

# y's words

eliminating racism  
empowering women  
**ywca**

St. Paul

For friends, members and the Greater St. Paul community

Summer 2008

## a walk with purpose

### We Care for Kids Campaign Moves Members and Community



TC Bear and Chief John Harrington take time off the treadmills to meet children from Y's Kids Club.

Every day is a busy day at the Health and Fitness Center, but the week of April 21 was particularly action-packed. During the week, more than 4,000 health and fitness members were challenged to “step up” their workout by walking a mile for a child.

By pledging \$5 and walking a mile, members helped to fund life-changing programs and services for youth. However, members weren't the only ones taking to the treadmills. Notable community members volunteered to show their support by walking a mile.

Encouraged by his young fans, TC Bear from the Minnesota Twins took to the treadmill and set an impressive pace. St. Paul Police Chief John Harrington followed suit. Not to be outdone, St. Paul Mayor Chris Coleman, ran his mile and proposed that next year should feature a friendly rivalry between the mayors of St. Paul and Minneapolis.

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TV personality and comedienne Sheletta Brundidge was a hit with children and teens. Her message: make your passion your life's work. Be prepared to work hard and nothing will stop you. The week ended with Congresswoman Betty McCollum who was literally unstoppable. Focused on her walk and visiting with staff, the Congresswoman kept walking long after her mile was completed. "It was an exciting and productive week," said YWCA St. Paul Board President, Debbie Montgomery. "We're thrilled to have such outstanding community support."

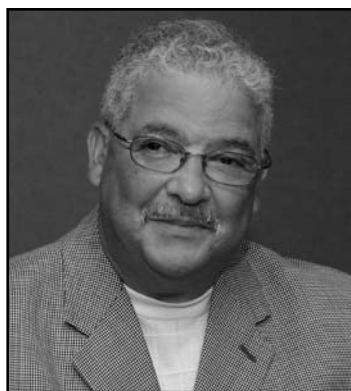


A) YWCA St. Paul Board President, Debbie Montgomery, B) Mayor Chris Coleman, C) Congresswoman Betty McCollum, D) Sheletta Brundidge



## a share in success

### Collaborating to Enhance Vital Community Resources



Executive Director, William L. Collins, Jr.

With 100 years of service to the community, YWCA St. Paul is uniquely positioned to serve individuals and families. We are proud to share in the successes of our participants and also to share our skills and expertise with the wider community.

It's particularly rewarding to be able to work with other organizations as they focus

on creating their own success stories. With an eye on continued excellence and future growth, the YWCA St. Paul is honored to be collaborating with the Hallie Q. Brown Community Center and the American Oromo Community of Minnesota.

With support from the funding community, exciting changes are happening at Hallie Q. Brown Community Center. YWCA staff have provided support and services in the areas of youth development, accounting, information technology and development. Hallie Q. Brown has been a crucial community resource since 1929 and we are thrilled to be a part of its next chapter.

We are also pleased to be working with an emerging organization that serves one of St. Paul's fastest growing populations. The American Oromo Community of Minnesota (AOCM) provides critical services for immigrants in the areas of outreach, housing, education and employment. Founded in 2001, one of AOCM's current goals is capacity building.

YWCA and AOCM staff have been working together to build infrastructure and to position AOCM for deliberate and sustainable growth. What's more, AOCM and YWCA St. Paul have also partnered to provide expanded services for Oromo youth ages 15-22.

Beginning this spring, an AOCM staffer will be housed at the YWCA in the IMPACT Program. Together we will work to engage Oromo youth in strengthening their academic performance, building support networks, and focusing on a self-sufficient future.

It's truly an honor to be a part of the changes happening in both Hallie Q. Brown Community Center and AOCM. We're proud to be a part of their continued success and know each organization will continue to contribute to the vitality of St. Paul for many years to come.

*William L. Collins Jr.*

# college & career resource center

## New Center Helps Teens Find Their Path

What's next? That's the question on the minds of most teens. The transition to adulthood isn't easy and, for many, it's hard to imagine life after high school. Opening this spring, the College and Career Resource Center (CCRC), will provide tools and supports for teens and young adults as they make decisions and plan for the next chapter of their lives.

In a world that is increasingly electronic, a computer and a connection to the internet have become essential tools. Whether preparing for college entrance exams, completing financial aid forms, working on college applications, researching prospective employers or submitting your resume – it's all done online.

"Many program participants do not have access to high speed internet or computers in their homes," says Michael Steward,



*College & Career Resource Center*

IMPACT Director. "Providing access to technology really empowers these kids and helps them to expand their aspirations."

Thanks to a generous donation from Target Corporation, the CCRC will feature 10 computer workstations loaded with the latest Microsoft Office software! In addition, the Center will have a wide variety

of resources including books, videos, study guides and other materials to assist students as they plan for the future.

Located on the second floor of the YWCA, the CCRC will be available to program participants and their parents five days a week. An open house will take place in June. For more information, please contact Michael Steward at (651) 222-3741.

# assembled with care, built for fun

## Volunteers Give it a Whirl at the YWCA



*Volunteers from Target Corporation*

A team of 11 volunteers from Target Corporation celebrated National Volunteer Week by building a new playground for our Housing and Supportive Services participants. Although the team had never tackled a project like this one, they were eager to get to work.

"It was easier than I expected," said one volunteer. "I was worried we wouldn't be able to do it, but once we got going, it all just seemed to come together!"

From nearby windows, children watched the work progress and shouted encouragement. The young cheering section made a huge impact. "Seeing the excitement on the faces of the children as they watched us work made it all worth it," said Target employee Roxanne Bradley. "I'm proud

that I work for a company that values giving back to the community."

The volunteers were recruited as part of Volunteer: Give it a Whirl, organized by Greater Twin Cities United Way. During the week-long event, teams of volunteers were mobilized to complete over 100 community projects. In addition to the playground installation, volunteers at the YWCA also led programming for youth and conducted a school supply drive.

Funding for the playground equipment was provided by Open Your Heart to the Hungry and Homeless Foundation and the Kopp Family Foundation. With their support and the hard work of volunteers, children now have a great new space to enjoy the warm spring and summer days.

# better health for youth

## New Initiative Promotes Healthy Living



YAP participants focus on fitness

Thanks to funding from the United Way, this July, a new initiative at the YWCA St. Paul will take aim at the growing epidemic of childhood obesity and related health issues.

TeenLink, will help youth ages 11-18 to eliminate risk factors and build healthy habits to last a lifetime. Programming, which will be delivered throughout the

school year and summer, will focus on nutrition, fitness and community outreach/education. Special events and family nights will provide regularly scheduled opportunities to celebrate successes, support one another and involve parents and siblings.

Every TeenLink participant will receive an individual fitness assessment and coaching. Based on the initial assessment, staff will develop a fitness plan and help each participant learn to exercise safely and effectively. Fitness activities will utilize the health and fitness center as well as nearby parks and recreation fields.

“This is an incredible opportunity to reach out to the families we serve and help them to ensure their children are on a healthy path,” said Christina McCoy, Director of Youth Development. “It’s an exciting opportunity to work across programs. We simply can’t wait to get started.”

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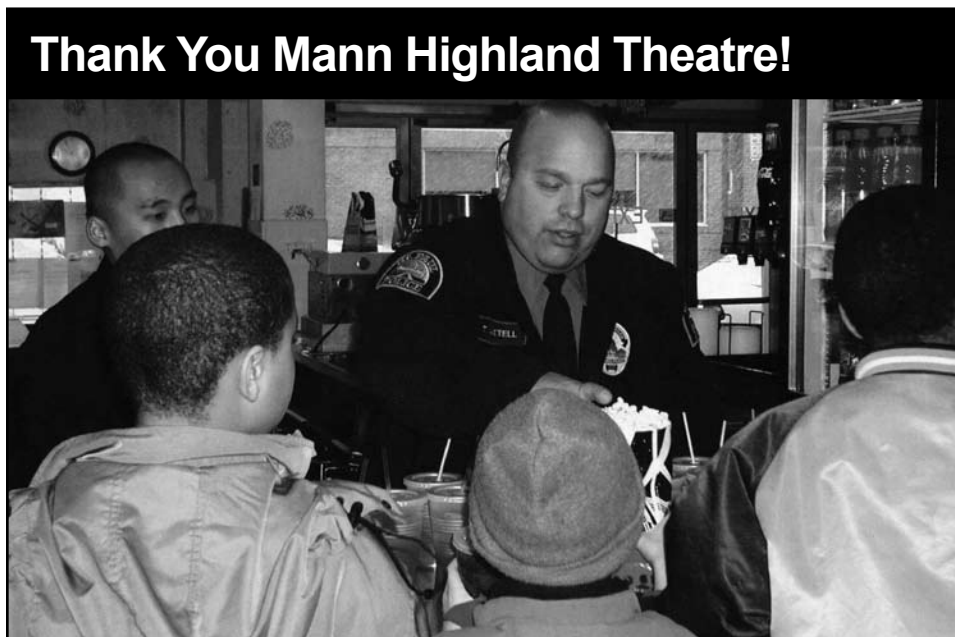


St. Paul



The Young Women’s Christian Association of the United States of America is a women’s membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for women’s growth, leadership and power in order to attain a common vision: peace, justice, freedom and dignity for all people.

The Young Women’s Christian Association will thrust its collective power toward the elimination of racism wherever it exists.



It’s not every day that a movie theater opens just for you – and it’s not every day that a St. Paul Police Officer staffs the snack bar! Many thanks to the Mann Highland Theatre and Commander Todd Axtell for making a special screening of “Horton Hears a Who” especially memorable. On March 31, youth from YAP enjoyed the VIP treatment during a school release day.