



WORLDWIDE COMADRAZO 2023

LAS COMADRES PARA LAS AMERICAS

SISTERHOOD & COMMUNITY

HEAR US. SEE US. JOIN US.

Saturday, April 29, 2023



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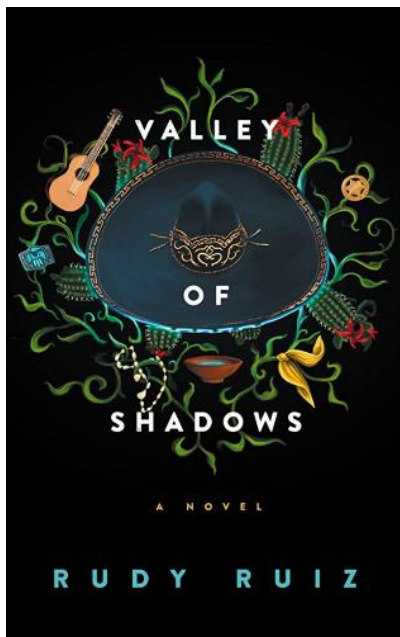
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DR. ANA NOGALES

SECRETARY



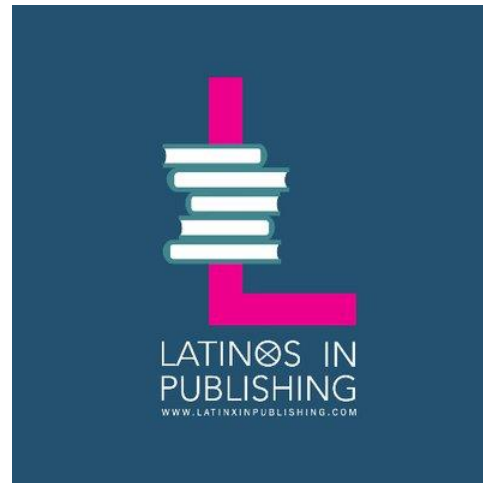
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EXECUTIVE DIRECTOR

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Las Comadres Para Las Americas Activities & Services



DAILY

Web access to Las Comadres and Las Comadres & Friends Book Club websites
YouTube channel – uploads of our speaker series, book club teleconferences, etc.
Social media channels – Facebook, Twitter, LinkedIn

MONTHLY

Comadrazos – locally in-person and via zoom
National Book Club Teleconferences on last Monday of the month
Book Club meetings – locally in-person and via zoom
Accomplishments Listing – every month we celebrate the accomplishments of our Comadres
Marketplace Directory – on the Las Comadres website. Please support these Comadre-owned businesses.

QUARTERLY

Comadrazos – regional zoom meetings
National Newsletter
NEW! Las Comadres Kitchen (launch May)
NEW! Las Comadres Present Mind, Body & Spirit (launch June)

ACCOMPLISHMENTS

Speaker Series – interviews with leading Latina in different walks of life; interviews on our YouTube channel
Entrepreneur Group – for Comadres who own businesses or want to start one
Las Comadres University – special in-depth learning programs. Past programs include grant writing and internet security.

YEARLY

Comadre Author Readings
Summer Reading List Author Interviews & Reading
Holiday Concert – mark your calendar for December 21 this year!
New Beginnings Comadrazo – celebrate the New Year together



NEW PROGRAMS



Launching in May

LAS COMADRES KITCHEN

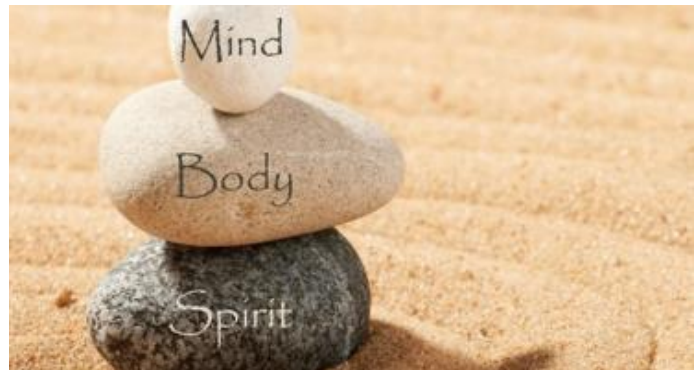
We'll talk to Comadres about food, traditional dishes, and their cultural significance. Our hostess Lola Dweck from Lola's Mercadito.



Launching in June

LAS COMADRES PRESENTS MIND, BODY & SPIRIT

We'll explore the balance between Mind, Body and Spirit, and what activities can help Comadres achieve that balance. Our hostess Jeannie Diaz from Jeannie Diaz Yoga.





**LAS COMADRES PARA LAS AMERICAS AND THE WORLDWIDE COMADRAZO LOGOS
WERE CREATED BY LAURA LÓPEZ CANO.**

WORLDWIDE COMADRAZO COMMITTEE

Maria C. Ferrer – Producer
Dr. Nora de Hoyos Comstock – Mistress of Ceremony, Nora Awards
Rosa Beato – Stage Manager & Raffle Coordinator
Teresa M. Tobin – Nora Awards Coordinator
Mirtha G. Perez – Membership Coordinator
Dr. Charley Ferrer – Website Designer
Laura López Cano – Art work
Marialy Gonzalez – Las Comadres Song
Jack Bell (Nora’s husband) – Compadre Extraordinaire

LAS COMADRES PARA LAS AMERICAS

National / International Founder

Dr. Nora de Hoyos Comstock

Board of Directors

Teresa Lara – President
Dr. Ana Nogales – Secretary
Dr. Nora de Hoyos Comstock – Treasurer

Executive Director

Maria C. Ferrer

www.lascomadres.com

www.latinolit.com





MESSAGE FROM THE BOARD PRESIDENT TERESA LARA

Welcome! On behalf of the Board of Directors of Las Comadres Para Las Americas, city network facilitators, and volunteers, I am delighted to welcome you to the 2023 Worldwide Comadrazo!

We hope you soak it all in and pick-up some tools and guidance meant to help you feel victorious. Recently, I was sharing with a mentor some crossroads I felt I was at and she said, 'you know, this is the Olympics of feelings, if you get through this, you will have conquered a significant, life-shaping breakthrough that will change your personal and professional life.'

Without over-sharing too much of what's going on--since we're here to celebrate—I will mention that I feel it's a precipice of a lot of work I've been working on that has led me to this jumping point. I've done many courageous things in the past --as many of us have--- it's not my first, and it won't be my last, however, this one feels super significant. It is the breakthrough of acknowledging my own value, protecting it, and unapologetically having agency over who, what, and where I place it, and where I opt not to, to exit the situation/s in a graceful and heartfelt manner.

I will report next year of how it would have gone down and am just going to claim it to be Victorious!

Which is also the theme of today. Today, we honor and celebrate many courageous and victorious Comadres who single-handedly make the world a better place. Beginning with our **Nora Award Finalists** and our newly appointed (and also first) Executive Director, **Maria Ferrer**, whose visionary force-of-nature and can-do attitude has taken the organization to the next dimension. There are so many new Las Comadres activities and networking activities that can foster lasting relationships and new ideas. We thank Maria for her leadership and unwavering commitment to Las Comadres, now she is at the helm of this ship and directing us to new waters and adventure! with our wonderful founder **Dr. Nora de Hoyos Comstock** as the moral compass.

And, of course, all of you--whose daily comradery, humanity, and generosity contribute to the essence of Las Comadres. We thank you for your participation and service and may today and the tomorrows always bring us together in unity and strength.

You Can Count On Us. Con Orgullo Fuerte!





MESSAGE FROM DR. NORA DE HOYOS COMSTOCK NATIONAL / INTERNATIONAL FOUNDER

Queridas Comadres,

Since we last gathered for our biennial in 2021, I find that my thoughts take me back to the beginning: to the time when we burst on the national scene like a movement on fire! And I recorded that season in the Acknowledgments section of our book, *Count on Me: Tales of Sisterhoods and Fierce Friendships* (2012), published by Atria (Simon and Schuster). What started as a quick review of that section turned into a trip down memory lane where I thanked the many of you who made Las Comadres into something tangible, special, beautiful and lasting. And then I started to update the list to bring it up to date. Oh my. I spent the next several days crosschecking and finding many, many names to add because it took soooo many of us to keep all the moving parts in balance. We were building the infrastructure as we grew...creating the structures to keep us connected. And then I looked at thousands of photos on our flicker (<https://www.flickr.com/photos/lascomadresparalasamericas/albums/>) from the many events and found so much more for which to be thankful. I keep finding photos shared in emails that I must upload because they are such important memories. My heart is full and overflowing with the love of our shared experiences. There is a special place in heaven for my husband, Jack Bell, without whom Las Comadres Para Las Americas would be a very different organization. My time and talents (and his) were a gift to us to build our connection and to support the Latina/o community.



And now we find ourselves in a back to the future scenario. We are rebuilding to keep us connected to each other while we re-create the infrastructure; we are coming out of a dimly lit tunnel to the light of a new day, sort of like the wild, wild West (think social media and the metaverse y mas!). I am grateful that Maria Ferrer, our executive director, has stepped headfirst into this leadership role. We are most lucky to have her gift of talent, time and leadership acumen! But we can only rebuild with your help. You must channel our energies so that we serve our purpose: build support systems to help you both personally and professional, your families, and our beloved community. We must keep a laser focus on exposure of our Hispanic/Latina/o/e/x talent to our own community, as well as taking our place on the multicultural world stage emerging and morphing, as we speak. However, firstly, we must be there for each other in our time of need. You should feel totally comfortable asking your local network for help and we'll ask nationally when the need meet our criteria. Because if we do not feel comfortable asking each other for help, we have failed in our purpose.

Thanks to the many of you who participated in our focus groups and to our focus group leaders: Adrienne Pulido, Aileen Schlef, Gloria Williams and Dora Elias McAllister who stepped in at the last minute to help because our numbers got too large. The guidance you offered is shaping the direction of our research as to how to rebuild the in-person gatherings in the local area but for our Zoom connections as well. We will ask you to consider joining our facilitation team soon so that we can better serve you. We are updating our facilitator training so that everyone acting in a facilitator role is on the same page and connected to each other to learn, share, and grow in our ability to serve our local and national networks. Hope you will consider volunteering to lead. Plus, we are considering an in-person national comadrazo in Austin in April of 2024! More on this to come soon... stay tuned and send feedback! We welcome your ideas, always!





MESSAGE FROM EXECUTIVE DIRECTOR MARIA C. FERRER

I am honored and humbled by the faith and support I have received from Nora, the Board of Directors and my fellow Comadres.

My message is a simple one Connected with Your Comadres.

Las Comadres is a Sisterhood, it's a Community. Together we can survive anything, and we have. The whole world shut down two years ago. We were all confined to our homes, but Comadres stayed connected. We couldn't do it face-to-face, so we learned to connect virtually. Now that the world is getting back to a new normal, it is more imperative than ever that we NOT lose our connection to each other.



I'm very excited over **the Nora Awards** because they showcase the best of Las Comadres, collectively and individually. Our Finalists are all longstanding Comadres who were nominated by their Comadres as exemplifying sisterhood, community, kindness, loyalty, and dedication. *All our Finalists are Winners.* Congratulations to them all.

And Thank You to our **Facilitators of Las Comadres Networks and Book Clubs** which keep us connected locally. The Facilitators are our boots on the ground. They are the glue that connects the national organization and the local / regional networks.

Las Comadres Wants You! We need everyone's support to keep Comadres connected around the world. Let's be there when another Comadre needs a hand, to share a laugh, a warm embrace. And if you have a free hour or two, Nora and I are always looking for volunteers on various fun projects.

Thank you all for your support of Las Comadres Para Las Americas and remember.... **Comadres Connect!**



AGENDA

(Eastern Time)



- 2:00 PM – Welcome by Las Comadres Para Las Americas President **Teresa Lara**
- 2:05 PM - Special Guest: **Dolores Huerta**
- 2:15 PM Keynote Speaker: **Dr. Monica Muñoz Martinez**
- 2:25 PM - Breakout Group A
- Feng Shui Basics for Your Workspace & Beyond with **Julie Anna Alvarez**
- Read Latino Lit with **Teresa M. Tobin & Linda Guerrero**
- Finding Your Purpose with **Dr. Susan Warner-Sanchez**
- The Business of Writing with **Marcela Landres**
- 3:00 PM - Coffee Break & Raffle Prizes 1
- 3:15 PM - Breakout Group B
- Ya Ya Box Class with **Laura López Cano**
- Introduction to Web3, Crypto & the Metaverse with **Monica Talan**
- The Four Paths to Rootedness with **Robyn Moreno**
- Retirement Tips for All Ages with **Monica Rangel**
- 3:50 PM - Raffle Prizes 2
- 3:55 PM - The Nora Awards
- Mistress of Ceremony **Dr. Nora de Hoyos Comstock**
- 4:20 PM - Recognition Roses with **Dr. Ana Nogales**
- 4:30 PM - Comadres Song Sing-Along with **Marialy Gonzalez**
- 4:35 PM - End of Worldwide Comadrazo





SPECIAL GUEST

DOLORES HUERTA



Dolores Huerta is a civil rights activist and community organizer. She has worked for labor rights and social justice for over 50 years. In 1962, she and Cesar Chavez founded the United Farm Workers union. She served as Vice President and played a critical role in many of the union's accomplishments for four decades.

In 2002, Dolores received the Puffin/Nation \$100,000 prize for Creative Citizenship which she used to establish the Dolores Huerta Foundation (DHF). DHF is connecting groundbreaking community-based organizing to state and national movements to register and educate voters; advocate for education reform; bring about infrastructure improvements in low-income communities; advocate for greater equality for the LGBT community; and create strong leadership development.

She has received numerous awards: among them The Eleanor Roosevelt Humans Rights Award from President Clinton in 1998. In 2012 President Obama bestowed Dolores with The Presidential Medal of Freedom, the highest civilian honor in the United States.



KEYNOTE SPEAKER

DR. MONICA MUÑOZ MARTINEZ

Monica Muñoz Martinez is an award-winning author, teacher, and public historian. She is a national authority on race, civil rights, and memory in the United States. Her first book *The Injustice Never Leaves You: Anti-Mexican Violence in Texas* received six best book awards.

She co-founded the award-winning educational non-profit Refusing to Forget, helped curate an award-winning exhibit at the Bullock Texas State History Museum, and collaborated with the Texas Historical Commission to unveil four state historical markers in south and west Texas.



She is also a historical consultant for the Smithsonian National Museum of American History. In 2017, Monica received an Andrew Carnegie fellowship, awarded to scholars addressing “challenges to democracy and international order.” She is a 2021 MacArthur Foundation Fellow and was named a national honoree for Woman of the Year by USA Today.

Monica graduated from Uvalde High School in Uvalde Texas, received an A.B. from Brown University, and an MA and PhD in American Studies from Yale University. She is now an Associate Professor of History at the University of Texas at Austin.

BREAKOUT GROUP A

FENG SHUI BASICS FOR YOUR WORKSPACE & BEYOND WITH JULIE ANNA ALVAREZ RIVERA



Learn what Feng Shui, sometimes called the "Art of Harmonious Placement" is and some basics to help you uplift the energy around you. While focused on tips for your workplace, these principles also apply to all your living spaces. Julie Anna Alvarez will quickly

share the basics; help you get a sense of how everything (including us!) is made up of energy and then engage in Q&A with you.

THE BUSINESS OF WRITING WITH MARCELA LANDRES

Writers who focus 100% of their time and energy on their writing tend to be unpublished or poorly published. Well-published authors successfully navigate the business side of the book industry. Learn how to present yourself as a professional instead of a novice when submitting your work to agents and editors.



FINDING YOUR PURPOSE WITH DR. SUSAN WARNER-SANCHEZ

This session is about personal growth about knowing that if you are not engaging with your purpose, you might be feeling disconnected, isolated, unhappy, etc. Creating space for finding purpose and belonging are keys to potential exponential growth in self. We are finding that feelings of meaningful existence (purpose) and belonging (being an integral part of a group/tribe/family) positively impact every aspect of human life. That is, cognitive engagement, mental and physical health, educational outcomes, business success and even longevity are aspects that are affected by purpose and belonging. This session is designed to share the findings in research and provide sample strategies to foster belonging and help us find our purpose through meaningful life experiences.



READ LATINO LIT WITH TERESA M. TOBIN & LINDA GUERRERO

Let's talk about what You are reading in English and Spanish. We want to know what authors you love, what genres you read most, and what exciting books you have in your TBR Pile. Plus, we'll share news about the Las Comadres & Friends National Latino Book Club and El Club del Libro in partnership with Seattle Escribe.



BREAKOUT GROUP B

YA YA BOX CLASS WITH ARTIST LAURA LÓPEZ CANO

We all have a part of ourselves that we show to the world, and a part that we don't. The Ya Ya Box art activity involves making an artistic representation of your inner and outer self. The outer part of the box will be decorated as a representation of how you think people see you, of the impression you give the world of who you are. The inside of the box will be decorated with what you think about, dream, wish, feel, etc. Both parts of the box reveal who you are, and can create a deeper sense of understanding yourself.



INTRODUCTION TO WEB3, CRYPTO & THE METAVERSE WITH MONICA TALAN

Monica Talan, the founder of CryptoConexion, a website that helps Spanish speakers learn about blockchain, crypto, and the metaverse. She discusses the basics of web3 and blockchain and explains important terms like decentralization and NFTs.



THE FOUR PATHS TO ROOTEDNESS WITH ROBYN MORENO

The Mexica (Aztecs) considered the world “slippery slick.” They believed the world was inherently an unstable place; a place where metaphorically you could slip or fall. We’ve all experienced this. We’re walking along happily in our lives when, bam! we lose our jobs, our friends betray us, or something unexpected knocks us on our butts. So how do we find joy, purpose, and stability in this “slippery slick” world? The answer is Rootedness. The Mexica (Aztec) word Neltiliztli means well-rootedness. And the Mexica (Aztec) rooted down in four simple, but fundamental ways. In this interactive workshop, we’ll draw on ancient, and scientifically-proven, ways to re-balance and root ourselves utilizing movement, breath work, journaling, and community sharing so we can find peace and purpose—and leave with tools to bring ourselves back to rootedness again and again.



RETIREMENT TIPS FOR ALL AGES WITH MONICA RANGEL

A financial professional with 18 years of expertise, Monica Rangel has often lectured on Women & Finance. In this breakout, Monica will discuss retirement tips for Comadres of all ages – 30s, 40s, 50s and 60s. *(This session will not be recorded.)*





Las Comadres Para Las Americas

THE NORA AWARDS

Named in honor of **DR. NORA DE HOYOS COMSTOCK**,
The Nora Awards recognizes Comadres who exemplify the virtues of
Loyalty, Generosity, Sisterhood and Kindness.

The Nora Award for **Comadre of the Year** is for a Comadre who has helped another Comadre(s).

The Nora Award for **Comadre Community Service** is for a Comadre who has
helped her Community.

The Nora Award for a **Friend to Las Comadres** is for a company who continually supports
our organization and the Latino community at large.

Winners were nominated by their fellow Comadres.

Congratulations to the Winners & Finalists!

THE NORA AWARDS

COMADRE OF THE YEAR WINNER & FINALISTS



WINNER: GLADYS AYALA-BORJAS (NY)



Gladys is one of the Facilitators of the Las Comadres New York City Network. She has been a Comadre for over 15 years. Her nominations describe her as: “the older sister that I never had. Gladys has provided unconditional support and generosity during the most challenging years of my life.” Another said: “this award is about sisterhood and Gladys embodies that. She looks out for all NYC Comadres and sees them as individuals. Her acts of kindness have not gone unnoticed and mean a lot to her Comadres.”

FINALISTS:



Gloria Chavez Casas (TX): “She is responsible for holding Comadrazos every month in Harlingen and now in Brownsville too. Gloria coordinates the monthly meetings and events, including participation of the Comadres in the American Lung Cancer Awareness Walk and the Christmas parade float. She posts pictures and activities in Facebook to keep everyone informed. Gloria is also reaching out to other Las Comadres networks in neighboring cities so we can meet each other.”



Dorinda Moreno (CA): “50 years plus of dedication to raising the visibility of Latina women. She is tirelessly fighting for the preservation of our history as well as looking forward to amplifying our voices still being strained to be heard today.”



Yolanda Nava (CA): “She is a courageous Emmy Award-winning Broadcast Journalist...an inspiration to the next generation of Chicana leadership, as well as her readers and viewers.”



THE NORA AWARDS

COMADRE COMMUNITY SERVICE

WINNER & FINALISTS



WINNER: DARLENE TENES (CA)

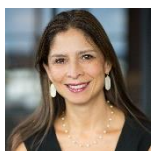


Darlene has been a Comadre for 15+ years. She is President of CasaQ and Founder of the Farmworker Caravan. Her nomination said: "In 2020, while the world took refuge from Covid in their homes, Darlene realized that the farm workers were without resources and she took it upon herself to get donations from friends and vendors to donate food, medical supplies, clothing, etc. What she imagined would be a few boxes of supplies, maybe 3 or 4 cars, turned into a 90-car caravan. Three years later, Darlene and her caravan are still active, and much welcomed by the farm workers. Darlene is the perfect example of a Comadre thinking of her community."

FINALISTS:



Ysabella Hincapié-Gara (NY): "She is a volunteer member of Healing the Children North East, an adjunct Clinical Educator at Lehman College, as well as member of The Blue Door Art Center in Yonkers. Ysabella puts forward her loving and caring traits when she travels with a medical team to South America to repair cleft lip and palates. Ysabella is not only a caring and loving individual but one who believes in giving back."



Venus Piñeyro (TX): "She works tirelessly to overcome obstacles, embracing an appreciation of her Latina heritage, and courageously fighting for her family and community."



Judith Torrea (Mexico): "She is truly a Super Comadre! For more than two decades, Judith has been a dedicated journalist, reporting from Ciudad Juarez, Mexico. Despite death threats from Mexican cartels, she has bravely remained in one of the most dangerous places on Earth. Her tireless efforts provide information that saves lives, and guide and protect some of the most vulnerable amongst us."



THE NORA AWARDS

FRIEND OF LAS COMADRES



UNIVISION AUSTIN



The Friend of Las Comadres award recipient was chosen by the Las Comadres Para Las Americas Board for its continual support over the past 10 years.

Las Comadres Para Las Americas and Las Comadres & Friends National Latino Book Club have been regular guests in the various show formats of the UNIVISION Austin brand.

UNIVISION Austin including, Univision 62, Unimas, 104.3 La Que Buena, 107.7 Amor, Univision Austin.com is a mission-based media company that aims to educate, empower, and entertain Hispanic America. Through their Empowerment Platform, Contigo, they are able to partner with organizations to act as a megaphone to not only highlight the amazing work their partners, like Las Comadres, do in the community but also allow for the experts in partner organizations to empower the community by providing pertinent information especially but not limited to health, civic engagement, education and financial wealth in the form of public service announcements, interviews, social posts, digital stories and radio DJ mentions. Univision is owned and operated by TelevisaUnivision and has had a footprint in Central Texas since December 2002 (20 years).





WORLDWIDE COMADRAZO 2023

RECOGNITION ROSES

LAS COMADRES PARA LAS AMERICAS

Thanks the following Comadres for their time and efforts

ROSA BEATO

ESPERANZA BELTRAN

GLORIA CHAVEZ CASAS

MIRTHA G. PEREZ

JACQUELINE QUIÑONES

TERRY SAUCEDO

AILEEN R. SCHLEF



LAS COMADRES & FRIENDS NATIONAL LATINO BOOK CLUB

Thanks the following Comadres for their support of the Book Club and helping promote Latino authors and Latino Literature around the world

TERESA M. TOBIN

DORA M. ABREU

KAREN GONZALEZ



WORLDWIDE COMADRAZO 2023

RECOGNITION OF LAS COMADRES FACILITATORS

Networks & Book Clubs

Las Comadres Para Las Americas really would not exist without the tremendous support that is provided by our city network facilitators. Without all the approximately 15,000 Comadres out there, who host and attend comadrazos, read and send us email, and participate in our activities, we would not exist. But without the facilitators who keep the city networks going, there would be no real organization AND because we cannot say thank you enough times.

From the beginning (2000) to today our **Network Facilitators**...

Lourdes Abadin, Julia Abrantes, Dora Maria Abreu, Cristina Abreu, Patricia Aguilar, Gladys Alaya-Borjas, Ofelia Allen, Aurora Anaya-Cerda, Amanda Arizola, Annabelle Arteaga, Ph.D., Maria Avelino, Cristina Balli, Natasha Bannan, Sunny Banuelos, Melinda Barrera, Rosa Beato, Rocio Benedicto, Ph.D., Sylvia Benitez, Mari Bellas, Debbie Bonilla, Margie Brickey, Patricia Briotta, Millie Brookins, Gabriela Bucio, Ada Gabriela Bueno Pulliam, Elizabeth Canali, Mary Champion, Maria Cardes, Catherine Cardoso, Gloria Casas, Karina Castano-Tognetti, Cielo Castro, Camila Ceballos, Rosa Celis-Rodriguez, Loretta Charles, Denise Chavez, Janis Chavez, Lilian Chavez, Mary Champion, Frances Colon, Alejandra Cossio, Rose Costas, Lori Crouch, Ana Arelys Cruz, Carmen Cruz, Silvia Cruz, Sylvia E. Camacho, Elizabeth Cofrancesco, Nori Cuellar Mora, Ph.D., Lilli de Cair, Amelia de Jesus, Raquel de Guzman, Patricia de Limon Rodriguez, Linda de la Cruz, Alicia Dorn, Nora Diaz, Nylda Dieppa, Diana Dizdarvich, Ph.D., Rosalba Dominguez, Yolanda Durant, Diana Flores, Stephanie Elizondo Griest, Kika Elkind, Clara Engel, Yolanda Escandon, Araceli Esparza, Fern Espino, Ph.D., Estrella de Leon, Jocelyn Feliciano, Charley Ferrer, Ph.D., Dora Flores, Maria Ferrer, Amira Flores, Ariana Flores, Stella Flores, Ph.D., Claudia Fuentes, Christy Garcia Martinez, Dalilah Garcia, Edna Garcia, Elizabeth Garcia (deceased), Viky Garcia, Christy Garcia Martinez, Bobbie Garza-Hernandez, Susan Garretson, San Juanita Godufsky, Vickie Gomez, Karen Gonzales, Adriana Gonzalez, Ana Gonzalez, Christine Gonzalez, Yadhira Gonzalez-Taylor, Kristin Graham Chavez, Veronica Guerra, Mirtha Gutierrez Perez, Yolanda Guzman, Isela Hernandez, Yolanda Hernandez (deceased), Linda Hernandez, Ana Hershberger, Monica Martinez Hess, Alicia Higgins, Marcela Hincapie, Angela Hope, Ruby Hurtado, Irma Gonzalez, Karla Jaramillo, Helen Jimenez Ulloa, Adriana Jimenez, Edy Johnson, Nancy Johnson, Margie Kensit, Demetra Koelling, Adela Kowalski-Garza, Cindy Landez, Teresa Lara, Isabel Lemus, Diana Leon, Bibi Lobo (deceased), Isabel Londono, Diana Lopez, Connie Lopez, Diana Lopez, Diana Lopez Axthelm, Laura Lopez Cano, Adriana Lopez, Cynthia Lopez, Raquel Lynch, Lori Maes, Teresa Magana, Miriam Molina, Kim Montoya, Lolita Mancheno-Smoak, Nydia Marsella, Angela Martin, Araceli Martinez-Rose, Erica Martinez, Raquel Martinez, Sylvia A. Martinez, Addy Perez Mau, Yvette Mayo, Angelica Mena, Martha Medina, Jackie Melendez, Jacqueline Mendez, Maria Angelica Mendoza, Bernice Miera,



WORLDWIDE COMADRAZO 2023

RECOGNITION OF LAS COMADRES FACILITATORS continued

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Las Comadres & Friends National Latino Book Club Facilitators are so special! Thank you for making this dream a reality and keeping it going...

Julia Abrantes, Dora A. Abreu, Marissa Alcorta, Blanca Alvarado, Ph.D., Julia Amante, Amanda Arizola, Aurora Anaya-Cerda, Maria Betancourt, Luz Betancourt, Nohelia Canales, Catalina Cantu, Teresa Carbajal Ravet, Leslie Colon-Lebron, Erika Cordova, Lori Crouch, Yolanda Cuesta, Martha Curcio, Karin Davalos, Laura De Anda, Lilli De Cair, Nora Diaz, Laura Esparza, Magdalena (Magda) Lopez Eustace, Maria Ferrer, Adriana Frias, Lydia Galvan, Cristina Glez Novoa, Denise Goetter, Karen Gonzales, Gabriela Gonzalez, Sylvia Hernandez Kauffman, Gabriela Huesca, Demetra Koelling, Mary Lopez, Liana Lopez, Jackie Macias, Teresa Magaña, Araceli Martinez-Rose, Linda Mazon Gutierrez, Raiza Mendoza, Sylvia Mendoza, Edith Reyes, Carmenza Millan, Kim Montoya, Ydalmi Noriega, Anna Nunez, Carmen Orozco-Acosta, Nicole Ortiz, Pam Portillo, Cynthia Ramos, Nimia Ramos Beauchamp, Gayle Rana, Leyden Revelo, Lara Rios, Frances Robles, Lois Rodriguez, Vanessa Rodriguez, Lissette Rodriguez, Silvia Sofia San Miguel, Jennifer Sanchez, Maria Solis, Judith Solis, Ana Sweeney, Michelle Talan, Amy Tannenbaum, Tess Tobin, Rachael Torres, Lisa Trevino, Nissheneyra Urizandi, Delila Vasquez, Ada Vilageliu Diaz, Anne Warman, Martha Weeks, Gloria Williams, and Alma Willard.



LAS COMADRES SONG

(sung to the tune of Cielito Lindo)

Written by Marialy Gonzalez

CORO

Ay, ay, ay, ay, canta y no llores
Por que cantando se alegran cielito lindo los corazones

Nora la Gran Comadre siempre me pide cantar canciones
Y es que ella bien q sabe, Pa' estar felices...sobran razones !!

CORO

Ay, ay, ay, ay, canta y no llores
Por que cantando se alegran cielito lindo los corazones

En todos los Comadrazos cielito lindo, siempre hay comida
Y es q pa' estar felices cielito lindo...la pura vida !!

CORO

Ay, ay, ay, ay, canta y no llores
Por que cantando se alegran cielito lindo los corazones

Esto del Comadrazo cielito lindo empezo en Texas
Y ahora ya en todo el mundo cielito lindo...mandan las Viejas !!

CORO

Ay, ay, ay, ay, canta y no llores
Por que cantando se alegran cielito lindo los corazones

Para tener amigas cielito lindo esto es muy facil
Vente a los Comadrazo cielito lindo...veras que agil !!

CORO

Ay, ay, ay, ay, canta y no llores
Por que cantando se alegran cielito lindo los corazones

Mis hermanas Latinas cielito lindo ted an su abrazo
Correle, ahi te veo cielito lindo...en...el...C O M A D R A Z O !!

CORO

Ay, ay, ay, ay, canta y no llores
Por que cantando se alegran cielito lindo los corazones

Written 8-31-2012
Austin, TX





BIOS

Dr. Nora de Hoyos Comstock, is the national / international founder of Las Comadres Para Las Americas, a networking and support organization serving over 10,000+ Latina women in more than 50 cities and 28 states, including Puerto Rico. Nora has been recognized for her work by several organizations including the 2018 AARP Purpose Prize Fellow; 2018 Girl Scouts of Central Texas, Woman of Distinction; 2019 Central Health Community Champion Award for Community Service; 2020 Woman of the Year by Zonta International; 2020 LULAC Adela S. Vento Community Engagement and Service Award; and she was among the 2021 Fab 5 Austinites celebrated for Community Service by the Seedling Foundation. In 2023, she was recognized as Mentor of the Year at Andrews Elementary School (Austin, TX). Nora earned her Ph.D. at the University of Texas at Austin in Educational Administration, and a B.A. in History, with a specialty in Latin America. Nora and her husband, Jack Bell, have a blended family of three adult children and six grandchildren.

Julie Anna Alvarez Rivera is Founder and Chief Harmony Officer of "A Life In Harmony x Happy Chi Solutions", a wellness consultancy and website (<https://www.alifeinharmony-x-hcs.com>). Julie Anna is a certified Feng Shui consultant and Vision Board expert with 24 years of experience offering workshops, lectures and private consultations for homes and businesses. From 2001 - 2022 she ran her practice as Happy Chi Solutions and in 2022 launched A Life In Harmony x Happy Chi Solutions to broaden her offerings beyond Feng Shui. She is also a certified "Infinite Possibilities: The Art of Changing Your Life" Trainer teaching others how to live deliberately and create their best lives. Her experience with modulating energy in living spaces inspired Julie Anna to also become certified in Reiki (levels 1&2) and training in EFT Tapping meditation to further help her clients with additional energy modalities. This positive energy work is her passion, and she balances it with a full-time career in career development for lawyers, which taps into her background as a graduate of Harvard Law School. After 15 years working in law schools, she now works in a major New York City law firm's professional development and training department as a senior manager on their career development team. Proud of her Puerto Rican heritage, Alvarez offers her services in both English and Spanish.

Rosa Beato is the Project Manager for the Worldwide Comadrazo and Raffle Prize Coordinator. Rosa is also one of the Las Comadres Boston Network Facilitators. She and her family moved to the United States in 1977 from the Dominican Republic. For the past 33 years, Rosa has been employed by the Environmental Protection Agency (EPA) as a Program Analyst. She is the Team Leader for the EPA's IT Help Desk and has twice been presented with the Glenda A. Farmer Award for Exemplary Technical Support, which is amongst the highest recognition in the agency.

Dr. Charley Ferrer is a world-renowned Empowerment Speaker and award-winning author and playwright. She is the founder of Cancer Tamer Foundation, an organization dedicated to providing empowerment education and services to women diagnosed with breast cancer. She is an accomplished television and documentary producer who's been nominated for the Hometown Media Awards several times. Dr. Charley is also the CEO of Passionate Woman, Inc., which creates 100% Pure Body Scrubs and HERO oils, one-of-a-kind crochet creations, and designer websites. Visit her websites for more information: www.CancerTamer.org and www.PassionateWoman.org.

Maria C. Ferrer serves as Executive Director of Las Comadres Para Las Americas, Director of the Las Comadres & Friends National Latino Book Club, and is on the Board of Directors of Latinx in Publishing and the Romance Writers of America / New York City, Inc. Maria is also a Logistics Director, where she is on the Steering Committee for the Race, Faith, Diversity & Inclusion Group. She is a meeting planner, newsletter editor, published author, and a world traveler.

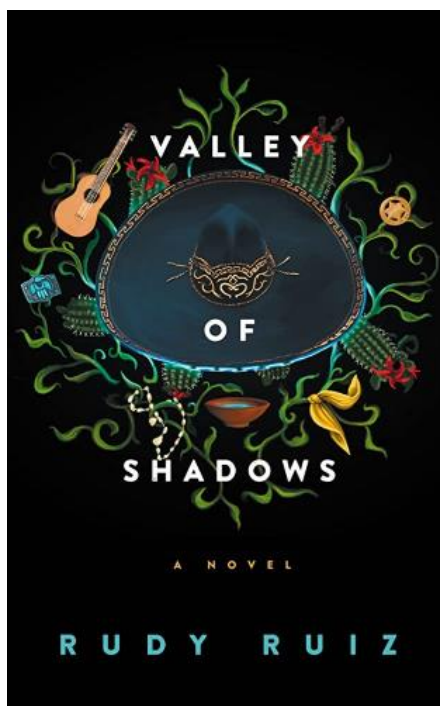
Marialy Gonzalez has been a Comadre for 20 years. She plays the guitar and sings, which is how Nora got her to write the Comadres song in 2012 at a previous Worldwide Comadrazo. Marialy lives in Austin, where for more than 40 years she has been a Clinical Counselor specializing in immigration issues. She is a contributing writer to the best selling book, MUJERES QUE SE ATREVEN Y SUPERAN LIMITES, Vol III, 2023.

Linda Guerrero is the Coordinator for El Club del Libro, the Spanish language book club formed from a partnership between Las Comadres Para Las Americas and Seattle Escribe (www.seattlescribe.org). She is an avid reader of Spanish books, especially the classics. Linda studied public health and works as a medical events coordinator.

Marcela Landres helps writers get published by editing their work and advising them on how to manage their writing careers. Past clients include Daniel Jose Older, author of the New York Times bestseller Shadowshaper and Natasha Deon, author of the critically acclaimed Grace. Formerly, Marcela was an editor at Simon & Schuster and has served as a Literature Grant Panelist for the National Endowment for the Arts and as a judge for the Beyond Margins Award for PEN. Raised in the projects of Long Island City, Queens as the daughter of Ecuadorian immigrants, Marcela is a graduate of Barnard College and lives in Brooklyn, NY with her husband and very verbal daughter. For more information, visit <https://marcelalandres.com/>

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Teresa Lara, Las Comadres Board President, has been a facilitator in Los Angeles and the Southern California region for 10 years. She was introduced to Las Comadres by a colleague at UCLA, which opened a world of lasting and meaningful friendships. Teresa's career trajectory includes communications and civic engagement for three of the most recognizable institutions in Los Angeles: USC, UCLA and Zócalo Public Square. Teresa holds an MA from Pepperdine Graziadio School of Business, and currently manages the largest Prop 56-issued grant in the State of California for the Los Angeles City Attorney's Office.

Laura López Cano is a long-time Comadre and visual artist living in Texas. She was commissioned by Dr. Nora de Hoyos Comstock to create the logo for Las Comadres, Laura made sure to convey, through her artwork, Nora's vision for the organization – a community of women connecting with each other. The word *Comadrado* comes from the combination of the words Comadre + Abrazo, which is why she painted the now famous logo of women hugging each other. (The original logo had four women, we now have five.) Another interesting touch that Laura made sure to include was the variety in skin tones, hair colors and textures. Las Latinas somos as unique and varied as the world, and it was important for Laura to emphasize that in the painting of the Las Comadres logo.

Robyn Moreno is a storyteller, curanderismo practitioner, meditation teacher, and mama of two. Her new book, GET ROOTED, comes out June 6, 2023, from Hachette Go. Believing that young people "can't be what they can't see," Robyn has worked tirelessly as a passionate storyteller, mentor, and thought leader to create and elevate empowering stories about Latinxs via her podcast "Get Rooted with Robyn Moreno," and via her books, including BORDER-LINE PERSONALITIES: A NEW GENERATION OF LATINAS DISH ON SEX, SASS, AND CULTURAL SHIFTING (HarperCollins). The native Texan currently lives in the Hudson Valley of New York with her family. Visit www.RobynMoreno.com for free meditations, to sign up for her newsletter, and check out upcoming events and offerings.

Dr. Ana Nogales is Board Secretary of Las Comadres Para Las Americas. She is an author, playwright, and media personality. She is also a clinical psychologist and founder of Nogales Psychological Counseling, Inc., and Casa de la Familia for victims of trauma. Dr. Nogales oversees an outreach program for domestic violence and sexual assault victim services in California. Learn more about CDLF at www.casadelafamilia.org.

Mirtha G. Perez is the Membership Coordinator for Las Comadres Para Las Americas. She has been a Comadre for 18 years in Austin, TX.

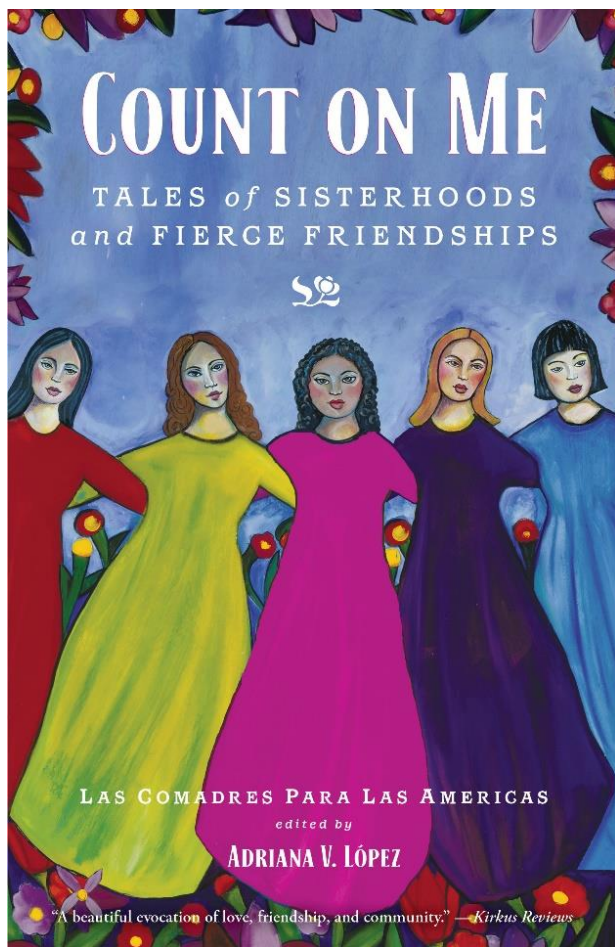
Monica Rangel is a Financial Services Professional. She has been an Agent with New York Life Insurance Company for 18 years and is CEO and Founder of Efficient Financial and Insurance Solutions. Monica is dedicated to providing an honest, tailored and efficient approach to helping her clients protect and secure the financial futures of themselves and their loved ones. Visit her at www.EFI-SOL.com.

Monica Talan is the founder of CryptoConexión, a Spanish-language platform to drive awareness and engagement in the decentralized economy. Today her platform is attracting users in Latin America who are new to blockchain, crypto, Web3, NFTs and the Metaverse. Her team is located in Buenos Aires, Madrid, Mexico City and New York. Previously Monica built and led communications teams at Vrio Corp, a leading digital entertainment provider in Latin America; ADT, the security provider; Univision, the Spanish-language media company. She also served as Chief Mission Officer of EdTech startup Genius Plaza and co-founded her consultancy, working with startups and consumer brands. Before Univision, she spent ten years at Fleishman-Hillard working with leading organizations including AT&T, ONDCP, and Procter & Gamble. Originally from Mexico City, she grew up in Laredo, Texas. Monica has a Bachelors in Journalism from the University of Texas at Austin.

Dr. Susan Warner Sanchez's (formerly Dr. Susan Thomason) purpose is to help those she serves live their best and most fulfilling lives. She is a systems visionary and change agent with expertise in leadership, management, planning and evaluation in order to improve equitable organizational outcomes while meeting and exceeding organizational objectives. Through change and disruption management, strategic communication strategies, purpose-driven brand development, and fostering a sense of belonging in organizational culture, she has been able to drive excellence. Dr. Warner-Sanchez has a BA degree in International Studies from Virginia Wesleyan College (Virginia), an MS degree in Career and Human Resource Development / Instructional Design and Technology from the Rochester Institute of Technology (New York), completed Doctoral coursework at Clemson University (South Carolina), and a PhD in Curriculum and Instruction from the College of Education at the University of Texas, Austin. She speaks fluent Spanish.

Teresa M. Tobin is the Awards Coordinator for The Nora Awards. She is also the Project Manager for the Las Comadres & Friends National Latino Book Club and the New York City Book Club Coordinator. Tess is a retired librarian and Past President of REFORMA (ALA).





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Members of Las Comadres share their lived experiences.

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Las Comadres & Friends Book Club and **Seattle Escribe** joined forces to launch the **Club del Libro**, which will be the first Spanish-language reading club to celebrate the work of Latin American authors who write in Spanish and reside in the United States. The **Club del Libro** will host readings every quarter. This quarter they are reading **LOS LAZOS QUE NOS UNEN** by Marcela Fonseca. Meeting set for June 1.

Join the Club here: <https://seattleescribe.org/clubdellibro/>



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