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Many Thanks to our Corporate Sponsors



MANA DE SAN DIEGO IN THE COMMUNITY

Women supporting women: that was the topic by KREA Conexión’s Expo in April. MANA members and supporters were invited to attend the wellness event, which offered women key information that focuses on the mind, body, and soul. Experts in yoga, mediation, and inner global healing addressed these topics in English and in Spanish. The information was key to the value and power of inner beauty, strength, and the importance of nurturing. KREA Conexión’s focuses on their mission, to: create connections between professionals, the wellness community and the public in order to promote good health. “What I appreciated most about this opportunity was having the space to nurture myself among Latinas mutually harmonizing our spiritual selves. We as women rarely take the time to nurture ourselves”, Grace Castillo, who attended the Expo.

The KREA Conexión Expo was a great success! Thank you to Sandra Brigman & Monica Salazar for their commitment to the Latina Community.

HONORING LATINOS

By Evelyra Rivera

The UC San Diego - Chicano Alumni Association recently had a special celebration in March to honor the late, Cesar Chavez for his many accomplishments – and also to honor one of their own – Jorge Rios, who committed his adult life to the UC San Diego faculty, staff and students. Other accolades were given to Celia Smith of Junipero Serra High School. She was the winner of the ‘Service to the Community’ essay contest. Scholarships were awarded and staff member Anthony Valladolid was also recognized.

It was an honor to be invited to attend such an inspirational event, which promotes the power of the people and service to the community. Many in San Diego, California and the world share in the Cesar E. Chavez mantra and his legacy. *A lasting organization is one in which people will continue to build, develop, and move when you are not there-Cesar E Chavez*

BRINDIS GALA 2010

By Lisa Rhodes

The excitement is building - as Multi-Grammy winning “Los Lobos” will be taking center stage to help MANA de San Diego celebrate our annual Brindis Gala! It’s an event to celebrate the many MANA accomplishments in 2010. Besides recognizing the accolades MANA will award \$25,000 in scholarship through the Sylvia Chavez Memorial Scholarship Fund.

This year’s event will be filled with a new style of fundraising, mingling with new and old friends and have a blast. Join us for a night of surprises, food stations, and let the show begin with a Performance from Los Lobos. Get your tickets now, online www.manasd.org.

LATINA SUCCESS 2010!

By Adela Garcia

Mark your calendars! The MANA Latina Success – Mujeres Con Exito 2010 Conference will take place on Saturday, October 23, 2010. This year, the conference will be bigger, better and it will feature workshops on the topics of Leadership, Finance and Health in both English and in Spanish! Join MANA for an exciting and educational day designed to help you be the best that you can be! Visit www.manasd.org to stay



informed on the upcoming conference details. We are always looking for volunteers

to be part of a great organization and an awesome event.

MANA PLATICA ON HEALTH & FITNESS

Save the date!

Saturday, July 10, 9a-12p Mission Trails

Kick start your healthy eating habits with an inspiration seminar on how to take care of yourself. Then take a nice walk around scenic Mission Trails with your fellow MANA friends. More details to come!

STAY TUNED FOR THE NEXT MANA NETWORKING MIXER! Visit www.manasd.org for updated details.

Message from the President of the Board

Dear members and supporters,

Have you seen our new website? Did you know that in the first six months of this year MANA de San Diego has mentored over 75 girls through our Hermanitas program? Or, that in May we provided health care screening services to over 400 persons at our San Diego Día de la Mujer Latina health fair? Or, did you know that by the end of 2010, we plan on having 100 hermanitas in our Hermanitas program, awarding over \$25,000 in scholarships, and serving an additional 500 persons at our second health fair?



Many of you might wonder how we are able to provide so much to the community with only two part-time employees. There are two critical components-our volunteers and our supporters. Our volunteers include students, professionals, and the retired. Our supporters include individuals, corporations, and foundations.

And, whether you are a volunteer or supporter, I hope that you have purchased your Brindis ticket! Brindis, our annual fundraiser, is our organization's gala event, which brings together all members of the community to toast to the continued success of MANA de San Diego. In addition, this year we will honor our 24 scholarship recipients at the event. At the end of the evening, thanks to anonymous donor, all in attendance will have the opportunity to enjoy a live performance by three-time Grammy award winning artist Los Lobos! It will be an evening to enjoy and all proceeds support all MANA de San Diego programs.

Finally, if you cannot make our Brindis gala, I hope that you will consider becoming a member or renewing your membership. Membership has so much to offer --I encourage you to review our website for details.

Regards,

Marissa Bejarano
MANA de San Diego President



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Follow MANA de San Diego by visiting
www.facebook.com/home.php#/

***VOLUNTEER AND LEARN:
DIA DE LA MUJER–
HEALTH FAIR & SEMINAR***

By Marissa Dragoo,
Hermanitas Director



Bright and early the Mentors and their Hermanitas headed to the Martin Luther King Center in National City and volunteer at the bi-annual MANA de San Diego "Dia De La Mujer Health Fair". Everyone worked together to set up MANA's most successful health fair yet!

After a couple of hours of volunteer work, the girls and their Mentors enjoyed a fantastic seminar coordinated by Ms. Jessica Barnack-Tavlaris, Health Fair Volunteer Coordinator. Ms. Luz Garcini and Ms. Adriana Olalla began the seminar presentation by telling the girls about their own educational back-



grounds in Psychology. Ms. Garcini, a post-doctoral student at SDSU and UCSD talked about obstacles she faced as a young mother, but emphasized the significant role that education has played in her life. Ms. Olalla, an Expressive Art Therapist, focused on finding a creative opportunity to express herself and help others do the same through her work: Finally, Dr. Patricia Cantero gave an excellent presentation on diabetes. Dr. Cantero's presentation provided an increased awareness about diabetes in the Latino community, its symptoms, risk factors and complications. Dr. Cantero also discussed methods to prevent and manage diabetes, and provided all the Hermanitas with their very own healthy food cookbooks!



The Hermanitas send out a special thank all the wonderful speakers, Ms. Jessica Barnack-Tavlaris and MANA Programs Manager, Sofia Salgado, for helping to plan this wonderful seminar. Thank you!

***A VISIT TO THE UNIVERSITY OF
CALIFORNIA RIVERSIDE***

By Carmen Galindo, Program Coordinator

It was an exciting Hermanitas seminar as thirty-five girls and their mentors traveled to UC River-



side for the 21st Annual Chicano Latino Youth Conference on April 24, 2010. Dr. Raul Ruiz was our keynote speaker, addressing the theme: "Fight for your tomorrow through your Education."

Representatives from several universities spoke about applying to college, as well as steps that can be taken now to enhance their applications for college.

The girls learned about empowering themselves through education to achieve their goals and dreams. Some of the various sessions included developing and sustaining non-profit organizations, becoming a voice in the community, expression through art, and navigating social and family pressures.

A variety of speakers representing a variety of careers spoke regarding law, art, medicine, engineer-

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MENTOR PLEASE VISIT THE HERMANITAS PAGE FOR
AN APPLICATION OR FOR MORE INFORMATION AT
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*FOR MORE INFORMATION ON THE NEXT DIA DE LA
MUJER HEALTH FAIR VISIT www.manasd.org*

2010
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SYLVIA CHAVEZ MEMORIAL SCHOLARSHIPS

The MANA de San Diego - Sylvia Chavez Memorial Scholarships provides financial assistance to Latinas enrolled in community college or university. Scholarships are granted to qualified applicants pursuing a Bachelor degree through doctoral programs. About \$25,000 scholarship awards are handed out yearly. Applications will be available in the Fall 2010; deadline February 2010. For more information visit

www.manasd.org

*MANA scholarships are funded in part by a grant from The California Wellness Foundation (TCWF). Created in 1992 as a private, independent foundation, TCWF's mission is to improve the health of the people of California by making grants for health promotion, wellness education and disease prevention.

MANA de San Diego is a non-profit organization funded by membership dues, donations and the generous support of our sponsors. Please help us continue our important programs.

Make a donation today!

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www.manasd.org

Calendar of Community Events

June 23, 2010 California of the Past—San Diego's Community Presentation, 6:30pm, Downtown San Diego Public Library. For more information visit www.mediaartscenter.org

June 23, 2010 American Red Cross Blood Drive, 9:30am-3:30pm, American Cancer Society San Diego Office Parking Lot

July 5, 2010 Morning After Mess—July 4th, 8am-11pm Belmont Park. For more information visit www.cleansd.org

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

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