

Winter 2012

# YWCA NEWS

## CEO UPDATE

### YWCA Friends,

Happy New Year! I hope that 2012 has gotten off to a great start for you, and that all of your wishes for the coming year are fulfilled.



We've made a few resolutions here at the YW, which include developing new programs and initiatives that reflect our mission to empower women and girls and promote racial justice in our community. This work takes into account the feedback you have provided through last year's survey as well as in conversations with our staff.

We're happy to announce some exciting changes in our health and fitness program. Senior Director Linda Doller and new Fitness Manager Lateefah Fleming are debuting a [FreshFitness@YW](#) schedule this week, featuring several new classes and instructors plus a fresh spin on some old favorites. We also invite you to grab a few friends and join us on [January 28th](#) for a free Open House event. Sample some classes, chat up the instructors, and rediscover what you love about working out at the YW.

This month we are also launching a partnership with the City of Englewood to offer [health, fitness and recreation programming](#) for area residents. The first of these classes, which start on February 5, include children's swim lessons, special swim classes, ballet, and our Vacation Day program, which provides full day care on designated school holidays. Registration is going on now, so pass the word to friends, family or colleagues who live in and around Englewood.

Finally, we are pleased to announce that Sheila Thorne has joined our staff in the new position of Racial Justice Coordinator. Sheila is a nationally recognized cultural change agent and one of the nation's leaders in cross-cultural, diversity education and advocacy of diverse populations. She is already working to strengthen the YW's internal commitment to embracing diversity, and will represent us in the community as we seek to build collaborative partnerships with individuals and organizations that have the same racial justice vision.

This is just the start of an exciting year ahead. So stay tuned and don't be shy about giving us feedback—we can't do this without you!

Helen

eliminating racism  
empowering women  
**ywca**  
bergen county



## UPCOMING EVENTS

### JANUARY

**Dr. Martin Luther King, Jr.  
Birthday Observances**  
January 16, 2012

**Realistic Resolutions 2012**  
January 19, 2012, 5:00 pm to 8:00 pm

**FreshFitness@YW Open House**  
January 28, 2012  
8:00 am to 1:00 pm

### FEBRUARY

**Newcomers SnowBall Dinner Dance**  
February 11, 2012, 7:00 pm

**Camp Family Fun Day**  
February 12, 2012  
12:00 pm to 4:00 pm

## YW MEMBERS MAKING IT HAPPEN



A big “Thank You!” to everyone who helped make our 2011 “Season of Giving” drive a success. Our YW was pleased to partner with the Ridgewood YMCA to collect toys in support of the Social Service Association of Ridgewood & Vicinity’s holiday gift program. SSA serves families in Ridgewood, Wyckoff, Ho-Ho-Kus, Midland Park and Glen Rock. The generosity of our members and of the MOMs Club of

Ridgewood meant that 130 children had happier holidays this year!

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## MLK BIRTHDAY OBSERVANCES



Each January, the Dr. Martin Luther King, Jr. Birthday Observance Committees of Bergen County and Ridgewood/Glen Rock celebrate the life and legacy of Dr. King. YWCA Bergen County has partnered with these committees for many years to plan community events that aim to inform, inspire, and honor Dr. King’s work to advance civil rights and end racial discrimination. The Ridgewood/Glen Rock celebration, “The Power of One, The Strength of Many,” begins at 10:00am on

January 16, and at 7:00pm the Bergen County committee presents “Voices to Help Us Heal.” These events are free and all are welcome—just [click here](#) for details and join the celebration.

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## A WOMAN DEDICATED TO MAKING A DIFFERENCE

We were saddened by the news that Margaret Rodie passed away on December 23. Mrs. Rodie is a household name at our YWCA, where her active involvement began in 1947 as an advisor to the Y-Teens. She went on to serve on nearly every YWCA committee as well as on the Board of Trustees and Board of Directors, where she was President from 1966 to 1969. She was recognized for her dedication in 1974 with the Essie Mayer Award, the most prestigious honor a YWCA volunteer can receive. Mrs. Rodie will long be remembered for the countless hours and resources she volunteered on our behalf, all while serving as a part-time teacher in the Ridgewood schools. Her legacy lives on at the YWCA Early Learning Center, Margaret Rodie Campus, which her financial generosity made possible. We send our condolences to her family and the many friends who will miss her dearly.



## CONNECT WITH US!

Get up-to-date news and alerts from our YWCA. Find out about events and volunteer opportunities. And join conversations about issues that matter to you.



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## BECOME A MEMBER



# FALL BENEFIT RAISES FUNDS & AWARENESS



A capacity crowd of more than 200 filled the Ridgewood Country Club on November 17, 2011 to enjoy an evening of fine food, lively wines, and tempting auction items as the YWCA Bergen County held its first fall benefit for the Rape Crisis Center. Honoree Mark Crawford, NJ State Director for SNAP, the Survivors Network of those Abused by Priests, spoke about the impact of child sex abuse on those who are most overlooked—the victims. Others recognized for their support of survivors of sexual assault and abuse were Lydia Pizzute, Lifetime Achievement Award winner and former Rape Crisis Center Director; Shelter Our Sisters, Outstanding Community Partner; and Pamela Averso, Outstanding Volunteer. Proceeds from the event will support the Center's free and confidential services, which include a 24/7 hotline, support groups and community education.



[Now Online](#)

## TRIBUTE TO WOMEN KEYNOTE SPEAKER ANNOUNCED

We are pleased to announce that the keynote speaker for our April 19th Tribute to Women and INdustry (TWIN) awards gala will be retired U.S. Army Brigadier General Rebecca Halstead. “Becky,” as she likes to be called, served over 27 years with the U.S. Army and was the first female graduate of West Point to be promoted to General Officer. She was the senior Commanding General for logistics in Iraq, and was the first female in U.S. history to command in combat at the strategic level. Since retiring in 2008, Becky provides team leadership and motivational training and she is an engaging speaker who is sure to inspire. TWIN recognizes women for their outstanding business achievements and the companies that support their advancement. Interested in honoring an outstanding woman in your organization? Contact Jeanne Patrican at 201-881-1720 or [jpatrican@ywcabergencounty.org](mailto:jpatrican@ywcabergencounty.org).



BG (Ret, US Army) Becky Halstead



Find out more or show  
your support.



## **YW NEWS NOTES**

### **Commit to Be Fit in 2012**

Help your fitness-minded friends and family get started on their New Year's resolutions with a FREE week at the YWCA Bergen County, Ridgewood YMCA and Bolger Fitness Center. Our "Commit to be Fit" Trial Membership Passes are available for first-time members anytime during the month of January. For details visit the Welcome Center or contact Noelle Walker at 201-444-5600, ext. 341 or [nwalker@ywcabergencounty.org](mailto:nwalker@ywcabergencounty.org).

### **We Hear You!**

Thanks to everyone who took the time to complete our 2011 Member Survey. The response was terrific we have already begun to use your feedback to guide membership and program development. Look for updates in future editions of YWNews.

### **Camp Family Fun Day**

The thermometer may say it's winter, but summer camp registration is right around the corner! Mark your calendars for February 12 and join us for our annual Camp Family Fun Day. Enjoy food, fun activities for the kids, and the chance to meet the YW camp staff. Find out why the "Y Makes a Difference" in your child's summer camp experience.

### **Online Registration for Session 4 starts February 6.**

Look for our new brochure in the mail, or get a head start by updating your membership. Be sure to check out our brand new FreshFitness@YW classes plus synchronized swimming, children's enrichment, Mommy & Me, special needs recreation programs, swim lessons and more!



## **ywca mission**

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

[www.ywcabergencounty.org](http://www.ywcabergencounty.org)