THE YW
YWCA Alaska Newsletter

THE POWER TO EMPOWER

Women's History Month

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"We invite you to reflect upon the women that have positively influenced your life, our community, our state, & the world"

- Theresa Lyons, CEO
Happy Women’s History Month!

I grew up nurtured and challenged by matriarchs to dream big, serve the community, and live my best life. As a little girl, I remember sitting on the porch, surrounded by my mother, my sisters, aunts, and cousins, shelling purple-hulled peas. It was during those times that cross-generational conversations took place. The stories shared would evoke strong opinions, stir emotions, and challenge perspectives. I didn’t recognize then how my view of the world, and how I saw myself in it was being shaped by the women who loved me most. I’d be an adult before I would come to understand that the women in my family were leading in spite of the oppression they faced within the family and the society in general.

This month during Women’s History Month, we invite you to reflect upon the women that have positively influenced your life, our community, our state, and the world. Women who in the face of obstacles found a way forward. You know, the women who were committed to rising, in an effort to lift others up. Surely, you remember them!

There are stories of women that will be shared broadly, like the women featured on our “International Women’s Day Postcard” (featured below), who have made Alaskans proud! There are also stories that are not publicized, yet equally as powerful because they mentored, coached, and cared beyond themselves.

Let’s intentionally celebrate the women in our families, communities, and around the world!

Sincerely,

Theresa Lyons
CEO

![International Women's Day Postcard](image-url)
YWCA Alaska is so excited to share a week of events with you, called the Power to Empower, on March 28-April 1, 2022.

We’ll feature amazing, diverse, nonbinary people and trans women from across Anchorage. We hope you’re as stoked as we are. Still need to register? No problem. We’ve got something for everyone.

This year’s theme is #BeatTheBias. All week long, you’ll have the opportunity to talk business with Kim Waller, sweat with Sarah Histand or Shirl Baumgardner, discuss gender stereotypes with Michael Fredericks, build your LGBTQ+ community with Choosing Our Roots, and check out some fantastic, diverse and impressive emerging artists at our First Friday Pop-Up!

We will be providing some free stickers and window clings for woman owned or run business! We are working to get these all over Alaska to help shoppers identify how to support Alaskan, woman-owned small businesses. If you’d like a sticker, follow our social media to learn about our location pick-ups.

Follow our social media pages to get sneak peaks and up-to-date information.

If you have questions about this event please contact Cindy Vegetabile at cvegetabile@ywcaak.org
Women's History Month
March 2022

Boss Babe: Women in Business
Monday, March 28: 6-8pm
Interactive panel discussion with women business leaders led by Kim Waller

Summer Strong & Ski Babes Live Workout
Tuesday, March 29: 12-1pm
Get ready for warm weather adventures this summer with Sarah Hestand

All-Ages Self Defense Class
Tuesday, March 29: 5:30-7:30pm
Learn some self defense basics with Shirl Baumgardner

Accomplishments at Home: Fireside Chat
Wednesday, March 30: 6-8pm
Interactive panel on gender stereotypes and work/life balance led by Michael Fredericks

Beat the Bias: LGBTQ+ Conversations
Thursday, March 31: 6-8pm
Interactive panel discussion led by Choosing Our Roots

The Power to Empower: Pop Up Shop
Friday, April 1: 6:30 – 9:30pm
Check out booths of diverse local artists, crafters and vendors

THE NAVE
ANCHORAGE MUSEUM
SALT

THE POWER TO EMPOWER #BeatTheBias
Self-love is a high regard for your own well-being and happiness. Self-love means taking care of your own needs.

What better way to show your self-love than by taking care of your health. Women's Wellness is here to help you take one step towards self-love.

Prioritizing your health is part of self-love! It provides information about what's happening in your body. Get screened. EARLY DETECTION saves lives!

To schedule a virtual meeting to learn more about the Ladies First Program, Tobacco Cessation, or Diabetes Prevention, contact:

Jenella Morales
Women Wellness Outreach Specialist
jmorales@ywcaak.org
907-310-9607.
What guiding metaphors influence our discussions around indigeneity? In our conversation, we spoke of time as a guiding metaphor, where Indigenous people and their culture represent the “past” while settlers and their culture represent the “present” and “future” or Alaska. What other metaphors do you notice when we talk about Alaska Natives and Alaska in general? Do they view Indigenous peoples positively or negatively?

What are common phrases used to describe Alaska, and how do they represent our opinions of Alaska Natives and Alaska Native culture? Focus on phrases like “the Last Frontier,” Alaskan “pioneers,” and “North to the Future.”

What terms blur the line between Alaska Natives and Alaska settlers? One term mentioned was “Native Alaskan,” which sounds very similar to “Alaska Native.” Have you ever been confused by these terms and why?

Our next Community Conversation will be held on Zoom on Monday, March 14th from 12:00-1:30 PM AKST. Register Here

If you’d like to be added to a listserv for monthly updates on our Community Conversations, contact Ian Murakami at imurakami@ywcaak.org. We hope to see you soon at our next Community Conversation!
The Social Justice department has been working on several exciting new initiatives, particularly coordinating the launch of YWCA USA’s Stand Against Racism Challenge, running from Monday, April 4th through Monday, May 2nd, 2022. The Stand Against Racism Challenge is an initiative by YWCA USA and state chapters across the country to encourage our members to learn about racial equity and social justice.

This program highlights four main topics:
- Critical Race Theory
- Living Wage
- Representation in Film and Television
- Reproductive Justice

Participants will cover one of the four topics each week and visit our website for curated articles, podcasts, videos, activities, and more. To make it easier to stay involved with the Challenge, our new mobile application for iOS or Android is available now! For more information, visit standagainstracism.org, register at our YWCA Alaska registration link or contact Ian Murakami at imurakami@ywcaak.org.
Diversity workshops have returned this Spring, between the months of February and April. There are a total of three diversity workshops and will all be virtual through Zoom. You will find the times to each workshop in the registration forms.

**Implicit Bias Workshop:** Exploring Implicit Bias: Identifying and Navigating Unconscious Judgements

**Microaggression Workshop:** Exploring the impact of everyday slights and insults: Microaggressions in the workplace and classroom

**Anti-Racism & Whiteness Workshop:** Develop foundation for anti-racism work and begin to learn methods to actively practice anti-racism

To register for these workshops please visit our website [Calendar Click Here](#).

We hope to see you there!
YWCA ALASKA IS ON A MISSION
JOIN US.

DONATE TODAY!

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