JOIN US FOR THE 32ND ANNUAL WOMEN OF ACHIEVEMENT & YOUTH AWARDS

IN THIS ISSUE

CEO MESSAGE
YOU'RE INVITED!
THANK YOU SPONSORS
SOCIAL JUSTICE
WOMEN'S WELLNESS
ECONOMIC EMPOWERMENT

“As Alaskans, we owe it to ourselves and our neighbors to be the best version of ourselves every day all day.”

- Theresa Lyons, CEO
Greetings,

We are approaching the holiday season and there is yet so much going on…

Some days it feels like society is being pulled along or swept up in a pattern of incidents not of our choosing. However, that’s impossible. Choices, we make them every day, all day.

I’ve been thinking about where we are as a society. I have been wondering if we can have a civilized society without civility? I am reminded of the value of good character, kind words, and patience. Recently, I reflected on the awards that were issued in elementary schools for being a “good citizen”, which meant that you considered others more than yourself.

As we work through transformation and change, it is my hope that we consider each other. We must continue to demand equality and justice for all.

We must push to change the culture of violence in our state. We must stand against racism and all forms of oppression in our society. We must work to ensure climate justice now and for future generations. We must ensure the rights of women are enshrined in law, and that we gain pay equity. While we are doing this good work, it is important that we are civil in our discourse.

Our social relationships matter, and conduct in our human relationships should be proper. As Alaskans, we owe it to ourselves and our neighbors to be the best version of ourselves every day all day. It’s a choice we have the pleasure and power to make.

Sincerely,

Theresa Lyons
CEO

"I am reminded of the value of good character, kind words, and patience."
You’re invited to our 32nd Annual Women of Achievement & Youth Awards!

This Facebook Live event will begin on November 1 – November 5, 2021, each night from 6:00 – 6:30pm. Listen to this year’s honorees tell their stories.

This event honors 10 exceptional Alaskan women, 5 youth, and Arliss Sturgulewski Award Recipient who have demonstrated leadership in their professional and personal lives, in service to our community which aligns with the mission of YWCA Alaska.

We seek to encourage and inspire women of all ages to strive for their own success and create positive community impact. The 2021 awards marks 32 years of celebrating incredible Alaskan women. The women honored at the awards event will be inducted into the YWCA Alaska Academy of Women Achievers. The Academy of Women Achievers (fondly referred to as The Academy) is an incredible source of expertise in the state. These powerful and influential women provide a wealth of information, training, wisdom, guidance, and leadership that strengthens YWCA Alaska and the greater Alaskan community.

Women of Achievement Awards is our signature leadership event and annual fundraiser.

You can support our mission, with a generous gift, suggested minimum donation of $25.00. Your generosity helps us to provide our mission in Alaska to eliminate racism and empower Alaskan women and girls.

Watch Live

[YouTube](Click Here)  [Facebook](Click Here)
Thank you!

2021 WOMEN OF ACHIEVEMENT SPONSORS
**Community Conversations**

This month marks the beginning of our new Community Conversations, which aim to bring Alaskans together to speak about relevant and thought-provoking social justice topics. Much of the work in the Social Justice department has been focused on building out this new program, which we hope to hold once a month. This month’s conversation is sponsored by the Alaska Humanities Forum’s Kindling Conversations initiative, which hopes to help individuals and organizations form meaningful conversations and connections through dialogue. We are so excited to bring this new offering to our Social Justice portfolio and hope you can join us!

If you have any questions, please reach out to me at imurakami@ywcaak.org. We hope you have a peaceful and restorative fall.

**We are of: A Conversation of Race, Land, and Culture**

This virtual community conversation brings Alaskans together to answer the guiding question, “how do our race and culture shape our relationship to the land? How does that shape the decisions we make about it?” The topic of land and the environment has become increasingly visible and contentious as climate change, urban development, and the growing needs of communities across the country create massive changes. In the face of these changes, feelings of belonging, connection, and responsibility are often evoked: this conversation hopes to reflect on these feelings. Beyond sharing perspectives and opinions, this conversation also hopes to have participants identify the ways their race and culture have shaped the way they view their environment and what similarities and differences they may have to other Alaskans. This conversation is an opportunity for all of us to critically engage with our views on a topic so deeply intertwined with the Alaskan experience.
October was Breast Cancer Awareness Month. Cancer is a leading cause of death among women. Annual health screening tests is the first step to early detection. Every 2 minutes, a woman is diagnosed with breast cancer in the US. Every minute, somewhere in the world, a woman dies from breast cancer. That's more than 1,400 women every day.

Early detection saves lives. There are more than 3.1 million breast cancer survivors in the U.S., including women still being treated and those who have finished treatment. Early detection is a MUST!

Contact YWCA Alaska Wellness department. We are able to provide health screening tests for FREE, for women who qualify.

Week Without Violence
Violence has an impact on women’s wellness. Nearly 20 people per minute are physically abused by an intimate partner in the United States. This equates to more than 10 million women and men in a year. This culture of violence has to be stopped. Society has to change in order to eliminate this cruelty.

Have questions? Contact Jenella Morales at jmorales@ywcaak.org

Read more about these facts

SOURCE ONE
SOURCE TWO
Hello Alaskan Parents,

This month, YWCA Alaska is here to help bridge work and parenthood. Although most companies are supportive of employees with families, they may find it difficult to provide meaningful support or may not know how to support them at all. How can you help your employer support you as a working parent? Dalecia Young, Economic Empowerment Program Specialist at YWCA Alaska, will share how you can effectively communicate with your employer as a working parent.

I am all too familiar with parenting school-age children while managing a full-time career. With many of us scheduling parent-teacher conferences this month, here are a few tips to navigate this scholastic season in the office and the classroom.

Communicate why you need time off. When I first returned to work as a new parent, I was quite timid when it came to sharing my requested time off or absence was child related. I strived to “keep it business” and would only share the basics, never the why. I felt that if I shared the legitimate reasons, it might be seen negatively. Once I started to communicate with my employer the why, I learned that my employer wanted to be supportive. Communication allowed an opportunity for my employer to not only support me, but also how they could support future employees with families. Learning that my employer understood the demands of a working parent allowed me to be less fearful of sharing the why.

Share with coworkers when needed. I have built a working relationship with my coworkers that allows me to feel comfortable sharing with them. When I need to schedule time off for a parent-teacher conference, I share with my team a detailed when and why as early as possible. I find that communicating with my colleagues helps develop trust and respect with one another. Planning and scheduling ahead of time are a must, and beneficial for everyone. This also allows for flexibility for unscheduled
events that come with being a working parent. In return my coworkers are learning how to be an ally to working parents. Communication has helped my commitment to work without compromising my dedication to my family.

**Build a relationship with your children’s educators.** Developing strong working relationships with our children’s educators is just as crucial as developing working relationships. Teachers are professionals who will appreciate your collaboration. Even with flexible work schedules we can’t guarantee we will attend every bake sale, fundraiser, or field trip. Communicating with your children’s educators is key. This can be as simple as a phone call, email, or a sticky note in your child’s school folder.

Parenting school age children while in a career full time can feel like walking through a maze, you never know what to expect around each corner. Each twist and turn bringing you either hope or pressure. I hope these tips can help you better communicate the support you need as a working parent. If you would like to learn more about our Economic Empowerment Program or would like for me to cover other similar topics, please reach out.

Have questions? Contact Dalecia Young at dyoung@ywcaak.org.