

ywhat's new: summer camps 2011!

Ever wonder what the YWCA camp staff does during the winter? While we were shoveling and shivering, they were coming up with fresh ideas for making summer even more exciting for YW campers!

We asked our directors for their top 5 reasons why parents should choose a YWCA camp this year summer—and here's what they said:

1. The economy is still an issue for many families. So we work hard to offer a quality camp experience while keeping fees in check. We offer one-week sessions and no minimum commitment, so parents have the flexibility to only pay for the weeks they need. We also provide American Red Cross Swim lessons at all of our camps—so kids are not just splashing around in the water.

2. Affordable doesn't mean boring. This year we've added plenty of twists to the traditional programming we're known for, with activities that go beyond Camp Carnival and Olympics. These range from trips to a Jersey Jackals baseball game and the Turtleback Zoo for our day campers to paddle boarding and "sleepover nights" at Camp Ma-Kee-Ya—at no extra cost!

3. Theater Week at Camp Y-Oak-A. Campers will experience the thrill of starring in their own stage show when Better Than Broadway Productions visits our Saddle River site in July.

4. Waterslide Fun at Camp Orinda. Our Dumont camp will become a backyard water park throughout July and August. Campers will also travel to Hawthorne for a "Day at the Movies" in June.

5. The SEAS Sailing Program launches at Camp Ma-Kee-Ya. Ma-Kee-Ya's beautiful stream-fed lake will be dotted with sails in August as campers and CITS participate in this two-week American Red Cross program. Complete both weeks and earn a sailing certification!

2011 Camp Open Houses:
YWCA Ridgewood
April 18 & May 12
YWCA Hackensack
May 4
Camp Ma-Kee-Ya
May 15 & 22

Need more reasons to camp out at the YWCA? Call Robyn Knapp, Director of School Age Programs, at 201-881-1727 and she'll be happy to answer your questions. Or stop by one of our Open Houses!



ywout & about

Survivors Speak Out via T-Shirt Display



Over 1,800 T-shirts, created by survivors of sexual and domestic violence or their significant others, were displayed on "The Green" in Hackensack as the Bergen County Clothesline Project held its 17th annual awareness-raising exhibit on September 14. Guest speakers, including local legislators,

praised the work done by the participating organizations and pledged to continue their efforts on behalf of survivors.

Luncheon Honors Nell Doremus Society Members



Amidst the February snowstorms, charter members of the Nell Doremus Bequest Society gathered at the Ho-Ho-Kus Inn for lunch and conversation. Everyone was so engaged that we forgot to photograph the group, which included Nisha

Cordero, Bobbie Eaton, Barbara Giarmo, Marlene Lubinger, Jeanne Patrican, and Susan Schink. Each member received this inscribed paperweight as a keepsake.

Girl Scouts ♥ Zumba®

Our YW became a "Zumba® Zone" for two local Girl Scout troops in January. Thirty girls from Ridgewood stopped by to sample our Zumba® Girls class, enjoying an hour of music, dance moves and motivation. The YWCA offers classes for girls ages 9-12 as well as adults.



Fall Fundraiser is a Fitting Finale

Rebecca Skloot, author of the best-selling book *The Immortal Life of Henrietta Lacks*, autographs books for YWCA board president Nisha Cordero (left) and volunteer Pam Averso (center.) Skloot spoke about issues ranging from racism to medical science during the YWCA's fall fundraiser on November 11, which capped off a series of events celebrating our YW's 90th Anniversary.



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eliminating racism
empowering women
ywca
bergen county
"y the w makes a difference"

2011 Stand Against Racism

Friday, April 29, 2011

Join us for the 3rd Annual **Stand Against Racism**
4:00 pm
Paramus Park Mall,
North Court

A community event featuring speakers, performers, local students, and a retrospective of the YWCA's history of standing for peace, justice, freedom and dignity for all.

For details contact Barbara Giarmo at 201-881-1723 or email bgarmo@ywcabergencounty.org.

Interested in hosting a "stand" in your school or office? Information and registration at www.standagainstracism.org

Take a stand...

Socialize with Us!

Join us on Facebook, LinkedIn and YouTube. Find out what's happening. Get the latest updates. Connect with us and join the conversation. It's one way of showing your support for our mission of eliminating racism and empowering women.



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YWVolunteers Making a Difference: Special Swim

Special Swim volunteers tend to be special people, and Scott, Molly, Jason, and Naomi are no exceptions. They began volunteering at the YWCA when they were 13, each choosing it as their bar/bat mitzvah project. Scott, who is now a college freshman, literally jumped into the pool first, assisting Health and Therapeutics Director Linda Doller with the YW's volunteer-based swim program for children and adults with special needs. Scott didn't hesitate to tell friends at Pascack Valley High School about his experience, and soon his cousin Molly joined him followed by his brother Jason. They continued to volunteer regularly and introduced others to the program, including Naomi, a current volunteer, and Matt, who went on to become a YWCA lifeguard.

Working with special needs clients has been both rewarding and challenging for them. "I work mostly with the same person and we've formed a strong bond," says Jason. "It took time for us to learn to communicate and for me to understand his needs. Now it's really fun." Molly, now a senior, says, "I can really see how much my client has improved over time. But it's not only about helping people develop physical abilities. The social interaction is just as important."

We salute these young adults for their commitment to this life-changing experience. Molly says, "I'm learning to be more accepting of all of the people in my life." We think that says it all.

Interested in becoming a Special Swim volunteer? Visit www.ywcabergencounty.org or call Linda at 201-444-5600, ext. 348.



L to R: YWCA Volunteers Naomi, Molly and Jason spend hours each week working with special needs clients in the pool.

ywupcoming events

Tuesday, April 5

Survivors' Art and Poetry Exhibit: The Art of Healing

Art Exhibit: 10:00 am to 5:30 pm
Poetry Reading: 7:00 pm to 9:00 pm
Student Center, J. Lee's Room
Ramapo College of New Jersey
505 Ramapo Valley Road, Mahwah
Call 201-487-2227 for more info.

Wednesday, April 28

Denim Day in NJ

Visit the YW web site for details

Friday, April 29

Stand Against Racism

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

Thursday, May 5

37th Annual Tribute to Women and Industry (TWIN) Awards

7:00 pm
Teaneck Marriott at Glenpointe
100 Frank W. Burr Boulevard, Teaneck
Contact Barbara Giarmo at
201-881-1723 for more info.

Saturday, May 21

Women, Money & Work: A Financial & Career Empowerment Conference

8:00 am to 4:00 pm
Park Ridge Marriott Hotel, Park Ridge

Details about all YW events at
www.ywcabergencounty.org

ywca mission

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



Dear YWCA Friends,

If you woke up tomorrow and all forms of sexual violence ceased to exist, what would your world be like? Would you change your behavior? Would you raise your sons and daughters any differently?

For over 35 years, the YWCA Rape Crisis Center has served thousands of survivors, their loved ones, and the community—whether it be through taking a call on our 24-hour hotline, accompanying a survivor through medical and evidentiary procedures, educating students, or training professionals. Unfortunately, we have not seen a change in the incidence of sexual violence, the attitudes that support rape myths, or the behaviors that contribute to an environment that tolerates sexual violence. Our work is needed now more than ever.

Though we work to educate and help, we also work to prevent. The Green Dot strategy is being implemented at Bergen Community College and Ramapo College, and we plan to continue implementation in schools throughout the County. Green Dot addresses all forms of power-based personal violence (including sexual violence, domestic violence, stalking, and even bullying) by engaging everyone as bystanders. Rather than focus on the survivor or perpetrator, we teach each bystander to become active in preventing sexual assault. This represents a huge change in how we conceptualize sexual violence intervention and prevention programs. Little by little, we believe we can change our culture.

Not that it's going to be easy. Statistics are daunting and indicate little hope of seeing an end to sexual violence in our lifetimes. But that doesn't stop us. Through the darkness we see many glimmers of light: the courage and tenacity of survivors to keep moving forward; a teenager who calls to ask for help; the motivation of community partners working with us to achieve our mission; the many schools who invite us to talk with students; the dedication and passion of our advocates; and the enthusiasm of new volunteers.

April is Sexual Assault Awareness Month. What better time to pause and think about this? Envision this. And help us make it a reality—not just in April, but every day of the year. We have too much to lose and so much to gain, and together we CAN make it happen!

Rosalba Messina
Interim CEO

board of directors

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Laura Carabello
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ywprogram news

Serious About Water Safety

In keeping with our "Swim Lessons = Skills for Life" initiative, YWCA Bergen County has become a "Make a Splash" Local Partner. "Make a Splash" is the USA Swimming Foundation's water safety initiative, with the goal that all children learn to swim. Since 2007, "Make a Splash" has partnered with local providers across the country to sponsor lessons for more than 22,000 kids who otherwise would not learn to swim.

To raise funds for this program, \$1 from each swim program that a YW member registers for will go towards scholarships for swim lessons for underserved children. We thank our YW "swim family" for supporting our mission to increase water safety in our community!



Parents, Teens & Community Unite Against Cyberviolence

Parents, teens and community members learned about cyberbullying, dating violence, Internet crime—and what they can do to help prevent it—during the January 6 panel discussion, "Cyberviolence: What Every Parent and Teen Should Know," at Englewood Hospital and Medical Center. The event was produced by the YWCA Rape Crisis Center and the Urban League for Bergen County, in conjunction with the National Crime Prevention Council and the National Center for Victims of Crime.

Law enforcement officials and experts from several community organizations warned teens of the multiple dangers of Internet use, ranging from stalking to sex crimes, and urged caution when using online social networking sites and cell phones. The discussion, which coincided with New Jersey Governor Christie's approval of the Anti-Bullying Bill of Rights, was made possible by funding from the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice.



Panelists (L to R) April Rivkin, *Alternatives to Domestic Violence*; Jessica Valdenarro, *Bergen Community College*; Victoria Coppolecchia and Martha Applebaum, *Bergen Family Center*; and Alicia Chan and Yash Tiwari, *Youth Advisory Board, Academies at Englewood*.

Women, Money & Work: A Financial & Career Empowerment Conference

Saturday, May 21, 2011
8:00 am to 4:00 pm
Park Ridge Marriott Hotel
300 Brae Boulevard, Park Ridge, NJ



Join us for an inspiring day filled with practical information and valuable resources for women in transition. Speakers & workshops will empower women of all ages and economic circumstances to take charge of the unique challenges they face when it comes to managing their money and careers.

Cost: \$25; Students: \$10 with ID
Register online at
<http://ywconference.eventbrite.com>.
For info call 201-881-1729.

2011 TWIN Awards Will Honor Women & Businesses

YWCA Bergen County will celebrate the 37th year of our Tribute to Women and Industry (TWIN) awards on Thursday, May 5th at the Teaneck Marriott at Glenpointe, Teaneck, NJ. Patricia Preztunik, YWCA Board Member, President of BrightStar Care of Bergen and Passaic Counties, and former TWIN honoree is this year's TWIN Chairwoman.

We are pleased to welcome back sponsors BAE Systems, Bergen Regional Medical Center, EK Success Brands, Hackensack University Medical Center, ITT, KPMG LLP, Mercedes-Benz, Pearson Education, PSEG, Roche Pharmaceuticals, Sharp Electronics Corporation, Stryker Orthopaedics, TD Bank, The Valley Hospital, Unilever, and Van Dyk Health Care Inc. New sponsor companies that have joined us are Boiling Springs Savings Bank, Ramapo College and United Water. We are grateful to Cytec Industries Inc. for being a Leader sponsor for the fourth year in a row, and to TD Bank for hosting the pre-event Honoree Reception.



TD Bank celebrating 2010 TWIN honorees Sarina Mazza (seated left) and Halina Pasmonde (standing, third from right.)

Look for the
2011 TWIN Honoree
profiles on Facebook!



Ready to Leave Winter Behind?

Our TWIN raffle offers the ultimate escape: a one-week vacation at the Royal West Indies Club in Turks & Caicos, featuring a beachfront apartment that sleeps four (www.royalwestindies.com)! We will draw the winning ticket on May 5 during our 37th Annual Tribute to Women and Industry gala. Tickets are \$20 each or 3 for \$50. Contact Barbara Giarmo at 201-881-1723 or Jen Rosa at 201-881-1721.



Four Fast & Easy Ways to Donate

4. Turn in your old cell phones...and we'll turn them into cash. Simply drop them in the collection box at the YWCA Welcome Center. Last year we received \$1,000 for recycling them—so be green and do good!

3. Give gently used clothing & bric-a-brac to the Community Thrift Shop. Spring cleaning? Donate it all to the Midland Park shop (85 Godwin Ave.) and mention it's on behalf of the YWCA Bergen County. We'll receive a portion of the proceeds of the sale.

2. Start your online shopping at GoodShop.com. Our YW receives up to 5% of your purchase if you do. Just log on, enter our name and go to your destination website—there are more than 1,700 major retailers and websites to choose from.

1. Ask your bank to donate on your behalf. Do you bank with TD Bank or Boiling Springs? Just tell them you want to support the YWCA, and, once a year they will make a donation to us on your behalf.

Last year the YWCA Bergen County contributed \$85,000 in scholarships so that local children could attend therapeutic classes, summer camps and child care programs. Our Rape Crisis Center also relies on individual donations to compensate for funding shortfalls.

To donate, visit www.ywcabergencounty.org or contact Jeanne Patrican, 201-881-1720, jpatrican@ywcabergencounty.org. Thank You!