

our voice

Winter 2009 Newsletter and Class Schedule for the YWCA of Lancaster

"Gift of Empowerment" Annual Campaign for Women and Children



"The YW Residence has been a foothold in preparation for taking control of my life."

year while she completed the Lancaster County Drug Court program.

Brandi was determined to take control of her life, and we were there to help her every step of the way. She says the supportive services she received from our staff and the camaraderie of the other residents helped her graduate from the program and keep away from drugs.

During the time Brandi was with us, she achieved her treatment goals, had regular employment, fulfilled her community service obligations, paid off her debts and put money aside in preparation for moving on to independent living.

Brandi says, *"I resided at the YWCA for one year. At the end of my time there I felt that the scared girl that moved in, moved out a strong woman who demands respect and looks forward to a safe wonderful long life."*

"I was given a safe place to build self respect, self esteem, and have self confidence. I moved on with healthy relationships and left unhealthy ones behind."

"Your program was life changing and provided a foundation that has changed me forever as a person, but especially as a woman."

Our 2010 Annual Campaign for Women and Children is now underway, and we are asking donors for a **Gift of Empowerment** – a theme directly related to our Mission of empowering women.

This year we're highlighting our Residence Program which empowers women going through troubled times who cannot afford a home of their own. We provide them with a supportive place to stay while they get their lives on an even keel emotionally and financially before moving on to independent housing.

Our residents come from a variety of backgrounds. Some are recently separated, some are fleeing domestic violence, some are single mothers with young children, and some have just completed drug or alcohol recovery programs and need time to get back on their feet.

We'd like to introduce you to Brandi Simone, a 26-year-old who was formerly addicted to heroin. Brandi lived at the YW Residence this past

Brandi is one of thousands of Lancaster County women and children in need who have been empowered by our services.

Will you please help us help them by sending a Gift of Empowerment in the envelope included with this newsletter?

Thank you.

YWCA Week Without Violence

In his song "Imagine" John Lennon dreams of a day when "the world will be as one" with "all the people living life in peace".

Although Lennon had no connection with the YWCA, it's a curiously appropriate anthem for the YWCA Week Without Violence, an annual event in the third week of October around the globe.

There is a heavy irony,

of course, that Lennon met a violent end at the hands of a stalker outside his Manhattan apartment.

Violence in all its forms surrounds us on our streets, reaches into our homes, defiles our schools, and undermines our quality of life. No matter where we are, violence is part of

(Please see **VIOLENCE**, on next page)



Our Voice - YWCA of Lancaster - Winter 2009

VIOLENCE (continued from front page)

our everyday existence.

The YWCA of Lancaster has a long history of helping women who have been victims of sexual assault and domestic violence. We marked the YWCA of Lancaster Week Without Violence, October 18-24, in a number of ways.



Tamika Boggs

It began with a proclamation by Lancaster City Mayor J. Richard Gray encouraging county residents to unite in speaking out against violence and work toward building a safer community.

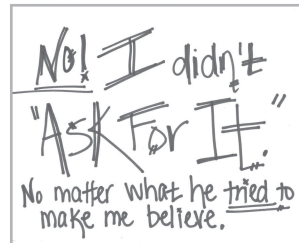
The ceremony was attended by State Representative Michael Sturla who was emphatic that violence is not a positive answer to anything, while Lancaster City Police Chief Keith Sadler spoke on the subject of violence in our city and noted it's usually the women in the community who start grass roots efforts to curb it.

But the most moving words came from YWCA Resident Tamika Boggs who shared her personal story of triumph over domestic violence declaring, "I refuse to

allow my spirit to be taken from me by abusive or violent people. I stand up and no longer cower in shame, or blame myself for what I have been through." Tamika concluded with the powerful statement, "Together we can stop the cycle of violence."

We drew attention to the week by illuminating banners and trees in front of our building on North Lime Street.

And in the lobby, there was a card display of stories, poems and artwork created by county residents expressing how they've overcome violence in their lives and depicting their dream of a world free of violence, echoing the sentiments of John Lennon's song.



Three of the cards created by residents for our lobby display during the YWCA Week Without Violence.

Economic empowerment of women and the Living Wage

One of the YW core programs is the economic empowerment of women, which includes earning enough money to live on.

The subject came up during a discussion led by Dr. Stephanie Luce at a recent YWCA breakfast meeting organized by the Task Force on the economic status of women in Lancaster. The Task Force is a joint effort between the YW and F&M College.

Luce was visiting Lancaster to speak at F&M about "Living Wages in a time of Economic Crisis".

Earning a "Living Wage" to cover family expenses is a universal concern: rent and utilities, putting food on the table, clothing the kids, the ever-increasing cost of healthcare, setting money aside for savings. The list goes on and on.



Professor Stephanie Luce (right) discusses the Living Wage with YWCA Executive Director Maureen Powers during a breakfast meeting at the YW.

Luce is an associate professor of the Labor Center at the University of Massachusetts Amherst and an authority on U.S. Living Wage campaigns. Taking the situation of an

individual working full-time as the sole breadwinner for a family of two adults and two children, she said Penn State puts a Living Wage at \$28.18 per hour in marked contrast to the current minimum wage of \$7.25.

Campaigns across the country have encouraged municipalities to restrict their business dealings to companies paying workers a Living Wage. Such ordinances exist in several cities including Pittsburgh, Baltimore and Chicago.

Professor Luce addressed the Living Wage as it applies to working women. Executive Director Maureen Powers observed this was a timely review given the challenges facing Lancaster County women in the current recession and ties in neatly with the YW core program of the economic empowerment of women.

Lancaster County Community Foundation Family Aid Initiative helps families hit by the recession with cost of YW childcare



Monserrate Franco-Gonzalez with daughters Gabriela, 5, and Janelli, 1. Janelli's childcare is being subsidized with Family Aid funds.

A serious worry facing many families during the current economic recession is finding the money for childcare following employment cutbacks. The YWCA is using funds from the Family Aid Initiative of the Lancaster County Community Foundation to subsidize childcare costs for people in this predicament.

Monserrate Franco-Gonzalez uses our Child Development Center to look after 1-year-old daughter Janelli while she works full-time as a secretary to an assistant principal in the School District of Lancaster. When Janelli's father, who is a non-custodial parent, was laid off, there was a drastic drop in income.

Monserrate says at that point there was no way she could afford to pay the full cost of childcare. She has no family in the area and would have had to quit her job and stay home

to take care of Janelli. She says it would have changed their lives dramatically and foresaw having to move to North Carolina where her family's from.

Just like many other children, Janelli is on the CCIS (Child Care Information Services) waiting list for a childcare subsidy. But that can take months and months to come through which is no help to a family with an immediate financial crisis created by the economic downturn.

That's when the Lancaster County Community Foundation came in, like a knight in shining armor, with its Family Aid grant to help the YW subsidize Janelli's childcare. Monserrate says, "I'm blessed they had this opportunity for me to keep my job, which I do love, and be able to support my family."

Monserrate is not alone in finding the Family Aid scholarships at the YWCA a blessing. A relieved father who's being helped by the grant told us of the stress that layoffs and cutbacks have on a family's dynamics, "When the parent's stressed, the kids are stressed. When the kids are stressed, they don't do well at school, they don't do well at home, and they don't do well with other kids. It's one of those things that snowballs, and destroys and hurts so many things."

We thank the Foundation for enabling us to assist so many families in need of our childcare as they work toward their own economic recovery. Childcare scholarships are also available to individuals conducting job searches and interviews, attending programs to improve their skills and employability, and those who are returning to work but have lost existing subsidies due to a period of unemployment.



Lancaster County
*Community
Foundation*

PNC Foundation aids YW Sisters Program

We are grateful to PNC Foundation for its \$2,500 grant to our Sisters Program to provide "educational enrichment... for children in low to moderate income families".

For more than 20 years, Sisters has helped about 800 elementary school girls at risk of early pregnancy, substance abuse and dropping out of school.

The program strengthens how the youngsters feel about

themselves and reach their full potential by pairing them with high school-aged "Big Sisters" who serve as role models and mentors.

The program has been remarkably successful. To our knowledge, all the girls have graduated from high school with only one teen pregnancy.



June Kinsley - in memoriam



On October 7th, our community lost a beloved friend and advocate. For more than 17 years, June Kinsley volunteered her time and energy to survivors of sexual assault with the YWCA Sexual Assault Prevention & Counseling Center. She was also active with the local Red Cross, Domestic Violence Services and AIDS Community Alliance. June's wittiness and zest for life will be forever remembered by the people she touched so deeply as she gave so selflessly.

Our Voice - YWCA of Lancaster - Winter 2009

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.

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.

Gifts that Give Hope

Once again, the YW will be at the Alternative Gift Fair on the 3rd Saturday in November with its "Gifts that Give Hope", offering holiday shoppers an alternative to traditional giving.



Gifts are chosen to honor family and friends with donations to causes that fit their values.

Think of someone on your gift list who'd be pleased to know you're providing help in their honor to one of the people we help. They will receive a handsome card telling them about your gift and the YWCA Mission.

The YWCA of Lancaster will be one of 40 agencies at the fair where there will also be live entertainment, international food, and children's crafts and games.

The Alternative Gift Fair is on Saturday November 21, 10 am - 4 pm, at the Farm & Home Center, 1383 Arcadia Road, Lancaster, PA 17601 (off Rte. 72, Manheim Pike).

For more information or to volunteer, contact Jenn Knepper at LancasterGiftFair@gmail.com.

Please remember us in your will

Legacies are very important to the YWCA. The knowledge of your bequest gives us the opportunity to thank you for your generosity and helps us plan and invest in the future. For details about making a YWCA bequest, please call John Jascoll, Director of Development, at 393-1735 x 227 or e-mail jjascoll@ywcalancaster.org.

Nomination/Information Form

Recommendation for nomination to YWCA Board of Directors and/or Nominating Committee

The Nominating Committee requests names for its consideration to serve on the Board of Directors and/or Nominating Committee.

Qualifications sought: Commitment to YWCA Mission, ability to meet time commitment, executive leadership skills, decision-making abilities.

Name: _____

Phone: (day) _____ **(eve)** _____
(cell) _____

Race/Ethnic Origin: _____

E-mail: _____

Age Range:

- 17-18
- 19-29
- 30-39
- 40-49
- 50-59
- 60+

Address: _____

City _____ **State** _____ **Zip** _____

YWCA Experience:

Recommended for:

- Board of Directors
- Nominating Committee

Other Qualifications: (*vocation, community involvement, personal convictions/interests, etc.*) Please be specific. Attach additional page if necessary.

Nominator's Signature _____ **Phone** _____

Please drop this form in the nominations box at the YWCA Front Desk or return it by mail to the Nominating Committee Chair, YWCA of Lancaster, 110 N. Lime St., Lancaster, PA 17602 or e-mail cminnerly@ywcalancaster.org and request a form you can e-mail. Forms must be received by **January 5, 2010**.

YWCA of Lancaster Health & Fitness Center

Winter 2009/2010 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
2009/10 Winter Term:
Adults and Youth
12/7/09 - 2/26/10**

The YWCA building
will be closed
Christmas Day
December 25
and New Years Day
January 1

Pool update

By Maureen Powers, Executive Director



In the last update on the pool, I laid out all the steps we have taken to discover where the moisture is coming from that caused the pool wall to fail. We have zeroed in on clogged and deteriorated underground drain pipes as the source of the flooding problem in the basement.

It was recommended to clean the pipes after the weather warmed up, as the equipment doesn't work as well in cold weather. Our hope was to be able to insert liners into the pipes to prevent water seepage.

Upon further inspection, however, the pipes were too deteriorated and had too many right angles in the piping for that option. We thought that we would have to dig up the sidewalk to reroute new underground piping to the City's Lime St. sewer.

Fortunately, our Building Manager, Gordana Mujan, had the brilliant idea to run the piping through the basement along the Lime St. foundation wall, then back outside to connect to the good pipe that runs into the Orange St. sewer.

We began to seek funds for this project, along with some other exterior work (painting windows and trim), and are pleased to announce that we have received half of the needed amount (\$70,056) in CDBG funds from the Lancaster County Housing and Redevelopment Authority. We are continuing to seek funds to complete the project and prevent further deterioration of our building from water damage.

In the meantime, we have also had an energy audit done of our building by LIVE Green Lancaster, which will help us determine the operating costs of the pool, as well as our entire facility. The Property and Finance Committees are in the process of reviewing this information to help us take steps to conserve both energy and financial resources.

**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 class, 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 - Winter 2009/2010

Express Workouts

Can't find time to exercise?
Try the YWCA at lunch time.
Monday – Friday
12/7/09 – 2/26/10

Body Sculpting

Tone and condition your body in 30 minutes.

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

Calorie Killer

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

Kick Boxing Blast

Kick boxing moves with a few blasts of strong explosive moves. Every part of your body is worked out with the cardio to boot.

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: 12/8/09 – 2/23/10
Tues 5:00 p.m. – 5:45 p.m.

Creative Movement ages 3-4

Dancing, singing and fun activity will stimulate your child's senses and creativity.

SESSION: 12/8/09 – 2/23/10
Tues 5:45 p.m. – 6:15 p.m.
Instructor: Amy
Fee: \$65

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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: 12/10/09 – 2/25/10
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

Adult Ballet

An introduction to basic ballet positions and simple across-the-floor movements. Class will also include stretching and barre exercises. Ballet shoes are required.

SESSION: 12/10/09 – 2/25/10
Level I
Thurs 6:15p.m. – 7 p.m.
Level II
Tues 6:15 p.m. – 7 p.m.
Instructor: Amy
Fee: \$65

Yoga for Beginners

This class will take you to a different level of fitness without impact to the body.

SESSION: 12/9/09 – 2/25/10
Wed 7p.m. – 8 p.m.
Instructor: Mary Kay

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: 12/8/09 – 2/25/10
Tues 1 p.m. – 2 p.m.
Thurs 1 p.m. – 2 p.m.
Instructor: Lucy
Fee: \$36 for one class
\$66 for two classes

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 **November 23, 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 November 23. 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 Monday-Thursday (7am-8pm), Friday (7am-6pm) and Sunday (4pm-6pm).

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

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**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 12/7/09 & 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
November 23, 2009

our voice

Winter 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

empowerment center
(youth services)

health & fitness

racial justice and
public policy

residence

sexual assault
prevention &

counseling center

www.ywcalancaster.org

717-393-1735

A United Way Agency

Board of Directors:

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Mary Pat Donnellon *VP Program*
Kathleen Aster Bowers *VP Finance
& Assistant Treasurer*
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Karen Heinle
Maribel Garcia Iniesta
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Maureen Powers
Executive Director

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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
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
SAPCC Counseling Services Director Debra Francis Werner
School Age Child Care Director Monica Kirchner

Health & Fitness 2009/10 Winter Term: 12-7-09 to 2-26-10