

eliminating racism
empowering women
ywca

Central Carolinas

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Charlotte, NC 28209

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www.ywacentralcarolinas.org

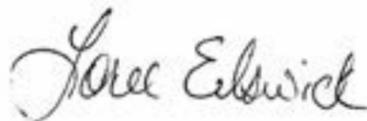
*In
this
Issue* *April's Stand Against Racism
A Partner Shows Their Support
A New Generation of Swimmers*

Dear YWCA Family and Friends:

One of the great joys of having the community engaged in our mission is the "hands-on" team days we host. In recent weeks of sunny days, we have benefitted from armies of generous volunteers who have served brunches, prepared welcome gifts and beautified our campus.

Keller Williams put all their offices on hold to "give where they live," and our raised bed gardens became cornucopias of veggie abundance. St. Peter's Catholic Church tended to the natural habitat on our property, so that outdoor classroom is prepared for summer learning. Wells Fargo team members fanned out across campus last month, mulching, weeding and pruning until the grounds were glorious.

As author Bryan Stevenson reminds us, "getting proximate" to those struggling helps us change the world and our own perspective. When members of our community show their care for the welfare of those we serve, we are all encouraged on the journey.



Loree Elswick
Board President



Kirsten D. Sikkelee
Chief Executive Officer

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Summer 2018
yworks
a quarterly publication of YWCA Central Carolinas

2018 Racial Justice Forum and Stand Against Racism

In April, YWCA USA held its national campaign, Stand Against Racism. The two-day event allows individuals that work in racial and social justice fields to come together and foster community. For YWCA Central Carolinas, Stand Against Racism began on the evening of April 26 with a Racial Justice Forum.

The forum was facilitated by Brandon Risher, Associate Director of Presbyterian Psychological Services. His presentation, "Micro-Aggressions: Insults and Dismissals from People in Power", examined those acts and slights that are hurtful and marginalizing. The crowd of 80+ individuals that attended the forum left with new insights and Risher shared advice to those that experience micro-aggressions daily. "Write it down," he told the room. "Don't try to hold it, let the page take it."

The next morning, staff and volunteers from YWCA Central Carolinas made public pledges against racism on the corner of Trade and Tryon in Uptown Charlotte. The event was lively

with a performance from Belleview Elementary's choir, a kickboxing class instructed by YWCA's Fitness Instructor, Drew McClain, spoken word by YWCA's Learning Center Coordinator, Montrell Brooks and a drum circle led by Women in Transition Case Manager, Gloria Dixon.

Volunteers stood with signs quoting statistics and staff gave out "Racism Hurts Everyone" stickers to passers-by. The League of Women voters joined YWCA and registered individuals to vote in upcoming elections. It was a fantastic day!



The Leon Levine Foundation Offers \$10,000 Challenge Grant

The Leon Levine Foundation challenged YWCA Central Carolinas: in order to receive an additional \$10,000 grant, YWCA Central Carolinas needs to find ten new donors who will give a gift of \$1,000 or more before November 30.



Your gift has the power to have double the impact!

Your contribution immediately goes to work to lift up women, children and families who have found a safe harbor at YWCA. Most people know we have a co-ed fitness center and indoor pool on our campus on Park Road. What people don't know is that on the three floors above the fitness center, we provide safe housing for 66 women experiencing homelessness in a program called Women In Transition (WIT). Annually, approximately 125 women participate in our affordable housing and comprehensive support service program for up to 18 months in order to gain the skills and resources necessary to attain and maintain permanent long-term housing.

Behind the fitness center, we built ten townhomes to provide safe, affordable

housing and intensive support services for families with minor children facing homelessness in a program called Families Together. Families receive the same services as our WIT participants for up to 18 months.

We also have ten community-based Youth Learning Centers in Mecklenburg and Union Counties that teach literacy skills to over 300 students after school during the academic year and all day during the summer at no cost to their families.

The money received from this grant will help us continue to empower all housing and youth learning participants. We have three new donors already but still need to find seven more. Will you help us find the other seven?

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Fitness Highlights - Summer

See more offerings online at www.ywcacentralcarolinas.org

Befriending The Water

Gloria Dixon, Women In Transition Case Manager, has always loved the water but she had one issue: she'd been faking how to swim for 46 years. When attending pool parties she had a system. She would hold her breath, dive in, and swim from the deep end to the shallow, standing once her breath ran out. After her grand entrance had been made, she would befriend those in the shallow end, usually children, because it was easier.



"I've stood in the ocean before, hit waves and have been in pools on cruises," Gloria said. "I just didn't believe I could

float." But Gloria didn't let this belief continue to impact her relationship with water.

After making little to no progress with three swim instructors from various locations, she decided to take the Fast Track Adult Class with Cynthia Osborne. This class is instructed in the indoor pool at YWCA Central Carolinas and is geared towards getting over a fear of water. The class is composed of different activities: exercising breath control, mastering how to tread water in the deep end and learning how to let go of the wall and float.



The reason why this class worked so well for Gloria is because she felt Cynthia, the instructor, really understood the hesitations she and her classmates had towards the water. "She understood what our fear was," Gloria reflected. "She understood the fear of getting water in your nose. The fear of letting go and having the water carry me off. She understood the fears that kept us from learning."

Gloria is now able to float and is working on her confidence with the water. In a letter she had to write during the course she addressed the water and said, "I'm no longer afraid of letting go and letting the water do what it will."

Visit the YWCA website to learn about private and group swim lessons for adults and children. Available to members and non-members!

Technique Camp: A Breakdown of Swim to Bike Efficiency

Join coaches Jody and Lisa as you learn techniques for a smoother and more efficient transition from swim to bike. Planning and practicing your swim to run transition gains you "free time" on race day. Improve your personal time and get a leg up on your competitors.

Training Dates: Wednesdays – July 18, 25, and August 1. (7 - 8pm)

Training Locations: YWCA indoor pool & outdoors including YWCA parking lot and surrounding roads.

Prerequisites: Participants must be able to swim 250 yards. Participants must provide swim suit, goggles, bike, and helmet.

Registration Deadline: 5pm Friday, July 13. You can register on our site (<https://ywcacentralcarolinas.org/fitness/special-programs/>) or at the front desk! Drop-Ins welcome!

The Trainer's Boot Camp

A good boot camp will make you tired. A GREAT boot camp will make you BETTER...

Join the Industrial Strength training team for this challenging and innovative summer boot camp. Just as they do in private session, the trainers will stress proper exercise form and technique.

THIS is the boot camp that will change the way you workout!

Training Dates: July 11 to August 15.

Registration ends July 6 but walk ins are welcome. Register on our site (<https://ywcacentralcarolinas.org/fitness/special-programs/>) or at the front desk!

Wear YW Gear

Did you know that we have apparel on sale? Shop our online store, based in Mooresville, North Carolina. When you purchase your YWCA gear from Lake Norman Screenprinting, they will donate a portion of the proceeds to support YWCA programming.

The shop link is <https://stores.brandspeed.us/ywcacentralcarolinas/shop/home>



group exercise and aquatics schedule - Pool is open to all YWCA members during swim lessons.

monday	tuesday	wednesday	thursday	friday	saturday	
6am - 6:45 am Spin	6am - 6:55am Cardio Strength	6am - 6:30am Spin				<p>★ Pop Up Classes continue so that you may try new classes! View classes on the website via the monthly event calendar.</p> <p>★ Visit the website for details on Swim Lessons!</p> <p>Pool Hours Mon-Thurs 5:45am - 8pm Fri 5:45am - 7pm Sat 8 am - 4:45pm Sun 1pm - 4:45pm</p> <p>12:30pm - 1:30pm Mon-Fri Adult Swim</p> <p>Get our email updates! JCanfield@ywca centralcarolinas.org</p>
8am - 8:45am Spin	8am - 8:50am Deep Water Work	6:35am - 6:55am Quick Abs & Stretch 8am - 8:45am Spin	8am - 8:50am Deep Water Work		8am - 8:45am Spin	
8am - 8:50am Deep Water Work	9:10 am - 10am Aqua Arthritis Energizer	8am - 8:50am Deep Water Work	9:15am - 10:15am Aqua Yoga-Shallow	9am - 9:45am Move & Groove	9am - 9:50am Aqua Boxing-Shallow	
9am - 9:45am Aqua Tai Chi Shallow	9:30am - 10:10am Athletic Tone	9am - 9:50am Deep Water Work		9:10am - 9:50am Shallow Water Work		
9am - 9:45am Move & Groove	10:15am - 10:30am Quick Stretch & Abs	9am - 9:45am Move & Groove		10am - 10:55am Pilates	10am - 11:20am Yoga I: Exploring the Details	
10am - 10:55am Aqua Power Shallow	10:30am - 11:45am Align & Refine Yoga I/II	10am - 10:55am Aqua Power-Deep	10:30am - 11:25am Yoga I/II	10am - 10:50am Aqua Power-Shallow & Deep		
10am - 10:55am Pilates Fusion	12pm - 12:45pm Cardio Strength	10am - 10:55am Pilates Fusion	12pm - 12:30pm Spin	10am - 10:30am HIIT		
5:25pm - 6:10pm Spin	5:25pm - 6:10pm Spin	12pm - 12:45pm Tabata	12:35pm - 12:50pm Quick Tone & Stretch	10:35am - 10:50am Quick Abs		
5:30pm - 5:45pm Quick Stretch		5:25pm - 6:10 Spin	5:25pm - 6:10pm Spin		<p>sunday 4pm - 4:55pm Deep Stretch Occasional Pop-Up *See email for dates</p>	
5:50 pm - 6:05pm Quick Sculpt & Tone		5:50pm - 6:05pm Quick Sculpt & Tone	6:15pm - 6:45pm HIIT			
6:15pm - 6:45pm HIIT	6pm - 6:50pm Aqua Boxing Shallow	6pm - 6:55pm Aqua Cardio-Shallow & Deep	6pm - 6:55pm Yoga I			
6pm - 6:55pm Vinyasa Yoga II/III	6pm - 6:55pm Vinyasa Yoga I/II	6:15pm - 6:45pm HIIT 6pm - 6:55pm Vinyasa Yoga II/III				

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 Patricia Zoder
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 Kirsten D. Sikkelee, chief executive officer

Welcome, New Board Members!

Christie Gragnani-Woods
 Shelley Smith
 Kristy Teskey

A New Generation of Swimmers

Arthur Griffin, former chair of the Charlotte-Mecklenburg School board, and his wife Alicia, have a long-standing family tradition. Each year, they join their daughter, Christina Howard, and her children, Leah and Collin, for swimming lessons at the YWCA pool. It's a fun, family priority that started over 40 years ago.



When Christina and her brother, Tony, were in elementary school, they went to a neighbor's pool party. Alicia had given the children strict instructions to remain on the side of the pool, as they did not know how to swim. She looked up just as Tony jumped into the pool, fully clothed, unable to swim. Wearing a lovely sundress, Alicia jumped in to save her son.



The very next day, Alicia and Arthur enrolled their children in swim lessons at YWCA Central Carolinas on Park Road. A generation later, their grandchildren continue this tradition of learning water safety, exercise and skill-building. And Team Griffin is on the bleachers to cheer them on!

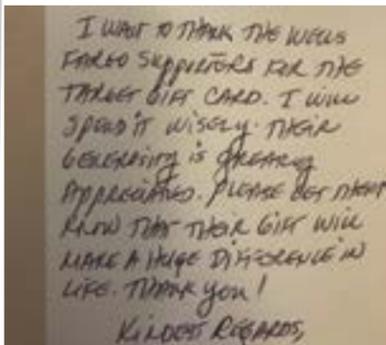
Wells Fargo Provides More Than Acts of Service

On June 2, Wells Fargo team members participated in their eighth annual Day of Caring. All throughout Charlotte and the nation, volunteers showed their support for local nonprofits, but the support Wells Fargo showed YWCA Central Carolinas was something special.

Volunteers arrived to the Park Road location early Saturday morning, ready to work on landscaping and beautification projects at the facility. As team members readied themselves for the day's work, Kendall Alley, Charlotte regional president for Wells Fargo, shared more than a speech.

"We don't show up without gifts," Alley said as he smiled at the four unsuspecting residents representing YWCA's housing programs. He announced that the 10 Families Together families were to receive a \$250 gift card and the 60 Women in Transition participants a \$100 gift card; an \$8,500 gift for our residents!

YWCA case managers presented these gift cards to participants on the following Monday and the joy was contagious.



A mother who was newly unemployed was now able to buy her daughter a graduation dress. Another participant said that it felt like Christmas and was so thankful to be thought of by Wells Fargo.

That Saturday, volunteers re-mulched the front yard, weeded the garden, inventoried housing materials and painted mugs for the welcome bundles for our future housing participants. Their work may have been for one day, but their impact is immeasurable.



YWCA Indoor Pool Update

No one loves their pool more than we do, but in April it was due for an upgrade. Our pool heater failed and caused our pool to be closed for two and a half weeks. After exhausting all avenues to fix the existing technology, we replaced the pool heater for \$20,000. This fantastic new system allows our aquatic staff to better stabilize the water temperature through digital programming. It also has a new diagnostic warning system that alerts us to any problems quickly. We're excited about this new technology to help us provide the best pool temperature possible for our swimmers and appreciate your patience while our pool needed to be closed.

Our aquatics team has an array of classes and many extracurricular aquatic programs available. Learn how to swim or receive coaching to further elevate your abilities in one of our private or group swimming lessons for children and adults. Do you enjoy a dynamic workout with friends? We have multiple water aerobics classes available. Train to become a lifeguard with our partner, Charlotte Safety Training, or sign up for scuba lessons with our partner Ken Charnock. We even host a children's movie day in the pool called Flick and Floats! We'll see you in the pool!



Grant Provides Racial Bias Training to Staff and Board

YWCA was awarded a grant from Unite Charlotte to send our full-time staff and board members to the two-day Racial Equity training provided by Race Matters for Juvenile Justice (RMJJ). The two-day workshop, which is referred to as Racial Equity Phase I, is facilitated by highly-skilled facilitators from the Racial Equity Institute (R.E.I.), headquartered in Greensboro, NC.

Staff and board members joined individuals from other organizations to take a deeper dive into what systemic oppression is and to build capacity to understand and eliminate racial disparities.

"My experience with the training was simply life-changing," Amy Rose, Women In Transition Case Manager said. "The information was beautifully organized and presented in a way that made sense. I had never seen our nation's history laid out in that way. This should be required training for anyone in the social services field, police officers, so many people."

"My eyes were opened to the history of America's treatment of people of color," Sheila Ijames, Director of Youth Programs said. "Much of what I learned was not taught in the public schools I attended. I am not surprised, because leaving out many of these facts keeps people ignorant of the cruelty and injustice that has served those who have power and privilege. I plan to use this knowledge to help educate others while holding myself accountable to learn more about America's 'true' history."

Thank you to Unite Charlotte, without their grant this educational experience would not have been possible.

Thank You to Our Partners for Supporting YWCA!

St. Peter's Episcopal's financial support allowed us to update the bathrooms for Women In Transition participants by regrouting the tiles, adding new sinks and shower partitions and providing a new ice machine to the housing participants.

Duke Energy's grant continues to support our Southside Youth Learning Center where students are able to enhance their reading skills after school for no cost.

Thank you to the volunteer groups from St. Peter's Catholic, Keller Williams and BB&T Lightjouse that have helped us upkeep our main facility and Youth Learning Centers!

Save the Date!



Nov. 8 - Book Club
 6pm - 8pm @ YWCA

We're reading "The Color of Law: a Forgotten History of how our Government Segregated America" by Richard Rothstein

Questions about 1902 Society or the Book Club they host?

Contact Ally Korony at akorony@ywcacentralcarolinas.org or 980-585-0499 to in learn more.