



INSPIRE

OCTOBER 2023

eliminating racism
empowering women

ywca

Lubbock

iNSPIRe

iNSPiRe
Volume 1, Issue 2

MARKETING TEAM

Glenda Mathis
Chief Executive Officer

Shirley Babb
Director of Communications

Donna Giovannetti
Marketing Director

MARKETING COMMITTEE

Crystal Stroud, Chair
Renee Davis
Linda Greenstreet
Yvonne Limon
Melinda Pharies
Kerri Schoonvelt
Nancy Sharp

PHOTOGRAPHY

Mark Umstot Photography
YWCA Marketing Staff
The Divine Co.



table of contents

<u>Women of the YWCA</u>	Page 3
<u>Stepping Up for a Cause</u>	Page 26
<u>Remembering a Remarkable Leader</u>	Page 31
<u>Action Based Learning Lab</u>	Page 32
<u>AMEND Together</u>	Page 36
<u>Women of Excellence</u>	Page 38
<u>Where We're Headed</u>	Page 40
<u>Making a Difference</u>	Page 44
<u>iNSPiRe</u>	Page 46
<u>Women's Health Initiative</u>	Page 48
<u>Father Daughter Dance</u>	Page 50
<u>Executive Team, Mission & Vision</u>	Page 51

WOMEN OF THE YWCA

eliminating racism
empowering women
ywca
Lubbock

People are often surprised to learn that the YWCA Board of Directors is all women. We've been able to hold that distinction since our founding in 1866 as an organization designed to "inspire the mental, physical and spiritual" health of women. It's a little funny that the purposes of the 1880's continue to be so relevant with today's hot topics.

Women are just in tune with what is needed and they are always looking to the future! That's why we are so proud of our YWCA Board---it's a diverse group but yet, they share a common love for helping the community. By getting to know our leadership, you may just decide the YWCA is the organization you've been wanting to find.



2018 YWCA Board after aquisition and before renovation.

CONTINUE READING



DAWNDRA SECHRIST

President

As President of the YWCA Board of Directors and Dean of the School of Health Professions at TTUHSC, Dawn-dra Sechrist has a lot on her plate. Born and raised right here in Lubbock, she loves the people and the pace of Lubbock.



Tell us about your family life.

Our life revolves around our family and friends. My husband Calvin and I love spending time with our family. Brice, Katie, and Stetson live in Colorado. Stetson is our eight-month old grandson. We love being grandparents! Tatum is 21, lives in Lubbock and keeps us entertained. We rescued our dogs, Lillie (part sheepdog, poodle, and bloodhound) and Crockett (Blue Lacy—the Texas state dog). We enjoy spending time at our home in South Lake Tahoe and at our cabin at Lake Kemp.

What's something fun you are passionate about?

I am passionate about traveling and cheering on our Texas Tech athletes, especially when the two can be combined and I enjoy working out—particularly if it is hiking outdoors.

Why do you value community service?

We can directly contribute to positive changes in our towns through community service. It provides an opportunity to work with diverse groups of people, to understand their

challenges and to enhance interpersonal relationships. Service provides a sense of belonging, allowing me to feel part of something larger than myself.

What do you enjoy most about the YWCA Board? I love collaborating and networking with the other women on the Board. Each time we interact, I learn more about different perspectives and I am in awe of the Board members' various talents and expertise. This is a great group of women, working as a team to rise above the challenges to make Lubbock a better community for all.

Describe the best thing about this stage of your life? Of course, the best thing about this stage is the joy of being a grandparent. However, I am also grateful to be at a stage in life where I am more appreciative of each day, my health, and the people who support and lift me up through this journey.

Favorite snack?

Chips/queso and Haribo Gummy Bears

Favorite sport to play or watch?

College BASKETBALL

Book you would recommend? Anything written by Patrick Lencioni or Brene Brown

Something you learned recently?

I learned how to texture a wall. It sounds difficult but it is very simple.

Best advice ever given to you?

From my parents: "Up to 90% of what you worry about never happens. Quit giving these thoughts your energy." AND, "This too shall pass. Challenges build resiliency."

Best advice you can give to others:

Be kind, stay humble and practice gratitude.

One thing still on your bucket list?

Visit Turks and Caicos Islands

MELINDA PHARIES

VP - Community Outreach

Melinda serves as VP-Community Outreach and Fund-raising and she is on almost every committee we have despite her busy schedule as the owner of Carpet Tech and the Covered S Ranch. She was raised in Nazareth and came to Lubbock to join the 1996 Lady Raider Basketball team. The rest is history as she and her husband are avid community supporters. What she loves best about Lubbock: the people.



Tell us about your family life.

Along with husband Chet, Melinda has Presley (22), Chad (19), Hannah (17) and Lily (14). If you know Melinda, you know---whatever activity the kids are in, she is there.

What's something fun you are passionate about?

I absolutely love watching my people compete and succeed. From my husband in everyday life and at the ranch, to every single activity my kids participate in.

Why do you value community service?

Our community pours into our businesses and family each and every day. The best thing I can do and show my appreciation is by getting involved and always giving back.

What do you enjoy most about the YWCA Board?

I love the mission and what we stand for and support. Plus, the women on this board are second to none.

Why do you serve on this Board?

The mission is all you need to say.

Describe the best thing about this stage of your life?

Seeing the efforts of those before me and surrounding me

Favorite snack?

Chips and Dips

Favorite sport to play or watch?

Basketball and Football

Favorite kind of shopping?

Outside malls and boutiques

Best advice ever given to you?

Always stand for what you believe in.

Best advice you can give to others:

Always smile, you never know what someone is going through.

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I wish I was more patient and creative.

One thing still on your bucket list?

The US Open

KERRI SCHOONVELT

VP - Mission

Kerri serves as the YWCA VP for Mission, is Chair for PR and Marketing and an active member of the Women of Excellence committee. In addition, she is a busy entrepreneur and spends most of every day working her business as a realtor with Madewell Real Estate Company. She was raised in Levelland and made the move to Lubbock for Texas Tech. She never looked back. She loves the small town feel of Lubbock ---especially the people, the values, the culture, the Texas Tech traditions---she loves it all!



Tell us about your family life.

I have my other-half; my partner of almost 7 years Kurt Elbert - the one that makes me laugh, smile and brings joy to my life and his 2 amazing girls Blaire & Brooklyn, I am Auntie to Taylor Ivy and Bodie (my favorite job) - I have the greatest friends and family.

What's something fun you are passionate about?

I love more than anything a good time with friends and family---whether drinking a glass of wine, listening to live music, hanging out at the lake, or traveling the world. I love good food (foodie right here) and exploring with a good book, car ride or spontaneous trip.

Why do you value community service?

Community service is an integral part of the community itself. It gives an insight into the needs and wants of the community and gives you a hands-on opportunity to impact and gain experience.

What do you enjoy most about the YWCA Board?

My service on the YWCA board is one of the most rewarding positions I have ever held. I believe in

what the YWCA does for and with the community of Lubbock. My passion is helping others know their worth, specifically women. I am honored to be part of such an amazing group of leaders that have vast experiences and job backgrounds. I love most of all the diversity and engagement from the board at the YWCA and how they honor others.

Describe the best thing about this stage of your life?

The best thing about this stage of my life is the opportunity for personal growth and self-discovery. I have a much clearer understanding of who I am and Who's I am. I now am pursuing my passions, setting goals, chasing my dreams. I am embracing the journey God has me on.

Favorite sport to play or watch?

I just started playing pickleball and love it.

Book(s) you would recommend? The Bible, A Walk to Remember, To Kill a Mockingbird

Something you learned recently?

Life is a continuous learning journey and each experience whether positive or challenging has the potential to teach us valuable lessons.

Something you saw your parents do and swore you wouldn't:

Being a clean freak---this is my mother to a tee. LOL

Favorite kind of Shopping:

Shopping is my therapy. Window shopping, shopping for others, shopping for a flip house/Airbnb or shopping for myself. Years ago, I worked at the South Plains Mall and on break I would leave and walk around to all the stores talking to the workers and getting to know them while window shopping (because I either had no money or left my wallet behind.) Today, it is still one of my favorite things to do.

Best advice you can give to others:

Live each moment to the fullest and let those you love, know you love them.

One thing still on your bucket list?

Ride on a racing sailboat

CRYSTAL STROUD

Secretary

Crystal serves as Secretary of the YWCA Board of Directors and assists on several committees. In her day to day life, she works as VP of Asset Management for SitusAMC. Crystal was raised in Paducah and came to Lubbock for South Plains College. She finished her degree at Tech, met her husband in her senior year and they decided to make Lubbock home. "I love that Lubbock is a small town feel in a city. I love the sense of community and how the city really pulls together when it is needed. It's an amazing place to raise a family.



Tell us about your family life.

Crystal's husband is Matthew Stroud and they have two boys: Carter (10) and Callen (7). They also count Maverick the Great Dane and Roxi the Shitzu as part of the family.

What's something fun you are passionate about?

My family and I love to travel and experience new places and adventures. Personally, I love music, coffee (would love to own a coffee shop one day), interior design and décor.

Why do you value community service?

Community service is rewarding in many ways. Not only for the community but personally. You are able to contribute to something that's bigger than you and makes an impact in your community. To have the opportunity to give back to a community that has given so much to me is an absolute honor.

What do you enjoy most about the YWCA Board?

I love the unified passion and commitment from all the board members. Every single woman is on this board to make an impact. I have loved creating new relationships; we all come from different walks of life and I love that we have a diverse but unified board.

Why do you serve on this Board?

I truly believe in the mission and purpose and I see the YWCA fulfilling that mission and purpose. As a young girl, I attended the YWCA. I have very fond memories of it and I'm so honored to be able to be a part of the greater good of the YWCA now.

Describe the best thing about this stage of your life?

At this point in my life, I have really come to realize the importance and value of being particular with how I spend my time. Time is like money, once you spend it, it's gone.

Favorite snack? Chips and salsa or queso---hands down!

Favorite sport to play or watch? Texas Tech football and basketball! Any sport my kids are playing!

TV series you are addicted to? Honestly, I only watch documentaries and true crime shows.

Favorite kind of shopping? I love home décor shopping. It's therapeutic for me.

Best advice ever given to you? When people say you have changed, take it as a compliment, because that means you are growing.

Best advice you can give to others: Invest in yourself physically, mentally and emotionally consistently. You cannot be your best self for your friends, family or career, if you are pouring from an empty cup.

One thing still on your bucket list? Travel the world!

NANETTE DESO

Treasurer

Nanette serves as Treasurer of the Board of Directors and has over the years served in numerous positions and committees. Every time she rolled off the Board, we just reeled her back in. She is an Executive Vice President and Commercial Lender for Lone Star Bank. Nanette was born in Lubbock and raised in Plainview but like many others, once she finished her degree at Texas Tech, she stayed. In her own words: "I never left and don't want to."



Tell us about your family life.

My life revolves around my wonderful husband Mike, who is a Petroleum Engineer/Geologist, our beautiful singer songwriter daughter Mary Fletcher and most especially our grandson Truett (son of our late son Tom Fletcher). Truett is a second grader at All Saints and is the light of our life. I am blessed that my 85 year old parents are still very active and living in Plainview. Our little black and grey Multi-poo, Bear, is pretty special too. Mike is a Longhorn and I'm a diehard Red Raider---it's a perfect match.

What's something fun you are passionate about?

I'm passionate about hot yoga and try to practice several times a week. It keeps me grounded, focused and it is great exercise. Yoga helps me keep life in perspective.

What do you enjoy most about the YWCA Board?

I have met some lifelong friends on this Board---all of whom I greatly admire. Also, I enjoy that we always have our eye on the ball---our mission to empower women and eliminate racism. Every decision we make goes through the "does it further our mission" check. It is part of our DNA.

Describe the best thing about this stage of your life?

Definitely the wisdom I have gained over the years. I am comfortable in my own skin... something that I was not twenty years ago. This allows me to get out of my own way and get much accomplished without worrying what people will think.

Favorite snack?

Deviled Eggs: my colleagues tease me for always serving them at bank events but I love them!

Favorite kind of shopping?

Clothes shopping with my daughter. Online shopping is convenient, but not the same.

Book you would recommend? "Eat That Frog" by Brian Tracy. I require all my mentees at the bank to read it. The premise is that you tackle the harder tasks in your life first---the ones that really matter, and everything else will fall into place. Once you swallow that frog, everything else comes easy.

Something you learned recently?

I started using my GPS in Lubbock and discovered that my normal routes are not the fastest anymore and that almost every time you go somewhere in Lubbock, "The Marsha" will get you there faster.

Best advice you can give to others:

Even in the most hectic times, take a minute to sit, close your eyes and take at least one meaningful deep breath. If you can find your breath, you can find your peace.

One thing still on your bucket list?

I want to write a book that becomes a huge bestseller and I get to travel around the world doing talks and book signings. I haven't started the book yet, but I will. Soon.

AMANDA MEAD

Assistant Treasurer

Amanda is Chair of our Wine Women and Shoes Committee and our Building Committee. She is also Assistant Treasurer. She is not afraid of any job we throw her way. She is all about Lubbock---as she puts it: she was born here, stayed here and loves it here!



Tell us about your family life.

I am married to Zane and we have two boys: Caden (18), Caleb (16) our dog KiKi and without a doubt, my life revolves around them... although, they might say my life revolves around all my non-paying jobs!

What's something fun you are passionate about?

I love to travel but most of our travel revolves around offshore power boating. Some of my closest friends live all across the country and we met on these trips.

Why do you value community service?

I feel blessed to be able to give my time and volunteer. It takes so many different people and jobs and lifestyles to make this world go around and I just so happen to fall into this. There are lots of situations and circumstances for why help is needed and each is uniquely important. I thoroughly enjoy each of my roles.

What do you enjoy most about the YWCA Board?

I love the YWCA...the mission, the people it serves, the employees and not to mention the amazing women I get to serve beside! We have so much fun and enjoy each other...while we make an impact together. Our board is full of such influential women---all with busy lives but we accomplish so much as one.

Describe the best thing about this stage of your life?

As sad as I am that my kids are almost out of the house, I love what amazing young men they are and how much fun it is to be around them. I love that my husband and I get to travel together without being tied down to babysitters. I also love that I have been able to grow as a person and not let my role as a stay-at-home mom define me.

Favorite sport to play or watch?

Football. We have a family tradition to visit a different NFL stadium and watch a "live game" every year.

Favorite Snack?

Hershey bar and Sonic Coke

Something you learned recently?

Starburst wrappers are edible!

Best advice ever given to you?

You can't fill other's tanks when yours is empty.

Best advice you can give to others:

Find something simple and small that makes you happy. I give myself 10 minutes a day to watch TikTok and not feel guilty. It was huge for me!

One thing still on your bucket list?

To see the Northern Lights

LINDA GREENSTREET

Immediate Past President

Linda currently serves as Immediate Past President of the Board and has left an amazing legacy of fundraising and board service. She is generous with her time and her support of the YWCA mission. She was at the center of our initiative to renovate both Sun 'n Fun and the YWCA on University and has been part of every committee we offer! She was raised in Lubbock; was a lifeguard at Sun 'n Fun as a teenager and has plenty of stories on how Lubbock has grown.



Tell us about your family life.

Married to Gary for 56 years, Linda says their lives pretty much revolve around the grandkids---but when you can, ask her about her cat.

What's something fun you are passionate about?

I love being outside and my favorite things are reading, cooking and gardening.

Why do you value community service? The community could not function without volunteers or nonprofits.

Why do you serve on this Board?

The YWCA makes a difference.

What do you enjoy the most about this Board?

This is an active, working board and I love the diversity of the people.

Describe the best thing about this stage of your life? I have learned to enjoy every moment God gives us.

Favorite sport to play or watch?

Whatever the grandkids are playing.

Favorite Snack? Popcorn

Book you would recommend? Pearls in the Sand

TV Series you are addicted to? Hijack and The Chosen

Favorite kind of shopping: The easy kind.

Something you learned recently?

Don't worry so much about making decisions. Someone will come along and change everything anyway.

If you could add one trait to your already-stunning portfolio, which would you choose? I'd be more creative and enthusiastic

Best advice you can give to others? Put Christ first in your life.

Best advice that was given to you? My dad told me "You can't have a positive and a negative thought at the same time, so which do you choose to have?"

One thing still on your bucket list? To see Africa



KATHLEEN BURRELL

Board Member

Kathleen serves as Chair of the Nominations committee. She was born in Houston and grew up in Fairfield. She is Associate Counsel for Texas and New Mexico at Covenant Health. She came to Lubbock to attend law school and has been here since 2002. Her two favorite things about Lubbock are how kind the people are and how beautiful the evenings are in the summer.

Tell us about your family life.

She and her husband Eric have two daughters Harper (15) and Elizabeth (13). She moved her mom to Lubbock two years ago and helps care for her as well. They have one dog in the family, Checkers.

What's something fun you are passionate about?

I LOVE baking, especially if I can share it with someone else. I also LOVE my Peloton.

Why do you value community

service? Community service allows everyone to use their gifts or interests in a meaningful way. It allows us to meet new people, develop new skills and uncover our passions. Whether it's helping at registrations for a health fair or working with a group to organize a new program, there's a place for you to serve.

Why do you serve on this Board? I'm so proud to serve on a Board that does so much for so many.

What do you enjoy the most about this Board?

The PEOPLE! It's an honor to serve alongside and get to know these incredible women!

Describe the best thing about this stage of your life?

Being able to relax into who I am as a person. I also LOVE my job. I stayed at home for several years and have been back in the workforce for a few years. It's so meaningful to have a job where I learn something new every day and have the opportunity to help others.

Favorite Snack? Peanut M&Ms or charcuterie

Book you would recommend?

I recently read "The Only Plane in the Sky" by Garrett Graff. It's an oral account laid out in a timeline of the events on Sept 11, 2001.

TV Series you are addicted to? My favorite show is CBS Sunday Morning.

Favorite kind of shopping: Browsing cute boutiques to antique stores and estate sales. I love being able to browse leisurely to look at everything to find my next favorite treasures.

Something you learned recently? I'm learning pickleball!

Best advice you can give to others? God will never present you with something you're not strong enough to get through.

Best advice that was given to you? Don't be afraid to make mistakes--- that's how you learn and improve.

One thing still on your bucket list? I'm working to become a private pilot...I hope to find time this year to finish and get my license.

LINDA HUTCHINS

Board Member

We depend on Linda for so many things...she's on our Finance Committee, our Building Committee and she's always one of the first to sign up for the Father Daughter Dance. She serves as a Compliance Auditor for City Bank Mortgage. Linda was raised in Muleshoe but came to Lubbock for college. She hasn't left because she loves the friendliness, the compassion and the opportunities for growth.



Tell us about your family life.

Linda has one son and a grandson (17) who is her joy and the center of her life.

What's something fun you are passionate about? I love playing tennis and will play as long as I'm physically able to do so.

Why do you value community service? Community service is valuable in so many ways but most importantly, it helps others and takes away the focus on yourself.

What do you enjoy most about the YWCA Board? It is a diverse, gifted, talented and caring Board.

Why do you serve on this Board?

I believe in all of the missions and many services that the YWCA stands for and offers to others. I want to help serve.

Describe the best thing about this stage of your life?

Just realizing how blessed I am.

Favorite snack? Reeses Peanut Butter Cups

Book(s) you would recommend?
The Bible

TV series you are addicted to?
NCIS

Favorite kind of shopping:
None

Something simple you've only learned in the last 12 months?

To not take my blessings for granted

Best advice ever given to you?

To accept God's grace and not trust in earthly treasures

Best advice you can give to others:

Put your trust in God

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I would add patience and kindness.

One thing still on your bucket list?

Go to the Holy Lands



YVONNE LIMON

Board Member

Yvonne Limon has been on the YWCA Board for 2 years. She is the Area Marketing Manager over Texas and New Mexico for US Foods. She was born and raised here in the Hub City and she loves that it seems like the perfect balance of small-town living with big-city opportunities. Yvonne loves the arts scene, the amazing restaurants, and how everyone genuinely cares about one another. She calls Lubbock the perfect place to live, work and play!

Tell us about your family life.

My life revolves around my family. It is such a blessing to be within driving distance of most of my immediate family---my grandparents, mom, aunt, uncle, cousins. Also I have the best roommate, my pom-a-pug, Harley!

What's something fun you are passionate about?

I am passionate about the arts: drawing, designing, writing, painting and working out---specifically lifting weights. One's good for the soul, the other for the body.

Why do you value community service?

Community service is essential to the growth of the place we live in and people we work and live with. I strive to have a servant's heart in all that I do and am blessed to be able to give back.

Why do you serve on this Board? I

was raised by a single mom and was a YW-Care kid! I truly was nurtured, educated and looked after by community when my mom was unable to. Being an only child, I was able to gain social skills and thrive in a safe environment that allowed me to express my creativity.

What do you enjoy the most about this Board?

I love that this Board is all women! We can do extraordinary things---regardless of all the other things that make us different. It's so cool to work alongside so many talented women and have a new community.

Describe the best thing about this stage of your life?

There's a sense of confidence that comes in your thirties. I like to think of my twenties as the "teenage years of adulthood". I was awkward, anxious and had FOMO and Imposter Syndrome bad! When I turned thirty, all of that seemed to go away. Becoming comfortable and acclimated into adulthood is a wonderful thing!

Favorite Snack?

Cheez-Its

Book you would recommend?

The Perks of Being a Wallflower---my all time favorite.

TV Series you are addicted to?

I just finished Daisy Jones and the Six and am obsessed!

Favorite kind of shopping?

I love thrifting and finding unique pieces from local artists!

Something you learned recently?

I've learned how to bake and appreciate the value and satisfaction of cooking meals for myself at home!

One thing still on your bucket list?

I want to tag a train!!! (I know, I know---it's illegal)

HEATHER MARTINEZ

Board Member

Heather serves on several committees for the YWCA and has been active on the Wine Women and Shoes event. She is the Senior VP, ICU Services at UMC. She was raised in Dimmitt but moved to Lubbock in high school. She enjoys the small town feel of Lubbock and loves being near Texas Tech University and Texas Tech sports.



Tell us about your family life.

Heather and Freddy have been married for 30 years. They have twins Bryce and Bailey (25) and Bella and Winston, the dogs. Life revolves around the kids, church and travel.

What's something fun you are passionate about?

I love to decorate my house, work on my yard, read, travel, sporting events and concerts.

Why do you value community service?

Community service empowers and integrates people. It not only benefits the community but also the one volunteering since volunteers tend to gain a sense of purpose and self-fulfillment.

What do you enjoy most about the YWCA Board?

The people I serve with and their abilities as well as seeing the results of the efforts.

Why do you serve on this Board?

I was interested in service on the YWCA board because I had nieces and nephews that benefitted from the YWCA when they were younger. I was able to see all the YWCA could offer them and I wanted to be a part of it.

Describe the best thing about this stage of your life?

I am an empty nester that now has time to live life to the fullest when not at work---so I do!

Book(s) you would recommend?

The Light in Hidden Places, Orphan X series...there's so many!

TV series you are addicted to?

Breaking Bad, Better Call Saul, The Last Kingdom

Favorite kind of shopping:

Online

Best advice ever given to you?

Do what is right, not what is easy.

Best advice you can give to others:

Put your trust in God

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I wish I was more creative. Thank God for Pinterest and Instagram for ideas.



CICI NUNEZ

Board Member

Cici serves on several committees for the YWCA including Finance and Nominations. In her work life, she is the Assistant Director for United Future Leaders at the Center for Adolescent Resiliency. Cici came to Lubbock for Texas Tech. She says, Lubbock was big enough for a big city feel and small enough for the small town feel she'd always known. She tells people she was born and raised in Midland, but she's Lubbock-made. She loves the people of Lubbock. "Our community has its challenges like any other.. However, I have yet to find a place that has the heart and steadfastness like the people in our community.

Tell us about your family life.

Right now, it's me and my dog Turbo.

What's something fun you are passionate about?

I love teaching dance fitness and fitness classes! It's been exciting for me to learn about others in our community and help improve their lives through physical fitness. I believe we are our best selves for our families and community when we start investing in our physical fitness. It impacts our mental fitness and can transform not only ourselves, but the people around us. When I'm not working or volunteering, you'll find me at my place: Fierce + Fit Training.

Why do you value community service?

Community service or volunteerism is the bridge from hopeless to hopeful. It's the bridge from defeated to fighting one more day. It's not about the have's and have not's; it's about building resilient communities where all individuals and families thrive. The strength of any community is measured by the commitment to volunteerism.

Why do you serve on this Board?

This is my second year. I'm learning so much and it's empowering to be around other like-minded women who want the same thing for our community---to make it better. Also, I believe that when you support the development of women and children ---the community wins. It's extraordinary the work the YWCA does and it is a privilege to play a small role in helping to move the mission forward.

What do you enjoy the most about this Board? Girl power. It's all women and it's encouraging to be around hard-working individuals.

Favorite snack? Popcorn

Favorite sport? College basketball and I'm a fan of tennis and swimming.

Book you would recommend?

The Alchemist, The Gifts of Imperfection, The Circle Maker

Favorite kind of shopping: I love shopping for makeup.

Best advice you can give to others?

Let how you live and how you love be the judge of who you are. It's the only thing you have control over---how you live and love.

Best advice that was given to you?

Never make permanent decisions in a temporary state of mind. Feelings are fleeting; decisions are not.

VANESSA POPE

Board Member

Vanessa serves on the Finance Committee for the YWCA which is understandable since her day job at Lubbock National Bank is serving as VP & Trust Officer in Asset Management. Vanessa grew up in Tennessee, South Carolina and Texas so she has deep Southern roots. She loves Lubbock because the people are generous, compassionate and friendly.



What's something fun you are

passionate about? I have 6 grandkids! 5 girls and one boy. I love family time, college football, exercise and ballroom dancing.

Why do you value community

service? Community service benefits volunteers by giving them a way to give back to their community and making it a better place for everyone.

What do you enjoy most about the

YWCA Board? It is very diverse including women from all professions, races and ages. It's a great group of women who are all passionate about making Lubbock a better place.

Why do you serve on this Board?

The YWCA has such a long history of helping the community in many areas and the mission is so important. I am proud to be a small part of this amazing organization.

Favorite sport? College Football

TV series you are addicted to?

Ted Lasso

Favorite kind of shopping: I don't like

shopping. It's just a necessity.

Best advice ever given to you?

The secret to a happy life is to love God, love others.

Best advice you can give to others:

Always spend less than you earn

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I would add patience and kindness.

One thing still on your bucket list?

I want to spend several weeks in New York doing ALL THE THINGS!



SONYA CASTRO-QUIRINO

Board Member

Sonya serves on the Board Finance committee and the Father Daughter Dance committee. She is the Chief Compliance Officer for TTUHSC. She was raised right here in Lubbock and loves that she is surrounded by family and friends.

Tell us about your family life.

Sonya is married to Jorge and mom to Mia (18) currently attending North-western University, Annika (14) attending Lubbock High School and Sophia (13) who attends Talkington School for Young Women Leaders. The family also includes two German Shepherds: Bibi and Maverick.

What's something fun you are passionate about? Enjoys running and listening to audio books

Why do you serve on this Board? I have three daughters of my own and this board's mission is one that encompasses the message that I want for my daughters and all girls.

What do you enjoy the most about this Board? Women empowerment

Describe the best thing about this stage of your life? Seeing my children enter young adulthood

Favorite Snack? Chips and salsa

Book you would recommend? Grit: The Power of Passion and Perseverance

TV Series you are addicted to? This is Us

Favorite kind of shopping: Shoe Shopping

Best advice you can give to others? Be kind and understanding. You never know what others have going on in their life.

Best advice that was given to you? Give grace to others

Something you saw your parents do and swore you wouldn't: Asking my kids too many questions

If you could add one trait to your already-stunning portfolio, which would you choose and why? Creative and organized

LYNN SANDERSON

Board Member

Lynn is the Chair of our Women of Excellence Committee and she helps everywhere she is needed. She started working on Women of Excellence before joining the Board and we can't find anyone more passionate about the program. She works as a Registered Client Relationship Associate in Wealth Management for Wells Fargo Advisors. Lynn was raised in Joliet, Illinois and came to Lubbock when her husband was transferred here for his work. She loves Lubbock because of the generous and kind people.



Tell us about your family life.

Married for 37 years to Mark, she has 1 daughter Autumn and 3 grandchildren: Blaze (9), Boston (2) and Bronson (7 months)

What's something fun you are passionate about? I love working out. I know the older I get the more important my health is; I want to be strong and active with my grandchildren.

Why do you value community service? I firmly believe we have to take care of each other. We may not be able to do so monetarily but we can all volunteer our time. It makes our community a better place to live.

What do you enjoy most about the YWCA Board? I love that everyone participates and we all truly care and want to make a difference.

Why do you serve on this Board?

I believe in our mission, what we stand for and the impact we make in this community.

Describe the best thing about this stage of your life?

I love everything about my life right now. I am at the age that I feel I don't have to impress anyone. I am happy with who I am. I love slowing down and spending time with my family.

Favorite snack? Chocolate "anything"

Favorite sport? Football

TV series you are addicted to?

Alone, Big Brother

Favorite kind of shopping:

Shoes!

Something simple you've only learned in the last 12 months?

How to cut a pineapple correctly!

Best advice ever given to you?

Just do your best and be yourself

Best advice you can give to others:

Be kind. Everyone needs kindness. You will never regret being kind.

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I would love to know how to cook gourmet meals.

One thing still on your bucket list? I

want to see our national capital. I love this country and am very proud to be an American. We may not be perfect and we need to make some changes, but we are "FREE" to do so.



GAIL SPIVEY

Board Member

Gail has been on the Board or on a YWCA committee for as long as she can remember! She started out as a committee person for Women of Excellence and has served in numerous Board positions. She was raised in Midland but like many others, came to Lubbock for Texas Tech and never left. She calls Lubbock a little town with a great big heart. She loves how easy it is to get around and how much there is to do.

Tell us about your family life.

She is married to Jim and has 3 sons, 3 grandchildren and 3 grand dogs.

What's something fun you are passionate about?

Reading! And I have "learned" to like exercising.

Why do you value community service?

If you are involved in the community, you can be a "salesperson" for Lubbock.

Why do you serve on this Board?

The YWCA is so important to the community and serves so many.

What do you enjoy the most about this Board?

The diversification and how involved the Board is. This is definitely a working board.

Describe the best thing about this stage of your life?

Retirement is fun but I am still very busy and I'm not sure when I had time to work!

Favorite snack?

Any food!

Favorite sport?

College football and basketball

Book you would recommend?

Before We Were Yours by Lisa Wingate

TV Series you are addicted to?

Yellowstone, 1883, 1923

Favorite kind of shopping?

Online

Something you learned recently?

A new crochet stitch

Best advice you can give to others?

Get involved---You learn so much.

Best advice that was given to you?

Be kind. My grandfather was the best example of this---he never met a stranger.

Something you saw your parents do and swore you wouldn't:

Saying, "Because I said so!"

If you could add one trait to your already-stunning portfolio, what would it be?

I would be more creative. I am more of a "doer". Tell me what you want and I can get it done.

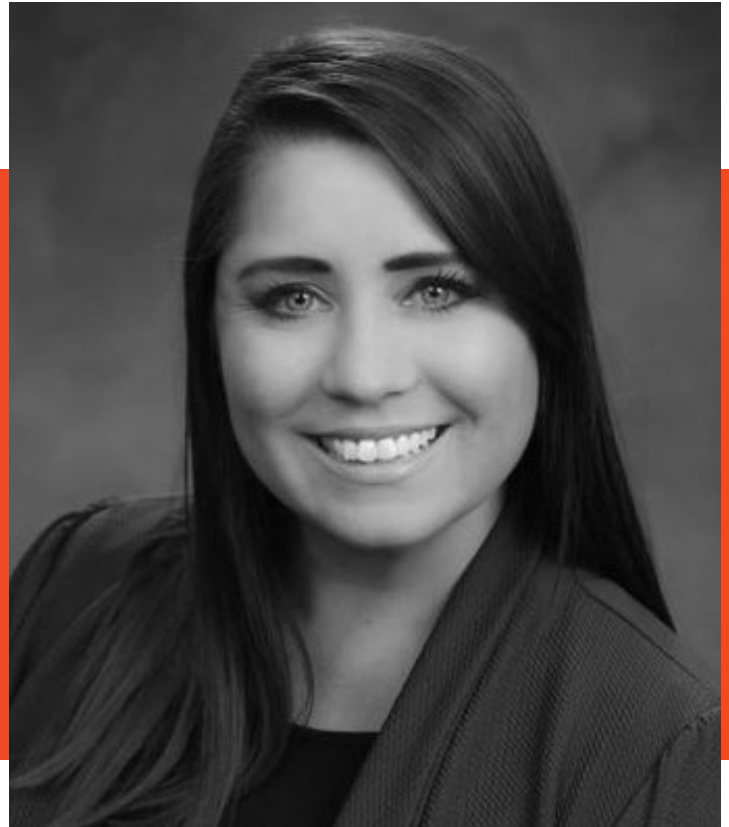
One thing still on your bucket list?

I would like to take a river cruise and travel by Amtrak.

TIFFANY TAYLOR

Board Member

Tiffany joined the YWCA Board this year and is on the Finance Committee. She serves as the Director of Communications and Community Outreach for Friendship ISD. Tiffany was raised in Lexington, a small town in central Texas and moved to Lubbock to start her broadcast journalism career at KCBD. That's where she met her husband, who is from Smyer. They moved away for a couple of years---but came back to Lubbock. "You can't beat the west Texas spirit and how our community is known for their giving hearts."



Tell us about your family life.

Tiffany is married and they have a dog named Jax and a pet pig---yes, a pig! His name is Pig. They also have a nephew and four nieces that they love spending time with!

What's something fun you are passionate about?

I love to try new things. You never know what you'll uncover about yourself, your interests or passions until you put yourself out there and try!

Why do you value community service?

I believe volunteering and being an active part in your community is invaluable. Whether it is by cleaning up trash along the highway, reading to a class or serving on a committee or board---by giving your time and talents, you have the opportunity to truly impact our community and be an agent of change.

What do you enjoy most about the YWCA Board?

I love the diversity of this board. There are so many talented, professional women on the board with different careers, interests and walks of life.

Why do you serve on this Board?

As someone who grew up in a struggling family, I see firsthand how the YWCA's programs and initiatives are not only supporting our local families, but it is changing the trajectory of children's lives and empowering them to better their future.

Describe the best thing about this stage of your life?

I feel like I'm finally in a place where I'm comfortable in my own skin. I've become more confident over the last few years not only in my professional life, but also my personal life. I know who I am, I'm not afraid to be who I am and I've surrounded myself with other like-minded people.

Favorite snack? Crackers and cheese--any kind of cheese!

Book(s) you'd recommend?

I enjoy books by Coleen Hoover and Harlan Coben.

Favorite kind of shopping:

Shoes!

TV series you are addicted to?

I love watching true crime series and mysteries.

Favorite kind of shopping?

Online, I'm not a big shopper and prefer to avoid crowds.

Best advice that was given to you?

Letting go of toxic people or individuals who are harmful to your mental health is not rude or cruel, it's an act of self-care.

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I have a million post it notes and scribble all over scratch paper...but I know where everything is on the mess that is my desk. I could definitely use more organizational skills.

One thing still on your bucket list?

Skydiving



VICTORIA WHITEHEAD

Board Member

Victoria served on both the Finance and Building Committee before joining as an official member of the Board in 2023. She is an attorney and the CEO of the West Texas Homebuilders Association. She was raised in Herford and Canyon, Texas but came to Lubbock as a Texas Tech student. She has lived in multiple places for work but, to her, Lubbock is the best place to raise a family and grow a business.

Tell us about your family life.

Married to Jeffrey with her two rowdy boys Palmer (5) and Brooks (2) along with Fritz the Schnauzer (11), Casing, a silver lab (6) and Teddy, a mini golden-doodle (2).

What’s something fun you are passionate about?

I love to plan supper club meet ups and kids’ birthday parties.

Why do you value community service?

Community service is a thread that connects our city with love, support and kindness. Without it, there would be voids that would greatly impact the feeling that is “community.”

Why do you serve on this Board?

I have been involved in many nonprofit entities and I love the direct impact this board has on its mission. YWCA’s service to families in this community is also close to my heart as a mother of young boys. I want to support other moms in the community and the Y is one of the best places to do so.

What do you enjoy the most about this Board?

The women on this Board are some of Lubbock’s best minds – all with servant hearts. I am honored to have the opportunity to learn from them and work with them for our mission.

Describe the best thing about this stage of your life?

It is so crazy hectic and beautiful all at the same time. Having the boys and my career, many people ask how I “do it all”. I love working hard and serving in my business and the community, it’s part of my core. I also want my boys to know that this is normal. It’s normal for a mom to be a leader in her business, serve others and still be present for the family. Things may not always be balanced, but it’s important to fill what makes you whole.

Favorite snack?

Popcorn

Favorite sport?

Watch football but play golf

TV Series you are addicted to?

Netflix Sports Documentaries

Book you would recommend?

I am a lawyer and already have too much to read but podcasts: I love The Good Guys, Kent Hance—Best Storyteller in Texas, and Moms in the Hub.

Favorite kind of shopping:

Queen of Sparkles BST Facebook Groups

Something you learned recently?

How to fix the heating element on a laundry dryer---thank you Youtube and Ebay parts!

Best advice you can give to others?

Have grace with others. To me, grace is one step further than kindness. Grace says I will show kindness in your situation and also have empathy for the journey you are on.

Best advice that was given to you?

Exceed the expectations of excellence by Former Texas Supreme Court Justice, Eva Guzman

Something you saw your parents do and swore you wouldn’t:

Saying, “Because I said so!”

One thing still on your bucket list?

I would love to travel around Scotland.

MONIQUE GARRETT

Board Member

Monique joined the YWCA Board this past April. She is on the finance committee. Monique is the Operations Manager for Covenant Health. She was raised in Sweetwater, the home of the world's largest rattlesnake roundup. She moved here for college and although Lubbock is much larger than her hometown, she thinks Lubbock still has the small and friendly hometown vibe. In her mind, Lubbock is such a great city to call home!



Tell us about your family life.

Monique is a single mom to Braxton (17), a senior at Lubbock Cooper. She also has two goldendoodle babies: Coco Chanel and Saint Laurent.

Why do you value community

service? Community service is an humbling experience and act of service which connects us to our community and enables us to see life from all different perspectives.

What do you enjoy most about the

YWCA Board? I enjoy seeing different perspectives and the passions that all of us have for our community and the mission of the YWCA.

Why do you serve on this Board?

I love all the things that the YWCA stands for and being able to be behind the scenes and help be a change agent is one of my passions...so I am honored to serve on this board!

Describe the best thing about this stage of your life?

I am about to become an empty nester! Although it may be bittersweet, I am sure to find plenty of joy in it as well.

Favorite snack?

OMG...candy!!! I am a big kid that keeps the dentist in business.

Favorite sport? Any sport that my son is playing or involved in but especially track and field.

Book(s) you'd recommend?

Fervent: A Woman's Battle Plan for Serious, Specific and Strategic Prayer and Michelle Obama's, The Light We Carry

Favorite kind of shopping:

Shoes!

TV series you are addicted to?

Chicago PD and all things HGTV. I basically think I can build a house from ground up...call me Joanna Gaines 2.0!

Best advice you can give to others?

No matter how challenging life may be for you in that moment, someone always has it worse than you; try to find the good in everything!

Best advice that was given to you?

Be kind to yourself and allow grace when needed. You are worthy, valuable and you matter.

If you could add one trait to your already-stunning portfolio, which would you choose and why?

Organized: I can be all over the place sometimes. It's like my brain constantly has 17 tabs open and I like to toggle through them all at once.

One thing still on your bucket list?

Skydiving



NANCY SHARP

Board Member

Nancy serves on numerous committees for the YWCA Board and has helped us extensively from the sidelines throughout her career with LISD and United Supermarkets. She serves as the Culinary Chair for our Wine Women and Shoes event. Nancy grew up in Lubbock, attended Monterey High School and Texas Tech University. She loves it here because the people are friendly, the commute is never more than 15 minutes, we have a strong arts community and the countless amenities of a college town.

Tell us about your family life.

I am married to Scott Sharp, a semi-retired attorney who has been my boyfriend since we were in high school. We have two adult children: Travis and Sara, two adorable grandchildren and a sweet 13-year old dog named Artie.

What's something fun you are passionate about?

I love to garden. Working the soil and seeing beautiful flowers speaks to my soul. Working in the garden has become my pressure valve. Research indicates that flowers have the power to lower stress levels and reduce anxiety!

Why do you value community service?

Community service is a social responsibility and investment in the future. It is necessary that we leave the world better than we found it. My parents and my in-laws were great role models for quietly working to make things better. Like many things, I find I receive so much more than I give when I volunteer.

Why do you serve on this Board?

I believe in the mission of the YWCA.

What do you enjoy the most about this Board?

There are so many creative, smart and generous women on the YWCA Board, representing a wide variety of ages and life experiences. I love that we learn from each other.

Describe the best thing about this stage of your life?

I recently retired which has given me the huge gift of time for things that matter to me.

Favorite snack?

Cheez-its!

Favorite sport?

I enjoyed playing tennis when I was younger and now I enjoy watching basketball and soccer.

TV Series you are addicted to?

Suits

Favorite kind of shopping:

None

Something you learned recently?

I want to learn how to play pickleball.

Best advice you can give to others?

Think before you speak.

Best advice that was given to you?

In parenting, the best advice came from my friend Nancy Neal... "Raise your kids to be adults other people want to be around---kind, generous, thoughtful---the other stuff doesn't really matter." In business, it came from former city manager Bob Cass, "Hire good people and get out of their way."

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I'd be more patient.

One thing still on your bucket list?

Travel to the Swiss Alps...Coming in 2024

RENEE DAVIS

Board Member

Renee is in her second Board rotation in service on the Board of the YWCA. She is active on the Nominations Committee and is Chair of the Father Daughter Dance Committee. She is the Associate Vice President of Chapter Development for the Alumni Association at Texas Tech. She is a Brownfield girl and talks about how easy it is to love the people here in Lubbock plus, it makes her heart happy to be close to her parents.



Tell us about your family life.

I am married to the love of my life and best friend, Calvin Davis aka HUNKIE! We have a beautiful son, Toren, who attends High Point Village and a very special and talented daughter, Teklyn, who is a speech pathologist in Kansas City.

Tell us about something fun you are passionate about and why?

I love and have a passion for connecting people, especially those who may be new to Lubbock. It's so much FUN when people connect and become community.

Why do you value community service?

The value that community service brings is priceless! I sincerely consider it an honor to give back. I believe in the ripple effect and believe that through community service, we are helping to change the trajectory of people's lives.

What do you enjoy most about the YWCA Board?

I love that we come from all walks of life with different experiences and backgrounds and yet we have so much in common.

Why do you serve on this Board?

I have a passion to help empower all women and I have a deep desire to help eliminate racism. I have seen firsthand the impact that the YWCA is making in our community and believe that together, we can all make an even greater impact.

Describe the best thing about this stage of your life?

That I understand (especially post pandemic) that you can work hard and play hard simultaneously. I had the mindset to work hard now and enjoy later---I am enjoying NOW!

Favorite snack? Chips and my mama's salsa!

Favorite sport? College football and basketball

Book(s) you'd recommend?

The Energy Bus, The Power of Favor, Start with Why

Favorite kind of shopping:

Plant and flower shopping

TV series you are addicted to?

Grey's Anatomy

Something simple you've only learned in the last 12 months?

Not so sure it's a good thing but I've learned how easy it is to order anything you need or want from Amazon.

Best advice you can give to others?

Always lead with love and grace, it will never run out.

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I would be more creative because in those creative, open-minded moments, that's where growth happens.

One thing still on your bucket list?

Seeing Niagara Falls with my mama



ESTHER PENA

Board Member

Esther joined the Board this year and has already found herself to be an integral part of the Finance Committee and Co-Chair of the Father Daughter Dance. She loves being in Lubbock and serving in many organizations including the Hispanic Women Association.

Tell us about your family life.

I've been married to Moses Pena for 37 years. We have 3 children, 2 bonus children and 4 grandkids. My favorite thing is being "Lita" (my grandma name) I'm blessed to have all my kids in Lubbock and one of them is actually my next door neighbor. I am very close to my family and very involved in my church.

What's something fun you are passionate about?

I really enjoy traveling and experiencing nature through hiking.

Why do you value community service?

To whom much is given, much is required. It is so important to share our time, talents and blessings.

Why do you serve on this Board?

I like being more educated about the resources available to our community and being an advocate for those in need.

What do you enjoy the most about this Board?

It's a like-minded group whose goal is to serve our community and provide help to those in need.

Describe the best thing about this stage of your life?

I have more flexibility and time to be involved in my church and community.

TV Series you are addicted to?

Binging on Netflix

Favorite kind of shopping:

Shopping in general

Best advice you can give to others?

Be kind and understanding. You never know what others have going on in their life.

Best advice that was given to you?

Give grace to others

If you could add one trait to your already-stunning portfolio, which would you choose and why?

I would love to be musically-inclined and play and instrument and sing. Unfortunately, I can't carry a tune in a bucket. LOL

One thing still on your bucket list?

Lots of travel spots.

STEPPING UP

MEET THE COMMITTEE BEHIND

WINE WOMEN & SHOES



The Wine Women and Shoes Committee is a dedicated group of strong women and a couple of guys 😊 who volunteer to tackle a full-on extravaganza. Their goal is to make each year better than the last! They work hours on end to bring Wine Women and Shoes to life, using their connections and good relationships with vendors across the community. They give so many hours in fact---they may feel like they **work** for the YWCA.

We are so grateful for their energy and commitment to this community.

FOR A CAUSE



Pictured top row: Brenda Becknell, Sarah Cypert, Leanne Bergen, Erin Hornaday, Julie Doss, Hannah Fish, Gail Spivey, Melinda Pharies, Shirley Babb, Heather Martinez, Linda Greenstret, Debbie McGuire, Lacy Johnson, Jamie Quintinella

2nd Row: Scott Cawthron, Amanda Mead, Emily Guy, Glenda Mathis, Donna Giovannetti, Nancy Sharp, Mel McNeese, Keith Patrick

Bottom Row: Mandi Cheek, Hannah Davis

Not Pictured: Arlene Matthews, Christy Haynes, Sarah Bevers, Ivy Zepeda, Alison Centanni, Ann-Marie Carruth and so many others that worked quietly behind the scenes supporting various committees.

11 THINGS WE HOPE YOU'LL GET AT **WINE WOMEN & SHOES**



Wine, Women and Shoes in Lubbock is designed for YOU---we want it to be the best event of the year. The planning for 2024 will start almost immediately after the last song of this year! The goal is to always do better to improve your experience to and raise more money for the YWCA. We'll talk about that in a minute but first, here's what you should expect:

1 Good Food - There's no skimping here. Our committee is always thinking about the options that will inspire the palate and offer something yummy for every dietary preference. It's a tall order but United Supermarkets hits the mark impeccably---so try it all!

2 Good Wine and other Beverages: There's plenty of alcohol-free beverages at Wine Women and Shoes. But clearly, as the name implies, this night is about tasting some of the best offerings from our local wineries as well as national vintners. If you like wine, take the time to get to know the people who are showing their wines...let them know what you like!

3 Stress - Free Zone: From the moment you drive up we hope you'll feel pampered thanks to the golf carts that will transport you to the door. (Donated for our use by UMC!) Then, as you head down the mall toward registration, take a glass of champagne from one of the charming Sole Men (or, if you prefer, ask for a Sparkling water). Either way, the glass is yours (thanks to MWM Architects) and you'll want it for all your beverages throughout the evening. Who wants to drink from a plastic cup?

4 Fun, Friends and Connections: Wine Women and Shoes is, by definition, a fun event with your friends. You'll see women from all across the community and this is your chance to connect and network to your heart's content. Make it your goal to meet 3 new people. You won't want to stop there! And, while you're moving around, stop by Bag Check and pick up your complimentary Wine Women & Shoes bag for holding all your goodies of the evening in one simple place.

5 Entertainment: Every year we have 40-50 gentlemen who donate their time to raise a little money and learn some new dance moves to keep you laughing and celebrating all night. They are the best at telling jokes, showing and selling some of the exclusive vendor merchandise, and of course, pouring wine and helping you with anything you need to make the evening easy and enjoyable.

6

Style Ideas: If you love a good look at fall fashion, Wine Women and Shoes is the place to be. The Dillard's Style Show is spectacular, offering a glimpse at today's most current looks. It's a highly-produced New York style runway show that will inspire your fashion creativity.

7

Shopping: You will find some unique national vendors as well as some local favorites that bring out specialty items just for Wine Women and Shoes. It's a good time to put on your Christmas shopping hat because you will find plenty of unique items that will add some extra sparkle under your tree for family and friends...or maybe for yourself!

8

Raffles: This is your chance to get something amazing! Any one of the raffle ticket items---The Personal Closet (odds 1 in 150), The Travel Closet (odds 1 in 150) or Drawing for Diamonds (odds 1 in 100) could win you items valued at more than \$7,500 each for a ticket that cost you hardly anything! Your odds of winning are much better than the Lottery and remember---it's for a good cause.

9

The Silent Auction and Bid Boards: Volunteers for Wine Women and Shoes have scoured the city (and the nation for that matter) to find really nice and unique items. Enjoy the thrill of bidding against your best friends and see what you can win!

10

The Live Auction: This is your chance for one-of-a-kind trips and experiences. Be prepared for a fun opportunity to win something your whole tribe can enjoy. Or, really step up the fun of the evening by joining with your friends to do something special together.

11

Importance of The Mission: The most important thing we hope you get from your evening with Wine, Women and Shoes is how important YOU are to fulfilling the mission of the YWCA.

We look at this evening as an opportunity to make lots of new friends but also as a way of explaining that the YWCA stands for. Every dollar we raise goes to support the goal of strong women and families.



CONTINUE READING

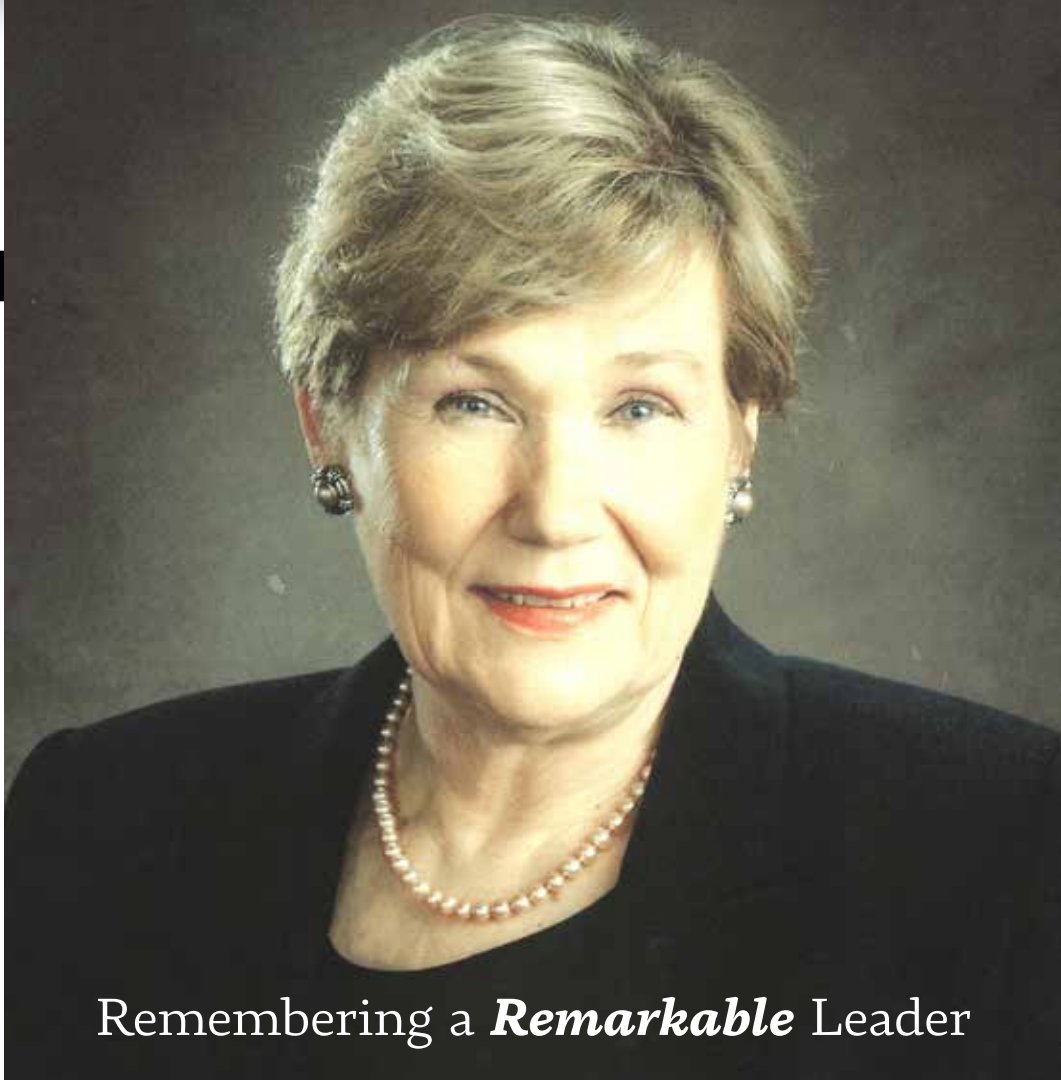


Wine Women and Shoes takes hundreds of volunteers and thousands of hours. If you are new to the world of nonprofits, you might be wondering, "Why do organizations have these fundraisers?" After all, how could events make a difference? You hear about grants and it seems like these organizations have money. Why do they need more?

The truth is that the needs of a community are broad and nonprofit organizations are needed to give people a place to turn in crisis. Grants are very specific. They may provide broad support for a specific program within the organization but they do not typically cover the basics like salaries, utilities, rent, or supplies--- much less the unique circumstances that can uproot a family or create a challenge to survival. That's why you are so important and this event is so critical. Your support enables us to create special environments and services for children. Your support allows us to say "Yes" to help families in need. If, by coming to Wine Women and Shoes, you see a way to invest in our mission, you help us make our community stronger. If you see a way to get involved and volunteer your time to an event or an initiative, you help make our community stronger. Wine Women and Shoes is a lot of fun---but more importantly, Wine Women and Shoes makes the YWCA and our community stronger.




wine
women & shoes[®]
BENEFITING YWCA OF LUBBOCK
PRESENTED BY
CARPET TECH



Remembering a *Remarkable* Leader

On September 7, 2023, Joe Love Nelson passed away. She left a strong and inspiring legacy of community service and advocacy for women. She was a stalwart supporter of the YWCA. We will miss her greatly.

There was nothing shy about Joe Love Nelson. She spoke frankly and directly and those were just some of the traits we loved most about her. She had a sharp wit and an indomitable spirit. She was a driving force in the Lubbock community and volunteered her time and skills for many organizations including at the state and national level.

She attended Lubbock High School and Texas Tech University and earned a BA in Foreign Language.

Joe Love was best known for her work to found Women's Protective Services which she considered her crowning achievement. She served as the executive director of WPS for 10 years and retired after she brought the agency to the point of robust community support. She was the recipient of many awards including Texas Council on Family Violence Catherine Chambers Volunteer of the Year Award, Women Helping Women Award by the Soroptimist Club, Gold Medal Award by

Women in Communications, Community Volunteer of the Year by the Texas Department of Human Services, Roy Bass Human Services Volunteer of the Year by the City of Lubbock Pathfinder Award by the Lubbock Committee for Women and of course, the YWCA Women of Excellence Award. She served on the Board of the YWCA of Lubbock and also the YWCA National Board of Directors.

Joe Love Nelson was a fierce advocate for women and was a role model in what it means to be a leader.



The YWCA of Lubbock has installed an Action Based Learning Lab, the first of its kind in the Lubbock area and among YWCAs in the nation. The lab was largely funded by proceeds from Wine, Women, and Shoes with supplemental funding provided by the CH Foundation and a Gamechanger grant through the ABL company.

action based learning

LAB



12 FOUNDATIONS *of* LEARNING READINESS

1 **Crossing the Midline**

These concepts aid the brain in placing words on the page, reading words from left to right and writing.

2 **Body and Space**

These concepts aid the brain in putting numbers or letters in sequence, discriminating different sounds, placing letters and words on a page, and writing letters in proper proportions.

3 **Problem Solving**

Practicing academic concepts using movement promotes myelination of the new information and the growth of secondary dendritic branching for better retention and retrieval of memory.

4 **Visual Development**

These concepts aid the brain in encoding the stroke of each symbol of letters and numbers, following words from left to right and focusing on reading for longer periods.

5 **Rhythm**

These concepts aid the brain in following the flow of words, sequencing patterns in math and reasoning, solving problems, and sorting information.

6 **Tactile Learning**

What makes us move makes us think. The brain uses motor skills to lay the framework for learning. The brain's cerebellum controls motor skills, agility, and coordination. When the cerebellum is working well, cognitive function increases.

7 **Self Management**

These concepts help prepare students to react more appropriately. Being aware of how our bodies and brains work together can be used to calm down or energize appropriately.

8 **LocoMotor Skills**

These concepts aid the brain in following the flow of words, sequencing patterns in math and reading solving problems and sorting information.

9 **Physical Fitness**

Developing the muscular system provides support for the relay of messages throughout the central nervous system. Oxygen can then flow freely, supplying fuel to the brain. Upper body and hand strength allows a student to write for longer periods.

10 **Cardiovascular Fitness**

Exercise benefits the brain by changing the brain at a molecular level. Since the brain does not provide its own fuel, it relies on cardiovascular exercise to pump oxygenated blood to the brain to use as fuel.

11 **Eye/Hand Eye/Foot Coordination**

Thirty-five percent of the brain's ability to transfer information to paper depends on good eye-hand, eye-foot coordination.

12 **Balance**

Balancing helps the brain to place words on a page, to read from left to right and to write patterns in sequence.

Action Based Learning is a whole child approach to improving the health, wellness, and education of all children and is grounded in brain research supporting the link between movement and learning.

ABL equipment and activities address the 12 Foundations of Learning.

The ABL lab is purposefully designed to incorporate fun stations that focus on each foundation such as boomer and balance boards, a neuroconnector set with boxes and bridges, surfboards, tactile stepping stones and pathways, and fitness machines sized specifically for children in grades K-2nd and 3rd-5th. The fitness machines include a moonwalker, starwalker, snowboarder, skier, elliptical, swim and spin, and stationary bikes. The first ABL lab exploration involved balance and fitness activities for summer camp groups. Students love the lab, especially the fun and cool fitness machines. They also learn that exercise builds brain cells which they experience firsthand when they work with a partner on math facts while participating in physical activity.

Weekly ABL lab sessions for all twelve Head Start classrooms are scheduled for the fall of 2023.

The ABL lab also provides a unique opportunity for visiting therapists to conduct one-on-one intervention with students who may be developmentally delayed or challenged in one particular area. The ability to intentionally determine and meet the needs of diverse children fits in line with the ABL philosophy of serving the Last (in line), Least (likely to succeed), and Lost (in the system) on their way to being First, Foremost, and Found.

Action Based Learning is more than just the equipment and lab



space. It is a philosophy and commitment to strategically utilizing the brain-body connection to boost learning, success, and motivation along a child's educational path each day. As part of this commitment, six YWCA staff members attended the ABL Summit in Houston in June. Each staff member was chosen due to their experience and strong belief in the importance of using movement to enhance student learning. Three of the staff members (Naomi Enriquez, Nikki Morant, and Yolanda Rendon) are pre-school teachers who serve as ABL champion for their pod of four Head Start classrooms.

Newly hired ABL lab coordinator Christine Rylant and YWCA Director Tammy Schilling also attended. In August, the YWCA's ABL team assisted master trainer Leslie DeRuiter in training all Head Start teachers with a goal of integrating Action Based Learning in classroom and transition activities.

The future of ABL is bright at the YWCA of Lubbock with plans of having two separate labs, one for Head Start children and youngest camp participants (grades K-2) and another one for older camp participants in grades 3-5. Having two labs will help to cater to the

developmental levels of each group and will allow for more programming to occur throughout the summer.

As Director Tammy Schilling points out, the ABL activities have the potential to significantly impact children's experience with learning and as she excitedly points out, "over time perhaps one small step on the Moon-walker will lead to one giant leap for learning."

For more information on Action Based Learning at the YWCA, contact tammy.schilling@ywcalubbock. To learn more about the vision and impact of this learning strategy, visit: www.abllab.com

AMEND TOGETHER™



TRANSFORMING *lives* & COMMUNITIES

In a world where gender-based violence continues to cast a shadow over our society, programs like the YWCA's AMEND Together of Lubbock are beacons of hope, driving positive change and empowering individuals and communities to break free from the cycle of abuse. AMEND Together's mission is clear: to engage young men and boys in ending violence against women and girls. Their tireless efforts have brought about transformative results that are changing the culture of schools, communities, and individuals for the better.

Mission and Goals

AMEND Together, a program proudly supported by the YWCA, understands that violence against women is not just a women's issue—it's a human issue. Their mission centers on engaging men and boys as allies in the fight to end this pervasive problem. By promoting healthy masculinity and challenging harmful stereotypes, AMEND Together seeks to create a world where everyone, regardless of their gender, can live free from the fear of violence.

One of AMEND Together's primary goals is to foster a culture of respect and equality within homes, within schools, and within the broader community. We aspire to accomplish our goal of empowerment through educational initiatives, workshops, and intensive mentorship. By equipping students with the tools and life-skills to recognize and address gender-based violence, we are ultimately transforming schools and communities into safe and inclusive environments.

Community Impact

AMEND Together's impact reaches far beyond the walls of schools. The men involved in the program as facilitators are all volunteers. They work tirelessly to engage young men in some tough conversations about healthy masculinity, conflict-resolution, establishing academic goals, and ways that we can establish physical and emotionally safe spaces. Fierce dialogue between trusted mentors creates healthy relationships, healthy relationships allow us to challenge stereotypes and create new ways of thinking and doing life.

AMEND Together kicked off in 2019, offering programming within two schools, Frenship High School and O.L Slaton Middle School. Since then we have established clubs within 14 of our local schools, ranging from Elementary to High School, allowing us to serve over 800 young men in Lubbock and surrounding areas.

The Mission Continues

AMEND Together's success stories are testaments to the life-changing impact of mentorship. AMEND has an exciting lineup of activities planned for the Fall semester; from hosting athletic tournaments at Sun 'N Fun, to having Study Hall & Madden sessions to improve our academics. Be sure to follow our Facebook AMEND Together of Lubbock page to stay in the loop of our programming and events. We welcome mentors to join in on the efforts to create a world free from domestic violence.

In a world that can be full of so many voices, temptations and dangers, AMEND Together shines as a beacon of hope.



NOMINATIONS NOW OPEN



**SCAN HERE FOR
NOMINATION FORM**

The YWCA of Lubbock proudly counts Women of Excellence as one of its annual projects, recognizing and honoring women in our community who have achieved excellence in their careers or professions and whose contributions to business, industry, organizations, and the community are crucial to the success of the same.

Since 1989, Women of Excellence award recipients have been inspiring others in Lubbock not only with their professional achievements but also with the work they do for others. By promoting women as leaders in Lubbock, the YWCA strives to empower women and their families in order to establish strong role models for future generations of young women.



Women of Excellence each year is celebrated with a spectacular, elegant event honoring new inductees to the Women of Excellence Academy. These women are trailblazers who have broken through barriers to accomplish “against the odds”.

In addition to the spectacular evening event that is designed to be uplifting and a true celebration of *excellence* – the Academy gets together annually in a more casual setting over wine and cheese, conversation and friendship. It is a powerful community of women dedicated to making things better.

WHERE WE'RE HEADED



“You should never bet against women on a *mission*.”

The first Wine, Women and Shoes for Lubbock was in 2018. We held the event at a building we were just beginning to call the “Y on U”--- the proposed YWCA on University. The location was central. The potential of 183,000 sf of first floor space was exactly what the YWCA needed for its growing childcare and youth initiatives. At the time, the building was an abandoned K-Mart. In an act of courage, the YWCA purchased the building and began fundraising.

There was a lot of skepticism behind the scenes. But, you should never bet against women on a mission. The struggles were certainly there but Phase 1 of the YWCA on University opened in August, 2020 despite the pandemic and plenty of challenges. The Wine Women and Shoes of 2021 and 2022 allowed the YWCA to add amenities like the ABL (Action Based Learning) Lab and the LEGO room and begin preparations for Phase 2 construction which will start this year.





NEW GYM COMING SOON!



Phase 2 will include a clinic for Combest to serve families with medical services and create much easier access to medical care for the children in our community. Phase 2 will also include a splash pad and expanded services for the growth of the YWCA's various teen programs.

As we listen to the needs of our staff and families, one thing that has become clear is that the YWCA on University needs a gym and so we have begun the capital campaign to bring that to fruition. The concept drawing is shown below and it is designed to host large events, basketball and 12 indoor pickleball courts. It will take a while before we break ground

--- there's a good bit of money to raise. But, we're speaking it into reality now--- because, the YWCA, as always, is on a mission.

Making a

Difference

A Mentor's Story

I know firsthand how powerful it is to become a mentor and be a positive role model in a child's life. I mentored a young girl at McWhorter Elementary School during her lunch period. When we first met, Abby (not her real name) was very guarded. The first few weeks were difficult but I was committed to forming a connection with her and to showing up each day to build the trust that she so desperately needed.

It took some time but eventually, Abby opened up and shared her heart with me. The wrenching experiences that Abby had endured at such a young and vulnerable age must stay between us. I share this story, however, because even though it took her some time, over the next few months I could see a real change in Abby. She smiled more, laughed more and her self-esteem blossomed for the future ahead.

As you take the time to read this, I want you to reflect on the generational cycles you personally might have experienced or broken. What did you have to overcome to get to where you are today? Your story comes with lessons learned, fears, joys, laughter, grief, failure and triumphs.

Community Youth Development (CYD) is a state-funded program that operates through the YWCA in the city of Lubbock with services available at no cost to youth ages seven to seventeen in eligible zip codes. CYD aims to foster positive relationships with children by providing development resources and mentorship that can help reduce high-risk behaviors.

Our mission with CYD is to provide safe spaces for youth and to use positive relationships to provide structured opportunities for growth and enrichment. The pro-

gram uses the 40 Developmental Assets Framework, developed by the Search Institute. This framework draws in to focus 40 key attributes kids need in their lives in order to thrive no matter what circumstances life throws at them.

The CYD program components include a Youth Advisory Committee (YAC), youth leadership development activities, a focus on post-high school readiness and mentoring.

Sharing your story can help change the trajectory of a child's life. The CYD program is encourag-

ing all of us to use our voices, gifts and talents to inspire youth, make an impact and elevate a child's thinking about the future.

Just like Abby, many kids are in need of a positive mentor. They need someone who will lend an ear, provide consistency and compassion. Investing time and energy with a child in need will leave a long-lasting positive imprint in their life that will reverberate for generations to come. Who would have thought that all of this was possible by simply taking a kid to lunch?



BE A MENTOR

Mentoring amplifies change,
one relationship at a time.
Are you ready to join the
mentoring movement?

806.776.9517
cyd@ywcalubbock.org

INSPIRE

The YWCA launched iNSPiRe in early 2023. iNSPiRe is a personal growth series dedicated to empowering women on their journey towards self discovery, personal fulfillment and internal growth. Designed to bring together women from diverse backgrounds and across industries, iNSPiRe is an opportunity to learn and connect with like-minded peers and mentors. This program aims to uplift, support and assist any woman seeking personal and professional development. At the end of each session, participants walk away feeling iNSPiReD equipped with practical information to pursue the life they envision.



In March, we welcomed nationally-acclaimed author and speaker Katherine Wintsch for a presentation entitled: *How to Drop the Balancing Act and Get Real About Being a Mom*. Nearly 150 Lubbock women joined us for this thought provoking and inspirational presentation. Attendees received a copy of Katherine's book, *How to Slay Like a Mother*.

In July, Bradley Gaines, Director of Floral for the entire United Supermarkets family, taught us all about flowers. Attendees enjoyed wine while they learned about the best ways to arrange and care for fresh flowers – they went home with a stunning arrangement they had designed themselves!



EMPOWERING VOICES BREAKING CHAINS



**LOVERN
GORDON**

**THURSDAY
OCTOBER 19
11:30am - 1:00pm**

Lovern Gordon is a two-time sur-THRIVER of domestic violence.

Today, Lovern uses her personal experience to make a difference in the lives of others through her foundation - Love Live Now, Inc. - a global awareness and educational organization that supports survivors of abuse through year-round initiatives and direct assistance to other DV programs. Lovern is also an author of a domestic violence memoir called, *The Legacy He Left Me*.

Join us to hear Lovern's story of how she escaped domestic violence and went on to make a difference in the lives of other women. Establishing a foundation for survivors and writing a memoir is empowering!

**TICKETS
\$30
includes lunch**

**GET 
TICKETS
TODAY**





YWCA *Women's*

Twenty-six years ago, the Women's Health Initiative (WHI) began by helping 51 women get free mammograms. Today, WHI helps over 500 patients annually with breast and cervical cancer screenings and diagnostics, as well as patient navigation and case management.

WHI serves patients in over 25 counties in West Texas and is a State of Texas Breast and Cervical Cancer Services (BCCS) contractor.

With this contract, WHI is able to provide over 600 medical services annually. Over 72% of our patients speak English as a second language, so translation services are needed almost daily.

WHI partners with Covenant Health System, UMC and TTUHSC to provide services and receives referrals from over 325 medical professionals and clinics, both in Lubbock and in our rural communities. WHI also partners with the

United Way and the CH Foundation to provide patient navigation and case management.

A typical patient is in her late 40's or early 50's, Spanish speaking, raising grandchildren and works two or three jobs. She is uninsured and struggles each month to pay for necessities. Her health is not her priority and it seems impossible to her to take time to take care of that nagging breast lump. Not only is she afraid of a poten-



Health Initiative

tial cancer diagnosis, she is also afraid of how that diagnosis would impact her family and her finances. On a national scale, 1 in 1,000 women are diagnosed with breast cancer. In our Lubbock program, 38 women per 1,000 are diagnosed with breast cancer. These women are uninsured or underinsured and face multiple barriers to care.

Through the BCCS program, our staff can step in and help a woman enroll in Medicaid

for Breast and Cervical Cancer (MBCC). We can help link her to other community services for rent and utility assistance, food donations, childcare and transportation to treatment. As with insurance companies, the MBCC program is full of stops and starts. We are there to help patients navigate a very complicated system.

Each year our program hosts cancer survivors for group activities such as bingo, a Christmas

party and Texas Tech pink games. Our group of survivors often have "sister to sister" talks about the realities of being a survivor. Long-term survivors reach out to the newly diagnosed and offer friendship and mentorship. This group has met for 10 years and while we have lost several members to this battle, strong friendships are made and provide lasting comfort and support to any survivor. It is a special sisterhood.



Join us for an enchanted afternoon!

eliminating racism
empowering women

ywca

15th Annual

Father &

Daughter

Dance

Lubbock



COMING FEBRUARY 2024

Dancing ★ Chocolate Fountain ★ Cookies ★ Punch

Tickets on sale soon! Check ywcalubbock.org for more details.

YWCA EXECUTIVE STAFF



GLENDA MATHIS
Chief Executive Officer



SHIRLEY BABB
Director of Communications



MICHELLE COOK
Director of Human Resources



REGINA CULVER
Director of Child Care



KELSEY JOHNSON
Director of Operations



SHANE MORAN
Director of Finance



MISSION

The YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all.

VISION

The YWCA of Lubbock impacts lives daily and advances the power of women and diversity to strengthen our community.

VALUES

Compassion. Leadership.
Integrity. Commitment.

Serving is
ALWAYS
Personal



Melinda & Chet Pharies
OWNERS - CARPET TECH



CARPET & AREA RUGS



AIR DUCTS



FLOOD & FIRE RESTORATION



TILE & GROUT



UPHOLSTERY



DISINFECTING

CARPET TECH

806-795-5142 | carpettech.com