

## ywbergen county celebrates 90 years of making a difference for women, girls & families

This year marks the 90th Anniversary of the YWCA Bergen County, and we are taking the opportunity to step back and recognize the significant strides our organization has made on behalf of the women, girls and families in our community. The YW has dedicated this year to celebrating its rich history by reconnecting with old friends, thanking current friends and making new ones. “It’s an ideal time to recognize our members, volunteers and donors,” says CEO Monica Roers, “as well as to re-dedicate ourselves to the mission of empowering women and eliminating racism.”

When the YWCA opened its doors in 1920, women had just earned the right to vote and many were entering the workforce for the first time. “In the early days, we supported young, working women by providing food services,” Roers explains. “Services like day

care and after school programs didn’t exist.” Over the years, YW programs and services have expanded dramatically to include all-day child care, nursery school, before/after school care, fitness, swimming, aqua-therapy, and special needs recreation, as well as operating the county’s only 24/7 Rape Crisis Center. “With 400 full-time and seasonal staff throughout the year serving over 5,000 mem-

bers annually, we are the largest YWCA in the northeastern United States,” says Roers. The organization’s ongoing commitment to responding to the changing needs of women means that providing access to affordable, quality child care and to health and wellness programs remain top priorities.

Throughout 2010, the YWCA will host a variety of activities and events aimed at acknowledging the loyalty and support of our community. Details will be posted on the 90th Anniversary page of our website ([www.ywcabergencounty.org](http://www.ywcabergencounty.org)) and on our recently-launched Facebook page (see below). “We recognize that making a difference is a two-way street,” says Roers. “We look forward to creating a dialogue within our community about ways our YW is having a positive impact, and how we can continue to do so in the future.”



### Fan us on Facebook!

YWCA Bergen County is recruiting fans for our Facebook page! Show your support for the great work we do by becoming a fan—and tell your friends, family and co-workers to do the same. You’ll get up-to-date info on happenings, view photos of events and network with fellow supporters.

facebook

## ywcall to action: take a stand against racism on april 30th

Throughout its history, the YWCA has been a pioneer in race relations, working tirelessly to combat racism and other forms of oppression, and to promote peace, justice, freedom, and dignity for all. As part of this effort, in 2009 the YWCA Bergen County joined sister YW’s in New Jersey, New York and Connecticut for a Stand Against Racism. This initiative encourages organizations, businesses and individuals to collectively raise awareness that racism still exists and that it cannot be ignored or tolerated.

This year the Stand Against Racism has expanded to include 69 YWCA’s nationwide. On Friday, April 30th, an expected 200,000 people across the country will be participating in the stand to show their support and commitment to eliminating racism and celebrating diversity—and we hope you will be one of them! The YWCA Bergen County invites you to join us in one of the following ways:

- **Host your own Stand Against Racism event.** Organizations, businesses, schools, hospitals, houses of worship, and government agencies can become a Participating Site. There is no cost and you’ll get all of the materials you need. Just visit [www.standagainstracism.org](http://www.standagainstracism.org) for details and *sign up by April 16.*
- **Stand with our YW at Paramus Park Mall.** Stop by on April 30th between 4 pm and 6 pm and enjoy guest speakers, live music, an art show, and readings by the student winners of our Martin Luther King, Jr. Essay Contest.

**Make your voice heard! Call Robyn Knapp at 201.881.1727 for more info.**

## ywupcoming events

### Survivors' Art and Poetry Exhibit:

#### The Art of Healing

Tuesday, April 6

Art Exhibit 10am-5:30pm  
Poetry Reading 7pm-9pm

Student Center, J. Lee's Room  
Ramapo College  
505 Ramapo Valley Rd.  
Mahwah

Call 201.487.2227 for info.

#### Denim Day in NJ

Wednesday, April 28

Call 201.487.2227 or visit the  
YW web site for info.

#### Stand Against Racism

Friday, April 30

4:00 to 6:00pm  
Paramus Park Mall,  
North Court (near Macy's)

#### 90th Anniversary Events

##### Tea & History

Wednesday, June 2

Women's Club of Ridgewood  
215 W. Ridgewood Ave.,  
Ridgewood, NJ

##### YWFamily Block Party

Sunday, September 26

112 Oak St., Ridgewood

Details at

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

#### ywca mission

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

#### board of directors

Lisa Kender, *President*

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Monica Roers, *CEO*

## from the ceo's desk




Dear YWCA Friends,

April is Sexual Assault Awareness Month, and the YWCA Bergen County's Rape Crisis Center uses this annual opportunity to raise awareness about sexual assault in various ways. A primary focus is the annual Survivor's Art and Poetry Exhibit, to be held at Ramapo College of New Jersey on Tuesday, April 6th. This emotionally powerful event gives voice to survivors of sexual violence, who have expressed their feelings through poetry, paintings, drawings and sculpture. When I attended my first Art and Poetry event, I came away with a deeper understanding of the long-term impact that a single incident can have on a victim's life—and gained a profound sense of awe for those who were able to find hopefulness and joy once again.

On April 28th, the Rape Crisis Center will participate in Denim Day in NJ, an annual observance aimed at promoting awareness about consent and preventing sexual violence. Denim Day began in 1992 when women in the Italian Parliament wore jeans to protest a rape conviction that was overturned. Because the teenage victim was wearing tight jeans, the appellate judge reasoned that she must have helped the perpetrator (her adult driving instructor) remove them. We recognize that these same harmful attitudes persist today, and our Rape Crisis Center staff uses this story as the basis for its community education efforts. Please join us on April 28th at 11am for a rally on the courthouse steps in Hackensack to commemorate the New Jersey Assembly's recent decision to recognize Denim Day throughout the state.

Finally, I want to acknowledge the efforts of the Sexual Assault Free Environment (SAFE) Coalition. Two years ago, the YWCA spearheaded a community-wide coalition aimed at creating new ways to prevent sexual assault from occurring in our county. The coalition has begun to implement a bystander intervention strategy on the campuses of Bergen Community College and Ramapo College. College students are being made aware of the conditions under which sexual assaults occur and empowered to take preventive actions. As an active member of the coalition, I am proud of the group's dedication and excited about the promise this new initiative holds. My hope is that events like Art and Poetry will one day cease to take place—as there will no longer be survivors needing to testify.

  
Monica Roers  
CEO

## Creating Lifelong Memories



"Sean, the counselor, was the best at Hide & Seek. I will wonder for all of my life, 'Where was Sean hiding?'"

"I'm always laughing and having fun. The only thing I don't like about camp is that it ends too soon."

"The food is so great you'll want seconds."

"There is no such thing as homesickness here because everyone is like family. The counselors are unforgettable."

"They even have a trading post. It's where you buy candy."

"I will never forget the people I met here. The friendships that I made will never be broken."

**The best gift a child can receive is a childhood full of wonderful memories.**

**The best gift an adult can give is the opportunity to make those memories.**

**Many children will not be able to attend camp this summer without your support. Please help one deserving child make memories that will last a lifetime.**

Average weekly tuition for YWCamps:

Girl Power \$255; Day/Residence \$260 - \$325;

CIT Program \$150; Small Fry \$240;

Summer Nursery \$135.

#### Enclosed is my gift of

\$250  \$100  \$50  \$25  Other

Check  MC/Visa  Amex

Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

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To donate, go to [www.ywcabergencounty.org](http://www.ywcabergencounty.org) and click on "Give"; use your credit card; or make your check payable to YWCA Bergen County and mail to Jennifer Rosa, YWCA Bergen County, 2 University Plaza, Suite 208, Hackensack, NJ 07601.

# ywprogram news



## ywcamps = summertime fun!

Registration is under way for the YWCA's summer camps! We offer affordable fun in the sun for everyone, with traditional and not-so-traditional camp experiences for kids ages 2½ to 16. And all YW camps offer American Red Cross Swim lessons taught by certified instructors!

**YW**Small Fry Camp welcomes Miss Debbie back for another summer of creative play and skills-building for 3-to-6-year-olds! Themes change weekly, from beaches and butterflies to pirates and carnivals.

**YW**Girl Power Camp returns for its second summer, offering girls ages 12 to 14 a unique blend of traditional activities and leadership and self-esteem programs.

**YW**Day Camps Y-Oak-A and Orinda give kids ages 5 to 12 the chance to connect with old friends, make new ones, and be active, inventive and engaged. Great for a week or the whole summer!

**YW**Camp Ma-Kee-Ya in beautiful Bear Mountain, NY, offers a traditional day/residential camp experience. Campers 8 to 13 enjoy rustic facilities and action-packed days filled with swimming, archery, arts and crafts, drama, sports, and more.

**YW**Counselor in Training/Leadership Programs are available for teens 13 to 16.

**Details and applications are available at [www.ywcabergencounty.org](http://www.ywcabergencounty.org), or stop by our YWCA Camp Family Day and discover "Y the W Makes a Difference"!**

## YWCA Camp Family Day

Enjoy food, fun, crafts and raffles while experiencing first-hand what YW Summer Camps have to offer.

**Sunday, April 18  
10am – 2pm**

**YWCA, 112 Oak St.  
Ridgewood**

**For more info. call  
201.881.1728**

## new! ywbody shop + swim membership

You asked—and we listened! Now there's a YW fitness membership that allows members to reap the benefits of working out on land *and* in the water. Body Shop + Swim combines an Annual Body Shop "Plus" fitness membership with access to the pool for lap, family and Women Only swims. For details call Jennifer Wilshaw at 201.444.5600, ext. 351, or Membership Services at ext. 341.

## ywomen leaders achieve excellence

The 36th Annual Tribute to Women and INdustry (TWIN) Awards will be held Thursday evening, April 29th, 2010 at the Teaneck Glenpointe Marriott. TWIN is the largest event in Northern New Jersey that honors women for their significant contribution to their company and recognizes businesses for providing women opportunities for advancement.

We are pleased to announce the TWIN 2010 sponsors: BAE Systems, Bergen Regional Medical Center, CPR Strategic Marketing

Communications, Cytec Industries Inc., EK Success Brands, Flackman, Goodman & Potter, P.A., Hackensack University Medical Center, Holy Name Medical Center, ITT, KPMG, Mercedes-Benz USA, LLC, Neiman Marcus, Pearson Education, PSEG, Roche Pharmaceuticals, Sharp Electronics Corporation, Stryker Orthopaedics, TD Bank, The Valley Hospital, Unilever, and Van Dyk Health Care, Inc. For more information or to purchase tickets call Barbara Giarimo at 201.881.1723.



**L to R:** 2009 TWIN Honorees Caryl Rion, Mercedes-Benz USA, LCC; Joanne Powell, ITT; and Yadyra Rivera, Holy Name Hospital.



YWCA Bergen County  
112 Oak Street  
Ridgewood, NJ 07450

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**how to reach us**

**Hackensack:**  
2 University Plaza, Suite 208  
Hackensack, NJ 07601  
201-881-1700

**Ridgewood:**  
112 Oak Street  
Ridgewood, NJ 07450  
201-444-5600

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

# ywout & about

## clothesline project pays tribute to survivors of violence



On September 16, 2009, hundreds of T-shirts created by and for survivors were displayed on The Green in Hackensack as part of the Bergen County Clothesline Project. The annual exhibit raises awareness about the devastating impact of violence on individuals and the community.

## 90th birthday party celebrates ywstaff & volunteers



Staff, board members and volunteers kicked off the YW's year-long 90th Anniversary celebration on February 4th at a reception hosted by Board President Lisa Kender. Among the guests were (L to R) former YWCA Board Member Sally Martino, Board Member Christina Gibbons, Ridgewood Newcomers member Linda Plastina, and Board 2nd Vice President and Treasurer Nisha Cordero.



## women in transition experience a day of empowerment

YWCA Bergen County partnered with Bergen Community College to host "Knowledge is Power", a resource and networking conference, on March 5, 2010. Women dealing with significant change in their personal and professional lives found vital information, resources and support at this empowering event. More than 20 speakers and panelists participated, including Dr. Jennifer Ashton (center), medical correspondent for the national CBS News and The Early Show, pictured here with YWCA CEO Monica Roers (left) and Event Committee Chair and YWCA Board Member Dr. Judith Hayles.