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connect with us



can we talk discussion makes big impact on community

In late August, nearly 200 people attended "Can We Talk about Trayvon & George? The Ongoing Cost of a Single Story," hosted by YWCA Central Carolinas, Charlotte - Mecklenburg Community Relations Committee, and Community Building Initiative. This was the third racial justice event sponsored by PNC Bank for YWCA.

Attendees viewed a TED Talk by novelist Chimamanda Adichie regarding a "single story" and how there are other perspectives to every story. Mecklenburg County Public Defender Kevin Tully spoke to the group, giving the facts of the case. Participants discussed within their table groups their own single stories. The interactive format with moderator Tonyia Rawls, founder and executive director of The Freedom Center for Social Justice, had attendees explore the perceptions that each of us bring to the table and how that affects our thoughts regarding race relations.

As a follow up, the three organizations will host another discussion in November.



student leaders enjoy meaningful internship

staff member tishauna gillard shares their adventure



This summer I had the pleasure of mentoring two very bright and hard working young ladies. Emily Yue and Miriam Rookvarg interned at the YWCA for eight weeks through the Bank of America Student Leaders Program. From the beginning, they jumped in with both feet to learn how the YWCA operates in each department and to engage with each program. From Leadership Team meetings to Homeless Services Network meetings to working hands-on with youth in five Youth Learning Centers, they gained great nonprofit experience. Emily and Miriam worked on projects such as teaching the Backyard Habitat Curriculum to our youth, helping with Marketing and Fitness projects, experiencing intake sessions with Transitional Housing, tallying volunteer service hours, and learning the ins and outs of Philanthropy.

Our student leaders had a well-rounded experience and view of the YWCA and are ready to face any task presented to them during their senior years of high school and beyond. They are true leaders in every sense of the word, and I am sure that this experience has helped to shape their view to grow as leaders of tomorrow.

"I learned that individuals really can change society...that my fellow student leaders across the country were people who would lead changes...and that I was one of them," said Emily.

bank of america LEAD group forms bond with WIT participants

For the past three years, a group of dedicated women have volunteered with the YWCA Women in Transition Program. Bank of America's Charlotte LEAD (Leadership, Education, Advocacy and Development) for Women is a global network of Bank of America employees dedicated to creating leadership development, education and networking opportunities for women. Bank of America's Charlotte LEAD for Women facilitate monthly sessions for YWCA's Carol Douglas Empowerment Series, which includes discussions around topics such as personal growth, community living, interpersonal skills, life skills, and conflict resolution. This year the group had more than 50 volunteers from Bank of America, including executives, who led these sessions throughout the year.



(Top) Some of the volunteers from the Bank of America LEAD team. (Bottom) Soamoya Rankins, Bank of America and Ligia Mason, WIT Director.

Denise Singleton, a participant in Women in Transition, took advantage of the workshops provided by the Bank of America LEAD team. "It was a great eye-opener for me. The first workshop helped me to develop an open mind towards other people," said Denise. "It helped me to learn how to live in the community setting that I am in today. It has shown me how my attitude, choices, and tolerance of other people can have a positive or negative impact on others." She believes the variety of workshops give Women in Transition participants the knowledge and power to think differently.

While there is great impact to the women in WIT, the Bank of America group is powerfully changed as well. "At first, I thought I was doing the YWCA a favor. After the first session, I realized they did me a favor," said Soamoya Rankins of Bank of America. "The WIT program is integrated into my day-to-day thoughts and I'm so grateful for the opportunity to work with this group of women and to bring awareness to this great program." When she listens to what these women have gone through and how they are overcoming homelessness and embracing stability, it inspires her.

summer camp opens minds of youth



During Summer Camp, students participating in Youth Programs remained engaged in activities designed to increase reading comprehension. Literacy activities included storytelling by Charlotte-Mecklenburg Schools and librarians from Charlotte-Mecklenburg County Public Libraries, Guided Reading sessions, Accelerated Reader, field trips to local libraries, journaling and creative writing, book reports, Ronald McDonald's Reading and Magic Show, a visit from the Charlotte Bobcats Bookmobile and Rufus, and participation in the Adopt-A-Book program.



The kids engaged in visual and performing arts as well as other educational activities. They attended a performance of "The Lion King" at Belk Theater, took swim and tennis lessons at our Park Road facility, took trips to area nature parks and science museums, visited the Bank of America Stadium, Strike City Bowling, and had an overnight camping experience.

The students had an absolutely fabulous summer camp and they finished off the summer with an end of year celebration highlighting all that they learned!

Sarah Belk Gambrell Fitness Center

fall 2013

eliminating racism
empowering women
ywca
Central Carolinas

Please check the schedule on the website, Facebook and at the Front Desk for updates.

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

	monday	tuesday	wednesday	thursday	friday	saturday
	6:00 - 6:45 am Spin / Meredith					
	8:00 - 8:45 am Spin / Sylvia	8:00 - 8:45 am Spin / Sylvia	8:00 - 8:45 am Spin / Sylvia	8:00 - 8:50 am H2O Dynamics: Deep Water / Debbie	8:00 - 8:45 am Spin / Sylvia	NEW! 8:00 am Run Club *Open to non-members
	8:00 - 8:50 am H2O Dynamics: Deep Water / Debbie	8:00 - 8:50 am H2O Dynamics: Deep Water / Debbie	8:00 - 8:50 am H2O Dynamics: Deep Water / Debbie	9:00 - 9:50 am Aqua Motion / Shelley	8:00 - 8:50 am AM Energizer Alicia / Pool	9:00 - 9:45 am Spin / Rotating Instr.
	9:00 - 9:45 am Move & Groove Sylvia/Studio	9:00 - 9:50 am H2O Dynamics: Shallow Water / Shelley	9:00 - 9:45 am Move & Groove Sylvia / Studio	NEW! 9:00 - 9:55 am Tai Chi/ Chuck *2nd & 4th Thursdays	9:00 - 9:45 am Move & Groove Sylvia/ Studio	9:00 - 9:50 am Aqua Fun Fitness Sharon
	9:00 - 9:50 am H2O Dynamics: Shallow Water / Shelley	9:00 - 9:50 am Barre Tone Sopheap/Studio	9:00 - 9:50 am H2O Dynamics: Shallow Water / Debbie	10:00 - 10:50 am Core Ball Janel/ Auditorium	9:00 - 9:50 am H2O Dynamics: Shallow Water / Shelley	9:00 - 9:50 am Adult Swim Lessons
	10:00 - 10:50 am Power Hour/ Shelley	10:00 - 11:00 am Swim Lessons	10:00 - 10:50 am Power Hour / Sharon	10:00 - 11:00 am Swim Lessons	10:00 - 10:50 am Power Hour / Shelley	10:00 - 10:30 am Water Babies
	10:00 - 11:00 am Pilates Sylvia/ Studio	11:00 - 12:15 pm Align & Refine Yoga Debi/Studio	10:00 - 11:00 am Pilates Sylvia/ Studio	11:00 - 11:55 am Yoga I/II Elisa/Studio	10:00 - 11:00 am Pilates Sylvia/ Studio	10:00 - 11:20 am Vinyasa Yoga II/III Elisa/Studio
NEW!	11:05 - 11:50 am Tabata Training Julianna/Auditorium	12:00 - 1:00 pm Adult Swim	12:00 - 1:00 pm Adult Swim	12:00 - 1:00 pm Adult Swim	12:00 - 1:00 pm Adult Swim	10:30 am - 12:00 pm Swim Lessons
	12:00 - 1:00 pm Adult Swim	12:15 - 1:00 pm Spin, Sculpt & Crunch Jody/Rooms Vary	NEW! 12:00 - 12:35 pm Tabata Training Julianna/ Auditorium	4:00 - 6:00 pm Swim Lessons		12:00 - 1:00 pm Adult Swim
	5:30 - 5:50 pm Glutes & Abs Jody/Auditorium	4:00 - 6:00 pm Swim Lessons	12:00 - 12:50 pm Aqua Zumba Toni/ Pool	5:30 - 6:15 pm Spin / Julianna		
	6:00-6:45 pm Spin Deborah/Spin Room	6:00 - 6:55 pm Yoga I Hampton/Studio	NEW! 12:40 - 1:15 pm Athletic Tone Julianna / Auditorium	6:00 - 7:00 pm Yoga I Mary Lou/Studio		
	6:00 - 6:55 pm Cardio Strength Jody/ Auditorium	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 6:55 pm Cardio Strength Deborah/Auditorium	6:00 - 7:00 pm Aqua Cardio / Shelley		
	6:00 - 6:55 pm Vinyasa Yoga II/III Emily/Studio	6:00-6:45 pm Spin / Matthew	6:00 - 6:55 pm Yoga I/II Rachel/Studio			

Pop Up Classes continue so that you may try NEW classes! View them on the website weekly.

Freedom Park Classes. Free for all. Visit the YWCA website for dates and times.

hours of operation
5:45 am - 9:00 pm mon. - thurs.
5:45 am - 8:00 pm fri.
childcare hours *Free childcare for family memberships.
9:00 am - 12:00 pm mon.- fri.
5:00 pm - 7:00 pm mon. - wed.
8:00 am - 5:00 pm sat.
1:00 pm - 5:00 pm sun.

prenatal yoga classes and workshops

Prenatal Yoga provides a relaxed and nurturing atmosphere, enhancing the bonding process with your baby while supporting the development and strengthening of your body, mind, and spirit during pregnancy.

Prenatal Class Series: (Four 1-hour classes)

- Asana: Learn appropriate yoga asana (poses) for every stage of your pregnancy and explore benefits of yoga for child birth and overall well-being.
- Breathing: Discover deep breathing techniques to assist you during times of stress and also provide tools for labor and delivery.
- Community: Enjoy an environment developed to support both you and your child's wellness and allow you to connect with other moms-to-be.

Dates: (9:30 - 10:30 a.m.)	Cost (per series):
Series 1: already held	\$40/Member/series
Series 2: 3/1, 3/8, 3/14, 3/22	\$50/Non-Member/series
Series 3: 5/3, 5/10, 5/17, 5/24	\$15/Drop-in per class



Prenatal Yoga instructor,
Susie Farnick

Workshop – Partners in Pregnancy: (One 1.5 hour workshop)

- Explore how partner yoga helps alleviate common discomfort associated with pregnancy.
- Learn techniques for comfort during labor and delivery.
- Learn breathing techniques as well as yoga postures (asanas) to strengthen, stretch, and restore the body.
- Deepen your connection to your partner and your baby, and feel more relaxed in your pregnancy.

Dates: (9:30 - 11:00 a.m.)	Cost (per workshop/couple):
Workshop 1: already held	\$40/Member/Couple
Workshop 2: 2/8	\$50/Non-Member/Couple
Workshop 3: 3/29	
Workshop 4: 5/31	



tai chi is here!



Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because Tai Chi is low impact, it may be especially suitable if you are easing into exercise.

Visit the YWCA website for dates and times.

chi running / walking



Chi Running and Chi Walking is a one-day training program led by certified trainer Amy Peacock. Perfect for all fitness levels, participants will learn techniques focusing on efficiency and relaxation, emphasizing form over conditioning.

**Saturday, Oct. 19, 2013
8:30 - 11:30 a.m.**

Visit the YWCA website for more info and registration.

orange crush swim team & summer swim camps

YWCA Central Carolinas' recreational swim team, **Orange Crush**, is a member of the Hornets Nest Swim League for girls and boys, ages 5 -18. Registration will open in November 2013. League runs January - March 2014.



**Stay Tuned for Details:
Swim Camps Coming
June - August 2014**

benefits of exercise



Exercise can make you happy. Yes, that is just one of the many benefits of exercise including losing weight and staying toned. According to *U.S. News & World Report*, exercise does many things, with these seven topping the list:

1. It reverses the detrimental effects of stress and may even work on a cellular level.
2. It lifts depression.
3. It improves learning.
4. It builds self-esteem and improves body image.
5. It leaves you feeling euphoric.
6. It keeps the brain fit and active, fending off memory loss & keeping vocabulary strong.
7. It may keep Alzheimer's at bay.

The impact of exercise is great and a personal trainer can make it better. Visit our page on the YWCA website or call us today at 704.996.0411 to schedule a health assessment and get started on your personal training!

holiday body blast boot camp

Starts Oct. 14!

Beat the holiday weight gain! Body Blast Boot Camp is a fun **co-ed** 9-week training program focusing on conditioning & muscle-toning through running, plyometrics and total body drills.



Visit the YWCA website for more details and reserve your spot while they last!

1902 society holds social uptown

The 1902 Society September Social at Vida Mexican Kitchen in Uptown was a success. Young affiliates and guests networked and enjoyed free appetizers. Vida also donated \$1 to the YWCA for every margarita ordered!

The 1902 Society, which derived its name from YWCA's founding year in Charlotte, exists to strengthen the relationships among young professionals in the Charlotte area around YWCA Central Carolinas. The focus of the group is to promote volunteerism, encourage philanthropy and increase civic engagement around issues of empowering women and eliminating racism. 1902 Society affiliates are recognized as donors, receive invitations to Society social events and participate in volunteer opportunities.

The next 1902 Society event will take place in December as affiliates and guests host a winter celebration for youth at YWCA's Sugaw Creek Youth Learning Center. If you are interested in learning more about the 1902 Society or want to be placed on the event guest list, please contact Ashley Brown at 704.525.5770 or asherry@ywcacentralcarolinas.org.

stay tuned
for december date

2013 Winter Celebration
with Youth Programs



sarah's legacy profile: Christine Turner

Chris Turner was aware of the YWCA, the campus on Park Road that did great work for women, children and families, but her knowledge only scratched the surface. Her understanding and appreciation has grown so much that she became a member of Sarah's Legacy, YWCA's Planned Giving Society.

Chris has been involved with the YWCA for nearly 20 years, first in the early 1990s volunteering through her church, St. Luke's Lutheran. One of the organizations she was involved with assisted women who were recovering from substance abuse or escaping violent relationships.

"Through this work I learned about the Women In Transition (WIT) program at the YWCA," said Chris. "Touring the YWCA and seeing the help they provided to women of all backgrounds and ethnicities was transforming for me." Chris immediately got involved with this program and the YWCA was part of her significant financial giving outside of her church. "I knew whether I could give only a little or a lot, any amount could help make a difference."

Due to Chris' involvement with the YWCA, she was familiar with Sarah's Legacy but had not yet included any planned giving in her estate directives. "In 2009 the importance of this hit very close to home. My good friend Lynn Kennelly passed away," said Chris. "As a part of her estate planning she included the YWCA. I knew then I could not wait another day and that I wanted to do my part. Sarah's Legacy allowed me to go beyond my usual annual giving and, ultimately, make a more significant impact in perpetuity."

Chris' financial giving will help many women, children and families in years to come. She encourages others to do the same. "I hope others will give careful thought to becoming a part of Sarah's Legacy. You do not need to be wealthy to make a difference." We thank Chris for her support of the YWCA!



Christine Turner

**For more information on Sarah's Legacy or planned giving,
contact George Sawyer, Gift Planning Officer, at 704.525.5770.**



3420 Park Road
Charlotte, NC 28209

704.525.5770 phone
www.ywcacentralcarolinas.org

our mission

YWCA Central Carolinas is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

our vision

YWCA Central Carolinas will be the community's leading nonprofit agency for empowering women, strengthening youth and their families and working toward racial justice.

Dear YWCA Family and Friends:

Box turtles, magicians, snakes, and horseback riding! Gardening, bowling, bookmobiles and swimming! Curling up cozy on a bean bag, lost in a favorite book...

For some of us grown-ups, the carefree months of summer vacation are distant memories. But for the girls and boys enrolled in our 11 summer camps, new friendships and adventures offer the ingredients for creating great memories every day.

When we feel safe, valued and challenged to grow, we become our best selves. While our students face many challenges, they are so much more than their circumstances and full of potential. Thank you for helping us to create these life-affirming experiences for our young people.

Warmest regards,

Marvette Monroe
President, YWCA Central Carolinas

Kirsten D. Sikkelee
Chief Executive Officer, YWCA Central Carolinas

