

eliminating racism empowering women

ywca

YWCA Ames-ISU
June – July – August 2010
Celebrating 120 Years

a letter from the president

Dear YMCA Members,

This is my last letter as President of the YWCA Ames-ISU Board of Directors as my term comes to an end. My service has, in many ways, been a privilege—I have met many wonderful individuals, participated in worthwhile events, and most of all, have supported programming I consider very important for the future of the Ames and Story County communities. I would especially like to thank Andrea Henry, Executive Director, and Elizabeth Beck, our former Interim Executive Director, for being such good role models for me. They were both so easy to work with, and are so dedicated to what they believe in; it was really a pleasure to work with them both. I would also like to thank the Board of Directors for their time and service, and for making my job so much easier.

I have learned much from my time as President, and in many ways, this experience has given me so much more than what I was able to contribute to the Y. What have I learned from the YWCA? Here is a list of my top five things!

1. Good fortune and disaster are often identical—often, what we consider a tragedy has the seeds of opportunity!
2. If something is truly important, then you will make the time for it.
3. It is better to give than to receive.
4. Compassion is based on a love and respect for others—something I strive to remember every day.
5. Racism and sexism are still present in our society today, and we need to work hard to end it as best we can.

And while I am no longer President of the Board, my YWCA service is certainly not ending. I am co-chairing the upcoming “Just Desserts: A Taste of Chocolate and More,” to be held this fall at The Knoll.

As I go, there are a few important items for our members to take note of in this quarter’s newsletter. We are in the process of revising our constitution to make it easier to fill board positions and give us more freedom on when to hold various events throughout the year. Members will receive a ballot with proposed constitutional changes and the election of a new board member with this newsletter. Please email or mail back your approval or disapproval by July 1. We need a two-thirds approval on the changes so it is imperative that all of our members vote.

Also, current memberships run through June 30. Please remember to pay your membership dues using the invoice that was sent to you or the membership form on the back page of the newsletter. Thank you for your support of the YWCA!

Yours in peace and justice,



Tanya Zanish-Belcher
Outgoing President, YWCA Ames-ISU Board of Directors

time to renew your ywca membership

The YWCA would like to thank all of our devoted members who’ve supported the YWCA this past year. Standard memberships are just \$15 for students or \$30 for adults and help support our efforts to eliminate racism and empower women throughout Story County. In honor of our 120th anniversary we’ve created enhanced membership levels to allow you to strengthen your support and receive increased benefits as a YWCA member. We hope that you will consider enhancing your membership to one of the following levels:

Family - \$50: Annual payment. Includes membership for all members of a household residing under the same roof.

Contributor - \$100: Annual payment. Includes membership and donation to the YWCA.

Sustainer - \$300: Annual payment. Includes membership along with sponsorship and two tickets to Just Desserts in membership year. *Member will not be solicited for further financial support in membership year.*

Patron - \$500: Annual payment. Includes membership along with sponsorship and one ticket to Just Desserts and Women of Achievement in membership year. *Member will not be solicited for further financial support in membership year.*

Benefactor - \$1,000: Annual payment. Includes membership along with sponsorship and two tickets to Just Desserts and Women of Achievement in membership year. *Member will not be solicited for further financial support in membership year.*

Lifetime Member - \$5,000: One-time payment. Includes two tickets to Just Desserts and Women of Achievement each year and recognition as a Lifetime Member in YWCA marketing materials.

Current members were sent membership renewal notices at the beginning of May. If you have not renewed your membership or are interested in joining, simply fill out the membership application on the back page of the newsletter and return with your dues. If you know someone who would be interested in supporting the YWCA as a member, we would appreciate you passing along the application. Thank you!

YOU CAN HELP – have you thought about putting the ywca in your will?

Did you know that you can continue to fight racism and empower women even after your death?

Consider putting the YWCA in your will. For more details contact the YWCA office at (515) 294-1663 or ywca@iastate.edu.



march with the ywca in the ames 4th of july parade

Celebrate the YWCA by participating in the 4th of July Parade in Ames! We'll have a contingent of YWCA Ames-ISU supporters marching in the parade with a banner. If you and your friends or family would like to join us please contact Lynne Carey at lcarey@amespubliclibrary.org or 515-239-5640.

recycle your old cell phone and help the ywca

The YWCA has begun collecting used cell phones throughout the community to raise money to support our programming. If you have a phone with the battery (no accessories please) you'd like to donate, simply drop it by one of the following collection sites: The Customer Service counters at the Lincoln Center Hy-Vee - 640 Lincoln Way, Ames and West Hy-Vee - 3800 Lincoln Way, Ames and the Hy-Vee Drugstore - 500 Main Street, Ames. Phones can also be dropped off at the YWCA office, 210 Lab of Mechanics, Ames. Additional collection sites are being established throughout the ISU campus.

We encourage collection of phones for the YWCA from your friends, family or other groups you are involved in. Simply gather the phones and contact us at 515-294-1663 or ahenry@iastate.edu and we can arrange for pick-up. The YWCA also has collection boxes, bags and marketing materials available for use.

Concerned about the safety of the data stored on your phone? Simply visit: <http://www.pacebutler.com/cell-phone-data-erase-tool.cfm> to learn how to erase the information off your phone.



Kristina Johnson (left) and Tabitha Budd (right) of the Story County Youth Philanthropists present Board Member Nicole Harding (middle) with a check for a SCYP Grant to help pay for GIRLS Power transportation costs.

ywca receives grants to support programming

This spring the YWCA has received three separate grants to help support and grow our programming. The Story County Youth Philanthropists awarded us \$240 to help pay for transportation costs associated with the Nevada GIRLS Power Program.

The Women's Enrichment Fund Mini Grant through the Provost Office at Iowa State has awarded the YWCA \$4,630 to help expand the GIRLS Power program into the Gilbert School District. The grant will help pay the salary of a part-time student coordinator as well as a part-time advisor to assist in overseeing the coordinators and lead them to resources which will enhance the content of the GIRLS Power sessions.

Finally, a Diversity Grant through the Provost Office at Iowa State in the amount of \$4,800 will help pay the salary of the Engaging International Spouses Coordinator. This position was formerly funded through another office at Iowa State but was unfortunately eliminated due to budget cuts in this tight economy. The grant will guarantee the YWCA can continue to sustain the Engaging International Spouses program.

We are very grateful for the support and the increase in number of people we can serve thanks to the funding these and other grants provide.

you can help – give the gift of support

Send a unique gift to that special person(s) on their birthday, anniversary or other special occasion or honor a loved one by giving a gift to the YWCA in their name. An acknowledgement of your gift will be sent to the individual(s) if an address is provided and be listed in the next YWCA newsletter.



Women of Achievement Winners. Front Row: Jennifer Plagman-Galvin, Cindy Baughman and Janelle Durlin representing the Story County Dental Clinic. Back Row: Maggie Luttrell, Carolina Arce and Eva Morales.

women of achievement honored on march 25

Nearly 100 people gathered at the ISU Alumni Center on Thursday, March 25 to celebrate five outstanding women and one organization in Story County who have made tremendous contributions to eliminating racism and empowering women.

Board President, Tanya Zanish-Belcher kicked off the program with welcome remarks followed by a year-in-review by Executive Director, Andrea Henry. Board Member and Scholarship Chair, Carmen Flagge presented the first awards of the evening to scholarship winners, Maggie Luttrell and Eva Morales. Zanish-Belcher presented the awards and a flower to each of the winners: Cindy Baughman, Jennifer Plagman-Galvin, Carolina Arce and the Story County Dental Clinic.

Cindy Baughman received the Woman of Achievement award, which recognizes a woman who empowers women and girls or eliminates racism through her volunteer activities. Baughman has benefited several community organizations with her volunteer work, including the Girl Scouts, Meals on Wheels, Food at First, and the youth ministry

and giving tree programs at St. Cecilia Catholic Church. Her involvement inspires her friends, family and neighbors to join the volunteer ranks, and her work with youth has empowered young women with leadership and service experiences at a critical time in their development.

Carolina Arce earned the Rising Star award, given to a young woman who makes a difference with her work supporting social justice. A 2008 transplant from Costa Rica, Arce joined the Story County Dental Clinic staff, where her bilingual skills are crucial to the clinic's goal of treating all patients regardless of race, gender or economic status. Although she was a qualified dentist in Costa Rica, Arce's credentials did not allow her to practice in the United States. At the clinic, she has proved invaluable. Working first as a receptionist, and now as a dental assistant, Arce is able to effectively advocate for and communicate with patients in both English and Spanish.

Jennifer Plagman-Galvin was given the Shining Star award, which recognizes a woman who goes beyond her job description to provide leadership; serve or empower women and girls; or eliminate racism in the workplace. Plagman-Galvin has a long résumé of volunteer work with the United Way of Story County. Since joining the UWSC board of directors in 2005, she has served as an ASSET volunteer, chair of the allocations committee and a member of the executive committee. In 2009, she was named the board's president. As director of Greek affairs in the ISU dean of students office, Plagman-Galvin also has mentored countless students, serving as an advisor for many student groups, councils and events.

The Story County Dental Clinic, located at 126 S. Kellogg St., was honored with the Community Spirit award. The award is given to a business or organization that empowers women in the workplace, promotes racial justice or impacts the community. The clinic offers oral health care to underinsured and uninsured patients four days a week, providing restorative and preventative dental care to adults and children.

Eva Morales and **Maggie Luttrell** were each awarded \$1,000 YWCA Ames-ISU scholarships. Morales is a senior from Storm Lake, Iowa, majoring in criminal justice and sociology. Luttrell is a graduate student from Jacksonville, Ill., in the educational leadership and policy studies program.

Thank you to our YWCA Bronze Sponsors: Elizabeth Baird, Elizabeth Beck and an Anonymous

Donor; Women of Achievement Sponsors: Pat Miller and Tanya Zanish-Belcher; and YWCA Supporters: Grace Amemiya, Mary Atherly, Pamela Elliott Cain and Ruth Hill. Additional thanks to Everts Flowers & Gifts, Erin Rosacker, ISU Printing Services and the Women of Achievement Planning Committee. Without your support this event would not be possible!

annual membership meeting

The YWCA Ames-ISU Annual Membership Meeting was held Saturday, April 10 from 11:00 am – 1:00 pm at the home of board member Ginny Blackburn and member Gloria Starnes. Around 30 people got the chance to get to know one another over brunch. Following brunch, members heard the annual treasurer's report including a review of new and re-vamped fundraising efforts: the Change Matters spare change campaign, a garage sale and used cell phone drive. Outgoing board members, Tanya Zanish-Belcher and Pat Miller were recognized. Alissa Stoehr was voted in as a new ISU Board Member. GIRLS Power Coordinators, Nadia Khatib and Lexi Beyer gave a year-end review of the GIRLS Power program and introduced one of next year's coordinators Elise Grantham. Vani Bojja, Global Programs Coordinator, talked about what has been happening with the International Friendship Fair and Engaging International Spouses programs and recognized volunteers from both groups.

ywca garage sale

A garage sale benefitting the YWCA Ames-ISU was held on Saturday, May 1 at the home of Executive Director, Andrea Henry. The event brought in \$300 in revenue to the association. Thank you to all of our members who donated items to the event and the volunteers who took time from their busy schedule to work the event.

YOU CAN HELP – Volunteer

Nothing is more valuable than your time. Consider giving your time to the YWCA. We need volunteers to serve on planning committees, help with events and perform duties around the office. For more details contact the YWCA office at (515) 294-1663 or ywca@iastate.edu.

ywca programs – year in review

international friendship fair

This spring international YWCA volunteers were able to teach 1,100 elementary students and their families about the culture of countries from around the world. Throughout the spring the International Friendship Fair visited Ames Christian, Sawyer Elementary, Nevada Elementary and the Ames Public Library. A few of the countries represented included: China, Japan, Namibia, Australia, Mexico, India, Uganda, Indonesia, Taiwan and Colombia. The session was so popular at Sawyer Elementary that volunteers were invited back to do an International Friendship Fair for summer school students on June 28. If you are interested in sharing your home culture with students on that day, please contact the office at ywca@iastate.edu or 515-294-1663.



engaging international spouses

This spring the Engaging International Spouses program served

approximately 50 spouses from countries around the world. Sessions were held twice a month. Some of the sessions held included an introduction to social



services of interest to international families, how to bake pies, American dressing skills, the basics of the American financial system and resume writing and interview skills. Participants were able to make new friends and connect to opportunities to get involved around the Story County Community.

girls power

Twenty-one mentor/mentee pairs took part in the GIRLS Power mentoring program this spring. Female undergraduate ISU students were paired with sixth and seventh grade girls in the Ames and Nevada school districts. The mentee pairs met for organized meetings with the other mentor pairs every other week. Organized meetings included activities on financial literacy, a yoga session, visiting a retirement home, taking in a women's ISU basketball game among many other opportunities. On weeks there wasn't a meeting pairs met on their own to do activities such as window shop, watch movies, explore the ISU campus, bake cookies and more.



One of the highlights of this year's activities was a joint sleepover event that included all participants. The sleepover gave the girls a chance to get to know one another through a scavenger hunt, trust activities, cooking together and a talent show. The night wrapped up with a dance party enjoyed by all of the girls.

YOU CAN HELP - support the ywca with a financial gift

The YWCA is funded through the United Way of Story County, Government of the Student Body, grants and YOU! Nearly fifty percent of our operating budget comes from private donations from supporters such as yourself. Without the generosity of our members and donors we could not survive. Please consider donating to the YWCA so that we can continue to grow our programming to eliminate racism and empower women in our community. You can make a donation by filling out the form on the back of this newsletter. In general, donations to the YWCA are tax deductible. However please contact your tax advisor to determine deductibility of your gift.

take back the night



Take Back the Night is an annual march and event held throughout the United States to call attention to the problem of sexual assault. The 2010 ISU/Story County Take Back the Night event was held on April 22. The event kicked off with a variety of speakers on the Terrace of the Memorial Union. Michelle Hedricks of the Theilen Student Health Center kicked off the evening.



Shannon, a survivor, spoke about her experience and the after effects it had on her family relationship. Tom Hill, Vice President of Student Affairs expressed his wish that sexual assault be eliminated from the ISU campus while YWCA Executive Director, Andrea Henry discussed ways women can protect themselves to be less likely to become a victim. Finally Andrew Patz, a student, spoke about the male perspective on sexual assault.

Participants gathered signs and megaphones to begin the Take Back the Night march. It began in front of the ISU Memorial Union; west along Lincoln Way; between Friley and Helser residence halls, continuing north along Pearson and Marston Halls cutting in front of the Library and Hub. The march concluded in front of LeBaron Hall where a performance called "The Audacity to Heal: A conversation about Surviving Sexual Violence" was held. As they marched, participants chanted about the lack of tolerance for continued incidents of sexual assault. Approximately 50 people participated in the event.

got talent? faces of ames is looking for you!

FACES of Ames is a revitalized community celebration which showcases the diversity of the Ames Community in a welcoming, upbeat environment. The FACES of Ames Entertainment Committee is searching for individuals or groups who are interested in providing entertainment for the celebration scheduled in downtown Ames on Saturday, October 16, 2010. Tentative celebration times are from 10:00 am – 3:00 pm.

Entertainment options from a variety of sources including performance groups, interactive demonstrations and roving entertainment are desired. Because this is a free, public celebration, priority will be given to acts that don't charge performance fees. Electricity availability is limited and all performances will be held outdoors regardless of weather conditions.

If you are interested in providing entertainment for FACES of Ames please contact Andrea Henry at ahenry@iastate.edu, (515) 294-1663 or Lynne Carey at lcarey@amespubliclibrary.org.

help the ywca plan our 120th birthday celebration

2010 marks the 120th birthday of the YWCA Ames-ISU. We are planning to host a community birthday celebration in the fall. If you would like to be involved in planning the celebration please contact the ywca office at 515-294-1663 or ywca@iastate.edu

get involved in your community – service patch

The Service Patch is a new community garden in Ames which will produce food to be donated to local food pantries and shelters while engaging youth, those living in poverty, and other community members. The garden is located at Trinity Christian Reformed Church, 3626 Ontario St. in Ames. The Service Patch will have a variety of volunteer projects, hands-on activities, and community events filled with food and music throughout the summer. Activities will be tailored to both individuals and groups. If you are interested in getting involved, visit the Volunteer Center of Story County's website at www.vcstory.org.



follow the ywca



Don't forget that you can now keep up with what's happening with the YWCA by following us on Facebook and Twitter. Get daily updates on women's and diversity issues as well as notifications about YWCA events. To follow us go to www.facebook.com/ and search for YWCA-Ames-ISU or twitter.com/ywca_ames_isu. There are also links to both Facebook and Twitter from our homepage.

YOU CAN HELP – designate the ywca in your united way giving or through payroll deduction

The YWCA is a United Way agency and receives support from them through the ASSET allocation process. However, when donating to the United Way you can designate a portion of your donation to come directly to the YWCA. Simply complete a donor choice card along with your pledge. Donor choice cards can be found under the “Annual Campaign” tab at www.uwstory.org or by contacting the United Way office at (515) 268-5142.

If you are an Iowa State University or State of Iowa employee you can also donate to the YWCA through automatic payroll deduction. ISU staff can set up giving through the Foundation. Fill out an electronic fund transfer form available under the “Ways to Give” tab at www.foundation.iastate.edu. State of Iowa employees can give through the One Gift program by logging on to www.das.hre.iowa.gov/onegift/index.html.

want to advertise your services as a sitter? do you need a sitter for your child?

If you provide baby sitting services and would like to boost your business, place your name on the YWCA Sitter’s List. There is no charge to be listed, simply contact the YWCA at 515.294.1663 or ywca@iastate.edu. We will have you answer a few simple questions about your availability, ages of children you prefer to watch and basic contact information as well as run a background check.

If you are a parent and looking for someone to watch your child(ren) the YWCA can provide you with a list of sitters. The list is free to all ISU students and \$3 for the general public. All persons listed have passed criminal, sex offender and child abuse background checks. Contact the YWCA at 515.294.1663 or ywca@iastate.edu to obtain a copy of the list. Please note that the sitters on our list are generally available for occasional sitting jobs. If you are looking for permanent daycare, the YWCA has a link to the Department of Human Services’ list of licensed daycare providers in Story County. Click on “Child Care” under the “Programs” tab at www.ywca.org/amesiowa.

thank you for your service

Board members Tanya Zanish-Belcher and Pat Miller will conclude their terms on the YWCA board on June 30.



Tanya has served at the Board President since 2008. She has also served on the Just Desserts and Women of Achievement committees. At the April Board meeting Tanya was presented with a plaque and plant for her service as President.

Pat has served on the board since 2007. She has served as co-chair of the Just Desserts committee as well as served on Women of Achievement.



The YWCA would like to thank both of these incredible and dedicated women for their time and talent!

welcome to the ywca

Misti Johnson YWCA Intern

Misti joined the YWCA Ames-ISU in May 2010 as our summer intern. She will be helping with daily office duties, processing membership renewals, working on combining our databases and cleaning and organizing the office. Misti is a senior in criminal justice and expects to graduate in May 2011. In her free time, she enjoys reading and spending time outdoors with friends and family. She is originally from Leon, Iowa and attended high school at Central Decatur. Misti and her fiancé are expecting their first child in September.



Alissa Stoehr YWCA Board



Alissa Stoehr will begin her term as a YWCA Board member representing ISU beginning July 1. Alissa a long-time Ames resident is the IRB Administrator in the Office for Responsible Research at Iowa State University. She has

degrees from Iowa State in Liberal Studies, Women's Studies and Interdisciplinary Graduate Studies. She has been involved in social justice, diversity, and multicultural causes for several years and when she was an undergraduate, she was on the National Student Council for the YWCA.

welcome new members

YWCA couldn't exist without its members. In addition to providing financial support our members dedicate their time and talents to ensure we are providing quality programming that works to eliminate racism and empower women throughout Story County and beyond. If you know of someone who is interested in membership with the YWCA please have them fill out the membership application included in this newsletter or visit the "Get Involved" tab on www.ywca.org/amesiowa.

Sarah Bohlke
Ashley Harding
Alissa Stoehr
Jingtao Wang

New members listed are from March 1, 2010. If we've inadvertently left off your name, please accept our sincere apologies. If you let us know we would be happy to recognize you in a future newsletter.

thank you!

YWCA Ames-ISU relies on private donations for nearly fifty percent of our funding. Without the donation of time, money and resources from YOU we could not exist. One hundred percent of the resources that come into the YWCA office work to eliminate racism and empower women in Story County and beyond. Below are those who have contributed money, resources and/or time to the YWCA from March 1, 2010 – May 31, 2010. Thank you for your generosity!

Grace Amemiya
Mary Atherly
Lakshmi Attigala
Elizabeth Baird
Elizabeth Beck
Nicole Belem
Ginny Blackburn
Dan Blake
Brandon Bowden
Sorrel Brown
Manasi Buzar Baruah
Pamela Elliott Cain
Lynne Carey
Laura Centeno-Diaz
Lulu Chen
Vida de Voss
Jamie Dolezal
Judy Dolphin
Laurie Dusselier
Carol Elbert
Carmen Flagge
Adam Flores
Everts Flowers & Gifts
Karla Frida Madrigal Estrada
Eric Geesaman
Yin Gin
Arti Gupta
Nicole Harding

Ashley Harding
Elaine Heiber
Ruth Hill
Thomas Hill
Austin Hohman
Mrudula Jillella
Bingjie Jin
Liping Jin
Misti Johnson
Shannon Kalsem
Marissa Koehn
Tejeswi Kota
Rohini Kummitha
Huong Le
Minhua Long
Mary Ann Lundy
Andrea Mallarino
Margo McNabb
Clayton Meyer
Pat Miller
Landon Moore
Ester Mukete
Millie Nambogga Kanobe
Lauris Olson
Paola Perez
Anicia Peters
Brian Peters
Preston Potas

ISU Printing Services
Lavanya Rammohan
Matthew Reuben Fox
Ryan Rice
Erin Rosacker
Daryk Ruggles
Hilary Seo
Subha Singamaneni
Ellie Skowronek
Anthony Smith
Gloria Starnes
Ruth Swenson
Yenfang Szu
Lana Voga
Jingtao Wang
Meta Widya
Ronna Wiemers
Joe Wilcox
Jan Williams
Angie Witt
Erika Womack
Julie Wooden
Kyle Wooden
Jing Wu
Tanya Zanish-Belcher
Yi Zhang

Please accept our apologies if we have inadvertently left someone off the list. Please contact the YWCA office at (515) 294-1663 or ywca@iastate.edu and we will happily recognize that person's generosity in the next edition of our newsletter.



ames-isu

JOIN THE YWCA!

Do your part to eliminate racism and empower women in Story County. Join as a member or make a donation.

Name: _____ Phone: _____

Address: _____ City & Zip: _____

ISU Address: _____ Email*: _____

Male Female Special skills that would benefit the YWCA: _____

I am interested in serving on a committee. (The YWCA will contact you with committee opportunities as they arise.)

**Sending communications to you electronically keeps our costs low allowing us to devote more resources to the fight against racism and the empowerment of women. The YWCA will never provide your name or email address to anyone outside of the organization.*

I WANT TO BECOME A MEMBER:

Standard Membership - \$30: Membership open to anyone. Male members are considered associates and hold all membership benefits except the right to vote and serve on the YWCA Board of Directors.

Student Member - \$15: Membership for anyone currently enrolled in high school or college. Male members are considered associates and hold all membership benefits except the right to vote and serve on the YWCA Board of Directors.

Family - \$50: Annual payment. Includes membership for all members of a household residing under the same roof. Please attach names and email addresses for all family members you would like included in the membership.

Contributor - \$100: Annual payment. Includes membership and donation to the YWCA.

Sustainer - \$300: Annual payment. Includes membership along with sponsorship and two tickets to Just Desserts in membership year. *Member will not be solicited for further financial support in membership year.*

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Lifetime Member - \$5,000: One-time payment. Includes two tickets to Just Desserts and Women of Achievement each year and recognition as a Lifetime Member in YWCA marketing materials.

I WANT TO DONATE:

Enclosed is my tax-deductible donation of \$ _____

Return to: YWCA Ames-ISU • 210 Lab of Mechanics • Ames, IA 50011
Questions?: (515) 294-1663 • ywca@iastate.edu • www.ywca.org/amesiowa

Don't forget!

eliminating racism
empowering women
ywca

ames-isu

Renew or sign up for membership using the application form on the back of this page!

Members- Vote by July 15, 2010 on constitutional changes and a new board member using the enclosed ballot.



Funded in Part By:

210 Lab of Mechanics
Ames, IA 50011

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