



eliminating racism
empowering women
ywca
Central Maine

May 2017

The mission of the YWCA is to
eliminate racism and empower women
while promoting peace, justice, freedom, and dignity for all.

Electronic Sign Campaign Continues

The YWCA is still hard at work raising funds to support our goal of installing a new electronic sign outside of our building. To date we have raised \$12,000 thanks to generous contributions from our members and friends! We still need your help to attain our goal of \$16,000 and we're reaching out to our full community for support and sponsorship.

According to the Maine Department of Transportation, over 15,000 vehicles pass by our building each day. That's a lot of visibility! Our new electronic sign will not only allow us to share more of our programming, we will also offer free sign space to other community nonprofits to advertise their important events.

Sponsorship of our electronic sign will give businesses a unique opportunity to advertise and support the YWCA. The YWCA is also in search of contributions from community members and donations of all sizes count toward our goal! To find out more about sponsoring the YWCA's electronic sign or supporting our fundraising campaign, call the YWCA at 795-4050. Don't forget you can always donate to the YWCA through the donate option on our website at: <https://ywcaine.org/get-involved/support-the-ywca/>

Childcare News

YWCA Summer Camp is almost here and registration packets are now available at the Front Desk! Summer 2017 at the YWCA will feature some exciting new programming, including Family Nights! The YWCA will host a family dinner each week of summer camp as an opportunity for parents and campers to come together to celebrate each week's accomplishments and adventures. Weekly field trips will also provide new opportunities for children to explore the great State of Maine, including the Maine Wildlife Park, Coastal Maine Botanical Gardens, museums, college and universities, Maine

State Parks, and more local adventure! YWCA Summer Camp will offer a diverse themes throughout summer vacation:

Sports Camp I (June 26-30)

Animal Planet (July 3-7)

Art Camp I (July 10-14)

STEM (July 24-28)

Talent Week (July 24-28)

Around the World (July 31-August 4)

Sports II (August 7-11)

Art Camp II (August 14-18)

Maine (August 21-25)

The YWCA offers full-day Summer Camp throughout the weeks of summer vacation for children ages 5-12 (five year olds must have completed kindergarten). Scholarship opportunities are available and applications must be completed by **May 15!**

Registration deadline for Summer Camp is June 16. Parents and guardians are encouraged to register and apply for scholarships ASAP, as the program fills quickly! For more information call the YWCA at 795-4050.

Curious to learn more about the talented Summer Camp counselors bringing their positive energy, mentoring skills, and expertise to enrich Summer 2017 at the YWCA? Read about four of our brand-new Summer Camp staff members below and stay tuned for more bios next month!

Etinosa Obadagbonyi

Etinosa is currently a student at the University of Southern Maine working on a Master's Degree in Occupational Therapy. He comes to Maine from Texas and has begun working in the YWCA Afterschool Program in preparation for summer camp.

Q. What are you most looking forward to about Summer Camp?

A. I'm most looking forward to having water balloon fights with the kids! Just because they're children doesn't mean they can't lose.

Q. What is your favorite thing to do outside during the summer?

A. Summer is my favorite season! I love jogging or going for long distance runs-5ks, 10ks, even Half Marathons-especially if they support a good cause!

Q. What is your favorite summer song?

A. Party in the USA by Miley Cyrus.



Molly Brown

Molly is a 2015 Bates College graduate originally from Massachusetts. She was the director of the Darmouth, MA Rec Camp from 2012-2016. This year, she is the Lead Summer Camp Counselor at the YWCA.

Q. What are you most looking forward to about Summer Camp?

A. I'm looking forward to field trips and enjoying the State of Maine with the kids!

Q. What did you most like to do during summer vacation as a child?

A. I liked to play sports! I played travel soccer and basketball during the summer.

Q. What is your favorite summer song?

A. Summer Jam by Jake Owen.



Caitlyn Davis

Caitlyn Davis joined the YWCA Childcare staff this spring and has been working in the before school program and volunteering in pre-school classrooms. She is from Turner, Maine and will graduate from the University of New England this spring with an undergraduate degree in Pre-Medicine!

Q. What are you most looking forward to about Summer Camp?

A. Hanging out with the kids each day.

Q. What did you like to do during summer vacation as a child?

A. Swim in the pool, play in the woods, and build cabins!

Q. What is your favorite summer song?

A. I Know a Place by Muna.



Gabrielle Lodge

Gabby is from Westbrook, ME and moved to Lewiston a little over a year ago. She currently attends USM, primarily at the Lewiston-Auburn campus. She studies Social and Behavioral Sciences and hopes to be a midwife one day and explore public health.

Q. What are you most looking forward to about Summer Camp?

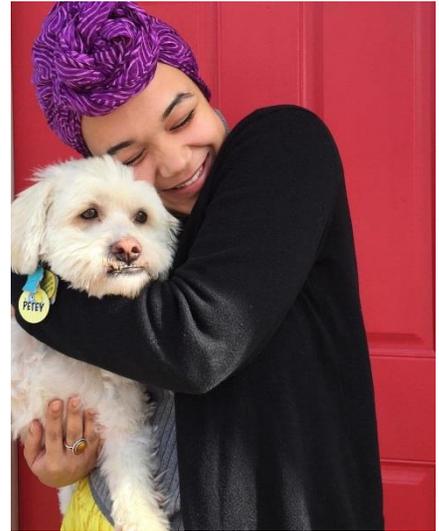
A. I am looking forward to the nice weather and fun games we can do outside. I'm also excited to continue building one-on-one relationships with the kids.

Q. What did you like to do during summer vacation as a child?

A. I went to summer camp a few times in North Carolina as a kid, and that was one of my favorite experiences for some summertime fun. Now, I enjoy spending time at camp with my family on Little Sebago Lake. I wish I enjoyed it more as a kid!

Q. What is your favorite summer song?

A. Move On Up-Curtis Mayfield



Stand Against Racism 2017



Stand Against Racism 2017: Women of Color Leading Change was a powerful day of art, education, and dialogue for racial and gender justice in Maine! The Lewiston High School 21st Century Leaders presented the long-awaited reveal of the Women of Color Leading Change mural and discussed their artistic process (check out the photo of the mural above!). Activist, Hamdia Ahmed offered a keynote address and joined in a panel conversation with the student artists. Participants took part in breakout workshops on Organizing

Against Racism, Racial Justice & Healthcare, Anti-Racist Action Steps for White People, and a Women of Color-only Solidarity Conversation. Stand Against Racism concluded with slam poetry performed by Edward Little High School student, Shukri Abdirahman and an ice cream celebration! Thank you to all of our members and friends who joined us for the sixth annual Stand Against Racism! It was a truly community-wide celebration of the work women of color students and activists. Stay tuned for further racial justice work from the YWCA, including Stand Against Racism 2018!



The Lewiston High School 21st Century Leaders presenting the reveal of the Women of Color Leading Change mural

PEACE Women's Walking Group Returns!

The PEACE Women's Walking Group is back for the Spring season! Join us for our first walk of 2017 on the Franklin Pasture trails behind the YWCA on Thursday, May 18. We will meet at the YWCA at 5pm and depart for our walk by 5:30. The Women's Walking Group is open to all women and offers community, conversation, and some end-of-the-day exercise in the woods! We still have some sneakers remaining from last Fall and all participants are welcome to take a pair. We will share opportunities for further adventures with the PEACE Women's Walking Group throughout the summer. We plan to take hikes and strolls throughout Androscoggin County and we want to walk and talk with you!

Upcoming PEACE dates include:

May 18-First Women's Walking Group. Meet at YWCA and walk Franklin Pasture trails.

June 1-Craft Night.

June 29-Women's Walking Group. Meet at YWCA and walk to be announced! (Note this will be the last Thursday in June and there will not be a third Thursday meeting).

Stay tuned information about the PEACE post-Eid celebration coming later this summer!



Photos from the PEACE henna and self-care night on April 20! Participants enjoyed henna from a local artist, made their own bath bombs and scrubs, painted each other's nails, and did some therapeutic coloring.

LUNAFEST

L-A Women Rising presents: LUNAFEST

short films by, for, and about women



LUNAFEST film festival is only two weeks away! LUNAFEST is an annual fundraising film festival dedicated to promoting awareness about women's issues, highlighting women filmmakers, and bringing women together in their communities. L-A Women Rising will host the festival at The Public Theater at 31 Maple St. in Lewiston on Wednesday, May 17 at 7:00pm. LA Women Rising is a collaborative effort between the YWCA, Center for Wisdom's Women, Safe Voices, and Sexual Assault Prevention and Response Services working to raise awareness about violence against women through building an

ongoing network of support and advocacy and leading community members to action that will promote long-term change.

This unique film festival highlights women as leaders in society, illustrated through nine short films by women filmmakers. The films range from animation to fictional drama, and cover topics such as women's health, motherhood, body image, aging, cultural diversity and breaking barriers. One film that may be of special to interest to our swimmers is 'The Honeys and the Bears,' the story of a synchronized swim team for seniors in Harlem (trailer below!).

LUNAFEST, which is created and funded by LUNA, The Whole Nutrition Bar for Women, has raised over \$965,000 for Breast Cancer Fund and over \$2,600,000 for other women's non-profit organizations. Proceeds from LUNAFEST benefit the agencies of LA Women Rising with 15% returned to LUNAFEST for the Breast Cancer Fund. In addition to ticket sales, there will be a 50/50 raffle that evening. Tickets are \$20.00 per person.

Come support your YWCA and L-A Women Rising, and enjoy a special opportunity to see short films that will be in Lewiston for one night only! For a sneak peak of 'The Honey and The Bears' check out: <https://vimeo.com/122907696>

Aquatics News

YWCA American Red Cross Lifeguard Training!



The YWCA offers an American Red Cross Lifeguard certification course that allows participants to study online at their own pace and then demonstrate their skills learned in the YWCA pool! Our first session begins May 19 and participants must be registered with the American Red Cross by May 8.

Do you already hold an American Red Cross Lifeguard Certificate? Are you looking to further develop your open water skills? Join the YWCA's ARC Lifeguarding Water Front Module course on June 4! This class is perfect those working at beaches or summer camps and provides useful skills for guarding open water. Must register with ARC by May 30.

The YWCA will also offer a Basic Water Rescue course for participants to learn non-swimming rescue skills necessary for childcare providers. This class is open to all adults and provides critical skills for taking children swimming in pools or open water. Join us June 3 from 1-5:30pm at the YWCA!

YWCA Tiger Sharks USA Swim Team

There is still time to sign up your child for the YWCA's Tiger Sharks Swim Team summer session! Tiger Sharks is open to youth ages 5-18 interested in competitive swimming in a positive and encouraging environment. Practices are held on Mondays, Tuesdays, Wednesdays, and Thursdays, from 5-6pm. Youth are encouraged but not required to attend at least three practices per week. Beginning June 21, Wednesday practice will also be available from 9-10am. Call the YWCA to sign your child up today!

American Red Cross Swim Lessons Summer Session



Registration is now available for a six-week session of swim lessons from May 22-July 1! The YWCA offers lessons for youth and adult swimmers at all levels and experiences and this session ends just in time to enjoy summer swimming!

YWCA Lap and Learn Master's Program

Are you an adult swimmer training for a swim competition, Tri-Atholon, or looking to improve your swimming skills? The Lap and Learn Master's Program supports adult swimmers in attaining their individual goals through instruction from YWCA Head Swim Coach, Will McCorkle. Training is available Monday-Friday from 5-8am and Tuesdays and Thursdays from 12-1pm. Participants do not need to register and can drop-in any time. Workouts will be available for participants who miss a practice to do on their own.

For more information about course cost, registration, swim lesson levels, and requirements of any of the above classes visit:

<https://ywcaine.org/what-we-do/aquatics/aquatics-programsclasses/>.

Or call the YWCA at 795-4050.

American Red Cross Babysitters Class



The YWCA is offering **American Red Cross Babysitting Training** for youth ages 11-15! Participants will receive certification in child and infant CPR, learn the basics of providing safe and fun childcare, and enjoy fun, hands-on activities. Babysitting classes will be held over the course of two Sundays: June 11 and 18 from 9am-4pm at the YWCA. (Participants must come for both days). The course is \$75 for YWCA members and \$90 for non-members. Call the YWCA to register your teen today!

Archery

The YWCA is pleased to announce that Introduction to Archery will begin **May 9!** This six-week course is open to girls and boys ages 8-17. Participants will learn about the parts of a bow and arrow, proper shooting form, and safety. For children who already have some experience with archery, this class is also an opportunity to further develop their skills. Classes are taught by certified archery instructor, Simeon Gray.

Classes will be held **Tuesdays, May 9-June 13.**

Time: 6:00pm-7:00pm

Cost: \$90.00



YWCA Annual Rummage Sale



Furniture! Sports equipment! Toys and games! Home decor! Books! And more! The YWCA Central Maine Annual Rummage Sale is back to support a great cause! The 2017 Rummage Sale will benefit the

YWCA's Summer Camp program, serving youth in Lewiston-Auburn throughout the length of summer vacation. Proceeds from the rummage sale will allow our campers to take part in field trips to explore Maine, educational experiences that prevent summer learning loss, health and wellness programming, nature exploration, and arts workshops!

Come shop our diverse collection or donate your gently used items and check spring cleaning off your list! The YWCA will begin accepting donations to the rummage sale on **May 15**. Donations must be in good working condition and may include:

- Furniture, including patio and summer furniture.
- Gardening equipment
- Household items and decor
- Children's toys and games
- Children's and adult sports equipment
- Books
- Any other indoor/outdoor items, recreational equipment, or tools that you may have!

This year, we will not be accepting clothing or shoes. There is no cost to enter the rummage sale. For more information, to donate, or to volunteer please call the YWCA at 795-4050. Check out our facebook event page for photos of rummage sale items as they come in!

<https://www.facebook.com/events/423170738055685/>

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