

# Area resident has helping attitude

Service to others is the payment you make for your space here on earth.

~ Mohammed Ali

Fountain Hills resident Marianne Trost must have a gigantic space on earth for all she does to help others.

She has a number of activities and interests with most



Marianne Trost

## Native Trails begins 7<sup>th</sup> year

Native Trails, a Native American festival held in Scottsdale, is now in its seventh year.

Presented by Fort McDowell Yavapai Nation and produced by Scottsdale Center for the Performing Arts, Native Trails explores the rich and varied cultures of Native America. The festivals feature music, dance, art and traditional foods.

Activities explore the first nations of Arizona and North America with musical performances using traditional instruments such as flutes, gourds and drums, as well as a display of tribal dances. Performers showcase tribal history, pottery, textiles and more to introduce visitors to the diverse lifestyles of native peoples.

Native Trails is free and open to the public. And takes place at Scottsdale Civic Center Mall. Events are on select Thursdays and Saturdays from noon to 1:15 p.m. Festival dates include Jan. 15, 17, 22, 24, 29 and 31; Feb. 12, 14, 21, 26 and 28; March 5, 12 and 14; and April 2, 4, 9 and 11.

Tribes represented include Fort McDowell Yavapai, Salt River Pima-Maricopa, Hopi, Apache and Diné (Navajo).

sharing a commonality of women's issue.

A 48-year-old mother of a 10-year-old daughter, Trost professionally is a consultant to women lawyers. To pay her rent for being on earth, Trost volunteers at her daughter's school and works with organizations that support the advancement of women in law firms as well as with women in general.

She has worked with women coming out of abusive situations - whether domestic violence or substance abuse - as well as with homeless women.

She is involved with the Linus Project and supported her daughter's decision to cut her hair to donate to Locks of Love.

Trost is dedicated to giving women a hand up, and she has learned a lot along the way.

"There are so many opportunities for community service," Trost says. "Sometimes you can feel a little overwhelmed by all that is out there. But the great thing is, there really are things for all of us to do to help others."

Six years ago, she joined Soroptimist International, the largest professional women's service organization in the world. Its mission is to improve the lives of women and girls. She, along with several other women in Fountain Hills and North Scottsdale now are in the process of chartering an S.I. chapter in this area.

"Soroptimist is for all ages of women," she said. "It is what makes the organization so interesting. We have all ages of women from their 20s to retirement age. It creates a really nice mix of experiences."

The new S.I. chapter - called S.I. of the McDowell Mountains - is in the process of deciding which direction it will take as far as service projects go.

Typically, Trost said, a chapter has an organization focus, a local focus and an international focus.

"We have met many times to see how we can make a difference," she said.

The local thrust may include a mentoring program for a group of high risk girls in the area.

CASA (Court Appointment Special Activists) match girls with the women in the group.

"We then provide role mod-

eling, support, learning opportunities - and we just want to be there for the girls," Trost said.

The McDowell Mountain chapter also plans to offer a Women's Opportunity Award. The award, one of the flagship activities of S.I., is a scholarship program. Fundraisers are held to fund the scholarship, which is presented to a woman who is the primary breadwinner in her family who either is enrolled in or has been admitted to a trade school or higher education program.

"We help the woman obtain skills so she can improve her life and the lives of those dependent on her," Trost said.

Another part of the S.I.

agenda is to do something internationally.

"We will come together as a group to decide what we want to do," Trost said.

The McDowell Mountain group has been helping a group of women from Fronteras, Mexico.

"Fronteras is about 40 miles south of the Arizona border," Trost said. "These women have a vision of economic development for their tiny town."

The town has few men of working age, and the women, children and elderly are dependent on people who are even there.

"We want to help them become more independent and able to do things in their

village to help everyone."

The women, who call themselves "Chicas Bravas" have opened a restaurant and also are starting a sewing business where they make bags from old blue jeans and other fabric.

The Chicas also plan to take training in the north-eastern United States to learn how to disassemble computers so the parts can be sold and reused.

"These are very entrepreneurial people," Trost said. "We want to help them take advantage of all their plans and help them succeed."

For more information on S.I. of the McDowell Mountains meeting, call Vicki Piña at (480) 329-0586.



Las Chicas Bravas are women who live in Fronteras, Mexico, who are learning to become more and more independent with small businesses in their town. Among those businesses is this restaurant.

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