The YWCA Lower Cape Fear is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.
During 2013 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, economic advancement and health and wellness.

- The YWCA’s Volunteer Program continued to grow in 2013. 300 volunteers completed over 4,600 hours of service for YWCA programs including Child Care, Women of Achievement, Aquatics, clerical, landscaping maintenance and more.

- The New Choices Program provided services to 15 participants in 2013. All were given guidance to obtain employment or education, and to work toward economic self-sufficiency. Eight attended higher education courses.

- The YWCA held our 4th Annual Stand Against Racism on Friday, April 27, 2013. The stand was organized to unite people of all races, demonstrate our community’s commitment to eliminate racism and celebrate our diversity. We held one large stand along the sidewalks of College Road. This event is held in 39 other states at over 3 thousand other organizations and has grown to 300 thousand participants nationwide!

- Nine dynamic women and three exceptional young leaders were honored at the 28th Annual Women of Achievement Awards. The celebratory event was held at the Wilmington Convention Center with approximately 630 in attendance.

- “What’s Wrong With Different.” reached nearly 300 third-grade students in New Hanover County Schools during the 2012-2013 school year.

- The YWCA Health and Wellness programs expanded in June this year, to include Fluid Recovery, a 12 week water exercise program for breast cancer patients. Provided at no charge through a grant from Cape Fear Memorial Foundation which pays for the participants YWCA membership and classes. The YWCA Aquatic facility also received major renovations in 2013 with a new heating and inflation system installed and resurfacing of the entire pool interior.

- Summer Camp participants completed activities with the local 4H, Girl Scouts, NC Soil and Conservation, and the Food Bank Summer Reading Program, winning the "Best Smiles" award in the Food Bank Photo Contest. Our Afterschool and Summer Camp children took advantage of the pool over the course of the year over 4,500 times!

- Our Tot Spot preschool program celebrated its 33 year in 2013 and had a stellar performance during their annual Holiday extravaganza!! They also renovated the center by painting all the classrooms and installed new wall mounted cubbies for all of the children.

For over 98 years, the YWCA has served women and families in need. We thank you for your support into the next decade and look forward to your involvement in our 100 year celebration in 2014!

Tonye Gray
President, YWCA Board of Directors
what we do

YWCA Lower Cape Fear has over 2,500 members and serves more than 7,000 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.

- “What’s Wrong With Different?”
  (A National YWCA Hallmark Program)
- Stand Against Racism

2013 Highlights:

- Lynn Heritage and Martha Fulda, two very devoted volunteers, have facilitated “What’s Wrong With Different” since 2010. They reached a total of 283 third-grade students in New Hanover County Schools during the 2012-2013 school year.
- The YWCA held our 4th Annual Stand Against Racism on Friday, April 26, 2013. The stand was organized to unite people of all races, demonstrate our community’s commitment to eliminate racism and celebrate our diversity. We held one large stand along the sidewalks of College Road.

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.

- YWCA After School
- YWCA Summer Camp
- Girls Circle
- Tot Spot

2013 Highlights:

- Summer camp participants completed activities with Girl Scouts, NC Soil and Conservation, Cape Fear River Watch, First Federal Squirrel Club and the Food Bank Summer Feeding Program, winning the “Make You Smile” Food Bank Photo Contest.
- YWCA’s after-school program studied units on bullying, empathy, African American history, Martin Luther King, Jr., and Healthy Hearts, and took field trips to nine educationally enriching locations in Wilmington including the Bellamy Mansion and the Downtown Library Reading Club.
- Thirteen girls in 3-8th 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.
- Our Tot Spot preschool program celebrated its 33 year in 2013 and had a stellar performance during their annual Holiday extravaganza!! They also renovated the center by painting all the classrooms and installed new wall mounted cubbies for all of the children.

“This is the best camp I have ever been to in my life!”

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

- New Choices for Displaced Homemakers
- Women of Achievement
- Volunteer Program
- Community Outreach

2013 Highlights:

- The New Choices Program provided services to 15 participants in 2013. All participants were given guidance to obtain employment or education, and to work toward economic self-sufficiency. Eight attended higher education courses.
- Nine women and three young leaders were honored at the 28th Annual Women of Achievement Awards. Adult Honorees included: Tracey Varga, Arts Award; Kristin Cooper, Business Award; Amanda Greene, Communications Award; Dr. Nora Noel, Education Award; Cheryl Moody, Environmental Award; Connie Hill, Health & Wellness Award; Donna Bost, Public Service Award; Beth Quinn, Volunteer Award; and Edelmira Segovia, Rachel Freeman Unsung Hero Award. Youth recipients included Anna Brodemerkel, Sophie Kot and Alexandria Natoli.
- The YWCA’s volunteer program has had continuous growth in 2013. Volunteers completed over 4,578.05 hours of service for various YWCA programs including Child Care, Tot Spot, Aquatics, clerical, landscaping, maintenance and more.
- The YWCA held its very first Community Pool Day October 6, 2013 from 1-3pm. The event took place at the YWCA pool and children from the Wilmington Housing Authority ages 6-11 participated. The pool day consisted of 6 stations to teach about water safety and a free swim.

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 and their families by offering a variety of opportunities for fitness through lifetime activities.

- Aquatics Program:
  Swim Lessons, Lifeguard Training, Water Aerobics, Y Dub Tri-Club, Swim Teams, Pool Rentals
- Fluid Recovery
  Water exercise program for breast cancer patients

2013 Highlights:

- The YWCA Pool saw 58,800 units of service for the year
- The YWCA Pool was remodeled in September 2013 and had a new HVAC unit installed that heats and inflates the bubble over the pool for the fall-winter-spring months.
- The YWCA conducted 860 group swim lessons and over 1200 private swim lessons for children and adults. The YWCA also provided a training facility for Hoggard, Ashley, Cape Fear Academy High School swim teams, and for Waves of Wilmington.
- The YWCA Barracuda swim team had 175 children participate in Fall Swim Team Training, 240 participate in Winter Warm-Up and 196 children competed on the Barracuda Summer Swim Team.
- The YWCA certified or recertified 60 participants in our Red Cross Lifeguard Class.
- In June of 2013, the YWCA started the Fluid Recovery Program, a 12 week session for those in any stage of breast cancer recovery. The program was covered by the Today Show and we have had approximately 50 women participate thus far. Funds are provided by the Cape Fear Memorial Foundation and Wells Fargo.
The YWCA of the Lower Cape Fear recognizes the following corporations, foundations and individuals whose support during the fiscal year January 1, 2013 through December 31, 2013 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.

WE THANK YOU!

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Without our donors, the continuation of the YWCA’s life-changing programs would not be possible.

We have made every attempt to include all donors. If your name is missing, we apologize. Please make us aware so that we can make any corrections necessary.
**Association Revenues for 2013**

- Contributions: $80,748.00
- Membership Dues: $76,214.00
- Program Service Fees: $1,016,086.00
- Special Events: $21,274.00
- **Total Revenues**: $1,194,322.00

**Association Expenditures for 2013**

- Payroll: $722,195.00
- Contracted Services: $18,664.00
- Program Operations: $85,728.00
- Occupancy & Vehicles: $193,898.00
- Insurance: $49,453.00
- Interest & Other: $2,991.00
- Depreciation: $102,249.00
- **Total Expenditures**: $1,175,178.00
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 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.
- 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.

locations

YWCA Main Campus
2815 S. College Road, 910-799-6820

YWCA Bridge Center
41 Market Place Mall, 910-799-9643