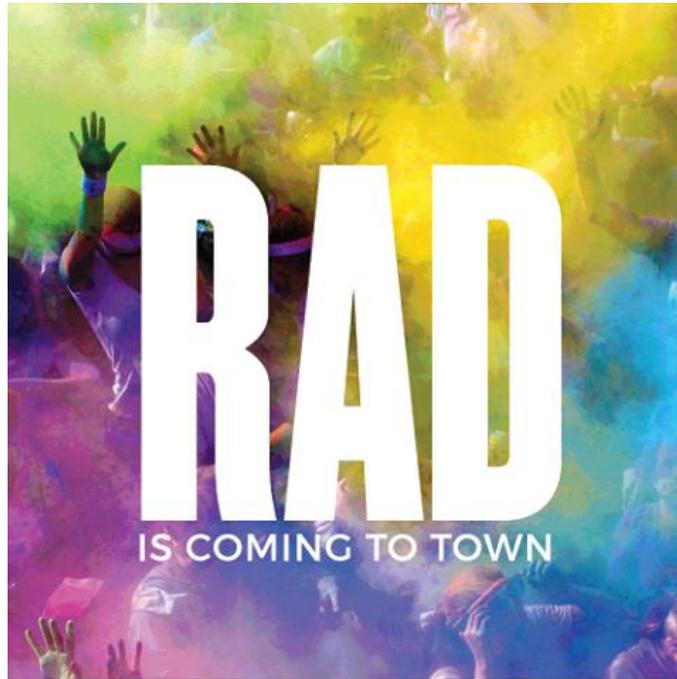


The mission of the YWCA is to
eliminate racism and empower women
while promoting peace, justice, freedom, and dignity for all.

July 2017



COLOR ME RAD 5k IS BACK!
Saturday, July 15
Simard-Payne Park, Lewiston

The Color Me Rad 5k is Lewiston-Auburn's only color run experience and it's back this year to benefit your YWCA! Every volunteer who registers to splash paint powder on runners, work the check-in table, and sell merchandise generates \$60 to support the work of the YWCA in our community. This year, the YWCA Central ME and the YMCA Auburn-Lewiston are taking the volunteer incentives one step further. We are challenging our members, friends, and supporters to step up in big numbers to volunteer for the YWCA. Whichever organization brings more volunteers to the Color Me Rad 5k will have the opportunity to see the director of the losing organization pied in the face! All volunteers will receive a free Color Me Rad t-shirt. Bring your whole crew to volunteer and you'll get the sweetest end to your day, all while supporting our work to eliminate racism & empower women.

Shifts are available on Saturday, July 15 from 6:45AM-11:00Am or 7:45AM-12:45PM. All volunteer shifts will take place at Simard-Payne Park in Lewiston. Questions? Call the YWCA at 795-4050.

To register visit: <https://www.eventbrite.com/e/volunteer-color-me-rad-maine-tickets-34811057811>. When you register be sure to select that you are volunteering in support of a charity and choose YWCA!

YWCA Women of Achievement Award Nominations 2017

The YWCA Central Maine is excited to announce that the Women of Distinction Award nominations are now open! Do you know a woman in Androscoggin County or the greater State of Maine whose accomplishments deserve to be recognized? Of course you do!

The YWCA Women of Achievement Awards recognize the often overlooked contributions of women in the community through four distinct award categories:

- The Lee Young Leadership Award for excellence in professional, civic, or artistic leadership.
- The Tonie Ramsey Service Award for service to communities and individuals.
- The Priscilla Gendron Legacy Award for philanthropic giving and fundraising toward public enrichment.
- The Marcia Baxter Social Justice Award for courage, commitment, and leadership in social justice work.

All four awards honor successes in professional and volunteer activities and are named for women who have dedicated service and leadership to the YWCA Central Maine.

Community members are invited to nominate women of all ages across diverse fields of expertise who live and work in Androscoggin County or the greater State of Maine. Nomination forms are available at the YWCA's website:

<https://ywcamaine.org/women-of-achievement-awards-2017-nomination-forms-now-available/>.

There you can download the nomination form, fill it out, and email the completed version to ywcawomenofachievementawards@gmail.com

If you would prefer an in-print version of the nomination form you can pick one up at the YWCA. Nominations are due by **5pm on Tuesday August 1** and can be submitted via email or to the YWCA Central Maine at 130 East Avenue, Lewiston.

The Women of Achievement Awards Gala will be held on Thursday, October 19 at the Gendron Franco Center. For more information on the nomination process please call the YWCA at 795-4050.

Priscilla and Dolard Gendron Early Learning Center Dedication



The YWCA Central Maine is pleased to announce the dedication of the Priscilla and Dolard Gendron Early Learning Center. In June, the YWCA community gathered together to mark the naming of the organization's early childhood program. The Priscilla and Dolard Gendron Early Learning Center is named in honor of the impactful financial support that the Gendron family has given to the YWCA. In 2010 the Gendrons provided a sustaining donation to the organization. As YWCA Central Maine Board President, Barbara Bixby, shared with guests at the dedication: "when the organization was on the brink of closing and the YWCA Central Maine had few resources remaining, the Gendron family recognized the value that the organization still held in our community. At that pivotal moment, Priscilla and Dolard Gendron kept the doors open and planted a seed that has allowed the YWCA to thrive." In 2016, the Gendrons made another substantial gift that has supported the YWCA in expanding the organization's vision for the Early Learning Center program.



The YWCA Board of Directors was joined by the Gendron family and friends, members, and staff to unveil the permanent entrance sign welcoming patrons to the Priscilla and Dolard Gendron Early Learning Center. The Gendrons received a presentation of flowers from YWCA pre-kindergarten children and guests enjoyed a lunch and celebration.

Aquatics News

Volunteers Needed!



August Shutdown

The YWCA is in search of volunteers for our annual shutdown from August 20-September 1! During shutdown the YWCA spruces up our facility and we need help from painters, cleaners, and anyone who knows how to use power tools. If you are interested in helping us repair and clean our pool and locker rooms please contact our Aquatics Director, Linda Sherman at 795-4050. Come support the YWCA, put your skills to good use, and hang out with some fantastic staff and volunteers! FYI: The

YWCA pool will be closed to the public throughout the length of shutdown.



American Red Cross Summer Swim Lessons

There is still time to register for the YWCA's summer swim lessons! The YWCA has lessons for swimmers of all abilities and our instructors can teach all ages, from infants to adults. Get

your family ready for safe summer swimming and register today! Details of times and levels can be found at our website ywcamaine.org or call the YWCA for more information or to register at 795-4050.

YWCA Lap & Learn Master Program offered Monday-Friday

Are you an adult swimmer training for a swim competition, Tri-Atholon, or looking to improve your swim skills? The Lap and Learn Master's Program supports adult swimmers in attaining their individual goals through instruction from YWCA 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.

YWCA Central Maine goes to Washington!

YWCA Central Maine staff, including Executive Director, Kathy Durgin-Leighton; Community Outreach Specialist, Taysir Jama; and Social Justice & Advocacy Manager, Natalie Bornstein went to the capital last month to take part in the YWCA USA National Conference! The bi-annual conference featured powerful speakers, inspiring workshops, and meetings with our Senators and Representatives on issues of the federal budget and the Affordable Care Act. YWCA Central



Maine was joined by YWCA Mount Desert Island in meetings with Senator Collins, and Congressmen King and Poliquin. We advocated, along with YWCA associations from across the country, for a federal budget that supports our communities and protects the safety and security of women, children and families. The YWCA Central Maine and MDI focused on the Child Care and Development Block Grant which support families in our community to take part in our Early Learning Center and Afterschool Program, the 21st Century afterschool program, cuts to programs for victims of Domestic Violence. The conference concluded with the Women of Distinction Gala, hosted by journalist, Melissa Harris-Perry, which presented awards to YWCAs in the fields of racial justice, women's empowerment, and advocacy. YWCA Central Maine staff learned about the work of other YWCAs, the history of our larger organization, and the future of our movement. We left feeling refreshed and motivated and ready to share all that we learned with our community!

Check out our photos from the powerful couple of days. YWCA Central ME and YWCA MDI meets with Senator Susan Collins, YWCA Central ME staff on the red carpet, Women of Distinction Gala host, Melissa Harris-Perry.

Bystander Intervention Training August 15-18

The YWCA is excited to announce that this August we will host a series of in-depth bystander intervention trainings, designed to address instances of racial, religious, or anti-immigrant harassment or violence in our community. Join us August 15-18 for an in-depth, four day training that has been created just for our community at the Lewiston Public Library! Bystander training will be offered through 'Live the Green Dot,' an organization that is an international leader in violence prevention. Green Dot uses a proven, research-based curriculum to provide training, technical assistance and program development for individuals, schools, and organizations. Throughout the last several months the YWCA has worked in collaboration with a coalition of community leaders, known as 'Community

of Kindness' to bring Green Dot's intervention training to Lewiston-Auburn. This project developed in response to a rise in racist, xenophobic, and Islamophobic violence that escalated in our community after the November election.

Leaders from Green Dot came to Lewiston-Auburn to conduct focus groups with community members in April to hear about their joys and concerns in our community. They met with students, teachers, leaders of Ethnic Community Based Organizations, nonprofit service providers, business leaders, and YWCA parents, staff, and board. These focus groups prepared Green Dot staff to create a bystander intervention training program that is informed by and tailored to the needs of our community.

This training will prepare participants to teach what they have learned to others in the community and effectively implement the Green Dot strategy. Throughout the intensive four days, participants will develop their skills as effective facilitators and educators and will leave the training as certified instructors who can then help implement the Green Dot strategy throughout our community.

Thanks to the generosity of supporters of this initiative, the training is free and open to the public! For more information about the program or to register, call the YWCA at 795-4050. To learn more about Green Dot, visit www.livethegreendot.com.

PEACE Summer Meet Ups!

The YWCA PEACE program's summer session is off to a celebratory start! Last week we hosted a cultural night potluck, shared stories, sang songs, and enjoyed one another's cooking and company. Did you miss the party? Check out our photos!

Upcoming PEACE events this summer include:

July 20-Women's Walking Group Thorncrag Hike (Meet at the YWCA at 5pm)

August 10-Sunset picnic at Tripp Lake (Meet at the YWCA at 5pm)

August 31-Women's Health Workshop with Dr. Paige Picard.

PEACE (Positive Ethnic and Cultural Exchange) is a YWCA initiative working to build community among women while emphasizing cross cultural exchange. The program fosters transformative friendships through social gatherings, health and wellness programming, art workshops, and issue-based dialogue in a women-only space. PEACE meets from 5pm-6:30 at the YWCA.



New Playground at the YWCA



The YWCA is pleased to announce that our Afterschool Program and Summer Camp have a brand new playground in our backyard! Thanks to the hard work of staff and volunteers, we have installed a climbing structure, obstacle course, swing set, and monkey bars. The climbing structures were created with tires generously donated from Tire Warehouse. Volunteers from Proctor & Gamble and Jobs for Maine Graduates assembled our new playground and we were able to finish

just in time for summer camp because of their hard work (and the expertise of YWCA first man, Dick Leighton)! Our summer campers are also enjoying new picnic tables and two shade tents that were donated by Lowe's in Auburn. Additional support came from Oldcastle Lawn & Gardens in Poland and Clint L. Cote Forestry in Bowdoin. Thank you to all of our volunteers and supporters!



Summer Camp



YWCA Summer Camp 2017 is 10 weeks of fun featuring outdoor exploration, Maine appreciation, arts & performance, literacy, sports, and general YWCA-style silliness! Each week has a different theme and so far we have held Sports Camp week 1 and Animal Planet. Sports Camp included a field trip to Range Pond, creative games and sports, daily swimming, and a special visit from future-Olympian runner and Lewiston High School graduate, Isaiah Harris. Harris came to YWCA Summer Camp to speak with campers about his athletic journey (he has earned four Big Ten titles and competed in the 2016 Olympic trials) and raced campers and staff! Animal Planet brought campers to the Maine Wildlife Park! Campers took part in games, projects, and crafts to learn about the animal world and enjoyed some Fourth of July festivities!

Space is still available to register your children for YWCA Summer Camp. Upcoming sessions include:

Art Camp I-July 10-14

STEM (Science Technology Engineering Math)- 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

Each week we'll share the best pictures of the session on our facebook page, including all of our creative projects, state-wide field trips, and local celebrity guests. Follow our photos to stay up to date on summer 2017's adventures!

YWCA Summer Camp 2017 Staff



eliminating racism
empowering women
ywca
Central Maine

130 East Avenue Lewiston, Maine 04240 T: 207-795-4050

www.ywcamaine.org [Facebook.com/YWCAMaine](https://www.facebook.com/YWCAMaine)