

eliminating racism
empowering women
ywca
Central Maine

March 2017

Announcing the YWCA's New Roof!



The days (and years!) of the YWCA's leaky roof are coming to an end thanks to funding we have received from the City of Lewiston's Community Development Block Grant program and Industrial Roofing Company! For the past six years, we have had buckets strategically placed around the building to catch drips, replaced ceiling tiles to hide the telltale signs of leaks, and shivered from poor insulation. We are pleased to announce that in 2017 we're entering a new chapter at the YWCA! Who would have thought that a new roof could be so meaningful? But, with our new roof, the sky's the limit!

Childcare News



This year's February Vacation Camp was a fantastic week of celebrating winter! The YWCA provided 50 school-aged children with a special vacation experience, including: a sledding field trip to Pineland Farms, a story time workshops with volunteers from Bates College, sing-a-long music time, a visit from Ann Nicholson and her

seeing-eye dog Fairest, snow fort making with Miss Jen, snowshoeing in the back woods with Miss Kathy, and swimming every day! The entire week was centered around value-based team points for making community-



building. The team that racked up the most minded choices earned a pizza party!

April Vacation Camp

Earth Camp is a week-long celebration of our planet! The children will focus on spending time outside and experiencing nature, recycling items for new purposes, and Chewonki will present Animal Adaptions: Survival in the Wild! Campers will also enjoy a karate demo and swimming daily. Grades K-6 \$140 per week. Call to register to at 795-4050 or email asiebert@ywcamaine.org.



New Teacher

The YWCA is happy to welcome our new Assistant Teacher in the Tigger's classroom, Jennifer Villanueva. Jennifer comes to us with an Associate's Degree in Early Childhood Development and is planning to go back to school this summer to earn her Bachelor's degree in Human Services. She loves working with children and enjoys seeing them master new skills. Jennifer looks forward to gaining experience in the early childhood field and learning more about the children in the Tigger's classroom!

Galentine's Day Fundraiser 2017



The YWCA's first Galentine's Day delivery service was an incredible day of women celebrating women! YWCA cupids made 31 deliveries all over Lewiston and Auburn, carrying gift baskets purchased by women for friends, family, and colleagues. We visited homes, offices, senior centers, and colleges and met

some happy (and surprised!) recipients along the way. Galentine's Day was a successful first time fundraiser-we raised over \$900 to support our community programs! Thank you to all who ordered baskets, donated items, and cheered on our rosy costumes as we were en route. Check out these pictures of our adventures and stay tuned to order your Galentine's Day gift baskets next year!



PEACE Presents: Collaging Empowerment

This month the YWCA's PEACE program will co-host a collage workshop with students from Bates College's Gender and Culture course! The evening will combine collaborating on a large-scale collage piece with a discussion on the concept of what empowering women means to us. Join us for good conversation and de-stress with some quality time with scissors and glue. At the end of the session, we will have created a new piece of art to be displayed at the YWCA! Supplies will be provided but participants are welcome to bring any items-clippings, quotes, or trinkets-to contribute to the collage. All women are welcome! Don't forget that PEACE meets every first and third Thursday of the month from 5pm-630pm at the YWCA. FMI Contact YWCA Community Outreach Specialist, Taysir Jama at tjama@ywcaine.org.

PEACE (Positive Ethnic and Cultural Exchange) is an initiative building community among women at the YWCA while emphasizing cross-cultural exchange. Each week PEACE provides a safe gathering space for women to try new skills, have meaningful conversation around challenging issues, practice English, and enjoy one another's company. If the work of the PEACE program inspires you, please consider making a donation to support the YWCA at: <http://ywcaine.org/get-involved/support-the-ywca/>

Here's a look back at February's PEACE sessions. We co-hosted a potluck and dialogue on racial justice and healthcare with Southern Maine Worker's Center and Central Maine Showing Up for Racial Justice! And we sweated our stress away with a hip-hop dance class taught by Bates College dance majors.



Save the Date: Stand Against Racism 2017

Sunday, April 30



21st Century Leaders share sketches for their mural on Women of Color and Leadership.

The YWCA's sixth annual Stand Against Racism is only two months away! The theme of this year's event is 'Women of Color Leading Change.' In celebration of this theme, the YWCA is partnering with Lewiston High School's 21st Century Leader program to create a large-scale mural in our gym. The students are working in collaboration with staff and students from the Bates College Art Department to paint a mural on what the leadership of women of color means to them. Save the date to see the students unveil their work and present on their process at Stand Against Racism on April 30. Stay tuned for more event announcements coming soon!

Girl Magic Radical Women's Book Club. March 22

5pm-630 pm. YWCA Central Maine.

March Book: Redefining Realness by Janet Mock

Girl Magic is excited to announce that we will be hosting an ongoing radical women's book club! The book club will read works by women, transgender, and gender non-conforming authors coming from a diverse range of perspectives and across all genres. We will seek to prioritize works by women and trans folk of color, LGBT authors, authors with disabilities, immigrant authors, and authors from poor and working class backgrounds. And the best part, the reading list will be created by participants!

This month the book club will read *Redefining Realness* by Janet Mock. *Redefining Realness* is a memoir based on Mock's experiences growing up young, multiracial, poor, and trans in America. The Lewiston Library has one copy and is able to locate further copies. If you are having difficulty locating the book please email Natalie at nbornstein@ywcaine.org as soon as possible.

Who: Girl Magic is open to all women in the LA area.

What: Books! Each month we'll read one book and then get together to talk, eat, and do activities related to what we read. Come when you can and read what you can.

When: **New Meeting Time!** Girl Magic will now meet the **fourth Wednesday of every month** from 5pm-6:30pm at the YWCA.

Please join our facebook event & share widely: <https://www.facebook.com/events/259750581133764/>

Aquatics News

All new Aqua Line Dance'rise! YWCA line dancing teacher, Denise Hebert has incorporated simple line dancing steps with water fitness to create Aqua Line Dance'rise! The class is held in shallow water and there is no experience necessary. It is offered on Thursday mornings from 9:00-10:00pm. Come and try something different in the water!

Aqua Kickboxing is back at the YWCA! Aqua Kickboxing brings the fundamentals of kickboxing to the water for an energetic blend of traditional aqua aerobics set to upbeat music. The course offers a no-contact form of kickboxing that provides a full-body cardio workout. There is no experience necessary to join and the class is held in shallow water. Aqua Kickboxing will be taught by instructor, Millie Kidd. Millie holds a Black Belt in Okinawa Kenpo Karate Kobudo.

Aqua Kickboxing is \$8/class for non-members. No registration is required and drop-ins are welcome. Aqua Kickboxing will meet three times a week at the YWCA, including:

Mondays 7:30-8:30pm

Tuesdays 5:30-6:30pm

Fridays 10:00-11:00 am.



YWCA Lap and Learn

Looking to improve your strokes and endurance to become a more efficient swimmer? The YWCA is offering a Master Program for adults! The program will offer structured workouts that support swimmers to attain their individual goals. Swimmers of all abilities are welcome and training is adaptable to support each participant's fitness level. The course will be coached by William McCorkle a USA certified Head coach of YWCA Tiger Sharks. This program is structured to offer a positive and encouraging training environment.

The Master Program is a perfect opportunity to train for a swim competition, Tri-Athlon, or to simply swim away the stress of the day. Practices will be held twice weekly and workouts will be available for participants who miss a practice. The YWCA also offers private lessons to those who may need a one-on-one training with the coach. Classes will be held on Monday and Wednesday from 6:00-7:00am, Tuesday and Thursday 12:00-1:00pm. Members pay \$5.00, Non-Members pay \$7.00 per class. The Master Class is open to adults age 18 and older.

Book a party for any occasion!

Did you know that the YWCA is home to Lewiston-Auburn's only gigantic, aquatic, floating obstacle course?! Splash Parties include an hour in the pool with the Magic Y World float, as well as, use of the gym for one hour to host a birthday party, lunch, or any kind of gathering. (Our gym is also available for rent for any event, class, or function!) The pool is available for rental for kayaking,

paddleboard, Boy Scout or Girl Scout training, scuba diving, and more. Call today for times available to book a splash party or to rent the pool or gym!



**Special
Olympics**
Maine

***YWCA will be hosting Special Olympics
on March 10th from 9:00-1:00pm.***

Special Olympics will include all of the Central Maine Special Education programs. Kids will be competing in several different swimming events, including: freestyle, backstroke, breast stroke in 25, 50 and 100 yard competition. We are proud to host this annual event!

Red Cross Babysitting Course-Registration still available!



Registration for the YWCA's American Red Cross Babysitter's Training course is still open! This course teaches home and outdoor safety, basic caregiving, safe play, first aid, critical emergency responses, and leadership skills. Each class participant will receive an ARC child and infant CPR certification upon completion of the course. This class is great for pre-teens and teenagers who are responsible for caring for a younger sibling or those wanting to gain the skills to have babysitting clientele of their own.

Classes will be held Saturday, March 11th and Sunday, March 12th 9:00am-4:30pm with ARC instructor Judy Emch. Classes are open to boys and girls ages 11-15. The cost of this program is \$75 for YWCA members and \$90 for non-members. Please register by Friday, April 13. Class space is limited to 12 participants.

Children & Toddler Karate begins Saturday, March 4-Registration still available!

Join us for a six week session of karate! We offer Little Sparks Toddler Karate for children ages 2-4 and Children's Karate for kids ages 5-12. Classes are taught by Donna Harris of Phoenix Karate Academy. Phoenix Karate Academy are the founders of Pinan-Do Karate which translates to "Peaceful Way." Both Karate programs teach a variety of skills that toddlers and children can use throughout their daily lives such as:

Following directions

Leading by example

Basic karate blocks

Tumbling

Stranger danger self-defense

Balance

Building self-confidence and supporting friends and peers.

Children and Toddler Karate will be held on Saturday's from March 4-April 8 at the YWCA.

Little Sparks.

Time: Saturdays. 8:00am-8:30am

Program Cost: \$60 for non-members \$50 for YW members plus and additional uniform fee

Children's Karate.

Time: 8:30am-9:30am

Program Cost: \$90 for non-members \$100 for YW members plus and additional uniform fee



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