

## ***“Keep Moving”***

*Inspiration tends to be the cornerstone for acts of kindness and giving. Sybil Eng has led a life of giving, following in the footsteps of those who have inspired her. As part of an immigrant family from Hong Kong, she was taught by her parents that living a life which contributes to society in a positive manner is paramount.*

*Sybil first came to learn of CASA during her college years and knew in her heart that she would weave volunteering for foster youth into her life. She is a trained epidemiologist and worked closely with the pharmaceutical industry to ensure drug safety. As her career progressed and her family grew, Sybil began her journey as a CASA while also assisting at her local soup kitchen on a deeper, analytical level. She assists with administration and focuses on data to assess the impact of the soup kitchen’s various programs. Furthermore, she dedicates time at her son’s school in a variety of roles.*

*Sybil has advocated for CASA over the last 12 years and has assisted on a handful of cases, bringing much value to each youth involved. Even though each case has presented its difficulties, she has learned that consistency and “showing up” are key despite the slow movement when it comes to progress. “They [the youth] know they can expect me to show up, and they open up to me, and we have a lot of fun together!” Her current case is by far her most memorable as she has seen a sibling group of five children grow. They often play basketball together, play games, or eat “pretend” hamburgers made of game pieces! The oldest child was recently adopted, and for Sybil, it was “very emotional as many of the individuals [present at the hearing] had worked with this wonderful, funny, smart, fifth-grader since he was a little boy.”*

*Aside from her advocacy, Sybil leads a fully vibrant life along with her husband, Tad, and two sons, Andy and Jack. They love residing in Montclair for all it offers in terms of diversity and excitement! They spend much time outdoors hiking or biking the trails near Lake Minnewaska and enjoying great meals together. Sybil also enjoys quality time walking their dogs, Archie and Tess, cooking and reading – her favorites including Verghese’s *Cutting for Stone* and Boyne’s *The Heart’s Invisible Furies*.*

*Sybil has a favorite quote by MLK, Jr. she lives by as a reminder for herself to always reach farther on the road towards progress: “If you can’t fly then run. If you can’t run, then walk. If you can’t walk, then crawl, but by all means, keep moving.” And it is this idea of continuous movement that has spurred her invaluable contributions to CASA of Essex.*