



MUJER, INC.

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President's Letter

By Suzie Moreno

We returned from another wonderful Project

Mana Leadership Retreat in the Prescott Pines on Sunday, November 16, 2008. The experience was rejuvenating and encouraging as we witnessed these wonderful young ladies, grow right before our eyes! They are incredibly bright and full of promise; the experience restores our faith and confidence in our youth. Please see page 3 for more information on this year's retreat.

We are busy preparing for our upcoming signature event, "Una Noche Romantica." This annual Valentine's Day dance is being held on Saturday, February 14, 2009, at the Crowne Plaza, 2535 W. Dunlap Avenue, Phoenix, AZ, at 8:00 p.m.

Fall Membership Meeting Update

By Andrea Frausto

If you haven't been able to make our General Membership Meetings lately, you've been missing out!! We've had some excellent guest speakers all year, and this was definitely the case at our Fall Meeting on Wednesday, September 3rd.

Dr. Cristy Lopez, Financial Advisor, and Bill Hertzog, First Vice President, both of Smith Barney gave us valuable insights on how to be "Mujeres con dinero". Cristy delivered into the psychology of women and their money to help us evaluate our motives, fears and challenges when dealing with our financial well being.

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Please come and enjoy the live entertainment by Str8tup, silent auction and an overall good time.

Please remember that you can support Mujer, Inc. by serving on any of our Committees; Project Mana, Membership, Marketing and Grant Writing. Please visit our Web site, www.mujerinc.net, for more information.

We hope to see you there!

How many of us are not involved with the family finances, entrusting all aspects to our significant others? Do we think about having enough money when we retire? Tough question, yes, but definitely necessary.

Fall Membership Meeting Update continues on page 4

Volunteers Help Growth

By Veronica Nevarez

2008 was a year of growth at Mujer, Inc. largely due to the creation of our distinguished volunteers. Mujer, Inc was able to accomplish more this year than ever before, said Andrea Frausto, Vice President of Mujer, Inc. The dedication of our volunteers has been amazing. Mujer, Inc. volunteers are unique in that it offers flexibility by allowing volunteers to choose positions that highlight their skills, abilities, and interests, rather than just assigning them a task. Mujer, Inc. goal is to optimize our resources in order to help as many young Latinas around the State of Arizona as possible. Therefore, we are always open to receiving feedback and



suggestions from volunteers on creative ways to raise funds and awareness.

Current Needs:

- Make a Monetary [Donation](#)
- Gift Baskets (filled for silent auction)
- Volunteer (in- person or virtual)

Hispanic Women's Conference

By Andrea Frausto

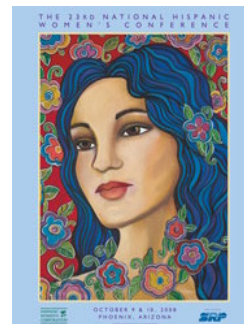
We sure have some wonderful guardian angels watching over our organization; Miguel Bravo and Jennie Alva of Arizona Public Service. Not only have they been faithful sponsors of Mujer, Inc. they sponsored a booth for us at this year's Hispanic Women's Conference! APS champions the causes of many valley non- profits, but we love them because they truly believe in our mission and passion for our young Latinas.

Because of this wonderful opportunity, Mujer, Inc. was able to introduce the organization

to hundreds of Latinas who attended the conference. Many of them were not familiar with our organization, but practically every visitor who walked away from the booth was greatly impressed by what they heard and what they saw. We all must work together to continue to spread the good cheer and get the word out on this great, valuable organization.

Congratulations to our raffle prize winners! Diana Saucedo, who won the beautiful gift basket, and Maria Navarrette who won two tickets to the famous, annual "Una Noche Romántica" Valentine's Dance.

Thank you, Miguel Bravo and Jennie Alva of Arizona Public Service.



Annual Mujer, Inc. Reception

By Andrea Frausto

It was a beautiful night at "1130" The Restaurant! On Friday, October 24, Mujer, Inc. held its Annual Reception. It was calamari and art night! In conjunction with First Friday, the featured artist of the month, Sandra Thron, shared her beautiful art work. Here's more on Sandy!

"I believe that my art has an opportunity to make a statement that I have a passion for. Some of my work is about domestic violence." As a counselor, I see first hand the damage and pain that occurs to children when their parent is being physically or verbally abused. Research shows us that a child's brain is actually altered as they view this abuse. We also know that girls growing up in an abusive home are far more likely to choose an abusive partner when they become an adult. Some of my work is also about children, I see the effects that a parent has on a child when they promise them over



New Mujer, Inc. members

and over that they will be there at their sporting event, or recital, but never seem to show up

As an artist I'm able to create the world as it is, or as it could be or as it SHOULD be. I believe that we each see art through our own lenses, bringing to the piece our own memories both conscious and unconscious.

Annual Mujer, Inc. Reception continues on page 4

13th Annual Project Mana Leadership Retreat

By Veronica Nevarez

The 13th Annual Project Mana Leadership Retreat was held on November 14- 16, 2008. As in the past seven years, the Retreat once again convenes in the serene and inspiring surroundings of the Chapel Rock Conference Site in Prescott. This year's theme was "M Body." The underlying premise is "I am Somebody!" The focus of the Retreat was on body image, nutrition, well-being, and health. With an emphasis on being comfortable with our skin, the curriculum included physical activities, including a non-strenuous walk and dance exercises.

Over the years the curricula Mujer, Inc. has presented has moved into areas that more directly impact the core of the girls. In the past years the curriculum has emphasized learning more about our Latina roots, distinguishing Latina stereotyping, building and developing healthy relationships ourselves, family, friends, and a myriad of other issues. Last year the girls focused on the ecology/environment and on speaking their voices, having their voices heard.

The Retreat is open to Latinas who are in school, grades 8- 12. Mujer, Inc. has been fortunate to have girls return over the years. It is indeed awesome to see the "blossoming" the girls experience from attending the first time to returning for the fourth or fifth time!

Check www.mujerinc.net for Retreat pictures!



Dr. Cristy Lopez and Bill Hertzog

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Mr. Hertzog supplied the nuts and bolts knowledge of 401k's, stocks, percentages and growth.

Annual Mujer, Inc. Reception continued from page 3

My hope is that through my art those others may not simply sit on the fence, but actually take a passionate stand to help make a change, because to sit on a fence is to be as "dead".

We are definitely hoping to host Sandra for one of our 2009 General Membership Meetings for a Mandala workshop. This will be another awesome night, so keep your eyes open for that invitation.

A special thanks to "1130" The Restaurant, a generous sponsor for our meetings.

It was a hugely valuable Financial Management 101 class, made possible as a benefit of your membership with Mujer, Inc.

Cristy is also a long-standing member of Mujer, Inc. and was very happy to help her fellow Mujeres. Any of you are more than welcome to drop an email if you would like to talk to her more about becoming a Mujer con Dinero! (cristy.r.lopez@smithbarney.com)

Here's hoping we see YOU at our next Membership Meeting!

"What your group is doing for young Latino women is so very valuable and commendable, it is such a passion for you. Thanks for not sitting on the fence!",

Sandy Thron

Mujer, Inc. would like to recognize and thank those members who so generously gave of their time to help wo- man the booth at the Hispanics' Women's Conference.

You are awesome and appreciated!

Olga Aros

Edith Borjorquez

Veronica Castillo

Anielka Contreras

Andrea Frausto

Gabriela Garcia

Suzie Moreno

Daniela Ruiz

Sylvia Vega



2008 Expo Open to Public

Attending My First Mujer, Inc.

By Gabby Garcia

Attending my first Mujer, Inc. meeting was inspiring. Being a Latina it can sometimes be challenging to find a group or club to join that really helps with your professional and personal growth while remaining true to your roots. I decided to join Mujer, Inc. primarily to network with other women that shared in my culture and could relate to my accomplishments. To my surprise after spending an evening getting to know some of the members at the October meeting, I found that more than a networking opportunity, this could be a great way to make long life friends. It was impressive, motivating, and inspiring to hear everyone introduce themselves and speak on the benefits of participating in the different events that Mujer, Inc. puts throughout the year. I had an opportunity to meet some beautiful and motivational women that I could relate to, since we share many of the same goals and cultural background. Throughout the years I have been a member of various valley organizations and I can honestly say that I have never felt as welcome as I did at my first meeting with Mujer, Inc. I look forward to participating in the Project Mana in the upcoming year, and I am especially anxious of becoming an active member of the organization.

Thank you Mujer, Inc. for making me feel right at home!

Gabby Garcia

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