

annual report

2009

eliminating racism
empowering women

ywca

aspire.believe.thrive.



our mission

***YWCA is dedicated to
eliminating racism,
empowering women and
promoting peace, justice,
freedom and dignity for all.***

from the president

During 2009 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, economic advancement and health and wellness.

- On June 1, 2009, Suesan Sullivan became the Executive Director of the YWCA. Suesan attended the YWCA's Annual Conference and 150-Year Celebration in Washington D.C. where she was inspired by strong women such as Dr. Dorothy Height, a past member of the YWCA National Board, who was the only woman to help plan Dr. Martin Luther King, Jr's March on Washington and who has been an advisor to presidents from Eisenhower to Obama.
- The YWCA hosted a Watch Party and was the exclusive promotional partner for the first episode of HBO's, *The No. 1 Ladies' Detective Agency*. The Watch Party, provided a forum to discuss issues depicted in the show that are of concern to all YWCAs: leadership development, economic empowerment, gender bias and domestic violence, among others.
- The YWCA was grateful to receive community support from:
 - ~The Z. Smith Reynolds Foundation which provided funding for the *History of Wilmington in Black and White* course and to Dr. Timothy Tyson and Mary Williams for their weekly inspiration.
 - ~The Cape Fear Memorial Foundation renovated the pump room and provided a new hot water heater for the pool and the USAT, USA Triathlon, provided funding for the Y Dub Tri-Club.
 - ~WILMA, Wilmington's Magazine for Women, hosted a Bachelor Auction with proceeds going to the YWCA Women's Leadership Initiative.
 - ~UNCW Communication Studies Majors planned and volunteered the Easter Eggstravaganza.
 - ~WILD, Women in Labor Daze gave birth to a week-long festival celebrating all mothers. The WILD committee donated funds to YWCA programs and services for women.
 - ~Carrabba's Italian Grill hosted the YWCA Save the Bubble Benefit, an event to raise funds to replace the pool bubble.
 - ~Volunteers from Hands on Wilmington donated supplies and time to landscape the building grounds.
 - ~Women's Leadership Initiative and Mommie-preneur guest speakers donated their time and expertise for the monthly workshops.
 - ~Over 35 Vendors who participated in the Jolly Jubilee, a Holiday Shopping Spree.
 - ~Artists who donated time to created handmade purse for the Purse & Passion Old Bag Auction.
- Board and Staff Members participated in Habitat for Humanity's Women Build, a project home funded and built by women.
- The 2nd Annual YWCA Jolly Jubilee, A Holiday Shopping Spree, was held in December. Community members visited the YWCA to shop with 35 local businesswomen for holiday gifts.

For over 95 years, the YWCA has served women and families in need. We thank you for your support into the next decade.



"Thank you for giving me the opportunity to go away to school with one less worry: the worry that I may not be able to pay for college. Because of you and organizations like yours I can now fulfill my dreams."

2009 Young Leader Scholarship Recipient

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as of December 31, 2009

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

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.

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

2009 Highlights:

- With a grant from the Z. Smith Reynolds Foundation, the YWCA was able to offer *The History of Wilmington in Black and White*, an 8 week course, taught by nationally acclaimed author Tim Tyson and award winning gospel singer Mary Williams. The course was attended by over 100 community members, students, professionals and business leaders.
- The YWCA held the First Annual Race Against Racism. The 5K Run/1 Mile Walk was organized to unite people of all races, demonstrate our community’s commitment to eliminate racism and celebrate our diversity.
- Jengo’s Playhouse screened *Skyn Deep*, a DVD created by the YWCA USA, to kick off the YWCA Starting New Conversations Workshop. Each week participants were guided into discussions which led to new insights, perspectives and communication skills which addressed issues of race.

“The History of Wilmington in Black and White is so much more than just a class (and it is a great class). It is an opportunity to start a dialogue on the pressing issue of race and justice in our community.”

New Hanover and Pender County District Attorney Ben David



youth development

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.

- **YWis Kids After School & Summer Camp**
- **Multi-Cultural Program & Eco-Ed**
- **Summer Eco-Camp & Mini Eco-Camp**
- **Girls Circle**
- **Take Our Daughters & Sons to Work Day**
- **Tot Spot, LLC**

2009 Highlights:

- A dozen students from UNCW’s Recreation Program volunteered with the YWis Kids After School. Students presented workshops on getting fit with sports activities.
- Girls in 5-8th grade participated in Girls Circle. Girls Circle is built on the research-based model proven to increase girls’ self efficacy, body image, and social support. The YWCA partnered with the EVOLVE Committee to train 20 individuals from community organizations to facilitate their own Girls Circle groups.
- More than twenty Mini and Summer Eco-Campers traveled on field trips and met in the YWCA outback tent classroom where they created and participated in community environmental education projects.
- Volunteers from the UNCW Alpha Phi (Eta Xi) volunteered with Tot Spot and YWis Kids for the American Heart Association’s national “Go Red for Women” campaign.
- 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

economic advancement

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
- Jolly Jubilee
- New Choices for Displaced Homemakers
- Mommie-Preneurs
- Purse & Passion
- Women of Achievement
- Women's Leadership Initiative
- Young Women Leaders, Workshop Series for Women Under 30

2009 Highlights:

- The New Choices Program received 53 applications in 2009. All were taught skills and given guidance to obtain employment or education. Ten are currently enrolled in Cape Fear Community College. One participant will be graduating in May 2010 with an Associates Degree in Nursing. Another participant will be graduating with a degree in Medical Office Administration.
- Mommie-Preneurs and Women's Leadership Initiative Workshops continued. Topics included, Strong Women and The Military and Strong Women in Finance. Over 75 guests attended in 2009.
- Young Women Leaders held their first workshop, *Money Habitudes* with Syble Solomon. Twelve young women leaders participated in the workshop.
- Over 300 women attended the YWCA's 4th Annual Purse and Passion White Wine & Tea Party. Board Member Alane Savod and volunteer Dawn Scudella organized the first Old Bag Auction which included purses handmade by 18 local artists. More than 300 attended to hear inspirational stories of women and families helped by the YWCA.
- Nine women and three young leaders were honored at the 25th Annual Women of Achievement Awards. Adult Honorees included Dr. Amy Helene Kirschke, Arts Award; Lori Daley & Pam Palanza, Business Award; Judy Budd, Communications Award; Richelle Dombroski, Education Award; Rebecca Westbrooks, Environmental Award; Marlene Sigler, Health & Wellness Award; Roselle Margolis, Public Service Award; JoAnn McCachern Swart, Volunteer Award; and Lois Cook Steele with the Lifetime Achievement Award. Youth recipients included Amanda Holland, Jaimie McGirt and Monet Hardison.

"I will be graduating 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 graduated in 2009



health & wellness

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**
Swim Lessons, Lifeguard Training, Water Aerobics, Y Dub Tri-Club, Synchronized Swimming, Pool Rentals
- **Therapeutic Dance & Swimming**
- **Adult and LaPetite Dance Classes**
- **Outback Adventure Project**

2009 Highlights:

- With a grant from the Cape Fear Memorial Foundation, the YWCA was able to renovate the pump room, including filter pumps and plumbing valves, and install a new water heater.
- Over 1200 children and adults participated in group or private swim lessons at the YWCA Pool and through classes taught at Legion Stadium. Served 75 people with special needs in New Hanover and Brunswick County. More than 20 participated in the first Synchronized Swimming Classes.
- The Y-Dub Tri-Club offered triathlon training for the 3rd year and added on-site indoor cycling practices. The club received a grant and is a member of the USAT, USA Triathlon Official Club.
- The YWCA hosted the First Annual Aquathon, Race Against Racism and the Save the Bubble Benefit to raise funds for a new pool bubble.
- Over 30 participated in Forward Motion's Adult Tap and Modern Jazz Classes led by Instructor Tracey Varga. Forward Motion provides quality modern contemporary dance and performance opportunities for area dancers and performance artists.
- The LaPetite Dance class, with instructor Shannon Mansfield, helped toddlers ages 3-5 develop creative expression through dance.

"I joined the Tri-Club in 2008...I participated in the YWCA Aquathon and competed in the National Senior Games at Stanford University. My stroke and swim times have greatly improved. I enjoy swimming...it keeps me healthy. When I leave the pool I feel energized."

70-year-old Y-Dub Tri-Club Member

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, 2009 through December 31, 2009 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.

THE EMPOWERMENT CIRCLE

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

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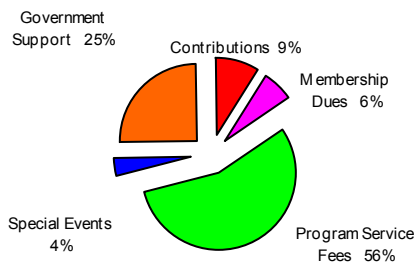
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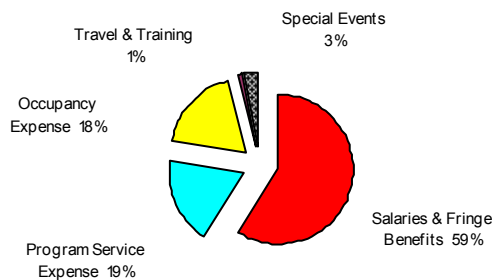
ASSOCIATION REVENUES FOR 2009



Contributions	113,251
Membership Dues	75,892
Program Service Fees	668,087
Special Events	47,641
Government Support	307,622

Total Revenues **1,212,493**

ASSOCIATION EXPENDITURES FOR 2009



Salaries & Fringe Benefits	719,157
Program Service Expense	230,809
Occupancy Expense	224,415
Travel & Training	10,498
Special Events	38,423

Total Expenditures **1,223,302**

Un-audited—For Management Purposes Only
Expenditures do not reflect depreciation expense



how you can help

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 (12-17) 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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We have made every attempt to include all donors. If your name is missing, we apologize.

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