

eliminating racism
empowering women
ywca
central carolinas



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**In
this
issue**

Rodney Monroe speaks
on **race, policing**
Young educator finds calling
in **ywca classroom**
YWCA leaders take action
on **Capitol Hill**

Dear YWCA Family and Friends:

Tyree's mother exclaims, "He's like a whole new little guy!" Every evening it seems, he comes home from his youth learning center talking about what book he's read. This delightful family is currently living in Families Together.

Not too many months ago, it was a struggle to get Tyree to read. Reading and comprehending what he read just didn't come easily to him and he didn't feel successful when he tried. The fact that his twin sister Tyona was a bookworm only made him feel behind in comparison.

Thanks to the financial and volunteer support of our community, we have staff members and committed volunteers who believe in Tyree. Patience, encouragement and consistency using proven strategies have been the gifts he needed to go from behind by a grade level to ahead by a grade level in reading.

Tyree is one of a kind, but so is every child we serve. Our young people's tough economic circumstances today should NOT define who they will be later in life. We are forever grateful for your votes of confidence in each one of these young people.

Deepa Naik
President

Kirsten D. Sikkelee
Chief Executive Officer



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YWCA hosted chief, public for candid talk on policing

Charlotte-Mecklenburg Police Chief Rodney Monroe fielded tough but respectful questions on the topic of race and law enforcement during a forum at YWCA Central Carolinas.

Chief Monroe told a capacity audience that his department has bolstered its training programs, including a course on implicit bias, to help officers learn ways to defuse conflicts before violence occurs.

The April forum was part of the YWCA's annual Stand Against

Racism, which raises awareness that racism exists and that we must act to end it. The next day, dozens of YWCA staff members and volunteers gathered at Trade and Tryon for music, dancing and educational outreach.

Chief Monroe, who retired in June, said officers are working to build relationships with community leaders, notably through a partnership with barbershops across Charlotte. Members of the barbershop group were introduced at the forum.

"If you ever sat in a barbershop,



Chief Rodney Monroe interacts with the audience during a YWCA forum.

every issue in America is talked about – whether you're 5-years-old or 90 years old," Monroe said.

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YWCA educator finds calling in Union County

When Kelsey Livingston took a job with YWCA Central Carolinas as an assistant learning center coordinator, she figured the part-time role would give her something to do while she pursued other career options.

A little more than two years later, Kelsey has found a calling – without having to look beyond her classroom.



Kelsey Livingston (left) and CeSandra Baker at our Old Armory learning center.

Kelsey is now the lead coordinator at Old Armory, our learning center near downtown Monroe. The year-round position has proven more fulfilling than she ever imagined. And Kelsey is about to take on more responsibility.

With support from United Way, Old

Armory will expand this summer from 30 to 45 students, becoming the second-largest of our 10 centers (behind Billingsville). That means Kelsey and her staff will soon be able to help more children with reading and character skills.

This isn't a place Kelsey, 26, expected to be for long after graduating in 2012 from UNC Pembroke with a degree in political science.

But Kelsey discovered a love for teaching – and a desire to lift up young people in her hometown. She has a unique ability to connect with children in her care.

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Fitness Highlights - Summer/Fall

Register today for these events!

Find forms and pricing at the front desk and ywcacentralcarolinas.org

Hey, kids: Swim with a mermaid!



When: Friday, Aug. 14 from 4 to 5 p.m. Please register by Monday, Aug. 3.

What: Join Mermaid Shannon in the YWCA pool for swimming and to learn about our oceans. For ages 5 & up.

Try on a mermaid tail, choose a temporary aquatic-themed tattoo and take photos. Bring a group for the fun!

Cost: \$20 per person (members and non-members)

YDub Tri Club transition clinic



When: Saturday, Aug. 15 from 11 a.m. to 1 p.m.

What: Join certified USAT coach Jody Frazier and coach Shelena Davis for our very own seasonal triathlon training clinic! Learn how to lay out your equipment, save time during transitions, and mount/dismount your bike.

Cost: \$20 per person (members and non-members)

Tuff Girl Boot Camp

When: Tuesday, Oct. 13 – Thursday, Nov. 12
Tuesdays 7:10pm – 8:10pm & Thursdays: 7:10pm – 8:10pm

What: Join Coach Trinity Cho to work out in a friendly, challenging setting. All fitness levels are welcome. We'll create a workout that fits your goals. Bring shoes, water, workout gloves and clothes that may get dirty.



Boot Camp Fitness for Kids - Monday evenings



When: Sept. 21 - Oct. 26, Mondays from 5 - 5:45pm

Join Coach Trinity Cho to make friends and have fun with fitness. We'll meet Monday evenings for six weeks. Boot camp will culminate with a fun obstacle course at the YWCA. For ages 8-13.

Cost (includes T-shirt): \$50 for members and \$60 for non-members. Fifteen spots are available.

Your YWCA in D.C.

Kenya, Loree take action in our nation's capital



Kenya Henderson (center) and board member Loree Elswick (left) spent a busy weekend in Washington, DC in June for the YWCA national conference.

Kenya says she was inspired by all the national YW is doing to spur action on our priorities - at least seven paid sick days for low-wage earners, ending racial profiling and keeping guns out of the hands of domestic abusers, among other policy goals.

Kenya and Loree visited N.C. lawmakers to talk about the YWCA's work.

They also got an early look at the national YWCA's new branding -- bolder colors and lettering to convey strength and energy.

"I left with a heightened sense of love and respect for our organization," Kenya said. "We are truly YWCA on a mission."

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	6:00am - 6:55am Cardio Strength	8am - 8:45am Spin	6:15am - 6:55am Cardio Strength	8am - 8:45am Spin	9am - 9:45am Spin	<p>★ Pop Up Classes continue so that you may try new classes! View classes on the website on the monthly event calendar.</p> <p>New Pool Hours! Mon-Thurs 5:45am - 8pm Fri 5:45am-7pm Sat 8 am-4:45pm Sun 1pm-4:45pm</p> <p>Noon - 1pm Mon-Fri Adult Swim</p> <p>Get our email updates! Reach JCanfield@ywca centralcarolinas.org</p>
8am - 8:45am Spin	8am - 8:50am H2O Dynamics: Deep Water	8am - 8:50am H2O Dynamics: Deep Water	8am - 8:50am H2O Dynamics: Deep Water		9am - 9:50am Aqua Fun Fitness	
8am - 8:50am H2O Dynamics: Deep Water	9am - 9:50am AM Energizer Water	9am - 9:45am Move & Groove	10am - 10:55am Core Ball	9am - 9:45am Move & Groove	9am - 9:50am Adult Swim Lessons	
9am - 9:50am H2O Dynamics Shallow Water	10:45am - Noon Align & Refine Yoga	9am - 9:50am H2O Dynamics Shallow Water	10:30am - 11:30am Yoga I/II	9am - 9:50am H2O Dynamics Shallow Water	10am - 10:30am Water Babies	
9am - 9:45am Move & Groove	12:15pm - 1pm Pyramid Plus	10am - 10:50am Power Hour Water Aerobics	4pm - 6pm Swim Lessons	10am - 11am Pilates	10am - 11:20am Yoga: Exploring the Details I/II OR Yoga at the Next Level: II/III	
10am - 10:50am Power Hour (water aerobics)	4pm - 6pm Swim Lessons	10am - 11am Pilates	5:30pm - 6pm Spin	10am - 10:50am Power Hour Water Aerobics		
10am - 11am Pilates	5:30pm - 5:50pm Glutes & Abs	11:10am - 11:50am Tabata	6pm 6:55pm Yoga I	10:30am Spin <i>Occasional Pop-Up</i>	10:30am - Noon Swim Lessons	
6pm - 6:55pm Vinyasa Yoga II/III	6pm - 6:55pm Spin	6pm - 6:55pm Vinyasa Yoga I/II	6pm - 6:50pm Aqua Cardio		sunday 4pm - 4:55pm Deep Stretch <i>Occasional Pop-Up</i>	
6pm - 6:55pm Cardio Strength	6pm - 6:55pm Yoga I	6pm - 6:55pm Cardio Strength	6:20pm - 7:20pm Zumba or HIIT *See weekly email			
6pm - 6:45pm Spin	6pm - 6:50pm Aqua Cardio					
				<p>hours of operation (see new pool hours above) 5:45 am - 9:00 pm mon. - thurs. 8:00 am - 5:00 pm sat. 5:45 am - 8:00 pm fri. 1:00 pm - 5:00 pm sun.</p> <p>childcare hours *free childcare services for family memberships 9:00 am - 12:00 pm mon. - fri. \$5 per child for two hours 5:00 pm - 7:00 pm mon. - wed. \$35 for 10 visits</p>		

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Forum with Chief Monroe, continued

The police department employs more than 40 school resource officers. Chief Monroe said he wants to find ways for these officers to provide more educational programs to students so that young people have a more informed impression of police officers and a better understanding of the job they are trying to do.

A listener asked whether Chief Monroe sees justification for recent shootings involving unarmed African-Americans.

"I can answer that right off the bat – no," the chief said, adding that he could not discuss specific cases. "You've seen officers arrested here and in other places (for their roles in the shootings)."

As Chief Monroe moves into retirement, the staff at YWCA looks forward to working with new Chief Kerr Putney and continuing our valuable partnership.

Chief Monroe said police and community members share responsibility for improving the strained relationships between law enforcement and minorities.

"How do we better grasp and understand – from both sides – how that encounter should go?" he asked. "We all want the same thing – to go home (at the end of the day)."

Sarah's Legacy Spotlight: Cherishing Lynn's ongoing gift

We recently caught up with Abby Kerr, a financial planner who worked with our late friend, Lynn Kennelly, to make a planned gift. Lynn passed away in 2009 after a courageous battle with cancer. Her original \$65,000 gift has grown to \$90,000 (we receive an annual distribution in support of our Women in Transition program).

When you began the planning... "We started about two years before Lynn's passing. While Lynn was the best example of a realist, she said that you really confront your mortality when you do this.



Lynn Kennelly

Lynn's objectives were to take care of her parents and leave a legacy to her favorite causes, so when Lynn was still well enough, Abby asked Lynn to max out her life insurance. This act was the key to this planning process. Lynn also had assets in a 401k, so together they created a trust for Lynn's parents."

Advice for others... "Sit down and ponder what you really want to do. Then, pull all of your assets together: life insurance, 401k's, house, bank account. You would be surprised by how much you have. Look at all those assets, then check and see how they actually pass by law."

How this gift reflected Lynn's values... "Lynn was special, and she was active in the community during her lifetime, so this wasn't out of the ordinary. She gave of her time and talents during her lifetime, so this act was a natural progression of who she was."

Interested in planned giving? Want to know more?

Reach Marianne at MSchild@ywcacentralcarolinas.org or 704-525-5770

Finding a calling in Union County, continued

"I tell them a lot of times, 'I'm from Monroe, too,'" she said. "I went to the same school as you.' It helps them to identify with me."

On a recent Monday morning, children stepped and grooved to a theme song they'd written: "We like to learn at the YWCA." Others took turns in the computer lab completing reading tests based on books they'd just read.

There's been a waiting list for many months at Old Armory, one of two YWCA centers in Union County. The other is in Willow Oaks, an affordable housing complex. More families are eager to enroll their children.

"They see the benefits of the program – the improvement in grades and the way we bridge the gap between schools, families and children," Kelsey said.

Children had lots to say when asked to share their favorite things to do.

Field trips are a thrill for Nevaeh: "You get to see stuff you've never seen before." Tyler likes when visitors tour the building: "You get a chance to show them we're the best center." Nya gets excited for music and group dance: "Some people don't know how to dance, so we teach them."

Kelsey said she tries to provide the right balance of structure and adventure for children who may experience difficult situations at home.

"To give them a place where they don't have to worry about that stuff, even if it's just for a few hours," she said, "that's my reward."

1902 Society kicks off new season of events

Our recent picnic was a great success! We provided lunch and fun activities for housing participants at the YWCA. United Way Young Leaders joined us for the gathering. Check out our upcoming events and make plans to join us!



young affiliates of the ywca

Mixology Class: We'll learn how to make awesome drinks from the mixologists at Tupelo Honey Cafe in South End. Suggested gift is \$10 to support YWCA programs. Saturday, Sept. 12 from 3:30 to 4:30 p.m.

Winter Celebration: We'll partner with Banana Republic to host a fun party for the children at Sugaw Creek Youth Learning Center. The gathering will be on a weekday afternoon in early December. Stay tuned for details.

In your 20s or 30s? Want to have fun and do some networking and volunteering?

Reach Marianne at
MSchild@ywcacentralcarolinas.org
 or 704-525-5770



Thank You

- NASCAR driver Dale Earnhardt Jr. Foundation for supporting swim lessons for our youth
- Merancas Foundation for supporting Families Together
- Duke Energy for your support of our youth programs
- Charlotte-Mecklenburg Community Foundation for supporting youth programs
- Fifth Third Bank for supporting our Getting Ahead in a Just Gettin' By World
- The Piedmont Club Foundation for your support of Women in Transition

Welcome, Bank of America student leaders

From teaching children about nature to updating our fitness member list, Kate Powell and Brian Bristol are staying busy this summer.

Kate and Brian are with us through Bank of America's student leaders program.

Kate, 17, is a rising senior at Charlotte Catholic and Brian, 18, will be a freshman at Bowdoin College in Maine.

Both said they've been moved by the impact of our YWCA on women and young people.