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### **Our Mission**

The YWCA of Cortland is a membership organization that supports the growth and leadership of women and girls in our community through quality programs in childcare, mentoring, wellness, social activism, and crisis intervention.

### **Upcoming Events**

#### **Annual Shut Down Week**

The YWCA will be closed August 31st–September 6th.

#### **Iron Jawed Angels**

Come see this acclaimed movie about women of the 1917 Women's Suffrage movement fight for future generations right to vote and run for office. September 30th at 6pm in the Osborn Room.

#### **Paint New York Purple**

Wear purple on October 14th in honor of Domestic Violence Awareness Month.

#### **Kitchen Tour**

Join us on November 8th for the 1st Annual Kitchen Tour where we will tour beautiful kitchens in our community.

#### **Cookie Extravaganza**

On December 18th, we will be selling festively wrapped plates of cookies to benefit the child care programs at the YWCA. Email [kelsey@cortlandywca.org](mailto:kelsey@cortlandywca.org) if you'd like to be a baker!

## **The Power of Collective Voice**

### **Message from Kelly Tobin, Executive Director**

The YWCA National organization is a social justice organization with a 150 year history of providing services, education, advocacy and public policy initiatives focused on securing peace, justice, freedom, and dignity for all. There are over 200 local associations throughout the world, each which focus on core areas that are vital to their community. Local agencies, such as Cortland, are able to create programming, events, education and advocacy to serve their respective community needs. There are three core focus areas that are consistent across all agencies: Racial Justice & Civil Rights, Empowerment & Economic Advancement of Women & Girls, and Health & Safety of Women & Girls.

“This is My YW,” a slogan than many of you are familiar with that defines the need for community involvement by members and supporters of all levels: Board Members, Committee Members, staff, volunteers, and our membership. Our collective voice is more powerful than any single voice alone, and it shapes the local programming in the respective focus areas mentioned above.

Would you like to be a part of a worldwide movement to make a difference in the lives of women and girls, people of color, immigrants, survivors of abuse and low-income families? Membership in your YWCA is not only a statement of your support for the YWCA's goals and the mission, but also a platform to have a voice in one of the largest women's organizations in the country and in the world. As issues arise on a national and international level, it is the members that determine how these issues are addressed.

Now is an exciting time to become a member and get involved at the YWCA. As current events locally and nationally continue to unfold, the collective voice of the organization is more important than ever to make sure the voices of all women, children, and families are heard. If you are already a member of the organization, consider getting more involved at the committee or board level.

The YWCA's Association Planning Committee is responsible for the overall planning and vision of the organization. Since December 2014, the committee has been reviewing the existing Strategic Plan and working to develop the next Strategic Plan—an intense and detailed process.

On behalf of the Committee and Board, I invite all members to play an active role in providing insight and feedback. Your voice will help develop and shape the Strategic Plan where world, national and most importantly, community challenges are addressed. Over the next few months be on the lookout for more information for a community workshop that will invite the membership and community supporters to provide feedback and ideas for the next 10 year Strategic Plan.

If you would like to take action now, The Community Relations Committee launched the YW's first online membership survey earlier this year. Look in the Development section of the newsletter for a link to take the survey. It is important to hear from each of you. Your YW membership gives you a voice in the organization and we hope that you will use it!

If you are interested in the work of the committees of the board, please contact me by email at [kelly@cortlandywca.org](mailto:kelly@cortlandywca.org).



**YWCA's in New York State advocating  
on Capitol Hill**



To fit into the formatting of this newsletter, we could only feature a few photos from the event.

The YWCA of Cortland’s 100 Women Giving Circle is composed of the leaders of philanthropy at the YW. The circle is a unique group of women and men who want to ensure the stability and expansion of the YW and its programs for the next 100 years. On June 12th, we held our 2015 100 Women Giving Circle celebration to honor those who have given \$1,000 or more to the annual campaign, ensuring the longevity of the critical programs at the YWCA. In addition to honoring the participants, the 100 Women Giving Circle also honors a community member each year who has made an immense impact in the lives of others. This year, the 100 Women Giving Circle honored former Executive Director, Amy Simrell. It was a lovely evening of food, music, entertainment, and friendship!

If you are interested in joining the 100 Women Giving Circle next year, contact the Director of Development at [kelsey@cortlandywca.org](mailto:kelsey@cortlandywca.org).

## A Special Thanks



Michelle Courtney Berry generously donated her time to entertaining us for our 100 Women Giving Circle celebration. Her energy and spirit were positively infectious!

Michelle Courtney Berry is the Principal and CEO of Courtney Consulting Enterprises, LLC and the Owner of Reiki Goddess. She heals, moves, astounds, rivets and transforms audiences of any size through the engaging and unifying power of words, stories, and comedy designed to heal, uplift and celebrate everyone. An author, in-demand speaker, ordained celebrant, and internationally certified Reiki Master Teacher and critical incident stress de-briefer and trauma expert, Michelle is

also a former White House reporter and a former elected official at the City Council level and in her Congressional District as a Delegate for President Obama's first run for the Presidency.

She has shared stages with international icons such as The Dalai Lama, Maya Angelou and Howard Zinn, among others. To date, she has influenced and inspired thousands of leaders and influencers, nationally and internationally to embrace the balanced and happy lives they crave. She has also appeared on "Good Morning America" and been featured in a numerous news shows and PBS-station affiliates.

A "people's choice" actor, stand-up comic and job stress in the workplace expert, Michelle is also an award winning entrepreneur and fundraiser recognized by Oprah Winfrey and praised by Maya Angelou, who holds a graduate degree in Communication from Cornell University. She has won numerous awards from women's organizations and non-profits for her advocacy work for women and youth. You can find out more on her website: [www.michellecourtneyberry.com](http://www.michellecourtneyberry.com).



### Let's Go Green!

**188** people have opted to "go green!" Do you want to receive our newsletter and program guide electronically? Would you like to receive updates via email about what's going on here in our YW community? If so, then please email Kelsey:

[kelsey@cortlandywca.org](mailto:kelsey@cortlandywca.org)  
with the subject line GO GREEN!

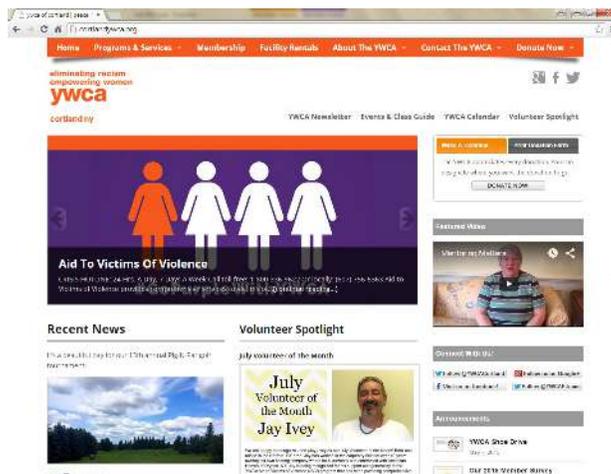


The 13th Annual Pig-N-Par Golf Tournament was a great success! Thanks to all the committee members, sponsors, golfers, and volunteers. A special thank you to Marilyn DeLorenzo, the golf committee chair. She devotes much time and energy into making the golf tournament a success year after year. Mark your calendars for August 5, 2016 for next year's tournament!

With the community's help, we collected 2500 pairs of shoes for those in need! Thanks to all who supported our shoe drive this year, including our business partners: Royal Auto Group, Country Inn & Suites, Pall Corp, Cortland Downtown Partnership, Homer United Methodist Church, First Niagara Bank, Tompkins Trust Company, Sun Auto Warehouse of Cortland, Cornell University College of Veterinary Medicine, SUNY Cortland, JC Penney, Grace Christian Fellowship, and McGraw United Methodist Church.



Check out the YWCA of Cortland's **new** website! [www.cortlandywca.org](http://www.cortlandywca.org)



## 2015 Member Survey

This is **your** YW and we want your feedback! Please take a couple moments to fill out our 2015 Survey. Your feedback helps us identify areas where we are doing well and areas where we could use improvement. We would also love to hear about any new ideas you may have. Paper copies of the survey are available at the YWCA or you can take the survey online at: <http://tinyurl.com/2015ywcasurvey>

## Aid to Victims of Violence (AVV)



October is Domestic Violence Awareness Month. Keep an eye out for events, educational and awareness information, and ways you can get involved.

On **October 14, 2015**, help us Paint New York State PURPLE in honor of Domestic Violence Awareness Month. We are asking that everyone wear purple or a purple ribbon and display purple at their place of employment to show support for survivors of domestic violence. We will be happy to come to your place of business, take pictures of your purple display to share on social media, and have your name added to the New York State list of Domestic Violence Awareness Month supporters. Aid to Victims of Violence has purple ribbons and posters available if you, your organization or business would like to participate.

## Health and Fitness



New at the YWCA is early bird Zumba with instructor Sonya Langan. Get your day started on the right foot with classes on Monday and Wednesday at 6:15am. Dance, groove, and shake off up to 1000 calories per class! Not only does Zumba increase cardiovascular health and strength, it also offers mood-boosting benefits to power you through the day. New six week session begins September 21st.

## Bridges for Kids (BFK)

The Bridges for Kids mentoring program runs all year long, but summer tends to be quieter around the office as so many college mentors leave town. Thank goodness for our 28 valuable community mentors! We have 36 returning college students and hope to recruit 30 more at the volunteer information day at SUNY Cortland.

We are in full swing with our School Supply Drive. Last year we supplied 193 children with needed school items. Distribution day is Sept. 2. Donations of supplies are accepted any time of the year.

The Bridges program will sponsor 2 small events in August. One is a photography class for 10 girls. It focuses on self-portraits as a way of building self-esteem and includes a field trip to meet a professional woman photographer in Ithaca. Watch for the October 2 "First Fridays" exhibit in our YW gallery to see some of their completed works. Thank you to Afternoon Rotary and Cortland Area Communities that Care for funding this photography experience. In addition, incoming Cornell freshmen will be exploring interactive science topics with some Bridges children as part of their community outreach.

Fall is our busiest time of year, and as always Mentors are needed. If you have a few free hours during the week to share with a child, contact Sara Earl at [bridges@cortlandywca.org](mailto:bridges@cortlandywca.org).



## Childcare

The YWCA is pleased to announce the open enrollment of its largest childcare program: YWCA School Age Care and Recreation Program 2015-2016 School Year. Before and After School Enrollment at Randall, Smith, and Parker Elementary Schools in Cortland, Homer Elementary and Homer Intermediate, and Appleby Elementary in Marathon. A variety of enrollment options and sibling discounts are available along with full day care at the YWCA main facility on snow days and school holidays. Enrollment packets are available at the YWCA front desk. Enrollment is complete when all forms are completed, turned in with membership fee, registration fee and first week of care paid. To ensure that your child is able to attend the before and after school program the first week of school, please sign up before Friday, September 4th. We look forward to another awesome school year!



this is my  
**yw!**  
 cortland, ny

- \***Only** warm water pool in Cortland
- \***Only** drop-in childcare open to the public
- \***Only** mentoring program for children 5-12
- \***Only** support program for young moms
- \***Only** rape and domestic violence program

## YWCAccolades

\*Board Member **Kathy Rosetti** is an Executive Sales Director for Mary Kay. She has been with the company for 23 years and has earned 11 cars! We are so happy for her as she works towards becoming a National Sales Director for Mary Kay. Way to go Kathy!

\*Board Member **Kelly Foster** graduated from Leadership Cortland this spring. Her project, Youth Warriors, created an umbrella for all of the mentoring programs in Cortland County has to offer. Congratulations Kelly!

\***Jennifer Geibel**, Program Director of Learning Adventure, also graduated from Leadership Cortland this spring. Her group formed Project Snackpack & Joy (PB&J), which provides weekend meals for children who receive reduced or free lunch. Awesome work Jenn!

## Expressive Writing Class

New this fall at the YWCA, this expressive writing class will use the process of writing to bring growth and healing to our inner thoughts and experiences. The classes will provide a place to write and share without the pressure of criticism or critique. The class will be led by Nancy Dickerson, Licensed Clinical Social Workers, who teaches courses at TC3 and SUNY Cortland, and counsels children and adults who are experiencing struggles and transitions in their lives. Five two-hour sessions will be on 9/8, 9/22, 10/12, 10/26, and 11/9. Class is limited to 8 people so register now by calling Nancy at 607-423-1767.

**eliminating racism  
 empowering women**

**ywca**

**Our Volunteers of the Month**



**June**  
Thank you to the YWCA Garden Group for keeping our gardens looking beautiful!



**July**  
Jay Ivey donated carpet and craftsmanship to re-do the main elevator and the front entry of the AVV offices.



**August**  
Sandra Wohlleber has devoted 6 years to serving on the YWCA Board and Community Relations Committee as chair. She recently spearheaded the revisions to the Computer Usage and Social Media policies.

Stop dreaming about your new home...  
*Make your Move*

Call us or stop by one of offices, we are ready to help!

**Cortland Appointment Center**  
36 Main Street, Cortland, NY 13045

**Two Ithaca Locations**  
2333 N Triphammer Road & 710 Hancock Street  
Ithaca, NY 14850  
Office: 607.257.0800

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**This newsletter is sponsored by:**



*The YWCA of Cortland is a not-for-profit organization that supports the growth and leadership of women, and girls and helps families with quality programs in childcare, mentoring, wellness, crisis intervention, and social advocacy. We value all individuals equally, regardless of race or gender.*