

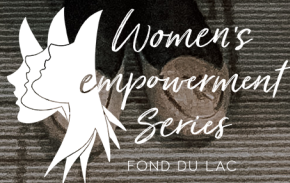
MARCH 2020

ISSUE 01

empowerlex



POUNDING OUT EMPOWERMENT



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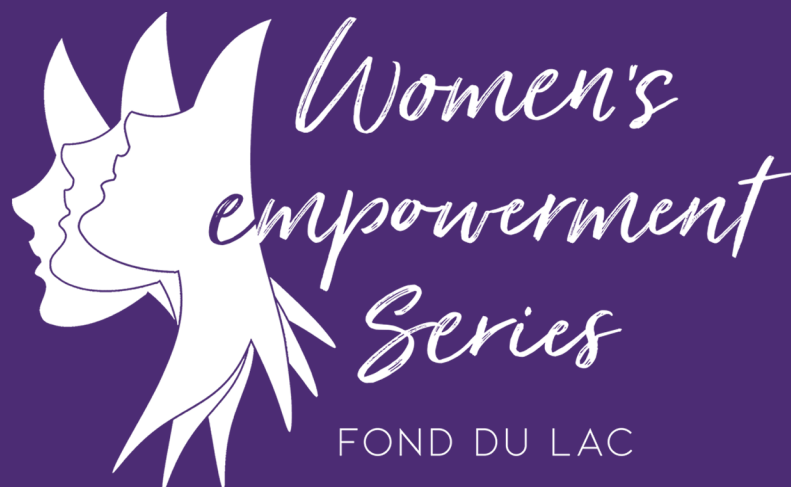
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FRONT COVER (L TO R):
BOARD MEMBER & 2019 MENTOR
LISETTE ALDRICH, 2019 GRADUATE
ALI SCHARPF, AND DIRECTOR
THERESA MENTING.



What's Inside...



LETTER FROM THE DIRECTOR



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VOLUNTEER, SUPPORT, DONATE



THERESA MENTING
Executive Director
Goebel Family Foundation

Letter from the Director

Big things are happening for the Women's Empowerment Series! Our passion and excitement for this series has led us to develop a goal to expand our program every year! That means we have added more attendee slots to our 12-week series, weekly classes have more hands-on participation based activities (like meditation and art therapy projects), and we have created new programs to reach MORE women and children.

Because we were unable to accept every woman that applied to be a participant in our upcoming series, we have developed a program called "Step Into the Positive". This new program will serve as an introduction to the Women's Empowerment Series through developing a supportive community and access to resources.

The local community is also getting involved! Life Enforcement has joined the WES team and will be working with local teens to promote and teach important life skills. A group of Marian students will continue to develop and facilitate our Kids Crew Program during the 12-week series. This program mirrors the classes their parent is participating in and provides the children with their own mentors! Series graduates from the last two years have returned and created an Alumni Group. They will help with this year's graduation ceremony and start a legacy project. Changes like this are what take us from good to GREAT!

In the office, we have created an Advisory Board that is made up of 17 local women with a wide array of skills and experience to help us grow and thrive. Over 400 people have chosen to volunteer their time for our mission! This includes dozens of local professionals who speak at our weekly classes and offer assistance with resume building and interview skills. Part of our mission is to provide guidance and resources in every area of the lives of the women and children we serve, and to be a support system all year round!

We are thrilled to have received so much support from local businesses and residents. There are so many moving parts within the inner workings of our organization and we rely heavily on our community to make what we do possible. As we continue to grow, we are honored to be able to continue doing the work we are passionate about!

A handwritten signature in black ink that reads "Theresa Menting". The signature is fluid and cursive.

NEW HOME, NEW FACES, NEW PROGRAMS

Same Heart



Goebel Family (l to r) // Noah, Theresa, Judy, Larry & Tony

In August 2019, after two years as a Fond du Lac County driven program, Women's Empowerment Series found a new home with the 501c3 nonprofit, Goebel Family Foundation. Women's Empowerment Series started as an 8-week program of classes that women shared with their mentors, and quickly outgrew what Fond du Lac County was able to provide. As a part of Goebel Family Foundation, Women's Empowerment Series is able to enhance the 12-week program with alternative healing activities, weekly mindfulness experiences, continue the mirrored children's program, partner with Life Enforcement for its teen program, offer year round support, and start additional programs for the alumni women, and for the women who are not at a point in their lives to be able to commit to empowering themselves.

Anybody who has spent time listening to Women's Empowerment Series creator and director, Theresa Menting speak has felt her passion for helping Fond du Lac area women break their shackles. It is this passion that brought former Green Bay Packer and current Marian University Vice President of University Relations, Dr. George Koonce to partner with Women's Empowerment as its first Ambassador. As Ambassador, Dr. Koonce aims to bring more community awareness, involvement, and diversity to the series. Women's Empowerment Series is excited for what this partnership will bring to the series, the community and the women we serve. Welcome aboard, Dr. Koonce!



Theresa Menting and Dr. George E. Koonce, Jr.



Board Members (l to r) // Theresa Menting, Ashley Wendt, Megan Nehls, Rachel Peichl McGee and Arletta Allen.

The first class of the 2020 Women's Empowerment Series starts Thursday, March 12. This week **twenty** area women will meet their mentors for the first time and begin a journey of healing, self-acceptance, support, guidance, and empowerment. With the new home at Goebel Family Financial, added programs and offerings, incredible community supporters, our potential and passion to impact more women is greater than ever. We've added an Advisory Board of seventeen area women bringing their passion and varying skills and experience to ensure we continue to thrive, grow and service our community of women and children to the best of our ability. It's an exciting time for Women's Empowerment Series.

NEW FACES

This past weekend Women's Empowerment Series Mentor Training took place at Lighthouse Christian Church. During training, the mentors are guided on creating appropriate mentor/mentee relationships, setting healthy boundaries, and responding to the disclosure of personal trauma. This year we were pleased to bring Dr. Jeneise Briggs from Marian University to train the women on diversity and inclusion.



We are welcoming two new faces to our weekly classes. Tamra Oman and Arletta Allen have signed on in class facilitator roles. They will take turns each week leading the classes and helping to guide the women & mentors through tough topics. Women's Empowerment Series is excited to have these incredible women on our journey!



Arletta Allen is a dynamic speaker who serves as a great example of perseverance and resilience. Arletta was raised by a single mother, who relocated with all five of her children to escape a highly domestic and abusive relationship. Born and raised in Yazoo City, Mississippi, Arletta currently resides in Fond du Lac, Wisconsin with her family.

Arletta's mission is to accompany her audience in their journey of discovering and developing their authentic self, while inspiring them to make positive transformation. A journey that Arletta herself has seen and experienced firsthand and continues on to this day. Arletta's vision is for her audience to uphold an optimistic outlook about their future, through perseverance amidst life's storms.



Tamra Oman, a Fond du Lac resident, is a national speaker, group facilitator and co-founder of Hope Road, LLC – Soul Punch Skill Training with love. She is also a survivor of domestic violence and sexual assault at a very young age. She was deeply affected, taking a path that led her to prison.

Today, as a Human Services program coordinator at Wisconsin Resource Center, Oman works with individuals with histories of trauma, addiction and mental health challenges, developing invaluable programs for inmates, giving them a voice and needed support. She was recognized with the 2015 Virginia Hart Special Recognition Award for "unsung heroines" in State service.

NEW PROGRAMS

Joining Goebel Family Foundation has given Women's Empowerment Series the ability to expand its offerings enabling us to impact more women and children on a greater scale.

MINDFULNESS AND ALTERNATIVE HEALING

Based on feedback and survey results from previous years, we've accepted 20 women into the program. The women have been paired with a mentor based on their needs and goals, background, personality, and based on the mentor's history, experience and personality. This pairing process takes many hours and is done with much thought to maximize a foundation of success for the women and the relationship between woman and mentor. In order to better facilitate this relationship, we've added more time at the beginning of each class for the women and mentors to get to know each other, while also working toward healing and growing through alternative methods. Each class will start with a mindfulness activity led by Karen Schuppe. During weeks **two** through **four** the women and mentors will rotate through alternative healing activities; hand casting to understand the strength of our own hands led by artist Laura McCauley, a wings of empowerment art piece led by artist Kaarin Swan, and Self-Love Self Portraits to learn to accept the pieces of our journey that we wear on the outside, led by photographer Ashley Wendt. These activities will not only allow the women, mentors and volunteers to bond and heal together through shared experiences, but also add a level of trust and intimacy that is crucial for successful relationships.

KIDS CREW COLLABORATION WITH MARIAN UNIVERSITY

This year's Kids Crew team has expanded their collaboration with Marian University to provide the participant's children ages, 5-11 years, with more mentors and hands-on staff for improved facilitation of a curriculum that mirrors the women's curriculum. Students and interns from throughout Marian University's department have signed on for a well rounded program and curriculum.

STEP INTO THE POSTIVE

Step into the Positive is a newly created program for our applicants who have not been accepted into the series. The program is being led by 2019 Mentor, 'dezzz' Desiree Grin, and will provide women resources and support to help get them to a point in their lives where they will be favorable candidates to participate in future series.

thank You

We are incredibly thankful to Charity Club for a grant that allows us to have Child Trauma Specialists present in all of the youth rooms each night of class.

LIFE ENFORCEMENT PARTNERSHIP FOR TEEN LIFE SERIES

Women's Empowerment Series has partnered with Life Enforcement to create a series specifically for teens ages 12-17 years. The Teen Life Series takes place at the Agnesian West Clinic and runs concurrent with the women's series. This off-site location allows the teens to focus on their own journey and growth while learning necessary life skills. One of these skills including making their own meals, utilizing Agnesian West's demo kitchen. Women's Empowerment Series and Life Enforcement hopes to provide this program to not only the women's teens but other teens in the community as well.

ALUMNI SERIES

The Alumni Series is a program for previous Women's Empowerment Series graduates to continue their journey of growth and empowerment, together; supporting each other and supporting future graduates. The Alumni group will meet in a separate room during the last hour of Women's Empowerment Series classes where they will work on a Legacy Project, a special Graduation Project, and a discussion based on the night's topic will be facilitated by 2019 Mentor, Tammy Witt.

POUND®ING OUT EMPOWERMENT

A Woman's Journey Story

ali scharpf

Ali Scharpf applied to Women's Empowerment Series hoping to regain control of a life that felt like it was slipping from her grasp. She was close to homelessness, battling an alcohol addiction, and lost in an unhealthy toxic relationship. She knew she needed to make a change to her life, to be the mom her 16 year old daughter needed. Ali was accepted into the program and took the steps to start her new life in March of 2019.

For Ali, it felt as if Women's Empowerment Series was her last hope for getting her life back. She was an active participant in class, absorbing all that the classes had to offer her. Ali not only attended weekly classes, but came early and met over coffee with her mentor or other women from the series. Moments that seem small, but are really monumental in building a support system that so many women lack or lose through poor life choices, toxic relationships, and shackles burdened through a generational cycle. Ali was slowly healing a broken past.

Women's Empowerment Series is only the beginning of a journey. After graduation, the participants are encouraged to continue with the resources provided to them through the program. One of those resources, is the gift of a 3-month membership to the Fond du Lac Family YMCA for the women to continue a healthy lifestyle, both physically and mentally. The women are also given free POUND® classes through the YMCA. POUND® is a full body workout using lightly weighted drumsticks specifically engineered for exercise. You don't just workout to music, you become the music. Knowing she had nothing to lose, Ali went to a POUND® class. And then another, and another, until it became a part of her daily routine. That class became a blessing in Ali's life when her son tragically passed away of a drug overdose during the Fall of 2019. It gave her a place to find support and release of her grief.

Through Women's Empowerment Series, the Fond du Lac Family YMCA and POUND®, Ali found a greater support system, made some true friends, learned to laugh, found her faith again, and lost 54 lbs. Her new found confidence has helped her to start a new career, which has allowed her to go back to school to further her career and has helped her to remain sober for almost a full year!

Women's Empowerment Series is grateful for the partnership with the Fond du Lac Family YMCA. Their commitment to making our community a better place for all, ensuring that women like Ali get to continue the journey of healing, self acceptance, growth and success.



Ali Scharpf with J.J. Raflik, Executive Director/CEO of the Fond du Lac Family YMCA, at the Y's 116th Annual Meeting. (Photo: Theresa Menting)

VOLUNTEER OPPORTUNITIES

We are still in need of several volunteers in many areas. Please consider volunteering your skills to one of the following areas:

Office Assistant: Data entry, filing, replying to emails and phone calls, organizing, etc.

Volunteer Coordinator: Manage and communicate with all weekly volunteers.

Hospitality Coordinator: Plan and execute weekly rewards, incentives, milestones, and birthday gifts.

Inventory Coordinator: Inventory management of all incoming and outgoing donations and supplies.

Graduation Committee: Plan and execute graduation events, decorations, and needs.

Kitchen Assistant: Help with general kitchen preparations, serving, and clean-up along with meal coordinator and meal volunteers.

Van Driver: Assist with travel accommodations for participants and volunteers.

Float Volunteer: Open to help fill in where needed.

For more information on volunteer opportunities & full supply lists, email: info@womensempowermentseries.org

Supply DRIVE

Besides the many hands it takes for us to be successful, it also takes many supplies, especially with our next series beginning shortly. Women's Empowerment Series, with the support of the following area businesses, is holding a supply drive to help with these needs.

5G Benefits

The ARC Fond du Lac

Renaissance Salon

Horicon Bank

Fond du Lac Family YMCA

Collections have already started and will run through March. Locations are noted on the flyer. Each location will have a large collection box.

For full details find us on Facebook: @womentsemPOWERmentfdl

Donate Now

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