


Dear YWCA Family and Friends:

One morning during early voting, a YWCA bus full of residents exercised their right to vote at the Marion Diehl Rec Center. Before this fall, Lisa had never voted in any election because she felt like her vote didn't matter. She said it was her case manager, Gloria, who made her believe that it did. "Because Gloria has helped me with so much during my time in Women in Transition, when she started talking to me about voting and why it's important, because I trust her, I decided to do it," Lisa said. "I realized that the only reason they don't hear my voice is because I haven't been saying anything." She said voting for the first time made her realize that she wanted to be a more active participant in every aspect of her life.

Inside this issue of YWorks, you will read about our "Get Out The Vote" efforts in partnership with YWCA USA, which included registration drives, transportation to the polls, and co-hosting three candidates forums. We all want to know that our voice matters, and it's been amazing to witness women who are recognizing that right for the first time.



Loree Elswick
Board President



Kirsten D. Sikkelee
Chief Executive Officer

Racial Justice Screening: *Wilmington on Fire*

On November 15, YWCA Central Carolinas held a screening of the documentary, *Wilmington on Fire*. YWCA was honored to host the director, Chris Everett, along with special guest, Larry Thomas.

Wilmington on Fire is a documentary that chronicles The Wilmington Massacre of 1898. This massacre was a bloody attack on the African-American community on November 10, 1898, in the port city of Wilmington, NC, by a heavily armed

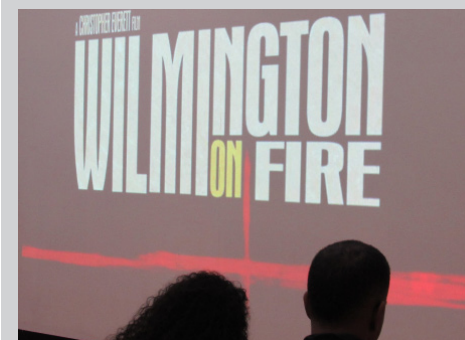
white mob with the support of the then North Carolina Democratic Party. It is considered one of the only successful examples of a violent overthrow of an existing government and left

countless numbers of African-Americans dead and exiled from the city.

This tragedy was the springboard for the White Supremacy movement and Jim Crow segregation throughout the state of North Carolina and the American South. This incident has not been recognized and has been omitted from most history books. It was not until 2006, after the North Carolina General Assembly published a report on it, that the tragedy became known to the general public.

Our viewers found this documentary to be thought-provoking, enlightening, empowering and an eye-opening experience. One audience member said, "After viewing this film, I plan to get involved with my community by starting with my circle of friends, like hosting a screening and encouraging them to use their power and advocacy to affect change."

We look forward to hosting Chris Everett's next documentary, *Wilmington on Fire 2*, in 2019.



2018 Women of Achievement

In October, we held our annual Women of Achievement and Donor Recognition Event. This is an opportunity to thank the donors who continue to support the mission of YWCA Central Carolinas, while honoring the work of three remarkable women in the community. Each woman honored represents a different generation and embodies our mission.

The Pioneer Award, which honors a mature woman who exemplifies a lifetime commitment to promoting social justice, went to Dorothy (Dot) Counts-Scoggins. Dot began her journey of social justice at age 15 as one of the four African American students to desegregate schools in Charlotte in 1957. Her career in education spanned over 50 years. She continues to lead the fight for higher quality early care and education through

activism.

The Community Champion Award, which honors an established woman working at the forefront of social change, went to Liz Clasen-Kelly. Liz is the Executive Director of the Men's Shelter of Charlotte and has been a visionary, advocate and well-recognized leader for ending homelessness in the community. She leads in the creation of innovative initiatives and programs that lift-up individuals experiencing homelessness, using her voice to push for systemic change and increased affordable housing.

The Emerging Leader Award, which honors a woman under the age of 35 who will lead our community forward, went to Jessica Moss. Jessica has

transformed the community surrounding art, both the audience and the range of diversity in artists. She has created an artist residencies program called 'The Roll Up,' offering affordable spaces for artists to live and work in as well as a stipend and car for transportation for six months. She works as an independent curator and adjunct professor at Queens University of Charlotte.



Fitness Highlights - Winter

See more offerings online at www.ywcacentralcarolinas.org

Finding Your Fitness

At almost any group fitness class you will hear someone say, "Showing up is half the battle." It may be said in encouragement or even at the end of class as the instructor applauds everyone for coming and doing some good for their body. No matter the case, it's true.

Claire joined the YWCA Central Carolinas team in March. She saw everything the nonprofit had to offer and decided there was no longer an excuse to struggle in her fitness journey.

"As a kid I took dance classes, swimming lessons, joined my school's tennis team and would even ride my bike through my hometown in the summer," Claire says. "But nothing ever really stuck."

It was time for that to change, but changing habits is easier said than done. So she started slow: walking the track and neighborhood during her lunch hour then exercising in the cardio and weight gyms before or during work, using podcasts and Netflix series as incentives. Eventually came the courage to join a group exercise class.

Working out in public can be nerve-wracking, but there are positives to group settings when it comes to fitness. Claire took Yoga, Cardio Strength, Aqua Boxing and Tabata, to see which classes would spike the most interest. The classes became a familiar setting, her body got used to the work and she decided it was time to push her comfort zone again: she signed up for the Holiday Hustle & Flow Bootcamp through Industrial Strength Fitness.



"I'd never taken a bootcamp before and I was so nervous I would do everything wrong and the entire class would notice." But she didn't; Claire has worked through the recent seasonal bootcamp, implementing the breathing techniques and modifications the group classes have taught her. She plans to sign up for more bootcamps in the future to continue pushing her fitness progress.

How will you be pushing your comfort zone?

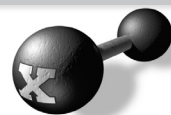
Unlock Your Fitness

This limited time deal offers a month-long, all-inclusive membership to YWCA Central Carolinas for nonmembers. Every purchase includes a YWCA orange lock to use in the locker room! There are two purchase options:

- 1) 1 Month Individual Membership for \$49 – for one nonmember
- 2) 1 Month Multiple People Membership for \$65 – for multiple individuals living in the same household

Purchases can be made at the Front Desk at YWCA Central Carolinas

AND for existing members, you can get 20% off your gym membership by paying for the entire year in January! Learn more at the Front Desk.



**INDUSTRIAL
STRENGTH
FITNESS**

Winter Class Series

Check out these upcoming 2019 Winter programs!:

- T'ai Chi & Qigong Ongoing Series with Mike Gentile
1/8 - 2/12
Tues 10-11am
Members: \$10/class
or \$50 for series
Nonmembers: \$15/class
or \$75 for series
Register through the MindBody app or in person
- The 2019 Re-Boot Camp
1/12 - 2/9
Wed at 7pm
& Sat at 9am
- Push Past the Obstacle Course Training Series
- Tools of the Trade - Foam Rolling & Flexibility
- Belly Dancing
- Beyond the Mat - Pilates Series
- Corrective Yoga for the Neck & Shoulders
- Yoga for Grief and Healing Workshop
- The Stress Redux - Yoga Workshop
- Happy Healthy Spine Workshop
- YDub Tri Club Crash Course
- Swim Your Way Thin - Metabolic Intervals

For more information see industrialstrengthfitness.com or contact Joe Montgomery at instrengthinc@aol.com

Sarah Belk Gambrell Gym & Swim

Winter 2019

★ Please check the schedule on the website, Facebook and at the front desk for updates.

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

monday	tuesday	wednesday	thursday	friday	saturday	<div>★ Pop Up Classes continue so that you may try new classes! View classes on the website via the monthly event calendar.</div> <div>★ Visit the website for details on Swim Lessons!</div> <div>Pool Hours Mon-Thurs 5:45am - 8pm Fri 5:45am - 7pm Sat 8 am - 4:45pm Sun 1pm - 4:45pm</div> <div>12:00pm - 1:00pm Mon-Fri Additional Lap Lane</div> <div>Childcare Hours Mon-Thurs 9am - 12pm & 5pm - 7pm Fri 9am - 12pm Sat 9am - 12pm</div> <div>Get our email updates! JCanfield@ywca centralcarolinas.org</div>
6am - 6:45am Spin	6am - 6:30am HIIT	6am - 6:30am Spin				
8am - 8:45am Spin	6:30am - 7am HIIT	6:35am - 6:55am Quick Abs & Stretch	8am - 8:50am Deep Water Work		9am - 9:50am Aqua Boxing-Shallow	
8am - 8:50am Deep Water Work	8am - 8:50am Deep Water Work	8am - 8:50am Deep Water Work	9:15am -10:15am Aqua Yoga-Shallow	9am - 9:45am Move & Groove	9:15am - 10am Spin	
		9am - 9:50am Deep Water Work				
9am - 9:45am Aqua Tai Chi Shallow	9:10am - 10am Aqua Arthritis Energizer	9am - 9:45am Move & Groove		9:10am - 9:50am Shallow Water Work	10am - 11:20am Yoga I: Exploring the Details	
9am - 9:45am Move & Groove	10am - 10:30am Spin	10am - 10:55am Aqua Power-Deep		10am - 10:55am Pilates	10:30am - 11:15am Cardio Strength	
10am - 10:55am Aqua Power Shallow	10am - 11am Tai Chi & Qigong (\$)	10am -10:55am Pilates Fusion	10:30am - 11:25am Yoga I/II	10am - 10:50am Aqua Power-Shallow & Deep		
10am - 10:55am Pilates Fusion	10:30am - 11:45am Align & Refine Yoga I/II	12pm - 12:45pm Tabata	12pm - 12:30pm Spin	10am - 10:30am HIIT		
2pm - 12:45pm Cardio Strength	12pm - 12:45pm Tabata	5:30pm - 6:15pm Aqua Boxing	12:35pm - 12:50pm Quick Tone & Stretch	10:35am - 10:50am Quick Abs		
5:25pm - 6:10pm Spin	5pm - 5:30pm Aqua Tabata	6pm - 6:55pm HIIT	5:25pm - 6:10pm Spin	11am - 11:30am Spin	sunday 3:45pm - 4:45pm Deep Stretch Occasional Pop-Up *See email for dates	
	5:25pm - 6:10pm Spin	6pm - 6:55pm Vinyasa Yoga II/III				
6:00pm - 6:55pm HIIT (High Intensity Interval Training)	6pm - 6:55pm Yoga I	6:15pm - 7pm Spin	6pm - 6:55pm Yoga I			
6pm - 6:55pm Vinyasa Yoga II/III	6:15pm - 7pm LIIT (Low Impact Interval Training)	6:15pm - 7pm Aqua Cardio - Shallow & Deep	6:15pm - 6:45pm HIIT		Orange Crush Swim Season runs January through March. Please see the Aquatics monthly schedule for updates.	

Loree Elswick, president
Soamoya Rankins, president-elect
Laurie Guy, treasurer
Jean Cochrane
Brittany Conner
Sally Daley
Christie Gragnani-Woods
Andrea Spears Jackson
Susan McConnell
Amy Murphy
Whitney Simpson
Shelley Smith
Kristy Teskey
Angela Witt
Karen Zapata
Patricia Zoder
Sarah Belk Gambrell, board member emeritus
Kirsten D. Sikkelee, chief executive officer

YWCA Gets Out The Vote

This election season, YWCA got out the vote! We partnered with the League of Women Voters and 16 other women-led organizations to host three candidate forums. Candidates running for various offices came together and shared their platforms on healthcare, gun reform, education and more. We encouraged YW residents, employees and fitness members to register to vote during voter registration drives in our Park Road lobby. And offered residents of our Women In Transition and



Families Together programs transportation to the polls on an early voting day and on Election Day.

Throughout the election season YWCA had the goal to ensure all community members stayed informed on who was running and the steps individuals needed to take to vote.

The job duties of "Citizen" do not end on Election Day. Hold your representatives accountable by showing up at public meetings, and calling and writing them when there is an issue that matters to you.



In-State Convening of Six NC YWCAs

On Wednesday, October 31, the YWCAs of North Carolina convened at our Charlotte association. Staff, board and stakeholders from YWCAs Asheville, Central Carolinas, Greensboro, High Point, Lower Cape Fear and Winston Salem packed the multi-purpose room overlooking Families Together for a day-long work session.

The YWCAs of North Carolina are focusing our collective efforts to address the unjust treatment of People of Color in our communities. We believe that when community members come together, we can come up with solutions that benefit everyone and create safer communities for all. Highlights of the day included a deeper dive into racial profiling, its impact across the state and possible interventions; an endorsement of our advocacy agenda; and a panel discussion with stakeholders to pinpoint strategies that will help us to address racial inequities across our state.



Keeping the YWCAs of North Carolina 2018 Advocacy Agenda as the over-arching framework for our racial justice and advocacy efforts, the Charlotte team elected to focus on furthering anti-discrimination efforts by building relationships and public support around ending cash bail. The group plans to engage partners who are working to end cash bail to help with an upcoming forum in early 2019...stay tuned!

Digital Charlotte Empowers YWCA Residents

This Fall, YWCA Transitional Housing programs were selected as a recipient of Digital Charlotte's Fall 2018 Program Accelerator, a collaboration with Queens University's Knight School of Communication. This program is designed to support other organizations' abilities to sustainably deliver digital literacy skill development to their communities. Five Women in Transition and four Families Together participants enrolled in this six week course which ended in early November.



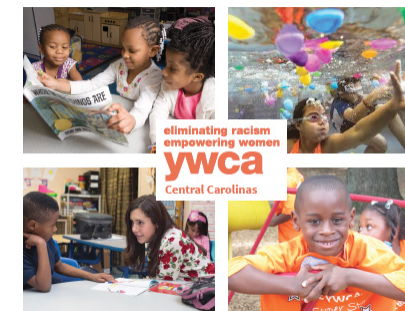
The course offered basic computer and social media literacy skills. Additionally, all participants that attended five of the six workshops received a refurbished laptop upon program completion. For many housing participants, this introductory level of computer basics is needed and can enable individuals to more easily search for employment or housing online.

One participant remarked, "It was wonderful. We had a great instructor. She gave us a manual book called *Digital Basics* to help us learn how the computer works. I loved it."

The feedback from all participants has been tremendous. The program is designed so that each organization can continue to offer this curriculum to future participants by selecting a former student as a future teacher.



The Honor in Giving



As we begin a new year, remember you can support our women, children and families through giving an honorarium or memorial donation. YWCA will send a beautiful notecard to your someone special acknowledging your gift and the reason why you donated but not the amount you gave.

Birthdays, weddings, anniversaries and graduations are just a few of a long list of special events and reasons for supporting YWCA Central Carolinas while honoring or remembering someone special in your life.

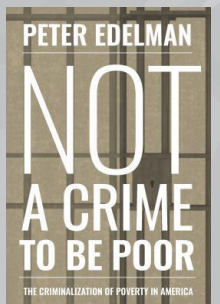


Thank You to The Leon Levine Foundation



With your super help, we did it! We found 10 new donors who gave \$1,000 or more to YWCA. Now we are eligible to receive a \$10,000 matching grant from The Leon Levine Foundation, our wonderful partner.

Save the Date!



March 21 - Book Club
6pm - 7:30pm @ YWCA
We're reading Not a Crime to Be Poor: The Criminalization of Poverty in America by Peter Edelman

Refreshments will be served, please rsvp on our site. To learn more contact Ally Korony at 980-585-0499 or akorony@ywcacentralcarolinas.org