

eliminating racism
empowering women

ywca

North Central Washington

YWIRE

APRIL 2016

YWCA
IS ON A
MISSION



Sexual Assault Awareness Month

A Message from our Executive Director

Spring has finally sprung! We here at YWCA NCW are so excited for the many wonderful things going on in the coming weeks and months! Please stay tuned and check our website for upcoming events and save the dates! On that note, I'd like to take a moment to speak to the importance of our next event: **Stand Against Racism.**



Following in the footsteps of our esteemed foremothers, YWCA's have been on a mission to improve the lives of women for more than 158 years, and we have done so in ways that are responsive to the needs of our individual communities and our society at large. As such, empowering girls has been an integral part of this work for YWCAs across the country and throughout the world. That's why the Stand Against Racism campaign focuses on the unique and intersectional issues facing people and specifically girls of color, such as racial profiling in schools, healthcare, and access to safe play.

For example, take a look at these harrowing facts, which paint the dire situation that many girls of color face in the United States:

- White girls are most likely to be involved with sports at age 6 or younger (53%), while only 29% of African-American girls and 32% of Latina girls begin playing sports that early.
- Girls of color face harsher punishments in school. For example, black girls are suspended six times as often as white girls.
- Muslim girls - especially those who wear the hijab - are often targets of racially charged harassment and bullying in schools and left out from athletic activities that fail to accommodate modest clothing choices.
- Black and Latina girls are more than twice as likely as white girls to become

pregnant during adolescence. Native teen birth rates are one-and-a-half times higher than the white teen birth rate.

While racial justice for people and girls of color is a focus of many of your programs and initiatives, this is the first time in recent history we have had a national campaign dedicated to addressing their challenges specifically. I hope that each of you will join me and YWCA NCW in standing up and speaking out against the sexism and racism that haunt girls of color as they navigate home, school, play, and social situations. Together, we can stop the cycles of injustice, poverty, violence, and resource disparities and make real change. By investing particularly in girls, we are effectively helping the next generation of women to make strides in some of the most pressing issues such as the wage and achievement gaps, mass incarceration, and access to healthcare.

We will see you on Thursday, April 28th from 9am-1pm at Wenatchee Valley College's Van Tassel Fountain!

In Gratitude,

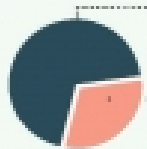
A handwritten signature in cursive script, appearing to read "Jennifer Biddle".

**April: Sexual Assault
Awareness Month!**

NUMBER OF HOMELESS* YOUNG PEOPLE

550,000
PER YEAR

* Homelessness lasting longer than one week



380,000
are younger than 18

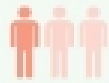
170,000
are ages 18-24



HOMELESS YOUTH & SEXUAL VIOLENCE

Young people who are homeless also are often sexually assaulted. You can help by listening to youth who have been harmed by homelessness and sexual violence. Your support can make a positive difference in their lives over time.

RUNAWAY YOUTH



1 IN 3 RUNAWAYS have been forced to perform a sexual act against their will



12.4 TO 13.9 YEARS OLD was the average age range of first leaving home



46% OF LGBTQ YOUTH run away because of family rejection of sexual orientation or gender identity

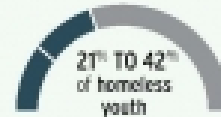


Rates of major depression, conduct disorder, and post-traumatic stress disorder are **3 TIMES HIGHER** among runaway youth

HOMELESS YOUTH



PERCENTAGE REPORTING SEXUAL ABUSE



1 IN 3 TEENS ON THE STREET

WILL BE LURED INTO PROSTITUTION WITHIN



48 HOURS OF LEAVING HOME

MORE THAN 1 IN 3 HOMELESS YOUTH ENGAGE IN SURVIVAL SEX. OF THEM:

82% trade sex for money

48% trade sex for food or a place to stay

22% trade sex for drugs



LGBTQ YOUTH ARE 3X MORE LIKELY TO HAVE ENGAGED IN SURVIVAL SEX

32% of homeless youth have attempted suicide



See next page for citations. Infographic by Mallory Grzeszka. © National Sexual Violence Resource Center 2014. All rights reserved.

STAND AGAINST RACISM

Columbia Valley Health & WVC Present: YWCA Stand Against Racism Day 2016!

Stand Against Racism is a signature campaign of YWCA USA to build community among those who work for racial justice and to raise awareness about the negative impact of

institutional and structural racism in our communities. This campaign is one part of our larger national strategy to fulfill our mission of eliminating racism.

In 2015, over 750 locations hosted Stand Against Racism events across 44 states! YWCA NCW was one of those locations, where we took a stand in front of the YWCA Store, located at 231A N. Wenatchee Avenue.

Sadly, institutional and structural racism is ever present in the Wenatchee Valley and surrounding communities. Many times it goes unnoticed or its existence is denied. We invite you to Take A Stand With Us, and raise attention and awareness among our community.

This year, Stand Against Racism 2016 promises to be amazing event here in North Central Washington. This years Wenatchee stand will feature a FREE Bar-B-Que sponsored by WVC Senate, a variety of speakers, a visit from Mayor Kuntz, a selfie station for social media fun, voter registration, and much more!

WVC-Omak & YWCA NCW will also be holding a Stand on the Omak campus simultaneously, which will feature the film: Selma: Bridge to the Ballot, refreshments, a chance to sign the pledge, and more! Omak's event will run from 10am-2pm.

Where: Wenatchee Valley College-Central Fountain

When: Thursday, April 28th 2016

Time: 9am-1pm

What: FREE & Open to the Public!

For more information or if you want to learn more on how to participate in this year's Stand Against Racism event please contact:

Alyssa Garcia

509.662.3531 ext.115

Alyssa@ywcancw.org

[Like us on Facebook](#)

[Follow us on Twitter!](#)

Beyond the Orange Doors

Have you ever wondered what goes on behind the YWCA's iconic orange double doors?

Interested in getting a firsthand look at our facilities, emergency shelter, transitional housing, and learning

about the life changing
work that happens within our walls?

SIGN UP today for our "**Beyond the Orange Doors**" luncheon tours! We will provide you with a light lunch and refreshments, an "inspirational" tour, and an opportunity to learn what YWCA NCW is all about!



These short 50 minute lunch events are absolutely **FREE**, and there will be no soliciting of any sort. We encourage individuals, community groups, clubs, as well as service organizations to attend. The following tour date is currently available*:

- Wednesday, May 11th, 2016 at 12 pm

To sign up or for more information about "**Beyond the Orange Doors**", please contact:

Alyssa Martinez

YWCA NCW Community Relations Manager

Phone: 509.662.3531 ext. 115

Email: alyssa@ywcancw.org

**Dates & times may be subject to change*

Joanne's Story:

YWCA NCW is **On A Mission**: to empower women and families through assistance, support, and education. Joanne is just one of many inspiring examples of this mission being accomplished right here in our community. Here is her story:

"My name is Joanne, I came to the YWCA because I wanted to change my life.

Before coming to the YWCA, my step-mom passed away, and I ended up deep into drugs and alcohol. I was left with her house but it wasn't long before I allowed family to move in and shortly after I lost my home to foreclosure. I was deep into my own despair and had no positive outlook on life.

When I came to the YWCA, I had addiction issues, health issues, and no goals in life. I had no friends, and little self confidence.

I am now clean & sober, I have learned how to set goals and the steps to reach them, I've learned self discipline, and I've made many friends while here, and



most importantly I have learned how to put myself first and take care of myself. I am proud to say that in a few weeks, I will be moving out of the YWCA's program and moving into my very own apartment! I couldn't have done it without the support that the YWCA gives.

If you are looking for a fresh start and are need of getting connected with any available services here in town, then the YWCA is the place to go. I came in here looking to start over and am walking out a brand new person."

Joanne is just one of the many individuals who walk through our orange doors just needing someone to believe in them, someone to support and encourage them on their journey, and who find the support and resources they need to put the pieces of their lives back together again. This is what we're all about here at YWCA NCW. We're in the business of changing lives.

If you or someone you know has a story about someone whose life has changed because of YWCA NCW, or if there is someone that changed your life or empowers others, we want to know! Please email us any stories and/or pictures to Alyssa@ywcancw.org or send them by mail along with your contact information to:

YWCA NCW
Attn: E-News
212 1st St.
Wenatchee, WA 98801

[Find out more about our programs here](#)

YWACT

Advocacy Corner

"She Was Just a Struggling Person"



*Written by Denise Miller, Firesteel
Advocacy Manager*

As a child, Timothy Bell was terrified of his mother. He escaped her abuse at age 12, and lived on the streets for a summer before entering the foster care system. Years later, after his mother died, Timothy made a discovery that changed his perception of her.

Timothy shared his story in October at the "Talk It Up: Stories of Home, Lost & Found" event hosted by the nonprofit organization Building Changes. Earlier in 2015, Timothy joined the "Home: Lost and Found" workshop, where storytelling experts from The Moth taught him to share his experience as a brief, compelling story.

FOSTER CARE AND HOMELESSNESS

Timothy aged out of the foster care system at 18. He's said that throughout his life, he has experienced multiple periods of homelessness.

This experience is all too common. The Department of Social and Health Services (DSHS) published a report last year on Youth at Risk of Homelessness, which indicates that about one in four Washington youth who age out of foster care experience homelessness.

Now Timothy works with the Inspire Youth Project and the International Foster Care Alliance, where he helps young people in foster care improve the system in their own communities.

FURTHER RESOURCES

- Learn about The Mockingbird Society, an advocacy organization that works with young people and families to improve foster care and end youth homelessness.
- Read about Columbia Legal Services' work to improve foster care.
- Listen to a personal story from a woman whose seven-year experience with homelessness was precipitated by her placement in foster care at age 13.

We *Always* Need Your Help!

(**Pun-Intended**)

Did you know that menstruation is one of the hardest challenges that homeless women face? This is something that often times is little thought of but is of utmost necessity. Please consider donating ***feminine hygiene products*** to our women's shelter! Items can be dropped off at **212 1st St. in Wenatchee, Monday thru Friday from 10am to 3pm.**



Volunteer Your Time & Talents Today!

Make the decision TODAY to make a difference In the lives of others. How can you do this? It's simple: volunteer with YWCA North Central Washington Today! We have a vast array of opportunities available for volunteering:

****We are seeking handy volunteers who are in the know about building maintenance. If**

you have an hour or two to spare, we could use some occasional help in the following areas:

-Changing lightbulbs

-paint touch up

-basic plumbing (leaky faucets, slow to go sinks).

-This is a great idea for service clubs, church groups, and youth looking to gain service badges and experience!

We also are looking for community members to join in one (or more) of our standing committees!

1. Community Engagement & Advocacy
2. Fundraising & Development
3. Finance & Sustainability
4. Nominating & Personnel

For more information or to fill out a volunteer application, please visit our website: www.ywancw.org or come see at 212 1st St. in Wenatchee, Monday thru Friday from 10am to 3pm.

YWCA IS ON A MISSION

**Save the Date: YWCA Women's
Empowerment Conference &
Luncheon!**

What: 1st Annual YWCA Women's Empowerment Conference & Luncheon with Keynote Speaker: Debbie Whitlock!

When: September 21st, 2016 (Day Conference)

Where: Red Lion Hotel, Wenatchee

Why: Don't miss out on this unique opportunity to attend YWCA's 1st all-day empowerment conference where you will be able to choose from a variety of learning tracks on everything from financial planning to entrepreneurship, technology, business, and more!

Can't attend the whole day? No Worries! You can still register for the Empowerment Luncheon and listen to our amazing keynote speaker, Debbie Whitlock!

Registration information soon to come. We are now accepting speaker proposals as well as vendor applications. Please visit our website or contact us at 509.662.3531 for an application or more information.

Save the Date: 2nd Annual Hallow-Queens Drag Show!

Mark your calendars! The 2nd Annual YWCA Hallow-Queens Drag show is set for Saturday, October 29th 2016 at the Numerica Performing Arts Center in downtown Wenatchee!

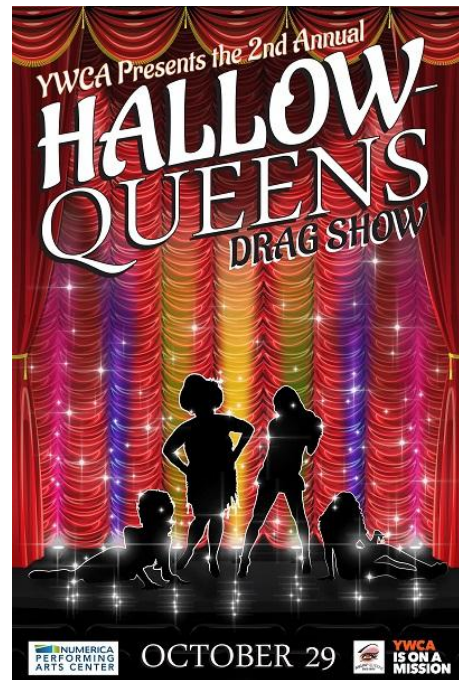
Don't miss out, this year's show is going to be spectacular!

Stay Tuned for Ticket Information and Show Times!

Don't forget, attend Stand Against Racism 2016 for your chance to win FREE tickets to this year's show!

Follow us on Facebook and Twitter for the latest updates or visit our website: www.ywcancw.org

[View our calendar here!](#)



YWCA & Fred Meyer Community Rewards!

Support the YWCA NCW just by shopping at Fred Meyer with your Rewards Card! Fred Meyer donates \$2.6 million each year - up to \$650,000 each quarter - to local schools, community organizations and nonprofits: including YWCA! All you have to do is link your Rewards Card and scan it every time you shop at Fred Meyer.

You are now able to **link your Rewards Card to the YWCA NCW by following the link below**. Whenever you use your Rewards Card when shopping at Freddy's, you will be helping the YWCA earn a donation from Fred Meyer. If you do not have a Rewards Card, you can sign up for one at the Customer Service Desk of any Fred Meyer store.

[Link your rewards card to YWCA NCW Now!](#)



THANK YOU Waste Management & Junior Service League!

The YWCA Store & YWCA NCW would like to thank Waste Management for their donation of garbage totes, as well as Junior Service League

of Wenatchee for their generous donation of clothing from this years "My Girlfriend's Closet" event! We here at YWCA deeply appreciate your generosity and giving spirit. It is what allows us to continue to change the lives of women and families in our communities!

[Text Link](#)

YWCA North Central Washington | 509.662.3531 | info@ywcancw.org | www.ywcancw.org

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