

# NUESTRAS VOCES



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

**VOL1, MAY 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-MUÑOZ, 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:



*Marjorie Patton*



*Sonia Colón-Lamas*

### Comadre, Corazón, Hermana...

These are some of the terms of endearment we heard our mothers, "abuelas", "tías", "primas" and "vecinas" called each other. These women had a connection that only "un cafecito con chismecito" could bring together.

At NACOPRW SoCal we want to be your "comadre", we want to be able to connect with you just as our mothers, "abuelas y tías" did. Is through these connections that women keep the traditions and culture that we're so determined to preserve.

This is why we have decided to create NUESTRAS VOCES, a quarterly newsletter to keep us connected and informed of the things that brings us together. We thank member Merle Bugarín for giving us our name! We hope that through our collected voices you engage with us, collaborate with articles and ideas, and enjoy what we have put together "de todo corazón".

**¡Feliz Día de las Madres!  
Happy Mother's Day!**

Honoring all NACOPRW-SoCal mothers on this special day.



# EL FOGÓN BORICUA

by Nilsa Thorsos

## Sandwichitos de Mezcla

"Sándwiches de mezcla", was first introduced into Puerto Rican cuisine in the 1950s and became part of our parties' favorite. By the mid 1960s, many Puerto Ricans had access to TV sets and "El Show del Medio Día" became part of the housewives' daily rituals with different segments including cooking demonstrations. My grandmother, Doña Lola, loved the cooking segment and incorporated many recipes adding her own "criollo touch". These sándwiches were always part of her parties and celebrations. To commemorate Mother's Day, and to reminisce Doña Lola, here is her interpretation of this traditional Puerto Rican recipe:

### Ingredients:

12 oz Spam Ham  
 2 jars (8 oz ea.) Cheese Wiz  
 4 oz Cream Cheese  
 2 oz Mayonnaise  
 ½ tsp lemon juice  
 2 to 3 tbs evaporated milk  
 1-2 cloves of garlic (optional)  
 4 oz pimiento "morrón" without the liquid  
 6 stuffed olives with pimiento  
 1-2 loafs of sliced white bread  
 (optional: cut the crusts out, just as Doña Lola)

### Directions:

1. In a food processor or blender gradually add all of the ingredients, except the bread, until you get a creamy consistency to spread.
2. Put "mezcla" in the refrigerator for 30 minutes.
3. Spread 1 to 2 tbs of the spread over slices of bread to make sandwiches.
4. Cut bread diagonal to make the triangles, as showed in the picture.
5. Make sure the knife is clean every time you cut the bread into triangles.

enjoy



Have you missed any of our past events?

Here is the most recent addition to our YouTube Channel:

**Boricua Women Artists in the Diaspora: hosted by Sonia Colón-Lamas celebrating Women's History Month 2021. Featuring the art and company of :  
 Dr. Gloria Caballer-Arce, Dora D. Strobe, Miniveille Quintana, and Rocio Delgado-García.  
<https://www.youtube.com/watch?v=I5BkINIPkIw&t=154s>**

**¡WEPA!**

## NUESTRA DISTINGUIDA BORICUA

BY SONIA COLÓN-LAMAS, NACOPRW SO-CAL TREASURER

The Paulo Freire Democratic Project Award is only granted to an individual that has devoted their professional career and life to the development of progressive and critical practices in education. In addition, they must have proven ethical democratic approaches in their work with communities, regardless of race, ethnicity, gender, cultural and class backgrounds. We are honored to announce that our own Distinguida Boricua, and the President of NACOPRW Southern California Chapter, Dr. Anaida Colón-Muñiz, has earned this very prestigious award.

It was a unanimous decision to give Dr. Colón-Muñiz this lifetime award because of her ongoing support, loyalty, leadership, love and activism. Quoting one of her colleagues, "Anaida is the fire in the PFD Project".

Our sincere congratulations to Dr. Anaida Colón-Muñiz for receiving this notable award. Anaida, is a Professor Emerita fo the Attallah College of Educational Studies at Chapman University, where she served in various positions for 20 years. Although she retired in 2020, she continues her love for education and community, by serving as consultant for various universities, school districts, and community-based organizations. ¡Felicidades!



**Anaida Colón-Muñiz holding the prestigious Paulo Freire Democratic Project Award**

## NEW MEMBER SPOTLIGHT



## NICOLE HERNÁNDEZ

BY NICOLE HERNÁNDEZ & GLORIA SAN MIGUEL



***"NACOPRW'-SoCal's leadership, programming, and the commitment to supporting the Teachers Federation in Puerto Rico is what drew me in. I am happy to be a member and to contribute as part of the social media and newsletter committees."***

Nicole, a Florida native with Puerto Rican heritage was raised in Southern California where her maternal grandparents migrated in the late 1950's. Like many of her relatives, Nicole's journey has been culturally rich and exciting, having the opportunity to live in Puerto Rico for a couple of years after finishing her undergraduate studies. "I feel like my family touches all corners of the world, from Southern California to Washington, Florida, Japan, and Puerto Rico. I spent a lot of my youth visiting Puerto Rico and owe to those trips my affection for our Boricua culture."

Back in Southern California, Nicole works at the Public Health Institute in Los Angeles and has found a Puerto Rican community that helps her keep connected to her roots. Nicole is currently in pursuit of her doctoral degree in Sociocultural Anthropology an has been accepted to Arizona State University. We hope she continues to collaborate with our chapter and encourages other women to carry our mission of education, leadership and being role models for other Latinas.

We are proud of you Nicole, keep shining your light!

Interested in joining NACOPRW-SoCal?

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

# BOMBA CONNECTION!

## Upcoming Events!

*MEET our*

ORGULLO BORICUA  
AWARD 2021 RECIPIENT



**ANTONIA JIMÉNEZ**  
Director, Department of  
Public Social Services  
County of Los Angeles

**PUERTO RICAN  
WOMEN  
MAKING A  
DIFFERENCE**

**SPECIAL ZOOM EVENT**  
May 16 - 4 pm PST  
ID 937 5539 0301  
Passcode 498103



**2021  
Scholarship**  
and the finalists are...

*stay tuned  
for more*

**Send us your ideas to  
nacoprwsocal98@gmail.com**

## Meet our Newsletter Team:



**Marjorie Patton**  
Editor



**Sonia Colón-Lamas**  
Editor



**Gloria San Miguel**  
Chair-NL Committe



**Nilsa Thorsos**  
Contributor



**Nicole Hernández**  
Contributor

Thank you to our editors and contributors that made possible this first issue of Nuestras Voces. We will be showcasing two new editors on every issue. Big thanks to Marjorie and Sonia for being our first editors. We would like to extend an invitation to all of you to send us your ideas for articles, news about events or any celebrations within our chapter. We want to make this YOUR newsletter on every issue.