



YWCA of Lincoln & Lincoln Fire and Rescue offer test prep courses

The YWCA of Lincoln and Lincoln Fire and Rescue will continue a 20 year tradition and offer Firefighter/ Paramedic test prep courses throughout the month of April. The courses will start at the YWCA of Lincoln on April 3rd at 9:00 a.m. in the 3rd floor conference room. The \$35 registration fee is due on the first day of classes.



There are six classes for the test prep course. The classes will take place on Saturday mornings and Wednesday evenings. For a complete schedule please visit ywcalincoln.org/PDF/YWCA_Firefighter_Flyer.pdf.

Please feel free to contact Amber Wade at awade@lincoln.ne.gov or aburgess@lincoln.ne.gov. To register visit <http://lincoln.ne.gov/city/fire/employ/ywca.htm>.

Special points of interest:

- Lincoln Fire & Rescue
- Sponsor a Dancer
- Wonder Funder
- Job Outfitters
- Sponsor a Dancer
- Book Club

Book Club

The YWCA of Lincoln is looking to start a book club starting in April. If you are interested in joining, or have suggestions for a book, please contact the YWCA Lincoln at 402-434-3494 or e-mail [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org). The Book Club is looking to meet over the lunch hour.

Upcoming Events:

The YWCA of Lincoln and the Mayor's Commission on Women will be hosting a brown bag lunch on **Tuesday, March 30 from noon to 1 p.m.** The brown-bag lunch will feature Dr. Sarah Cada, Ann Seacrest of MilkWorks, Nancy Peterson from Hearts and Hands WomenCare and others discussing a "Healthy Pregnancy: Before, During, and After."

The YWCA of Lincoln's **Fostering Dreams** program will be hosting a "College Prep 101" workshop on **March 31 from 4-5:30 p.m.** The Directors of Financial Aid and Admissions from Vatterott College will be speaking about the FAFSA and the admissions processes for college admission focusing on teens in the Foster Care System.

The YWCA of Lincoln & Lincoln Fire and Rescue's Firefighter/Paramedic test prep courses will start **April 3rd at 9:00 a.m.** Please visit ywcalincoln.org/PDF/YWCA_Firefighter_Flyer.pdf for a full schedule and more details related to the test prep courses.

All of the events will take place in the third floor conference room of the YWCA of Lincoln. Please feel free to contact us with any questions or concerns at 434-3494 or e-mail [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org).

We would love to hear from you! Email us at [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org).

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YWCA Lincoln

P.O. Box 95123, Lincoln, NE 68509

402-434-3494

Visit our new website ywcalincoln.org

Follow us on Facebook and Twitter

Get Involved:

The YWCA has many opportunities for volunteers. We are looking for volunteers to join our marketing, fund development, and event planning committees as well as volunteers to assist with programs.

If you are interested in volunteering please contact Mary at 434-3494 ext. 139 or e-mail [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org)



“The Power of Positive Thinking”

Pincurlgirls.com and teachtothebrain.com are presenting a pilot study called “The Power of Positive Thinking”. The YWCA of Lincoln is a co-sponsor for the study. The pilot study will research the brain’s responsive strategy. The pilot study is set to run from April 1 to May 6. There will be a launch on Thursday, April 7 at 7 p.m. at the YWCA of Lincoln and the other party is on Saturday, April 3 at 1 p.m. at the YWCA of Lincoln. For more information about this pilot program please visit ywcalincoln.org or e-mail jen@pincurlgirls.com. Please send R.S.V.P. information for mothers and daughters to jen@pincurlgirls.com.



Job Outfitters Giveaway

The Job Outfitters Fall/Winter clothing giveaway will be held April 20th from 9a.m. to 1p.m. and 3 to 6 p.m.

The Giveaway will take place on the third floor of the YWCA of Lincoln. Everyone is welcome to attend. No appointments are necessary. For more information or to volunteer with the Giveaway please call 434-3494 ext. 125.

A TAB Success Story:

One mother of two children said the following about how TAB has affected her and her children’s lives:

“I’m really glad my kids are part of TAB. This program has been able to let me relax and enjoy the time to myself knowing that my children are well taken care of and are safe. The volunteers are great. Most have been there since kids started and my kids are very comfortable w/ them. My kids have made new friends and there are kids we already know so it is fun to hang out w/ them. I hope this program is around for a long time.”

Leadership & Public Service Institute

In March, the Leadership and Public Service Institute shadowed State Senators and dined with them on March 24th.

Young Women’s Advisory Board

The YWCA of Lincoln’s Young Women’s Advisory Board is selling Pincurl Girl bracelets as a fundraiser for the YWCA of Lincoln. The girls are selling the bracelets for \$13.90 which includes tax. A portion of the proceeds from the bracelets goes to the YWCA Lincoln. The bracelets promote self-confidence through the power of positive thinking. The girls are also looking to sell bracelets to businesses in Lincoln. One business that they have partnered with so far is Sunny’s Boutique. Show your support for the Young Women’s Advisory Board and purchase a bracelet. For more information please e-mail [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org) or call 402-434-3494 ext. 139.



En Pointe Dance Academy at YWCA Lincoln highlights:

- En Pointe is preparing for the Spring Recital: “Dancing Out Loud” on **May 28th** at Pershing Center.
- Baton twirling classes start in April. To sign up call 434-3494 ext. 127.
- The Competition team is preparing for two competitions in April: the Spotlight Dance Cup in Omaha and the Rainbow Connections Competition in Iowa. Make sure to show your support for En Pointe!
- National Dance week is April 23 – May 2nd. \$38 a month will allow one child to take dance lessons. If you would like to sponsor a dancer please call Emily at 402-434-3494 ext. 127.
- En Pointe’s Performance Company is raising funds for dance competitions. The dancers are selling discounted Marcus Movie Theater tickets and Avon products. Please contact the En Pointe Dance Academy at 434-3494 ext. 127 to purchase products or for more information.



Ready to Run - Here I Come!

Women who have decided to run for elected office—and their campaign committee members—are invited to the 2010 Ready to Run non-partisan, half-day workshop on **Saturday, March 27.**

The workshop takes place from 8 a.m. to noon at College of St. Mary's Hilmer Art Gallery. Registration is \$25 per person, or \$15 for students.

Presenters include Mary Johnson and Jennifer Mahlendorf with nuts & bolts info you need to know!

For more information e-mail Bonnie Coffey at bonnie@bonniecoffey.com



YWCA in the Community

Brown Baggers at 2901 South 84th Street Suite 1 has decided to partner with the YWCA. Brown Baggers has offered to donate 10% of each purchase from the 84th Street location. Please collect the receipt and send it to Mary via e-mail: [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org) or mail: Lincoln YWCA Attn: Mary P.O. Box 95123, Lincoln, NE 68509.

2010 Civil Rights Conference

Tuesday April 20 – Wednesday, April 21

Cornhusker Marriott

For more information contact Lincoln Commission on Human Rights

lwilliams@lincoln.ne.gov, 402-441-8691



Sunrise Coffee in the Piedmont Shopping Center has graciously offered to show their support for the YWCA Lincoln by selling a specialty drink and donating ten percent of the proceeds to the YWCA Lincoln. The drink will change with the seasons. The first drink is a Raspberry Crème Royale Latte. Please visit Sunrise Coffee at 1265 South Cotner Boulevard to purchase your Raspberry Crème Royale Latte. "Thanks a latte" for showing your support for the YWCA!

Job Outfitters

Job Outfitters would like to give a special thanks to Marla Mortensen, owner of Sway Hairspa, for donating cosmetics and shampoo to Job Outfitters.

Help us thank Sway Hairspa for their donation.

Space for Lease

The first floor administration offices are available and ready to be leased. Please feel free to contact "WRK, LLC" at 477-6767 for more information or to schedule a showing.



Wonder Funders program kicks off this month

The YWCA of Lincoln has officially kicked off a new program called Wonder Funders. We need your support to continue growing our programs and opportunities for women and girls. There are several levels of support suited to meet your personal abilities.

Y Well-Wishers—\$25

Acknowledgement on the YWCA's website:
<http://ywcalincoln.org/friends>

Y Winners—\$50

Unique art created by a child

Y Wings—\$100

Ticket to holiday dance performance

Y Warriors—\$250

Invitation to annual VIP event

Y Wowers—\$500

Ticket to Tribute

Join today to be a founding member of the Wonder Funders program. Your support is absolutely necessary for our success. You can visit our website at www.ywcalincoln.org/give to make your donation and join the Wonder Funders. For more information please contact Mary at 434-3494 ext. 139 or e-mail [mjacobson@ywcalincoln.org](mailto:mjacobsen@ywcalincoln.org). The YWCA of Lincoln would like to give a special thanks to Pinnacle Bank for becoming a founding member.