

The Heart of Who We Are



Dear AES Friends and Family,

In just a few months, this year has already proven to be busy for AES! We have been preparing and hosting retreats to expand the impact and scope of our work in the Sacramento area, supported several local events, built upon our collaborative partnerships as well as launched new programs to mentor and empower young people. In this newsletter we get a chance to highlight some of these projects and share how AES has taken action this last month!

We are also extremely excited to announce we have new AES space to host meetings, trainings and workshops! This has been a game changer for increasing our opportunities to collaborate and streamline some of our efforts. As we continue into 2023, we are excited to continue doing the Heart Work together!

A Message from AES Board Member Gavyn

Hello, everyone! I am Gavyn, board treasurer and secretary. I have been involved with AES in some capacity for over five years. I started volunteering for AES because of the incredible mission and was excited and honored to receive an invitation to serve on the board.

Reflecting on the experiences I have had over the years, I would say one of the most influential, and the reason I was so excited to receive an invitation to join the board, was attending the Davitto Leadership Academy (DLA) Cohort 1 graduation ceremony in January 2019. Seeing the youth presentations and hearing their stories and passions was incredibly



moving and inspirational and energizing for me as a volunteer and donor. Another memorable experience was the gala held in November 2019, which was yet another opportunity to hear the stories, dreams, and see the growth of the youth we serve.

Although the pandemic put a pause on our work, it created an opportunity for us to step back, reflect, and plot our path forward. One outcome of the pause was an invigorating retreat in summer 2022 that resulted in a refreshed vision, new board positions, and a path forward for creating new and enriching opportunities for our youth. I am excited by the new perspectives we have from the new board members, as well as the new partnerships we are working to form with organizations in greater Sacramento.

Deep Dive Retreat with Feed Sacramento

Part 2 of Feed Sacramento's Board retreat took place on February 4th at our new AES office. Members of the Feed Sacramento Board were able to participate in team-building activities and workshops about building and sustaining a board and setting their organizational structure. It was an amazing opportunity to be in collaboration with this organization. Thanks to our partners at Feed Sacramento and their efforts in continuing to become the best versions of themselves and get better at being better.



Meeting Mayor Steinberg & Introducing Team Rising



California Capital College and Career Academy is a new Sacramento charter school located in the Del Paso Heights area that broke ground on February 9th. The groundbreaking ceremony was attended by members of the community, the mayor of Sacramento, city council members,



Teams Rising is a newer organization that focuses on building retreats for student-athletes at the collegiate level. The retreats consist of workshops, team building activities, and discussions around mental health in relation to young college athletes. Ashley, founder of Teams Rising,

news outlets, and individuals who are excited about the opening of this brand new school. One of our very own, who we call "little Ana," was interviewed by FOX 40 News. Watch her interview and learn more about the event by clicking the link below:

<https://youtu.be/pOChbyXVEnc>

invited our Director of Youth Programs Ana to collaborate in facilitating Teams Rising's retreat at Dominican University on February 19th. We look forward to experiencing the growth of Teams Rising and all of the amazing work they will continue to do for youth in the community.

Knowledge Bowl at Sacramento State



The first annual Knowledge Bowl at Sac State consisted of student leaders on campus that shared their understanding of African American history and were able to compete against one another to see which groups of students knew the most about Black history. NSBE, Collegiate 100, and the Sac State BSU groups were the 3 competing groups. It was an amazing experience, and we congratulate the Collegiate 100 for winning this Knowledge Bowl. We look forward to continuing to attend these types of events at Sac State. Our partners at the new MLK Center and Unique Programs group are two partnerships at Sac State that we also look forward to continuing to support!

AES Impact Grant Connect



Our 3rd AES Grantee Connect occurred on February 8th. AES Grantees participated in discussions and found ways to continue to support one another through the barriers that are keeping them from fully reaching their potential as nonprofit organizations. It was a day full of collaborating and connecting with organizations that are like-minded and on the path of getting better at being better.

Emiliano Rosas, Project Coordinator at PRO Youth & Families and member of the Sac Kids First Coalition, shared, "This was the first one I attended, and it was such an

experience. It was a very welcoming and safe space to decompress and talk about the barriers we face while doing the great hard work we all do. This was a great reminder that no one is perfect and we all are walking in our purpose. I'm truly grateful to Ana and the Sac Kids First Coalition for allowing me to be a part of such a larger vision." We couldn't agree more with Emiliano and are thankful that we are all a part of a greater vision, and together, we are moving towards creating transformational impact.

Meet Pathways to Success Mentor Tavion Dominguez

Hi all. My name is Tavion, I am 20 years old. I'm a college student at American River College, majoring in business. I think AES is doing a great job by providing students the opportunity to have mentors. I think I can use my experiences to relate with students because I am one. I look forward to helping students set goals and achieve what they want to achieve.



Mentoring Mondays: Empowering Women in Business



The Sacramento Business Journal hosted its 10th annual Mentoring Monday event at Sacramento State University on February 28th. Ana was invited to participate as a sponsee and mentee of the day. The event included mentors who are successful businesswomen in nonprofits, the private sector, and as entrepreneurs. These women provided coaching sessions for students and young women similar to Ana, who is currently studying to pursue an MBA. There were lots of collaborative conversations and opportunities to expand our AES network here in Sacramento, and we are look forward to partnering with the businesswomen we met at this event.



Connect With AES

Forward

Know someone who would be interested in this email?
Forward this email to your friends and connections.

Subscribe

Not currently getting our email newsletter? [Subscribe here](#) and stay up to date on AES' events and news.

Follow

Follow AES' social media for current updates and event information. Click the icons and get connected.

