

eliminating racism
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Central Carolinas

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Dear YWCA Family and Friends:

“You don’t know what you don’t know.” How many times have you heard that phrase? Somewhat silly as it can sound, it is, of course, true.

Many of us learned U.S. history lessons that failed to tell us the whole truth. Many of us did not know how government policies put into play over the past 100 years literally segregated neighborhoods all across America. Many of us had no idea how the cash bail system is a two-tiered system, hurting poor people and people of color the most, without regard to guilt or innocence. For those with the privilege of living in any kind of protected bubble, we truly do not know what we don’t know.

But when we know, Maya Angelou calls on us to act:

“Do the best you can until you know better. Then, when you know better, do better.”



Loree Elswick
Board President



Kirsten D. Sikkelee
Chief Executive Officer

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Charlotte Community Book Read

In Richard Rothstein’s book, The Color of Law: a Forgotten History of How Our Government Segregated America, he lays out the ways in which explicit U.S. government policies created the segregation in our neighborhoods and schools that largely remains today. Among others, he points to the Federal Housing Administration’s redlining policies of the 1930’s-1960’s that refused to insure mortgages in and around African-American neighborhoods while they were, at the same time, subsidizing builders of entire suburbs exclusively for white people. Most middle-class families gain wealth from the equity they have in their homes, so discriminatory policies like these led to the Black-White wealth gap that exists in America today.

YWCA joined as a co-sponsor of the city-wide Color of Law Community Book Read after hosting a book club discussion of our own in November.

The Community Book Read provided hundreds of copies of the book to the community, encouraging a widespread discussion about Charlotte’s affordable housing crisis and alternative solutions to the problem. On January 28, an overflow audience attended a presentation by Richard Rothstein at First Baptist Church - West. He laid out his research and offered solutions that could offer some justice to families that have been unfairly affected by our government’s policies, like freezing property taxes in gentrifying neighborhoods, requiring developers



to set aside a share of units for lower-income families, and providing subsidies for African-American families to buy homes in suburbs they were excluded from when the homes were affordable.

You can learn more about the Community Book Read and how you can get involved at www.coloroflawclt.com.

YWCA Gears Up To Stand Against Racism

In January, YWCA Central Carolinas had the opportunity to bring more awareness to our mission by participating in the Martin Luther King Jr. Parade and the Charlotte Women’s March. Staff and supporters spread the word about our upcoming Racial Justice programs like our Stand Against Racism event in April.

As a part of the national campaign of YWCA USA, each year YWCA Central Carolinas hosts Stand Against Racism in Uptown Charlotte. The 2-hour event features music, poetry, singing, conversation and distributing Racism Hurts Everyone stickers to passers-by. This event will be held on Friday, April 26 from 11-1 pm at the corner of Trade and Tryon.



This year’s national theme, “No Hate. No Fear.” will be focusing on immigration and racism, and the ways in which they intersect. We know that immigrant justice is racial justice, and that xenophobia, bigotry, and racism is continuing to impact the lives and safety of our communities. The violence and trauma enacted upon



immigrant communities has become increasingly visible at the forefront of conversations on race, citizenship, and criminalization. Charlotte’s Immigrant community has been severely impacted and has seen an increase in arrests and deportations. YWCA will host an Immigration forum on Thursday, April 25 from 6-8 pm to discuss concerns raised in the Charlotte area.

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Fitness Highlights - Spring

See more offerings online at www.ywcacentralcarolinas.org



YDub TriClub:

A Crash Course Into Triathlon

Jump start your training with a crash course in triathlon! USAT Coach Jody F. and Lisa F. will teach you everything you need to know to get you to the finish line of your next tri in just 5 weeks.

This program will be from **April 29 - May 29**, meeting on Mondays and Wednesdays from 7pm - 8:30pm.

YWCA Members can register for the series for \$120 and YWCA Non-Members can register for \$150.

Register online at www.industrialstrengthfitness.com/classes

Questions? Contact: ydubtriclub@gmail.com

Industrial Strength Programs

Industrial Strength Fitness (ISF) has a plethora of programs that YWCA members have access to at a reduced rate.

Sign your child up for **Kids Camp Crazy, Swim Your Way Thin** with Instructor Lisa or try out one of ISF's workshops! Drop-in options are available!

See their special programming online at [ywcacentralcarolinas.org/fitness/special-pro](http://www.ywcacentralcarolinas.org/fitness/special-pro)

When A Gym Becomes A Home

A few years after moving to Charlotte from Fayetteville, Mary Davis Riddle (or MD, as her friends call her) finally found a gym to call her own: YWCA Central Carolinas. It was the early '70's. Not knowing many people, she decided to give the gym a try, and she's stayed ever since.

Through the years, MD has collected the various YWCA ID cards needed to get into the gym and the pool. One may say that the evolution of YWCA's materials match that of MD's. She has been a consistent presence in the gym, whether she is in the back of a group exercise class sweating by your side or cheering you on, reading on a stationary bike in the cardio gym before classes, dressing up for themed classes for the holidays, or mixing up her routine with some pool exercises. It is the YWCA environment, the goal of maintaining wellness, and the camaraderie shared among members in group fitness classes that keeps MD coming back.



In 2018, MD had two injuries causing her routine to be derailed. Without her typical fitness regimen, she was feeling depressed. While it was hard to work through, YWCA was there for her with support.



"The instructors always challenge us to do our best," MD said. "They say 'just keep moving!' and it helps with overall physical and mental attitude. During my physical challenge, the YW was my mental therapy. The staff and instructors encouraged me to keep my membership, and I'm so glad because they were so supportive and provided needed encouragement during that time."

MD has made a full recovery and she's back at it in group exercise classes and all! Her motivation is unwavering and she always makes sure to share YWCA with all her friends, encouraging them to try the gym for themselves with a 4-Visit-Pass. "There's just so much," she says. "And I know that after trying it, they'll realize they've found a happy home here."

Underwater Easter Egg Hunt

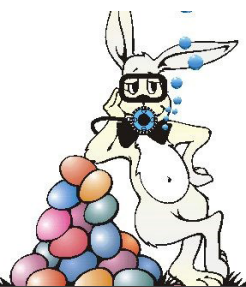
Forget the lawn, we're hunting for eggs underwater! Prizes will be awarded for finding the Easter Bunny's lost Easter Eggs! Some eggs will float for the little tykes while others will be sinkers for those needing a little extra challenge.

Cost: \$5 for YWCA Members and \$7 for Non-Members

Dates and Times: Friday, April 12, 2019

- 3-5 years: 5:00 - 5:20pm
- 5-6 years: 5:30 - 5:50pm
- 7-10 years: 6:00 - 6:20pm
- 10-13 years: 6:30 - 6:50pm

Registration Deadline: April 10th (Only 20 spots available per age group)



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

monday	tuesday	wednesday	thursday	friday	saturday	
6am - 6:45am Spin	6am - 6:30am HIIT					<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>12:00pm - 1:00pm Mon-Fri Additional Lap Lane</p> <p>Childcare Hours Mon-Thurs 9am - 12pm & 5pm - 7pm Fri 9am - 12pm Sat 9am - 12pm</p> <p>Get our email updates! JCanfield@ywca centralcarolinas.org</p>
8am - 8:45am Spin	6:30am - 7am HIIT	8am - 8:50am Deep Water Work	8am - 8:50am Deep Water Work		9am - 9:50am Aqua Boxing-Shallow	
8am - 8:50am Deep Water Work	8am - 8:50am Deep Water Work	9am - 9:50am Deep Water Work	9:15am - 10:15am Aqua Yoga-Shallow	9am - 9:45am Move & Groove	9:15am - 10am Spin	
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	9:45am - 10:45am Tai Chi & Qigong (\$)	10am - 10:50am Aqua Power-Deep		10am - 10:55am Pilates	10:30am - 11:15am Cardio Strength	
10am - 10:50am Aqua Power Shallow	10am - 10:30am Spin	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		
12pm - 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	<p>sunday 3:45pm - 4:45pm Deep Stretch Occasional Pop-Up *See email for dates</p>	
	5:25pm - 6:10pm Spin	6pm - 6:55pm Vinyasa Yoga II/III				
6:00pm - 6:55pm HIIT (High Intensity Interval Training)	5:35pm - 6:25pm Deep Water Work	6:15pm - 7pm Spin	6pm - 6:55pm Yoga I	12pm - 12:30pm Aqua Tabata		
6pm - 6:55pm Vinyasa Yoga II/III	6pm - 6:55pm Yoga I	6:15pm - 7pm Aqua Cardio - Shallow & Deep	6:15pm - 6:45pm HIIT		<p>Like and follow YWCA Fitness on Facebook to stay in the know about everything fitness!</p>	
	6:15pm - 7pm LIIT (Low Impact Interval Training)					

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Ending Cash Bail

On January 31, YWCA Central Carolinas hosted a discussion on Ending Cash Bail which explained how our current bail system creates a two-tiered system of justice: one for the rich and one for the rest of us. Our event was facilitated by Kristie Puckett-Williams, Regional Field Organizer for the ACLU of North Carolina's Campaign for Smart Justice.

Our forum featured a surprise guest, Chief Magistrate Kalif Rhodes, who shared briefly about his work around bail reform. YWCA Central Carolinas also had the opportunity to be interviewed by Spectrum News and be featured in the article "Cycle Harder to Break From: Forum Wants NC Cash Bail System Scrapped."



Every day, thousands of North Carolinians are kept in jail not because they have been found guilty of a crime, but because they cannot afford to pay for their freedom. We are grateful that the ACLU of North Carolina is working to reform our state's criminal justice system and end use of cash bail.

The Sweet Success of YWCA Students

Our nine Youth Learning Centers offer students throughout Mecklenburg and Union Counties a space to focus on their literacy and grow in their overall academic success afterschool. But between reading, testing and learning, students get to celebrate their hard work!



In December, the Youth Learning Centers were showered with celebrations from various organizations, supporters and volunteers. Students played games, created holiday crafts, shared treats and so much more!

We would like to take a moment to thank

YWCA Central Carolinas Board and staff, F3, Microsoft Corporation Health and Life Sciences, Radiant Church of Charlotte, Barbara Haughey and friends, Duke Energy, YWCA's 1902 Society and Atrium Health for hosting a range of Winter Celebrations.



The Impacts of Fitness Meeting Community

Sometimes exercising in the morning can be a bit of a challenge, especially if your bed is an indescribable type of wonderful when waking up, but this hasn't stopped the 8AM Aquatics Class. They have formed a bond, perhaps through the magic of water or from starting the day with each other for so many years. Whatever the cause one thing is for sure: they continue to be generous.

In 2018, the 8AM Aquatics Class came together and raised \$4,400 to donate to YWCA Central Carolinas. This donation went to fund needed items for our Women In Transition, Families Together and Department of Youth Programs. The remainder of the funds is sponsoring three children on YWCA's Orange Crush Swim Team, allowing these three students to enhance their swimming skills and participate in friendly competitions this season!



We can't think of a better example of fitness meeting community. Thank you to the 8AM Aquatics Class for their generosity and to all the members that continue being a part of YWCA's fitness family and supporting our mission. You can be a part of the aquatics family too by signing up for our swim classes! We offer lessons for babies, youth and adults on top of the daily group aquatics classes that take place in the indoor, heated pool. Visit our site to see times and rates: ywcentralcarolinas.org/fitness/swim/

Celebrating In YW Style

Thank you to Rebekah Whilden and Sam Spencer for inviting their wedding guests to donate to YWCA Central Carolinas in honor of their marriage! On their website, they say "the couple has supported the YWCA for many years and invite you to as well." From all of us here at YW, we wish you a lifetime of love and happiness on your wonderful journey as you build your lives together. Congratulations, Bekah and Sam!



Remember you too can support our women, children and families by 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, graduations and anniversaries are just a few of a long list of special events and reasons for supporting the YWCA while honoring or remembering someone special.

Thank You For Your Support!



In February we had our 2019 We Believe Fundraising Luncheon and we wanted to say thank you for making our event such a success! We are happy to announce that gifts made for our event total \$312,168 and new gifts continue to arrive!

Save the Date!



July 18 - Book Club
 6pm - 7:30pm @ YWCA
 We're reading The Bluest Eye by Toni Morrison

Refreshments will be served, please RSVP on our site. To learn more contact Claire Lechtenberg at 908-585-0502 or clechtenberg@ywcentralcarolinas.org