



**For Immediate Release**

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## **WOOLLY MAMMOTH THEATRE COMPANY WELCOMES AVANI GALA AND SARA MINDEL TO ITS BOARD OF DIRECTORS**

(Washington, DC) **Woolly Mammoth Theatre Company** is pleased to welcome **Avani Gala** and **Sara Mindel** to its Board of Directors.

“Both Avani and Sara have a long and storied history with Woolly Mammoth and I’m so excited to welcome them both onto the Board,” says Board of Directors President, **Chris Babb**. “Both women have already begun to really dig into their new roles – Sara while working with artists on Woolly’s production of *TEENAGE DICK* to discuss how to manage stress and anxiety in this unique time and Avani as she combs through last year’s Board meeting minutes to ensure she can hit the ground running.”

Avani Gala and Sara Mindel have both greatly contributed to the DC Theater community through the dedication of their time and talents.

**Avani Gala** is a CPA and Certified Fraud Examiner who has conducted white-collar, forensic investigations around the world and developed ethics and compliance programs for media companies. She has nurtured a love of storytelling in its many forms—word of mouth, print, music, audiovisual and live performance—and humbly contributes to this lifelong passion through the Woolly community.

**Sara Mindel** is a somatic psychotherapist trained in Sensorimotor Psychotherapy and EMDR and has a long history and experience working in and for the LGBTQ and BIPOC communities. Not only does Sara support the theater by attending fundraising and theater events, she has offered her support services to help create safe and supportive spaces for the actors cast and theater community.

“As we continue to grapple with the ongoing impacts of the COVID-19 pandemic, I’m humbled that we’re able to welcome these two incredible women onto the Woolly Mammoth Board of Directors,” says **Managing Director, Emika Abe**. I have no doubt that their combined professional experience and passion for Woolly Mammoth and the greater Washington DC community will only bolster the work undertaken by our Board.”

Gala and Mindel join a passionate and engaged group of 29 community leaders and arts enthusiasts on Woolly Mammoth’s Board, including President J. Chris Babb, Immediate Past President Linette S. Hwu, 1st Vice President Nancy Hartsock, Vice President Scott Schreiber, Vice President Clarence J. Fluker, Vice President David Sharman, Treasurer Paola Allais Acree, Secretary Barbara Strack, Swati Agrawal, Justin Tyler Bernstine, Colin K. Bills, Jon Bouker, Kimberly Douglas, Jane Grove Fishkin, Michael Fitzpatrick,

Sari Hornstein, Mary McIntosh, Pete Miller, Dale A. Mott, Liz Norton, Michael E. Ramirez, Stacy Reed, Julie Rios, Eric Ruffin, Kaiti Saunders, and Sheldon Scott.

## ABOUT WOOLLY

**Woolly Mammoth** creates badass theatre that highlights the stunning, challenging, and tremendous complexity of our world. For over 40 years, Woolly has maintained a high standard of artistic rigor while simultaneously daring to take risks, innovate, and push beyond perceived boundaries. One of the few remaining theatres in the country to maintain a company of artists, Woolly serves as an essential research and development role within the American theatre. Plays premiered here have gone on to productions at hundreds of theatres all over the world and have had lasting impacts on the field. Co-led by Artistic Director Maria Manuela Goyanes and Managing Director Emika Abe, Woolly is located in Washington, DC, equidistant from the Capitol Building and the White House. This unique location influences Woolly's investment in actively working towards an equitable, participatory, and creative democracy.

Woolly Mammoth stands upon occupied, unceded territory: the ancestral homeland of the Nacotchtank whose descendants belong to the Piscataway peoples. Furthermore, the foundation of this city, and most of the original buildings in Washington, DC, were funded by the sale of enslaved people of African descent and built by their hands.

## ABOUT AVANI GALA



**Avani Gala (she/her)** hails from the Deep South. She is a graduate from Mercer University (go bears!) and the University of Virginia (wahoowa!). Avani first moved to the DC area over a decade ago to begin her career in public accounting. As a CPA and Certified Fraud Examiner, she's conducted white-collar, forensic investigations around the world and developed ethics and compliance programs for media companies. Avani enjoys creating (sewing, cooking and gardening) and consuming (time with loved ones, food and stories). She has nurtured a love of storytelling in its many forms—word of mouth, print, music, audiovisual and live performance—and humbly contributes to this lifelong passion through the Woolly community.

## ABOUT SARA MINDEL



**Sara Mindel (she/her)** is owner and practitioner at Embodied Psychotherapy LLC, who specializes in Trauma, Sexuality and Somatic Psychotherapy. Sara is trained in Sensorimotor Psychotherapy and EMDR and has a long history and experience working in and for the LGBTQ and BIPOC communities. For the almost two decades Sara has been providing therapeutic trauma and somatic healing. She received her Master's in Social Work from the University of Pennsylvania School of Social Work and a BS in Human Development and Family Studies from Lesley University. In addition to her current work, she has held clinical positions at

Whitman-Walker Health, SMYAL (Sexual Minority Youth Assistance League), and The Lambda Center at The Psychiatric Institute of Washington, Sara has lectured and presented throughout the area on issues of both Trauma and Working with LGBTQ clients and Sexuality. As for her time with Woolly, Sara has been a friend of the theater for the past ten years. Enjoying the shows and attending fundraising and theater events. Not only has Sara been connected to the theater through the arts but also has supported the theater through her mental health work on multiple occasions, which has propelled her to offer her support services to the regional DC Theater Consortium. Creating safe spaces and supportive community for the actors cast and theater community.

## JOIN THE CONVERSATION

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