

CAUTION: BRINDIS GALA 2010 is currently Under Construction!

We encourage you to ready yourself for a brand new and exciting, Brindis 2010 lineup. If you are tired of the ‘ol chicken dinner, sit down formal event; this year we have big plans and big expectations. While we don’t want to give away too much, we want to let you know we are planning a memorable night, while supporting MANA’s great educational programs. Be sure to visit our MANA website www.manasd.org for more details and information about Brindis 2010! Don’t worry about the Black Tie attire pressures – men: leave the bow-tie; women: the glass slippers at home – but, please, be sure to dress to impress. Get ready to be part of one of the great City premier events of the year! If you are interested in volunteering, announcements will be posted on our website for the first meeting.



MAKING A DIFFERENCE BEYOND BORDERS

By Lucy M. Hernandez,
Scholarship Chair



Doctora Eileen de Pena is seeing the world after graduating with a specialization in clinical neuropsychology. Eileen, a recipient of the 2008 Sylvia Chavez Memorial Scholarship, a MANA program, is one of the few Latinas in San Diego graduating in the field of neuropsychology enjoying a job and life in Vicenza, Italy. She is working with the U.S. Army evaluating soldiers who have experienced brain injuries. She is part of a multidisciplinary team providing rehabilitation services to soldiers experiencing mild traumatic brain injuries from Iraq and Afghanistan wars. Eileen is making a difference today.

MANA de San Diego is pleased to continue the Sylvia Chavez Memorial Scholarship Program for San Diego County Latina residents. Since 1991, MANA de San Diego has awarded 274 scholarships, totaling over \$263,000! The organization is now taking applications and the deadline is February 12, 2010!

To learn more about Dr. Eileen de Pena, for more information on our scholarships program, or to download an application visit our website at www.manasd.org/scholarships.

LETTER FROM HERMANITA CINTHIA NAVA



Hello my name is Cinthia Nava. I’m 17 years old and a sophomore at High Tech High. I am one of four children, and live with my Mom and Step-dad. I have the same experience that many of the hermanitas have. Spanish is my first language and my Mom didn’t finish high school. Being part of the Hermanitas Program I have learned the importance of education. There is no doubt in my mind that I have achieved so much and done well in almost 4 years. Being in Hermanitas has been a great experience because the program has shown me to believe in myself, and to always have in mind that I can be someone in life.

My wonderful Mentor Celina Caprio has been a second mother. She’s always there for me telling me to keep my grades up and always have a positive mind.

I will always remember MANA, and my mentor because they have done a lot to help me. For more information on Cinthia’s letter visit www.manasd.org/hermanitas

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POST HOLIDAY BLUES PLATICA 2010

By Delia Talamantez,
Platicas Chair

This year MANA de San Diego started the New Year with a resolution for all: to allow ourselves to relax in 2010. The January 13th Platica on "Post Holiday Blues," provided information on taking care of ourselves both mentally and physically. Good resolution for the New Year!!!

MANA Platicas are gatherings where presenters speak and give detailed information to our membership.

Alicia Avila Outcalt, LCSW, Ana Mendoza, MD, and Nancy de Andrade, Ph.D., provided the group with useful information. Hopefully there can be an extended session as MANA members felt it was thought provoking and from the questions asked, more information is needed.

"Thanks to these Latina professionals, it opened-up my eyes on many levels," commented Irma Martinez.

"Topics from medications to relaxation for the brain. It was most informative ." said Lisa Galego.

Our gratitude to these ladies for their presentations.



"I loved the mixer and the food was terrific, smiled Lourdes Felix, and the staff at Tío Carlos went the extra mile for us." This certainly was an excellent choice of venue to hold MANA's first Platica of the year. Tío Carlos owner, Mr. Sanchez was very generous. A special thanks to Mutual of Omaha for their sponsorship of this event.

The next Platica is scheduled for mid-March. Don't miss out on this MANA gathering, as it will address finances.

A JINGLE OF A CELEBRATION

By Lisa Rhodes, Board Member & Brindis Chair

Besides a huge success – December's Holiday Party was lots of fun!

It was an exciting night at San Diego's premier hot spot, Se San Diego Hotel's Siren Bar Pool & Lounge, which accommodated close to 100 MANA friends and family guest. Special "Thanks" to **Prudential**, for joining as an event sponsor and to our very own Rhodes Family for their generous contribution.



We also want to thank MANA Board Member, Nena Peraza for volunteering her financial expertise as MANA's Treasurer. She will now no longer be on the Board but in-

stead, concentrating on her own business. Nena you can run but you can't hide! Thank you for all you have done for MANA!

A special recognition to our volunteer, photographer, Memo "Paparazzo" Cavada who received a much deserved MANA President's Award.



Vivian Moreno was named as our "Member of the Year" for her tireless efforts in supporting MANA's educational programs. Guests contributed to our successful toy drive benefiting Casa de Cornelia. Everything turned out magnificent and it's thanks to you, our raffle items and the great food. On

behalf of the 2010 Board of Directors, thank you for your, kind and generous support. We so look forward to seeing you at our upcoming programs and events.



LETTER FROM MENTOR CELINA CAPRIO

Hello my name is Celina Caprio. I am currently one of the Assistant Directors and Director Elect of the Hermanitas Program and MANA de San Diego member. I joined the program in 2005 through the encouragement of my friend, fellow mentor and MANA President Marissa Bejarano. It has been the most rewarding and life changing experience in my adult life. Through the years I have been blessed in meeting wonderful women who also volunteer their time, and who have become one of my closest and dearest friends, and of course our hermanitas, each of whom has touched my heart in a special way. Through this process and the

different topics we touch on each seminar I have learned valuable information, learned a lot about myself, recognized how fortunate I am to have had parents that continually motivated me to pursue my dreams. I then realized I felt compelled to give back to my community and be a good influence in someone's life.

I am blessed to have Cinthia Nava as my hermanita. It is our second year together and we have plenty in common such as our favorite color to the movies and books we like. Cinthia has allowed me into her life and her family's sharing her dreams and aspirations which mean the world to me. I want for her to succeed in life, and make informed and educated choices. I feel lucky because of my role in the program as I get to spend time with all of our hermanitas and I want nothing more than for our hermanitas to thrive in life.

To learn more about the Hermanitas Program or a letter from Celina's Hermanita, Cinthia Nava, visit www.manasd.org/hermanitas. You can positively influence the life of a young Latina by becoming a Mentor and/ or volunteering on the Committee that plans the programs and activities for these young students.

SAVE THE DATE: MANA MEMBERSHIP MIXER, WEDNESDAY, FEBRUARY 10, 2010

MANA

**BRING A FRIEND
MEMBERSHIP DRIVE
FEB: 10TH 6PM
EASTLAKE TAVERN & BOWL
881 SHOWROOM PLACE
CHULA VISTA 91914**

*BRING A FRIEND TO SIGN UP FOR MANA & YOU WILL BE
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The MANA de San Diego Newsletter is a bi-monthly publication produced for the members of MANA, a non-profit organization whose mission is to empower Latinas through education, leadership development, community service and advocacy.

2009
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Meet MANA Board Member



NORA E. VARGAS, Member At-Large

Nora E. Vargas is a dynamic and accomplished leader with broad experience in non-profit management, government, politics and public policy. Ms. Vargas serves as the first Vice President of Community Engagement for Planned Parenthood of San Diego & Riverside Counties. In her new role, she is responsible for the development and implementation of the overall vision and plan for the Agency's Education and Bilingual programs. Most recently, she served as Executive Director of the Latino Issues Forum, a consumer advocacy organization, where she provided a Latino perspective on the most important public policy challenges facing California. To learn more about Nora please visit www.manasd.org

Calendar of Events

February 13, 2010— 18th Annual San Diego Brasil Carnival. Visit www.brazilcarnival.com

March 27, 2010— 12th Annual Cesar E. Chavez March/Parade and Community Celebration; For more information on the parade contact rosamaryuribe2000@yahoo.com or for the community celebration contact jovi59@hotmail.com

March 29, 2010— 12th Annual Cesar E. Chavez Commemorative Breakfast; For more information contact beazamora@cox.net

May 1, 2010 San Diego Dia de la Mujer Latina Health Festival, Martin Luther King Jr. Recreation Center at Kimball Park, National City

August 2-4, 2010— National Coalition Against Domestic Violence (NCADV) Conference; For more information visit www.ncadv.org

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