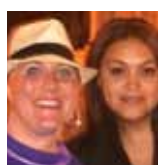


ywca's BECKY'S NEWS



2 Letter from the CEO / 3 Vehicle Donations Go A Long Way To Help San Diego Families / 4 Give the Gift of Warmth to Children in Need this Holiday Season / 5 Walk A Mile in the Rain / 6 San Diego Community Supports YWCA Programs / 7 YWCA Program Graduates Lend Each Other Supporting Hands / 8 Thank You To Our Lifesavers

Our families thank you for your support during these very trying times. We needed your help and you came through for us. Thank you for being our Supporting Hands.

Because of you, we have somewhere to go. Because of you, we will always know that there are kind people in the world.

— Susan B., Becky's House® Resident

I wish I could give or do a little more to say thanks, but in my heart you are adored.

— Linda A., Passages Program Resident

How do you begin to thank someone for saving your life? I will be forever indebted.

— JoAnne T., Becky's House® Resident

Becky's House® Domestic Violence Program: The YWCA provides comprehensive services to women and children escaping domestic violence through the Becky's House® Domestic Violence Program. The Becky's House® Emergency Shelter offers immediate safety, short-term housing, and support. Becky's House® 1 and 2 provide longer term transitional housing, counseling, case management, legal, and employment assistance. The Becky's House® Program serves over 500 women and children each year.

CONTACT: 619-239-0355. The Domestic Violence Emergency Hotline Number is 619-234-3164.

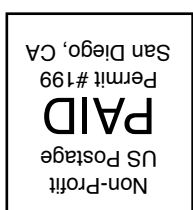
Cortez Hill Family Center: A 41 unit shelter for homeless families, the YWCA's Cortez Hill Family Center uses an intensive case management approach to identify and address barriers to employment and housing for families who have lost their homes. Over 700 individuals are served each year at the Cortez Hill Family Center.

CONTACT: 619-531-8937.

PASSAGES: As an alternative to temporary shelter, the YWCA's PASSAGES Program provides longer term transitional housing for single homeless women. The program is designed to lead to employment and permanent housing by providing counseling, case management, and employment assistance. An average of 175 homeless women find shelter and a new way of life each year in the PASSAGES program.

CONTACT: 619-239-0355.

Helping women, children, and families escape domestic violence and homelessness and rebuild their lives.



www.ywcasandiego.org
San Diego, CA 92101
Phone: 619-239-0355
Fax: 619-233-8545





The YWCA of San Diego County is a nonprofit organization whose mission is to increase safety, promote healing, foster empowerment, and give hope to women, children, and families through innovative programs, services and advocacy.

As a leader in providing client-centered programs for women and families, the YWCA offers comprehensive social services and resources for women and families of all races, ages and socioeconomic backgrounds. United by our common belief in mutual respect, integrity and professional excellence, we continue our legacy of cultivating community partnerships and responding to the changing needs of the people we serve.

1012 C Street
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We welcome your feedback on this or other issues. Please contact the YWCA at 619.239.0355 or ywca@ywcasandiego.org.

STAY INFORMED

Visit the YWCA website at ywcasandiego.org and the YWCA's Twitter and Facebook Pages to stay on top of the latest happenings at the YWCA of San Diego County.



LETTER FROM THE CEO

Dear Friends,

Have you ever been told by someone that you saved her life? If not, please let me be the first to do so. *You saved someone's life.* I am always taken aback when a woman in one of our programs expresses to me, "you saved my life." The magnitude of this statement cannot be over emphasized. This is the ultimate expression of gratitude; she is thanking me for having her life to live. She is thanking everyone at the YWCA and all of you for having her life to live.

We often have to look at the work we do at the YWCA from a dollars and cents perspective. But how do you value the utmost appreciation of a person being able to live life? Is there anything more powerful than knowing you helped save another human being? No, there isn't, and the value is incalculable. *So, I would like to pass along that monumental gratitude to all of you who made contributions of time and money to the YWCA, when we needed them the most.*

This issue of *Becky's News* is dedicated to saying thank you for all of the wonderful acts of kindness that were bestowed on the YWCA families this year. Without your compassion and caring, we would not be able to help families in crisis. Thank you to everyone who has worked so hard for so many years to understand the complexities of domestic violence and homelessness, has advocated for changes to laws to protect victims, and lead the way for organizations like the YWCA to provide places to go and services to guide individuals through trauma and into strong, confident lives that are their own.

These pages are full of wonderful events and activities from many astonishing people who are giving of themselves to help people, and put an end to domestic abuse and homelessness. There is information about the YWCA Advocacy Committee, which works with many other organizations, to obtain information about important issues and coordinate action. This work was rewarded recently by the restoration of funding in the current California budget for domestic violence agencies, and an international agreement for women's rights is now closer to a United States Senate hearing.



Thank you for making a difference this year! You give us the ability to help women, children, and families live well.

Sincerely appreciative,

Heather Finlay, CEO

YWCA Staff Receive Highest Honors at Hope in the Park Event

On Saturday October 9, 2010, the San Diego Domestic Violence Council, the San Diego County Commission for Children, Youth & Families, and Operation for HOPE Foundation hosted the annual Hope in the Park event. Held in Balboa Park, this resource fair educated the community about domestic violence and healthy relationships.

Before the event began, the entire San Diego community engaged in regional walks throughout the County, honoring those who have lost their lives to family violence. The day ended with a candlelight vigil, inspiring the community to work together to prevent future violence.

The YWCA of San Diego County is proud to announce that Caity Meader, M.A., Manager of the Becky's House® Domestic Violence Program, received the **Community Hero Award**. This award is "given to a special individual for the difference

that he or she makes in the field of violence

prevention," says Dawn Griffin, President of the San Diego Domestic Violence Council "...Caity is a cherished member of our community and this award is long overdue."

The YWCA is equally proud of Olga Diaz, who was honored with the **Lifetime Achievement Award**. As the Client Service Manager of the YWCA's Becky's House® Domestic Violence Program, Olga oversees the direct service staff of the Program. Olga decided to commit her life to eliminating domestic violence and since then has held various positions at the YWCA of San Diego County. She says that her current position is her favorite because she gets to work directly with survivors **and** affect policy change.

Congratulations to Caity and Olga!



Thank you to all of the hardworking employees at the YWCA of San Diego County!

YWCA PROGRAMS AND SERVICES

The following services are part of our Becky's House®, PASSAGES, and Cortez Hill Family Center programs and are available to the community:

DOMESTIC VIOLENCE EMERGENCY HOTLINE

The YWCA operates a 24 hour a day/7 days a week domestic violence crisis hotline where women experiencing any abusive situation can receive information on a safety plan to protect themselves and their children, receive referrals to law enforcement and medical services, and obtain information on emergency shelter, whether through the Becky's House® Emergency Shelter or another shelter to put them out of harm's way. **The Domestic Violence Emergency Hotline Number is 619-234-3164.**

YWCA LEGAL SERVICES PROGRAM

A staff of attorneys and law school interns work with women participating in the YWCA's programs, as well as the community at large, to inform them of their rights, assist them in litigation to enforce those rights, and obtain the appropriate resolution to family legal issues, including obtaining Temporary Restraining Orders, Divorces and Child Custody. Additionally, the YWCA Legal Department offers Walk-In Legal Clinics on Mondays from 12 Noon- 2 pm and on Wednesdays from 2-5 pm at the YWCA, 1012 C Street, San Diego, CA 92101.

CONTACT: 619-239-2341.

YWCA COUNSELING PROGRAM

Designed to improve the mental and emotional health of survivors of domestic violence and their children and homeless single women and families, the YWCA provides group and individual therapeutic counseling for all program participants. Conducted by Masters level therapists, the YWCA counseling program emphasizes conflict resolution, anger management and personal growth skills development. The YWCA's Counseling Program also serves the community at large based on individual income.

CONTACT: 619-239-0355, ext. 252.

Are you looking for a MFT or LCSW Internship?

If you are searching for a flexible and well-diversified internship site to fulfill your college course requirements to become a Marriage and Family Therapist or Licensed Clinical Social Worker, please send your resume to YWCA of San Diego County, c/o Kathy Burns, 1012 C Street, San Diego, CA 92101 or call 619-239-0355, ext. 252. The YWCA's training includes individual and group supervision, informational classes, 40 hours certified domestic violence training, and an opportunity to experience all levels of the YWCA's residential programs.

WOMEN'S ALCOHOLICS ANONYMOUS MEETINGS

are held every Tuesday evening from 7:30 to 8:30 pm in the 1st floor Auditorium at the YWCA, 1012 C Street, San Diego, CA 92101 (closed discussion AA/child friendly).

DOMESTIC VIOLENCE DROP-IN SUPPORT GROUPS

are held on Wednesday mornings from 10am to 11:30am and Saturdays from 9:30am to 11am in the 2nd Floor Activity Room at the YWCA, 1012 C Street, San Diego, CA 92101.

WHAT YOU CAN DO

BECOME AN ANNUAL SUPPORTING HANDS MEMBER

Become an Annual Supporting Hands Member and commit to help the YWCA of San Diego County on a monthly basis throughout next year. Your monthly pledge will go a long way to help women, children, and families in need.

To become an Annual Supporting Hands Member, please fill out and return the enclosed donation envelope or contact Carol Ann Chambers, Development Manager, at carolann@ywcasandiego.org or 619-239-0355, ext. 218.

DONATE

Donate money, vehicles, gift cards, and new or gently-loved items to support the YWCA's programs and services. For more information on donating to the YWCA, please go to the YWCA's webpage at ywcasandiego.org or call 619-239-0355, ext. 244. Cash donations can be made through the YWCA's website or by sending a check to the YWCA of San Diego County, 1012 C Street, San Diego, CA 92101. You can also find our Holiday Drive information on page 4 of this newsletter.

VOLUNTEER

Volunteer to join an event task force for one of the YWCA's signature benefit events. Volunteers are also needed to assist with children's activities, administrative tasks, one-day special projects, and more. For information about the YWCA's volunteer opportunities please contact Sydney Pietrzak, Development Associate, at sydney@ywcasandiego.org or 619-239-0355, ext. 216. If you would like to learn more about opportunities to serve as a member of the YWCA's Board of Directors, please contact Carol Ann Chambers, Development Manager, at carolann@ywcasandiego.org or 619-239-0355, ext. 218.

SPREAD THE WORD

Tell your co-workers, family and friends about the YWCA's programs and services. Encourage them to donate their time and resources. Throw a fundraising event at your home, workplace or in the community to benefit the YWCA of San Diego County. For ideas on how to put together your own benefit event, please contact Carol Ann Chambers, Development Manager, at carolann@ywcasandiego.org or 619-239-0355, ext. 218.

Vehicle Donations Go A Long Way To Help San Diego Families

Did you know that your donation of a no-longer-needed car, boat, RV, truck, or motorcycle can help the YWCA of San Diego County provide client-centered programs for women, children, and families? Not only can you receive vehicle tax deductions, but possibly a partial cash payment.

Pick up of qualified donations is always free for donors anywhere in the nation. This program is a win-win for you and the YWCA of San Diego County.

Your contribution to the YWCA of San Diego County, who has partnered with Action Donation Services, will help save lives. The process is easy: **contact Action Donation Services by visiting their website at actiondonation.org or by calling 866-244-8464** and you will receive a "no obligation" evaluation of your potential donation.



IN THE COMPANY OF WOMEN 2010 EXPLORES 'CRAZY LOVE'

On March 11, 2010, hundreds of men and women gathered in the Sheraton San Diego Hotel and Marina's Grande Ballroom for an afternoon of inspiration and empowerment at the YWCA's 13th annual *In the Company of Women* luncheon. The theme for this year's event was *Supporting Hands*, and the event focused on the YWCA's programs and services that support the individual's journey from victim to survivor to achiever. The luncheon showcased the healing power of art therapy, music therapy, and



Keynote Speaker
Leslie Morgan Steiner



pet therapies in assisting women, children and families who have experienced trauma, violence, or other difficult life experiences to overcome these challenges, heal, and be empowered.

Leslie Morgan Steiner, author of *Crazy Love*, a personal memoir about domestic violence, served as the Keynote Speaker. Ms. Steiner took the attendees on a journey through her personal story of triumph over trauma.

Kimberly Hunt, of KGTV Channel 10, served as the Mistress of Ceremonies. A special thank you to Union Bank, N.A. and Sempra Energy for their sponsorship of this event.

To learn more about Leslie Morgan Steiner, please visit her website at www.lesliemorgansteiner.com.

TWIN Recognition Luncheon's Keynote Speakers Share Stories of Hope and Possibility

On Friday, June 18, 2010, hundreds of men and women gathered to recognize San Diego's Most Outstanding Women Leaders at the 31st Annual *Tribute to Women & Industry (TWIN)* awards luncheon. Carol LeBeau served as the Mistress of Ceremonies and Mary Murphy, Champion Ballroom Dancer and Guest Judge of the hit TV show, *So You Think You Can Dance*, shared a special message of her own struggles to survive an abusive relationship. Mary spoke about how her strength and affinity for dance helped give her a new life.

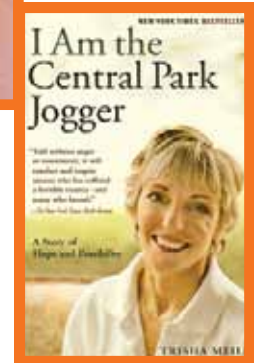


Keynote Speaker Trisha Meili

Trisha Meili, author of the best-selling memoir, *I am the Central Park Jogger: A Story of Hope and Possibility*, served as the Keynote Speaker. Surviving a major trauma that nearly took her life, Trisha demonstrates first-hand the capacity of the human body and spirit to heal. Trisha shared her inspirational message and what it means to come back from nearly losing everything, and offered lessons on how to manage unpredictable change, whether personal, professional, or economic problems; to overcome obstacles and get back on the road to life.



Survivor Mary Murphy



Donate \$200 online and receive a copy of Trisha Meili's book

I Am the Central Park Jogger: A Story of Hope and Possibility.

WALK A MILE IN HER SHOES 2010

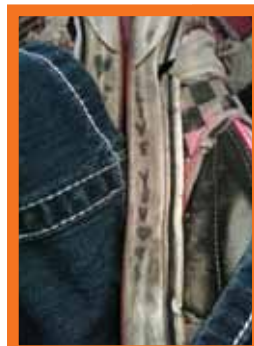
Thank you to the hundreds of participants, sponsors, volunteers, and supporters of the 2010 *Walk a Mile in Her Shoes* event! Despite the rain, there were more participants this year than ever before and the event brought greater awareness to the problem of domestic violence in our community. The top individual fundraisers were Larry West of BB&T-John Burnham Insurance Services, Aldo Della Razione, and Jeff DeMartini, who were recognized at a Post Event Reception hosted by Clear Channel Communications and Hotel Solamar's Lounge 6. We are very appreciative of the participation from Assemblyman Nathan Fletcher, Charles Eshnour of Mayor Jerry Sanders' Office, Councilmember Todd Gloria, San Diego Police Chief William Lansdowne, San Diego Fire Chief Javier Mainar, Lt. Lori Luhnaw of the San Diego Family Justice Center, Carlo Cecchetto of KFMB Channel 8, Gorilla Movers, and our Walk A Mile Event Committee!



Every participant found the perfect pair of pumps to suit his style and personality.



Even the littlest supporters made a huge impact at the 2010 Walk a Mile in Her Shoes event.



Grand Prize Photo Winner of the Walk a Mile in Her Shoes 2010 Campaign through Brickfish.com.



Nearly 300 men, women, and children registered for this year's event on Sept. 30.



Heather Finlay, YWCA CEO, welcomes San Diego Police Chief William Lansdowne to the event.



After receiving his award as a top fundraiser, Aldo Della Razione rocks out at the Post Event Celebration, hosted by Hotel Solamar's Lounge 6.



Over 100 Volunteers showed their support along the course.

Thank you to Brickfish.com, the leader in viral advertising and marketing, for hosting the 2010 Walk a Mile in Her Shoes campaign. This contest, in which people submitted photos of themselves in their best footwear along with a personal message about the impact of domestic violence on our community, supported the YWCA's 2010 Walk a Mile in Her Shoes event. The winner of the best photo received \$50, and Brickfish.com donated \$750 to the YWCA of San Diego County. Thanks to the work of Nicole Goodyear and her team, we received 62,497 views in support of our program!

THANK YOU TO ALL OF OUR COMMUNITY SUPPORTERS FOR BEING SO GENEROUS WITH YOUR TIME AND RESOURCES!

Local Teen Turns The Page On Literacy

Bishops High School student, Megan Hastings, had a unique idea: Hold book drives at her school to provide donations to the children served by the YWCA's Becky's House® Domestic Violence Program. Megan worked with the staff at Becky's House® to create children's libraries at each of the program sites after collecting over 3,000 books.

Megan's goal with the project was to help ease the strain of transition that the residents of Becky's House® undergo with the help of a good book. Megan has always loved to read and often comments that it is a way for her to escape the stresses of everyday life.

Since finishing her project, Megan was given the *Everyday Young Hero Award* through *Youth Service America* for her incredible efforts. Congratulations, Megan, and thank you for your great work!



Astra Kelly performs during Becky's House® Benefit Concert.

Benefit Concert Brings Together Local Artists for A Great Cause

On Saturday, September 25, 2010, musician Astra Kelly hosted the inaugural *Becky's House® Benefit Concert* at Queen Bee's Art and Cultural Center in North Park. The event, which brought together numerous local female-fronted bands and solo artists, raised over \$1,000 to support the YWCA's Becky's House® Domestic Violence Program. The night was filled with entertainment, art, food & drinks, and a silent auction.

Thank you, Astra Kelly, for supporting the women, children, and families served by the YWCA of San Diego County!

SPEAK FOR SUCCESS

The Speak for Success Women's Leadership Institute provides training and personal success coaching to help women who have overcome serious adversities including domestic violence, homelessness, and addiction. This program helps women transform and create the lives they were meant to have.

Many YWCA women are proud graduates of this leadership program and were invited to recognize outstanding community leaders at the **Women Changing the World** on September 25, 2010.

If you would like more information, please go to SpeakForSuccessWomenLeaders.org.

Thank you to Frances Cole Jones, author of *The Wow Factor: The 33 Things You Must (and Must Not) Do to Guarantee Your Edge in Today's Business World*, for hosting a free, informative seminar for YWCA Staff and Clients on September 27, 2010. Thank you for your generosity of time and talents!

Thank you to the San Diego Chapter of the American Society of Interior Designers (ASID) for hosting the "Interior Experience" on July 24, 2010, a self guided tour of design-forward homes. The event was sponsored by Luxe Magazine, Ferguson Bath & Kitchen Gallery, and Miele. *Becky's House® at the YWCA of San Diego County* was a recipient of a portion of the proceeds from this one-of-a-kind event. Thank you to the San Diego Chapter of the ASID and Robin Wilson Carrier!

Running for A Cause: An Interview with Salina Navarro



Salina Navarro, a Lieutenant in the United States Navy, began volunteering with the YWCA's Becky's House® Emergency Shelter in January 2009. An avid runner, Salina trained

and qualified for the 2009 Boston Marathon, one of the oldest and most prestigious marathons in the world. Salina decided to dedicate her marathon to the children of the Becky's House® Emergency Shelter and raised over \$3,000 for the program.

How and why did you get involved with the YWCA's Becky's House® Emergency Shelter?

I got involved with the YWCA's Becky's House® Emergency Shelter because I was looking to spend some of my free time volunteering. As I began my search for volunteer opportunities in San Diego, the emergency shelter seemed to be the best place for me; I truly believe in its purpose and mission.

What is your favorite thing about volunteering with YWCA's Becky's House® Emergency Shelter?

I like interacting with the children. I think my volunteer work was rewarding because I was able to support them whether it was through art projects, games, or working on homework during a difficult time in their lives.

Why did you decide to raise money for the YWCA's Becky's House® Emergency Shelter through your participation in the 2010 Boston Marathon?

Boston was my fourth marathon but my first time raising money for a cause. Boston is such a special marathon, being one of the oldest and most prestigious marathons in the world, and I wanted to ensure it was as memorable as possible. I knew I had to run for a cause greater than myself. The YWCA's Becky's House® Emergency Shelter was the greater cause I wanted to run for!

When and why did you start competing in marathon running?

I've always enjoyed running but just recently set my mind on running a marathon. The 2009 San Diego Rock and Roll Marathon was my first, and I've been hooked ever since. Running the marathon is a very challenging sport, it pushes me mentally and physically and I love the sense of accomplishment I feel every time I cross that finish line.

Is there anything else that you would like to share with our readers?

I think that the women and men who work for the YWCA are the most giving, selfless, and inspiring people I've had the pleasure of working with. The work they do is admirable because ultimately they are saving lives. Thank you for all you do!

THANK YOU TO THE YWCA BOARD OF DIRECTORS AND OUR 378 VOLUNTEERS WHO SERVED 9,182.59 HOURS WITH THE YWCA THIS YEAR! WITH THE HELP OF YOUR SUPPORTING HANDS, WE ARE SAVING LIVES!

Three Cortez Hill Family Center Teens Lead the Way at Global Youth Summit



The Anthony Robbins Foundation Global Youth Leadership Summit is a five-day program providing an environment designed to boost Summit participants into leadership roles that will change their lives and change their communities. This year's program was held from July 17-22, 2010 on the UCSD campus. Three Cortez Hill Family Center teens: Sergio, Beatrice, and Kaari, were awarded scholarships to participate. The Summit's format included small group discussions, hands-on service learning experiences, and leadership simulation games and exercises. Dynamic keynote speakers from around the world presented topics designed to enable Summit participants to identify their own particular leadership strengths.

At the conclusion of the Global Youth Leadership Summit, participants were encouraged to identify personal goals and make a commitment to community service. As a result of the Summit, Sergio and Beatrice are highly motivated to finish high school, attend college, and achieve their personal goals. As Sergio wrote, "I learned that there is no limit to what one can achieve as long as you are willing to give that extra degree of effort." Sergio is planning to attend UCLA and Beatrice dreams of attending USC. Kaari also wants to attend college, and he writes, "I can't wait until next year. I HAVE to go [to the Summit] again."

We want to thank the San Diego Padres and State Farm Insurance for presenting the YWCA with the *State Farm Good Neighbor Award* on June 11, 2010 to recognize the YWCA's commitment to San Diego, for building strong communities, and for making it [our] business to be like a good neighbor.

EXPRESSIVE ARTS THERAPY DOES WONDERS

Tish McAllise Shoberg, M.A., is the resident Expressive Arts Therapist for the YWCA of San Diego County. She attended the renowned Expressive Arts Institute of San Diego, one of the best Expressive Arts schools in the country, and has a degree in Expressive Arts Therapy, Coaching & Consulting. The YWCA is truly lucky to have Tish on board.

Expressive Arts Therapy is a form of "helping and healing" by using the process of art-making. The program helps women move from the victim role of "life has happened to me and I can't do anything about it" to the more powerful role of "this has happened, now what do I want to do with it?" Whether visual, movement, drawing, or writing, Expressive Arts Therapy gives the clients of the YWCA many ways to learn about themselves and work through their personal issues. Because everyone works differently, having all these mediums to choose from allows YWCA clients to find the song in the poem or the dance in the painting.

According to Tish, "Chances are, who you are in the world is going to show up in your art. If you struggle with focus or self esteem, it's going to come up in the art-making process. When we have a safe place to address these issues, we begin to see change."

Tish believes that showing clients' work in Art Shows is an integral part of the healing process. When YWCA clients see their work being shown,



Tish proudly displays a work of art at a recent show.

they feel proud and honored by the experience. Tish believes that exhibiting the client's art in shows is a way of building community and makes clients feel empowered to change their life situation. Tish says that working at the YWCA as an Expressive Arts Therapist is, in a nutshell, "who she is."

YWCA PROGRAM GRADUATES LEND EACH OTHER SUPPORTING HANDS

On August 26, the YWCA sponsored its first "YWCA Alumni Gathering" for former residents. Graduates were invited to meet to brainstorm about how to continue to receive support from the YWCA and how to help the agency fulfill its mission. The YWCA Alumni Group meets every other month to build a foundation for advocacy and empowerment. **Discussion topics and areas of involvement include:**

- Advocacy: What you can do!
- YWCA Volunteer Opportunities
- YWCA Mentoring program: Former clients supporting current clients.
- Continuing The Healing Process
- Speaker's Group: Using your story to educate and inform others.

Please contact Megan Dowell at 619-239-0355 ext 221 or mdowell@ywcasandiego.org if you would like more information.

YWCA ADVOCACY

The YWCA of San Diego County is part of the YWCA Pacific Region's **Advocacy Committee** and disseminates information about issues and potential government legislation to coordinate action relative to our mission. Here is exciting news on two of the YWCA **Advocacy Committee's** activities:

We worked with the California Partnership to End Domestic Violence, the San Diego Domestic Violence Council, and other domestic violence agencies across California to overturn the elimination of funding

to domestic violence agencies that occurred in last year's state budget cycle. These agencies and state legislatures worked diligently to include the \$20.4 million in funding to 90 domestic violence agencies in California in the fiscal year 2010-2011 state budget. We thank them for their hard work and we thank Governor Schwarzenegger for signing this budget.

We also have been working to get the United States to sign *The Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)*. CEDAW is a landmark international agreement that affirms principals

of fundamental human rights and equality for women around the world. To date 186 out of 193 countries have ratified the treaty. The United States is one of only seven countries that have not yet ratified CEDAW. A 2/3 vote in the Senate is needed to pass this agreement.

As a first step, the Senate Judiciary Subcommittee on Human Rights and the Law held a hearing on CEDAW on November 18, 2010. For more information on CEDAW and to contact your Senators, go to CEDAW2010.org.

THANK YOU TO OUR LIFESAVERS!

And We Welcome Our New Additions to the Family



Nice Guys of San Diego

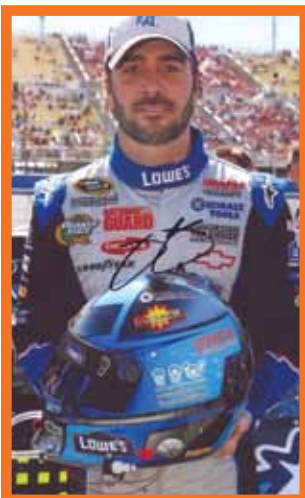
The Nice Guys have been part of the San Diego community since 1979, helping families and individuals who have fallen on tough times. The YWCA was selected by the Nice Guys to be one of the primary beneficiaries of the funds raised through the Nice Guys of the Year Gala, held on October 16, 2010. In 2010, the Nice Guys selected Dr. Peter Farrell as their Nice Guy of the Year. Dr. Farrell is Founder and Executive Chairman of ResMed, Inc., a global leader in the development of innovative products for the treatment of sleep-disordered breathing. Dr. Farrell has won numerous awards including the *US National Entrepreneur of the Year* award for Life Sciences.

A special thanks to the R.J. Donovan Correctional Facility and Patti Colston for their kind support of the YWCA's Becky's House® Domestic Violence Program. Patti organized several events where the inmates did the fundraising. The primary mission of the R. J. Donovan Correctional Facility is to provide housing and supervision for inmates classified as high-medium custody. Designed as a training and work oriented facility, Donovan Correctional Facility provides comprehensive vocational, academic and industrial programs.

The Mary Kay Ash Charitable Foundation awarded a grant to Becky's House® Emergency Shelter in 2010 to help women and children find safety from abuse. In addition to this grant, the Mary Kay Ash Foundation donated several hundred "gently used" women's business suits donated by Mary Kay sales consultants.



Thank you so much to Cox Media and Cheryl Troncellito for creating a powerful public service announcement to benefit Becky's House® at the YWCA.



Helmet of Hope

Launched by champion NASCAR driver Jimmie Johnson in 2008, the Helmet of Hope project awarded \$10,000 to the children's programs of the Becky's House® Domestic Violence Program after being nominated for this

grant by Greg Flores, a supporter of the YWCA of San Diego County. In addition, the YWCA logo, along with the logos of nine other charities, was emblazoned on Jimmie Johnson's racing helmet during the Pepsi 400 held at the Auto Club Speedway in Fontana, CA in October 2010.

The Rose Foundation, dedicated to the memory of Rose Ratner, a long-time community activist, recently provided a grant to YWCA's Becky's House® Emergency Shelter to renovate the shelter's kitchen, including new appliances, flooring, lighting and cabinets and countertops.

Anthony Robbins Foundation

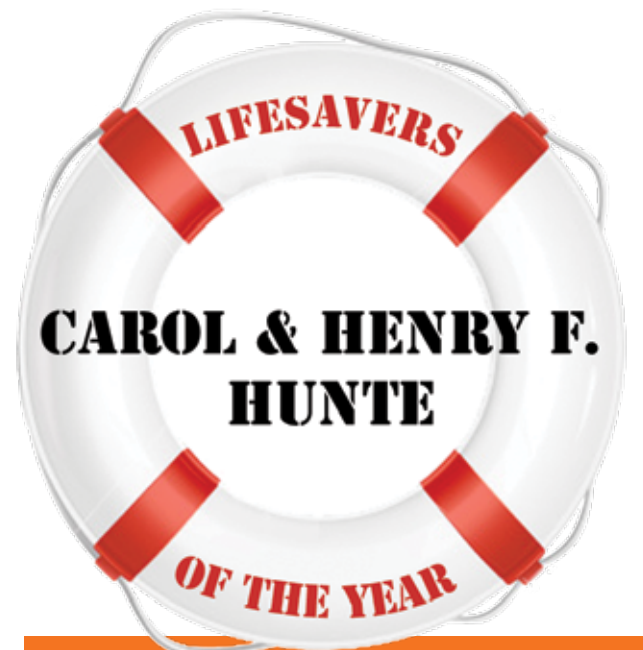
Anthony Robbins, a recognized authority on the psychology of leadership and peak performance and best-selling author, created the Anthony Robbins Foundation in 1991 to assist the homeless, disadvantaged youth, and the elderly. The YWCA was awarded a \$10,000 grant in 2010 by the Anthony Robbins Foundation to support all three of the YWCA's programs. Additionally, the Anthony Robbins Foundation provided scholarships for three teens from the YWCA's Cortez Hill Family Center to attend a week-long Global Youth Leadership Summit last summer and provided the YWCA with over \$3,000 worth of training materials. The Anthony Robbins Foundation Basket Brigade also generously gave one holiday food basket to each of the families at the YWCA's Becky's House® this Thanksgiving.

The San Diego Lawyers Club awarded the YWCA Legal Department a grant to purchase a digital camera and portable copier/fax machine so that evidence supporting the legal actions of victims of domestic violence to protect themselves and their children from further abuse can be documented and immediately transmitted to the courts.



Phil Farrar, our children love the monthly tours of the Clear Channel Radio Station!

Mission Hills United Church of Christ recently selected the YWCA's Becky's House® Domestic Violence Program as the beneficiary for their 2011 Gala dinner. The YWCA is privileged to work in partnership with the Mission Hills United Church of Christ in furthering their efforts to promote social justice and service to the needy.



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