

our voice

Fall 2011 Newsletter for YWCA Lancaster

There's an exciting and fun way of supporting YWCA Lancaster's programs and services

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For just \$25 you can join our **Empower Ring** donor club that funds much needed YW projects for which money is not available from other sources, like grants or our annual campaign.

The neat thing is you get to decide where your money goes!

Last year, club members voted to buy homework stations for the YW's After School Childcare Program.

This year there are two projects to choose from: laptop computers for the Residence and an entire makeover of the client waiting area in our Sexual Assault Prevention and Counseling Center.

The laptops would enable our residents to fill out required forms online, complete homework assignments if attending school, search for jobs and permanent housing opportunities, and acquire essential computer skills.

The makeover of SAPCC's waiting area with more comfortable seating, new artwork and a nook for



welcome to children and adults as they begin their journey toward healing.

Club members will meet in October to vote for the project they want to fund.

The **Empower Ring** is open to both women and men. You can join by mailing in a check or your credit card information in the envelope enclosed with this newsletter. And if you'd like to take out a gift membership for somebody else you can do that too; simply put a note to that effect in the envelope. You can also join easily and securely online at www.ywcalancaster.org.

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

For more information please contact John Jascoll, Chief Development Officer at YWCA Lancaster, 717-393-1735, ext. 224.



Two projects are up for nomination to receive funds from Empower Ring. Top: Laptop computers for the Residence. Bottom: New paint and furnishings for the SAPCC waiting room.

kids to play in would provide a warm

STORIES INSIDE:

Music for Everybody!



Grant puts musical instruments into the hands of YW's infants, toddlers and schoolagers.

woman2woman - Empowering Us!



Scheduled for Nov. 13 from 9 a.m. to 4 p.m. More details inside.

YWCA Lancaster's first ever TechGYRLS summer camp was a success as girls from all over the county participated.



Parent Child Learning Center Revamps Format

New schedule is released; Fall session to begin September 13, 2011

"Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible — the kind of atmosphere that is found in a nurturing family."

- Virginia Satir

The Parent Child Learning Center (PCLC), a parenting skills program offered at YWCA Lancaster in conjunction with Lancaster County Children and Youth Agency, recently revamped its schedule and format

PCLC will now offer classes on Tuesdays and Thursdays from 9 a.m. to noon. The Fall 2011 session begins September 13 and runs through November 17. Sessions run four times a year.

PCLC Instructors Cathy Diamond and Cindy Miskinis teach basic nurturing parenting skills to mothers and fathers of children from birth to the age of 5.

The classes enhance parent nurturing abilities through healthy communication, understanding of development and the use of non-hurtful discipline techniques. The 10-week program provides classroom sessions



Parent Child Learning Center educators Cathy Diamond and Cindy Miskinis are preparing for the PCLC Fall Session, September 13 through November 17, 2011. Classes will be held on Tuesdays and Thursdays from 9 a.m. to noon for 10 weeks.

for parents and their children. Daycare is available for the children while their parents are in class.

Many of the families who participate in PCLC are referred to the program by a social worker and other community based programs.

There is no charge to families who are referred to attend parenting classes.

Parents can also self-refer for a cost of \$25.

PCLC uses the Nurturing Program Curriculum by Dr. Stephen Bavolek. In addition to class time, parents and children are reunited during the

session to play and interact. The one-on-one time allows parents to practice and use the new skills they have learned.

"The interactive part of the program is unique and gives parents the chance to practice the techniques they have learned in class," said Cathy. "To see that one-on-one time is really special."

The program is structured and requires the full attention of the parents.

"They are truly focused on their children," Cindy said. "Their attention is not on their cell phone, television or some other distraction."

The new schedule includes:
8:45 - 9 a.m. Arrival

9 to 10:30 a.m. - Parent classtime (break from 9:40 - 9:50)

10:30 - 10:45 Pick up children from childcare

10:45 to 11 a.m. Healthy snack in the PCLC room

11 a.m. to noon - Family time in the assembly room

Noon - Dismissal

To see a schedule of future workshops and for more information, visit our website: www.ywcalancaster.org or call Cathy Diamond at 717-393-1735, ext. 238.

A Heart of Gold

6-year-old Leiahna Garcia donates her toys to SAPCC to benefit children

The heart of a 6-year-old can be very generous. **Leiahna Garcia** donated her own toys on two occasions to the Sexual Assault Prevention & Counseling Center for other children to play with as they receive sexual assault counseling. She is pictured here with Child Counselor Mandy Kastner. Garcia is the niece of YWCA Board Member Carmen Guaigua.



YW Receives Rotary Grants to Help Children in the Residence and Sexual Assault Prevention & Counseling Center



Two local Rotary clubs recently awarded grants to benefit children served by YWCA Lancaster's Residence, and Sexual Assault Prevention and

Counseling Center.

Promoting Literacy

Lancaster Sunrise Rotary Club awarded a grant to promote literacy among the children staying with their mothers in the YW Residence. It will be used to purchase books their moms can read to them.

Residence Director Mary Commero says many of the children don't have books of their own and this will encourage them to develop a love for the written word.

Advance Training

Lancaster Northeast Rotary Club has funded two weeks advance training of a much needed additional part-time child counselor in our Sexual Assault Prevention & Counseling Center.

SAPCC Counseling Services Director Lisa White says more than half of the sexual assault and abuse survivors who received our free counseling and support services last year were children between the ages



Promoting literacy:

YWCA Lancaster resident Porscha Hunter reads to her children, left, Nyahira Cameron, 5, and Nyahira Cameron, 5.

of 4 and 17.

We are honored to have received these grants and extremely grateful to the Lancaster Sunrise and Northeast Rotary clubs for helping us serve these children in need.

Please remember us in your will

Legacies are very important to YWCA Lancaster. 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, Chief Development Officer, at 393-1735 x 227 or e-mail jjascoll@ywcalancaster.org.

Empowering Events Scheduled for Fall 2011 at YWCA Lancaster

YWCA Lancaster will host a variety of events this Fall geared to female empowerment and racial justice.

Racial Justice Institute Part II

Scheduled for Oct. 6 & 7, 2011 at Thaddeus Stevens College of Technology, Racial Justice Institute Part II is the Applied Skills Workshop that builds on RJI I and prepares participants to advance to the next level: Training for Trainers.

Since communication to others is crucial for community anti-racism work, Part II offers additional conceptual learning, partnered with skills and practice for communicating this learning. In Part II, the focus shifts from personal to institutional and cultural aspects of racism. More work is done on intervention and anti-racist organizational community development.

Cost to attend this two day workshop is \$50 and you must have completed RJI Part I. For more information contact Nick Miron, 717-393-1735, ext. 256.

Day of Commitment

"Sitting down together at the table of sisterhood and brotherhood," is the slogan for YWCA Lancaster's Day of



Commitment and speaks to the heart of this special day. This year's event will be held on Wednesday, Nov. 9, 2011.

We put together groups of three diverse individuals who will share a meal - breakfast, lunch or dinner - at a restaurant of their choice in Lancaster County. The goal is to bridge the social divisions that separate us by getting to know new people with different life experiences and diverse backgrounds. To sign up or for more information contact Nick Miron, 717-393-1735, ext. 256.

woman2woman

Join us for a day of empowerment at woman2woman on Sunday, Nov. 13, 2011 from 8:30 a.m. to 4 p.m. at YWCA Lancaster, 110 N. Lime St.

This year's event will offer workshops that cover Health (stress relief, healthy lifestyle, proper nutrition), Business (career development, self-employment, finance), Personal Growth (relationships, self-exploration and personal development), and Education (continuing education and life-long learning). Food will be available for purchase and vendors will be selling goods in the Marketplace. Live music will be performed by local artists. For more information about being a vendor, please call Mary Ross at (717) 393-1735, ext. 260.

Music for Everyone Grant puts musical instruments into the hands of YW's infants, toddlers & school-agers

Music for Everyone, a local foundation that encourages musical education for children, has granted YWCA Lancaster \$1,500 in 2010 and \$1,850 in 2011 for the purchase of musical instruments. The instruments were distributed to YW's classrooms for infants, toddlers and school age children.

Chief Program Officer Cheryl Gahrning said the instruments are a valuable resource for children to learn about various musical genres and explore diverse cultures.

"The funds we received this year and last from the Music For Everyone Grant have allowed us to provide multi-cultural instruments for children in all our programs from infants to school-agers," Gahrning said. "We wanted to introduce children not only to instruments; but also, to diverse instruments...This grant directly effects our mission: eliminating racism."



Cyndy Rineer, teacher in the Big Tots, with Jarielis Gonzalez in her lap. Clockwise: Xavier Garcia, Myhanna Prim and Saafie Mitchell.



Kaiden Crenshaw



Left to right: Laila Davis, teacher Aneissa Ward and Janelli Olivera-Gonzalez.



Angie Calvo, assistant in the Teeny Tots, with Jaylyn Patterson in her lap.

SACC kids paint a piano for Keys to the City



School Age Child Care (SACC) students and SACC counselor Rob Seitz worked in harmony by painting a piano for Music For Everyone's Keys to the City program. "Keys" showcased pianos at business and public locations throughout the city over the summer.

The SACC kids painted a piano with pretty pastel colors, peace signs, flowers and piano keys. It was displayed on the Lime Street side of the YW building.

Front row (left to right): Naida Medina, Isabel Carrion, Victoria Schiding and Nicholas Carrion. Back row (left to right): Anazhe' Pearson, Robert Seitz (counselor) and Gisselle Sanchez.



YWCA Lancaster hands out honors at Annual Meeting

Volunteers and employees recognized for their dedication in support of women, girls and racial justice

On May 18, 2011, YWCA Lancaster honored volunteers and employees with awards and recognition for making a difference in the lives of women, girls and racial justice. A number of top honors were handed out including Citizen of the Year, Racial Justice Award, Corporate Citizen of the Year, President's Award and Yellow Roses. Employees were also recognized for their years of service.



YWCA Lancaster's Chief Executive Officer Maureen Powers, left, awards Lancaster resident Linda Castagna with the Citizen of the Year Award at YWCA Lancaster's Annual Meeting on May 18. Linda served on the YW's Board of Trustees and on the Sexual Assault Prevention and Counseling Center Advisory Committee.

Linda Castagna was named YWCA Lancaster's Citizen of the Year. Linda, a community volunteer and former member of YWCA Lancaster's Board of Trustees for six years, is an energetic volunteer whose dedication to the YW is outstanding, said Maureen Powers, Chief Executive Officer of YWCA Lancaster.

"While on our Trustees, Linda chaired our Sexual Assault Prevention and Counseling Center Advisory Committee, helping us evaluate and improve our services to victims of sexual assault," Powers said. "She was a willing and able solicitor for our annual campaigns, and strongly supported our capital campaign as well. All of the organizations with which she has been involved are much the better for her participation. Linda's quiet leadership calls no attention to itself; she simply

gets the job done. She has worked to build community for all of us in the arts, on a college campus, and for vulnerable populations needing help from human service providers."

The Racial Justice Award was given to Darlene Colon, former member of YWCA

Lancaster's Board of Directors and past chair of the YW's Racial Justice Committee. Colon's involvement in local historical societies and racial justice organizations is strong and she is well known in Lancaster for her portrayal of Lydia Hamilton Smith.

Corporate Citizen of the Year went to LIVE Green, a nonprofit environmental organization in Lancaster County that is focused on improving the environment in urban settings. Under their guidance, the YW has saved money by installing solar panels on the roof to heat water; choosing affordable recycled paper products; and other cost savings and environmentally friendly improvements.

The President's Award went to current Board of Directors member and Board secretary Crystal Mills. Yellow Rose awards went to Kathleen Bowers, Deirdre Foley Citro, Lisa Kennedy and Darren Nye. Yellow Roses are handed out to volunteers who make significant contributions of time, talent and services to YWCA Lancaster.

Award Winners

In recognition of excellence

Citizen of the Year
Linda Castagna

Racial Justice Award
Darlene Colon

Corporate Citizen of the Year
LIVE Green

President's Award
Crystal Mills

Yellow Rose
Kathleen Bowers
Deirdre Foley Citro
Lisa Kennedy
Darren Nye

Staff Longevity:

15 years
Judith Churach
Terry Weis
10 years
Bill Hannegan
Pamela Smith
5 years
Cathy Diamond
Hallie Greco
Colleen Harrington
Pat Kalish
Amanda Kastner
Beth Kuhns
Jenny Rosario
Juanita Smith
April Wright

Nancy Bare In Memoriam

We note with great sadness the passing of Nancy Bare (1919-2011). Nancy was a passionate supporter of YWCA Lancaster and its mission, serving as Board President from 1968 to 1970. She "led by example" as a quiet advocate for women's participation in all walks of life.

Nancy visited us for a tour of our building on North Lime in May of this year and shared many memories of the days when she was actively involved in what we do. Our hearts go out to her family in their loss.

TechGYRLS Summer Camp a Success!

Goal of YWCA Hallmark Program is to get girls excited about technology, math, science & the trades

They created computer programs, built robots, filmed public service announcements, made silk screened t-shirts, and learned how to fix leaky faucets. And that is just a fraction of what YWCA Lancaster's TechGYRLS accomplished this summer.

TechGYRLS is a new summer camp offered by YWCA Lancaster designed to get girls excited about math, science, technology and trades. TechGYRLS is a YWCA national Hallmark Program that is intended to foster self-empowerment and introduce girls to different professions starting at an age when they begin to formulate serious career aspirations.

Under the leadership of Mandy Kastner and Ashley Corbett, YWCA Lancaster's Community Educators, the TechGYRLS had an opportunity to try their hand at a large variety of projects. From auto collision repair, graphic design, electronics, carpentry and plumbing, YW teamed up with Thaddeus Stevens College of



Technology to provide tech teachers and workspace.

Workshops were also provided to focus on team building activities, self awareness/self esteem, workplace skills and business etiquette.

"My favorite part of camp was seeing the girls gain confidence and competency as they explored and learned about the different trades and technologies," said Mandy Kastner. "Females really can do anything they put their mind to if they focus and work hard. No job should just be considered a field only men are capable of being

successful in.

"I hope we've sparked more interest for young girls to aspire to work in technological fields!"

Ashley Corbett said she also enjoyed watching the girls grow intellectually and gain new interpersonal skills.

"The campers not only learned about technology and trades; but also the power of assertiveness, perseverance and teamwork," Corbett said. "Within two weeks it was easy to see personal and intellectual growth in each girl."

Kastner said there was another bonus to overseeing TechGYRLS over the six weeks: the confidence to tackle home repairs.

"When my power went out this past weekend, I was able to troubleshoot the source of the problem thanks to the skills I learned in the electronics technologies lesson provided by Thaddeus," she said.

"I just may tackle my leaky faucet next."



Photo on Left, backrow: (L-R) Brooke, Tierney, Cameron, Devon, Stevens Tech Plumbing Teacher Jo Tyndall, Kelly, Erika and Ashley Corbett. Front row (L-R): Alison, Hannah, Lenis and Hope.

Photo on right: (L-R) Cayli and Stevens Carpentry Teacher Tim Draper.



Photo on left: (L-R) A'sia and Jeanette work on their robot. They are from the School District of Lancaster.

Photo on right: Girls from Pequea Valley and Quarryville School Districts met with Storm Center Meteorologist Drew Anderson when they toured the studios at WGAL TV-8, Lancaster.

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 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 for Labor Day Sept. 3-5 and Thanksgiving Nov. 24-27

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@ywcalancaester.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 \$ _____



eliminating racism
empowering women
ywca

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

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our voice

Fall 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

717-393-1735

A United Way Agency

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