



YWISE Words Newsletter

June 2007

Saturday, June 16

It's just one day,
one day to invest
in yourself
and your future,



The YWCA Lethbridge and District is committed to programs for the maturing woman and the challenges that she faces daily. We invite women **aged 45** and maturing to take your day during our second YWise Women Conference.

There is no cost to attend and lunch is provided.

- ✓ For catering purposes, registrations must be received by June 14th, 2007.
- ✓ Use the registration form on page 4 of the newsletter or visit our website at <http://www.ywcalethbridge.org/ywisewomen.htm>.
- ✓ Workshops based on the YWCA's theme of Mind, Body, and Spirit are offered. Details are on the registration form.

Newsletter June 2007

Annual General Meeting of YWCA Lethbridge and District

Wednesday, June 20
at 4:30 p.m. at the YWCA
604-8 Street South

Afternoon Tea
and a presentation about the upcoming
YWCA World Council in Kenya
by Jamie Medicine Crane,
delegate to the YWCA World Council
and one of the Board Directors
for YWCA Lethbridge and District

What's Inside....

Generosity and the Junior Girl's Club

Evelyn Pealo, Home Provider

Round the World Breakfast
and World YWCA Day

Registration form for YWise Women
Conference

Registration form for the Cheesecake
Café / YWCA Turning Point Golf Classic

Donation form

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Thank you Courtenay!



9 year old Courtenay Papp is already a contributing member of our community. She donated her birthday money this year to YWCA Lethbridge and District's Girls Club. Courtney is a member of Girls Club and really loves the fun of being with the other girls and her favourite activities are scrapbooking and other crafts. She also totally enjoys Kendra, the leader of Girls Club, especially Kendra's sense of humour.

For two years before donating to Girl's Club, Courtenay gave her birthday money to the children's ward at Lethbridge Regional Hospital. Courtenay got started contributing to the community when she was a patient at the hospital herself after suffering an asthma attack. While she was recovering, she discovered that there were no games, toys, puzzles or anything at all for children to do except watch T.V. After she was well, she started a fundraiser at her school and raised \$100 for the children's ward. That was generously matched by Canadian Tire so the children of Southern Alberta really benefited.

- ◆ Junior Girl's Club happens every Friday afternoon from 1:30-3:30 pm
 - ◆ Junior Girl's Club is open to any girl between the ages of 8 and 12.
 - ◆ Junior Girl's Club is **FREE!**
 - ◆ All groups happen at the YWCA (604 8th St. South)
 - ◆ **Bring a friend or two - more girls = more fun!**
- You can get more information by calling Kendra at 329-0088.**

If you have a daughter, granddaughter, niece or young friend who would enjoy Girl's Club - bring them or let them know about this delightful opportunity.



Daylynn, Kendra (Girls' Club leader) and Shania

Home is where the heart is.

Evelyn Pealo has been providing a *home* for young people in our YWise Choice program for four years. Before coming on board as a home provider, Evelyn hosted foreign exchange students in the summers as her own children were growing up. She enjoyed that and felt that she could make a difference for local youth in need of a home. Even though she had a rocky start when her first YWise Choice kid stole her car, she continues to provide support. She said, during our interview, "If I can help one or two, it will be worth it."



Evelyn Pealo, home provider

Evelyn says that although she is in a "mom role" for the young person she does not try to be their mom. Teaching a young person to cook, eat nutritious meals, shop and develop healthy living habits are some of the things she does. They have the most fun shopping and seeing movies together. Some of her kids have never had anyone who really cared about them before, so they have 'huge mom issues'. She deals with those issues by being patient, staying calm and providing a quiet safe home life while they are with her. In return she asks for honesty and respect for the rules of the house. She helps to point them in the right direction as they prepare to become functional and productive adults in our community. So it's good for the young person and good for our community. Thank you, Evelyn!

YWise Choice (Supported Independent Living & Skills Development Program)

- ✓ is available to youth from 16 - 22 years old
- ✓ who require skill development and/or emotional support to attain independence.
- ✓ The youth may possess Child Intervention Status, but also may be accepted into the YWise Choice program without that status.
- ✓ Basic stability in terms of behaviour is required.

YWise Choice offers Host Home, Roommate and Mentorship Home, or On My Own support according to the needs of the individual. For further information about the YWise Choice program call 329-0088 and ask for Jaymie, or see our website at www.ywcaethbridge.org.

Would you or someone you know consider becoming a home provider for YWCA's YWise Choice program? You can make a difference and be a positive influence for the future of one of the youth of Southern Alberta. If you are interested, call Twyla (329-0088 ex. 142) for more information.



YWCA of Rwanda



YWCA Lethbridge and District



YWCA of Peru



YWCA of Finland



YWCA of Poland

Photos from Round the World Breakfast

published: 24 Apr 2007 – 13:08 World YWCA

Since 2003, YWCAs around the world have been celebrating World YWCA Day with a breakfast celebration. With associations in 125 countries, the YWCA movement is present in every time zone. This year's World YWCA Day theme 'Honouring Women Leaders' invites YWCAs to celebrate women leaders from their community. On April 24, 2007, each moment of the day a YWCA somewhere in the world celebrated a woman leader. Here are photos from some of the regions commemorating this day.



YWCA of Lima, Peru



YWCA of the Virgin Islands



YWCA of Australia



YWCA of Bangladesh

YWisE Women Conference Registration Form

Saturday, June 16th, 2007 - 8:30am to 4:00pm

Lethbridge Centre, 2nd Floor Conference Centre

Name: _____ (For women ages 45+)
(please print and use the name you would like on your name tag)

Address: _____

City: _____ Postal Code: _____ Phone Number: _____

Email: _____

*Please select your preference for each session that you would like to attend: 1, 2, and 3.
First come, first served basis with a maximum of 35 attendees in each session.*

Session 1 (9:00 am – 10:30 am)

_____ Mind	_____ Body	_____ Spirit
<i>Career Gumption</i>	<i>Healing Touch</i>	<i>Not All The Monkeys</i>
	<i>Nurturing Energy Therapy</i>	<i>Are In The Zoo</i>
Teamwork Training Ltd.	Nancy Fabro	Freddi Dogterom

Session 2 (10:45 am – 12:15 pm)

_____ Mind	_____ Body	_____ Spirit
<i>Budgeting On A Shoestring</i>	<i>Self Defense Tips</i>	<i>Lookin' Good</i>
Leanne Armstrong	Dana Braseth	Deb O'Sullivan

Session 3 (1:00 pm – 2:30 pm)

_____ Mind	_____ Body	_____ Spirit
<i>Finding Your Voice</i>	<i>Responding to Stress and</i>	<i>Laughter Fitness</i>
<i>And Moving Forward</i>	<i>Change in Midlife</i>	
Bridget A. Pastoor	Karen Howe	Lynne Hunter-Johnston

- ❖ **There is no cost to attend and lunch is provided.**
- ❖ For catering purposes registrations must be received by June 14th, 2007.
- ❖ Please submit to the YWCA Lethbridge and District

I have included a donation, restricted for the YWisE Women Conference 2008

- ✓ Phone In: (403) 329-0088
- ✓ Fax In: (403) 327-9112
- ✓ Email: dsim@ywcalethbridge.org
- ✓ Drop Off or mail :

YWCA Lethbridge and District
604 - 8th Street South, Lethbridge, AB T1J 2K1
Attention: Diana Sim, Partnerships Manager

- ✓ On Line: <http://www.ywcalethbridge.org/ywisewomen.htm>

Partial funding for this program provided
by Alberta Advanced Education through:



Lethbridge Lifelong
Learning Association



A TURNING POINT FOR WOMEN

The Cheesecake Café
YWCA Turning Point Golf Classic
July 26, 2007 · Picture Butte Golf Club

Hosted by Bridget A. Pastoor, MLA

REGISTRATION

Registration and payment can be mailed, faxed, or made in person at:
YWCA Lethbridge and District, 604 8 Street South T1J 2K1 Fax: 327-9112

Name of Company/Contact: _____
Address: _____ City: _____ Postal Code: _____
Phone: _____ Fax: _____ Email: _____

Sponsorship Levels

Dinner Sponsor	\$1,200	4 Person Team	\$ 500
Cart Sponsor	\$1,200	Individual Golfer	\$ 150
Hole Sponsor		Tournament Friend	\$ _____
Gold	\$ 800		(min. \$100 * 100% tax deductible)
Silver	\$ 600	Prize Sponsor	All prizes welcome
Bronze	\$ 500		
Supporter	\$ 350		

Please make cheques payable to YWCA

Credit Card Information

Card Type: Visa Mastercard Card Holders Name: _____
Card Number: _____ expiry date: _____

Golfer Information

<i>Primary Golfer</i> Name: _____ Handicap: _____ or average score 18 holes _____ Place me in same group as: _____	<i>Golfer 3</i> Name: _____ Handicap: _____ or average score 18 holes _____ Place me in same group as: _____
<i>Golfer 2</i> Name: _____ Handicap: _____ or average score 18 holes _____ Place me in same group as: _____	<i>Golfer 4</i> Name: _____ Handicap: _____ or average score 18 holes _____ Place me in same group as: _____

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Part of the 2007 Charity Golf Tour





YWCA
LETHBRIDGE
& DISTRICT

A TURNING POINT
FOR WOMEN

Donation Form:

Name: _____

Address: _____

City/Town: _____ Postal Code: _____

Email: _____ Phone: _____

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

\$10 \$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: _____

Mail your donation 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 news letter. 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 YWCA Lethbridge & District

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

Phone: 403 329-0088

www.ywcalethbridge.org

inquiries@ywcalethbridge.org