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CONCERT

Saturday, November 23, 2019 at 7:30 PM Camp Hill Presbyterian Church Sunday, November 24, 2019 at 3:00 PM Market Square Presbyterian, Harrisburg

25 Years of Giving Voice to Our Community

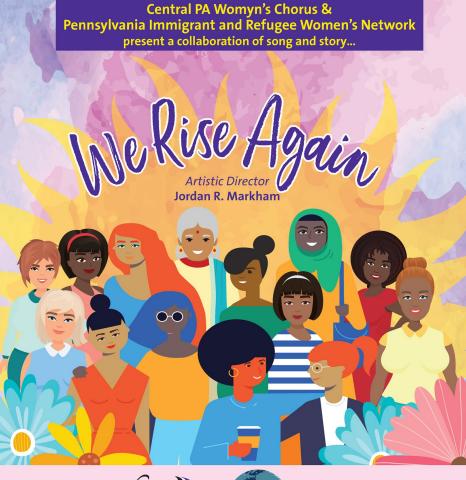


A tradition of the Pride Festival of Central PA since 2006, Voices United is a musical cantata of various LGBT and allied choral groups of the Harrisburg area. It is a musical celebration of all that Pride has come to mean in the central Pennsylvania area. Friday, July 26, 2019 at 8:00 PM Market Square Presbyterian Church 20 S. Second St., Harrisburg Tickets: \$15 To purchase tickets online please go to: harrisburggaymenschorus.org

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FRIDAY, MAY 17, 2019

Market Square Presbyterian Church 20 S. 2nd Street Harrisburg Showtime: 7:30 p.m. (free parking in Market Street Garage) SUNDAY MAY 19, 2019 Wesley United Methodist Church Bloomsburg Showtime: 3:30 p.m.

PAIRWN

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Supported by a grant from PA Partners in the Arts

SATURDAY, MAY 18, 2019

Camp Hill Presbyterian Church 101 N. 23rd Street Camp Hill, PA Showtime: 7:30 p.m.



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The Central Pennsylvania Womyn's Chorus brings together a diverse group of women, united by the joy of singing, to celebrate and empower women and to affirm a positive image of lesbians and feminists.



This season's donors:

Battlefield Bed and Breakfast, Florence March, Proprietor Chalits Thai Bistro Ten Toenails Rubicon Water Golf on City Island Chris Finnegan Deb Glorius Lucy Glorius* Char Hanks Marlene Kanuck Eric Laumer* Mary Nancarrow* Mary Jane Nelson, guiltmaker Linda Noble* Carol Nodgaard, Urban Gardener Arleen Shulman* Cvnthia Swanson Alto 2s, Alto 1s, Soprano 2s and Soprano 1s for their raffle baskets Our advertisers All those donating to the rummage sale Song sponsors for this concert

These contributors are also monthly pledgers. Call us at (717) 564-0112 to learn how you can support the Chorus hasslefree every month.

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Special thanks also to ...

Pennsylvania Council for the Arts, Pennsylvania Partners in the Arts

Story Circle, PA Immigrant & Refugee Women's Network

Ho Thanh Nguyen, PAIRWN past president and Artyce Thomas, PAIRWN Director

Colonial Park United Church of Christ

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Welcome!



Welcome, everyone, to "We Rise Again," our second collaboration with the Pennsylvania Immigrant and Refugee Women's Network (PAIRWN). In 2007, the Womyn's Chorus and PAIRWN presented "Land of Our Dreams," a transformative concert of songs and stories that told of the homelands and loved ones left behind, the hope for freedom and safety, and the dreams each woman was striving for in America.

Tonight we will hear from a new group of women from Central and South America, Africa, the Middle East and Asia about how they have built a new life and home. It hasn't been easy. Imagine learning a new language and culture, as well as trying hard to find work, friends and a future for one's family.

We hope you will appreciate these women as we do for their strength and courage and for the many contributions they are making to the communities of Central Pennsylvania.

We are thankful for Ho Thanh Nguyen, PAIRWN founder and past president, for encouraging immigrant and refugee women to join with the Chorus to create this concert. We also thank Pennsylvania Partners in the Arts of the Pennsylvania Council for the Arts for their financial support. And we thank you, our audience, for your continual support and faith in the Womyn's Chorus.

> Cynthia Swanson, CPWC Board President and Artyce Thomas, PAIRWN Executive Director



Central PA's LGBT Chamber of Commerce



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Bringing Women Together for Leadership and Fellowship

The Pennsylvania Immigrant and Refugee Women's Network was created to honor and enhance the lives of refugee and immigrant women in Pennsylvania. Our mission is to help refer, advocate, network, educate, and empower these women to live to their fullest potential. We also strive to educate others about our cultures and our contributions to American society.

To carry out its mission, PAIRWN:

* provides help and support for immigrant and refugee women and children;

 \ast promotes understanding, respect, and friendship among the diverse ethnic

and cultural groups in our neighborhoods; and

* provides leadership training and mentoring for immigrant and refugee women.

Contact PAIRWN at pairwn@pairwn.org or visit the Facebook page at https://www.facebook.com/PAIRWN1 for more information or volunteering opportunities.



SATURDAY MAY 18, 2019 AT 7:00PM Union Lutheran Church 408 W. Market St • York, PA 17401

FREE ADMISSION

** Contains mature language and content. Recommended for ages 13+ *



Musicians



Jordan R. Markham, Artistic Director,

studied at The Peabody Conservatory of The Johns Hopkins University. He is a classically-trained singer, having studied under Grammy-winning baritone William Sharp and soprano Susan Solomon Beckley of Bucknell University. He was a chorister at The National Cathedral and a chorister and soloist in The Handel Choir of Baltimore. Throughout the past decade, Jordan has performed with The Baltimore Symphony Orchestra, as well as at Carnegie Hall, the

Boston Symphony Hall, and the Jackie Gleason Theatre. He has been active in the musical scene for the past decade directing, accompanying, and acting in theaters throughout Pennsylvania and Maryland. He is currently serving as Director of Music Ministries at Wesley United Methodist Church of Bloomsburg.

Tyler A. Canonico, Collaborative Pianist, is Minister of Music at Market Square Presbyterian Church in Harrisburg. Until July 2017, he was Organist and Assistant Director of Music at the Christ Episcopal Church in Tuscaloosa, Alabama, and was the Collaborative Pianist for the Alabama Choir School. His education includes a bachelors in Organ Performance and Sacred Music from Lebanon Valley College and a masters in Organ Performance from the University of Alabama.





Gus Burghdorf, Percussionist, is a freelance musician, composer, and the percussion director at Middletown Area High School. He is also an independent financial advisor and a music official with US Figure Skating. Gus holds a Bachelor of Music Performance degree from Ithaca College and a Master of Percussion Performance degree from Kent State University. He also teaches private percussion lessons and has marimba compositions on All-State solo lists across the country. Gus is the bell choir director at his church and sings with the church choir. Gus lives in Middletown, with his wife Amy, and daughter Megan who keep him on the go constantly!

Britney Yauger, soloist, is graduating from Messiah College, where she has spent the past four years studying music performance as well as sociology and anthropology. During her undergraduate career, Britney could be found quite frequently onstage in various operatic productions or with a variety of choral groups and jazz combos. She is the daughter of a Thai immigrant and has dedicated much of her time to programs which raise awareness for social inequality. Britney is excited to continue on in her artistry and advocacy as she begins her graduate studies at Carnegie Mellon University in the fall.



A Few Notes about the Music

Land of Our Dreams

This song was the title song of the CPWC/PAIRWN concert in 2007.

Adiemus

The "words" are invented; they are not in an actual language. Although Songs of Sanctuary, of which Adiemus is the first movement, is composed in the classical European tradition, the composer intended the sound of this song to be akin to world music.

Bonse Aba

Words in the Zambian Bemba language have multiple meanings and vary by context. The composer tells us the broad sentiment of the peace is: "All that sing have the right to be called children of God."

Floating Moon on the Water

Taiwanese is on the verge of extinction since its use was banned in public in the past. The composer of this piece was born in Taiwan and was fascinated by the language, writing music almost exclusively in Taiwanese and blending eastern and western musical elements.

> Floating moon on the water; Sparkling was the moon shadow that night of our farewell: The moonlight was tenderly reflected in your eyes.

I tried to scoop the floating moon into my hands But the only thing captured was a chill to my heart. Like the phantom of our love when we met — so true and yet unable to be heard.

Floating moon on the water; Blurred is the moon shadow. The moon and the stars have gone to darkness, and the floating moon on the water has gone away.

Shosholoza

This is a traditional South African work song that became associated with the freedom struggles of apartheid.

> Go forward! Go forward on those mountains, train from South Africa. You are running away, You are running away on those mountains, train from South Africa.

We Rise Again

A reprise from the 2007 concert, the song speaks to the spirit of immigrant and refugee women making their way in their new home. According to the composer, the song is about cycles of immigration, economic insecurity, the power of the ocean, the meaning of children and the strength of home given to us by our families and our friends and by our music.



Artistic Director: Jordan R. Markham Collaborative Pianist: Tyler A. Canonico

THE SINGERS

ALTO I

Andrea Dundore

Danielle Bryan

Melanie Kesler

Laury McIntyre

Linda Mussoline*

Ruthann Rusnock

Deb Glorius

Genni Piatt

SOPRANO I

Theresa Alberici Charlene Bojalad Linda Carroll Laura Dalton* Erin Eckert Lucy Glorius Darla Henry Anna Hykes Phyllis Smith Jennifer Toellner

SOPRANO II Adele Johansson Rima Cameron Bridget Csongradi Laura Edinger Chris Finnegan Lucinda Glinn Chervl Huber* Stephanie Long Laura Shemick Kate Vanier

Officers and Board Members

Cynthia Swanson, President Marlene Kanuck, Vice-President Anna Hykes, Secretary Genni Piatt, Treasurer Laura Edinger Deb Glorius Lucy Glorius Melanie Kesler Laury McIntyre Mary Nancarrow

CONTACT US AT:

www.cpwchorus.org

PO Box 60426 Harrisburg, PA 17106-0426 717-564-0112 cpwc@lucytv.net



ALTO II

Sandy Boothe Florence March Mary Jane Nelson Arleen Shulman* Dani Stoe Luann Stubbs Cheryl Zweitzig-Snook

* section leader

Fundraising: Mary Nancarrow Music Librarian: Lucy Glorius **Production:** Arleen Shulman Public Relations: Melanie Kesler Talent Liaison: Moe Rock

Program cover and poster art: Lori Baker Pizzaro Concert program: Arleen Shulman

The Central Pennsylvania Womyn's Chorus rehearses on Monday nights at Colonial Park United Church of Christ, 5000 Devonshire Road, Harrisburg. We welcome new singers, volunteers, and community involvement.



2973 Jefferson Street Harrisburg PA 17110 717-236-7387 info@mccofthespirit.org www.mccofthespirit.org

Rev. Dr. Lori E. Hatch-Rivera, Sr. Pastor

Yard Sale Fund Raiser June 8, 8 am–1 pm Allendale Neighborhood (near Cedar Cliff HS) Details: info@mccofthespirit.org

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An evening of support, dinner & community for folks affected by HIV/AIDS, friends, and family. No Charge All Are Welcome! 2nd Mondays, 6:30 pm ****Hosted by CPWC on June 10****

Who joins the Central PA Womyn's Chorus?



singers non-singers volunteers equality advocates family

family friends partners

All ages, nationalities, gender identities, sexual preferences, spiritual or not

feminists



Anyone with a love of women's choral music, diversity and female empowerment!

Join Today - Share Your Voice With Us! This ad is sponsored by Cheryl and Carl Huber should learn to clean and cook and that if I didn't, no mother-in-law would come to ask for my hand in marriage for her son. My dad turned to me and said, "don't worry about it, get good grades, go to college. When you finish college, you can decide who you want to marry. Then, we'll go and ask for <u>his</u> hand in marriage."

My father changed my perspective towards the world, towards how things are supposed to be handled, towards gender roles, towards what I could and could not do as a girl and later as a woman.

I finished college in Turkey, then came to the U.S. on a scholarship to get a master's degree and a doctorate. I married somebody that I chose. My dad respected my choice and gave his consent. Twenty five years later, I am a full professor of psychology at Penn State Harrisburg. I have two daughters; one in college, one in high school. Because I found my way to the U.S., so did my two sisters. I facilitated their graduate education in the U.S. Both have received a master's degree in engineering.

However, I would not have been able to benefit my family and I would have never had the opportunity to learn and grow from my experiences in the way I did, had my father never pushed me to pursue my education. From the message he gave me stemmed a ripple effect that inspired my education, my migration to America, and the raising of my daughters.

The one simple act my dad took, showing me how to put myself first, created this a ripple effect that will never end. Had he not made this decision, I would not be the same person I am today. For that, I am forever grateful.

Senel Poyrazli, Turkey

PAIRWN Ongoing Activities

<u>Story Circle Gathering</u>s: A small gathering of old and new friends coming together to share common experiences. They are held on the fourth Sunday of every month from 1:00 PM - 3:00 PM at the PAIRWN Offices. The event is free and childcare is provided.

Seniors Program: Provides immigrant and refugee seniors an opportunity to socialize and network. The program includes many events throughout 2019 including social events at our office featuring crafts and activities, as well as various day trips to area destinations. FREE.

Please contact maryd@pairwn.org or 717-980-3888 for more information.

The five long years of joblessness had humbled me. I want to work. I want to feel useful in my community. I want to give my best. I want to rebuild my hope for my future. I want to become competitive again. I want to build on my ambition for a family. I want to make a positive impact! I want to be part of this new found American dream!

I am married and blessed with four handsome boys. In 2007, I enrolled in college for a second degree in Business while working overnight. In 2011 after my fourth child was born, I returned to college to start a new career in nursing. I am currently working two jobs -- one in long term care and the other in pediatric nursing. In April 2019, my husband and I opened Rwathia Investments, a business in real estate and rental properties. I continue working with PAIRWN as a Life Coach to empower immigrant women in Pennsylvania. And I am still humming for my life!

Betty Itunga, Kenya

The Ripple Effects of Parenting



I came to the U.S. when I was 22 years old. Before then I was in Turkey, growing up in a traditional culture. While I was growing up, I was given two sets of messages from my parents. My mother wanted to make sure that she taught me things that would position me well to be sought as a bride or daughter-in-law. She wanted me to learn how to clean the house, to cook, and to take care of my younger siblings. She would teach me to be polite, quiet, and not to talk about my opinions in public. She would tell me things like "If you don't learn these things, nobody will want you for their son, no men will want to marry you."

Let me tell you about the marriages in my home subculture before I continue. Most marriages are love marriages. The couple would fall in love and falling in love meant you would be getting married. Before you got married, though, the man would have to convince his family that the woman is good enough to be considered as a wife and if he was successful at convincing the family about this, he'd usually take his parents or some elderly family members to visit her parents to ask for her hand in marriage. The process was that ALWAYS it was the man's family that would come to visit the wom-an's family to ask for her hand in marriage.

My father said something when I was in 7th grade that changed my whole perspective about the world and how things should or can be handled. My father was an elementary school teacher. He taught me how to read and write. He was my teacher in first and second grades. The message us four kids would get from him constantly was about how we should study and get good grades. He wanted us to go to college, all four of us, one boy and three girls.

One day when I was in 7th grade, I was home, we were all sitting in the living room watching TV. I remember my mom starting to talk about how again I

Program

Soloists: Andrea Dundore and Cheryl Huber

Introduction of representative from PAIRWN

A Universal Dream Jennie Brandon Sponsored by Deb and Lucy Glorius

An Immigrant's Diary: Gabriela Muñoz from Venezuela

Recorders: Cheryl Huber and Mary Jane Nelson

A Journey of a Refugee: Deeqo Hussein from Somalia

Bonse Aba Arr. Andrew Fischer

Soloist: Laura Edinger

Sponsored by Cynthia Swanson

Turn the World Around Harry Belafonte and Robert Freedman Arr. by Roger Emerson

Letter to My Kids: Ana Perez from Ecuador

Only In Sleep Music by Eriks Ešenvald Words by Sara Teasdale

> Soloist: Brittney Yauger Sponsored by Darla Henry

INTERMISSION Be sure to visit our Raffle Baskets!

Humming For My Life

Sponsored by Marlene Kanuck

A Journey to Freedom: Mai Yaeger from Vietnam

Floating Moon on the Water Wei-Pin Chen Arr. by Eric Liu

Humming for My Life: Betty Itunga from Kenya

Arr. by Albert Pinsonneault Soloist: Melanie Kesler

Sponsored by Lu Glinn to M, singing with Fortune & standing Os

Give Us Hope Jim Papoulis Arr. by Francisco I. Nuñez

Soloists: Deb Glorius and Anna Hykes

Sponsored by Meghan Rhoads in honor of two amazing aunts, Deb and Lucy Glorius

The Ripple Effects of Parenting: Senel Povrazli from Turkey

We Rise Again Leon Dubinsky Arr. by Lydia Adams

Soloist: Erin Eckert

Sponsored by Mary Nancarrow

These performances are supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment of the Arts, a federal agency.



I was born and grew up in Kenya, the middle child born to a family of eight children. My mother told me that as a toddler I did not cry from being left alone in my crib because I made a characteristic musical hum that kept me engaged. My family would tease me that I hummed lullabies to myself. Those close to me say it is like a phone vibrating. When someone mentions the sound, I get conscious and stop immediately. I hum to focus on a task at hand. I hum more frequently when I am busy, in deep thought, overwhelmed, nervous, frustrated, and happy. In my hum, I play music, especially my favorite church songs. Humming takes me to my safe place within!

Growing up in Kenya, I loved school and I worked hard. I was highly competitive and I would seek first position in most things like academics and sports. I played field hockey and chess in high school at national levels. My parents taught us that you have to be the best in order to get the first placement in the things and places that you desire. I was able to get admissions to the top high school and college in Kenya. I graduated from college in 2002 with a Bachelors in Accounting.

My tough life began after college where my job searching yielded no results. I found myself having a full time job of looking for a job, any job! But no job was forthcoming. One, two, three, four years as a young graduate from a prestigious college but I was caught in the rut of unemployment. With no opportunities for employment or entrepreneurship or even volunteer work. I began to question my future in my community. For five years as a graduate, I was living off my parent's income and commuting by foot from place to place seeking employment. I was quickly losing the one thing that mattered the most to me, my independence!

It was the longest five years of my life! I endured deep hurt and frustration for not being able to be independent and to compete. I was not the only graduate feeling this way. I lost trust in my government! I felt cheated having gone through a rigorous school system but unable to secure a livelihood. I had been trained to compete and that the best enjoys the fruits of their labor. I questioned God for not directing me to a promising future.

My motherland had failed me! I developed resentment and feeling of hopelessness in my early 20's. It was during this period that I was introduced to the global job market. I researched international travel opportunities.

I arrived in the USA in 2006. "A busy place like it was depicted in the magazines," I thought to myself. To my disbelief, I found signposts outside most of the stores that I visited, "We are hiring. Call "How can this be?" I thought to myself. I was surrounded by millions of opportunities to use my skills and contribute to my community. I fell in love with my newfound home.

A Journey to Freedom



It was the beginning of March of 1975 when we heard of the Viet Cong's intentions of invading South Vietnam. My family decided to flee. We left all our possessions behind. Our family of seven, with the youngest being two years old, started walking south. We did not make it far when we were captured by a group of Viet Cong who needed a cook. My mom became that cook. We lived in fear with the Viet Cong for about a week before my father planned our escape. My father knew the longer we stayed, the less chance of us ever making out alive.

On March 23, Palm Sunday, the Viet Cong agreed to give our family a quiet moment alone to worship. My father decided this was our best

chance to escape. My mother boiled eggs for us to eat. My father paid a man to drive us to a port, and then also paid another man with a canoe to take us to the southern border. While on the canoe, we hit a storm and the canoe almost flipped over numerous times.

There were people being killed all around us. We knew the risks. We knew that there was a great chance that we would not make it out alive. Our family of seven quickly became a family of six; my youngest sister was not able endure the harsh conditions and passed away. Sadly, we accepted the death. We even expected to lose more.

My family was separated, reunited and was placed into two refugee camps.

We were sponsored by Saint Lawrence Church in Harrisburg, Pennsylvania at the end of October 1975. It took seven months but we finally made it to freedom! It was a long journey, but a successful one.

Words cannot describe how we felt on our first day when we arrived at the house the church rented for us on Green Street. We arrived at night so the lights made the three-story houses look like skyscrapers to us!

My father washed dishes and my mother cleaned to support us. My parents encouraged us to be good and to study hard. My sisters, brother, and I quickly saw the opportunities that the United States has to offer. We are proud citizens. We would never be free to accomplish as much if we had not made it to the United States. We are forever grateful.

Mai Yaeger, Viet Nam



An Immigrant's Diary



At the end of 2015, I arrived in this country with two children to support and two suitcases. My mind was full of expectations and doubts about how to begin. With the nostalgia of what I left behind -- my land, my affections, my career and my material achievements -- with a sad and bitter feeling of having left my country in a way I never imagined, I must confess I never thought I would be an immigrant.

I was born in Venezuela, a small country in South America, a country of immigrants, full of natural riches and beauties, corrupted by interests and power. I fled from a country

different from the one I was born and grew up in, a country weakened economically, politically, socially, and morally. I was persecuted, discriminated against, and intimidated for opposing a Communist regime.

But I don't want to talk about me personally, or why I arrived here. That would be very long and painful and tremendously difficult to understand in just five minutes, for people who live in a country with full freedoms and rights. I would just like to recommend that you take care of your freedom and your rights, be vigilant of the politicians because they should be officials in the service of the country, teach your children to vote with conscience and to understand that each citizen must contribute to continue making this a great country.

I have worked very hard since I came to this country in jobs I never imagined doing, in endless and inhumane days of more than 16 hours a day, victim of those who abuse the most needy, but I have also known the greatness of generous people as much as this land that has given me a second chance at life.

It motivates me to be here and tell my story because in this hard road as an immigrant, I have known many stories of struggle and sacrifice just like mine, some wonderful and motivating, but also others very sad. I would like not to be generalized, judged or discriminated against because of my accent, nationality or skin color. Each one brings his own story and makes the facts speak for him.

Now I have a multicultural family where we eat mac and cheese and arepas, where we honor two flags. I continue to learn the culture, the laws and the language. And although sometimes it hurts to be an immigrant, I have decided to love this country as mine, since it has adopted me and my children as its own. I have decided to be an exemplary citizen who contributes and brings value as I did in my own country, and therefore I want to be respected as a human being, citizen of two nations and the world.

Gabriela Muñoz, Venezuela

A Story of a Refugee



My name is Deeqo Hussein. I am from Somalia. I have been in the USA for 13 years. I was born on July 4, 1990 in Mogadishu, the capital city of Somalia. So my birthday is the same birthday as the USA in 1776!

I have three brothers and four sisters. My father, Duad Hussein, was a police officer in Somalia. When the civil war started in 1991, my family and I escaped to a refugee camp in Kenya, which is the country to the west of Somalia

Because there were no jobs in the refugee camp, in 1992 my brother went to the US and became a taxi driver in Chicago. He worked very hard to send us money so we could move from the refugee camp to Nairobi, the capital city of

Kenya, in 1993. We lived in Nairobi for the next 12 years. My brother in Chicago helped us apply for refugee status with the United Nations, and we were accepted for the US in 2005.

When we came to the US, I was only 15 years old. We first stayed one week in Chicago with my brother. Then we moved to Portland, Maine for five years. On the first day we got there, we saw snow for the first time in our livesI

I moved to Mechanicsburg in 2010, when I got married at the age of 20. I became an American citizen in 2012. I was 23 years old. When I got married, my name stayed the same – Deeqo Hussein. In Somalia, when a man and a woman get married, they keep their own last names. This is one example of the many differences between Somali and American cultures that I have learned about and which have surprised me.

I have five kids. The oldest one is Salmo, who is 7 years old. Next is Siham, who is 6 years old. The third one is Sundus, who is 4 years old and the fourth is Reyan, who is 3 years old. Finally, Mohamed is one year old. My husband's job supports our family because we believe it is his family duty. I work a part-time job to send money to my family in Somalia.

In my opinion, kids don't have as much respect for teachers in America as they do in Somalia. In Somalia, kids show respect to their teachers the way they show respect to their parents.

I go to English class four days a week. I also have three tutors. They are so kind to me and they are helpful. My goal is to become a school teacher. My plan is to go to HACC in the fall. I have been studying hard to improve my English so that I can go to college in the future.

Deeqo Hussein, Somalia

Letter to My Kids



I came to the U.S. and settled in New York in 1995 at 18 years old, leaving behind my mother, friends, and my whole childhood and adolescent experiences there.

The memories with my mom back in Ecuador were kept me strong during my process of adaptation to a new world, new challenges, new people, new cultures, and languages. "Life is too tough here, Mom." I used to say to my mother. My mother's answer was "No more than here, my dear daughter."

I remembered during my adolescence in Ecuador that my mom was my warrior. She raised six kids including me, all by herself after her divorce. She provided us with all the necessities she could at the time, like education, food, future. She accepted letting us go to find a better future in America with our father who was a U.S. resident at the time. I know he was my father but I didn't have too many memories with him because of a divorce that happened when I was just four years old. When he immigrated to the U.S., he was almost like a stranger to me, but the decision was and clothing, all while working hard. She saw what was best for our made.

When I came to America, not everything was the way my father wanted for me. I felt his disagreement when I married at 20 and I was a mother for first time right after. As time passed, I began to rebuild my relationship with my father, and now we have a good father-daughter relationship.

I moved to Pennsylvania in 2005 with my husband. I got pregnant with my second child at the age of 30. I had no degree, and was working two jobs in a warehouse at minimum wage, going to school at the same time.

I went through a nightmare when I got divorced in 2011. I felt alone with no system and family support with my two kids in a new state. I remembered my mother and began to understand her perfectly when I recalled her struggles of being a single mother. I also learned from her to always become a better mother, more powerful, and become a better human being.

So I prepared myself. I went to school and got an Associate degree for Medical Assistant and a Community Health Worker Certification. I'm also a certified Life Coach that enjoys helping other women like me.

Now I'm 43 and I'm proud to be a single mother of two beautiful children, my daughter Gabriela who is 20, and my son Jonathan who is 13. They are my world. Every day I encourage them and teach them to follow their dreams no matter what.

I enjoy working in the social services field, helping the community, immigrant women and children with my skills and experiences. I still have dreams and work to improve on and accomplish some areas of my personal and professional life.

Here are words I live by: "Life is a gift of God and God depends on us to make it a dream or a nightmare."

Ana Perez, Ecuador