

# ON A MISSION: AN UPDATE FOR YWCA SUPPORTERS

YWCA MOUNT DESERT ISLAND



January 2018



An estimated 180 marchers of all ages braved single-digit temperatures to participate in the Martin Luther King, Jr. Day March in Bar Harbor, January 15, 2018. Photos by Melinda Rice Schoon.

## Recent & Current Events

### Martin Luther King, Jr. March and Reception

YWCA MDI hosted a rousing Martin Luther King, Jr. Weekend this year with a girls' sleepover on Sunday, Jan. 14, the Martin Luther King, Jr. March on Monday, Jan. 15, and a reception at the YWCA following the march that afternoon.

On Sunday, 25 girls, ages 5-12, made banners, participated in racial justice workshops, and enjoyed pizza and a movie. 21 girls slept over and watched MLK's "I Have a Dream" speech. The next morning the girls listened to a talk by volunteer Walter Seward about his experience marching with Dr. King in Boston in 1965. The girls were from Girl Scout troops, the Connors-Emerson Civil Rights Team, and the Community School. Workshops were facilitated by volunteer Kendra Rand.

(cont'd)

## Martin Luther King, Jr. March and Reception (cont'd)

On Monday the girls joined an estimated 180 people who marched for social justice through Bar Harbor to celebrate Martin Luther King, Jr.'s birthday. Marchers gathered at a reception at the YWCA for readings by students from the Connors-Emerson Civil Rights Team. Refreshments were provided by YWCA volunteers.

Other event contributors include the Rev. Rob Benson and the Bar Harbor Congregational Church, MDI YMCA, the Jesup Memorial Library, and Somesville Union Meeting House.

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# Age BY Design

Creating the Community We Want to Age Into



The banner features a light blue background with the title 'Age BY Design' in large red and black font, and the subtitle 'Creating the Community We Want to Age Into' in black. Below the text are two photographs: the left one shows an elderly couple on a swing outdoors, and the right one shows two elderly people exercising on blue mats in a gym. At the bottom, there are four logos: Island Connections, YWCA (with the tagline 'eliminating racism empowering women'), Jesup Memorial Library (with the tagline 'Anchor to the Past Chart to the Future'), and the Y logo.

## Age By Design

YWCA MDI has joined with the Jesup Memorial Library, Island Connections, and the MDI YMCA to offer Age By Design, a series of programs and community discussions exploring various facets of life for those 50 and older on Mount Desert Island. Discussions focus on healthy aging and how to make our communities age-friendly. Saturdays at 1:30 pm, Jesup Memorial Library. Info [207-288-4245](tel:207-288-4245).

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**MDI Business  
Womens'  
Networking Group**

**Ladies  
who  
Launch**

**Launch  
or grow your  
Business**

eliminating racism  
empowering women  
**ywca**

**Starting  
Jan. 18, 6pm**

Monthly meetings through April

## Ladies Who Launch

The Ladies Who Launch are a group of women from the MDI community working to help local women-owned businesses launch and grow through networking and sharing ideas. The program is a collaboration between YWCA MDI and Anchorspace. The group's work will culminate in an island-wide, women-owned business expo in May 2018.

Meetings are at the YWCA MDI on the third Thursday of every month. Women at all stages of business are invited to participate. Admission is free. The next meetings are Feb. 15, March 15, and April 19, from 6:00 – 8:00 pm. Info 207-288-5008.

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Upcoming Events - Info 207-288-5008



February 8, 7:00 pm

### Screenagers: Growing Up in the Digital Age

YWCA MDI, the Jesup Memorial Library, and the MDI YMCA are pleased to collaborate on a series of programs about families in the digital age and the effect of screen time on children and teens. The series kicked off with a screening of the documentary film, "Screenagers: Growing Up in the Digital Age," on Thursday, Jan. 25 at 7 p.m. at the Jesup Memorial Library. The film explores how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

A discussion following the film was led by Ian Cameron, a lecturer in Human Development and Family Studies from the University of Maine. The next Screenagers event will be a Parents' Resource Panel discussion on February 8 at 7:00 pm at the Jesup Memorial Library.

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February 10, 1:00 pm and 3:00 pm  
Children's Valentine Tea Party

## Children's Valentine Tea Party (cont'd)

The YWCA MDI will be holding its Annual Valentine Tea Party on Saturday, February 10th with a snow date of Sunday, February 11th. There will be two seatings at 1:00 and 3:00. Music will be provided by Annie Menziatti who encourages the kids to sing and dance with her. Everyone is welcome to attend this event although it is mainly aimed at younger kids. We do encourage people to dress up as we do use real china and serve with our silver tea service.

Tickets are \$5 (paid the day of the event) and reservations are required. Reserve your seat by contacting Abby at 288-5008 or [abby@ywcamdi.org](mailto:abby@ywcamdi.org).

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March 6, 4:30 pm

## March on Mount Desert Street Progressive Dinner

Join friends and neighbors as the evening begins at the Abbe Museum at 5:15 p.m. with a play by Connors-Emerson students. From there, march over to the Jesup Memorial Library at 5:30 p.m. for appetizers. At 6:00 p.m. enjoy the salad course at the Congregational Church, followed by soup/bread at Saint Saviour's Episcopal Church at 6:30 p.m. The evening will conclude with desert at 7:00 p.m. at the YWCA.

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March 8, 10:00 am - 2:00 pm

## Roses for International Women's Day

The YWCA MDI will sell roses to celebrate International Women's Day. The roses are available for \$5 each and will be delivered to anywhere on Mount Desert Island and Trenton. Each rose will have a quote that shows just how much you appreciate the woman or women in your life.

Roses can be ordered by calling Abby at 288-5008 or going online to [ywcamdi.org](http://ywcamdi.org). Orders need to be placed by Monday, February 26th and will be delivered on March 8th between 10 a.m. and 2 p.m.

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## Ongoing Events

Call 288-5008 for info

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**Strong YWomen** low-impact movement classes are held every Monday, Wednesday, and Friday in the gym at 9:00 am, hosted by Cas Dowden. Come move your body and socialize with us!

**Coffee's On Senior Coffee House** happens at the YWCA every first and third Tuesday from 9:30 – 11:30 am. Coffee's On is coordinated by Island Connections and is cohosted by various island businesses and nonprofit organizations. Bring a friend and enjoy live music, coffee, tea, and snacks.

**Writing Group** every other Wednesday at 5:30 pm starting January 24. Inspired by Maine women writers, writing workshops are led by local author Andrea Lepcio.

**Topics in Participatory Democracy - The League of Women Voters Downeast**  
Monthly broadcasts of topics in participatory democracy resume every third Friday from 10-11:00 am on WERU-FM. Moderated by Ann Luther, League of Women Voters Maine.

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## Resource Links

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YWCA of Mount Desert Island  
<http://www.ywcamdi.org>

YWCA USA <http://www.ywca.org>

Downeast League of Women Voters  
<http://www.lwvme.org/Downeast.html>

Senator Susan M. Collins [202-224-2523](tel:202-224-2523)  
<https://www.collins.senate.gov/>

Senator Angus King [202-224-5344](tel:202-224-5344)  
<https://www.king.senate.gov/>

Senator Bruce Poliquin [202-225-6306](tel:202-225-6306)  
<https://poliquin.house.gov/>

Maine Senator Brian D. Langley [207-667-0625](tel:207-667-0625) <https://legislature.maine.gov/senate/senator-brian-langley/9374>

ME Rep. Brian L. Hubbell [207-288-3947](tel:207-288-3947)  
<https://legislature.maine.gov/house/hsebios/hubbbl.htm>

Do you have an idea for a program or event? We would love to hear from you! Call Jackie, Nova, Abby or Annie at 288-5008.

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[www.ywcamdi.org](http://www.ywcamdi.org)

207-288-5008