

FEBRUARY 2022 • VOL. 8

DEFINING OUR Y

YMCA OF KANAWHA VALLEY



Message from the CEO

Greetings from the YMCA of Kanawha Valley-

2022 is here which means the beginning of new resolutions for many and a fresh start for each of us. 2021 was a year of triumphs and challenges for our Y and we are looking forward to another incredible year.

This January our YMCA of Kanawha Valley Board of Directors kicked off the year by welcoming 8 new members to the Board. Will Robinson will take the helm as the Chair of the 2022. He is joined by the Chair Elect, Rebecca McPhail, Treasurer, David Mills, Previous Chair, Ric Cavender, and Secretary Matt Spangler as officers of the board. The Board is fully composed of 24 volunteer members from the community. These members include Jim Kirby, Amber Walker, Samantha Carney, Hanley Clark, Danny Forinash, Ed Kirk, Matt Bonar, Gene Bailey, Mark Grigsby, Mac McMillian, Brenda Morris, Barbara Buck, Clinton Arnold, Tom Williams, Bradley Harris, Carol Hamilton, Deepesh Randeri, Julie Margolis, and Cinda Hewitt.

The YMCA of Kanawha Valley Board of Directors has named 2022 as the "Year of Acceleration". Their Vision for the year is focused on strengthening engagement, experience, and effectiveness of the board, Y membership, and the community. It is the hope that this vision will bring the Y its most successful year.

We appreciate your continued support of our Y, our staff, our community, and our mission.

Kindest Regards,
Sarah Bolyard, President & CEO



@ymcaofkv

Message from the CEO

Spirit of the Valley Scholarship Spotlight

Staff Spotlight

Upcoming Events

Healthy Living



Spirit of the Valley Scholarship Spotlight

When you make a donation to the Spirit of Valley, you make a donation to ensure that someone like Lisa Conley has an opportunity to enjoy the Y!

I Am Grateful For the Y

"I am very grateful for the Y;"-Lisa Conley

Lisa Conley continuously mentions how grateful she is for the Y and its scholarship program. Lisa is raising three granddaughters ranging from ages 11 to 13, and a son. Lisa is no stranger to loss, she lost her husband and her son. Lisa expressed that she had great health issues, but never thought that she could afford the Y. "I am so grateful for the Y and the scholarship program," Lisa comments. Lisa who is a diabetic, has hypertension, experienced cancer, and congestive heart failure mentioned that since joining the Y she lost 23lbs. Lisa wants her family to be healthy. "Some people ask me how I could afford to go to the Y, and I tell them that it is because of the scholarship program, I am truly grateful!" said Lisa.



The Spirit of the Valley initiative is the YMCA's largest funder of scholarship support to ensure that all those living in the Kanawha Valley have access to Y facilities, programming, and our incredible community of members. In 2021, the Spirit of the Valley Initiative raised over \$250,000 towards our financial assistance efforts. Please consider making a 2022 tax deductible contribution in addition to your monthly membership draft or by texting SPIRIT22 to 44-321.





STAFF SPOTLIGHT

ANDREA MEADOWS

Andrea Meadows is our Y's new Aquatics Director. Andrea joins us from the Tri-County YMCA. Learn more about Andrea below!

How long have you worked at the YMCA of Kanawha Valley? Two months

What do you like most about your job? I enjoy the interaction with members and love developing strong, confident swimmers.

What got you interested in this type of job? I mean, who wouldn't want a job where you get to splash and play in the pool with kids?! It also fulfills a desire to make an impact on someone's life, whether it's swim participants, members, or staff.

What is the best career lesson you've learned so far? You can't make 100% of people happy 100% of the time.

What would you do (for a career) if you weren't doing this? I'd probably be a professional volleyball player or own a volleyball facility.

What's a fun fact about you? I was a ski instructor in high school.

Where's your favorite place in the world? As a native of WV, my favorites are here. Probably my favorite is in the Holly River or Cranberry River areas.

What is your motto or personal mantra? Don't sweat the small stuff.

If you could meet anyone in the world, dead or alive, who would it be and why? I think Neil deGrasse Tyson or Bill Nye. A conversation with either of those two would be a delight!

Three words to best describe you: Determined, Loyal, Confident

If you could have any superpower, what would it be? To give immortality

What is one food that you cannot resist? That's gotta be my mom's spaghetti & meatballs

UPCOMING EVENTS



- National Wear Red Day - Feb. 4
- Presidents' Day - Feb. 21
- We Wear Black - Feb. 25
- American Heart Month
- Black History Month



HEALTHY LIVING

As we start the new year, let's look at ways to eat healthily. Check out the Shrimp Tacos recipe.

Ingredients:

- 1 lb raw shrimp peeled & deveined (I left tails on)
- 1 tbsp taco seasoning
- 1 tsp garlic powder
- 14 oz bag slaw or 3 cups shredded cabbage
- 1/2 small bunch cilantro finely chopped
- Avocado oil for frying
- Ground black pepper to taste
- 9 corn tortillas
- Easy guacamole optional

Shrimp Taco Sauce:

- 1/2 cup plain yogurt 2%+ fat
- 1/4 cup mayo I use avocado oil mayo
- 1 lime juice of
- 1/2 tsp taco seasoning
- 1/4 tsp salt
- Pinch of cayenne
- Ground black pepper to taste

Directions:

1. In a medium bowl, add shrimp, 1 tbsp taco seasoning, garlic powder, and pepper. Stir and set aside.
2. In a small bowl, add yogurt, mayo, lime juice, taco seasoning, cayenne and black pepper. Stir and set aside.
3. Preheat large ceramic non-stick skillet on high heat and add shrimp. Cook until pink on the bottom, flip, and cook until no longer gray. For more char, flip once and press on shrimp with a spatula. Or you can grill shrimp on a silicone grill mat on high heat.
4. In a large bowl, add slaw, cilantro, salt, and almost all of the sauce, reserving some for drizzling on tacos. Stir gently.
5. To assemble tacos, warm tortillas in a cast-iron skillet on high heat for 10 seconds per side and pressing on with a spatula.
6. Fill each tortilla with 3-4 shrimps, some slaw, and drizzle with sauce. Serve immediately, maybe with easy guacamole too. :)



NOW HIRING:

When you love your job, it doesn't feel like work. Working at the Y means knowing that you're positively impacting people's lives each day. We currently have openings in: Creative Care, After School Counselor/Shuttle Driver, Member Services, Lifeguards, Swim Instructors, and Janitorial Staff. Apply today at <https://ymcaofkv.org/aboutus/> #ABetterUsStartsWithU



VOLUNTEERS ARE ALWAYS WELCOME AT THE Y! INTERESTED IN VOLUNTEERING? CONTACT PORTIA SMITH, SOCIAL RESPONSIBILITY DIRECTOR, AT PSMITH@YMCAOFKV.ORG

**QUESTIONS, COMMENTS, IDEAS:
EMAIL: INFO@YMCAOFKV.ORG**