

# our voice

Summer 2009 Newsletter and Class Schedule for the YWCA of Lancaster

## The Library has been restored to its pristine grandeur

By Maureen Powers  
Executive Director

March 31 was a grand day at the YWCA of Lancaster. The Library project had finally come to fruition, and 50 people gathered to celebrate the return of the room to its original grandeur.

Who'd have known when Peter Barber of Two Dudes Painting Company issued us a challenge in the form of an offer to paint the Library for free if we'd furnish it appropriately that it would lead to \$90,000 of much needed TLC for both the interior and exterior of the space?

The restoration process took a while. Two Dudes couldn't paint the room until the water damaged plaster had been repaired. And the plaster couldn't be repaired until the water seepage was cured by replacing the copper downspouts and sealing the bricks. And then LIVE Green Lancaster gave us a grant to replace the deteriorating windows with energy efficient ones that had to match the existing windows exactly. So there was no point in painting until the windows were in place.

And then there was the question of the rug, which had been in place since long before I first came to the YWCA in the early 1970s, and never properly cleaned. Interior designer Ralph Myers rendered the opinion that our beautiful rug should be a focal point for the room and not hidden by massive furniture. Certified Carpet's oriental rug expert Tony Legenstein echoed that opinion, and offered to clean the huge rug free of charge, and also to donate a new pad to help preserve it.

Keeping the rug guided our decisions about paint colors and finishes for the wood floor and furniture. After considering several options, the Property Committee recommended purchasing locally made tables and chairs from the Shaker Shoppe in Lititz. Maintenance staff worked hard to clean the fireplace tiles and glass lighting fixtures. And once all was in place, well, we couldn't have tarnished brass in the room so all the chandeliers and door knobs were removed, polished, and lacquered.

But how to pay for all this? As always, our loyal YWCA volunteers stepped up, beginning with our past Presidents. Blake Albright and Carol Pyfer spearheaded a fundraising drive by offering naming opportunities on the tables and chairs. With the help of 35 donors, we were able to raise enough to cover all the costs, and also refinish the floors in the lobby and commons.

As each step unfolded, excitement rose in the building. Staff would peer through plastic sheets to ooh and ahh as the room took shape. At the opening reception, donors were delighted with the results.

In my 22 years on staff at the YWCA, I can't remember a project that went so smoothly and had such a dramatic impact. Our heartfelt thanks to all the donors and crafts people who took such pride in delivering fine work.



*Our first Community Lunch in the newly restored Library.*



*Executive Director Maureen Powers is flanked by Blake Albright and Carol Pyfer who spearheaded a fund raising drive to restore the Library.*

# Our Voice - YWCA of Lancaster - Summer 2009



**11 Years Running!**  
**ywca** **race**  
**against**  
**RACISM**  
 April 25, 2009



Almost 3,000 runners and walkers took part in our 11th Race Against Racism in downtown Lancaster on Saturday April 25. The 5K (3.1 mile) community event and multi-cultural Humanity Fest that went with it raised money for the YW's local racial justice programs.



**A big THANK YOU**  
**to all our runners,**  
**walkers, volunteers**  
**and sponsors.**



## Platinum Sponsor



## Gold Sponsors

Alcoa  
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 PSECU  
 The Communications Group  
 WLAN FM97

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 Kegel's Produce  
 Lancaster Barnstormers  
 Lancaster County Magazine  
 LHB PureH2O Water Systems  
 PNC Bank  
 Susquehanna Bank  
 United Healthcare

## Community Sponsors

Certified Carpet  
 Gibbel Kraybill & Hess  
 Ten Thousand Villages  
 Tyson Foods



# Our Voice - YWCA of Lancaster - Summer 2009

## New Mission Statement

By Maureen Powers  
Executive Director

As of this writing, I leave tomorrow for the YWCA USA Annual Meeting, where we will vote on a new Mission statement.

For the past two years I have participated in a national task force to make recommendations regarding our Mission statement. There was great consensus across the country that our current Mission statement is too long, too cumbersome, and contains outdated language.

After a series of focus groups held at meetings of all nine Regions, the task force made a recommendation to the National Coordinating Board of the YWCA USA. That body agreed with the direction of the proposed change, but sent the drafts back to the task force for further refinement.

I am happy to say that we were able to come to consensus on a brief, easy to remember statement that keeps the words and values that are most dear to those who love the YWCA:

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

I want to emphasize that the Mission of the YWCA has not changed, but has simply become more clearly articulated. Our Association is scheduled to vote on the bylaws change to incorporate the new Mission statement at our Annual Meeting on May 14.

I was honored to serve on this task force and thank all at the YWCA of Lancaster who participated in our field testing of the statement.

## 2009 ywca awards

**presented at the  
YWCA Annual Meeting  
on May 14, 2009**

**Citizen of the Year  
Gina Russo**

**Corporate Citizen of the  
Year  
Two Dudes Painting Company**

**President's Award  
Nancy Osgood**

**Racial Justice Award  
Beckie Meyer**

**Yellow Rose Awards  
Elizabeth Bennett  
Regina Duell  
Troy Groff  
Nick Myron**

**Honored YWCA Staff  
5 years  
Maribel Cruz  
Monica Kirchner  
Jodi Reinhart**

**20 years  
Jimmy Duncan**

## Abigail Longenecker Foundation Grant for our Sisters Program



The Abigail L. Longenecker Memorial Foundation has given us a \$1,000 grant to extend our Sisters Program over the summer so the children can visit five assisted living homes, once a week for five weeks. They will befriend the residents and work with them on a "chair aerobics" physical fitness program.

The youngsters will benefit greatly from this character-building experience. Not only will they learn how they can help others in a practical and productive way, but they will see the pleasure their weekly visits give these older members of our community in their twilight years. It will help the children develop a sense of compassion, confidence, leadership, empowerment and self-esteem.

For more than 20 years Sisters has been helping elementary-school girls (Little Sisters) from troubled family circumstances avoid the pitfalls of teen pregnancy, substance abuse, and dropping out of school.

Our program strengthens how the youngsters feel about themselves and life in general by pairing them with high-school Big Sisters who serve as role models and mentors.



## Barnstormers fundraiser for the YWCA Residence

Migjoel Diaz and several senior classmates at Penn Manor have coordinated a fund raising project with the Lancaster Barnstormers to benefit the YW Residence.

If you purchase tickets online for the game on May 24 at 1:30 pm and enter the code "YWCA", half the cost of the tickets will be donated to the YWCA.

## Our Voice - YWCA of Lancaster - Summer 2009

### Sexual Assault Advocate Training

**Would you like to learn how to give meaningful support to survivors of sexual assault and their loved ones?**

The YWCA Sexual Assault Prevention & Counseling Center will hold advocate training for men and women at its offices in downtown Lancaster (there will be a small fee). Training is certified by the PA Coalition Against Rape.



**A series of 8 evening classes (5pm-9pm) and one all-day Saturday class (9am-5pm) will be held from Monday July 6 through Wednesday July 15.**

**The evening classes will be held at the YWCA, the Saturday location has yet to be decided.**

**Register before June 30 by calling 393-1735 x 231.**

### Join the YW Public Policy Action Alert Network

Social action and advocacy are the 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 hope you will 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 let you know when impending state or federal legislation is coming to a vote so you can decide whether or not to take action with the click of a mouse or a phone call.

There is strength in Numbers!

## YWCA voted 'Favorite Day Camp' in 2008 Lancaster Newspapers Readers' Choice Awards



Join us for a magical summer of friendship and fun - swimming, sports, games, arts & crafts, field trips, picnics, end of summer carnival and much, much more...

Camp sites:

- \* The YWCA in downtown Lancaster
- \* McCaskey High School
- \* Penn Manor School District

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

eliminating racism  
empowering women  
**ywca**

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

**For boys and girls ages 5-12**

**Mon - Fri, 6:30 am - 6:00 pm, end of school year through start of new school year**

# YWCA of Lancaster Health & Fitness Center

Summer 2009 Schedule - fitness, gymnastics and dancing

Lucy Ngokonyo-Weaver, Health & Fitness Director

## The YWCA at Lime Street building hours

Mon-Thurs 6:15 a.m. - 9:00 p.m.  
Friday 6:15 a.m. - 7:00 p.m.  
Saturday Closed  
Sunday 3:00 p.m. - 7:00 p.m.

**The Health & Fitness  
Summer 2009 Term:  
Adults and Youth  
June 8 - August 28**

YWCA building  
will be closed over  
**Independence Day**  
July 4  
**and LaborDay weekend**  
September 6 - 7

## Pool Update

Here's a short recap of our progress in resolving the problem of underground moisture that caused one of our pool walls to fail.

- We drilled through the concrete floor in the equipment rooms on the Lime Street side of the building and inserted PVC pipes. That indicated ongoing moisture in the soil there, even without any heavy rains.
- Believing the problem to be inadequate stormwater drainage rather than a shallow groundwater table, we next looked at our system of downspouts and drainage pipes.
- We replaced our old downspouts with beautiful new copper ones for the above ground sections..
- The catch basins and other drainage facilities were found to be severely clogged, preventing proper drainage of stormwater from the roof, enhancing corrosion and leakage of the underground drainage pipes.
- The City subsequently cleaned the storm sewer inlets on North Lime and East Orange streets.
- We next had a company try to clean all four underground pipes at the base of the downspouts. One of the pipes was successfully cleaned in January, and a camera inspection revealed that the underground pipes are made of clay and are significantly deteriorated. The presence of standing water in combination with the level of deterioration witnessed in the pipes supports the theory that the drain pipes are the source of the flooding problem in the basement.
- It was recommended to clean the other three pipes after the weather warmed up, as the equipment doesn't work well in cold weather. The other pipes are being cleaned as I write this.

Our hope is that we will be able to insert liners into the pipes to prevent water seepage; however, the pipes may be too deteriorated for that option.

## 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 - Summer 2009

## Express Workouts

Can't find time to exercise?  
Try the YWCA at lunch time,  
Monday – Friday  
6/8 – 8/28/09

## 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 (new class)

Strength with flexibility with intervals of cardio. Complete workout during 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 2 p.m. – 4 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

## Creative Movement, ages 3-4

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

SESSION: 6/8 – 8/28/09  
Tues 5:45 p.m. – 6:15 p.m.  
Instructor: Amy  
Fee: \$65

## 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: 6/18 – 7/31/09  
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: \$45

## Nutcracker Ballet

### Summer Camp, open to all ages

Ballet summer camp will run in two sessions:

Session 1: June 22 – June 26  
Time 10 a.m. – 11:30 a.m.  
Session 2: August 3 – August 7  
Time 1 p.m. – 2:30 p.m.  
Classes will include ballet dancing, stretching, crafts, story telling and a movie.  
Fee: \$35 per session

## Hoppers, ages 3-5

First-time gymnasts.  
SESSION: 6/8 – 8/28/09  
Tues 5:00 p.m. – 5:45 p.m.  
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: 6/8 – 8/28/09  
Tues 5:30 p.m. – 6:30 p.m.  
Instructor: Sarah  
Fee: \$65

## 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: 6/8 – 8/28/09  
Level I  
Thurs 6:15 p.m. – 7 p.m.  
Level II  
Tues 6:15 p.m. – 7 p.m.  
Instructor: Amy  
Fee: \$65

## Take Charge (new class)

For a new, stronger you! This class will include 20 minutes of heart rate, 20 minutes of strength and 20 minutes of stretching with pilates moves.

SESSION: 6/8 – 8/28/09  
Mon/Wed 5:30 p.m. – 6:30 p.m.  
Instructor: Cindy  
Fee: \$61 per class

## Yoga for Beginners

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

SESSION: 6/8 – 8/28/09  
Thurs 7 p.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: 6/8 – 8/28/09  
Mon 3 p.m. – 4 p.m.  
Thurs 1 p.m. – 2 p.m.  
Instructor: Lucy  
Fee: \$0

Class sponsored by Office of the Aging.

## Physical Fitness Center, ages 16 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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empowering women

**ywca**

**All YWCA members  
and allies must show  
their membership cards**

Registration for classes begins **May 18, 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 May 18. 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

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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 birthdates for Family Membership and pre-school children to be covered under Adult Membership.)

**Full Name**

**Birthdate**

\_\_\_\_\_

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\_\_\_\_\_

- Senior Citizen (60+) **\$25**
- Young Adult (15-17) **\$15**
- Student (5-14) **\$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 5/29/09 & receive \$2 off.**

Offer good for classes only. One coupon per family.

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**ywca**

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

Health & Fitness  
registration begins  
May 18, 2009

# our voice

Summer 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:

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

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*Executive Director*

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### Management Team:

*Executive Director* Maureen Powers  
*Assistant Executive Director* Dorothy Evans  
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*Parent Child Learning Center Coordinator* Cathy Diamond  
*Prevention Education Director* Jodi Reinhart  
*Racial Justice & Advocacy Coordinator* Lucy Ngokonyo-Weaver  
*Residence Director* Mary Commero  
*School Age Child Care Director* Monica Kirchner  
*Youth Director* Mary Ross

Health & Fitness Summer 2009 Term June 8 - August 28