



WOMEN'S & CHILDREN'S ALLIANCE

Safety, healing, and freedom from domestic abuse and sexual assault.

Welcome to February, Ambassadors!

Inspirational Quote of the Month

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

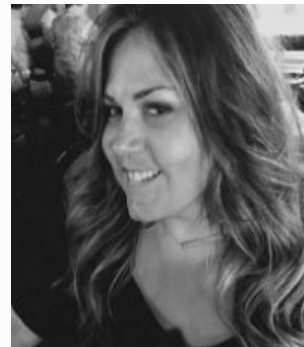
- Dr. Seuss

Meet Our Ambassador Team

We have many lovely new Ambassadors and Prospective Ambassadors so we thought it would be great to give everyone a refresher on our Ambassador Team! This is a superb group of women who are always willing to help you with questions, ideas, and ways to achieve your Ambassador Pin!



Ambassador Chair
Diana Burrell
Discovery Center



Ambassador Trainer
Katherine Johnson
YMCA

Congratulations to:

Melissa Starry
Sunday Cross

Huge congratulations to these fabulous Ambassadors for earning their Ambassador Pins in January! Ask us how you can reach your goal of getting the WCA in front of 10 people!

How You Can Help This Month

Become a Table Host for the WCA's Annual "Healing Begins With Hope" Outreach and Fundraising Breakfast. If you have attended in the past, you know what an inspirational and unforgettable morning this is each year.

Table Hosts invite people who have a passion for our organization to join them at this Breakfast. This event is cost-free for you and your guests. If you would like to become a Table Host or have questions please contact [Susan Kelley](#).

February Ambassador Tip:

February is Teen Dating Violence Awareness Month. As we all know, breaking the cycle of abuse can be achieved through early education of healthy relationships and boundaries. Talk to your teens, nieces, nephews, or community members about the importance of respect and boundaries in relationships.

Quick Links

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[Ambassador 101](#)



Ambassador Lead **new!**
Lindsey Pontious-Brist
KeyBank



Staff Representative
Emily Fascilla
WCA

February Ambassador Spotlight

This month's Ambassador Spotlight is all about our wonderful **new Ambassador Lead, Lindsey!** We are so excited to welcome her to the Ambassador Team.

Tell us about yourself.

My name is Lindsey Brist and I run Health Savings Account Operations for KeyBank, covering the state of Idaho. I have been in banking for about ten years, and with KeyBank for 4.5 years. I live in Meridian with my husband Jo and we got married February 2014, so we are still enjoying being "newlyweds." I have always had a passion for community involvement, that passion started in high school when I was part of National Honors Society and I needed to put in my volunteer hours. I got an internship at the Idaho Community Foundation and ever since then, I have loved being involved in the community!

Why do you have a passion for the WCA?

I have been involved with a lot of non-profits in the valley, but the WCA is what I am truly passionate about. The reason why is because I have an emotional bond with what their mission is. My older sister was stuck in an abusive relationship - luckily she had the support of her family to help her out of the horrible situation. It makes me think of the MANY women who are in similar situations, but do not have someone to turn to. Fortunately, there are places like the WCA who give them hope and a family, to help them out of their situation and give them hope for the future.

What is your vision for Ambassadors in 2015?

My vision is to see the participation grow. In today's society, we have the privilege of technology and social media to help spread our mission and message. I would love to see an increase in ambassadors, more marketing, and more people in the Treasure Valley know about the WCA. I think an Ambassador breakfast or lunch meeting

[Calendar of Events](#)

where we can all get to know each other more would be a great start.

Do You Like Lindsey's Idea?

Are you interested in Ambassador coffee, lunch, or happy hour? Do you have other ideas for Ambassadors? Please let us know.

Thank you for being an Ambassador of the Women's and Children's Alliance. Outreach and awareness are vital to strengthening our community through safe and healthy relationships.

Please visit our website at <http://www.wcaboise.org>.
Questions or concerns? Please email ambassadors@wcaboise.org