The YWCA is a women's membership movement nourished by roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women's growth, leadership and power in order to attain a common vision:

peace, justice, freedom and dignity for all people.

The Association will thrust its collective power toward the elimination of racism wherever it exists and by any means necessary.
During 2008 the YWCA pursued many collaborative efforts to promote our mission of eliminating racism and empowering women through our four major program areas--racial justice, youth development, women’s empowerment and economic advancement and health and wellness.

- After 25 years of involvement with the YWCA, Executive Director Lois Cook Steele retired on December 31, 2008. Ms. Steele began her commitment to the YWCA as a volunteer on the board of directors, then as the Workforce Development Director and finally as the Executive Director.

- Eleven girls in 5-8th grade began participating in Girls Circle. Girls Circle is built on the research-based model proven to increase girls' self efficacy, body image, and social support.

- Women’s Leadership Initiative workshops and the Mommie-preneur group began. Women’s Leadership features experts and executive-level women sharing their knowledge on a range of topics that give women the tools they need to succeed. Mommie-preneur offers a support group for women entrepreneurs. Over 75 participated in 2008.

- The first Summer Eco-camp was held. Over 15 kids ages 8-13 created and participated in community environmental education projects. Campers met in the outback tent classroom in our 9 acre nature area.

- The YWCA was grateful to receive community support through several businesses and organizations. The Wilmington Civitans awarded the YWCA a grant for the Therapeutic Dance Class. Volunteers from Progress Energy donated supplies and time to renovate the stair rail to the outside playground. The YWCA Outback Tent Classroom was built with in-kind donations and volunteers from Hands on Wilmington, Stock Building Supply, Hodgin Construction, Girl Scout Troop 123, Barbara Downing & Tot Spot LLC, If it’s Concrete and Port City Ready Mix. Collaboration with CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorders) and the local SAVE (Students Against Violence Everywhere) chapter.

- The 1st Annual YWCA Jolly Jubilee, A Holiday Shopping Spree, was held in November. Community members visited the YWCA to shop with 24 local businesswomen for holiday gifts.

- The YWCA’s 3rd Annual Purse and Passion was held in November. More than 300 attended to learn about the mission and work of the YWCA. Overwhelming positive response resulted in many wanting to volunteer with us and to become members. The event raised in excess of $60,000 to support our programs and services.

- Nine women and four young leaders were honored at the 24th Annual Women of Achievement Awards. Adult Honorees included Joy Allen, Devoria Berry, Senator Julia Boseman, Mary Beth Koehler, Sarah Levin, Marilyn Meares, Judith Ruffin, Pansy Rumley and Adrienne Jackson with the Lifetime Achievement Award. Youth recipients included Saphyr Amrol-Davis, Danielle Black, Dori Lane Faulk and Kayla McMillan. We were grateful to have the continued support of corporate sponsor James E. Moore Insurance Agency, Inc. An alumnae group of Women of Achievement recipients was launched and met twice during the year. The first act of the group was to sponsor a Young Leader Scholarship award at the 2008 Women of Achievement.

2008 Women of Achievement Recipient

“The evening was wonderful. I was overwhelmed and honored to be in the same room with such strong and dedicated women. This is such an important event for our community. Keep up the good work!”

Deirdre McGlone-Webb
President, YWCA Board of Directors

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as of December 31, 2008
what we do

YWCA Lower Cape Fear has over 1000 members and serves more than 5000 people annually through our work on dismantling racism, youth and child development, economic advancement for women and wellness.

racial justice

“It is critical that we continue the dialogue about racism. If we do not, as a country we will drift further and further from the issue ‘Does race matter?’ and this will allow segregation to creep back into our schools and our communities.”

Glenda Kearney DuBoise, former chair, YWCA USA National Coordinating Board

The elimination of racism is an on-going process that requires persistence, commitment and continuing dialogue between individuals and groups. The YWCA is committed to helping individuals, organizations and companies in the Cape Fear region improve race relations and find ways to eliminate racism through constructive dialogue and meaningful action.

• “What’s Wrong With Different?”
(A National YWCA Hallmark Program)
• Starting New Conversations (formerly Race Dialog Circles for youth)
• History of Wilmington in Black and White Course
• Racial Rewind Film Series and panel discussions
• Cultural Competency
(Corporate/organization workshops)
• Big Picture Talkers Community Collaborative Initiative

2008 Highlights:
• The Racial Rewind Film Series at Jengo’s Playhouse hosted 11 screenings in 2008. Filmmaker Joe Angio, held a Q & A session after his documentary, How to Eat Your Watermelon in White Company (and Enjoy it). The film series was part of Cucalorus this year with four featured films and panel discussions with local and visiting panelists.
• Cultural Competency as a Leadership Skill was taught to Leadership Wilmington participants and over 450 New Hanover County employees.
• The History of Wilmington in Black and White, a 6 week course, taught by Tim Tyson (visiting professor from Duke University and author of Blood Done Sign My Name) and Mary Williams (phenomenal gospel singer) was attended by 270 community members, students and professionals in fall of 2008.

“I work for the Sheriff’s dept….I would like this to be mandatory for my agency to attend this program.”

Awesome-Awesome-Awesome!”

“This workshop gives people hope that we can help each other.”

Cultural Competency Workshop Attendees

youth development

More than 14 million American kids, including 40,000 kindergarteners, have no adult supervision after school. After school programs keep kids safe and supervised, inspire learning, and help working families.

NC Center for After School Programs

The YWCA supports quality, affordable and accessible early childhood education that assists adults in moving towards economic independence and provides children with culturally sensitive, developmentally appropriate activities that enable children to succeed in school.

• YWise Kids After School Program and Summer Day Camp
• Multi-Cultural Program
• Summer Eco-camp
• Eco-ed: After School Environmental Activities
• Girls Circle
• Week Without Violence
• Tot Spot, LLC

2008 Highlights:
• The After School YWise Kids and Eta Xi walked the Holly Tree Loop (wearing red bandannas) to bring attention to the American Heart Association’s national “Go Red for Women” campaign. The YWCA supports the America Heart Association’s fight against the No. 1 killer of American women – Heart Disease.
• The YWCA Multi-Cultural Program was offered at College Park Elementary School in collaboration with NHCS ASPIRE program.
• Began offering the Eco-ed curriculum for the YWise Kids After School program.
• Over 225 children in preschool and kindergarten participated in the Tot Spot program. Children followed the “Letter People,” visited several local attractions and performed two holiday shows.

“It is programs like Eco-Camp and people like you that make a positive difference in our children’s lives!”

Parent of Eco-Camp summer camp participant
In 2007, women earned 78 cents for every dollar men received, similar to the amount they received in 2004. That’s $23 less to spend on groceries, housing, child care and all other expenses for every $100 worth of work done.

The YWCA Lower Cape Fear works with people to become full participants in the economic mainstream of our community through job training and support for finding, changing or maintaining a job. When individuals achieve economic self-sufficiency, they contribute to the overall strength of our community.

• Family Law Clinics
• New Choices Program for Displaced Homemakers
• Mommie-preneur
• Women’s Leadership Initiative

2008 Highlights:
• Sixty-five people applied to the New Choices Program. All were taught skills and given guidance to obtain employment or education. Five are currently enrolled at Cape Fear Community College.
• Mommie-preneur and Women’s Leadership Initiative Workshops began. Over 75 participated in 2008.

“I will be graduating in another year with my Associate Degree in Nursing. I truly cannot imagine that it would have been possible without the help and support of the YWCA...this assistance has not only affected my ability to obtain this degree, it has helped nurture my confidence in being a mother. I was transformed from a victim to a strong example.”

New Choices Program Participant who will graduate in 2009

North Carolina was named the 16th most obese state in America according to the fifth annual F as in Fat: How Obesity Policies Are Failing in America, 2008 report from the Trust for America’s Health (TFAH) and the Robert Wood Johnson Foundation (RWJF). The state’s adult obesity rate is 27.1 percent, an increase for the third year in a row.

The YWCA’s Health and Wellness programs are not only exciting, fun and affordable, they also are helping to change the health habits of women and their families for the better. We are able to strengthen women – mind, body and spirit – by offering a variety of opportunities for fitness.

• Aquatics Program
• Adult Exercise Classes and Kids Exercise Classes
• Outback Adventure Project

2008 Highlights:
• 1200 children and adults participated in group or private swim lessons. Expanded summer lessons to Legion Stadium Pool in collaboration with the City of Wilmington. Served 75 people with special needs in New Hanover and Brunswick County schools, City of Wilmington and Brunswick County Special Olympic Swim Teams. 100+ participants enjoyed water aerobics with 20 classes a week.
• Second year of Y-Dub Tri-Club offering triathlon training with first corporate sponsor and new website.
• With a total of seven swim teams using the facility, four high schools, one year-around, YWCA swim team and Special Olympics we were happy to install permanent starting blocks in May of 2008.
• Over 100 attended Mommie & Me Classes including Pre & Postnatal Yoga, Music Together and Swim Time.

“My heart condition has improved while participating in the MS water aerobics classes. This class lets me get the cardio/vascular exercise I would not otherwise be able to do.”

Frequent MS water aerobics attendee

Logo designed by Nikki Bloomer, YWCA supporter
our donors, our partners

The YWCA of the Lower Cape Fear recognizes the following corporations, foundations and individuals whose support during the fiscal year January 1, 2008 through December 31, 2008 helped maintain the excellence of our programs and services. All contributions to the YWCA are gratefully appreciated and help us to continue to fulfill our mission to empower women and eliminate racism.

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Our thanks to these generous donors who pledged $1000 a year for five years:

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<td>Christy Demory</td>
<td>Sue Combs</td>
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<td>Shelly Holt</td>
<td>Ginger Gore</td>
<td>Julie Cottrell</td>
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<td>Dolores Kirk</td>
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The YWCA’s successes are built by hundreds of people who donate their time, resources, and imagination to create programs and initiatives devoted to women and their families. A 501(c)(3) not-for-profit organization, the YWCA is supported largely through generous tax-deductible contributions from individuals and organizations.

You can help by:

- Making a donation through a pledge, tribute or memorial gift, planned giving, and matching gifts.
- Volunteering your time, participating in worthwhile, challenging work. Enjoy the benefits of being engaged in a community where a diverse group of people from a wide range of backgrounds are welcomed and engaged.
- Becoming a member of the YWCA. Membership allows for enrollment in quality, affordable childcare, fitness and support services and programs offered by YWCA. Membership is also a statement of support for the mission, goals and programs of the YWCA. The annual membership fee for adults is $40, for youth (12-18) and seniors (65 and over) $35.
- Educating others by making an effort to get to know people who are different than you, being a role model, stopping yourself from making assumptions, being a proactive parent and supporting anti-prejudice and anti-racist organizations.

For more information about getting involved with the YWCA contact us at 910-799-6820 or visit www.ywca-lowercapefear.org
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