



**A Child's World**  
a childcare center

**The following are the primary needs of the Emergency Shelter and Transitional Housing programs offered at the YWCA Cass Clay:**

- Any food donations are appreciated!
- New mattress pads & sheet sets (twin & full)
- Gently used furniture (couches, dressers, full & twin beds, desks)
- Extension cords (outdoor, 25 or 50 ft.)
- Gas & grocery gift cards
- New pot/pan and silverware sets
- Kids toothbrushes/paste
- Unscented lotion
- Diapers (size 4/5)
- Deodorant
- Toilet paper
- Hair conditioner
- Hand sanitizer
- New underwear, fall/winter clothing, winter outdoor gear (all sizes)
- Quilts (twin & full)
- Disinfecting wipes
- Baby wipes & lotion
- Body wash
- Shaving cream / razors
- Cold sore meds, Imodium, Pepto-Bismol

A complete list of needs is available at [www.ywcacassclay.org](http://www.ywcacassclay.org).

**Volunteer Opportunities**

**Hair Stylist**

- Days and times are flexible
- Licensed stylists needed for cuts, colors, and perms for shelter residents and their children
- Stylists must provide own sheers; all other professional equipment and supplies will be provided

**Wednesday Walmart Donations**

- Wednesdays from 1:30-3:30 p.m.
- Unload truck, weigh all donated food by category, and put away food in appropriate locations
- Must be able to lift upwards of 80 pounds

**Building Maintenance Assistant**

- Days and times are flexible
- Assist with indoor building maintenance, painting, wallpapering, lawn care, etc.
- Prior maintenance experience preferred

For a complete listing of volunteer opportunities, visit [impactgiveback.org](http://impactgiveback.org) and search for "YWCA."

Have a volunteering idea? Just ask Amber! Call her at (701) 232-3449 or email [adahl@ywcacassclay.org](mailto:adahl@ywcacassclay.org).

November 2011 Edition

November  
National American Indian  
Heritage Month

November 6  
Daylight Saving Time ends

November 8  
Election Day

November 11  
Veterans Day

November 24  
Thanksgiving Day

December  
National Drunk and  
Drugged Driving  
Prevention Month

December 10  
Human Rights Day

December 20  
Hanukkah begins at  
sundown

December 21  
Winter Solstice

December 25  
Christmas Day

December 26  
Kwanzaa begins

**Simple gifts: love, innocence, security**  
A young boy's journey to a brighter future

"She loves me and I love her."

A statement so simple and yet so profound in its importance. Seven words that have a lifetime of meaning to a young boy who has been through so much in his six short years of life. For Brandon, the love he has for his Grandma MaryAnn and his extended family at the YWCA is pure, innocent, and his salvation.



Brandon's journey with the YWCA began three years ago, as he moved to Fargo with his mom to escape a violent home. Almost immediately after he entered the Emergency Shelter, Children's Services staff noticed Brandon was very hyperactive, often reacted aggressively if he didn't get what he wanted, and swore frequently. According to staff, Brandon was also an affectionate and caring child, but it seemed "his mind was racing too much for his body to keep up." When brought to his mom's attention, she was hesitant to have Brandon screened for his hyperactivity.

In the fall of 2008, Brandon moved with his mom into the YWCA's Transitional Housing program, living independently while having continued access to the supportive programs offered at the shelter: case management and guidance, Children's Services (childcare center, parent education, and Study Buddies after-school program), Shelter Faith Community Nurse, and Education & Employment. It was during this time that YWCA staff began to recognize the severity of problems Brandon was experiencing at home, along with the extent of his mom's inappropriate behavior and severe mental health challenges.

*Continued on Page 3*

**Brighten the season for a family this holiday**

**Adopt a Family**

Please consider adopting a family from our Transitional Housing program for the holidays. By purchasing gifts for a family, you will brighten the season for a mom and her children. Presents must be delivered to the shelter before December 15 in order to be distributed before Christmas. To receive a family's wish list or for more information, contact Erin at (701) 232-3449 or [edahl@ywcacassclay.org](mailto:edahl@ywcacassclay.org).

**Unique Boutique**

Families utilizing the services of the YWCA are able to shop for presents for their immediate family members at our Unique Boutique event on December 9. Donations of new gifts, wrapping supplies, and volunteering before and during the event are needed. Gifts should be delivered to the shelter by December 5. For more information, contact Amber at (701) 232-3449 or [adahl@ywcacassclay.org](mailto:adahl@ywcacassclay.org). Download the Unique Boutique wish list on our website ([ywcacassclay.org](http://ywcacassclay.org)) or by scanning the QR code on the right with your smartphone.



# Thank you to our 2011 Community Collaborators



## Community Partners



### Finding innocence and hope in this holiday season Consider a gift to our Angel Appeal to help women and children in need



Denise Magness

During a recent visit to the shelter, I was struck by the large number of small children living there. It reminded me of my own childhood; a time of innocence, hope, laughter...the simple joy of playing with toys and my very best friend. Growing up, many of us were lucky enough to have had a safe place to call home, enough food to eat, and a neighborhood full of friends to play with.

For many of the children at the YWCA Emergency Shelter, these things aren't easy to come by. In fact, even having the basics like food, shelter, or safety isn't always part of their reality. Extras like shoes that fit, a warm pair of winter boots, or snacks at home after school are only dreams on a wish list.

The ornament chosen for this year's annual Angel Appeal is a toy wagon overflowing with good things. It represents all that we wish for the women and children that pass through our doors at the YWCA shelter. A safe place to call home. A good job. Quality, affordable childcare. Hope.

Our community is blessed to have the tremendous staff and resources of the YWCA to provide a safe haven for women and children in need. Experienced shelter advocates guide and assist women on their journey to independence. Children's Services teachers help kids get back in school and with their homework. A Shelter Faith Community Nurse is on site to meet the health needs of all. Quality, safe childcare is available and Transitional Housing options exist for those needing assistance beyond their shelter stay.

The effects of the economy are evident, even in our area. Today we have 27 women and 29 children in our care. We are seeing a tremendous increase in those seeking shelter from domestic violence (75%, up from 61% in 2010). Homelessness in our communities is also a growing issue. Unfortunately, we are also experiencing a reduction in grant funding and other sources to help us pay for this increased need.

This holiday season, I ask that you open your hearts to women and children by giving to our annual Angel Appeal. It costs \$33 a day to provide shelter and supportive services for a woman or a child. For contributions of \$100 or more, we will joyfully send you the toy wagon ornament to remind you of the comfort your gift has provided to all of the women and children in our care.

We are so appreciative of the many amazing long-time supporters of the YWCA and the difference your support has made in the lives of so many. Thank you! We also extend a warm welcome and thanks to those of you that may be joining in support for the first time.

On behalf of our residents, staff and board members, I wish you and your families a wonderful 2012.

In Peace,

Denise Magness  
YWCA Board President

### Altrusa Baby Shower success

On behalf of the women and children who seek a safe haven at the YWCA Emergency Shelter, we would like to say "THANK YOU" to all of our generous supporters during the 11th annual Altrusa Baby Shower. The supplies we received will help provide babies with bottles filled with formula, cozy blankets for children to snuggle with, hats to keep heads warm and tennis shoes for growing little toes - that's just the beginning of the many ways your donations will impact the families we serve! We would also like to say "THANK YOU" to Altrusa and Froggy 99.9 for their support, to Walmart for hosting, and to the volunteers who assisted in collecting, sorting and putting away donations. And, to all the shoppers and donors who filled our collection bins with love and support for the families of the YWCA - thank you!!

*"I'm having my first baby and I have nothing for him. I feel like such a bad mom, but I don't have money to buy him anything. Thank you so much for helping me and all of this stuff! I don't know what I would do without you guys."*

N, mom of one

### Homeless & Hungry fills need

On October 15 and 16, the annual Homeless & Hungry event took place in the Fargo-Moorhead community. The 2011 final numbers were:

- 515 Participants
- 700 Volunteers
- 30,000 Pounds of donations collected and distributed
- \$85,000 Raised

In its simplest terms, Homeless & Hungry is a combination of a 30 hour fast and a campout in cardboard boxes to raise awareness, fund, and donations for area shelters. The mission of Homeless & Hungry is to empower people to raise awareness for homelessness, to financially assist shelters and their partnering entities, and to change the hearts of participants and sponsors to serve as God's hands and feet. Thank you to all who took part in this wonderful event, benefiting many organizations, including the YWCA.

### Surviving Your Serengeti event

Keller Williams Roers Realty welcomed author and speaker Stefan Swanepoel to the Fargo Theatre on August 4 where more than 300 people heard his message about how our innate strengths correspond with animals in the Serengeti. This exciting fundraiser for the YWCA brought in over \$1,200. Thank you Keller Williams Roers Realty!

**Fill the Dome is November 21 & 22 @ FARGODOME**

• 2011 goal is 500,000 meals for those in need

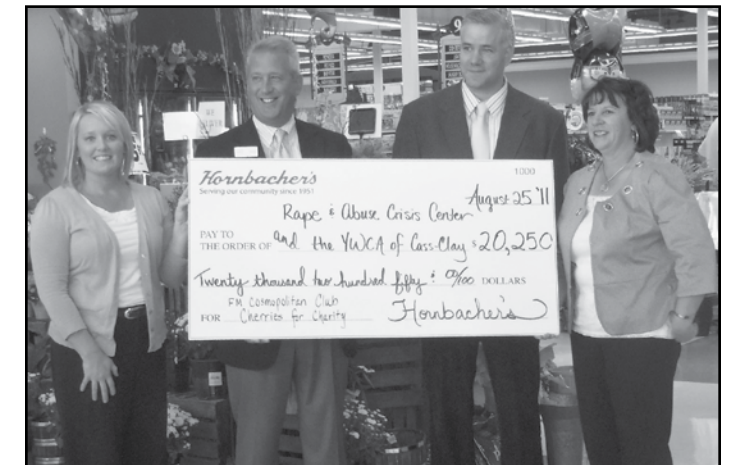
Watch our website for Women of the Year nomination forms coming soon!

### First Lady Dalrymple visits shelter



Pictured from L to R: Sindy Keller (YWCA Board member), Karen Carlson (Shelter Services Director), Erin Prochnow (Executive Director), First Lady Betsy Dalrymple, Jessica Anderson (Study Buddies Coordinator)

### Cherries for Charity presentation



Pictured from L to R: Erin Prochnow (YWCA Executive Director), Greg Diehl (Rape and Abuse Crisis Center Executive Director), Matt Leiseth (Hornbacher's President), Kathy Robley (F-M Cosmopolitan Club)

### 2011 YWCA Board of Directors

- |                                      |                       |
|--------------------------------------|-----------------------|
| Denise Magness, President            | Jennifer Dorsey       |
| Sindy Keller, First Vice President   | Jessica Foss          |
| Kim Shuckhart, Second Vice President | Katie Hasbargen       |
| Shelley Earsley, Secretary           | Kimberlee Hegvik      |
| Lisa Yoney, Treasurer                | Ramona Johnson        |
| Annette Ambuehl                      | Chris Linnares Marcil |
| Kathy Benson                         | Chitra Ramanathan     |
| Becky Cote                           | Carolyn Trana         |
| Georgia Dawson                       |                       |

## No easy task, no ordinary organization

Thank you to all of our wonderful donors who support us; whether it be financially, with in-kind donations, or with the gift of time. We are grateful for the significant community support and truly are strong alone, but fearless together! It is our goal to continue to bring peace to women and children facing homelessness by providing a safe haven and supportive services through our emergency shelter.

Listed below are those who have financially supported the YWCA Cass Clay through membership or by sponsoring a day of shelter. Also listed are those who provided a gift in honor or in memory of someone special. We would also like to acknowledge the many donors who have chosen to remain anonymous - their gifts are greatly appreciated even though not publicly recognized.

### August 6, 2011 - October 18, 2011

Denise Aasen	Kathryn & Matt Hasbargen
Elaine Ackerman	Katie Haugen
Kathryn Albrecht	Kathy & Harry Hawken
Marlene Ames	June & Harold Hayer
Monique Ammi in honor of Juluis Johnson	Marilyn Helgeson
Anderson, Bottrell, Sanden & Thompson	Irene Hogan
Alisha Ankers	Elaine & Don Holm
Ronald & Karen Arneson	Robert Holm in memory of Jean Ista
Lorael & John Arnquist	W. T. Jacobson in memory of Rich Spichke
Brian Bandemer	Willy & Arland Jacobson
Mavis & John Bennett	Bonnie Johnson
Kathryn Benson in honor of Karen Carlson	Celeste Johnson
Mark Berntson	Dana & Steve Johnson
Yvonne Bethke	Irene Johnson
Carolyn & Richard Blaine	Lyle & Irene Johnson
Richard & Shirley Bolme	Nicholas Johnson
Lois Bowman	Ramona Johnson
Dorothy Brakke in honor of Lisa Kellerman	Ramona Johnson in memory of Mary Gunufson
Dorothy Brakke in honor of Lori Larson	Sandra Johnson
Dorothy Brakke in honor of Laurie Brakke	Robin Kack-Johnson
Maxine Brinkman	Rhonda King
Annette Bruer in memory of Jeri Lynn Herr	Annie Daley Kingsbury
Barbara Buchanan	Connie Kingsley
Dr. Ron & Kim Burd	Sarah & B.J. Knutson
Marlene Christenson	Barb & Tim Kraft in memory of Charles Nelson & Bonnie Sinner's mom
Rachel & Josh Clarke	Barb & Tim Kraft in memory of Blaine Mack & Douglas Enger
Patrick & Rae Colliton	Beverly Krein
Pamela Corbin	Dawn Lahlum
Patricia Crary	Judith Lee in honor of Joan Whaley
Dorothy Dale	Elaine & Jon Lindgren
Russel & Helen Danielson	Joan & David Locken
Edith Dawson	Megan Meis
Virginia Deitz	Andria & John Messelt
Jon & Kylie Dickson	Brenda Messerschmidt
Delray & Verlene Dvoracek	Tammy Miller
Diane Elkin	Senator Carolyn Nelson
Martha Engelhardt	Rhonda Ness
Cheryl Evert	Jo Ann & Robert Nyquist in memory of Douglas Sillers
Faith Lutheran Church	Rae Offutt
Norma Flore	Olivet Lutheran Church Quilters
Harold & Wella Foley	Paula Olsen
Betty Gamache	Donna M & Bob Olson in memory of Esther Kassenborg
Janet Geston	Our Saviors Lutheran Church
Yvonne Green	Denise Peterson
Delene Gunderson	
Ardis Haaland	
Gary Haaland	
Hair Expressions & Beauty Spa	
Helen Hansen	

Eunice Plunkett
Doyle & Kim Ranstrom
Marjorie Ratti in honor of JoAnne Johnson & Connie Abrahamson
LuAnn Regan
Kathryn Richardson
Connie Santwire in memory of Geraldine "Ginny" Frost
Tahralee & Shane Sauvageau
Jane Schaubert
Cathy Schwinden
Carmen Seifert
Kimberly & Noel Shuckhart in memory of Fran Caulfield
Shirley Sjue
Jean Smillie
Ruth Sorknes
Dr. & Mrs. Stephen Spellman
Melissa Stewart
Anne Stoll
Maureta A. Studebaker
Maureta A. Studebaker in memory of Mary Bergman
Orlan & Elaine Swenson
Amanda & Brett Thompson
Michelle Thurn
Lynn Tkachuk
United Church of Christ
Samantha Vanwechel
Vikingland Kiwanis
Diane Wanner in memory of Inez Whittemore
Kay Weisgram
Leanne Wilcox
Wanda Wilcox
Linda & Jimmie Wilkie
Kathy Wold
Carolyn Wright in memory of Tom McShane
Gloria Wrigley

**Are you a snowbird?**  
Please let us know your alternate address & approximate length of stay.  
Call Darren or Nicole at (701) 232-2547.

**Due to space constraints, as of January 1, 2012 we will only list donors who give a gift in honor or in memory of someone special. We look forward to bringing you more stories and pictures with the additional space!**

## "...I want him to know that love is good and not hurtful."

*continued from front page*

Each day, Brandon longed for safety, security, and love from his mom. Instead, he was faced with not feeling loved by his mom, a mom who had inadequate parenting skills and kept everyone in her life at a distance (including Brandon), and coping by hiding in kitchen cabinets.

### "The YWCA is warm, caring, and giving."

MaryAnn became a constant and loving fixture in Brandon's life. She would leave her door unlocked so that Brandon could visit her any time he chose to, knowing that he didn't feel comfortable in his own home. Brandon was able to find a stable family presence in his Grandma MaryAnn.

Brandon faced yet another challenge in early 2010 when he was removed from his mom's custody because of her inadequate parenting and for his own well-being. After having a father who already terminated his parental rights, Brandon's mother soon chose to do the same. But, Grandma MaryAnn stepped into the role of parent without hesitation.

"He is my flesh and blood and brings me so much happiness," explained MaryAnn. "I want him to know that love is good and not hurtful. He will always have a place to come home to."

Now that Brandon is in his Grandma MaryAnn's care, he is flourishing. She sees to it that Brandon meets with his

## YWCA Emergency Shelter staff member nominated Carlson finalist for "Beautiful Women" project through Forum Communications



Karen Carlson

Karen Carlson, YWCA Shelter Services Director, has been chosen as one of three finalists for the first round of the "Beautiful Women" project. Presented by Forum Communications, the project highlights women in our community who have endured hardship, give of themselves through community service, or simply exhibit a joy of living.

Voting for the first round of finalists has concluded and the featured woman will be announced on WDAY-TV news at 10PM on November 20. The recipient will receive a prize package, interviewed in The Forum, and featured in a television news story.

Here is Karen's nomination, written by a longtime YWCA volunteer: *Strong. Compassionate. Dedicated. Advocate.*

*Karen has been entrusted with significantly increased*

counselor each week. MaryAnn also continues to seek support from her Transitional Housing advocate, often visiting the shelter with Brandon weekly.

"The YWCA is warm, caring, and giving," MaryAnn said. "Our extended family is the YWCA. It provides consistency and stability."

This is especially true for Brandon. Not known for his hugging, Brandon *always* has a hug ready for his favorite YWCA staff member - Steve, or "Steven" as Brandon (and only Brandon) calls him. As the Facilities Coordinator at the shelter, Steve is one of few men that the women and children we serve interact with on a daily basis. For Brandon, who craves attention from men, "Steven" has become part of his family.

Now a bright, happy kindergartner, Brandon has been witness to many things at his tender age, many of them he chooses not to remember. But, with the love of his Grandma MaryAnn and his YWCA family, Brandon has found his forever home.

And perhaps he can, once again, find the innocence of his childhood.

*\*Names have been changed to maintain confidentiality.*

*Transitional Housing provides secure, affordable housing and helps participants develop the skills needed to achieve independence.*

*responsibility over her seventeen years of service to the YWCA. Hers is not a job, but a calling to serve and empower others. She articulates and lives out the mission of the YWCA in both her professional and daily life within the community and region.*

*Karen has known her own life challenges and has used her personal experiences to gain thoughtful discernment and wisdom for herself and her dedicated service to others. Karen is warm, engaging, and passionate in her belief of the value of all persons.*

*Karen possesses an uncommon commitment to the well-being of women and children in her care. She offers a listening ear, wise counsel and is a firm believer in second chances. She is the embodiment of "world citizen" with respect and advancement of diversity as she is non-judgmental and seeks restorative justice for those facing injustice.*

*It's an honor to call her friend.*

## 28th annual Chocolate Fantasy Event continues to benefit shelter

The 28th annual *Chocolate Fantasy and Chili, too!* event took place on Thursday, September 8. Over 1,300 guests sampled delectable desserts from area restaurants and feasted on bowls of chili with all the fixings. Thank you to all who attended, had their fill of chocolate goodness, and bid on silent auction items. Additional thanks to those who donated desserts and silent auction items. With your support, we can continue to provide for the women and children who seek safety at our Emergency Shelter.

Special thanks to our event sponsors:



Chocolate lovers of all ages enjoyed the events of the day. Photo courtesy of Mark Sorgaard, Fat Cat Studios.

## Native American Heritage Month Time for recognition, celebration, & action

November is Native American Heritage Month, a time to not only honor Native Americans and their culture, but also to come together and address the issues currently facing the American Indian community; particularly the astounding rate of violence against Native American women and children.

In 2010, Native American women and children residing in the YWCA Emergency Shelter comprised 20% of the total population served; 61% of those seeking services did so because of domestic violence. However, Native American citizens residing in Fargo, Moorhead, Cass and Clay Counties comprise between 1.1-1.9% of the entire population, according to the demographic information available from the City of Fargo, City of Moorhead and Cass and Clay Counties. This disparity seems to coincide with what is happening to American Indian women nationally.

According to a report released by the Department of Justice, Native American women experience the highest rate of violence of any group in the United States; a rate three and a half times greater than the national average. Some researchers estimate that the number is actually much higher since 70% of sexual assaults are never reported due to a mistrust of a historically insensitive, racist and sexist system. In addition, these women fear being alienated from their families, losing custody of their children, and are reluctant to deal with apathetic state and tribal agencies.

Although steps have been taken to end violence against Native American women, such as passing the Tribal Law and Order Act of 2010, which includes an emphasis on decreasing violence against women in Native communities, and the re-authorization of the Violence Against Women Act, there is more work to be done. November is not only a time to celebrate the culture and heritage of American Indians, but also an opportunity for all of us to work together to ensure that American Indian women and children are able to live a life of safety, security and freedom from violence.

*"The Circle has healing power. In the Circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity."*  
~Dave Chief, Oglala Lakota

**Watch for an Annual Meeting date coming soon. All YWCA members are invited to attend.**

## A Child's World earns recognition STAR Four Award achieved

A Child's World, the YWCA's nationally accredited public childcare center, has earned a STAR Four Award from the North Dakota Early Childhood Rating & Improvement System.



Similar to rating for movies and restaurants, Early Childhood Rating & Improvement Systems are designed to recognize early childhood programs for the quality of care they deliver and to highlight the importance of nurturing, learning-based care for all children. By achieving a STAR Four rating, it means our program is accomplishing the following:

- Completes specialized training in early childhood education
- Follows current group size and appropriate ratios
- Promotes healthy living for a lifetime
- Examined over 124 health and safety guidelines
- Earned a top-notch score in our environment evaluation

A Child's World will be applying for a STAR Five award (highest level achievable) in January, after the completion of a mandatory three-month waiting period. Congratulations to Linda Sakrismo, A Child's World Director, and the entire A Child's World team for this fantastic accomplishment!



**Find us on Facebook**

Keep on top of all the happenings at the shelter and the entire agency through Facebook. Simply search "YWCA Cass Clay" and receive the latest news about the shelter, A Child's World, Transitional Housing, Shelter Children's Services, and more.

## A loving reminder for parents Children need your support and honesty

### Memo From Your Child:

1. Don't spoil me. I know quite well that I ought not to have all that I ask for. I'm testing you.
2. Don't be afraid to be firm with me. I prefer it; it makes me feel more secure.
3. Don't let me form bad habits. I have to rely on you to detect them in early stages.
4. Don't make me feel smaller than I really am. It only makes me behave stupidly "big."
5. Don't correct me in front of people if you can help it. I'll take much more notice if you talk to me privately.
6. Don't make me feel my mistakes are sins. It upsets my sense of values.
7. Don't protect me from consequences. I sometimes have to learn the painful way.
8. Don't be too upset when I say, "I hate you." It isn't you I hate, but your power to thwart me.
9. Don't take too much notice of my small ailments. Sometimes they get me the attention I need.
10. Don't nag. If you do, I shall have to protect myself by appearing deaf.
11. Don't forget that I can not explain myself as well as I would like: this is why I'm not always accurate.
12. Don't make rash promises. Remember that I feel badly let down when promises are broken.
13. Don't tax my honesty too much. I am easily frightened into telling lies.
14. Don't be inconsistent. That completely confuses me and makes me lose faith in you.
15. Don't tell me my fears are silly. They are terribly real to me and you can do much to reassure me if you try to understand.
16. Don't put me off when I ask questions. If you do, you will find that I stop asking and get my information elsewhere.
17. Don't ever suggest that you are perfect or infallible. It gives me too great a shock when I discover that you are neither.
18. Don't ever think it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm toward you.
19. Don't forget how quickly I am growing up. It must be difficult to keep pace with me, but please, do try.
20. Don't forget that I love experimenting. I couldn't get along without it so please put up with it.
21. Don't forget that I can't thrive without lots of understanding love, but I don't need to tell you that do I?

~ By Thomas C. Ritt, Jr., Arizona ACLD Newsletter December 1975

*A Child's World, one of ten nationally accredited childcare centers in North Dakota, provides high quality childcare for children in an environment that supports all families, regardless of income, diversity, or family structure.*