



WOMEN IN CHARGE

independence through healing, education and support

Spring 2018

What's New?

At Women In Charge, **100%** of our students showed progress as measured by state guidelines. **The state and federal target is just 50%. Missouri on the whole topped the nation in Adult Education advancement at 65%**

Harder to measure is improvement in Life Skills and Stability. However, **81%** of our students did make improvements through achieving **stable housing or leaving abusive relationships.**

Missourians who earn their high school equivalency make an average of **\$7,500 more per year** than those without a high school education according to the Missouri Department of Education.



Sheryl's Story

My dad left my life at age five, but I had a stepfather from there on. He was amazing, he treated me like his own, he was still able to work, he brought us gifts, he cooked and cleaned. He was very supportive of my mom and her kids. We lived with my grandmother and she was awesome, she taught me how to pick

greens, grow stuff, be a kid but at the same time knowing what to do. She was a better mother figure than my own mother. So we were all surrounded by family until my grandma died when I was 10 years old. Then everybody ended up going their separate ways. My mom couldn't maintain it all for 8 kids: clothes,

Cont'd on Pg. 2

Our Mission Statement

Women In Charge heals the spirit, builds confidence, and educates women in need so that they may provide a better life for themselves and their children.

We offer Adult Education and Literacy instruction, HiSET preparation, individual and group counseling, career counseling, parent mentoring, yoga and computer classes. The program is free of charge. A free on-site children's program is available to participants. September through May, hours are: Monday through Thursday from 9:00 to 2:30 PM. Summer hours are: Monday through Thursday from 9:00 to 12:30PM.

Sheryl's Story: Cont'd from page 1

shoes, food. It was four of us – she had to get more help from family and friends. It was hard, my sister who was 16 became our mother figure. She was prepping us to be more aware, independent – she was trying to do it all.

I ended up dropping out of high school in 9th grade because I didn't have the proper things to attend school. There was no one to buckle down on us to say, you need to be in bed at this time, you need to be up and dressed by this time and be at the bus at this time. There was no guidance..

I went to work right away, I got my first job at the Urban League. My aunt got me a bank account to save my money, but I ended up giving all \$300 to my mother because we were on the verge of getting evicted. I had planned to buy me more clothes, shoes, undies, personal hygiene things. I had planned to help my mom, I just didn't plan to give it all to her. But we were able to keep our home and pay our utilities.

I didn't have sex until I turned 17. I was straight and narrow; even my friends parents were strict. I didn't get raped, I didn't sniff, I didn't do powdered drugs. I never ran away from home. I was a tattle tale, my sister was a run away, so I had to keep an eye on her. People look up to me because I help people out of situations. I don't get into situations. I got in one fight in high school, but I did show them I can defend myself. I was never bothered again.

I did general cleaning for companies for four years and tried to earn my GED on my own for about a year. Next, I

went to 2 GED programs. I quit. I went to Urban League – she just gave me a book and said this is where you start. I was there only one day. She didn't explain anything, didn't answer, or wasn't able to answer, questions.

In 2004 I met Martin when I was taking my mother somewhere and I got stuck on the highway. My mom knew him, he towed cars and he towed my car back to the house. So that's how we met. I got pregnant with twins, and then a year and three months later I also had a little girl. Martin had eight kids before my three, he was family oriented, always wanted to barbecue. He was a great father. He did it all: cooked for them, gave them baths and put them to bed. He also showed me the "wild life". I never had that type of life – it was fun. He loved parties. I was observant, innocent, hesitant, while Martin was actually fun.

I was working at Delmar Gardens, having earned my CNA license. I went to work on December 2nd, 2017 at 11pm. When I got off at 7:15 in the morning we sat and talked for a while, he left at 9:00. By 11:30 he was dead, somebody walked up to him and shot him in Wellston. What happened didn't make sense. He was meeting a friend to wash his truck, and then a different friend told him to come to *another* place to finish washing it. I'm waiting for the police to find out what happened.

I had asked Martin if there was anyone else in life - intimate, and he always said no. I was still skeptical that that was not the whole truth and nothing but the truth. I actually left it alone after that – accepting the fact of not knowing. But that

***We Need
Auction Items!***
Our annual fall fundraiser may seem far away, but preparations have begun.

Do you have:
A vacation home you could share for a week?

Do you make jewelry?

Could you donate a gift certificate?

Would you like to assemble a basket of goodies?

Do you have a skill to share, such as making a dinner or dessert?

Please consider donating!

Thank you!

little piece of not knowing certainly is everything. I will move on.

My specialist from Better Family Life recommended that I go to Women In Charge. It is a motivating place and it helped my spirit lead me down the right path. Its where you really want to be especially when you have goals to complete. My goal is to teach children and going to cosmetology school. My children need to know way more than mommy knew. I want to be to my children what my grandma was to me.

Mark your calendars for
Friday October 5th
 Help us celebrate our
Silver Anniversary
 Women In Charge is 25 years old!

Where Are They Now?

Asia—Honor Roll at Harris
 Stowe

Barbara—Pharmacy Tech

Daphne—small business
 owner

Gloria—tech at St. Luke's

Kelly—final semester at
 UMSL

Marlene—applying to St.
 Louis Community College
 LPN program



*Meet
 Taneisha,
 our new
 yoga
 instructor.*

It's All In Your Head

Does your head ever whirl re-
 playing conversations of the
 day, worrying about upcoming
 events, and stressing about get-
 ting things done?

Handling stress well makes
 all the difference during your
 day. Unhealthy ways to handle
 stress include alcohol, drugs
 and anger.

Learning healthy ways to
 handle stress is something we
 try to teach at Women In
 Charge. Recently we began

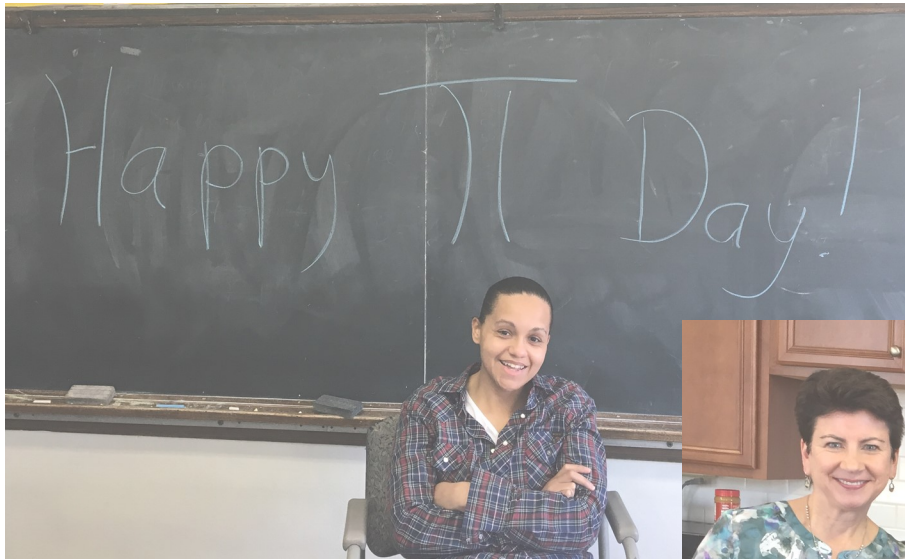
emphasizing meditation in yoga
 class. Yoga itself provides
 many health benefits. Medita-
 tion adds to it and had the ad-
 vantage of being something our
 students can practice at home,
 taking just five or ten minutes
 out of their day. Benefits of
 meditation may include: less-
 ening of anxiety and depression
 symptoms, reducing blood pres-
 sure, helping with bingeing and
 emotional eating and better
 sleep.

Board of Directors

*Robert Johnson, President
 Nancy Jones, Vice President
 James Nowogrocki, Secretary
 Scott Hunt, Treasurer
 Katy Cortinovis, Bob Fox,
 Vicki Pohlman
 Barbara Seeley, John Sharp,
 Kathleen Sprung, Tom Wheeland*

Staff

*Victoria Sharp Executive Director
 Marcy Austin Literacy Instructor /
 Tech Coordinator
 Ann Getz HiSET Coordinator
 Tina Tramble Child Care Staff
 Natalie Wills Childcare Director
 Lynn Wolf Social Worker/
 Development Coordinator
 Susan Wright Math Instructor/
 Financial Manager*



Pi = 3.14
So Pi day is
March 14
3/14

*We hope all of you
had a lovely Pi day
as well!*




WOMENinCHARGE
independence through healing, education and support
1483 82nd Blvd.
St. Louis, MO 63132

Thank you to our 2017 donors!

More than \$1,000

Amato, Al & Bea
BKD Foundation
Boyce, Edmund & Kirsten
Boyce, William &
 Penney Bush-Boyce
Bryan Cave LLC
Campbell, Tom & Mary Ellen
Carrollton Bank/Tom &
 Suzanne Hough
Cass Commercial Bank
Enterprise Bank & Trust
Ferguson, Don
Frieden, Carl & Sari
Gallagher, Mary Pat
Guyol, Christine
Heller, Clarence & Marilyn
Herrmann, Tom & Anne
Johnson, Bob & Sandy
Kellwood Foundation
Marsh, Steve & Sandy
Mathias, Bob & Chris
McCarthy Spice And Blends Co.
Mercy
Neal, Mary & Robert Charity
Noetzel, Michael & Mary
Norkaitis, Neil & Sandy
Olander, David & Jitka
Pohlman Vicki & Bob Bassett
Renner, Edward & Sigrid
Sharp, Boyd & Mikki
Sharp, Elizabeth T.
Sharp, John & Catherine
Vivirito, Phil & Cathy
Wheeland, Tom & Chris
Wright, Philip & Susan

\$500 - \$999.99

Baker, Frank & Mariann
Balfe, Dennis & Marty
Bellone, Vinni & Cliff
Benoist, Peter & Carol
Boehmer, Maury & Genny
Burns, Edward & Theresa
Cedar Creek Conference Center
Dearing, Ted & Deborah
Fitzgibbon, Tonie
Hunt, Scott & Susan
Kozuszek, Larry & Jane
Matheny, Monica & Ron King
Papageorge, Janet

Roche, Ben & Donna
Sedey Harper, PC
Smith, William & Sandy
Vatterott, John & Joan
Weiss & Associates, P.C.
Wilcox, Tom & Lou Ann Pfeifer
Wilhelm, Miriam & Eric Friedman
Wofsey, Dan & Carol

Less than \$500

Aach, Richard & Janet
Arnold, John & Alex
Ballard, Becky
Benedict, Cathryn
Benham, Lee & Alexandra
Bern, Ellen
Bischoff, Mary
Bloomquist, Eric & Mary Kay
Boehmer, Maury Jr.
Buck, Breck & Chris
Callahan, Sr. Carol Ann
Calvin, Elizabeth
Campbell, John & Annie
Castellano, Jim & Karen
Cavato, Joe & Linda
Chase, Richard & Kathy Freese
Christian, Jane
Christian, Michael & Audra
Cohen, Joan
Colletti, Vince & Fran
Davis, Thomas & Carol
Dearing, Jaymes & Susan
Dearing, Pamela
Degnan, Philip & Helen
Delaney, Jennifer & Chris Reid
Diehr, George & Annie Erker
Dille, David & Karen
Dolan, Robert & Susan
Edwards, Jessica
Egelhoff, Scott & Jill
Epperson, Cynthia & Robert Starr
Ernst, Andrew & Laura
Evans, Ben & Amy
Feld Richard
Feld, Ann
Feld, Betty
Feld, Joe
Finnegan, Frank & Mary Catherine
Fitter, Robert & Ann
Fitzgerald, Kelly
Fitzgibbon, Rindi
Foley, Fr. Tim

Fox, Robert & Mary
Fried, Linda
Friedman, Helen
Friedrich, Gordon
Gabriel, McCarthy
 & Wagner, PC
Gaerner, Mark
Getz, Randy & Ann
Goessling, John & Anna
Goldberg, Tom & Trish
Goldner, Jesse & Judith
 Cromwell
Graser, James & Michele
Guss, Jason & Becca
Havard, Colin & Mary Ellen
Hayward, Adam & Kelly
Helein, James & Michele
Hogan, Mary Kate
Homan, Kenneth & Sharon
Hughes, Fr. John Jay
Hughes, Michael & Glenna
Hunt, Edward & Jean
Hyman, Karen
Jackson, Mark & Jean
Johnson, Natalie
Johnson, Susan
Kalcic, Brian & Lynn
Karr, Robert & Jean
Kepple, Jeff & Abby
Koines, Mark & Mary Anne
Labelle, Andy & Erika
Lagomarcino, Paul & Suzanne
Lally, Jim & Laura
Lane, Belden & Patricia
Leindecker, Joe & Sue Reime
Leritz, Joseph & Francine
Logan, Irv and Sharon
Lueder, Gregg & Cynthia
Maguire, Brian &
 Catherine Hoehn
Marsh, Chris & Jillian
Martin, Brandon & Monique
Martin, Claude & Kay
Maruska, Dorothy
Matheny, Julie Goessling
McDonald, Anthony
McGuire, Brian
McHugh, Patricia
Mead, Sedgwick
Metter, Richard & Kristin
Metz, Stephen

And a few more to thank...

Michels, Tim & Wanda
Miller, Carl &
 Marti Goldammer-Miller
Minder, Matt
Mosqueda, Joey
Muckerman, Jane
Mulligan, Mary
Naunheim, Daniel & Judith
Nelson, Patricia
Norkaitis, Steve & Michelle
O'Gorman, Bob & Mary Lou
Orscheln, Rachel &
 Nadim Kanafani
Osburg, Jeff & Barb
Paulus, Greg & Pam
Pfaffenberger, Rebecca
Politte, Mary
Powers Insurance
Pratt, Liz
Rana, Tarun & Brittany

Rice, Susan
Roderick, Robin
Roman, John & Joanne
Ross, Melissa
Rossell, M
Rothrock, Anica
Rubinelli, BC
Schmid, Christopher
Schneithorst, Margaret
Schnoebelen, John & Joan
Schreier, Linda
Scottrade
Seely, Kip & Barbara
Seltzer, Carl & Jo
Sessions, Donald & Jan
Sharp, John & Victoria
Shaw, Dick & Mary Ann
Smith, Thomas & Marianne
Sorbet, Roy & Rhonda Porche
St. Joseph Community

St. Louis Community Foundation
Stevens, Mitchell
Stokes, Jim & Janice
Sweney, Robert & Maria
Szweda, Carol
Teakert, Gregory & Brenda
Turek, Msgr. Michael
Ulm, Jan & Julie
Vail, Justin & Roshni
Wagner, Chris & Erin
Wagoner, Nancy
Williams, Hill
Witterschein, Robert & Jill
Wolff, Mike & Patricia
Women's Association
 of the Ethical Society
Workman, Doug & Gail
Yemm, Kristin
Young, Howard

*Thank you for the academic
classes, cooking classes,
yoga and all the rest.
YOU make it happen!*

