



**YWCA**  
LETHBRIDGE & DISTRICT

A TURNING POINT  
FOR WOMEN

## YWISE Words Newsletter

December 2007

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*YWCA Lethbridge and District's  
Annual Christmas Open House  
Thursday, December 13 at 3 p.m.*

*Season's Greetings!*

Please join us for the festivities.  
We will recognize our partners and donors,  
and the bounty we have shared over the year.

**Partnership Recognition will start at 4 p.m.**

Refreshments will be served – including our traditional mulled wine.



**Girl's Club is accepting  
new registrations starting in January 2008.**  
Invite your young friends and relatives to check  
out Girl's Club!

- ◆ Girl's Club (ages 13–17) Monday evenings from 7- 9
- ◆ Jr. Girl's Club (ages 8–12) Friday afternoons from 1:30-3:30
- ◆ Girl's Club is FREE!
- ◆ All groups happen at the YWCA (604 8th St. South)
- ◆ Bring a friend or two: more girls = more fun!

Join the club that's just for girls between 8 and 17! The YWCA Girl's Club lets you celebrate your achievements, develop your skills, explore your creativity and discuss issues facing young women. You will be supported in a female-centered environment and take part in a variety of activities: games, crafts, leadership endeavours, volunteer experiences and special events.

**Get more information,  
call Kendra at 329-0088**



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## Women of Distinction 2008 Call for Nominations

**WOMEN OF DISTINCTION AWARDS** are presented to women who have distinguished themselves through their achievements as individuals or as groups, as members of their community and as role models for other women.

The annual presentation of these awards reflects the YWCA Lethbridge and District's commitment to increase the public recognition of the significant contributions made to our community by women in all walks of life.

- ◆ Nominations open Thursday, December 6, 2007 and close Wednesday, January 30, 2008.
- ◆ Come to the YWCA to pick up a **Women of Distinction** nomination form, or download one from our website at [www.ywcalethbridge.org](http://www.ywcalethbridge.org)
- ◆ This year's **Women of Distinction Awards Ceremony** will be held on **Friday, March 7, 2008** at the Lethbridge Lodge at 6:00 p.m. Tickets are \$75 which includes a tax receipt.
- ◆ Sponsorship opportunities for the **Women of Distinction** event are available. For more information, call Kristine Cassie at 329-0088.



### In Memory

On December 6, 2007 there will be a sunrise memorial service at the Legislative Building in Ottawa in observance of Canada's Day of Remembrance and Action on Violence against Women.

#### We remember:

Those killed at Montreal's Ecole Polytechnique on Dec. 6, 1989.

Genevieve Bergeron (21)	Maryse Laganier (25)
Helene Colgan (23)	Maryse Leclair (23)
Nathalie Croteau (23)	Anne-Marie Lemay (27)
Barbara Daigneault (22)	Sonia Pelletier (28)
Anne-Marie Edward (21)	Michele Richard (21)
Maud Haviernick (29)	Annie St-Arneault (23)
Barbara Maria Klucznik (31)	Annie Turcotte (21)

Sabrina Darichuk (31) killed in Lockport, Manitoba, 2005

The Amish schoolgirls of Nickel Mines, Pennsylvania, killed on October 2, 2006

Naomi Rose Ebersol (7)	Marian Fisher (13)
Mary Liz Miller (8)	Lena Miller (7)
Anna Mae Stoltzfus (12)	

**Please pause in a moment of silence to remember these women and girls who tragically lost their lives and to recognize women and girls worldwide who live with the threat of gender-based violence.**



- ◆ **Everyday from November 24 – December 24**, our volunteers wrap gifts for shoppers and retailers at the Park Place Shopping Centre. All donations support YWCA Lethbridge and District programs. Volunteers also help with the Santa Claus photos. If you would like to have some fun and help out, please call Diana Sim, our Partnerships Manager, at 329-0088 to sign up.
- ◆ **Wednesday, December 6 — Canada’s National Day of Remembrance** will be observed at a meeting of the Southern Alberta Council for Public Affairs with speeches by Kristine Cassie, CEO and Kerri Potvin, Harbour House Manager. Thursday, December 6, 12 noon at Sven Erickson’s Restaurant, Lethbridge.
- ◆ **Thursday, December 13 — YWCA’s Annual Christmas Open House.** 3 p.m. at YWCA Lethbridge and District, 604 – 8 St. South. (See front page of newsletter for details.)

### Health and Wellness Open House—January 7-13, 2008.

*Those who vary the intensity of their workout tend to burn more calories both during and after their workout. This is because they achieve a higher average level of exercise intensity than those who train at a steady pace.*



We know that people like to get back into a fitness program in January. You are invited to come in and check out the YWCA’s fitness facilities during our Health & Wellness Open House, **January 7-13, 2008.**

We offer:

free tours,  
free orientations  
and free classes for the whole week!

Our staff and volunteer instructors are eager to begin the winter programming. These programs will be offered this winter:

Pilates	Mommy & Me fitness
CardioCare	Boxer baby
Fitness Express Series	Muscle Express
Yoga Fit	Medicine Ball Boot Camp

**and NIA**, — a fusion of 3 martial arts, 3 healing arts and 3 dance arts.

**Also look for a new Health and Wellness package that includes massage therapy and personal training. Call 329-0088 for more information.**

Health and Wellness Open House is offered every January and September.

The Child Care Centre Staff would like to wish you and your family a Merry Christmas and all the best for 2008.



- ☆ Whether you're participating in our Health and Wellness programs or just need a break, take advantage of our excellent childcare services.
- ☆ We keep the children safe and busy with various activities while they are at the Centre. We have theme days, dress up days and holiday celebrations. It is definitely a fun and nurturing place to be.
- ☆ We are open Monday – Friday, 8:00 a.m. – 5:00 p.m. Childcare is available for newborns to 12 years old.

***Please call to schedule a tour of the facilities and learn more about our drop-in Child Care services. 329-0088. Ask for Nicole.***



## Safe Visitation Grand Opening.

YWCA Lethbridge and District's newest program had its Grand Opening on November 9, 2007. We welcomed many community members and leaders as we learned about the Community Safe Visitation program and celebrated the innovation of important services for high risk families.



From left to right, Kristine Cassie: YWCA's CEO, Kerri Potvin: Harbour House Manager, Sylvia Yellow Old Woman, Darcie James: President of YWCA Board of

- ✓ Safe Visitation is a Government of Alberta initiative to support high risk families who have been impacted by family violence.
- ✓ It provides on-site facilitated exchange and supervised visitation to help prevent potential for escalated violence and increased safety risks to women and their children during access and visitation.
- ✓ Safe Visitation provides an opportunity for children to visit with their non-custodial parent in a safe and secure environment with security arrangements on site.

### **Safe Visitation Program Hours:**

Mon, Tue, Wed: 5:30 pm – 8:30 p.m.

Saturdays and Sundays: 9:30 am – 4:30 p.m.

### **For more information contact:**

Dee Dionne, BHSc  
 Safe Visitation Coordinator  
[ddionne@ywcalethbridge.org](mailto:ddionne@ywcalethbridge.org)  
 604-8<sup>th</sup> Street South  
 Lethbridge, AB T1J 2K1  
 Phone: 403-329-0088



Justin Penny, representing Rick Casson, MLA and Dee Dionne, Safe Visitation Coordinator



Ryan Parker representing Mayor Bob Tarleck of Lethbridge, Inspector Jeff Cove: Lethbridge Regional Police Services, and Harley Phillips, SW Alberta Child and Family Services

## Royal Gala

**For the past nine years— Royal LePage South Country Real Estate and the Royal LePage Shelter Foundation have hosted the Royal Gala Auction.**

This event is completely sponsored by the community and led by the amazing staff of Royal LePage. Hosted at the Lethbridge Lodge, the Gala raised \$40,000 this year. These funds directly support the work of YWCA Harbour House Women's Emergency Shelter. Thanks are extended to all the staff of Royal LePage for their incredible spirit, dedication, and commitment to aiding women and children impacted by violence.



Updates from the YWCA



### Thank you, Safeway!

Through the generosity of the people of Lethbridge & District together with Safeway and their caring employees, the Safeway stores of Lethbridge donated \$15,937 to the YWCA Harbour House through the "Safeway We Care" program in September 2007.

Thank you Safeway, for partnering with the YWCA Lethbridge and District to serve women, youth and children in crisis.

**Together we are making a difference.**



Alisa, Hunter, A.J., Jessica, Amber, Robert, and Torry! We got a real treat last week when these kids donated a great gift to the children who are staying at the shelter. They had a garage sale and sold some of their own toys and then used the money to bring some holiday cheer to other children. A huge tub full of craft supplies: markers, crayons, glue, glitter, pompoms, beads, journals, and pens, pencils, post-it notes was delivered personally to the YWCA! Thank you! We are proud of you.

See the YWCA Christmas Wish List on page 7 to see what else our clients may need this holiday season. **Happy Holidays to you all.**



CARS FOR A CAUSE



**Lethbridge  
Charity Cars  
Campaign**

## Thank you! Auto Value.

Thanks to Auto Value and their Cars for a Cause Campaign and some generous citizens and businesses of Lethbridge, 7 refurbished vehicles were donated to the YWCA to help women on their journey.

- ★ Local citizens donated older vehicles.
- ★ Auto Value donated the parts needed to repair the cars and make them roadworthy.
- ★ Auto related businesses donated their time to repair the vehicles.

And so a wonderful thing happened. Five women who needed a hand up to get a fresh start got an amazing gift, a car that is reliable. These moms can now take their children to school on a cold winter day, take themselves to work without having to depend on family or friends or the bus for a ride, get themselves and their children to appointments and events that are part of all our lives. The other two vehicles are being used by YWCA Harbour House's Outreach department to drive other clients to court dates, appointments and with other necessities of life. And a cool \$10,000 was also donated by Auto Value from the sale of three other repaired vehicles and the donations from Airport Pickapart for the 37 vehicles that were not repairable.

We also thank the following businesses who donated their time and skills to the Cars for Cause program:

Airport Pickapart  
Bridge City Chrysler  
Brouwer Automotive  
CJRJ Services  
Dunlop Ford  
Fast Tire

Ken's Automotive  
LA Towing  
LCW Industries  
Lethbridge Dodge  
Mo Tires  
Northside Auto

TNT Towing  
Tom and Jerry's  
Country 95.5 FM  
Rock 106 FM

Thanks to the dedication, vision, compassion and 'can do' attitude of the folks at Auto Value for starting the Cars for a Cause campaign, our community has helped many people as this gift goes far beyond the five women who received the cars. The five families send their deepest gratitude to Auto Value and the Lethbridge and District community. And so do we here at the YWCA Lethbridge and District.



You have touched our hearts.



## YWCA Christmas Wish List



### FOR THE WOMEN

- New socks and underclothes
- \*\*Phone cards
- New make up and perfume
- Slippers
- Books
- Watches
- \*\*Room start up kits
  - \*\*Bathroom-towels, cleansers and hygiene products
  - \*\*Kitchen utensils, plate sets, dishcloths, towels, cookware
  - \*\*Bedroom-bedding, pillows, clock radios, hair products
- \*\*Hardcover journals
- \*\*Bus tickets
- Movie/event passes
- Gift certificates for:**
  - hair cuts, child care, massage, pedicure, manicure

### HARBOUR HOUSE SCHOOL

- (all items with a non-violent theme, please)
- Talking books for ages 5-10
  - Assorted fun paper
  - Puzzles-20 to 70 pieces
  - Felt markers-big and small
  - \*\*Little individual snacks-peanuts, crackers and cheese, etc....

### FOR THE CHILDREN

- Family Videos
- Teen gifts:** Certificates for clothing, recreation, movies, arcade games, CD's, gift baskets, makeup, body sprays and lotions.
- \*\*Journals/Diaries
- Little girls' gifts 3-12year old
- Stocking stuffers
- Dress up 'theme' clothes
- \*\*swimming towels
- Paints, brushes, glue
- \*\*Batteries of all sizes
- \*\*Craft scissors, glue sticks for a glue gun
- \*\*Colored Bristol board and tissue paper
- \*\*Socks and underwear for all ages
- Teen 1 piece bathing suites

### SERVICES

- \*\*Window Washing
- Painting
- \*\*Movers for clients

### FOR THE SHELTER

- |                                 |   |   |
|---------------------------------|---|---|
| **Conditioner, shampoo          | ★ | **Bathmats, towels                      |
| Tabletop fans                   | ★ | Feminine Hygiene supplies               |
| **knives, forks, spoons         | ★ | **deodorant                             |
| Dishcloths, tea towels          | ★ | Brushes and combs                       |
| Bubble bath for adults and kids | ★ | Diapers, baby food, formula, baby wipes |
| Skates and helmets              | ★ | Winter wear                             |
| **non perishable food items     | ★ | Grocery store gift certificates         |
| **Phone cards                   | ★ | VCR/DVD                                 |
| Pajamas for women and children  | ★ | Desktop photocopier                     |
| Bathrobes and slippers          | ★ | Industrial upright vacuum               |
| Small bedside lamps             | ★ | Cloth laundry hampers                   |
| ** Fuji film - Instax           |   |   |

\*\*WE ALSO ACCEPT MONETARY DONATIONS

\*\* DENOTES ONGOING, YEAR ROUND NEEDS

604 8 St. South Lethbridge, AB T1J 2K1  
Email: [inquiries@ywcalethbridge.org](mailto:inquiries@ywcalethbridge.org)

Phone- 329- 0088 Fax 327- 9112  
Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)



**YWCA**  
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**Donation Form:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

I'll support where most needed. Enclosed is my support of

\$25       \$50       \$100       \$500       \$\_\_\_\_\_ other

I'll support the YWCA through my annual membership

Active \$15       Sustaining \$100

I'll support the following program. (Please check which program.)

Harbour House       Health and Wellness       Residence  
 Youth Programming       Children's Programming

I would like to support monthly through your pre-authorization plan.

Call me with details

Charge my:     VISA       Mastercard       Cheque enclosed

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

**All donations can be mailed to:**

YWCA of Lethbridge & District, 604 - 8 Street S., Lethbridge AB T1J 2K1

We wish to recognize our donors in our Annual Report, on our website and in our newsletter.

If you do not wish to have your name published, please indicate here.

I do not want my name published in YWCA publications, unless I give further notice.

*All donations are cumulative towards recognition on the YWCA Partnership Tree.*

Newsletter developed by the YWCA Lethbridge and District

604 - 8 Street South, Lethbridge, Alberta T1J 2K1

Phone: 403 329-0088

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