

NATIONAL CONFERENCE OF PUERTO RICAN WOMEN-SoCal

NUESTRAS VOCES

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



VOL 2, NOV 2022

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

EDITORIAL – ENTRE NOSOTRAS

WRITTEN BY

Arianna Benítez

AND PRESENTING OUR EDITORS FOR THIS ISSUE:

Milly C. Lugo-Rios & Marjorie Patton



In 2017, after surviving hurricane Maria, I moved to California to pursue my education, and that's when I met Anaida Colón-Muñoz. She introduced me to NACOPRW-SoCal and made me feel at home, offering her friendship and guidance, which helped me adjust to my new life as a student in CA. Through NACOPRW-SoCal, Anaida and other members have provided me with one of the most valuable things I could possibly gain, their friendship. As a young member of the organization, I believe that we should continue to spread this friendship to future generations.

NACOPRW-SoCal has been essential to my growth to further develop my sense of purpose, creating opportunities to help Puerto Ricans in the Island and in the diaspora. Personally, I benefited from the mentorship and sponsorship opportunities provided by its members, which led to my nomination and award recognition at this year's National Conference. NACOPRW-SoCal continues to mentor Puerto Rican women by pairing them with experienced members who help them to become future leaders in the Latino community and successful in their chosen careers. As part of the new generation of members, I look forward to a future where NACOPRW will extend their mentorship to women in California and Puerto Rico who are looking for educational opportunities in the United States. I hope to be part of that future.



This issue of "Nuestras Voces" is dedicated to the memory of our long-time member **Elba Estrella Cintrón Girona**. Read article by our President, Anaida Colón-Muñoz, and our Treasurer, Sonia Colón-Lamas.

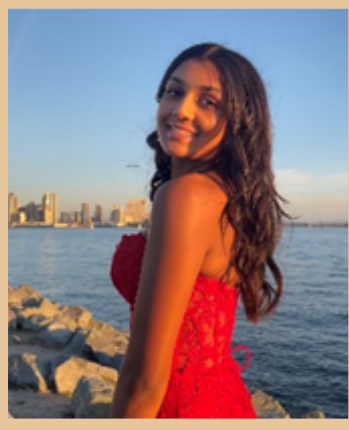


NEW MEMBER SPOTLIGHT



BELLA JAIKARÁN

By Milly Lugo Rios, Contributor



Welcome Bella to
NACOPRW SoCal!

Bella Jaikaran is a 17-year-old Senior at Cathedral Catholic High School in San Diego. She was born and raised in San Diego, CA, but has relatives in Puerto Rico who she visits frequently. She was raised in a multicultural family, her mom, Monica Jaikaran with Puerto Rican roots and her father, D.J. Jaikaran from Guinea. Bella and Monica became acquainted with NACOPRW at the House of Puerto Rico event in San Diego last August. She was impressed with the organization as a center of women who actively support other women in the Hispanic community in their endeavors as scholars, philanthropists, and professionals in designated fields. As Bella stated "NACOPRW inspires me to be hard working and successful". Bella has a variety of interests both educationally and personally. She is contemplating a career in law, yet she is also interested in becoming an anesthesiologist. Aside from being an avid tennis player, she is team captain for the American Legion Youth Shooting team. Bella is the number one female shooter in California and her team is ranked #3 in the state. We are proud of Bella and all NACOPRW members are here to support her in her future endeavors!

Interested in joining NACOPRW-SoCal?

Go to www.nacoprwsocal.org/membership and complete & send us your application.

EL FOGÓN BORICUA

by Gloria San Miguel, Second Vice-President

¡EL PERNIL PERFECTO!

Any Puerto Rican celebration centers on the food table. In my house the star of the show was the delicious "pernil" that my dad carefully prepared. He would always buy the best piece of meat at least 2 days ahead and seasoned it with his special "adobo" recipe. Once seasoned, he would place the meat in a plastic bag and keep it in the refrigerator so the marinade would flavor the meat completely. As it was roasting, the aromas would fill my home making our neighbors jealous of the big feast that the San Miguel's were having. My father's biggest pride was that his pernil would come out with "el cuerito tostadito." Finally, he would sharpen his knives and slice the meat like a pro, leaving no trace of meat on the bone. During the Holidays I prepare pernil with his recipe and the aromas take me back to our house in Bayamón with Papi y Mami.

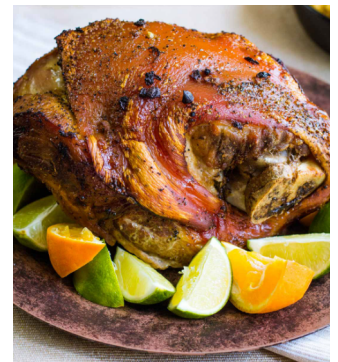
Instructions:

Adobo: for each pound of meat multiply the following ingredients and mash in a "pilón"

- 1 clove of garlic
- 1 black peppercorn
- 1 teaspoon of salt
- 1 teaspoon of olive oil
- ½ teaspoon vinegar (white or apple cider)
- ¼ teaspoon dry oregano

Notes:

- As you prepare this adobo it will feel very salty. Trust the recipe. A pork roast is a big piece of meat with a thick skin and a bone. The saltiness will go as the pernil is cooked.
- You can lift the skin with a knife and put adobo between the skin and meat.
- If you don't have a "pilon" you can make it in the food processor. Instead of peppercorn, use regular ground black pepper (1/4 teaspoon for 8 peppercorns.)
- Pre-heat oven to 350F. Bake pork roast in the oven UNCOVERED for approximately 25-30 minutes per pound or until internal temperature reaches 160F (71C).
- This recipe can also be used on any other meats (chicken or turkey) for an amazing "pavochón".



¡Buen provecho!

A BRILLIANT STAR KEEPS ON SHINING:

Elba Estrella Cintrón Girona

By Anaida Colón-Muñiz and Sonia Colón-Lamas



We recently lost a brilliant, creative, and dynamic star on earth, and now she is destined to bring joy and light to heaven as she gracefully stepped away from this world to enter the next. Our dear former NACOPRW SoCal member, Elba Estrella Cintrón-Girona passed away on August 26, 2022, in Puerto Rico, after some setbacks in her health. She was surrounded by her loving daughter, our former President and Vice President, Marisol Rexach as well as by the rest of her dear family. She was 93 years old and always beautiful.

A native of the town of Utuado, Doña Elba was a graduate of the University of Puerto Rico where she also got her teaching credential. She moved to Massachusetts in 1964 with her four children and attained a master's degree in special education at the University of Massachusetts, Amherst. Marisol shared that, "Her dedication to the families of Chicopee began in 1967, as a Social Worker for the Massachusetts Welfare Department. This brought her close to schools, which led to her lengthy 19-year career as a Spanish teacher at both Chicopee High School and Chicopee Comprehensive High School".

Doña Elba returned to Puerto Rico to find renewed energy in teaching at the university and also serving as president of the Board of Trustees at Colegio Universitario de San Juan. She made time to also pursue her love of literature by authoring two books of poetry, *Te Busco Amante* and *Retazos*, which she showcased upon her return to live with Marisol in California. That's when we were fortunate enough to meet her and garner her support for our student mentees through her involvement in *De Mujer a Mujercita*, as well as other events such as our annual holiday parrandas, which she enjoyed immensely. She was a delight to be around, supporting her daughter and our work in the community, just as she had in Puerto Rico. Recently, Friends of San Juan National Historic Site honored Doña Elba's memory in a special recognition, <http://www.friendsofsjnhs.org/>. She was the very first donor and supported this non-profit faithfully, as she did others that educated children and which supported the Puerto Rican community, of which she was immensely proud. We honor the memory of Doña Elba Estrella Cintrón-Girona. May she rest in peace and power, and may we emulate her example as she was a radiant Puerto Rican woman of distinction.

iWEPA!

CELEBRATING NACOPRW-SOCAL'S SCHOLARS: 2022 SCHOLARSHIP AWARD RECIPIENTS

BY MARJORIE PATTON, 1st VP, NACOPRW So-Cal

NACOPRW Southern California Chapter sponsors an annual scholarship award for Puerto Rican/Hispanic/Latinx young and adult women. This year's Scholarship Program was a total success! We received an unprecedented number of applications and awarded four scholarships to remarkable students. Themes of resiliency, inclusiveness and leadership echoed from their collective experiences. NACOPRW-SoCal is proud of all of them. Here is a snapshot of the 2022 Scholarship awardees.



Genesis Mazariegos
Univ. of California, Irvine
Graduate Student-Global,
International & Law student
Awarded \$1,000



Ellie Acostas
California State Univ., San Marcos
Undergraduate - Mathematics
Awarded \$1,000



Christina Chica
Univ. of California, Los Angeles
Graduate Student - Sociology
Awarded \$250



Alyssa Guerra
Univ. of California, Irvine
Undergraduate - Drama
Awarded \$250

CONGRATULATIONS TO OUR TWO AWARDEES RECOGNIZED AT THE 2022 NACOPRW NATIONAL CONVENTION FROM OUR SOUTHERN CALIFORNIA CHAPTER: ARIANNA BENÍTEZ AND ROCÍO DELGADO-GARCÍA



NACOPRW-SoCal
is proud to announce the
2022 Vivian Ortiz Youth
Leadership Award
Recipient

Arianna Benítez

Arianna was honored
with this award
during our Annual
Gala on Saturday,
October 22, 2022
in Miami Lakes,
Florida

¡Felicidades Arianna!



NACOPRW-SoCal
is proud to announce the
2022 Dora Strobe
Distinguished Artist Award
Recipient

Rocío Delgado-García

Rocío was honored
with this award
during our Annual
Gala on Saturday,
October 22, 2022
in Miami Lakes,
Florida

¡Felicidades Rocío!





EL RINCON DEL COQUÍ: EDICION ESPECIAL CONVENCION MIAMI 2022



Celebrating 50 years of NACOPRW National

Friday afternoon: SoCal's get together

By Dr. Nilsa J. Thorsos, correspondent for NACOPRW, Southern Chapter.

On October 20-21, 2022, I had the honor of attending the NACOPRW 50th anniversary conference, in Miami Lakes, Florida, representing our Southern California Chapter. It was my first time attending this conference and the experience has motivated me to be more involved and committed to NACOPRW's mission to celebrate and support other Puerto Rican women.

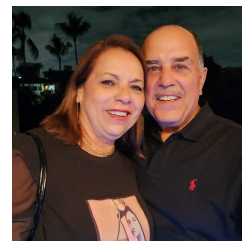
Attending this conference was a great way to appreciate our Puerto Rican roots and learn more about how we can contribute to our communities. From the moment the conference started, by singing La Borinqueña followed by The Star Spangled Banner hymns, I experienced the essence of what it means to be part of such a group of outstanding women. The sense of belonging and identity was prevalent during this event.

The main theme for the 50th anniversary was the celebration of Puerto Rican women icons from the last 50 years. In addition, we learned about past presidents and revisited NACOPRW's milestones and accomplishments throughout the years. The conference was about celebrations, recognitions and opportunities for growth. There were relevant presentations and discussions regarding Puerto Ricans in the USA, how to research our genealogy, social justice topics, diaspora, and building leadership. The highlight of the event was the Gala and awards recognition.

Congratulations to all the awardees!



Friday evening: Inaugural Cocktail



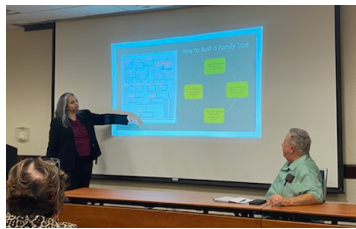


EL RINCON DEL COQUÍ: EDICION ESPECIAL CONVENCION MIAMI 2022



Celebrating 50 years of NACOPRW National

All day Saturday: Breakout Sessions



Saturday night: Gala & Awards Ceremony



*Dearest Holiday Memories***PUERTO RICAN CHRISTMAS IN THE BRONX: ALICE APODACA**

By Alice Apodaca and Nicole Hernandez, Contributors



I was born and raised in the Bronx, New York, and would visit Puerto Rico during school vacations. Our parents would tell us stories about Puerto Rico, so we were familiar with the customs, foods, and music and were close to our extended family in Aguadilla.

I remember we would wait until Christmas Eve to get our tree because they would be cheaper, and we would sometimes get a free tree! With much excitement, we would drag it home and decorate it with ornaments, lights, and icicles. We would sing songs, drink hot chocolate, and eat goodies. We loved being together and did this every year.



At Christmas, we would get up and open presents. As we got older, we shared in the gift buying. We left the tree decorated after El Día de los Reyes Magos on , January 6, to celebrate again.

The 2022 Executive Board of NACOPRW-Socal wishes all its members and followers...



BOMBA CONNECTION!

NACOPRW-SOCAL VISITS

THE HOUSE OF PUERTO RICO IN SAN DIEGO (HOPRSD)

On Saturday, August 6th, a delegation from NACOPRW-SoCal visited the beautiful House of Puerto Rico in San Diego during their monthly Board meeting. Representing our chapter were our president, Anaída Colón-Muñiz, 1st VP, Marjorie Patton, 2nd VP, Gloria San Miguel and our treasurer, Sonia Colón-Lamas. Our board presented highlights of our organization, its goals and activities to initiate a collaborative effort between our two groups. We were present at the coronation of the new Reina de la Casa De Puerto Rico, Bella Jaikarán. It was an honor to listen to Ana Celia Zentella, one of the foremost researchers in what she has named "anthropological linguistics". Our meeting ended with a delicious Puerto Rican potluck and an amazing conversation with new Boricua friends.



COQUITO IS READY FOR THE HOLIDAYS!

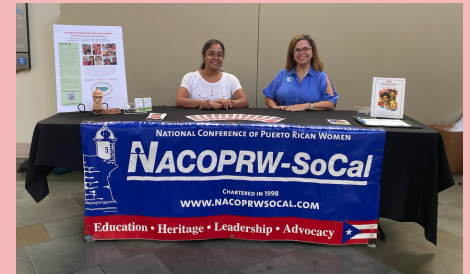
WEPA! A group of wonderful members got together on Saturday, November 5th, to help us make our signature NACOPRW SoCal coquito. This is our main fundraiser and the money generated will be put to good use for our 2023 scholarships and charities. Thank you to Marjorie Patton for hosting us.

If you haven't done so, place your coquito order as soon as possible. Large bottle is \$30 and small \$25. Order soon! Quantities are limited.



NACOPRW-SoCal AT THE AQUARIUM OF THE PACIFIC's BAJA SPLASH CULTURAL FESTIVAL

On Saturday, September 24th, our secretary Marie Nubia-Feliciano and our Second Vice President, Gloria San Miguel, represented NACOPRW-SoCal at the Aquarium of the Pacific's Baja Splash Cultural Festival in honor of Hispanic Heritage Month. This event included music, dances and presentations from different Hispanic countries. We joined forces with The House of PR in San Diego to present our groups and the beautiful Puerto Rican culture that we are trying to preserve and promote.



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
Committee Chair

As I look at all the stories in this newsletter my heart is full of pride of belonging to an organization like NACOPRW-SoCal. Arianna's editorial inspired me to keep working to make this organization a home to women who want to continue our Boricua heritage and pride. We work to inspire all women to continue reaching for the stars and never forget to give back and help others. I can't finish the year without thanking our amazing Executive Board for their hard work and leadership. Last but not least I want to thank the amazing newsletter committee: Nilsa, Nicole, Milly, Marjorie, and Sonia. Your ideas and friendship keeps me always wanting to come back to make the next issue. To our dear members, we hope you have enjoyed all the stories and achievements of our SoCal Chapter.

Gloria