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**connect with us**



**donors enjoy women of achievement awards**

YWCA Central Carolinas honored our 2013 Women of Achievement at a donor recognition event on Oct. 24, 2013. Women of Achievement demonstrate leadership in Charlotte by promoting social justice.

YWCA Central Carolinas celebrated amazing women in three categories: Sarah Bryant as the Pioneer: a mature woman who has exemplified a lifetime commitment to promoting social justice; Mary Nell McPherson as the Community Champion: an established woman currently working at the forefront of social change; and Carrie Cook as the Emerging Leader: a woman of the rising generation who will lead our community forward.



*Kirsten Sikkelee, YWCA CEO, Sarah Bryant, Mary Nell McPherson, Carrie Cook, and Marvette Monroe, YWCA Board President*

Bryant has dedicated more than 50 years of her life to ensuring quality reproductive healthcare for women. She founded Planned Parenthood of Charlotte and was responsible for the first family-planning health center in the state. McPherson serves as executive director of Freedom School Partners. She was the founding director at Seigle Avenue Partners, serving children in the Piedmont Courts neighborhood with after-school and summer programming. Cook serves as the regional liaison for U.S. Sen. Kay Hagan. She founded Charlotte's Global Shapers to address youth employment, and started EmpowHERment, to mentor girls in grades 6 to 12. Congratulations, Sarah, Mary Nell, and Carrie!

**tupelo honey cafe partners with ywca**

The much anticipated restaurant, Tupelo Honey Cafe, opened its doors in December, and with delicious food comes a great partnership with the YWCA. Tupelo Honey will bring nutritional education to the YWCA's Families Together and Women in Transition programs, as well as our after-school and summer camp programs. We are so excited about this long-term partnership!



*Kirsten Sikkelee speaks with Steve Frabitore, Tupelo Honey CEO, at the Tupelo Honey VIP Opening Party*

**follow-up forum discussion**



In November, YWCA Central Carolinas, Charlotte - Mecklenburg Community Relations Committee, and Community Building Initiative hosted "The Danger of a Single Story: An Unfinished Conversation" at Covenant Presbyterian Church.

Sponsored by PNC Bank, the interactive format allowed attendees to continue the conversation about a single story and discuss relevant issues in the community: how a single story is incomplete, and how we can build a less polarized community.

## women in transition encouraged by fellowship



### Healthy Cooking on a Budget

Chef Nikki Moore from Food Love has been involved with the YWCA for many years. Nikki teaches Cooking Healthy on a Budget once a month to Women in Transition participants. Everyone has a part in making the meal and, at the end, enjoys what they prepared.

### Scarf Design

In November, Women in Transition participants created beautiful chain scarves to take home. Dominion Worship Center volunteers (left) held a scarf workshop for the participants, complete with dinner. It was a wonderful afternoon of fellowship.



Thank you to all of our amazing volunteers who support the YWCA!

## ywca receives critical needs grant

YWCA recently received a Critical Needs Grant from Bank of America. This grant will help us to continue to serve women, children and families moving from homelessness and create a pathway to stability. The grant is part of ongoing investment by the Bank of America Charitable Foundation.

## reading strategies in youth programs increase reading comprehension

YWCA uses “Reading A-Z,” an evidence-based computer reading program that supports Guided Reading, in all 11 Youth Learning Centers. Guided Reading is an instructional approach to reading using small groups to learn. In small groups, by level, our students read books out loud together, which allows the Youth Learning Center Coordinator to observe the students and assist those who may be struggling with the text.



All of our Youth Learning Centers use Reading A – Z along with Accelerated Reader. The coordinators have access to printable leveled books, lesson plans and worksheets. The lesson plans include vocabulary words to be studied and lessons for phonics. Additional strategies used to increase reading comprehension and promote a love for reading include dictionary games, as well as coordinators reading books to the whole class to help with reading fluency and expression.

In November, YWCA was awarded the IBM Reading Companion Grant in partnership with agencies. The IBM Reading Companion software allows students to interact with software audio that gives them individual feedback on what they’re reading as they read out loud: a great learning tool for our youth!

“The critical need/ education gap we are filling by serving children in afterschool is vital to ongoing academic and life success for children,” said Lelia Smallwood, regional director of youth programs at YWCA.

Research supports the theory that a learning environment’s physical space can have a negative or positive effect on students. YWCA furnishes classroom libraries with rugs, bean bag chairs, floor pillows, and floor lamps to create a warm atmosphere for reading. The response from the children is great and they view their time in that setting as a reward.

### 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	6:30 - 7:25 am Zumba Andrea/Auditorium	6:30 - 7:15 am Cardio Strength Jody/Auditorium	6:30 - 8:45 am Spin / Sylvia	8:00 - 8:45 am Spin / Sylvia	8:00 - 8:45 am Spin / Sylvia	8:00 - 8:45 am Spin / Sylvia	9:00 - 9:45 am Spin / Rotating Instr.	9:00 - 9:45 am Spin / Rotating Instr.			
8:00 - 8:45 am Spin / Sylvia	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	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	8:00 - 8:50 am H2O Dynamics: Deep Water / Debbie	8:00 - 8:50 am AM Energizer Alicia / Pool	8:00 - 8:50 am AM Energizer Alicia / Pool	9:00 - 9:45 am Move & Groove Sylvia/Auditorium	9:00 - 9:45 am Move & Groove Sylvia/Auditorium
9:00 - 9:45 am Move & Groove Sylvia/Auditorium	9:00 - 9:50 am H2O Dynamics: Shallow Water /Shelley	9:00 - 9:50 am H2O Dynamics: Shallow Water /Shelley	9:00 - 9:45 am Move & Groove Sylvia / Auditorium	9:00 - 9:45 am Move & Groove Sylvia / Auditorium	9:00 - 9:45 am Move & Groove Sylvia / Auditorium	9:00 - 9:45 am Move & Groove Sylvia / Auditorium	9:00 - 9:45 am Move & Groove Sylvia / Auditorium	9:00 - 9:45 am Move & Groove Sylvia/Auditorium	9:00 - 9:45 am Move & Groove Sylvia/Auditorium	9:00 - 9:50 am Aqua Fun Fitness Sharon	9:00 - 9:50 am Aqua Fun Fitness Sharon
9:00 - 9:50 am H2O Dynamics: Shallow Water /Shelley	9:30 - 10:25 am Barre Tone Sopheap/Studio	9:00 - 9:55 am Tai Chi/ Chuck/Auditorium *2nd & 4th Thursdays	9:00 - 9:50 am H2O Dynamics: Shallow Water / Debbie	9:00 - 9:50 am H2O Dynamics: Shallow Water / Debbie	9:00 - 9:50 am H2O Dynamics: Shallow Water / Debbie	9:00 - 9:50 am H2O Dynamics: Shallow Water / Debbie	9:00 - 9:55 am Tai Chi/ Chuck/Auditorium *2nd & 4th Thursdays	9:00 - 9:50 am H2O Dynamics: Shallow Water / Shelley	9:00 - 9:50 am H2O Dynamics: Shallow Water / Shelley	9:00 - 9:50 am Adult Swim Lessons	9:00 - 9:50 am Adult Swim Lessons
10:00 - 10:50 am Power Hour/ Shelley Pool	10:00 - 11:00 am Swim Lessons	10:00 - 10:50 am Power Hour / Sharon Pool	10:00 - 10:50 am Power Hour / Sharon Pool	10:00 - 10:50 am Power Hour / Sharon Pool	10:00 - 10:50 am Power Hour / Sharon Pool	10:00 - 10:50 am Power Hour / Sharon Pool	10:00 - 10:50 am Core Ball Jane/ Auditorium	10:00 - 10:50 am Power Hour / Shelley Pool	10:00 - 10:50 am Power Hour / Shelley Pool	10:00 - 10:30 am Water Babies	10:00 - 10:30 am Water Babies
10:00 - 11:00 am Pilates Sylvia/ Auditorium	11:00 - 12:15 pm Align & Refine Yoga Debi/Studio	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:00 am Swim Lessons	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:00 am Pilates Sylvia/ Auditorium	10:00 - 11:20 am Vinyasa Yoga II/III Elisa/Studio	10:00 - 11:20 am Vinyasa Yoga II/III Elisa/Studio
11:05 - 11:50 am Tabata Training Julianna/ Auditorium	12:15 - 1:00 pm Pyramid Plus Jody/ Rooms Vary	12:00 - 12:45 pm Tabata Training Julianna/ Auditorium	12:00 - 12:45 pm Tabata Training Julianna/ Auditorium	12:00 - 12:45 pm Tabata Training Julianna/ Auditorium	12:00 - 12:45 pm Tabata Training Julianna/ Auditorium	12:00 - 12:45 pm Tabata Training Julianna/ Auditorium	11:00 - 11:55 am Yoga I/II Elisa/Studio	11:00 - 11:55 am Yoga I/II Elisa/Studio	11:00 - 11:55 am Yoga I/II Elisa/Studio	10:30 am - 12:00 pm Swim Lessons	10:30 am - 12:00 pm Swim Lessons
12:00 - 1:00 pm Aqua Zumba / Toni	4:00 - 6:00 pm Swim Lessons	4:00 - 6:55 pm Cardio Strength Jody/Auditorium	4:00 - 6:55 pm Cardio Strength Jody/Auditorium	4:00 - 6:55 pm Cardio Strength Jody/Auditorium	4:00 - 6:55 pm Cardio Strength Jody/Auditorium	4:00 - 6:55 pm Cardio Strength Jody/Auditorium	4:00 - 6:00 pm Swim Lessons	4:00 - 6:00 pm Swim Lessons	4:00 - 6:00 pm Swim Lessons		
5:30 - 5:50 pm Glutes & Abs Jody/Auditorium	6:00 - 6:55 pm Yoga I Hampton/Studio	6:00 - 6:55 pm Yoga I Hampton/Studio	6:00 - 6:55 pm Yoga I Hampton/Studio	6:00 - 6:55 pm Yoga I Hampton/Studio	6:00 - 6:55 pm Yoga I Hampton/Studio	6:00 - 6:55 pm Yoga I Hampton/Studio	5:30 - 6:15 pm Spin /Julianna	5:30 - 6:15 pm Spin /Julianna	5:30 - 6:15 pm Spin /Julianna		
6:00-6:45 pm Spin Jody/Spin Room	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Yoga I Mary Lou/Studio	6:00 - 7:00 pm Yoga I Mary Lou/Studio	6:00 - 7:00 pm Yoga I Mary Lou/Studio		
6:00 - 6:55 pm Cardio Strength Trinity/ Auditorium	6:00-6:45 pm Spin / Matthew	6:00-6:45 pm Spin / Matthew	6:00-6:45 pm Spin / Matthew	6:00-6:45 pm Spin / Matthew	6:00-6:45 pm Spin / Matthew	6:00-6:45 pm Spin / Matthew	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley	6:00 - 7:00 pm Aqua Cardio / Shelley		
6:00 - 6:55 pm Vinyasa Yoga II/III Emily/Studio	6:00 - 6:55 pm Insanity Deanne/ Auditorium	6:00 - 6:55 pm Insanity Deanne/ Auditorium	6:00 - 6:55 pm Insanity Deanne/ Auditorium	6:00 - 6:55 pm Insanity Deanne/ Auditorium	6:00 - 6:55 pm Insanity Deanne/ Auditorium	6:00 - 6:55 pm Insanity Deanne/ Auditorium					

**hours of operation**  
 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.  
**childcare hours** Free childcare 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

Feel the holiday calories? Burn them off...

3 months for \$99\*

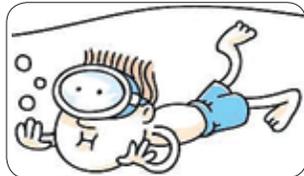
# Special Fitness Discount

Special runs through Feb. 28, 2014

new classes, swim camps, and more!

## 2014 Splash Camp

Campers will dive into a whirlpool of water fun while enjoying time in and out of the pool. In the water, campers will receive basic swim lesson and water safety instruction, as well as enjoy free time and games. They will take part in arts and crafts and our end-of-the-week flick and float. Sessions in June, July, and August for kids 5-12. More info at front desk or on website.



## New classes:

- AM Zumba, AM cardio strength
- Burpee Blaster (pop-up)
- Insanity

## march prenatal classes

### Prenatal Class Series:

(Four 1-hour classes)

3/1, 3/8, 3/14, 3/22

9:30 - 10:30 am

\*Additional series available.

Cost (per series):

\$40/Member/series - \$50/Non-Member/series

\$15/Drop-in

### Workshop – Partners in Pregnancy:

(One 1.5 hour workshop)

2/8, 3/29, 5/31

9:30 - 11 am

Cost (per workshop/couple):

\$40/Member/Couple - \$50/Non-Member/Couple

Visit website for details. Call 704-525-5770 to register.



## yw tuff girl boot camp

Get healthy and toned to start the new year off right!

Boot camp will take place outside rain or shine so be sure to bundle up for the weather when necessary.

Participants of all fitness levels are welcome. Modifications will be provided so that YOU are challenged and feel successful at YOUR personal level. Member and non-member pricing available.

**SESSION RUNS FEB. 18 - APRIL 8, 2014**

Details, times, and cost on YWCA website. Contact Trinity Cho at [trinitylou@gmail.com](mailto:trinitylou@gmail.com) with any questions.



## meet melissa, new pilates instructor

Melissa Wilson is a Charlotte native and a graduate of UNC Charlotte. She has been teaching pilates for six and a half years. Her comprehensive pilates instructor training was with Balance Point Pilates and she holds a group exercise certification. As a certified pilates teacher, Melissa also has certification in the Pilates Method Alliance.

What Melissa loves about pilates is the true mind- body connection that she feels during practice and afterwards. "I love sharing my ever-growing knowledge with my students," says Melissa. "When I can see a student is truly engaged, focused during sessions and growing with their practice, I feel wonderful knowing I have helped them on their journey."

Welcome, Melissa.

## 1902 society holds winter celebration

YWCA's young donors, the 1902 Society, partnered with volunteer staff from three local Banana Republic stores, to throw an epic Winter Celebration on Dec. 11 for our youth! Volunteers served snack, made gingerbread houses and crafts and delivered presents to the 30 children attending after-school at YWCA's Sugaw Creek Youth Learning Center. The event concluded with a pizza party! Each child received a goodie bag thanks to generous Banana Republic volunteers, and wonderful 1902 Society volunteers provided books and board games for the Center. Everyone had a great time -- children and volunteers, alike -- and left feeling full of pizza and holiday cheer! If you're interested in being a part of the fun and joining YWCA's 1902 Society, contact Marianne Schild at [mschild@ywcacentralcarolinas.org](mailto:mschild@ywcacentralcarolinas.org) or (704) 525-5770 ext. 211.



## one way to leave a legacy

According to Bart Astor, *Next Avenue* Contributor, and *Forbes.com*, one of the four ways to leave a legacy is to give to charity. Another way to leave a legacy is by contributing money or the equivalent to a charitable cause that reflects your values. You could create a meaningful gifting plan so your kids and grandkids will receive money while you're alive, allowing you to watch them benefit from your generosity. You can create a charitable foundation or a trust that provides ongoing distributions, so the gift has more lasting value. Check with your tax and financial advisers for the most appropriate ways to accomplish your charitable goals.



*\*source: To read the full article, 4 Smart Ways To Leave A Legacy, visit Forbes.com*

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

Darren and Kathryn Ash  
Mark and Barbara Atkinson  
Jim and Mary Lou Babb  
The Estate of Dorothy Bailey  
Betty M. Doster  
The Estate of Carol Douglas  
Donna Dunlap  
Sarah Belk Gambrell  
The Estate of John Hicks  
Lyttleton Hollowell  
Charlie and Kathy Izard  
The Estate of Sarah Lynn Kennelly  
Barbara Lee  
Jane L. McIntyre  
The Estate of Irma Mull  
The Estate of Sid Neely  
Lynn Otzman  
Anne Pipkin  
Jim and Kemilou Pomplun  
Sara Pressly  
Lynne Reyburn  
George and Susanne Sawyer  
Margaret Scott  
Christine A. Turner  
Kirsten Sikkelee and  
Paul Walker  
Charlotte Watkins  
zumBrunnen Family  
Four anonymous donors

*"How wonderful it is that nobody need wait a single moment before starting to improve the world."*

*~Anne Frank*

eliminating racism  
empowering women  
**ywca**  
Central Carolinas

3420 Park Road  
Charlotte, NC 28209

704.525.5770 phone  
[www.ywcacentralcarolinas.org](http://www.ywcacentralcarolinas.org)

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### 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:*

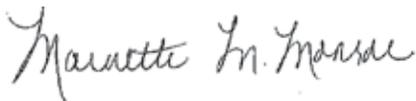
Last week our director of fitness found a comment card stuffed into the “feedback” box. Typically, these cards are suggestions for new classes, praise for a terrific instructor, or a request to launch an early morning cardio sculpt class (it’s happening!) But that day, she reached into a treasure box.

“Dear YWCA,” this hand-printed note read in a youngster’s careful lettering, “I am very thankful for what you all did for my family. I personally appreciate that. Thank U.”

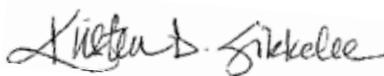
The young man who had signed his name is part of Families Together. His family has faced many struggles in their experience with homelessness, and their path will hold many more challenges, but today sees his community as one that is on his side and rooting for his family. In his view, the YWCA is a safe, nurturing, empowering place.

Your support makes his gratitude possible. Thank you!

Warmest regards,



Marvette Monroe  
President, YWCA Central Carolinas



Kirsten D. Sikkelee  
Chief Executive Officer, YWCA Central Carolinas

