

eliminating racism
empowering women
ywca
central carolinas

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In
this
issue

We love to hear
from **our graduates**
Celebrating our
Woman of Achievement honorees
1902 Society
delivers cheer to **children**

Dear YWCA Family and Friends:

The new year has us looking ahead with energy and excitement. As we stand at the front door of 2016, we pause to celebrate milestones of the past year. Our amazing YWCA home, built in 1965, has benefited from a new boiler, chiller and pool heater. Warmth when it's cold, cooling when it's hot...what a wonderful 50th birthday present to give our campus and all who are nourished by it.

Our lives were touched by women and families in residence, for whom safety and security are precious gifts not to be taken for granted. Our eyes were sparkling with the sight of youngsters reading for the sheer joy of it. Our minds were opened by robust discussions around justice and dignity. Our bodies were challenged by yoga, Spin, boot camps, and swimming. We were all here together, at this wonderful place that draws people into community.

2016 will be our best year yet. We are grateful you are part of our YWCA family!

Warmest regards,



Deepa Naik
President



Kirsten D. Sikkelee
Chief Executive Officer



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Winter 2016
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YWCA hosts candid talk on future of police, race

A panel on police and race relations in Charlotte yielded a spirited exchange of opinions and a few broad areas of consensus on a recent evening at YWCA Central Carolinas.

Charlotte is ahead of many U.S. cities in confronting mistrust between law enforcement and minorities, the panelists agreed.

"If you don't realize the tension, you're setting yourself up for failure," said Major Bruce Bellamy, head of community engagement for CMPD. "We

realize it in Charlotte...the police department has to hold ourselves accountable and acknowledge the role we played in creating mistrust."

Attendees told us they appreciated the frank discussion. One person said listeners "came in with a chip on their shoulders" but left with a greater understanding of the issues. Another said it is rare to interact with people of different races in an open setting.

Many challenges persist. One audience member spoke about the "no snitching" rule in her west Charlotte neighborhood. She said



Kirsten Sikkelee, our CEO (left), led a forum on police and race in Charlotte.

many residents are unwilling to report crime because they view the police as adversaries.

Continued on Page 2

'Exciting to come back:' Alums stay connected with us

One of the most rewarding parts of our work is hearing from graduates eager to tell us about family and career achievements.

It's particularly gratifying when alums credit YWCA for providing the boost they needed to overcome financial hardships.

Just a few weeks ago, Kenya Henderson got a visit from Maybelline, 28, who graduated



Maybelline and her children graduated from our Families Together program.

from Families Together in 2012 and now works as a childcare specialist.

Maybelline struggled with debt when she joined us. She got some guidance from Kenya -- and a stack of worksheets to help her stick to a monthly budget.

"I still make copies of the forms

she gave me," Maybelline said. "Kenya was hard on me, but in a nice way."

Relationships with YWCA don't end when graduates depart.

Kenya tracked families who graduated from Families Together from 2008-2013. She found that all 44 families were still permanently housed.

Many stay connected with us through a private alumni Facebook group.

Some, like Maybelline, visit us to share family photos and to reminisce: "It's exciting to come back and see where I used to live," she said with a proud smile.

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Fitness Highlights - Winter / Spring

Register today for these events!

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

Tuff Girl Boot Camp - Winter Session



When: Tuesdays 7:10 to 8:10 p.m.; we'll train for six weeks beginning on Tuesday, Jan. 12

What: Join Coach Trinity Cho and tap into your fitness potential. For outside of class, you'll get your own workout to conquer through the rest of the week. All fitness levels are welcome.

Cost: \$75 for members, \$100 for non-members (includes T-shirt); drop-ins are \$10

Cupid's Cup, a fun, indoor fitness challenge



CUPID'S CUP

When: Saturday, Feb. 6 at 9 a.m.

What: Bring a buddy and join us for Cupid-themed drills, including burpees and many other favorites. We'll provide a buddy if you would like one!

Cost: \$10 per person (Ages 14-17 are welcome; must be accompanied by an adult)

Splash & Dash Boot Camp

When: Thursdays 6 to 6:55 a.m. (swim and toning) and Saturdays 10 to 11 a.m. (run and boot camp); first class is Thursday, March 24

What: Join coaches Jody and Shelena to learn race swim techniques and to challenge your body with boot camp-style exercises. The big finale will be a race on Saturday, April 30!



Get into personal training for the new year



What: Industrial Strength is a team of professional trainers based on our YWCA campus.

Most clients train 2 days a week. A 30-minute individual session is \$40 for YWCA members (\$45 for non-members).

Learn more: Visit industrialstrengthfitness.com or call us at 704-996-0411

Fitness fuels our mission

Water aerobics class embraces season of giving



Fitness members often form close bonds at YWCA Central Carolinas.

The 8 a.m. water aerobics class is a prime example.

These folks spend so much time around each other, they're practically like an extended family.

Instructor Debbie Brown describes her loyal band of class members as a "wonderful, compassionate group."

This year, the class raised more than \$3,000 for our Families Together program and also gave personal gifts to the heads of household.

When we say YWCA is a place where fitness meets community, this is exactly what we mean.

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>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	Core Ball 9:30am to 10:25am	9am - 9:45am Qigong (new!)	10:30am - 11:30am Yoga I/II	9am - 9:45am Move & Groove	9am - 9:50am Adult Swim Lessons	
9am - 9:50am H2O Dynamics Shallow Water	9am - 9:50am AM Energizer Water	9am - 9:50am H2O Dynamics Shallow Water	4pm - 6pm Swim Lessons	9am - 9:50am H2O Dynamics Shallow Water	10am - 10:30am Water Babies	
9am - 9:45am Move & Groove	10:45am - Noon Align & Refine Yoga	10am - 10:50am Power Hour Water Aerobics	5:30pm - 6pm Spin	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)	12:15pm - 1pm Pyramid Plus	10am - 11am Pilates	6pm 6:55pm Yoga I	10am - 10:50am Power Hour Water Aerobics		
10am - 11am Pilates	4pm - 6pm Swim Lessons	11:10am - 11:50am Tabata	6pm - 6:50pm Aqua Cardio	10am - 10:45am Spin <i>Occasional Pop-Up</i>	10:30am - Noon Swim Lessons	
6pm - 7pm Vinyasa Yoga II/III	5:30pm - 5:50pm Glutes & Abs	6pm - 6:55pm Vinyasa Yoga I/II	6:20pm - 7:20pm Zumba		sunday Deep Stretch <i>Occasional Pop-Up</i> <i>*See email for time</i>	
6pm - 6:55pm Cardio Strength	6pm - 6:55pm Spin	6pm - 6:55pm Cardio Strength				
6pm - 6:45pm Spin	6pm - 6:55pm Yoga I					
	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 <i>*free childcare services for family memberships</i> 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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Police and race relations, continued

Glenn Burkins, editor of Qcitymetro.com, added that many citizens are also hesitant to report cases of police abuse because they don't believe it will make a difference. Burkins shares the skepticism.

"We all tend to protect our own," he said. "It's not just police. But law enforcement is the only group that can take a life. We have to hold them to a higher standard."



Quentin Williams, a former FBI agent, applauded CMPD for equipping officers with body cameras, a move that he believes will improve accountability. "Why would officers not want that, unless they're doing something wrong?"

In the era of viral videos, people watch images of police misconduct in other parts of the country and become angry at law enforcement in general. "We feel those ripple effects," Bellamy said. "It chips away at the level of trust."

Black Lives Matter and other recent forms of social activism are helping to drive change, Burkins said: "I think we are seeing a movement. It might be different than the civil rights movement of the 1960s. (But) we may look back and see some of the people who died in this struggle in the same way."

YWCA's annual Stand Against Racism is noon on Friday, April 29 at Trade and Tryon streets in uptown Charlotte.

Covering the highlights: Photo scrapbook



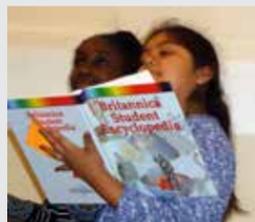
Students at our Leafcrest youth learning center discovered Peru, part of our work to raise cultural awareness.



Volunteers from Carolinas HealthCare System worked in our garden.



Children put on a show for parents on a recent family evening at our Park Road youth learning center.



YWCA celebrates Woman of Achievement honorees

Our newest class of Woman of Achievement honorees come from unique backgrounds, but they share a commitment to social justice in Charlotte.



From left: C. Renee Jarrett, Nakisha Hall and Jane McIntyre

Friends and supporters celebrated the trio during a recent reception held at YWCA Central Carolinas.

Nakisha Hall challenged the audience to move from words to action: "I'm a big believer in being the change that you want to see."

C. Renee Jarrett gave a touching tribute to her mom, who came to the U.S. from Liberia and is now an American citizen: "I am inspired by people who are doing - and being - amazing things."

Jane McIntyre called it a joy to return to YWCA, where she was CEO from 2000-09 before leaving to rebuild trust in our local United Way. "Being here was an incredible nine years. Going to United Way was equally incredible. They were the greatest gifts I've ever been given."

To make a nomination for next year, contact Marianne Schild at mschild@ywcacentralcarolinas.org or 704-525-5770

1902 Society delivers holiday cheer to children



Students and volunteers had a great time at Sugaw Creek's winter celebration.

YWCA's 1902 Society partnered with Banana Republic and volunteers from Wells Fargo to host a winter celebration at our Sugaw Creek youth learning center.

The gathering on Dec. 7 brought together young professionals with children who love this annual tradition of holiday festivities.

All children in YWCA youth programs get to be part of the fun. That's because we partner with volunteer groups to put on winter celebrations at each of our 10 sites across greater Charlotte.

At Sugaw Creek, volunteers served snacks, created holiday themed crafts with the children, purchased gifts from the center's wish list and concluded the afternoon with a pizza party. It was a merry holiday gathering!

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

Join 1902 Society, our co-ed group of young professionals.

Reach Marianne at MSchild@ywcacentralcarolinas.org

or 704-525-5770

Thank You

- Lowe's for providing stoves for Women in Transition
- Crosland Foundation for supporting our mission
- Bank of America for supporting transitional housing
- Faison Enterprises for supporting youth programs
- Unitarian Universalist Church of Charlotte and St. Peter's Catholic Church for supporting transitional housing



In Memoriam

Lib Shuman, a devoted YWCA fitness member, brightened the lives of all who knew her.

Lib, who passed away Nov. 10, was still swimming laps in our pool at age 100!

"Her quiet presence, steadfastness, and a reliability to show up and to give of her spirit willingly was something we all came to depend on," said Lori Raible in a homily at Selwyn Avenue Presbyterian Church.