



Education, Healthcare, Therapy
and Mentoring for Young
Women in Need

Autumn 2015



Hot Havana Nights

WAS HOT, HOT, HOT!

It was a really HOT night for Pathways to Independence as the Friends of Pathways produced their most successful fundraiser ever! Muchas gracias to all of you generous supporters who helped us raise a record-breaking \$550,000 at Hot Havana Nights in the Park!

The more than 500 guests ate delicious food from over 30 of the finest restaurants in Long Beach and the surrounding area. Cuba Libres, fine wines, and crafted beers from Belmont Brewing Company got the party started, while guests enjoyed an impressive array of silent auction items donated by local businesses. Live auction highlights included a French Laundry Napa package complete with a private plane, a beautiful diamond pendant with matching earrings, catered dinner parties in private homes, Stunning custom



homes in Costa Rica, Montana and Catalina and a Grand Prix weekend with a pace car ride!

The Mis Hermanos Sextet from Cal State Long Beach set the tone for the evening as salsa and Latin dancing lessons by Corey Eiland (Atomic Ballroom) ruled the dance floor. Guests and volunteers alike had a wonderful time in old Havana raising money for Pathways to Independence! Save the date for next year's event, Saturday, October 1, 2016 come and celebrate Friends of Pathways 20th & Pathways to Independence's 25th anniversaries!

Pathways to Independence is extremely grateful for the generosity of the Park Estates neighbors as well as the extended Long Beach Community, and the Friends of Pathways volunteers. Fund developer, Lisa Mais said "Our Friends of Pathways committee is so passionate about Pathways; their efforts continue to impress me as each year we have



"Pathways to Independence is extremely grateful for the generosity of the Park Estates neighbors as well as the extended Long Beach Community"

better quality auction items, stronger commitments from our sponsors, more impressive food from our local restaurants, and we raise more money at our highly entertaining fundraiser".

We would also like to thank our presenting sponsor, Farmers and Merchants Bank for embracing our mission and for their ongoing generosity in supporting us.

Thanks again to all of the guests, donors, auction participants and sponsors who contributed their money, and services towards our cause. Thanks especially to all of the Friends of Pathways for giving their time and energy towards making Hot Havana Nights our best fundraiser ever!

SAVE THE DATE

Next Year's Event:
Saturday
October 1, 2016



Our lucky winners of the Opportunity Drawing are:

- | <i>First Prize</i> | <i>Second Prize</i> | <i>Third Prize</i> |
|--|---|---|
| Anna Platt
a \$4,000
dream vacation! | Tom Houlihan
an Apple watch,
and an iPad Air! | Sharon Dickson
\$500 gift certificate
to South Coast Plaza! |

WE ARE GRATEFUL TO THE FOLLOWING SPONSORS:



PRESENTING SPONSOR



DIAMOND

Christie Peck
Frank & Lisa Chapman
Glen & Debbie Bickerstaff
Diane Spiegel-Pickard
In Memory of Evelyn Flam
McMillen Family Foundation
Mike & Diane Jensen
Peter & Candy Marshall
Ruth Peck
US Bank

GOLD

Banc of California
E.M. Transportation, Inc.
Gayle Wright and Family
GB Remanufacturing, Inc.
& The Kitching Family
Kinsbursky Brothers Inc.
KWA Ministries
Rick and Kathy Kaplan
Trench Shoring Company
and The Malloy Family
Toyota - TABC Inc.

SILVER

CMM LLP
Epsilon
Howard CDM
Jerry & Jean Green
McNicholas & McNicholas, LLP
OCAP Supply, Inc.
The U Group of J.P.
Morgan Securities
Vickey Barron

BRONZE

Al & Tamara Rabil
Amy Amira
Andy & Portia Cohen
Barry & Betty Binder
Bel Air Investment Advisors
Bill Mais
Bruce & Nancy Newberg Fund
Chris & Lisa Mais
Dan & Carol McAllister
Dennis & Linda Sackett
Excel Property Mgt. Services, Inc.
Ganahl Lumber Co.
Gary & Dawna DeLong
Growing Healthy Together,
A Pediatric Clinic
Jill Grey

Katie Larson, Realtor
Kiwanis Club of Tustin
Lenny Moreira
Long Beach Yacht Sales
Michael & Kathleen Pitts
Mr. & Mrs. Frank Brannen
National Charity League
Peggy Dawson, PTI Volunteer
Performance Plus Tire
Robert & Noreen Curry
Sandra R. Young
Steve & Ann Collins
Store N Save -
The Hooper Family
Supervisor Don Knabe
The Murchison Family

COPPER

Barbara Jones
Coldwell Banker
Coastal Alliance
Community Bank
Comprehensive Dermatology
of Long Beach
Cover Me Green Roofing
Donald & Maria Loughery
Eddie Kesky General Contractor
Elliott Brunner
Eric Keller - Kelty Co.
Erich Josephs
Gelson's Markets
Greg & Nancy Meidel
James & Ingrid Stern

John and Lori Giacomini
Julia Gowin, Attorney at Law
Kevin & Louella Hundt
Laserfiche
Marti Brown
Michael & Diane Stephens
Patrick & Barbara Mahoney
Pettigrew Construction, Inc
Susan Zolla
Terri Chapman
The Handtmann Foundation
Weddle Autobody
William & Susan Weintraub

UNDERWRITERS

All Coast Escrow
CI Solutions
Coca-Cola Company
Corey Eiland
Diane Spiegel-Pickard
Enchanted Florist
Frieda's Inc.
Flynn Investments
George & Collette Anderson
Glenn Daly, RPM Mortgage
J. Christopher Launi Photography
Jeff Busse Photography

Karen Wall Garrison
Live Event Painter
Kerri Zane Enterprises
Leslie and Mark Turpin
Linda McDonald
Louella Hundt
Minuteman Press Long Beach
Orchard Photography & Video
Platt Security
Primal Alchemy Catering
Sheryl Overcast
Sysco Corporation

RESTAURANT DONORS

Baja Sonora
Spaghettoni
La Strada
Picarellis
Phil Trani's
Gladstones
Primal Alchemy Catering
The Sky Room
Walt's Wharf
Yucatan Grill
Simmzy's
Urban Table
Russo's
Mahé
The Boathouse On The Bay

Michael's On Naples
EJ Malloys
O'Malley's On Main
Hof's Hut
Panxa Cocina
Rossmoor Pastries
Working Class Kitchen
Legends
Label Your Coffee
James Republic
Belmont Brewing Company
The Attic
Crooked Duck
Bundts On Melrose
Corner Bakery

MANY THANKS
TO THE HOMEOWNERS WHO SO
GRACIOUSLY LET US USE THEIR
STREET AND NEIGHBORHOOD:

Martin & Cynthia Howard
Marcia & Bill Sharfin
Cathie & Doug Richie
Dave McNaney

Sandi & Larry Lewis
Amanda & Jon Hall
Jean & Jerry Green
Rosanne Carbajal & Dave Foltz

Dottie Reiner
Gayle Wright
Yvette & Dr. Ben Stepanoff

COURAGE FOR CHANGE

How do I encompass a life–mind, body, spirit and attitude-changing experience into 1-2 paragraphs? I don't know, but here's my truth.

I've been a part of Pathways for five months now. I am three years and eight months sober. Heroin, alcohol, and the streets were my master. Self-love was far from my existence for many years. Thoughts of suicide were always on my mind—many attempts were made but God didn't let me go. I hid my shame and fear behind my needle; my shame of abuse by men, of myself, and of my fear of the world.

Upon entering into Pathways I was lost in sobriety, but in an abusive relationship again. I felt as if my purpose in life was so much more. I struggled with

“Words cannot possibly express my gratitude for a chance at a new life with Pathways, so I will have to show it in my actions...”

working full time. I felt like I had no time, energy, or money to support myself. It felt as if I was stuck again, only this time sober and slipping into a deep depression. I thought I would finally give myself a chance and write down my story.

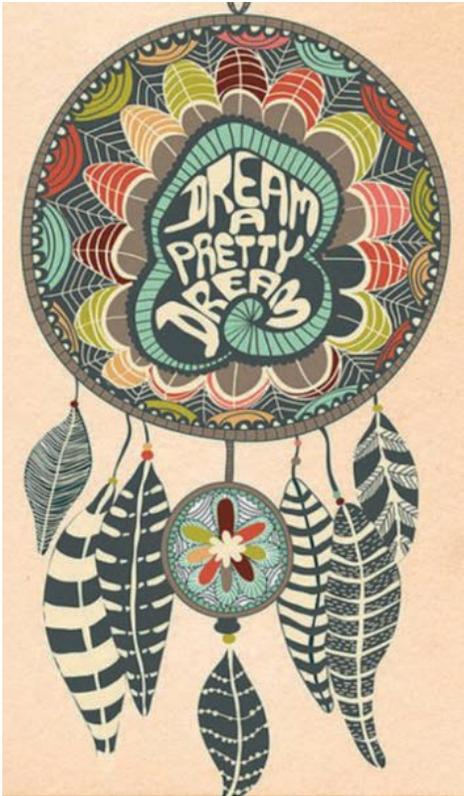
When I got accepted into Pathways I had no idea what was ahead. This is a beautiful team of people who have shown more love and support and patience than I have ever encountered. They have given me tool after tool and resource after resource



to take care of myself. I am actually proud of the strong, independent young woman I am becoming. Life is precious, as am I. I wouldn't be able to say and believe these things if it weren't for all the support I have gained through Pathways. My sponsor, Dave, my mentor, Deanna, and my therapist—I owe them not just my life but a life well-lived, making healthy decisions while being happy. Words cannot possibly express my gratitude for a chance at a new life with Pathways, so I will have to show it in my actions by going to school and applying myself the best I can. To be able to go to bed and wake up and not want to kill myself, but to feel safe and protected and accomplished, is a feeling I can never repay. I am currently going to OCC, working on my AS degree. I'm not entirely sure what my major is going to be, but I would love to help people one day.

I'll leave you with the mantra my sponsor gave me:

“I love and approve of myself, and I trust the process of life.” 🌸



STEPPING OUTSIDE OF YOUR COMFORT ZONE ...AND TRYING SOMETHING NEW CAN BE TERRIFYING.

Before I became a client of Pathways, I was fearful of trying new things. I would often think of all the things that I wished I could do but knew I could not, or would not be able to. After being in Pathways for over two years, I have learned so much through my studies, and through counseling. Today I am a much stronger and smarter person.

I still get scared sometimes, but now I feel like I can do anything that I put my mind to. All I have to do is show up and try my best. In the words of Muhammad Ali, "Even the greatest was once a beginner. Don't be afraid to take that first step." I am so grateful to Pathways for this incredible gift. ❀

*Check out our
new website and blog!*

visit us at
www.PathwaystoIndependence.org



ABOUT PATHWAYS

Since its inception in 1991, over 325 young women have participated in the Pathways to Independence program. Pathways is appreciative of its personal, corporate and service organization sponsors, as well as the health care providers who donate their services without charge to improve the quality of life Pathways clients.

Through your donations to Pathways, our clients learn independence, and futures are changed for the better. Thank you for your consideration in contributing to Pathways.

For more information about
Pathways to Independence,
please call 562.493.9048 or visit
PathwaystoIndependence.org



P.O. Box 43,
Los Alamitos, CA 90720
562.493.9048
PathwaystoIndependence.org

NON-PROFIT ORG.
U.S. POSTAGE PAID
LOS ALAMITOS, CA
PERMIT NO. 143

RETURN SERVICE REQUESTED

BOARD MEMBERS

Jeff Barke M.D.
Kitty Barlow
Larry Beaver
David Bishop
John Bishop
Seana Cormack 
Aileen Cruz 
Peggy Dawson
Sharon Dickson, LCSW
Wil Drouin
Lisa Fluke
Suzy Gowin
Erin Grasmeyer, M.A., MFT 
Nikki Harris, M.A., LMFT
Denise Hendler
Diana Hill
Carol McAllister
Angelica Sanchez 
Patsi Wagner

 Pathways Graduates

amazonsmile

You shop. Amazon gives.

This Holiday Season (and always!) let your gifts to your loved ones also benefit Pathways to Independence! Amazon will now donate 0.5% of the price of your eligible purchases when you shop at

amazonsmile

Simply do your shopping
via smile.amazon.com

Click on: Your Account
Choose: Change Charity
Type in: Pathways to Independence
Select: The choice that includes
Los Alamitos, 1994

Thank you so much for
your support!!!