

our voice

eliminating racism
empowering women
ywca

ywca westmoreland county is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

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YWCA WESTMORELAND COUNTY

PROGRAMS AND SERVICES

Winter 2012

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**Inserts: computer class schedule
mardi gras invitation**

ywca hours: Mon - Thurs: 9am-5pm & Fri: 9am- 4pm

letter from our director



"a rapidly changing world offers challenges but also boundless opportunities"

Bonnie Lewis, Director
YWCA of Westmoreland County



We often hear the comment that change is always with us. True as that statement is, in today's world, the important point is that the rate of change is growing as a phenomenal speed. For the YWCA it means that we have to pay attention not only to the big changes that affect the programs and services that we offer, but also to the little ways that change impacts our day-to-day performance.

The good news is that a rapidly changing world offers challenges but also boundless opportunities. We are learning that there are new and effective ways to share our mission and vision with new groups of supporters and friends.

- Our community's Day of Giving was a great success for the YWCA and for many different organizations throughout Westmoreland County. We are so grateful for the donors who used this new way of giving to support the YWCA.
- Our Preschool Program has found a new way to connect to the families that we serve by bringing books and reading into the home to involve all the family members in our children's education.
- Last month the YWCA gathered a group of younger women to a focus group meeting to find out how we could

more effectively involve women in their 20's and 30's in the mission of the YWCA. These dynamic women were full of new ideas and a willingness to become involved with the work of the YWCA.

- You can now email us, visit our website, check out our Facebook page or contact us through our Twitter address - @YWCAWestCo. Or just call us up on the phone!

My office is across the hall from our computer training lab. Occasionally I listen in. I've learned about 3G and 4G and Google Plus and the Cloud, and Angry Birds and Skype, etc., etc. I don't think technology is going to slow down anytime soon, so I'm trying to at least learn the lingo if not the how-to's. If you're in the same boat, call the YWCA and take our Keeping up with Technology class!

In the meantime, be sure to mark your calendars for two important dates. It's party time on Tuesday, February 21st as we celebrate our 8th annual Mardi Gras Carnivale. Don't miss the fun! And on Thursday, April 12th we'll be holding our annual Sportswomen of the Year Awards Banquet. Come out and be inspired by the athletic achievements of women and girls in Westmoreland County.

thrift shop

ywca thrift shop the area's oldest resale & consignment shop



2012 consignment schedule

Jan 7, 2012-----Winter Consignment Ends
Feb. 13-17-----Winter ½ Price Sale
Feb 18 -----Winter Bag Sale
Feb 20-----Closed for Restocking
March 26-----Spring Consignment Starts
May 14-----Summer Consignment Starts

The YWCA Thrift Shop once again had a successful holiday season with a large inventory of decorations and gift ideas. The Shop looked so beautiful this year thanks to the staff and all their hard work.

The Thrift Shop volunteers were treated to a holiday lunch at Giannilli's Restaurant. Our ladies had a great afternoon enjoying good food and conversation, and they had fun with the secret Santa gift exchange this year. We would like to say Thank You to all the volunteers – we just could not be successful without each and every one of you.

Getting back to business, winter consignment ends January 7, 2012. Our half price sale goes from February 13 thru the 17th, 2012, and the winter bag sale will be on Saturday February 18, 2012.

The shop will be closed February 20th for re-stocking. We will re-open Tuesday February 21st, and spring will be in the air with our big selection of clothing and accessories. Please call the shop at 724.834.4339 if you have any questions, and remember we are always looking for volunteers.

thrift store hours

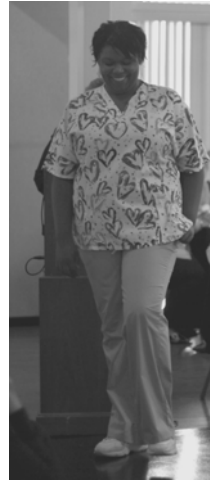
Monday – Saturday 10 AM – 4 PM
Thursday 10 AM – 7 PM

location

221 South Maple Street
Greensburg, PA 15601
724.834.4339

pa workwear

PA WORKWEAR, provided by the YWCA of Westmoreland County, is an opportunity for you to receive clothing to help you succeed in the workplace. Interview and work clothing will be provided to women who are changing careers, graduating from high school or college, or are re-entering the workforce from unemployment, welfare and/or job training programs. Call 724.834.4339 to schedule an appointment with a personal clothing consultant. She will help you select interview clothes, or the specific type of clothing that you need for training or employment. You will look your very best on the job or as you attend training to prepare for work. The PA WORKWEAR program is always looking for gently used scrubs and steel toe shoes.



The PA WORKWEAR program and our own YWCA Working Women's Closet voucher program clothed over 371 people, including children, in 2011.

consignment

Donations made through consignment will be accepted at the YWCA Thrift Shop. Consignors agree to a sale price for each item of which they will receive 50% if the item is sold. Clothing must be cleaned and pressed. Only 12 items per intake will be accepted. A \$1 processing fee will be accessed for these 12 items. Agreements are good for 30 days. After 30 days, the items must be picked up by the consignor or it becomes property of the Thrift Shop. Please call in advance to confirm that consignment is open.

Philanthropic Phacts

A philanthropist is someone who engages in philanthropy; that is, someone who donates his or her time, money, and/or reputation to charitable causes. The term may apply to any volunteer or to anyone who makes a donation.

Wikipedia

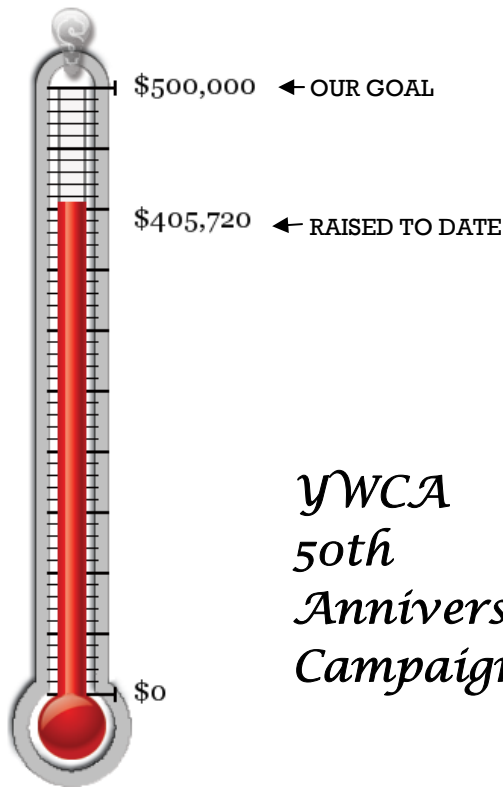
development & anniversary campaign



Donors don't give to institutions. They invest in ideas and people in whom they believe.

- G.T. Smith

Thank you for believing in us!



According to *Women Give*, a study by the Women's Philanthropy Institute, women are significantly more likely than men to give to almost every type of charitable cause.

"Women give differently than men," according to the report. They are significantly more likely to give to international causes, community organizations, religion, healthcare, youth and family services and education. "Women connect with the empathetic, caring side of philanthropy. They want to help their neighbors improve their communities and make the world a better place."

The YWCA of Westmoreland County is supported in large part by this type of donor - the ones, men and women, who want to make their community a better place.

We are grateful for our YWCA philanthropists who donate their time, money and reputation to making sure that YWCA services are available to those who need them. Your support certainly contributes to our success. Together we will make our communities a better place.

technology

Congratulations!

To all of the girls and their coaches for a job well done at the competition!



YWCA TechGYRLS from Yough, Jeannette and Ligonier Valley Middle Schools competed in the 2011 First Lego League Competition. The competition was held at the National Robotics Engineering Center in Lawrenceville, Pa. In the 2011 Food Factor Challenge, the girls explored the topic of food safety and examined the possible points of contamination our food encounters – from exposure to insects and creatures, to unsterile processing and transportation, to unsanitary preparation and storage – then found ways to prevent or combat these contaminants. In the Food Factor Challenge, teams built, tested, and programmed an autonomous robot using LEGO® MINDSTORMS® NXT to solve a set of Food Safety missions as well as research, develop, and share their innovative food safety solutions. Throughout their experience, teams operated under First Lego League's (FLL's) signature set of Core Values.



Derry Team (above It) : Mr. Bradley Adams (coach), Keegan Burd, Rebecca Foster, Alyssa Gelet, Brianna Gess, Samantha Parks.



Yough Team (above ctr): Mrs. Gail Burkett (Coach), Ms. Melissa Kelly (Coach), Crystal Donaldson (Coach), Katie Ernette, Allie Harvey, Haley Lyons, Aubrie Mance, Ashley McGhee, Cameron Pils, Shannon Rae, Danielle Romano.



Ligonier Team (above rt): Mrs. Lynn Adamerovich (Coach), Mikayla Baker (Mentor), Chloe Chappell, Rebecca Cramer, Jamie Deem, Anastazia Jablunovsky, Jesse McCreery, Caitlyn McMaster, Sarah Newhouse, Sierra Shearer, Susannah Stoll, Olivia Tisone.

(Lists do not depict order in pictures).

TECHNOLOGY CENTER NEWS

There are a lot of new and exciting things happening at the YWCA Technology Center for 2012!

New!

iPad Classes are being offered at the YWCA in 2012! Seniors are saying that they don't think of it as a computer, so it's not intimidating! Bring your iPad to class and learn how to use its features. A manual is included with the class. See the enclosed Computer Class Schedule for class dates and times.

New!

You can bring your laptop or iPad for private tutoring and connect to our **new wireless network** to get the help you need with the Internet or email.

New!

Private tutoring for **help with your cell phones** is available due to a large number of requests for this! The **Over 50 Computer Club** is growing each month. Join us the first Tuesday of every month to get answers to your technology questions in a comfortable and relaxed atmosphere.

The YWCA Computer Center continues to offer classes in Microsoft Office 2010 and Windows 7. We have helped many men and women obtain the computer skills they need to get a job or increase their current computer skills.

See the enclosed insert for the January to May 2012 Computer Class Schedule!

childcare

The YWCA Preschool welcomed parents, siblings, and other family members to both our Open House in November and our annual Holiday Programs in December. The children were able to show off their work throughout the classroom as well as perform some much practiced holiday music for family and friends. It was a pleasure to see so many attend the events. The school year seems to be going by quickly especially since the children have been busy exploring nature and our community, doing a variety of crafts, learning everything from ABC's to what being thankful really means, and of course socializing with their peers. The YWCA classes were also visited this fall by our own volunteer firefighter, Matthew



Kolbosky, and our local librarian, Donna Davis. The children got to hear firsthand what it is like to work in a library or go and fight

a fire. We were all very grateful to have them

in our classroom.

We hope that all of our preschoolers are enjoying time off with family and friends during the holiday break and look forward to a new year filled with many new themes and projects. February is just around the corner and that means spring will soon be in the air. It may seem awfully far away during those long, cold days of winter, but now is the



time to think about enrollment for the programs that will be offered during the summer and fall of 2012. Fall enrollment for our currently registered preschoolers begins in February and enrollment opens up to the public in March. "The Young Wonders" summer program for 6 to 10 year olds and Preschool Camp for 3 to 5 year olds will begin in June, once school comes to an end. We look forward to new beginnings in 2012.



YWCA Divas

The YWCA Diva's concluded the year with a "Left-over" Cookie party. The new year is already promising to be full of fun events.

2012 Roster

January 12	"Game Day at the YWCA"
February 21	"Mardi Gras" at the YWCA
April 22	Grecian Holiday "Bed for Every Child" at Lakeview Lounge
August 9	Latrobe Country Club
October 11	"Lovely Laurel Mountain" A Fall Drive in the Laurel Mountains
December	Christmas Ball

For more information regarding the 2012 schedule or if you are interested in joining the YWCA Divas, call 724.834.9390

social scene

YWCA President's Luncheon

Past presidents, Honor Circle members, Century Friend members and Legacy Circle members were honored at the annual President's Luncheon at the YWCA on December 2, 2011. The beautiful poinsettias and Christmas decorations provided the perfect holiday backdrop for the special affair that recognizes our leaders and donors.



Literacy Program Updates

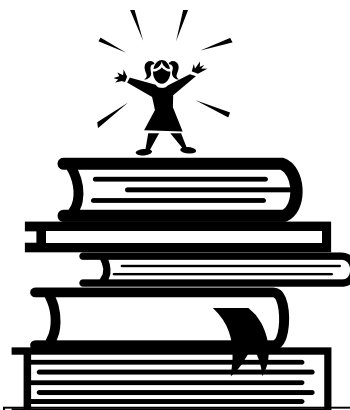
From the Desk of Maggie O'Leary, Literacy Program Director

Winter

"Happy New Year" to each & every one of you!

You are a dedicated group of Tutors and Book Sorters and you are all truly appreciated! This program could not exist without your faithful service! I was so pleased to have you attend our Christmas Party this past December 8th. We had a wonderful time celebrating with food, fellowship, and games. For those of you who couldn't join us this time, we hope your schedules will allow you to attend our next get-together.

"Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through commitment to a worthy purpose." Helen Keller



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Tutor Dinner Meeting

Please join us on Monday, March 5, 2011 at 5:30 pm for pizza and conversation. In your experience as a tutor, you have and will continue to have both difficult and rewarding encounters with your student. This is an opportunity for feedback from your peers. Please call Maggie at 724-834-9390 if you're planning to attend the meeting—food is an important element of our get-togethers and I want to have enough for everyone.

Adult Basic Tutor Training Workshop

We will be offering our next Tutor Training Workshop for three evenings in March. The training will take place at the YWCA office at 424 N. Main St. in Greensburg from 6:00 to 9:00 PM Monday, Tuesday, and Wednesday, March 19, 20, & 21, 2012. Anyone interested in becoming an Adult Basic Tutor, please call Maggie to register for the training.

2012 ywca sportswomen of the year awards



SAVE THE DATE • APRIL 12, 2012

Join us for a very special
Celebration of Women and Girls in Sports and Fitness!



Nomination Forms available on our website!

The selection committee invites you to nominate an outstanding female athlete from Westmoreland County in any of the following categories:

- Sports Girl of the Year (grades 6-8)
- Sports Teen of the Year (grades 9-12)
- Sports Woman of the Year
- Special Needs Sportswoman of the Year
- Sports Team of the Year (2 awards: grades 6-8 & 9-12)
- Sports Women Team of the Year
- Outstanding Coach's Award
- Women's Health and Fitness Award

Forms: www.ywcawestmoreland.org
Nomination Deadline: February 21, 2012
Winners will be Announced: March 2, 2012

Sponsorship Opportunities

Award Sponsors

Award Sponsors are used as underwriters for the beautiful awards presented to Sportswomen winners.

Send A Girl to the Banquet Sponsors

Inspire a young women to be involved in sports and fitness by sponsoring her to attend the 2012 Sportswomen Banquet.

Ad Sponsors

Place a business ad or personal message in the 2012 Sportswomen Program Book.

Goodie Bag Sponsors

Sponsors donate an item for the "goodie bags" given to all guests.

Please contact the YWCA if you are interested in Sponsorship Opportunities.

meet your ywca board

Sheila Confer is a lifelong resident of Westmoreland County, with the exception of a six month stint living and working in a fish and chips shop in Edinburgh, Scotland after finishing graduate school at the University of Pittsburgh. She now works at Pitt-Greensburg as the Academic Village Coordinator. She also coordinates student success

programs and teaches part time in the Theatre Department, where she has also been the lighting designer for the last twelve years. She lives



in Greensburg with her partner, Bruce. She and Bruce have an acoustic duo named "Uncommon", and you might

just catch them at a local open mic night. Sheila also serves on the board of the Pennsylvania Cross Country Skiers Association (PACCSA) and participates in triathlons and other out door activities. Sheila now serves on the YWCA of Westmoreland Board of Directors.

health & wellness

BASIC MINDFUL MEDITATION

Monday, February 6, 2012

7pm - 8pm Fee: \$15

Instructor: Carole J. Obley

Discover an easy method that helps you to reduce stress and anxiety. Mindfulness meditation simply means focusing your attention on the present moment. Your own breathing will lead you into stillness. Please dress comfortably.

AM YOGA with Nancy Michaels

This series is designed to focus on specific areas of the body to strengthen and stretch muscles. This class will help participants build strength, balance the body's system, increase body awareness, and increase energy while learning specific postures.

6 Thursdays: Jan 12 - Feb 16, 2012

10:00 - 11:30 AM

Class Fee: \$45 + YWCA Membership

Little Ninja's Preschool Karate

This program is designed specifically to help teach boys and girls, ages 4-5, the important qualities of respect, self-control, focus and confidence.

6 week Sessions

Thursdays

1/19/12 - 2/23/12

5:00 - 5:30 PM

Class Fee: \$35 Members/\$45 Non-Members

Kid's Power Karate

Boys and girls, ages 6-12, learn discipline, fun and self-defense in this class. At the end of this course, students will have the opportunity to test for their first color belt.

6 Week Sessions

Thursdays

1/19/12 - 2/23/12

5:45 - 6:30 PM

Class Fee: \$40 Members/\$50 Non-Members

PM HATHA YOGA with Nancy Michaels

Increase your flexibility, core strength and energy with this basic Hatha Yoga class.

6 Tuesdays

January 17 - Feb 28, 2012 (no class Feb 21)

5:45 - 6:45 PM

\$45 + YWCA Membership

LEVEL I TAI CHI with Linda Vucelich

This class is intended for those who have never taken Tai Chi.

6 Mondays

3/12, 3/19, 3/26, 4/9, 4/16, 4/23

6:50-7:40 PM

\$60 + YWCA Membership

INTERMEDIATE TAI CHI with Linda Vucelich

Maintain your physical and mental health.

Beginning Tai Chi or experience prerequisite.

5 Tuesdays

1/31, 2/14, 2/28, 3/13, 3/27

7-8:00 pm

\$55+ YWCA Membership

ADVANCED TAI CHI with Linda Vucelich

This class is designed for Tai Chi students looking to advance their practice.

5 Tuesdays

7-8:00 pm

1/24, 2/14, 2/28, 3/6, 3/20

\$55+ YWCA Membership

CONTINUING TAI CHI with Linda Vucelich

This class is for experienced students of Tai Chi wishing to continue their practice and maintain their physical wellness.

Please register for Tuesday night classes as you prefer. You may attend any combination of Intermediate or Advanced classes and will pay accordingly. Call Linda Vucelich with questions.

health & wellness

Red Cross Babysitting Class

Open to girls and boys ages 11 and above. All materials will be provided. Learn how to be a responsible babysitter and receive a certificate of participation from the Red Cross.

Bring a bagged lunch. Limited number of spaces available.

Class includes CPR.

Saturday

January 21, 2012

9:00 AM -3:00 PM

\$85 per student



Cooking with Sergio

- Thurs, Jan 19 Seafood Lasagna
- Mon, Jan 23 Tiramisu & Zabaglione
- Thurs, Jan 26 Fresh Mozzarella
- Mon, Jan 30 Crepes
- Thurs, Feb 9 Beef Wellington
- Mon, Feb 13 Seafood Scampi



Call Sergio for more information and to register at 412-953-9799 or email Sergio at sergimaragni@comcast.net.

2012 YWCA Field Hockey

ALL PROGRAMS ARE HELD AT
HEMPFIELD SPORTS COMPLEX
220 FORBES TRAIL RD, GREENSBURG

PLEASE CONTACT J KAYLOR FOR MORE INFORMATION
JJKAYLOR@COMCAST.NET OR 412-551-9342

REGISTRATIONS WILL BE AVAILABLE AT
WWW.YWCAWESTMORELAND.ORG

2012 INDOOR DATES:

January 8, 15, 22, 29, February 5, 12, 19 and 26th

TIMES & LEVELS:

- 1:00 – 2:15 pm: Players entering 4th Grade and younger Fall 2012 - \$95
- 2:30 – 4:00 pm: Players entering 5th through 8th Fall 2012 - \$125
- 4:00 – 6:00 pm: Players entering 9th through 12th Fall 2012 - \$165

2012 JUNE FIELD HOCKEY CAMP DATES:

Monday through Friday, June 11th through 15th

TIMES & LEVELS:

- 9:00 am until 11:30 am Daily
- Players entering 4th through 8th grade Fall 2012

2012 YWCA ALUMNAE GAME:

Wednesday, June 13th at 12:00 noon

2012 KEYSTONE STATE GAMES:

Three teams will be selected: Youth (8th grade & younger) Junior (9th & 10th) Scholastic (11th & 12th)

TRYOUT DATES: TBA

TOURNAMENT DATES and LOCATION:

July 26th (usually a travel day), 27, 28 and 29th
Hershey/Harrisburg Area

KSG PRACTICES:

Practices will begin the week of July 9th.
Location and times will be announced by May 1st, 2012

Strong Alone, Fearless Together

Become a member of the YWCA!

- \$20 - Basic Member/Associate
- \$10 - Member
- \$50 - Patron Member
- \$100 - Century Friend Member
- \$200+ -Honor Circle Member

IMPORTANT DATES TO REMEMBER

- | | |
|----------------------------------|-------------------|
| YW closed-Martin Luther King Day | January 16, 2012 |
| YW closed-Presidents Day | February 20, 2012 |
| Mardi Gras | February 21, 2012 |
| Sportswomen of the Year Banquet | April 12, 2012 |
| YW closed-Good Friday | April 6, 2012 |

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MARDI GRAS CARNIVALE

A Benefit for the YWCA of Westmoreland County

Cajun and Creole Cuisine

Bubbly and Brew

Entertainment and Merriment

Tuesday, February 21, 2012

5:30 pm - 8:00 pm

At YWCA Headquarters

(see insert for information)