

# eye on women Spring 2014

## **YWCA Walk a Mile in Her Shoes Draws Attention to Sexual Assault** *This second year for the Walk sees participation double to over 400!*

Hundreds of area men threw caution (and fashion norms) to the wind as they marched down Washington Avenue in bright red high heels for the second annual YWCA Walk a Mile in Her Shoes against sexual violence.

The Walk's premise is the old saying that to understand someone's experience you have to "walk a mile" in his or her shoes. By wearing women's shoes, men showed their solidarity in working to end rape and sexual abuse. Both men and women can be victims of sexual violence, but the preponderance of perpetrators are men and that's why the walk is held for men, to engage other men in the conversation about ending rape and sexual abuse.

That conversation no doubt began as the participants signed up for the Walk, but it was front and center as one speaker after another reminded the crowd of the devastating effects of rape. Alnita who was raped at age 15 and who received counseling at the YWCA Women's Resource Center spoke eloquently about her experience. Today, she is continuing her post-graduate education with plans to become a therapist to help others. Honorary Chair and NFL Hall of Fame Inductee, Aeneas Williams, said as a husband and father, he urges all men to respect women.

YWCA thanks the Walk a Mile in Her Shoes's sponsors, Commerce Bank, The St. Louis Rams, Wiedner & McAuliffe, Wells Fargo Advisors, Delta Dental, Fiat, Clear Channel, KTVI, and KPLR.



*Flanked by two St. Louis Police detectives, Honorary Chair Aeneas Williams carries the banner to lead nearly 400 Walk participants down Washington Avenue*



*Photos cont. on page 11*

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# women's resource center

## Sexual Assault Response Team (SART)

The YWCA Sexual Assault Response Team (SART) volunteers receive dozens of hours of training before responding with support and resources 24/7 to 100% of requests by area emergency departments when a victim of sexual violence, male or female, comes in.

One component of that training is an exercise in which the volunteers are given a scenario of an assault to read. Next, they are directed to various stations for scenarios of how those around the victim react and how their reactions impact the victim. For example, one scenario might have a

victim telling his/her supportive family what happened, receiving counseling and beginning to recover. The alternative scenario might have the family reacting negatively and blaming the victim, who doesn't receive help and turns instead to destructive self-medication with drugs or alcohol.

Along the way are "band-aids" the trainees can place on themselves when they feel the victim is being hurt. As you might imagine, those band-aids are needed more times than just the actual assault itself.

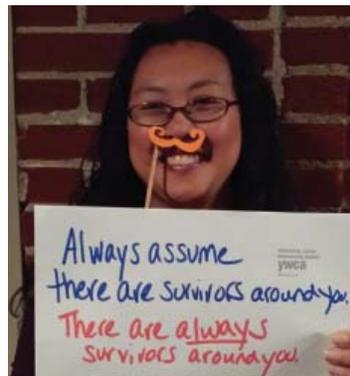
(Training pictures below and left.)



## Whispers & Roars

Whispers & Roars is an annual event hosted by the YWCA where survivors of sexual assault speak. Some may choose a reading; others may choose to tell their personal stories. It is a small event, attended mostly by survivors, their friends and loved ones, and those who have aided in their recovery like the YWCA, law enforcement, and medical personnel. Both men and women told their stories of abuse and survival at this year's event.

No photographs of the participants on stage were permitted but there was a "selfie" booth for supporters if they chose. Here are their words in pictures.



# phyllis wheatley transitional housing program

## Financial Empowerment

The St. Louis Community Credit Union recently named YWCA Metro St. Louis their Community Partner of the Year. YWCA Youth Division Director, Shalia Ford, was named their Community Volunteer of the Year.

For the past three years, the St. Louis Community Credit Union has been providing onsite financial workshops for clients of the YWCA. For some clients, the workshop is their first experience with financial education or banking.

Through the Small Dollar Matched Savings program, clients of the Transitional Housing Program (THP) are able to build up a savings account to pay down debt that is a barrier to stable housing, such as overdue utility bills or legal fees. Some THP clients choose the St. Louis Community Credit Union to manage their accounts. It is an added plus that there is a branch within walking distance of the YWCA.

Recently, THP resident “Mary” was able to pay off over two thousand dollars in legal debt which, along with other notable accomplishments like completing a treatment program and retaining employment, enabled her to qualify for stable housing. “Mary” soon will be moving into her own apartment and reuniting with her child!

In addition to partnering with the St. Louis Community Credit Union at the YWCA, Youth Division Director Shalia Ford volunteers her time at their Excel Center. The Center provides free classes and resources in consumer financial and life skills education, health and wellness, continuing



Former THP client Barb, who successfully transitioned to permanent housing with the help of the Small Dollar Matched Savings program displays the STL Community Credit Union Partner award.

education, professional development and business.

Shalia led a number of workshops, including instruction in “Unloading Baggage”, designed to improve women’s self-esteem as they learn to let go of emotional baggage and realize the power of forgiveness. Congratulations to Shalia for sharing her expertise with a wider audience and thank you to the St. Louis Community Credit Union for this recognition and for working with us to help our clients!

## women’s economic stability partnership (WESP)

WESP is a multi-year program that enables single mothers to improve their earning power and break the cycle of poverty for themselves and their children. Participants receive case management and subsidies for needs like tuition, health care, child care, and transportation while they focus on vocational education in non-traditional fields.

YWCA Metro St. Louis and Missouri Women in Trades (MOWIT) are offering a series of networking opportunities for women in YWCA programs, MOWIT members, tradeswomen in the community, and women in Science, Technology, Engineering and Math (S.T.E.M.) careers.

Each of the sessions will include a speaker and the chance to mingle with other women who are interested in non-traditional careers. Go to [www.ywcastlouis.org](http://www.ywcastlouis.org) for information.



WESP is one of the YWCA programs that benefitted from the donation of thousands of dollars worth of adult women’s shoes from Brown Shoe.

## yw-teens

### Future Leader Academy

Two dozen rising senior girls from area public and private high schools are participating in the 2014 YWCA Metro St. Louis Future Leader Academy this summer.

Session One began with a day of orientation and presentations for the girls and wrapped up with the girls enjoying Frostbite gourmet ice cream in the courtyard and doing a little networking, YWCA style!

Later in the week, the YWCA Leaders panel offered the girls the opportunity to question a variety of agency staff representing different levels of seniority and expertise. The staff fielded questions about career choices and leadership styles, and even how best to respond to comments of overt sexism.

The panel was stunned to hear that some high school boys in 2014 still are telling girls that “their place is in the kitchen”. The panelists discussed tactics of ignoring the comments or confronting the speaker, but the clear choice was using the comment as an opportunity to educate while letting the girls’ own behaviors and accomplishments “do the talking.”

Also on the agenda for the week: personal branding, team building, Racial Justice, women in STEM careers, and dining etiquette for business luncheons. Session Two will be held later in July. The sessions will aid the selection committee in their choice of the 2014 YWCA Future Leader.



Scenes from the 2014 YWCA Future Leader Academy networking social.



Participants in the Future Leader Academy, Session One.

### Emerging Entrepreneurs Summer Institute



YW-Teens’s Roslyn Taylor demonstrates the production of shea butter body cream while discussing product pricing and distribution.

The YW-Teens Emerging Entrepreneurs Summer Institute on the Downtown St. Louis Campus of Webster University is providing teenage girls with an overall introduction to the challenges and rewards of owning their own business.

The Institute is offering traditional activities like mentoring sessions with local entrepreneurs and instruction on branding. The latter presentation was provided by an expert from FleishmanHillard. The curriculum also includes instruction to help young minds explore S.T.E.M. (science, technology, engineering and math) entrepreneurship.

One fun and instructive exercise involved making shea butter body cream while discussing cost factors like raw materials, energy, labor and shipping when calculating the price the girls would charge to make a profit with their product.

## school-age care

### YWCA Summer Enrichment Academy

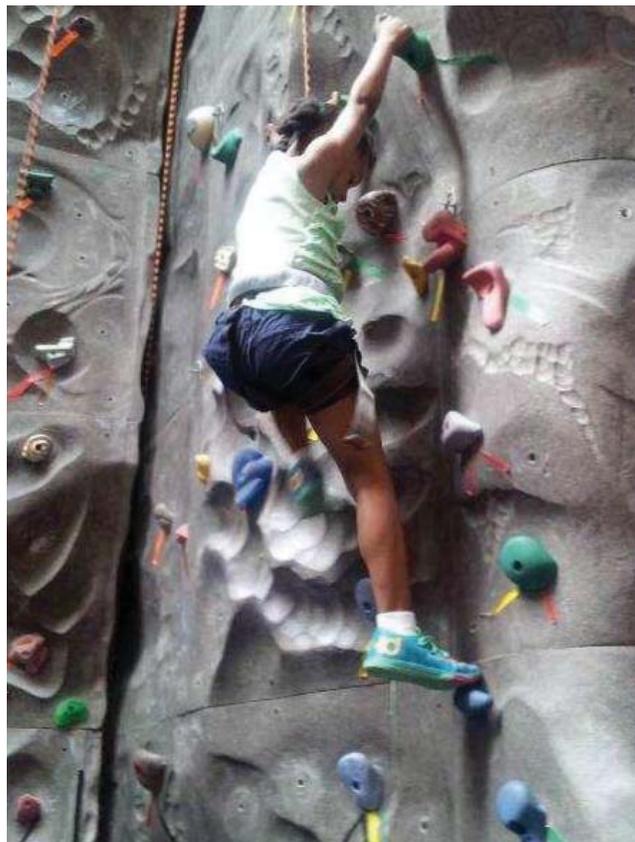
Nine weeks of healthy, fun, and interesting activities with a STEAM theme are underway in School-Age Care. Just because the official school year has ended and summer has begun doesn't mean the learning stops!

STEAM stands for science, technology, engineering, arts, and math. Boys and girls ages 5 - 12 are eligible for the camp, which includes exciting field trips like this one to the Obstacle Course and Team Challenges activity at Queeney Park.

The course is a series of elements constructed of materials which may include logs, cables, ropes and trees. Facilitators guided youth through games and problem solving activities that were constructed just for them. The facilitator set up the activity and guidelines, the group attempted the activity, and then the facilitator lead a post-activity discussion to process groups actions.

Earlier, the campers took a field trip to the City of Clayton's Rock Climbing Wall. The Climbing wall is 31 feet high covering approximately 500 square feet. The youth were taught how to utilize top-rope style climbing, in which a rope runs from a climber's harness through an anchor at the top of the route and back down to a belayer on the ground.

It is harder than it looks and everybody was encouraged to make it to the top!



*Rock climbing in the City of Clayton's center*



*Taking aim on a new skill*



*Tackling the obstacle court at Queeney Park*

## head start/early head start

### Step Up to Leadership

Step Up to Leadership is a program offered to income-eligible, community-minded people who want to make a difference. Developed by state and local agencies, this free program is designed to teach participants the value of grass roots participation and the intricacies of group dynamics.

Eight Head Start parents, grandparents, foster parents or relatives recently participated in Step Up to Leadership. They agreed to attend 12 weekly three-hour sessions and received a small stipend to assist with child care and transportation.

The participants began their journey with instruction in self-awareness and empowerment before being asked to identify their passions and where they wanted to make a difference. They were given information about how non-profits work and what legal standards board members must follow.

As the weeks went on, the Head Start participants explored parliamentary procedure, conflict resolution, public speaking, and grant writing.

Step Up to Leadership graduates who participate in a community organization or group may be eligible to apply for a \$100 to \$500 mini-grant to support their group through the Community Action Agency of St. Louis County, Inc.



*Step Up to Leadership session at Head Start*

## Sexual Health and Disability Education (SHADE)

### YWCA Metro St. Louis Staff Attend and Present at National Conference



YWCA S.H.A.D.E. Education Coordinator Jessica Naslund recently presented at the national meeting of the American Society of Educators, Counselors and Therapists, or AASECT. Her presentation was entitled "Sexuality and Cognitive Disability: A Psycho-Educational Approach."

Jessica said "I met people in the field of sexuality seeking resources for working with this amazing group of people." Quandra Chaffers, a therapist at the YWCA Women's Resource Center, attended the conference to gain continuing education units for AASECT sex therapy certification.

*(Quandra, left, and Jessica, right, flank the AASECT banner.)*

# racial justice

## So Reel Speaker's Series

The YWCA Racial Justice So Reel Speaker's Series presented a panel discussion in June at the Regional Arts Commission entitled "Guess Who's Coming to Dinner?" about mixed-race families. Approximately 11% of the marriages in Missouri are bi-racial so it isn't a hypothetical question.

The panel consisted of three women who have mixed-race families. They openly discussed the challenges of having what is typically private, their families, become public, such as prying questions from strangers about their children: "What is she/he?"



*Audience members listen and participate in the discussion.*

Other discussions centered around the external factors that form how their children self-identify with a particular race. For example, if a bi-racial child attends a primarily "white" school, will that child prefer to be around primarily white people when choosing friends or later, a spouse? Or if the school is comprised primarily of "people of color," will that be the preference for life? Should parents consider these factors when making decisions for their children?

The over-arching truism throughout the discussion is that despite much progress, white people continue to enjoy a level of privilege, on average, that people of color do not.



*Panelists Christina Bennett, Dr. Mary Ferguson and Bijal Desai-Ramirez*

## Blended: The one drop rule - does it still apply?

*An Essay by YWCA Racial Justice Director Amy Hunter*

Halle Berry recently affirmed that she considers herself and her daughter to be Black Americans, citing the "one drop rule" as the reason. Berry has made her choice. What about other parents? Black, White, Hispanic, Latino, Mexican-American, African-American, Asian, Asian and Black, Bi-Racial, Multi-racial, Native American, Indian from India, Multi-Ethnic, Multi-Multi, or None? What is the underlying conversation about these new categories?

Sadly, new categorization will not eliminate racism. Let's make it simple, in most social contexts in America, there are really only two boxes. You are either White with all of the privileges that are connected to white skin privilege or you are a person of color.

We have spoken to mothers of mixed raced children who do not want their children treated with the degradation, hatred and penalties their brown skinned children may experience. They do not want their half Black or Brown children to be treated like whole Black or Brown children; after all, they are half White. Right? The problem here is not the box the child and/or parent will check; no, the issue

here is that no mother wants her child treated poorly and no box can prevent racism. Instead of this new idea to create 15 or more categorizations of people, we could all work to eliminate discrimination and oppression for all people. This attempt to save children of color from the harsh realities of racism may lead to further stratification of people of color instead of strategies for equity and liberation.

Our messages in schools and in other institutions could be one of solidarity, that no children of color should be treated unfairly, limited in their academic ability or access to information, nor targeted and pigeon-holed as less intelligent based upon their race, nor bullied by teachers or students because of their racial identity. We could demand no less.

In order to advocate for racial equity we will have to better understand racism and strategies to eradicate it. Adding boxes and categories will not make racial oppression end or go away. We need more advocates to eliminate racism. Thanks for being a part of an organization fighting for equity for everyone. Leaders like you make a difference in the world. How can we get more people to join?

# supporter recognition

YWCA Metro St. Louis benefits greatly from the generosity of our volunteers, donors, and sponsors. Whether it is a gift of time, talent or treasure, each one advances our mission of eliminating racism and empowering women. Here are just a few examples of the ways in which the St. Louis community is helping the women and families we serve.



Former SART volunteer Christine Hoene hosts a reception where WRC's Cindy Malott and detectives from the St. Louis Co. Police Dept. discussed how the two agencies are partnering to address local human sex trafficking.



Ken Mallin (left), a volunteer member of the YWCA's A Few Good Men, and friends put on the red heels to support the YWCA's Walk a Mile in Her Shoes during a television taping on KPLR.



Participants in Session 1 of the YW-Teens Future Leader Academy start the day with a team building hula hoop challenge.

**Thank you to Emerson, the Presenting Sponsor of the YWCA YW-Teens Future Leader Academy with a gift of \$10,000.**



**Thank you to the generous sponsors of the 2014 YWCA Walk a Mile in Her Shoes against sexual violence!**



With special thanks to the Missouri Athletic Club

## how you can help

### Leadership Giving Societies

The YWCA Leadership Giving Societies recognize supporters whose significant commitment spans multiple years. The Circle of Women Giving Society and the W.E.B. Du Bois Men's Giving Society members make pledges payable over five year, demonstrating their steadfast support and long-term commitment to both the mission of the YWCA and the positive impact within our community.

YWCA Leadership Giving Societies are comprised of different pledge levels of one-time commitments of \$5,000, \$12,500, \$25,000 or \$50,000 payable in installments of \$1,000, \$2,500, \$5,000 or \$10,000 per year for five years.

#### Circle of Women Giving Society

This Society was founded in 2009 to give women an opportunity to demonstrate community leadership through the YWCA and commit to a long-standing pledge of financial support.

#### W.E.B. Du Bois Society

Du Bois was an American sociologist, historian, civil rights activist, Pan-Africanist, author, and editor. He was the first African American to earn a doctorate degree from Harvard and one of the cofounders of the NAACP in 1909. Du Bois wrote about the East St. Louis riots of 1917, organized an awareness march in New York City to highlight St. Louis's plight, and lectured at the St. Louis YWCA in 1922.

#### The Phyllis Wheatley Society

This is a planned giving Society for donors to the YWCA's endowment and for those living donors who make their planned giving intentions designated to the endowment of the YWCA known prior to their passing.

### Annual Giving Societies

**1905 Society (\$10,000+)** Named for the year in which the YWCA Metro St. Louis was founded.

**Mary Hancock McClean Circle (\$5,000 - \$9,999)** – Dr. McClean led the establishment of the YWCA in St. Louis and was one of the first prominent female physicians in St. Louis. Through her efforts the YWCA took its programs into factories and department stores, offering female employees medical examinations, exercise classes, and health education. Dr. McLean was the first woman admitted to membership in the St. Louis Medical Society and was a Fellow of the American College of Surgeons.

**James Gay Butler Circle (\$2,500 - \$4,999)** – Mr. Butler made a lead contribution of \$50,000 in 1910 to purchase a larger, newer facility for the YWCA. Mr. Butler was a leading Missouri philanthropist of his day and served as a director of the 1904 World's Fair.

**Arsania M. Williams Circle (\$1,000 - \$2,499)** – Ms. Williams led the founding of the African-American Chapman Branch of the YWCA in 1911 (later, Phyllis Wheatley Branch). Ms. Williams was a teacher in the segregated St. Louis school district and a recording secretary and vice president at-large to the National Association of Colored Women in the 1930s.

**Samuel M. Dodd Circle (\$500 - \$999)** – Mr. Dodd was a successful merchant, real estate investor, and corporate director. When the family moved from their home on Garrison to Vandeventer Place in 1905, Mr. Dodd donated the vacant mansion to serve as the first official home of the "Y.W." as his niece called it. A few years later, Mr. Dodd built a gymnasium adjacent to the mansion.

**Anna Lee Scott Circle (\$250 - \$499)** – Ms. Scott was the longest serving director of the Phyllis Wheatley Branch of the YWCA, overseeing its growth and program expansion for 34 years (1933-1966). She established Camp Derricotte — the first summer camp experience for blackgirls in the state. She then was appointed the first African-American director of the entire YWCA Metro St. Louis in 1966.

**Louise Chapman Circle (Up to \$249)** – Mrs. Chapman donated her mansion at 2942 Pine Street to house the first African-American branch of the St. Louis YWCA — called the "Chapman Branch" in 1911, becoming one year later, the "Phyllis Wheatley Branch."

**For more information about giving opportunities at the YWCA, call 314.531.1115 x230 or visit our website:**

**[www.ywcastlouis.org](http://www.ywcastlouis.org)**

## events

The 2nd Annual YWCA Walk a Mile in Her Shoes more than doubled its participation from last year! A big “shout out” to our speakers, Honorary Chair and NFL Hall of Famer Aeneas Williams, Co-Chairs Mary Sabatino and Ashley Kemper, St. Louis County Executive Charlie Dooley, St. Louis Police Lt. Latricia Allen, Alnita Smiley, St. Louis Communications Director Maggie Crane, Deputy Regional Director of the St. Louis office of Sen. Claire McCaskill, Mattie Moore, and YWCA CEO Adrian Bracy. Thank you to the members of the YWCA Board of Directors, Kim Tucci, The Missouri Athletic Club, the St. Louis Fire Department, Tucci Events, and of course, a tremendous thank you to all our volunteers who helped the men who proved they were man enough to Walk a Mile in Her Shoes!



*YWCA Board of Directors!*



*Volunteers race to sort and distribute the red heels, talk about pressure!*



*Honorary Chair Aeneas Williams tells the crowd he is walking for his wife and daughters!*

## events

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The 34th Annual YWCA Leader Lunch Steering Committee, chaired by Emer OBroin, is busy making the 2014 YWCA Leader Lunch slated for Friday, December 5, 2014, at the Union Station Ballroom, a fitting prelude to 2015 and the 110th Anniversary of YWCA Metro St. Louis!

YWCA thanks the Academy of Leaders Selection Committee members for their deliberate work in choosing the 2014 Leaders of Distinction from a field of outstanding nominees. YWCA proudly introduces the exceptional 2014 Honorees!

### YWCA Academy of Leaders, Class of 2014



**Zundra Bryant**  
Vice President, MasterCard



**Maria del Carmen Jacob**  
CEO, NextGen



**Doreen Dodson**  
Sr. Partner, Polsinelli PC



**Cathy Dunkin**  
CEO Standing Partnership



**Christine Houston**  
SVP, Express Scripts



**Mary Koomar**  
SVP, Scottrade



**Penny Pennington**  
Principal, Edward Jones



**Elizabeth "Beth" Stroble**  
President, Webster University



**Eileen Wolfington**  
Casa de Salud

## YWCA LOCATIONS

**Administrative Headquarters**  
**Transitional Housing Program**  
**Youth Services**  
3820 West Pine Blvd.  
St. Louis, MO 63108  
**Main Number:**  
314.531.1115  
**Housing Program:**  
314.533.9400

**Head Start and Early Head Start**  
1911 Beltway Dr.  
St. Louis, MO 63114  
**Main Number:**  
314.427.4940

**Phyllis Wheatley Apartments**  
709-11 Locust St.  
St. Louis, MO 63103  
**Main Number:**  
314.534.5400

**YWCA Women's Resource Center**  
**YWCA School-Age Care Program**  
140 N. Brentwood Blvd.  
St. Louis, MO 63105

**School-Age Care:**  
314.725.7203  
**Women's Resource Center:**  
314.726.6665  
**Rape Crisis Line:**  
314.531.RAPE

## YWCA Mission:

**YWCA Metro St. Louis is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.**

## YWCA METRO ST. LOUIS BOARD OF DIRECTORS 2014

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for every woman