



Adelante Mujeres

WINTER 2015

Extremists for compassion and forgiveness

The question is not whether we will be extremists, but what kind of extremists will we be. Will we be extremists for hate or for love? Will we be extremists for the preservation of injustice or for the extension of justice?—
MLK Jr. Letter from Birmingham City Jail (1963)

This winter, perhaps more than most, I find myself lighting candles, drawn to the warm glow of the flame. In the face of the heartrending, inexplicable violence that occupies so many corners of our dear earth, I long for a quiet light in the darkness. Such a light can make room for our better angels to point the way forward. Without a doubt, cruel, brutish acts demand a reply. The question, as Martin Luther King Jr. so poignantly poised, is what will be the shape of our character? When provoked, absent a pause and a deep breath, we are ever so quick to prepare for a fight, fists up, ready for battle. Sadly, it seems we are all trigger happy.



At Adelante Mujeres, we work with many women and families who have experienced domestic and societal violence. What we have learned from this work is that a single incident of violence rarely happens in a vacuum. The way we deal with conflict is learned. When we have experienced violence at the hands of another, we often carry anger and hate in a way that affects all of our relationships. When parents handle conflict with aggression and violence, the children often follow suit.

That is why Adelante offers ESPERE, (School of Forgiveness and Reconciliation), a program that trains families to manage conflict with compassion and understanding in a way that leads to healthy, violent-free relationships. This six-week workshop helps participants identify the root causes of anger and resentment and helps them gain the emotional tools they need to cope productively in the face of conflict. We see transformative results as families become empowered to break the cycle of violence.

One of our ESPERE participants reflected on the impact of the program:

Before I took the ESPERE training, I left my abusive husband many times, but always went back with him. This happened 7 times. After taking the training, I learned to be compassionate toward myself and toward him. And, while this may sound confusing, this new attitude toward the situation was what moved me to make the decision to finally divorce him. ESPERE helped me to draw the line.

As the disturbing stories of police shootings and police being shot, and the attacks in Paris and Nigeria play out in the media, we are disturbed and disheartened like so many others. But we also feel hope—hope because supporters of Adelante make ESPERE possible for so many families. We have seen first-hand how the story plays out for many of our families in ESPERE. They are able to find a way out of the pattern of aggression and violence and are able to model healthy relationships for their children.

~ Bridget Cooke, Executive Director

Fiesta of Hope a gala and auction in celebration of **Adelante Mujeres**



April 11, 2015 ~ 6PM
Oregon Zoo

Register now!
www.adelantemujeres.org

MUCHAS GRACIAS!

We raised **\$17,610**
through the Give!Guide!



A big thank you to
¿Por Qué No?
Taqueria for their
\$3,000 match and other
incentives!

Thank you for your support!



As we wrap up our end of the year annual appeal for 2014, we are overwhelmed with gratitude. We raised \$18,000 in this direct mail appeal! Thank you to all who donated and supported us throughout 2014. Together we are continuing to support women like Nora— women who have been denied an education, want what is best for their children and have the strength and courage to take a risk and make a change for themselves and their families.

A decade of partnership with Nana Cardoon

By Annemarie García, Communications/Volunteer Coordinator

Like any major life changing event, Alejandro Tecum, Director of our Sustainable Agriculture Program, remembers the day he met Charlene Murdock, “I remember exactly where I was standing at the [Forest Grove] Farmers Market when Charlene came up to me and told me she’d been wanting to talk to me about the Agriculture program.” That day in 2006 set the foundation for what would become an almost decade-long partnership between Adelante Mujeres, Charlene Murdock and Richard White and their farm-based learning center, Nana Cardoon.

Charlene and Richard say they have always been dedicated to knowing what is on their table and where it comes from, and they want to share their knowledge and experiences with those around them. For 25 years, Charlene and Richard owned a specialty foods shop in Seattle. Their work and love for food led them all over the world. An international food and farming convention in Torino, Italy called *Terra Madre* inspired them to own and operate an urban farm here in Forest Grove.

After the fateful meeting of Alejandro and Charlene at the Forest Grove Farmers Market, Charlene and Richard attended Adelante’s Sustainable Agriculture classes and started to apply techniques they learned in the class to their farm. Their support for Adelante Mujeres grew as they sat on Adelante’s “La Esperanza Farm” advisory committee and started to mentor farmers as much as possible. Nana Cardoon currently hosts two Adelante farmers on their property, and they invite Adelante’s Adult Education classes out to the farm several times a year for a tour, to make bread and tamales, and to share their stories. Charlene says that she and Richard are, “honored to be a part of the connection to agriculture, the land, water, and food.” It is this connection that motivates them to give back to the community in which they live.

From leasing their land to Adelante farmers to hosting farm tours for 5th and 6th graders from the local charter school, Charlene’s and Richard’s passion for creating a community that appreciates food and the joy of responsibly producing it is at the heart of everything they do. Because of dedicated partners like Charlene and Richard, Adelante Mujeres’ Sustainable Agriculture program is able to thrive and have a greater impact in the community.



Richard White and Charlene Murdock standing in front of their outdoor wood-fired oven at Nana Cardoon.

Developing leaders in the community

By Annemarie García, Communications/Volunteer Coordinator

This past year, Oregon voters faced a difficult decision regarding a measure that would enable non-US citizens to obtain driver cards. The measure failed to pass, but the issue of the driver cards left many questioning how Latinos are represented in Oregon and how more Latinos could become involved in political advocacy.

Our Chicas Youth Development participants were asking similar questions about this and other issues at a time when they felt they could do more for their community. They

wanted to find a way to make their voices heard on issues in the community. Cristina Delgado, Chicas Facilitator, explains, "Many Chicas are ready for the next level. They have experience assisting with volunteer trainings and even event planning. They want to use those skills to become leaders in their community." This year, Chicas will be implementing a Chicas Leadership Group to support young girls as they discover their leadership potential through the development of real world projects in their local community.

Chicas participants want to have the opportunity to organize community events, advocate for students in their schools, and initiate conversations with teachers and school principals about cultural differences. Briana Larios, an 8th grader at Neil Armstrong Middle School and Chicas participant, joined the Chicas Leadership Group because she hopes to gain leadership skills to be able to advocate for her community. "There is this idea that because Latinos are in the minority, we can't speak up," Briana says. "But this is exactly why we have

to speak up and have the confidence to do so. We can help each other cross cultural barriers." It is this outlook that is propelling the Chicas Leadership Group forward.

According to the Oregon Department of Education, 50% of students in the Forest Grove School District and 35% of students in the Hillsboro School District are Hispanic. As the number of Latino students in the Forest Grove and Hillsboro School Districts continues to rise, programs like Adelante's Chicas Youth Development program are important to provide culturally specific support necessary for student success.

The Chicas program offers a 90 minute after-school program at 14 schools in the Forest Grove and Hillsboro School Districts, which provides a space for Latina girls to expand their education to include everything from college

readiness to self-esteem development. Over the course of four months, the girls in the leadership group will complete an additional 20 hours of training that will include workshops on public speaking, event organizing, and political advocacy. They will also participate in planning and coordinating a project at the end of the year.

"We want the Chicas to be conscious about what is happening in their community," Cristina concludes, "and we want to prepare them with the tools to initiate action." The Chicas Youth Development program is growing, and it is important to respond with specific opportunities for the girls to become leaders in their community.



2015 Chicas Leadership Group meet for their first of 4 meetings this year.



Chicas students always remember to have fun!

Thank you to Portland State University

Adelante Mujeres is grateful for the ongoing support we receive from our generous community partners. This year, Portland State University (PSU), a longtime Adelante supporter, has become a Premier Sponsor for our Fiesta of Hope to be held on April 11. (Register through our website at www.adelantemujeres.org.)

PSU's outstanding and ongoing support has benefited all of our programs. The Gender Studies Department has worked extensively with Adelante's Adult Education program. This past year, PSU students met with our Adult Education participants to discuss current political issues such as health care and the driver card measure. The PSU students also organized an event at the Women's Resource Center in which our participants presented their perspective on the driver card measure to community members.

Portland State University has hosted girls from our Chicas Youth Development program as well as their parents. The girls and their parents learned about life on campus, admissions processes, financial aid and other support that is available.

Our Sustainable Agriculture program partnered with PSU on a Community Foods Project Planning grant in which they investigated how our farmers could increase revenue from farming. We have also worked with PSU students in the MBA program in the early stages of our Forest Grove Farmers Market. These business students completed a case study, helped write a business plan, and made recommendations for improving the Market's revenue.

With the help of strong community partners like Portland State University, Adelante Mujeres continues to educate and empower Latina women and their families.



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