



Fall Semester 2024



## Heritage Students Attend Northwest CAMP Consortium

Spring Semester 2024, Heritage University CAMP Scholars had the opportunity to attend the Northwest CAMP Consortium Conference hosted at Yakima Valley College. Students attended workshops presented by CoolSpeak youth motivational speakers.

The theme centered mainly on “Living your Parents Dreams”. The discussion examined the sacrifices and hard work parents put in to provide a better and brighter future for their students. The one commonality amongst all in attendance is to continue moving forward despite the challenges one will face. It is the parents’ perseverance that has shown the students they can prevail too. When life got hard, they still got up and went to work, because that is how powerful their dream is for their children. They understood that when the seeds were planted, they would reap what they had sown and today our CAMPers are living their parents’ dreams.

Mental health awareness was mentioned along with the realization that it can hide behind a happy face, and when not identified early on, can lead to dire consequences. Students and staff were separated among tables with people they did not know. Staff stood at each table while there were students sitting with their heads down. Students were asked to raise their hands if they felt they had no one to turn to when they needed help. The results were astonishing, each table averaged at least one person that considered the stresses of life to be too much. We will never know what another person is dealing with until we ask. It opened the eyes for staff to begin to build relationships with their students to help them overcome the obstacles in their lives.



Our CAMP Scholars have positive praises for attending this conference.

“The Northwest CAMP Consortium Conference was a whole boost of energy for me.

Listening to speakers that I was able to relate myself with and seeing them succeed in their professional life, made me gain confidence in myself too.

The CoolSpeak team made me realize that I'm capable of achieving my dreams and reminded me that I'm able to cope with college and the struggles that come with it. As well as to remind me to stay true to my core values and never forget where I come from.

Those speeches made me become more human and grateful for everything and everyone present in my life, as they helped me to be prepared for my college journey.

Besides an unforgettable experience, it was a boost of energy!” Yoselin Quintero – CAMP Peer Mentor, Sophomore, Previous CAMP Scholar

## Heritage Students Attend Northwest CAMP Consortium cont.

My name is Jose De Jesus Vasquez Mojica, I attended the 2024 CAMP Consortium in the spring locally at the Yakima Valley Community College from 9am-3pm. The event opened up with breakfast and snacks, followed by a very touching introduction about how a speaker from cool speak dealt with his life struggles and overcame them. After the introduction all the students broke out into 4 different rooms where each was hosted by a different cool speak member. Through these workshops we touched bases mainly on networking. I learned things like what employers look for, why relationships with those around you are important, and what are your goals plus finding the real “why” to it. For the short time I was there I thought it was amazing hearing people's stories and struggles. I also learned a few things about myself like what is my why and who am I doing it for? Is it for me, where do I see my future, what skills do I have and what can I do right now to further progress in the future. I learned this through various exercises we went through and games we played for ice breakers. As someone who believes they are still somewhat introverted around a group of people, the cool speak members were doing really well at making everyone feel included and instead of needing to talk to people to build your networking skills. It actually felt more like I want to talk to people to get to know more about them. I had a lot of fun with the workshops and if I have the opportunity to return again I would do it in an instant. Especially because I wanted to see how it was concluded, very organized and fun event!

Jose Vazquez Mojica - 23-24 CAMP Scholar

### Yakama Nation Wa'kishwi Program

	Su	Mon	Tue	Wed	Thu	Fri	S
October 2024					3		4
6		7	8	9	10		11
13	14 <small>National Indigenous People's Day (Tribal Closure)</small>		15	16	17		18
20		21	22	23	24		25
27		28	29	30	31		

**Daily Classes**

Yoga (M-F)	7:10a-7:50a
Chair Aerobics (M-F)	9:10a-9:50a
Chair Fitness@Wanai (MWF)	10:00-10:30a
Chair Fitness @ Foster(T,TH)	10:00-10:30a
Zumba (M/W/F)	11:05a-11:45a
Tabata (M/W/F)	12:10p-12:50p
Zumba (T/TH)	12:10p-12:50p
Power Hour (M-F)	3:00p-3:40p
H.I.I.T. (M/W/F)	4:10-4:50
Yoga (T/TH)	4:10p-4:50p
Zumba (M/W/F)	5:10p-5:50p
H.I.I.T. (T/TH)	5:10p-5:50p

**Program Information**      **Hours of Operation**  
 94 Wishpoosh Rd      **Monday-Friday**  
 Toppenish, WA 98948      **7:00am - 6:00pm**  
 (509)865-5121 ext.6757

## Wa'kishwi Center open to Heritage University Community

The Yakama Nation Wa'kishwi Center is open to the Heritage University community. The Wa'kishwi mission is to promote/provide physical activities to motivate and encourage all levels of fitness in the prevention and management of diabetes.

The Wa'kishwi Center is located at:

94 Wishpoosh Rd. Toppenish WA 98948

Monday-Friday 7:00am-6:00pm

(509) 865-5121 ext. 6757

At your first visit, you will need to complete an application and receive a tour of the facility. There is **no charge** for utilizing the facility.

Click the [link](#) for the October calendar.

Thursday's from 8am-9am, there is a produce give away, **only in the month of October**. The only requirement is to sign your name.

If you have any questions, you can call the number provided.

# Congratulations 2024 CAMP Graduates

HU CAMP celebrated 27 graduate CAMP Scholars! These students were once CAMP Scholars and have successfully achieved their degrees.

Daniela Arreola

Elian Coria Brito

Yvett Corona

Anna Diaz

Mayra Diaz Acevedo

Torre Esquivel Chavez

Miriam Galvan Nunez

Gisselle Garzon

Rebecca Gomez

Vanessa Gonzalez Marquez

Giovani Hernandez

Ruby Labra

Rafaela Lopez-CastroJ

Jose Luis Marmolejo-Cruz

Edery Molina

Maria Guadalupe Navarro Guardado

Arely Peralta Osorio

Abigail Ramirez

Anahi Razo

Sulem Reyes Bernal

Crystal Rojas Cruz

Lizett Ruiz

Jocelynn Sanchez

Bryana Soto-Guillen

Joshua Valencia Tinoco

Alondra Zapien

Astrid Zarco-Macias



## National Farm Worker Awareness Week March 25-28,2024:

For National Farm Worker Awareness Week, the CAMP team collected brief narratives from CAMP Scholars, CAMP Mentors, and Heritage University Faculty and Staff of their memoirs from seasonal farm work to where they are today. A few people provided pictures to accompany their narratives which were then displayed in the cafeteria foyer of the Gaye and Jim Pigott building for all students, staff, faculty and guests to view and experience the journey of seasonal migrant farm workers.



CAMP Scholars and mentors held a clothing drive which students and their parents were able to come and take or exchange clothing for what they needed.



# Farewell wishes for Irma DePrieto, CAMP Director

Heritage University College Assistance Migrant Program (CAMP) wishes a heartfelt farewell to Irma DePrieto in her retirement and for leading the CAMP program. Irma retired June 2024 to spend more time with her family and grandchildren. She was a strong advocate for the migrant students and encouraging them through their first year of college. Her passion and dedication will continue for future CAMP scholars and future CAMP graduates that complete their degrees.

“Irma worked in so many different capacities at Heritage during her 27 years of service to Heritage University. Her knowledge of HU and her dedication to helping students achieve their dreams was a gift to this community of learners. We will miss her support and expertise, and we know that she has not made the decision to retire easily. I wish her the best, and I hope she enjoys well-deserved time with family.” – *Corey Hodge, Vice President of Student Affairs / Chair, Department of Social Work*

“I am deeply grateful for the opportunity to work alongside Irma. She fostered an environment where everyone felt valued and appreciated. Her dedication to both the university and CAMP has made a lasting positive impact on countless students. We wish her all the best in this new chapter and hope she enjoys every moment of her well-deserved retirement. Thank you, Irma, for your support and guidance!” —*Jennifer Cervantes, CAMP Outreach and Recruitment Specialist*



“Although my experience working with Irma was brief, I had the privilege to witness her passion and dedication as she assisted CAMP Scholars through their first year of college. She demonstrated enthusiasm and compassion when previous CAMP Scholars earned their degrees. I will always remember her for her sweet and generous nature.” – *Brenda Lewis, CAMP Program Coordinator*

“I am grateful to have worked with Irma! She was dedicated to serving our students. Irma, we will miss your kind and lively presence in the office! We wish you all the best in your retirement!” —*Sandra Mena, CAMP Advisor and Retention Specialist*