

NATIONAL CONFERENCE OF PUERTO RICAN WOMEN-SoCal

# NUESTRAS VOCES

PRESERVING OUR HERITAGE AND RIGHTS THROUGH  
MENTORSHIP AND LEADERSHIP FOR A BETTER TOMORROW



**VOL 1, NOV 2021**

## WHO WE ARE

*NACOPRW is a nonprofit, nonpartisan organization seeking to promote the full participation of Puerto Rican and other Hispanic women in the social, economic and political life in the United States. The Southern California Chapter (SoCal) achieves this by educating, developing leadership among Puerto Rican women and providing role models for our youth and our community.*

*NACOPRW-SoCal celebrates what unites all of us: our love and respect for Puerto Rico, its traditions and people.*

### BOARD MEMBERS:

*ANAIDA COLÓN-MUÑIZ, ED.D., PRESIDENT  
MARJORIE PATTON, MS, CPC, ELI-MP 1ST VICE PRES.  
GLORIA SAN MIGUEL, MBA, 2ND VICE PRESIDENT  
SONIA COLÓN-LAMAS, BA, AFIP, TREASURER  
MARIE NUBIA FELICIANO, PH.D., SECRETARY*

*For more information about our chapter, membership or donations visit us at:*

**[www.nacoprwsocal.org](http://www.nacoprwsocal.org)**

## EDITORIAL – ENTRE NOSOTRAS

PRESENTING OUR EDITORS FOR THIS ISSUE:



*Anaida Colón-Muñiz  
&  
Gloria San Miguel*



### The Year in Review...

As the Fall weather announces the coming of the year's end, it is a fine time to reflect on 2021 and anticipate what the new year will bring. This 3rd issue will entice your palate, engage your memories, and warmly embrace your Puerto Rican womanhood. This year we continued to meet via the wonders of technology, but it will be a happy day to see each other face to face, which we hope for the holidays! Since January, we engaged in excellent activities, thanks to the leadership of our 1st VP, Marjorie Patton, SoCal Chapter Board, and active SoCal members. We held our board installation; a board retreat, a member's-only virtual "social", the 2nd annual Toast to Tenacity, and annual donations. We also launched this wonderful newsletter, led by 2nd VP Gloria San Miguel and our dynamite newsletter team. Several special Zoom presentations included "Boricua Women Artists in the Diaspora" and "Puerto Rican Women Making a Difference" where we gave the Orgullo Boricua Award. We also proudly awarded scholarships to young Latinx women, and our new Mentorship Program includes a Mentorship Tool Kit, pairing Mentors and Mentees, and Specialty Workshops. We can't wait for our coquito sales and holiday fiesta! As I look back, I am extremely proud of our work this year, despite Covid19 challenges. We hope to continue exciting opportunities leading towards our mission and vision for NACOPRW. Enjoy this wonderful issue!

Anaida Colón-Muñiz, Ed.D., NACOPRW-SoCal President



***Happy Holidays to all our members, mentees, supporters and followers!***





# EL FOGÓN BORICUA

by Sonia Colón-Lamas



## "PAVOCHON" OR TURKEY "A LO RICAN"

Puerto Ricans found a fabulous way to enhance the typical bland Turkey dish at their Thanksgiving table, with a delicious recipe called "Pavochón". The word "Pavochón" is a descriptive word that combines Pavo for turkey and Lechón for roasted suckling pig. Puerto Ricans adopted the word when the island became a US territory, but historians found similar recipes going back to the 1800s.\*

This recipe is for 8 to 10 servings, 12 to 14 lbs. whole turkey, neck & giblets removed, & patted dry. It is often stuffed with "mofongo", a popular mashed plantain dish.

### Ingredients:

9 to 12 cloves of garlic	1/4 cup of olive oil
1 whole onion	3 tbsp of achiote past or 2
1/2 of a lemon	packages of Sazón with achiote
3 tbsp of unsalted butter	2 tbsp of dried oregano
(optional)	2 tbsp of cumin
	2 tbsp each of salt & pepper

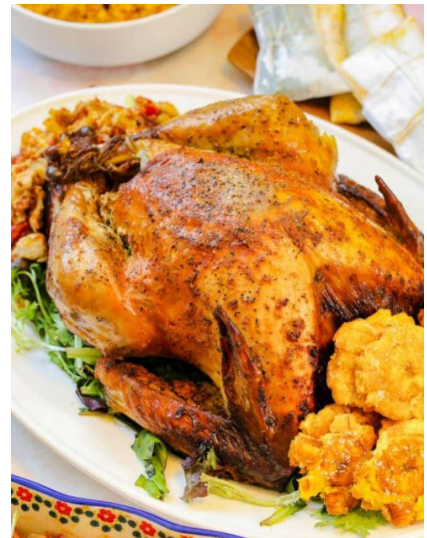
### Directions:

Blend dry ingredients in a food processor or mortar ( pilón)  
 Add the olive oil butter & achiote  
 Make slits around the sides and turkey legs  
 Lift the skin carefully and cover turkey with marinade  
 Cover with aluminum foil & refrigerate 4 hrs or best overnight  
 Add 1 1/2 cups of water or beer in baking pan & place turkey with breast faced down  
 Bake at 350 for about 5 1/2 hours, periodically basting every 30 minutes  
 Rotate turkey after 5 hrs to brown evenly for the last 30 minutes

### \*References:

[https://en.wikipedia.org/wiki/Puerto\\_Rican\\_cuisine#Thanksgiving\\_dishes](https://en.wikipedia.org/wiki/Puerto_Rican_cuisine#Thanksgiving_dishes)  
 Pavochon: Thanksgiving Turkey Puerto Rican Style - Delish D'Lites (delishdlites.com)

## Happy Thanksgiving



## y buen provecho

**Don't know what's for dinner? No problem...On each issue we will be presenting a book, website and cooking blog that will inspire you to try new delicious meals.**

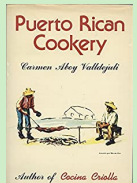
Books: *Cocina Criolla* (1954) and *Puerto Rican Cookery* (1975) by Carmen Aboy Valdejueli are classics of Puerto Rican cooking. The recipes have passed the test of time. Try the adobo recipes for pork roast ("pernil") and turkey. Amazing! Both books available in Amazon Prime and other online bookstores.

Website: All Recipes - 16 Essential Puerto Rican Recipes  
<https://www.allrecipes.com/gallery/best-puerto-rican-recipes/>

Facebook Group/Blog: Sabor With Love - Puerto Rican and Latin dishes SABOR with Love Style in Spanglish  
 Follow Chef Grego adventures with Puerto Rican and Latin American dishes.  
<https://www.facebook.com/saborwithlove>

Resources courtesy of Nilsa J. Thorsos, NL Contributor

## PUERTO RICAN FOOD RESOURCES





## FONDEST HOLIDAY MEMORIES

BY NICOLE HERNANDEZ, CONTRIBUTOR



*¡Thank you to our members Grissel Benítez-Hodge, Dorianne Montalvo and Anaida Colón-Muniz for allowing us to share their fondest holiday memories from Puerto Rico.*

### Grissel Benitez-Hodge

"I have vivid memories of spending 'las Navidades' of my youth in Puerto Rico at my abuela's home 'en las montañas de Cerro Gordo, Añasco'. My grandmother and her husband would always slaughter a pig to make a 'lechón asao y morcillas' for Nochebuena, and I would help season the pig and make fresh 'morcillas' (blood sausage). The 'gandules' were always freshly harvested for the rice by my grandmother, and at night, we would all get together 'a desgranar los gandules'. My abuela's husband also made 'pitorro' to serve to the men, but, of course, I would sneak a taste! But probably the best part, the cherry on top, was when the 'parranda' arrived! I was so anxious for this, and we'd all stay up to participate. 'Nochebuena was truly magical at abuela's'."



### Dorianne Montalvo

"Leaving Puerto Rico 30 years ago has not changed how I feel about the uniqueness of Navidades in Puerto Rico. The music, food, traditions, and even the air that you breath during this time of the year are truly special and only experienced in our beautiful Island! One of the most cherished memories I have of my childhood and young adulthood was going to Old San Juan at night to see a beautiful replica of the Nativity and the impersonation of the Three Wise Men (Tres Reyes Magos) on a small hill across from the Capitol Building of Puerto Rico and next to the San Cristobal fort in Old San Juan. Since this was a very popular event for only a few weekends and no one wanted to miss it, you could be sitting in traffic for an hour before finding parking. Nevertheless, once you got there and witnessed the beautiful work done by the artisans to recreate the Nativity, the majestic camels and the colorful dresses worn by the Three Wise Men, you forgot all the troubles you might have gone through to get there. Additionally, the sky would be full of stars, and you could feel the ocean breeze while listening to the traditional Christmas carols known as 'villancicos'. This memory will always live in my heart and I am grateful that I could experience what locals refer to as 'aires navideños'."



### Anaida Colón-Muñiz

"In December of 1972, I went to stay with my mother's cousin Luly in Barrio Ángeles, Utuado. I had never experienced a Christmas in Puerto Rico before that I could remember, since we moved to New York when I was just 5 years old. I had listened to my parent's stories about Christmas, always wishing to have experienced the holidays on the Island, especially in the countryside. That night while sleeping, I suddenly awoke to music that was playing loudly. I jumped to the floor and rushed to the living room to see a parranda in person and 'en el campo'! What an experience for me to watch the joyful music and singing, and all the food being brought out. For me, it was a wonderful dream come true!"

## NEW MEMBER SPOTLIGHT



## MILLY LUGO



BY MARJORIE PATTON, 1ST VICE PRESIDENT



***Milly has been very active in our chapter since she joined in 2021 as she immediately joined the Newsletter team. We are honored to have you amongst us.***

¡Pregúntale a Milly!

Honestly, this is an understatement. When I met Milly, I could not fathom the range and diversity of Milly's life experiences. She was born at Fort Brooke Hospital in San Juan and 2 days later her dad was deployed to Korea. The family lived in many places until finally settling in Bayamón. As a teen, Milly earned a scholarship from Eastern Airlines and moved to NY to attend Cornell University. There she studied Hotel Management, initiating a career that required many moves, 6 in 10 years. These constant changes pushed Milly to seek other trades, more flexible for the demands of motherhood. That's how Milly adventured as Stockbroker, Insurance & Real Estate Agent, and later as Executive Assistant. But Milly wasn't over, after earning her master's in Library & Information Science, she served for 14 years as Sr. Librarian at Santa Ana Public Library. Now retired, Milly lives in OC with her husband and enjoys reading, classical music, Pilates, and stays challenged playing mental brain games.

Milly you are unstoppable! Welcome to NACOPRW-SoCal.

Interested in joining NACOPRW-SoCal?

Go to [www.nacoprwsocal.org/membership](http://www.nacoprwsocal.org/membership) and complete & send us your application.



## EL RINCON DEL COQUÍ: 2021 Year in Review



- DEC 6 New Board Elections 2021
- FEB 21 Board installation and retreat
- MAR 17 Scholarships applications open
- MAR 28 Boricua Women Artists in the Diaspora
- APR 28 Scholarship application deadline
- MAY 9 Nuestras Voces, Issue 1
- MAY 16 Orgullo Boricua Award: Antonia Jiménez
- JUN 29 Scholarship winners announced
- AUG 8 Nuestras Voces, Issue 2
- AUG 29 Toast for Women's Equality
- SEP 19 Mentorship Program Begins
- OCT 10 Mentorship Workshop: Public Speaking
- OCT 30 Mentorship Workshop: Networking
- NOV 4 Coquito Preparation
- NOV 14 Mentorship Panel: Graduate School
- NOV 14 Nuestras Voces, Issue 3
- DEC 4 Holiday Event

## BOMBA CONNECTION!

Stay tuned to our emails and Social Media announcements about our upcoming events:

- Coquito Fundraiser - We will start selling coquito the second week of November. Check your emails and social media for updates. Quantities are limited!
- Holiday Event - SATURDAY, DECEMBER 4TH, 2021- more details to come..
- 2022 Elections - Date to be determined
- "West Side Story" viewing - Date to be determined

## MENTORSHIP UPDATE:

The Mentorship program started on September 19th and concluded on November 14th. The program consists of 5 mentors and 6 mentees. The mentors/mentees were carefully matched based on career interests. They are meeting every other week to work on goals and assignments. In addition to the one-on-one virtual meetings we have also created 3 specialty workshops on public speaking, networking and graduate school application. We are very proud of both our mentors and mentees and all the members that have helped on this new program. Special kudos to Marjorie Patton, our First VP, for designing the program, toolkit and presentations. This would not have been possible without your tenacity! Gracias Marjorie!

## Meet our Newsletter Team:



Nilsa J. Thorsos  
Contributor



Nicole Hernández  
Contributor



Milly C. Lugo-Ríos  
Contributor



Marjorie Patton  
Contributor



Sonia Colón-Lamas  
Contributor



Gloria San Miguel  
Chair-NL Committe

Time flies when you are having fun! It seems like it was the other day that we were talking about the names of the columns, format, articles, etc. This is our third and final issue of this year and I am very proud of this group of ladies that each quarter come together to celebrate our members, events, and traditions. Thank you for your time, ideas and articles. Looking forward to an amazing 2022. Gracias comadres!

**Send us your ideas to [nacoprwsocal98@gmail.com](mailto:nacoprwsocal98@gmail.com)**

*Gloria*