to give this speech], I knew that this was the perfect way for me to thank Adelante Mujeres, especially the program Chicas, for what they have done and keep doing for me. **This program did what I thought was impossible. It made me believe in myself again.**

When I first came to this country, I was eleven years old. I didn't speak, understand or write English. I came here with my mom and my little sister, but the rest of my family and all of my friends were in Mexico. I felt so alone. I also missed my dad. He had passed away one year before we moved here. That was why we moved to the United States. My mom was not able to find work in Mexico to support us. My dad was my hero and losing him was the worst nightmare. At eleven, I couldn't understand what I did wrong in life for God to make me suffer that way. And coming here felt like part of the nightmare. I hated it here. I couldn't find my place here. I wanted to go back to Mexico, my home.

Time passed, and although it was very difficult, I started to learn day by day how to live in my new reality. I made some friends at school. Little by little, I started to learn the language. I started to like it here. But, every time I could sense a little happiness coming into my life, it would get clouded with pain and sadness.

This happened until my sophomore year in high school when a friend mentioned a club called Chicas. She told me that they took field trips and did other fun activities. Joining activities scared me. But since my friends were going to join, I decided to give it a try.

I have to be honest: I loved the program from the first day because it made me feel at peace, which was something I didn't feel too often. **Joining Chicas was and is one of the best decisions I have ever made.** I could see right away that the staff really cared about each and every one of us. Little by little, Chicas helped me to see things with new eyes. They made me realize that, yes, life can be difficult and we all go through very hard situations, but we need to learn from them and keep moving on with our lives. We need to learn to focus on the positive things that come from negative situations. Chicas gave me the space I needed to be able to open up and talk about how I really felt inside. They helped me come out of my negative shell and to become once again the girl I was before I lost my dad, the girl who was full of life and wanted to conquer the world.

It took two years for that to happen. And throughout those two years, Chicas was always there supporting me in every way possible. This program not only helped me believe in myself once more, but it also helped me to get involved in other after school programs like MEChA. I even became one of the leaders, the vice president.

Chicas took us to different colleges to explore career options and got us involved in community service. These experiences helped me realize that I love working with people and that I want to be in a career where I will be able to help people. Once I graduated from high school, I went back to Chicas and became a volunteer, because I still wanted to be part of this amazing program. **So, I went from a former Chicas participant to a Chicas volunteer. And now I have joined the staff. I am a Chicas facilitator in three Hillsboro School District sites.** I am working with about seventy girls in elementary school. My goal is to do for them what the program did for me.

I am also a college student at PCC. I just earned my Associates of Science three weeks ago. I have applied to some nursing programs and am waiting to see if I will be accepted. My goal is to become a nurse and work with children diagnosed with cancer.

Chicas is an amazing program. The work we are doing with the girls is changing their lives in a very positive way. Nobody has to tell me this because I know this from my own experience. See, a girl can have the potential to be successful in life, but if she doesn't believe in herself or if she has a negative perspective about life, she will not take the opportunities life offers her to succeed. How do I know that? Because I was that girl and this program helped me to change that. And, well, here I am. **I am working really hard to make Chicas, my family, friends and every single person who helped me get to this point to be proud of me. The only way I know how to show how grateful I am to the Chicas program is by accomplishing my goals. And that is what I plan to do!**



- Mayra Carranza, Chicas Youth Development Graduate & Facilitator

Marcella Kriebel's cookbook profits to go to Adelante

By Megan Eatough Communications/Volunteer Coordinator

Marcella Kriebel, artist, traveler, cooking enthusiast and long-time supporter of Adelante Mujeres is once again generously contributing to our organization, and this time she chose Adelante Mujeres to be the beneficiary for publisher profits on the new edition of her illustrated cookbook, *Mi Comida Latina*.

As a Forest Grove native, Marcella was drawn to Adelante Mujeres from the start, but became more involved when close family friend Charlene Murdock of Nana Cardoon Urban Farm started working with Adelante Mujeres' Sustainable Agriculture program.

"Supporting the people that cultivate our food is something near and dear to my heart," says Marcella.

She began by selling her artwork at the Forest Grove Farmers Market in 2013, and in the fall of that year, Marcella volunteered to host an activity. Combining her love of art and food, she did a cooking demonstration at the

market on how to make *cutrido*, and also provided kids and adults with a custom recipe card to paint and take home.

"It comes full circle," Marcella says, because it is, "a fun way to get creative, and also make healthy, whole-foods-style recipes with ingredients available right there at the market."

Marcella continued supporting our farmers market by using her artistic talents to create the Forest Grove Farmers Market posters in 2014 and 2015. Marcella enjoys creating the posters because farmers market themes are really akin to her work depicting the rich colors of fresh fruits and vegetables.

Marcella, who now resides in Washington D.C., has close ties to Latin American food and culture through her travels and study of anthropology.

When she visited Mexico in 2004, she "fell in love with Latin America from a creative standpoint." Marcella went on to study abroad in Ecuador, and continues to return to Latin America every winter when her art business

is in hibernation.

Marcella feels that cooking and food are pathways to "learn about other cultures, personal histories, rituals, and family ties," so throughout her travels, Marcella took kitchen notes in Spanish in her travel journal. She would sketch and illustrate any foods or cooking methods she couldn't describe in Spanish and color these sketches with vibrant paints from her travel-sized watercolor kit.

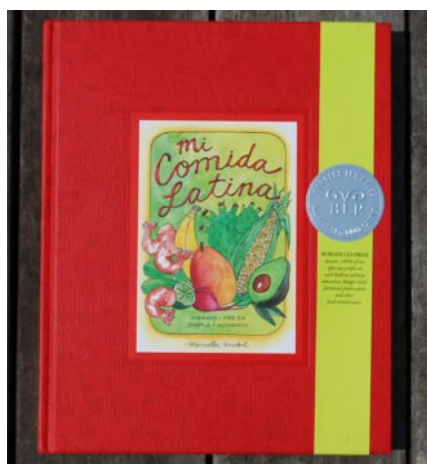
"Cooking is about sharing. Food is about sharing," Marcella says. She wanted to share the recipes she learned abroad with the people she loved back home. So she began translating her recipes back to English, and her cookbook, *Comida Latina*, was born.

After Marcella self-published *Comida Latina* in 2012, selling over 2,200 copies, she was contacted by a cookbook publisher, Burgess Lea Press, which donates all publishing profits to organizations that address hunger relief, farmland preservation and culinary education.

Marcella chose Adelante Mujeres as the beneficiary of the new edition, *Mi Comida Latina*, because she is passionate about our mission of empowering Latina women, the main inspiration for her book, and because Adelante Mujeres supports food-based businesses.

"Adelante Mujeres is really flourishing and making a difference in my hometown," says Marcella, "and the local community is important to me."

To order an exclusive signed copy of *Mi Comida Latina*, visit our website at www.adelantemujeres.org.



Grateful to community partner U.S. Bank

Adelante Mujeres is grateful for the ongoing support we receive from our generous community partners. This year, U.S. Bank, a longtime supporter, became a Premier Sponsor for our Fiesta of Hope.

U.S. Bank's generous support of Fiesta of Hope for the last several years has been instrumental in helping us grow the event, which allows us to attract new donors and support our growing programs.

Patty Rumbaugh, West Portland District Manager at U.S. Bank, has been a champion for Adelante Mujeres. She appreciates Adelante's commitment to empowerment because it leads to self-sufficiency.

"U.S. Bank sees so many good things coming from these programs that it is our privilege to be able to support Adelante Mujeres," Patty said. "We believe that all of your programs help strengthen our families, our communities, and our businesses. If ALL parts of our community are stronger, we all succeed."

U.S. Bank has also sponsored our Forest Grove Farmers Market for the last several years. Patty sees the market as a great way to support the growth of small businesses and to give back to the community.

With the help of strong community partners like U.S. Bank, we are transforming lives, strengthening families, and building community.



From right, Patty Rumbaugh, U.S. Bank West Portland District Manager, enjoying the Fiesta of Hope with Steve Backstrom, U.S. Bank Project Manager, Gini Petersen, Adelante Mujeres Development Director, and Allan Rumbaugh.



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Spring 2015 Newsletter