



In session two, the protégés were teamed up with experienced women in our community for a networking event.



Spring 2012 www.ywca-sf.org (605)336-3660

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

IN THIS ISSUE

First Class of YWCA Women's Leadership Program Graduates

To assist and develop up-and-coming leaders, the YWCA implemented a new program last fall called the Women's Leadership Program. It was designed by leaders in the community to help empower women to reach their greatest potential.

In our first year, 50 outstanding women applied to be a protégé in the program for 24 available positions.

The protégés attended a variety of leadership sessions and were challenged to think in new and different ways.

Over the past three months the protégés developed a plan that includes personal and professional goals and ways to achieve them. On April 12, after graduation, each protégé was matched with a mentor. Over the next year, the mentor will guide and support the protégée through implementation of their plan.

Deb Soholt director of Women's Health at Avera McKennan, is one of the mentors for the Women's Leadership Program. When asked why being a mentor is important to her, Soholt replied, "I love being a woman of the prairie, and it is important to me that our community – in every sense of the word – continues to flourish. That will only be possible when new professionals bring their fresh energy & creativity to bear. I am

honored to be able to contribute to their foundation for success."

Soholt went on to say, "At my career genesis formal guides were non-existent, so this is a chance to see things through fresh eyes. Any time there is space to connect with those excited to grow, learning transpires for all involved."

Another mentor, Kristi Reiersen, Vice President Human Resources at Orthopedic Institute, hopes to gain personally from the program. Reiersen commented, "There is such richness and immeasurable benefits in expanding networks and relationships. I am looking as much to be inspired by a young woman leader as I am hoping to share my own experience with someone else."

Recruitment for the next class of protégés and mentors will start in the fall. If you are interested in being put on the mailing list for an application email Erin Bosch at ebosch@ywca-sf.org or call (605) 336-3660.

YWCA Women's Leadership Program is a service project of Junior League of Sioux Falls. The collaboration furthers the mission of both YWCA Sioux Falls and Junior League of Sioux Falls to enrich the lives of women and empower them to make themselves and Sioux Falls a stronger community.



Competitiveness, character & fun

Katie Sim, YWCA youth volleyball referee, shares her volleyball experience. Now in high school, she shared her photo (above) of her 6th grade volleyball team. See page 3 for Katie's story.



Women who care, strive & create

Let us introduce you to women who have found success and impacted those around them. See Tribute to Women nominees and winners on page 4.

Egger Steel provides shoes for girls

The YWCA provides shoes for students that participate in the Girls on the Run & Girls on Track programs who are currently eligible for free or reduced-price meals at school.

Each year, our program has received scholarships from a national sponsor to distribute shoes to girls in need. The large success of the program created an increased demand for shoes leaving the national sponsor unable to financially support the program.

Last year, we had 596 girls participate in both programs and we were able to provide 50 free pairs of shoes for girls. This met the needs of approximately 20% of the girls that should have new shoes. If the state average is 4.1% of the students receiving free or reduced lunches we could have used 244 pairs of shoes for the girls last year.

Stacy Stahl, YWCA girls and youth director, said, "Our primary focus has been getting the girls in the Girls on the Run and Girls on Track programs to help build their self esteem. Our secondary focus is providing shoes for the girls with the greatest need. We project that 289 girls in our programs will qualify for shoes and that number increases to 324 pairs of shoes in 2013."

We would like to thank Egger Steel who heard about the change in our program. They have committed to supplying a minimum of 20 girls with new shoes this year.



If you would like to provide a scholarship for a girl to participate in the program or donate to the shoe fund call Catherine Forsch at (605) 336-3660.

Juniors & Seniors raise funds for youth programs

No one really knows how old the YWCA Spinster Dance is, but YWCA staff traced the event back 75 years. The tradition started in the 1930's and was organized by the YWCA Senior Girl Reserves Club (and later the Y-Teens).

The Spinster program provides life-skills learning for the 32 participants. In addition to the training, the Spinster committee helps organize an all high school dance where the girls ask the boys to the dance.

This year 1000 high school students attended the dance to raise money for camp scholarships and services for youth in the community.

The 2012 YWCA Spinster Committee includes: Lincoln - Aliya Elshami, Nadia Elshami, Taylor Glasoe, Meg Kelly, Lauren Kunkel, Liza McCann, Sydney Torgrude, Katherine Veenis. O'Gorman - Maria Anderson, Molly Billion, Veronica Fritsch, Makayla Hagerty, Mackenzie Kroon, Halie Retterath, Natalie Tiefenthaler, Loghin Welch. Roosevelt - Mariah Gehle, Sonja

Pederson, Kelsey Randen, Morgan Robson, Erika Roby, Olivia Schneider, Ashley Soukup, Kelsey Thornton. Washington - Andrea Loudenback, Macy Meyer, Zoie Pruner, Natalie Shaft, Amber Sigler, Audra Steinborn, Danielle Walker, Sara Wallenberg.

Each year we honor an Outstanding Junior Spinster and an Outstanding Senior Spinster for their contributions and involvement on the committee. This year we honored Outstanding Junior: Andrea Loudenback from Washington High School. The Outstanding Senior Spinster goes to two

equally hardworking young women: Mariah Gehle from Roosevelt High School and Natalie Shaft from Washington High School. The girls received their award at the Tribute to Women Awards Program in March.

This program would not be possible without the support of volunteers and community partners.

We thank the individuals and businesses that contributed to the success of the event:

Event Sponsor:



Participating Sponsors:

DJ Jer & First Premier Bank

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Communications Sponsors:

Henkin Schultz & Results Radio

Flower Sponsor: Flower Mill

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From 4th grade YWCA volleyball to state



Harrisburg Liberty Here We Come

We are pleased to announce an expansion of our school-age program to the Harrisburg Liberty Elementary School. The YWCA summer program begins Monday, May 21 and runs for 13 consecutive weeks, through August 17. The program is Monday - Friday from 6AM-6PM, and is located in the YWCA South gym on Ralph Rogers Rd and in the commons/lunchroom at Liberty Elementary. To sign-up call 362-9438.



Volunteers recognized

Junior League of Sioux Falls was recognized as 2011 Designated Volunteer of the Year. JLSF has been a great partner in the Women's Leadership Program and we look forward to two more years of volunteer service from their organization.



YWCA Annual meeting

The 2012 YWCA Board Officers are: Kris Attema – president, Julie Kriech – president elect, Sherri Rotert, Secretary, Jessie Schmidt – treasurer, Lavonne Gaspar – past president, Laurie Knutson – CEO, and board members – Julie Benz, Helen Kluck, Mary Lloyd-Huber, Courtney Mendelson, Katie Mullin, Laura Sibson, Tammi Soehl, Nancee Sturdevant, and Kay Wagner. The 2011 Designated Employee of the Year, Mary Osen was recognized at the Annual Meeting. Photo above.

Katie Sim, junior volleyball player at Lincoln High School, got her start in volleyball at the YWCA. Now a YWCA volleyball ref she shares her volleyball journey with you.

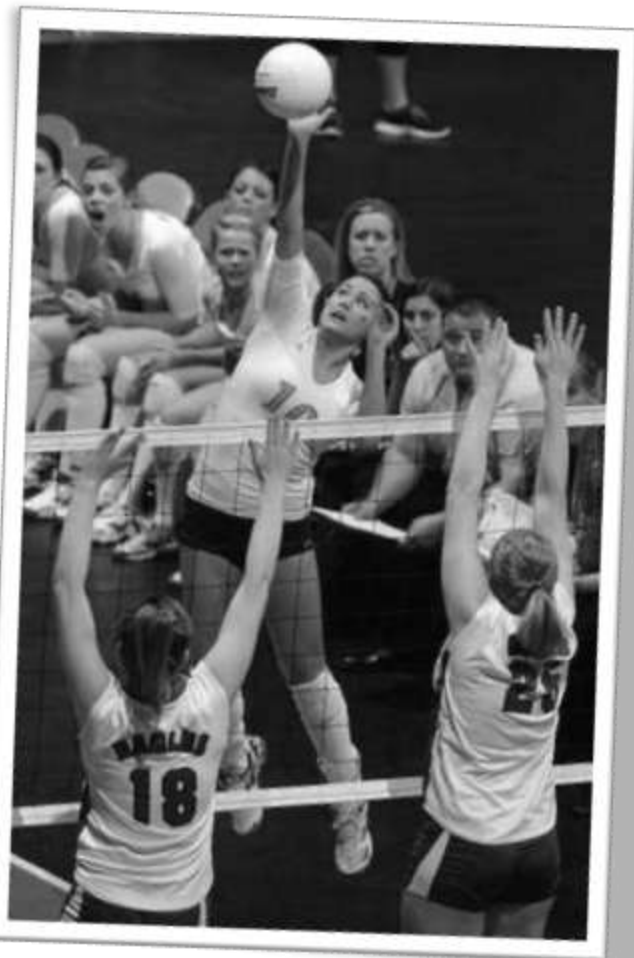
"I first began volleyball in 4th grade through the YWCA program. I was pretty shy when I was in elementary school (some may find that hard to believe) and volleyball, specifically through the ywca, introduced me to friends that I still have today.

I had the same coach throughout my ywca years - he was a dad of a girl in my grade who also went to the same school as me.

While each year I went through the program, my team was slightly different, there was a core group of about five of us who went to school together that got put on the same team each year. Some of my best memories of elementary and middle school are of practicing and playing with those girls.

My coach was fantastic; he was very loud but always encouraging and looking back, greatly contributed to why I love the sport so much today. My years as a "rockin' blueberry", "rusty ranger", and "green gecko" not only taught me the fundamentals of the sport, but also how to play with a team and manage emotions (a difficult concept for young girls) in a game that based off of making mistakes.

Most of all I loved playing and building relationships with those girls that were on my team. Even today as most of them go to Washington and only a couple of us still play the sport, we still reminisce of playing together throughout middle and elementary school years whenever we meet up.



I am now a junior, entering my senior year next fall as a fourth year member of the LHS varsity volleyball program. I will always be thankful that I grew up playing volleyball on a team and in a program that encouraged competitiveness, character, and fun - it was a large reason that I still play today!

-Katie Sim
LHS Varsity VB Player & YWCA VB Ref

Above is a photo of Katie Sim at the state volleyball tournament when Lincoln was crowned state champions.

VOLUNTEER COACHES NEEDED

The YWCA could not serve the youth of our community without awesome volunteer coaches. If you are interested in being a mentor coach give us a call.

CALL HEIDI OR STACY AT THE YWCA
(605) 336-3660

It is the JOURNEY which results in SUCCESS and not necessarily any one single event

Tribute to Women

American writer, Gail Godwin once noted, "None of us suddenly becomes something overnight. The preparations have been in the making for a lifetime." It's the culmination of advances and failures which ultimately lands us in a position of feeling somewhat successful in our endeavors.

Whether it is in sports, science, child-rearing, or any profession, our success comes from staying the course, starting new courses, thinking outside the box, being committed when others aren't, and having the courage to get back up when we fall.

On March 29, at Tribute to Women, we honored 67 women who understand this journey. In their own, unique way they found success and have impacted those around them. Our community and families are better for them. These are women who care, who strive and who create an example.

At the YWCA Sioux Falls, we believe all individuals have a role in making our families and our community a better place. And so it's especially rewarding for us when we can pause and acknowledge the contributions of women who demonstrate leadership and success in their homes, their work and in their community.

Proceeds from the event support YWCA's childcare programs, scholarships for children's camps and sports programs, and leadership training programs for girls and women.

Originally begun as the LeaderLuncheon in 1973, the annual tribute has become Sioux Falls' top celebration of women's leadership. Each year, the winners come from various areas of the community.



2012 Tribute to Women recipients: (front row from left to right) Anita Wetsch – Canfield Business Interiors, Terryl Cadwell – U.S. Probation/Pretrial Services, Mary Wolf - Avera McKennan Behavioral Health, Dr. Laurie Landeen - Sanford Health, Mary Thoen - Xcel Energy, Susan Omanson - Be Free Ministries, Mary Olinger - Retired from Make-A-Wish Foundation® of South Dakota, Jennifer Sherman - Morgan Stanley Smith Barney, and Lesa Jarding - Wells Fargo. Not pictured: Jaciel Keltgen - Augustana College.



This year's nominees in alpha order are:

Jane Aspaas, Anna. Baker Amy Benda, Jean Bender, Cathy Byington, Connie Byrne-Olson, Terryl Cadwell, Sarah Cady, Dorothy Christopherson, Ruth Christopherson, Suzy Collignon-Hodgen, Dee DiMemmo, Jennifer Dykstra, Sr. Kathryn Easley, Dr. Dawn Flickema, Kendra Gottsleben, Pam Hanneman, Darci Hustrulid, Lori Intveld, Julie Jansa, Lesa Jarding, Beth Jensen, Gwen Jensen, Dr. Nalo Johnson, Stephanie Judson, Jaciel Keltgen, Ruth Krystopolski, Patty Kuglitsch, JoAnn Kunkel, Dr. Laurie Landeen, Faye Lee, Sue Martens, Kara Mathis, Kacey McCarthy, Barb McMurchie, Mary Michaels, Tiffany Miller, Cindy Morrison, Sheri Mortenson, Rosemary Murphy, Megan Myers, Jayme Nelson, Lisa Norris, Mary Olinger, Susan Omanson, Betty Ordal, Lynn Otis, Theresa Parish, Robin Prunty, Barb Purdy, Jean Reed, Abby Roberts, Pam Russo, Linda Sanden, Kristina Schaefer, Candace Ann Schwab, Gretchen Shafer, Jennifer Sherman, Stacy Soldatke Dawn Szymik, Jane Teal, Mary Thoen, Sara Weber, Anita Wetsch, Terra Wiens, Melissa Williams, and Mary Wolf.

WE REMEMBER...

Arnold "Pete" Pederson

Pete was a man known for the love of his family and his generosity to our community.

\$500 - \$999

The First National Bank in Sioux Falls

\$100 - \$249

Kay Sitzmann

R S Baker

Dorothy Case

Curtis Kuehn

Laurie & David Link

Kristin Carmody Reaves & Tom Reaves

Karen & Michael Crew

Up to \$99

Susan L Evans

Dale Froehlich

Susan Hegg

Bunny & Michael Howes

Arlette Scherschligt

Amy & Thomas Young

Ann & Randy Cowan

Lori & Scott Kading

Lori & John Lems

Harvey Nelson

Tamara Baker

Margaret Dalthorp

Marilyn & Richard Viehweg

Biggest loser challenge changes lives

For twelve weeks, from January to April, 37 challengers worked to get in shape. What they learned from the YWCA Biggest Loser Challenge is that it is easier when you don't have to go it alone.

For each participant the YW staff provided a confidential health assessment, took measurements and body composition, charted changing weight, provided a trainer, and held weekly nutrition classes.

Nicole Meile-Anderson was the big winner. She learned that a healthy body is necessary to find the most abundant life. Read her story below.

"I am ashamed to admit how little I committed myself to my health and wellness for the last 10 years. With the craziness of finishing college, getting married, and having kids I felt like I had no time to devote to getting in shape. In addition, I was so far from my "ideal" wellness level I had no idea where to begin. In the past I had tried to live a healthy lifestyle, but I was never able to accomplish my goals. So when a co-worker of mine approached me about joining the Biggest Loser Program at the YWCA I thought it might be the motivation I needed to get started. When I started the program I had no idea how beneficial it would be for me. In twelve weeks I lost 33 pounds and 27 inches. Those numbers do nothing to capture the entire experience I had with the Biggest Loser Program.



I gained a lot of knowledge about how to eat right, how much water to consume, how to exercise efficiently, and I even kicked my habit of drinking Diet Coke! By far the greatest thing about the program was the support I received from all the participants. Though I hated her during some of our killer workouts, I could not have asked for a better trainer. Dannette was the most amazing person to work with and she never gave up on any of us. We became a close knit team, thank you to all of the other "Biggest Losers," I certainly couldn't have done it without you. I can't wait for the next program to start; I will be the first to sign up!"

-Nicole Meile-Anderson

Your participation in the YWCA Bunco Bash can help us to provide reliable transportation for kids!



The YWCA is reaching out to the community to ask for support in helping us to replace our aging transportation. By participating as a sponsor in the YWCA Bunco Bash your dollars will help the YWCA to purchase a new bus for our youth programs. If you cannot participate as a sponsor please consider a donation.

We have over 600 children in our centers. Our kids rely on transportation for early morning drop off for school and after-school pick-up. Reliable transportation allows us to introduce our kids to a variety of experiences through trips to the library, city hall, swimming, camp outings, and other field trip experiences.

We hope you will choose to be our partner in this important mission, and we thank you for your generosity. To make a contribution or sign up as a sponsor call Erin Bosch at (605) 336-3660.

Spotlight on philanthropy

(December 27, 2011 – April 15, 2012)

These organizations embrace the YWCA mission. Please express your thanks by being a patron of their business.

Tribute to Women

Event Sponsor



Leadership Sponsors



Participating Sponsors

Avera Health
Avera Heart Hospital of South Dakota
Citibank South Dakota
CNA Surety
CorTrust Bank, N.A.
Davenport, Evans, Hurwitz & Smith, LLP
Home Federal Bank
Lloyd Properties
Raven Industries, Inc.
Sanford Health
Showplace Wood Products
South Dakota Community Foundation
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Hy-Vee

Judges Luncheon Sponsor

Bracco World Café & Island Bar

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Candace Ann Photography
Flock Studio

Venue Sponsor

Washington Pavilion

Annual Giving

\$1,000 - \$4999

Arlette Scherschligt

\$500 - \$999 Angie & Gayle Nelson

Ruth and Rodney Parry

Annual Giving

\$250 - \$499

Hansen Family Foundation

\$100 - \$249

Julie and Pat Kriech

Sherri & Dan Rotert

Up to \$99

Anonymous

Kris & Glen Attema

Julie & Rex Benz

Jessica Deneui

Catherine & Tim Forsch

LaVonne & Ken Gaspar

Harriet Kelley

Randee Kemna

Judy R Lampert

Courtney Mendelson

Jessie & Jon Schmidt

Rhonda Schneringer

Laura Sibson

Tammi Soehl

Stacy & Prentice Stahl

Nancee & Tim Sturdevant

Betty Twedt

Randall Ulmer

Kay & Larry Wagner

Childcare

\$100 - \$249

Kristen Loehrer

Doug and Wendy Welty

Crib Replacement

\$1,000 - \$4999

Doug & Colleen Debelak

Midcontinent Foundation

\$250 - \$499

Ann & Donald Platt

Up to \$99

Kris & Glen Attema

LaVonne & Kenneth Gaspar

Barb & David Ohme

Transportation Fund

Up to \$99

Scott and Angela Johnson

Fitness

\$1,000 - \$4999

Marcy Reisetter

Up to \$99

Julie & Pat Kriech

Girls on the Run Program

\$1,000 - \$4999

Mitchell United Way

Avera McKennan Hospital & University

Health Center

Capital Area United Way

First Bank and Trust

FUN HAPPENINGS AT THE YWCA



2012 Spinster Royalty Named

The following students were crowned royalty at the annual YWCA Spinster dance: Lincoln: Ashley Bott & Landon Javers. O'Gorman: Adam Kianicka & Kirsti Skuza. Roosevelt: Erika Roby & Josh Angulo. Washington: Joey Habtemariam & Danielle Walker.



Insect nets, bug boxes, books

It will be a summer of outdoor exploration thanks to a grant from the South Dakota Game, Fish and Parks and South Dakota Department of Health. Through the Children in Nature backpack grant program the YWCA received two tubs of items designed to encourage daily outdoor exploration and physical activity. We are looking forward to using the items on field trips, outings to the local park, walks around the neighborhood and at the YWCA.



Residence hall women of the YW

In an effort to capture our 90 years of history, we reached out to past residents of the YWCA. In March we gave tours of the YWCA to these past residents: Suzanne King, Twyla Brandsma, Florence Toft, Donna Allis, Peg Steinfadt, Shirley Magnuson, Donna Knutson, Val Ohrt, Marcia Knutson, and Phyllis Knutson. A September reunion is being planned. Look on the back page for details.



Gardening project funded

One hundred YWCA youth ages 9-12 received funds for their summer garden. The gardening initiative is part of the 4-H After-School Program. The goal of the project is to expose school-age students to a gardening experience, and teach students the skills to become a lifetime gardener. The program will emphasize the importance of nutrition and healthy life styles in weekly classes and garden activities.



YW place to go for volleyball

Over 600 girls participated on the fall/winter volleyball leagues. The YWCA program relies on volunteer volleyball coaches to not only teach volleyball skills but teach good sportsmanship skills.



Can you jump rope sitting down?

As part of the YWCA's initiative to combat childhood obesity, the YWCA hosted an evening with Peter Nestler, world renowned trick jump roper. Nestler entertained and inspired over 100 children and adults as he demonstrated a variety of ways to get moving by using a jump rope. Peter encouraged students to become a champion in life by working hard and studying.

Spotlight on philanthropy

Girls on Track Program

\$1,000 - \$4999
Capital Area United Way

Leaders Endowment

\$500 - \$999
Angie & Gayle Nelson
\$100 - \$249
Lovey & Allen Bliss
Tracy Dahl Webb & William Webb
Carolyn Downs
Amy & Brad Olson
Up to \$99
Karen Koob

Spinster Program

\$500 - \$999
First Premier Bank
\$250 - \$499
Donald and Josephine Dougherty
Climate Systems Inc.
Grand Prairie Foods Inc.
Susan & Andrew Hille
Prairie Rehabilitation Services Inc
Sioux Falls Family Vision
\$100 - \$249
Quality Lenders Inc
Babytown Inc.
Commercial Interior Decor Inc
Hagan Benefits, Inc.
Greg and Pam Kneip
Mama Lada's Enchilada Shop
Master Blaster
Debra J Meyer
Prairie Coach Trailways
Sigler Fire Equipment
Signature Salon
Mary Timmer
Wet Noses Boarding Kennel
Woods Fuller Shultz & Smith PC
Robin & John Fritsch
Janklow Law Firm Prof. LLC

Up to \$99
Halberstadt Clothiers, Inc
Dakota Spirit Cheer

Women's Leadership Program

\$1,000 - \$4999 Janet Naessig
Kathryn & Robert Leech
Walmart West #1535
Woods, Fuller, Shultz & Smith P.C
RAS, Inc.
\$500 - \$999
Laurie & Todd Knutson
Nancee & Tim Sturdevant
\$250 - \$499
Cathy & Steven Clark
\$100 - \$249 Dacotah Bank
Up to \$99 Anonymous

Youth Recreation

Up to \$99
Cheryl Taylor

We Remember...

Charlotte Edna Reaves
Char was an active community member and past board member of the YWCA.
\$100 - \$249
Martha Baker

Loretta Rae Smith

Rae was a member of the YWCA Board and past member of the Century Club. Her daughter is Bunny Howes.
\$100 - \$249
Cheryl Taylor
Up to \$99
Sharon & Merle Johnson

Your gift is very much appreciated by women, children and families of the YW!

- I want to support women, children, and families of the YWCA.
- I want to contribute to the long-term plans of the YW through the Leaders Endowment Fund.

Here's my gift. ____\$250 ____\$100 ____\$50
Other \$_____

- I would like more information about how I can include the YWCA in my estate plans.
- I want you to know the YWCA is included in my will.
- Please contact me. I have another way I can help the YWCA.

Name _____
Address: _____
City: _____
State/Zip: _____
Phone: _____
Email: _____

Please charge my credit card:
____ Visa ____ MasterCard

Card #: _____
Signature: _____

Please send your response to:
YWCA 300 W 11th St. Sioux Falls, SD 57104
or call Catherine at (605) 336-3660.



YWCA Avera Downtown
300 W. 11th Street
Sioux Falls, SD 57104-6306

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Label correct? If not let us make it right.

Please call Mary 605.336.3660 or change
and mail back to us.

____ Misspelled Name

Mark your calendar for upcoming events!

Friendly Fridays

Every Friday in May

YWCA fitness members can bring a friend on Friday at no charge. Stop by the registration desk for more information.

4th Annual YWCA 5k for

Girls on the Run & Girls on Track

Saturday, May 5 ▪ 10am

Register for the 5k run » walk to support Girls on the Run/Girls on Track programs. The run » walk is open to the public.

Lifeguard Training

May 11-13

For info or to register call (605) 336-3660.

Water Safety Instructor Class

May 11-13 and May 19-20

For info or to register call (605) 336-3660.

CPR Challenge

May 19 ▪ 1pm – 5pm

For info or to register call (605) 336-3660.

Lifeguard Challenge

May 19 ▪ 8am – 12pm

For info or to register call (605) 336-3660.

Summer Care for K-5th grade students

May 21- August 17 ▪ 6am – 6pm

YWCA South on Ralph Roger Rd & Liberty Elementary in Harrisburg
Choose one week or all 13 weeks. Sign-up today for the weeks that your children will need care. For more information or to register call Nancy at (605) 362-9438.

Kids Eat Free at YWCA this Summer

Downtown YWCA (May 21 – August 17)

Breakfast and lunch will be served at the downtown YWCA, 300 West 11th Street, Monday - Friday. Breakfast service is from 8:00AM to 9:00AM; lunch is served 11:00AM to 1:00PM.

Drake Springs Park (May 29 – August 17)

Cold lunches will be served at the Drake Springs Picnic Shelter at Nelson Park, 300 South Fairfax Avenue, across the street from Drake Springs Family Aquatics Center Monday - Friday from 11:00am to 1:00pm.

The free program is available for all youth 18 years and younger. For more info, contact Karla Johnson at 362-9438.

Bunco Bash for Buses

Sponsored by First Premier Bank

Thursday, June 7 ▪ 6pm - 10pm

Bunco is a dice game, a social event, a YWCA fundraiser event, and just plain FUN. Bunco involves 100% luck and no skill, scoring and a simple set of rules. \$30 per player.

Chip In For Children

18th Annual Golf Benefit

Friday, July 27 at Elmwood Golf Course

Enjoy 18 holes of golf while raising money for youth programs and services offered by the YWCA. Sponsorship opportunities and team sign up and are now available.

Reunion – YWCA Past Residents

Saturday, September 15 ▪ 1pm – 3pm

If you know someone that lived at the YWCA have them contact us. We will send out a special invitation in August. Call Mary at (605) 336-3660 to be included in the reunion celebration.

For information on all special events call Catherine or Erin at 336-3660.