

# Bear Necessities



TRENZA Alumni Newsletter

March 22, 2010

Volume 5, Number 1

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## Spring Necessities

Hello Alumni!

It's the Quinceañera year! Are you ready? Can you believe it??

Well, get excited because spring of 2010 is offering the most opportunities ever for you to participate as alumni. So review your calendars and see how you can join in.

Come out to the events like the wine country trip and the banquet! Help support Alumni projects and fundraisers such as the scholarship and Incorporation!! And share your thoughts on it all – do you have ideas for the summit, advice for the graduating seniors, or feedback on our newly forming Inc. Board?

There are some great things happening in the spring, but there is also a little bit of work we need to do as alumni to make sure this is our best year ever. So pitch in, add your two cents, and give back to Trenza.

And as a small token of Trenza's appreciation, please enjoy this newsletter. We'll be working on some more exciting ways to say thanks, too...

-The Bear Necessities Team

Trenza Ad:

### *SONOMA TRIP*

Join your fellow alumni and our Trenza class of 2010 for this wonderful annual event.

Location: Sonoma Valley, CA

Meeting Place: The West Circle at UC Berkeley Campus (off Oxford and Center St.)

When: Saturday, April 10th, 8:30AM

Questions?

Call Liz Ramirez: 510.932.1623 or e-mail [trenza.alumni@google.com](mailto:trenza.alumni@google.com)

### Contact Us

<http://trenza.org/alumni>

[trenza-alumni@googlegroups.com](mailto:trenza-alumni@googlegroups.com)

(to reach ALL alumni)

[trenza.alumni@google.com](mailto:trenza.alumni@google.com)

(general questions)

[trenza.alumnipress@google.com](mailto:trenza.alumnipress@google.com)

(for the newsletter)

### **BIG NEWS:**

#### ALUMNI SCHOLARSHIP

The Teresa Navarrete Scholarship application is **now available** on the TRENZA website at [www.trenza.org](http://www.trenza.org). If you know of any qualified applicants, please encourage them to apply! Scholarship deadline is at midnight **May 31, 2010**. If you have any questions please feel free to email Sylvia Sanchez at [trenza.alumnischolarship@gmail.com](mailto:trenza.alumnischolarship@gmail.com).

## ALUMNI GEAR

Have you ever wanted to sport TRENZA alumni gear? Do you have creative ideas for a shirt? If you have designs for an alumni shirt, please submit them to Sylvia Sanchez at [trenza.alumnischolarship.com](mailto:trenza.alumnischolarship.com). She will compile a list of designs and we will vote on one design to create our very fist alumni item. More details on prices and shirt styles will follow. **Deadline to submit a design is March 31, 2010.**

## EBAY FUNDRAISER

Our annual EBay Fundraiser is here! **What is the EBay Fundraiser?**

Individual donations of sellable goods are made by fellow Alumni and then posted on EBay for sale. All proceeds will go the scholarship.

If you would like to participate by donating an item to sell or would like more information, please email Sylvia.

## TRENZA INC. is almost here!

We have scheduled one final feedback session for those of you who are interested in learning about the work that has been done up until now with the incorporation process, next steps, and providing us with your feedback and suggestions.

This feedback session will be held via webinar - so all you will need is a computer and phone. The webinar has been scheduled for **Thursday, March 25th at 6:30 p.m. PDT**. E-mail [eliz.ramirez@gmail.com](mailto:eliz.ramirez@gmail.com) for the link to register for the webinar.

## Inc. Vision for Trenzudas

**For Students:** We will establish a strong sisterhood for the purpose of empowering and advancing students in their professional and academic endeavors by building a diverse and inclusive community to ultimately foster leadership amongst Chicana/Latinas. (*TRENZA students, fall 2009*)

**For Alumnae:** TRENZA alumnae will foster the academic and professional development of students and alumnae. We will network and maintain connections to TRENZA and to the university so as to preserve and strengthen the TRENZA community and maintain its fundamental values.

**For the Community:** *To be completed at Summit 2010*

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## PAINTING THE CAMPUS BLUE

The Degree: Jurisprudence Degree (JD)  
The School: American University, Washington  
College of Law  
The Scholar: Lucia Macias, Class of 2005

DC winter 2010!



After graduating from CAL and spending four looong **years in the workforce**, I was eager and ready for something different. From the onset I **knew I wanted to go back to school**. During my law school application process I cast a wide net, applying to schools all around the country. My passion for politics and curiosity about living in the east coast finally helped me decide on American University's Washington College of Law (WCL) in Washington D.C. Moving cross country and transitioning to being a student again has been quite the challenge!

However, living in a new city, meeting new people, and studying what I love, has been a just reward. WCL is an excellent school with a very strong and diverse student body. Renowned for its clinical programs and work in international human rights, government and environmental law, I have found that WCL is good fit for me. WCL is as competitive as any other law school yet I have found faculty and classmates to be accessible and friendly. Although I have had my moments of doubt, I am proud that I survived my first semester – and an *insane* snow blizzard (24+ inches!!!). I am confident I am ready to face whatever new challenges lay ahead! If you have any questions about WCL, applying to school, moving cross country, or if you ever need a place to crash in D.C. please feel free to email me: [lucia.macias@american.edu](mailto:lucia.macias@american.edu)

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## Oski Woski Fun Facts

Guess who!

\*Answer on page 5.

1. This recent graduate will be heading out for Grad School in Arizona this fall. You'll be calling her Dr. before long. She's accepted placement in a psychology Ph.D. program.
2. This founding mother will soon be a mommy for real. She and her husband are expecting their bundle of joy -- any day now!
3. This 2005 alum has a tough decision to make on where to study Urban Planning in the fall. Congrats to \_\_\_\_\_ for getting into several schools, including Berkeley.
4. We hope to see this former "la comadre" award winner, at the banquet this year – but she'll be eating for two. \_\_\_\_\_ has recently announced that she is expecting.
5. She may not live in Berkeley anymore, but this 2004 grad can't keep secrets from us! BN hopes to get the official engagement announcement soon or some wedding pictures after the summer. Congrats, girl!

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## Cal LOVE - Entertainment Section

**Staying in** with Angelica Castillo

### Sauce less Pasta Night

It's dinner time, ladies, and tonight's menu calls for Italian. But you don't want to spend an hour and a half in the kitchen! Well, here is a quick way to make a good, healthy pasta recipe that will be perfect for a day when comfort food is on your mind. First, I will give you all just a brief history of the recipe....

In many areas of Italy bread crumbs are used for frying. But thanks to my idol, Giada De Laurentiis, I was able to learn that bread crumbs are also used as a main ingredient in cooking. Bread is used on such a regular basis in Italy, that this recipe was most likely created by using stale bread leftovers – a great way to be sustainable and help save some money! I was a little weirded out when I first heard the recipe, but now it has become my favorite. The recipe calls for prosciutto, but I liked to add lean ground turkey, or Trader Joe's Meatless Chicken, a good source of protein!

### **Orecchiette with Toasted Bread Crumbs**

- 1 lb dried orecchiette pasta or any other small pasta will work.
- 3/4 cup extra-virgin olive oil (for sauce)
- 3 tablespoons of extra-virgin olive oil (for turkey)
- 2/3 cup Italian-style dried bread crumbs (if you only have regular ones just throw in some Italian seasoning and that's it!)
- 1/4 teaspoon freshly ground black pepper, plus more to taste
- 1 package of lean ground turkey
- 1-2 shallots finely chopped
- 2 garlic cloves finely chopped
- 1/4 cup freshly grated Parmesan cheese
- 2 tablespoons fresh flat-leaf parsley, chopped
- Salt for taste

Bring a large pot of salted water to a boil. Add the pasta and cook stirring occasionally, until tender but still firm to a bite, about 8 minutes.

Meanwhile in a large sauté pan, heat the 3 tablespoons of oil over a medium high flame. Add the turkey, garlic, shallots and salt and pepper. Stirring constantly and breaking down the meat into pieces, cook until meat is cooked through about 8 minutes.

Once the meat is ready take out meat into a bowl/plate. Then add the remainder of the oil over a medium-high flame. Add the bread crumbs and 1/4 teaspoon each of salt and pepper. Stirring constantly, cook the bread crumbs until golden brown, about 2 minutes. While working quickly, drain the pasta and stir it into the toasted bread-crumbs mixture in the pan. Then add the turkey stirring up all the ingredients, at this point remove the pan from the heat and add the Parmesan cheese. You can then season the pasta with more salt pepper to your liking. You can transfer your pasta to a serving pasta bowl, and garnish the top with the parsley and serve! *Buon Appetito!*

### **Going out with Liz Ramirez**

#### **A Night of Epicurean Delights**

It was a cold wet evening in early February when my fellow dining companions and I found ourselves searching for an obscure address in the Dogpatch neighborhood in San Francisco.

And what you may ask were we doing wandering these parts? Well, as is often the case we were in search of epicurean delights! A few months before (3 to be exact) we had made reservations for a unique dining experience wherein you reserve your seat at an intimate table of 15 to be served in a space that is undisclosed until the day before your reservation. You are promised a delectable meal full of surprise and a

#### **\*Oski Woski**

##### **Answers:**

**1. Zorash  
Montaño**

**2. Nora Sandoval**

**3. Norma  
Guzman**

**4. Dulce Noriega**

**5. Anonymous,  
you know who  
you are... :)**

little bit of intrigue.

We arrived promptly to our reservation, wondering if we were at the right place as we stared at what looked to be a typical private residence in San Francisco, and not one of those fancy Victorians, either. We walked into a fully equipped catering kitchen where we checked our coats and were escorted into a second kitchen and prep area that had been transformed into an elegant dining table. Tall candelabras provided sexy dinner lighting. Once all the guests had arrived Chef Daniel welcomed us and explained what would be on our four course menu, starting with the most scrumptious amuse bouche, a bite sized cheesecake topped with caviar. Sounds weird, but it was delish! Our sommelier walked around the table filling our glasses with a refreshing sauvignon blanc for our first course of ahi tuna tartare with quail egg, sesame seeds, mango, chili, cucumber, and olive oil. This was followed by an earthy glass of pinot noir selected to match our Sonoma duck breast. It had a green peppercorn and orange sauce with a cute casserole pan of mixed vegetables. And dessert you ask? A most tantalizing lavender infused panna cotta with berries.

This was more than just delicious food, it was truly an amazing experience to share with friends and strangers in a most intimate and unique setting. You might think this set us back quite a bit in pocket change but the most satisfying part of all is what a bargain it was relative to what you would spend at your typical SF restaurant. Food with wine pairing was \$45 per person (\$35 sans wine, but that would be silly!). I would highly recommend that you check out the Free Range dining experience at [www.mindyourtongue.com](http://www.mindyourtongue.com).

### *Wine & Cheese Social 2010*

*Alumni pose for  
pictures.*

*Thank you to our  
lovely hostess, Liz  
Ramirez (not pictured).*



**Thank you, to all our contributors!**