

# our voice

Fall 2009 Newsletter and Class Schedule for the YWCA of Lancaster

## YWCA of Lancaster receives Champions of Diversity Award



*Executive Director Maureen Powers with the Champions of Diversity Award presented to the YWCA by the Urban League of Lancaster and the Lancaster Chamber of Commerce & Industry.*

The YWCA of Lancaster was recently honored for its work promoting racial justice in Lancaster County with one of the first-ever Champions of Diversity awards. Sponsored by the Urban League of Lancaster County and the Lancaster Chamber of Commerce and Industry, the award ceremony took place at the Urban League's Equal Opportunity Event in June.

The award was jointly presented by Lancaster Chamber board director Stan Saunders and Urban League board director Andre Goodlett who said, "The YWCA was selected because the Association exemplifies work to build bridges between diverse communities, empowers individuals to improve their lives and promotes a culture of inclusion in the local community."

YWCA executive director Maureen Powers thanked the League and Chamber for sponsoring the award and said, "What a community chooses to celebrate sets the tone for the values by which it lives." She observed, "By celebrating diversity, we help create a climate of inclusion in which all people are accepted and respected, regardless of their race, gender, sexual orientation, religion, abilities, age or appearance."

*"What a community chooses to celebrate sets the tone for the values by which it lives."*

Ms. Powers said she was honored to accept the award on behalf of the many YW staff (Please see **AWARD** inside)

## Rooftop playground reopens in our Childcare Center

We're pleased to report that our rooftop playground, which has been closed for almost 18 months, is up and running again much to the delight of the 60 or so 1-5 year olds in our Childcare Center. And it's all through the courtesy of our friends at ECORE International who ensured we had new playground tiles for the kids to play on.

Our playground is a wonderful recreational area that had been used year-round for more than a decade until it was closed in January last year due to the questionable safety of the old tiles. The company that originally installed them is no longer in business and there was no record of the fall zone test specifications to

satisfy state regulations. So the playground door was locked and bore a sign, "Not to be used until further notice".

That's when ECORE stepped in and saw to it that the children in our care could once again run around the playground and use the slides to their hearts' content. ECORE not only generously donated the cost of the tiles but arranged for volunteer employees and Abacus Surfaces, Inc. to install them. Director of Childcare Services Cheryl Gahring says it was a



happy day when the colorful new tiles were laid in place, and she could take down the "Not to be used" sign and unlock the playground door.

## Our Voice - YWCA of Lancaster - Fall 2009



*YWCA table at the Urban League Equal Opportunity Event: Racial Justice & Advocacy Trainer Conrad Moore, Board Member Darlene Colón, Assistant Executive Director Dot Evans, Finance Director Angie Lightfoot Roth, Human Resources Coordinator Cat Minnerly and Executive Director Maureen Powers.*

**AWARD** (continued from front page) and volunteers who perform their jobs everyday with an intentional underlying multi cultural and inclusive philosophy. She said it isn't easy to develop meaningful programs that are anti-racist, anti-sexist, and anti-bias of other kinds.

"It requires not only research and training, but also a commitment to a continuing personal journey of self

discovery and multi culturalism on the part of trainers, facilitators, and the entire organization.

"It requires patience with others, as we are all wrestling with demons, whether they be the prejudices against others we were taught by our families and society, or internalized versions of those that we subconsciously turn against ourselves.

"It requires persistence in the face of criticism, because no one person or entity can ever do the whole job, and so we are always vulnerable to charges of not doing enough, or of doing the wrong thing, taking the wrong approach.

"And it requires tenacity to attempt to dismantle institutionalized and systemic oppression. "

Ms. Powers said you have to have

not just the heart for social justice work but also the guts, and noted, "Many of our sisters and brothers, and yes, some of us here tonight are still subjected to intolerable and unacceptable levels of stress due to oppression because of who we are."

She said we have the power every day to shape our economic and social institutions and our values and belief systems, "Let us each acknowledge that power and use it to continue the work of becoming the truly coherent and responsive multi cultural human community envisioned and celebrated through these Champions of Diversity awards."

Earlier in the evening, Kent Trachte, Board chair of the Urban League of Lancaster County, said his organization is motivated to create a community in which African Americans, the poor, the disadvantaged and other minorities can engage in life-long learning, become self-sufficient and develop to their full potential.

Two other Champions of Diversity awards were presented at the event, to David Smith of Good Schools Pennsylvania and Monica Dixon of Hershey Entertainment and Resorts.

### woman2woman event at the YWCA on Sunday November 15



*Mary Kay Witmer and Ana Filippo show YWCA Board President Colleen Milligan their 'Signs of Life' jewelry at last year's woman2woman event.*

The seventh annual woman2woman event will be held on Sunday November 15 from 8 a.m. to 4 p.m. at the YWCA, 110 N. Lime Street in downtown Lancaster.

Women from all over the county will share their expertise with a focus in a challenging economy on learning the skills and enjoying the benefits of caring for ourselves, for others and for the earth.

woman2woman is designed to raise women's awareness of the many choices they have when seeking to create healthier and more balanced lives. This year's unique event for women will include:

- Workshops from 'Financial planning for women' and 'How to choose a career which nurtures your soul' to 'Cooking to feed your energy' and 'Creating your own backyard vegetable garden'.
- An alternative shopping mall with Lancaster's most creative and artistic women entrepreneurs selling their jewelry, artwork and hand-crafted items.
- Earth friendly beauty products.
- Yoga, dancing and drumming.
- Nutritious and delicious food from the tastiest women-owned restaurants in the city.

There will also be Reiki, Shiatsu and massage therapists to provide one-on-one care and attention.

woman2woman chair Susanne Hershey-Babec says, "Let's ride the waves of this recession together as powerful women, and recognize our opportunity to grow stronger and smarter through it all."

For further details go to [www.ywcalancaster.org](http://www.ywcalancaster.org) or call 393-1735. Admission is \$12 per person, \$20 for 2.

# Our Voice - YWCA of Lancaster - Fall 2009

## The YWCA of Lancaster's Racial Justice Initiatives

### Anti-Bias Curriculum

Breaks the cycle of prejudice by teaching children at their most impressionable age the value of celebrating our ethnic and cultural differences.

### Customized Trainings

These are available to address racism in our schools, businesses and community organizations.

### Annual Racial Justice Institute in June

An in-depth, 3-day workshop that brings national trainers to Lancaster to examine the subtle ways racism permeates our society and provide practical guidance as to what can be done to counteract them.

### Annual Day of Commitment

Groups of three people from diverse backgrounds commit to getting to know one another over a meal. See below for details...



The YWCA of Lancaster's commitment to eliminating racism is probably best recognized in its Race Against Racism which, now in its 11th year, is the longest running YW event of its kind in the world. The race attracts almost 3,000 runners and walkers each April, and serves as an important fundraiser for the YWCA's racial justice initiatives within our community.

### Study Circles

Guided discussion groups that share concerns about issues related to racism and explore ways of making things better. See below for details...

### Join us for the annual Day of Commitment on Wednesday November 4

Would you like to meet people with an ethnic background different from your own? Well you can, by joining us for the YWCA Day of Commitment.



On Wednesday November 4, groups of three people from diverse backgrounds, who've never met before, will commit to getting to know one another over a meal so they can bridge the ethnic divisions within

our community. They will meet for breakfast, lunch or dinner at a restaurant of their choice.

If you're interested in taking part, you must register with the YWCA Racial Justice and Advocacy Coordinator by October 1. Call 393-1735 x 269 or go to [www.ywcalancaster.org](http://www.ywcalancaster.org). There is no fee, you just pay for your own meal. Middle and high schools can participate by organizing a "Mix It Up Day"; call the YW Empowerment Center Director at 393-1735 x 229.

### Join one of our upcoming Study Circles on racism

We will be holding two Study Circle discussion groups in the fall on "Facing Racism in a Diverse Nation".



In a Study Circle, participants try to understand each other's views but they do not have to agree. The idea is to explore concerns about racism and look for ways to make things better. A trained facilitator

helps the group focus on different aspects of the issue and ensures all voices are heard and options explored.

Our Study Circles are made up of 8 to 12 people from different backgrounds and viewpoints who meet 6 or 7 times in two-hour sessions. Meetings are scheduled for:

- Fridays, Sept 11 to Oct 23, 1-2:30 pm, St. James Episcopal Church, 119 N. Duke St. in downtown Lancaster.
- Thursdays, Oct 20 to Nov 24, 6:30-8:30 pm at a location yet to be chosen.

Call 393-1735 x 269 to register.

## Parent Child Learning Center (PCLC)

*Classes in how to be a better parent*



Unlike having to pass a test before we can drive a car, there's no training or qualification required for parenthood.

When we bring a baby home from the hospital, most of us rely on memories of how we were raised. Sometimes that is not enough and distressing problems may arise over relating to one's children.

The YWCA Parent Child Learning Center (PCLC) teaches basic parenting skills to mothers and fathers of children from birth to age 5. Most parents are referred by Lancaster County Children and Youth and other community agencies although self-referrals are welcome too. The classes enhance the parents' nurturing abilities through positive behavior management, healthy communication and disciplining with love.

YWCA PCLC director Cathy Diamond says a mother of three explained how the program helped her become a better parent. She said she learned to praise her kids and

tell them how much she loves them. As for developing their language skills, something as simple as being encouraged to talk with her children has improved their vocabulary.

*"I've learned not to spank my children because it only teaches them to hit."*

And when it comes to discipline, she says, "I've learned not to spank my children because it only teaches them to hit." Instead she focuses on establishing herself as a caring authority figure, "I learned that by setting limits and reinforcing them they know mommy is not playing around and is serious about what she's saying." Overall she said, "There were so many significant changes I made, it's been exciting

not only for me but for my kids."

It's not unusual to get such positive feedback, nor is it restricted to moms. Cathy says a dad told her the classes made him aware of how much he loved his son and taught him how to be the kind of parent he needed to be and always wanted to be.

PCLC participants meet Tuesdays and Thursdays at the YWCA for the 10-week program. Daycare is available at the YW during the classes. For more information, call Cathy Diamond or Tracy Neidert at the YWCA at 393-1735 ext. 238, the Lancaster County Children and Youth agency at 295-3608, or e-mail [cdiamond@co.lancaster.pa.us](mailto:cdiamond@co.lancaster.pa.us).

### Join the YW Public Policy Action Alert Network

Social action and advocacy are cornerstones of YWCAs across the US as we strive to eliminate racism and improve social and economic conditions for girls, women and their families.

We urge you to add your voice to ours to strengthen the YW's impact in the nation's capital and in state and local governments by sending your e-mail address and zip code to our Action Alert Network at: [advocacy@ywcalancaster.org](mailto:advocacy@ywcalancaster.org).

We will alert you when impending state or federal legislation related to our Mission is coming to a vote so you can take action with a phone call or the click of a mouse.

### YW receives youth grants from the Rotary Club of Lancaster and the Junior League

The YWCA recently received grants for services to youth from two community organizations dedicated to improving the quality of life in Lancaster County.



The Rotary Club of Lancaster presented the YWCA with a Presidential Grant of \$3,000 for our anti-bias program.

The multi-session curriculum helps children to become more accepting of the many differences among us and is provided across the county in partnership with elementary and middle schools.

The YWCA is also one of four agencies to receive funding from the Junior League of Lancaster's Community Opportunities Fund.



Junior League of Lancaster

The grant of \$3,600 will allow the YWCA to provide sexual abuse prevention and gender bullying prevention programming to approximately 2,400 elementary school students in the School District of Lancaster in the coming school year.

We are honored to have received these grants and grateful to the Rotary Club and Junior League for sharing in our vision of peace, justice, freedom and dignity for all.

# YWCA of Lancaster Health & Fitness Center

Fall 2009 Schedule - fitness, gymnastics and dancing

Lucy Ngokonyo-Weaver, Health & Fitness Director

## The YWCA at Lime Street opening hours

Mon-Thurs 6:15 am - 9:00 pm  
Friday 6:15 am - 7:00 pm  
Saturday Closed  
Sunday 3:00 pm - 7:00 pm

**The Health & Fitness  
Fall 2009 Term:  
Adults and Youth  
Sept. 7 - Nov. 27**

The YWCA building  
will be closed over  
**Labor Day weekend**  
September 6 - 7  
and **Thanksgiving weekend**  
November 26 - 29

**Do you live in Penn Manor and need  
someone to take care of your children  
before and after school or kindergarten?**



We provide an affordable program of structured activities for parents whose work days are longer than the school day, or who need help with early dismissals, snow delays and no-school days...

- games and sports
- arts and crafts
- help with homework
- located on school grounds

Call the YWCA at  
393-1735 and ask  
for Monica (x 270)  
or Rick (x 265)



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[www.ywcalancaster.org](http://www.ywcalancaster.org)

Licensed by the State and participates in the Keystone Stars Program

**For boys and girls K through 6**

**6:45 - 9 a.m., 3:30 - 6 p.m.**

**YWCA programs are supported by but not affiliated  
with Penn Manor School District**

**Join the YWCA and support  
the world's community of  
women!**

**Membership in the YWCA** joins you with other like-minded adults to support the Mission of the YWCA locally, nationally and internationally. When you join the YWCA, you join an international movement that works to empower women and girls and eliminate sexism and racism.

**Class fees must be paid in full with registration forms in order to register for classes.** When registering after the third week of classes, fees will be prorated. Scholarships to reduce class fees are available in some cases of financial need. Requests should be made to the Health & Fitness Director.

**Absence from a class** does not reduce the cost of programs, therefore a credit or refund cannot be given for absences. If you miss your regular class time, make-up classes may be taken within the term. If a class is too full, a make-up class may not be possible.

**Refunds** are given only if the YWCA cancels an activity or class. **YWCA membership is not refundable.**

**Credit** will only be given for medical reasons approved by the Health & Fitness Director with the certification of a physician. When approved, credits will be calculated from the date of notification to the Health & Fitness Director. Credits must be used within six months.

# Fitness, gymnastics and dancing - Fall 2009

## Express Workouts

Can't find time to exercise?  
Try the YWCA at lunch time,  
Monday – Friday  
9/7 – 11/27/09

## Body Sculpting

Tone and condition your body in 30 minutes.  
MW 12:10 p.m. – 12:40 p.m.  
Instructor: Ineida

## Abs and Glutes

Tues 12:10 p.m. – 12:40 p.m.  
Instructor: Ineida

## Strong and Lean

Strength with flexibility with intervals of cardio. Complete workout over lunch time.  
Thurs 12:10 p.m. – 12:40 p.m.  
Instructor: Cindy

## Pilates with a twist

The name says it all!  
Fri 12:10 p.m. – 12:40 p.m.  
Instructor: Cindy

## Open Basketball

Enjoy pick-up games with friends or practicing your skills. No instruction given during session. YWCA membership required.  
Ages 9 – 14 years  
Tues 4 p.m. – 5 p.m.  
Ages 15 years and over  
Thurs 4 p.m. – 5 p.m.  
Fee: \$1.50

## Open Gym

A time for pre-schoolers to climb, play and make friends.  
Fri 10:30 a.m. – 11:30 a.m.  
4:00 p.m. – 5:00 p.m.  
Fee: \$1.50 per session

## Hoppers, ages 3-5

First-time gymnasts.  
SESSION: 9/7 – 11/27/09  
Tues 5:00 p.m. – 5:45 p.m.  
Fee: \$65

## Creative Movement ages 3-4

Dancing, singing and fun activity will stimulate your child's senses and creativity.  
SESSION: 9/7 – 11/27/09  
Tues 5:45 p.m. – 6:15 p.m.  
Instructor: Amy  
Fee: \$65

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**ywca**

## Ballet, ages 4-7

An introduction to the five basic ballet positions using feet and arms. Introduces turns, jumps and across-the-floor movements. Leotard, tights and ballet shoes are required.  
SESSION: 9/7 – 11/27/09  
Level I - Beginner:  
Thurs 5:00 p.m. – 5:30 p.m.  
Level II - Advanced beginner to intermediate:  
Thurs 5:30 p.m. – 6:15 p.m.  
Instructor: Amy  
Fee \$65

## Zumba

Calorie Burner, Heart Racer, Muscle Pumper and Body Energizer. This class has Latin rhythms that are easy to follow. It will leave your body experiencing an absolute total blast.  
SESSION: 9/7 – 11/27/09  
Tues 5:30p.m. – 6:30 p.m.  
Instructor: Sarah  
Fee: \$61

## Adult Ballet

An introduction to basic ballet positions and simple across-the-floor movements. Class will also include stretching and barre exercise. Ballet shoes are required.  
SESSION: 9/7 – 11/27/09  
Level I  
Thurs 6:15p.m. – 7 p.m.  
Level II  
Tues 6:15 p.m. – 7 p.m.  
Instructor: Amy  
Fee: \$65

## Take Charge

For a new, stroger you! This class will include 20 minutes of heart rate, 20 minutes of strength and 20 minutes of stretching with pilates moves.  
SESSION: 9/7 – 11/27/09  
Mon/Wed 5:30p.m. – 6:30 p.m.  
Instructor: Cindy  
Fee: \$61

## Yoga for Beginners

This class will take you to a different level of fitness without impact to the body.  
SESSION: 9/7 – 11/27/09  
Thurs 7p.m. – 8 p.m.  
Instructor: Mary Kay  
Fee: \$65

## Senior Land Exercise, ages 60 and up

Improve your strength, endurance and range of motion through gentle exercises using resistance bands and hand weights. Exercises can be done seated or standing.  
SESSION: 9/7 – 11/27/09  
Tues 1 p.m. – 2 p.m.  
Thurs 1 p.m. – 2 p.m.  
Instructor: Lucy  
Fee: Call for more information.

## Physical Fitness Center, ages 16 years and over

We aim to provide variety and cross-training in our Physical Fitness Center to keep you motivated and in shape! Individual consultation is recommended to help you plan your personal strength training workout. Please call the Health & Fitness Center at 393-1735, ext. 239 to set up a consultation with a qualified fitness professional.

Fees:

First Consultation	\$35	3-month pass	\$45
6-month pass	\$85	12-month pass	\$145

**Consultations by appointment only**

**Please check a current copy of our schedule for any possible changes.**

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All YWCA members  
and allies must show  
their membership cards

Registration for classes begins **August 24, 2009** and continues throughout the term on a first come, first served basis. **No early registrations will be accepted.** YWCA membership is required for all classes. Your membership must be current through the duration of the class term for which you are registering. If your membership expires before the class ends, renewal is required before registration can be completed. **Registrations must include class fees.**

**1. Mail-in:** Mail the completed registration form with payment to the YWCA, 110 N. Lime St., Lancaster, PA 17602. Forms will be registered on August 24. Early registrations will not be accepted.

**2. Phone-in:** In order to register by phone, a credit card must be used. Calls will be returned in the order they are received.

**3. Walk-in:** All payments for membership and class fees are accepted at the Front Desk from 7am-8pm (Mon-Thurs), 7am-6pm (Fri), and 4pm-6pm (Sunday).

**If minimum registration is not reached a week prior to the first class, the class may be cancelled.**

**fees  
for  
adult  
fitness  
classes**

unless  
otherwise  
noted

**30-minute classes**

- 1 per week \$ 39.00
- 2 per week \$ 71.50
- 3 per week \$ 98.50
- 4-5 per week \$ 121.00

**60-minute classes**

- 1 per week \$ 61.00
- 2 per week \$ 90.00
- 3 per week \$ 122.00
- 4-5 per week \$ 149.50



**Please make checks payable to the YWCA.**  
We accept Visa & MasterCard.

Last name \_\_\_\_\_ First name \_\_\_\_\_

Partner/Parent \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone(H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  Female  Male

**Member/Ally Fees**

Membership is required for registration purposes. Fees for classes and the Physical Fitness Center are in addition to membership fees.

Check your categories:

New  Renewal Exp. date \_\_\_\_\_  Member  Ally

YWCA members are women and girls 15 years and older.

Check your membership type:

Adult (18+ and out of high school) **\$35**

(Preschool children are included under a parent's or guardian's membership)

Family (includes 2 adults & children under 18 in the same household.) **\$55**

Please list names and birth dates for Family Membership and pre-school children to be covered under Adult Membership.

**Full Name**

**Birth date**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Senior Citizen (60+) **\$25**  
 Student (5-17) **\$15**

**Class Registration**

1. Name \_\_\_\_\_ Fee\$ \_\_\_\_\_

Class \_\_\_\_\_ DayTime \_\_\_\_\_

2. Name \_\_\_\_\_ Fee\$ \_\_\_\_\_

Class \_\_\_\_\_ DayTime \_\_\_\_\_

3. Name \_\_\_\_\_ Fee\$ \_\_\_\_\_

Class \_\_\_\_\_ DayTime \_\_\_\_\_

**Physical Fitness Center**

First Consultation **\$35**

3-month pass **\$45**

6-month pass **\$85**

12-month pass **\$145**

**Total class fees** \_\_\_\_\_

**Member/Ally fees** \_\_\_\_\_

**TOTAL Payment Due** \$ \_\_\_\_\_

Use this valuable coupon and save!

**Pay before 8/31/09 & receive \$2 off.**

Offer good for classes only. One coupon per family.

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YWCA of Lancaster  
110 N. Lime St.  
Lancaster, PA 17602

Health & Fitness  
registration begins  
August 24, 2009

# our voice

Fall 2009 Newsletter and Class Schedule for the YWCA of Lancaster



## our mission

The YWCA of Lancaster is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

## ywca programs:

adult services

childcare

health & fitness

racial justice and public policy

residence

sexual assault prevention & counseling center (SAPCC)

youth services

[www.ywcalancaster.org](http://www.ywcalancaster.org)

717-393-1735

A United Way Agency

### Board of Directors:

Colleen Milligan *President*  
Liz Martin *VP Administration*  
Mary Pat Donnellon *VP Program*  
Kathleen Aster Bowers *VP Finance & Assistant Treasurer*  
Laura Korach Howell *VP Policy*  
Flora Poulos *Recording Secretary*  
Elizabeth Bennett *Treasurer*  
Charito Calvachi-Mateyko  
Sandra Cauler  
Darlene Colón  
Ann Duval  
Sonhui Frill  
Ann Gantt  
Bonnie Sowers Giurlando  
Ali Miller Goodhart  
Carmen Guaigua  
Karen Heinle  
Maribel Garcia Iniesta  
Ann Jackson  
Heather Jeffries  
Andrea Stoner Leaman  
Mara Creswell McGrann  
Crystal Mills  
Cindi Moses  
Judy Pehrson  
Sheila Snyder  
Jodi Valenzo  
Sonya Wallace  
Tonya Williams

*Ex Officio:*  
Maureen Powers  
*Executive Director*

### Board of Trustees:

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Lynda Levengood  
Steve Mitchell  
Paul Quinn  
Patti Spencer

### *Ex officio:*

Colleen Milligan  
Bonnie Sowers Giurlando  
Elizabeth Bennett  
Maureen Powers

### Management Team:

*Executive Director* Maureen Powers  
*Assistant Executive Director* Dorothy Evans  
*Administrative Services Director* Lori Michener  
*Building Manager* Gordana Mujan  
*Childcare Director* Cheryl Gahring  
*Child Development Center Director* Christelle Thaw-Bolton  
*Child Enrichment Center Director* Hallie Greco  
*Counseling Services Director* Debra Francis Werner  
*Development & Communications Director* John Jascoll  
*Empowerment Center Director* Mary Ross  
*Finance Director* Angie Lightfoot Roth  
*Health & Fitness Director* Lucy Ngokonyo-Weaver  
*Human Resources Coordinator* Catherine Minnerly  
*Parent Child Learning Center Director* Cathy Diamond  
*Racial Justice & Advocacy Coordinator* Lucy Ngokonyo-Weaver  
*Residence Director* Mary Commero  
*School Age Child Care Director* Monica Kirchner

Health & Fitness Fall 2009 Term: Sept. 7 - Nov. 27