

# our voice

Spring/Summer 2011 Newsletter for YWCA Lancaster



## our mission

**ywca lancaster is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.**

## ywca programs:

- childcare**
- empowerment center (mentoring & education)**
- parenting support**
- public policy advocacy**
- racial justice initiatives**
- residence**
- sexual assault prevention & counseling center (SAPCC)**

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

717-393-1735

A United Way Agency

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## 2011 Annual Appeal

# Your Generous Support of YWCA Lancaster Changes Many Lives

The smiling face gracing the envelopes of the YWCA Lancaster's 2011 Annual Appeal is former YW resident and success story Tamika Boggs. It is through the generous support of our donors that Tamika and other women facing hardship find a nurturing and supportive environment where they can put their lives back together.

The 42-year-old overcame drug addiction and domestic abuse to provide a stable home environment for her 12-year-old son Temar. Today she owns a car, works full-time and has an apartment to call her own. She credits the YWCA Lancaster Residence program for helping her with the support and stability she needed to get her life on track.

"The YW gave me time to get myself together. It taught me how to pay bills, be responsible and that helped me grow a lot and basically do what I wanted to do."

She completed an effective drug addiction treatment program, found a job and a place to stay while she got the rest of her life in order. During her nine month stay at the YW she gave it her all, sometimes working 12-hour shifts, seven days a week, as she bought a car and put money aside in preparation for moving into her own apartment.

"Sometimes it helps to know that I'm



Tamika Boggs had the courage to change but she needed a supportive environment to help her succeed. She found it as a resident at YWCA Lancaster. "Sometimes it helps to know that I'm not alone, that somebody else is going through the same thing, that we're all starting our lives over again from the bottom and helping ourselves up."

not alone, that somebody else is going through the same thing, that we're all starting our lives over again from the bottom and helping ourselves up," Tamika said.

At the YW, Tamika had the opportunity to speak publicly about her recovery including a presentation during the

*A YWCA Lancaster Residence Success Story Tamika Boggs said she is grateful for the support the YW provided. "The YW gave me time to get myself together. It taught me how to pay bills, be responsible and that helped me grow a lot and basically do what I wanted to do."*

Week Without Violence, which she said did wonders for the way she feels about herself today.

"Going through addiction you feel like you are the bottom of the earth," she said. "But when you ask people to notice you and how far you've come since you were first here, that makes a big difference, that's something you can carry for the rest of your life."

Residence Director Mary Commero said Tamika is a shining example of how the YW can help women take charge of their own lives.

"Tamika is one of the best residents we've ever had as far as her effort to get her life on track and stay focused on that goal. She's truly an empowered woman and deserves the best life she can get."

## STORIES INSIDE:



### 2011 Race Photos

It was a banner day for the 2011 Race Against Racism. Turn the page to see photos of this year's runners and walkers.

### Sweeter the Berry Kicks off Friday Series

Sweeter the Berry plans a series of First Friday performances at YWCA Lancaster this year. Schedule of upcoming First Friday dates inside...

### An Empty Place at the Table



YWCA Lancaster hosts the exhibit An Empty Place at the Table to bring attention to domestic violence and victims of abuse. Read the moving stories inside...

### Racial Justice Institute

The Racial Justice Institute is scheduled for June 20-22. Join us for three powerful days of insight. More details inside...

Join the YW's Empower Ring Donor Club and Empower others

There's a fun and exciting way to help YWCA Lancaster further its mission of eliminating racism and empowering women.

For just \$25 you can join our Empower Ring donor club and get to decide where your money goes! Last year the club voted to buy six homework stations for the YW's After School Childcare Program.

Empower Ring donors will meet in October to hear staff present a wish list of projects for which



Jaycob Colon (11) uses a computer at one of six homework stations purchased by the YW's Empower Ring donor club.

money isn't available from any other source, and to vote for the one they want to fund.

Anybody (women and men) can join the YW's Empower Ring donor club easily and securely online at [www.ywcalancaster.org](http://www.ywcalancaster.org).

Or you can mail a check with a completed form downloaded from our website.

So, why not take the time right now to make a modest contribution and have a say in how it will be used to benefit the people we help?

Racial Justice Institute to be held June 20-22



Class photo, June 2010

The Racial Justice Institute (RJI) Part I for 2011 will be held June 20-22 at Thaddeus Stevens College. This intensive 3-day workshop features national trainers to help attendees examine the subtle ways racism permeates our society and provide guidance as to what can be done to counteract them through a series of anti-racism and skill-building exercises.

The goals of Racial Justice Institute I are to encourage a deepening awareness of all forms of prejudice and oppression, especially racism, and to mobilize a significant number of community members to make a long-term commitment to eliminating racism and forging a just community.

This year we will also offer Racial Justice Institute Part II on Oct. 6-7. You must have taken RJI I in order to participate in RJI II. For more information contact Nick Miron, Racial Justice Coordinator, at 717-393-1735, ext. 256 or check our website later this summer.

Registration taking place for our Award Winning Camp Summer Camp Registration



Parents and campers alike have discovered the YWCA Summer Day Camp to be so much fun and engaging that it has garnered Lancaster Newspapers Readers' Choice Awards for 2008, 2009 and 2010.

To register, please call

717-393-1735 ext. 265 or 270 to make an appointment.

Day camp is offered at sites throughout Lancaster County: Eshelman Elementary School in Millersville, McCaskey High School and the YWCA in downtown Lancaster City.

Tasty breakfast and nutritious snacks are provided. YWCA campers go on field trips to swimming pools, parks and local attractions throughout summer

Physical activity is also a big part of camp, with tons of opportunities to play sports and games, bowling, mini-golf and skating.

Campers are treated to a variety of themes and programs that celebrate diversity and individuality, and they receive a t-shirt celebrating the summer's theme and a yearbook at the end of summer. For more information, check out our website: [www.ywcalancaster.org/programs/childcare](http://www.ywcalancaster.org/programs/childcare).



THANK YOU runners, walkers, volunteers and sponsors!

Platinum Sponsor



Gold Sponsors

- Alcoa
- FM 97/WLAN 96.9
- Philhaven
- PSECU
- TCG Advertising and Design

Silver Sponsors

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- Lancaster Barnstormers
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- Lancaster Regional Medical Center
- LHB PureH2O Water System
- Susquehanna Bank
- Universal Athletic Club

Community Sponsors

- Certified Carpet
- Gibbel, Kraybill & Hess
- Red Rose Sanitation Solutions
- Ten Thousand Villages
- Universal Athletic Club



Saturday, April 30, 2011

More than 3,700 runners and walkers participated in the 13th Annual Race Against Racism in downtown Lancaster on a sunny and breezy day - perfect weather for running. The 5K raised funds for YWCA Lancaster's Racial Justice Initiatives.



Humanity Fest 2011

Humanity Fest, a multi-cultural festival in Musser Park held before, during and after the race provided fun, food and festivity. Vendors included a variety of ethnic food, arts and crafts. Thank you to all of our volunteers and vendors.



**SAPCC Holds Training for Hotline Advocates and Prevention Education Facilitators**



In March, the YW's Sexual Assault Prevention and Counseling Center held a training seminar for sexual assault hotline advocates and prevention education facilitators. Participants included: Standing (L-R) Danika Dobson, Yvonne Russo Devosa, Christina LaPolomento, Ahnya Graham-Cleaves, Hannah Frankenfield and Jasmine Franklin. Seated (L-R) MaryAnn Robins and Cheryl Gahring. Not shown, SAPCC Counseling Services Director Lisa White.

Become a volunteer advocate for the YWCA Sexual Assault Prevention and Counseling Center (SAPCC) and develop the skills needed to empower victims of sexual assault.

Volunteer training for both men and women is held at the YWCA Sexual Assault Prevention and Counseling Center in downtown Lancaster at 110 North Lime St. The next training class is scheduled for September.

The six-week training program was developed by the Pennsylvania Coalition Against Rape (PCAR). Volunteers learn about the physical and emotional issues surrounding sexual assault, and are trained in the skills needed to provide meaningful support.

SAPCC provides services for child and adult survivors of sexual assault and helps them and their families through the entire healing process.

For more information or to sign up to become an advocate, call SAPCC Counseling Services Director Lisa White at 717-393-1735.

**SAPCC Selects Prints for Lancaster General Hospital's SAFE Room**  
Framing Concepts donated the framing and LGH nurses donated money for the prints

The staff of YW's Sexual Assault Prevention and Counseling Center recently completed a project that benefits the SAFE Room at Lancaster General Hospital's Emergency Room. In an attempt to bring color and beauty to the stark gray walls in the SAFE room, where victims of sexual assault are treated and forensic evidence is collected, the YW selected two colorful abstract prints. The money used to purchase the prints was raised by LGH nurses who held a submarine sandwich sale. The framing was donated by Framing Concepts. SAPCC Counseling Director Lisa White said they made it a point to help LGH brighten up the room and to bring in some color.

"We noticed the rooms were cold and gray, so we approached LGH and asked if we could paint the walls a



Mandy Kastner inspects the new prints that SAPCC selected for the SAFE Room at Lancaster General Hospital.

nice bright and cheery yellow color. But they said the walls needed to remain gray/blue for photographic and forensic purposes," White said. "So, we thought, why not hang beautiful prints or paintings." What they discovered during the process was that abstract art was the best kind of art that had little chance of bringing back horrible memories.

"We first thought prints of covered bridges or waterfalls would be nice and soothing. And then it was brought to our attention that the images could have the potential to elicit flashbacks to the time they were sexually assaulted. So we chose art that was abstract but attractive."

SAPCC counselors Ashley Corbett and Mandy Kastner were also instrumental in selecting the prints. The entire SAPCC staff voted on the final prints to purchase.

**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.

YWCA membership is required for Childcare, Residence and use of the Physical Fitness Center at 110 N. Lime St. To sign up for membership, fill out the registration form and

**1. Mail-in:** Mail the completed registration form with payment to YWCA Lancaster, 110 N. Lime St., Lancaster, PA 17602.

**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 are accepted at the Front Desk Monday-Friday (7am-6pm) and Sunday (4pm-6pm).



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

**The YWCA at Lime Street opening hours**

Mon-Tues 6:15 am - 7:00 pm  
Wed 6:15 am - 9:00 pm  
Thurs-Fri 6:15 am - 7:00 pm  
Saturday Closed  
Sunday 4:00 pm - 7:00 pm

**The YWCA building will be closed Memorial Day May 28-30 and Independence Day July 4-5**

**YWCA Action Alert Network**

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@ywcalanaster.org](mailto:advocacy@ywcalanaster.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.

Last name \_\_\_\_\_ First name \_\_\_\_\_  
Partner/Parent \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_  
Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_  
E-mail \_\_\_\_\_  
Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  Female  Male

**Member/Ally Fees**

Check your categories:

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

YWCA members are women and girls. Ally members are men and boys.

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.

Senior Citizen (60+) **\$25**

Student (5-17) **\$15**

**Full Name** \_\_\_\_\_

**Birth date** \_\_\_\_\_

Fees for use of the Physical Fitness Center at 110 N. Lime St. are in addition to membership fees.

**Physical Fitness Center:**

3-month pass **\$45**

6-month pass **\$85**

12-month pass **\$145**

**Fitness Pass** \_\_\_\_\_

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

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



## YW Marks Crime Victims' Rights Week with Empty Place at the Table and 23<sup>rd</sup> Annual Candle Lighting Ceremony

12 place settings each with its unique plate, utensils and cup lined the long table in the YWCA Lancaster's library. To a stranger it would appear the table was set for a formal dinner or holiday. But the Protection from Abuse Order neatly placed next to one of the dinner plates was a stark reminder that this was no ordinary event.

The exhibit, An Empty Place at the Table, was featured at the YW during Crime Victims' Rights Week, April 10 to 16. The project works to end violence against women and children, and is a visual reminder of the deadliness of domestic violence. The intent of the project is to bring about change in systems that perpetuate domestic and sexual violence.

Each place setting tells the story of a special person whose place at



An Empty Place at the Table was an exhibit featured at the YW during Crime Victims' Rights Week April 10 to 16. Twelve place settings were arranged on the conference table in the library, each representing a victim of violence.

the table is forever empty. Some display a special memento, photo or toy that gives the observer a window into the victim's personality, their favorite things and hobbies.

For Maria Rodriguez, who was

killed by her boyfriend on Aug. 20, 1997, the dishes selected by her mother for the display were purchased according to Maria's favorite colors. A bible sits next to the plate and it's marked where she left off. As was the jewelry box that was given to her a long time ago and in it remain the earrings that were given to her by her mother.

Continuing the remembrance, the YW hosted Standing Together: The 23<sup>rd</sup> Annual Candle Lighting Ceremony on April 14. The speaker, Linda Crockett, shared her story about sexual abuse and survival to a large audience in the activity room. It was a beautiful warm evening when the 40-50 people walked outside and stood on the Orange Street front steps and lit candles to remember those who died as a result of violence.

## YWCA Lancaster Board of Directors Honored at Annual Meeting

On May 18, the YWCA Lancaster installed its new Board of Director officers for 2011-12 at the Annual Meeting. New officers were introduced, and outgoing members were also recognized for their hardwork during their tenures.

**The new officers for 2011-12 are:**

- President** – Elizabeth Bennett
- V.P./Administration** – Mary Pat Donnellon
- V.P./Finance** – Kathleen Aster Bowers
- V.P./Program** – Andrea Stoner Lehman
- V.P./Policy** – Judy Pehrson



**Treasurer** – Kerri Bogda  
**Secretary** – Crystal Mills Kenyan

**New Board Members:**  
Trudy Brandt

Magdalen Hess  
Karyn Regitz  
Barbra Bray Smithgall

**Outgoing Board Members:**  
Darlene Colon (8 years)  
Ann Gantt (3 years)  
Ann Jackson (3 years)  
Mara Cresswell McGrann (3 years)  
Colleen Milligan (8 years)

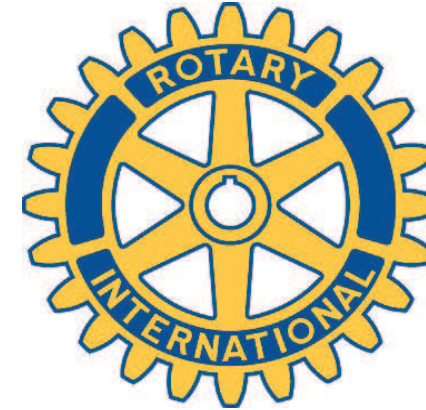
We would like to extend our very best wishes and gratitude to all of our present and outgoing board members for their dedication and leadership.  
Thank you!

## Rotary Club Awards YW with Presidential grant of \$2,125

The Rotary Club of Lancaster recently presented the YWCA with a 2011 Presidential Grant of \$2,125. The money will be used to help pay the cost of providing emergency shelter for children staying with their mothers in our Residence.

Following the closure of Crispus Attucks Community Center emergency shelter several years ago, we opened three of our transitional residence rooms to house women and their children for emergency shelter.

While staying here, the mothers and children



have access to all of the services YWCA Lancaster has to offer, including childcare, sexual assault counseling, and parenting education and support. Most importantly, the women meet regularly with a case manager who helps them develop a plan and access the resources necessary for obtaining permanent housing and stability for their families.

We are very grateful to the Rotary Club of Lancaster and all its members for bringing an element of stability to the lives of these families during a time of crisis and great personal distress.

## Sweeter the Berry Kicks off First Friday Series at the YW

Future Performances scheduled at YW for June, September and November

In March, Theatre for Transformation and the YWCA collaborated to kick off The Sweeter the Berry, a First Fridays community arts showcase. Celebrating the sweetness of life in multicultural Lancaster, the night of performances included students from the YW's afterschool program, students from Buchanan Elementary, Eli Weaver, Gracie Berry and the play "Sister Friend." Written by Dr. Amanda Kemp and performed by the Theatre for Transformation, the show was moving and informative. There was drumming, dancing, singing and drama. The evening was a hit with the audience that filled all of the seats and spilled out into the hallway.

In the coming months Theatre for Transformation and the YWCA will



The YWCA Lancaster will host a First Friday Series featuring Sweeter the Berry Community Showcase in June, September and November. The evening's performances will include theatrical plays, music and poetry. The events are scheduled to begin at 4:30 p.m. ending at 8:30 p.m.

host three more arts showcases on First Fridays in June, September and November, each with its own theme. On June 3, the theme will be Play of Childhood; on September 2 it will be Work and Purpose; and on November 4 it will be Gratitude. Free and open to the public, the event will start at 4:30 and end at 8 p.m.

June confirmed artists include:  
Visual Artists and Craftspersons:  
Carmen Montalvo, Leigh Lindsay,

Gracie Berry, Rob Seitz and the Lincoln Middle School students, Tanis Performers:  
Gracie Berry, Master of Ceremonies  
Sweeter the Berry After School Ensemble  
Music for Everyone Chorus  
Angelique Arroyo, Poet and Featuring  
River Crossing Playback Theatre

River Crossing Playback Theatre is an ensemble anchored in the lower Susquehanna Valley, trained to build community through the dramatic portrayal of real-life stories. Using the improvisational forms of Playback Theatre, audiences participate in creating a new story that recognizes and celebrates the differences and the common ground in our communities.

Founded in 2007 by Chris Fitz of Marietta, the ensemble draws from members in Lancaster, York, Adams and Dauphin Counties.