

YWISE Words Newsletter

Spring 2008

You are Invited to the Annual World YWCA Day and Volunteer Appreciation

(also known as 'Round the World Breakfast!')

Thursday, April 24, 2008 from 6:00 p.m. - 9:00 p.m.

at Eagles Lower Hall (631-13th Street North), Lethbridge



Food: Pancakes, sausage, eggs, hash browns, toast

Who: YWCA volunteers (no charge)

Guests: Cost \$6.00 each

Come and enjoy some fun!

Entertainment: Jean Greer McCarthy



RSVP to Diana Sim at 329-0088
or dsim@ywcalethbridge.org
by Sunday, April 20, 2008

Newsletter Spring 2008

Administration
Bingo
Casino
Child Support
Face Painter
Fundraiser
Gift wrapping
Girl's Club
Greeter
Jr. Girl's Club
LIFE
Quilter
Royal Gala

Board of Directors
Finance Committee
Fitness Instructor
Groundskeeper
Handy Person
Harbour House
Hidden Treasures
Pancake Breakfast
Prime Time Club
Safe Visitation
Santa Shop
Ticket seller
Ywise

Birthday Party Planner
Child Care Assistant
Child Care – Toy Sanitizer
Fund Development Committee
Golf Tournament Committee
Group Display Volunteer
Information Technology Assistant
International Women's Day Committee
Neighbourhood Play Program – Park Pal
Nominating Committee
Sister's Success Mentor
Women of Distinction
Women's Conference Committee

THANK YOU!!!

396 volunteers

11,449.25 hours

\$198,987.96 economic value

Upcoming Events

Thursday, April 24 at 7 p.m..... Volunteer Appreciation Event
(see front page for details)

**Wednesday, June 18 Annual General Meeting of YWCA
4:30 p.m. For all members and the Board of Directors
of YWCA Lethbridge and District.. Guests are welcome.**

Saturday, June 21 YWise Women Conference



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 third YWise Women Conference.

The cost is \$10 which includes lunch.

For catering purposes, registrations must be received by Wednesday, June 18th.

Call 329-0088 or stop by YWCA Lethbridge and District, 604 – 8 Street S. or visit our website at

www.ywcalethbridge.org for a registration form.

Thursday, July 24 The Cheesecake Cafe/YWCA 3rd Annual
Turning Point Golf Classic, Picture Butte Golf Club.

Register at 12 noon, shotgun start at 1 p.m.

Hosted by Bridget A. Pastoor, MLA

There are many ways to get involved.

To participate and to register your team download the forms from our website www.ywcalethbridge.org or call us at 329-0088.

All funds raised from this year's tournament will help finance the YWCA Harbour House programs and services

**June 11, 12, 13, 2009 National YWCA AMM HERE!!
YWCA Canada's Annual Membership Meeting will be hosted
by YWCA Lethbridge and District.**

Hang on to your hats!, ladies and gentlemen, this is going to be really exciting.

It's our chance to showcase the YWCA Lethbridge and District, the City of Lethbridge and Southern Alberta.

If you have any ideas for exciting and fun events that are unique to Southern Alberta, let us know. We are already planning.

**In addition, by chance or synchronicity,
2009 is also the 60th anniversary
of the YWCA Lethbridge and District.
It's going to be a fabulous fun filled year!**



YWCA Lethbridge Health & Wellness

Motivation is what gets you started. Habit is what keeps you going.

-Jim Ryun

★ *January's Open House was a huge success and we thank all of the staff for their hard work during that time.*

★ *New equipment for the Fitness Centre.
new spinning bikes
a total body ergometer
two new treadmills in the near future!*



★ *In the fall we started some new Mommy & Me classes and these have turned out to be extremely popular. Currently all classes are full, and we have waiting lists for the next sessions. This spring we will start our outdoor classes in addition to the studio sessions.*

★ *Farewell to Sharon Gillett, Keith Sumner and Liz Miller. After many years of volunteer service to the YWCA, three of our Instructors have chosen to move on. Thank you, Sharon, Keith and Liz for your many years of volunteering with YWCA's Health and Wellness. We wish you all the best in the future.*

It's a dream until you write it down, and then it's a goal. - Anonymous

Help Wanted - Neighbourhood Play Program

Do you know anyone who is looking for summer work? We are now taking applications for our Neighbourhood Play Program, a no-cost, non-registration, drop-in program designed to enhance the playground experience. Games, crafts, sports, drama, theme days and storytelling are just a few activities that will help children learn about life and have a fun summer.



Bring your resume to the YWCA Lethbridge and District, 604-8 Street South, Lethbridge. Contact Paula or Desirae at 329-0088 for more information.



What About Kenya?

Violence erupted in Kenya after results of the December 27 election were announced amidst claims that the election was rigged. During the violence women have been systematically raped and abused. An agreement signed on February 29, 2008 by Kenyan President Mwai Kibaki and opposition leader Raila Odinga to form a coalition government represents hope and a rejection of violence. The two political leaders have signed the 'Agreement - on the Principles of Partnership of the Coalition Government', which will help to end a two-month crisis in Kenya that has claimed more than 1,500 lives and has resulted in hundreds of thousands of displaced people—a majority of whom are women, girls and children.

The World YWCA and Kenya YWCA in partnership with other agencies have begun to respond to the crisis in the following manner:

1. The World YWCA is raising funds and advocating for humanitarian response that is sensitive to women's needs, including access to rape crisis facilities and counsellors.
2. Kenya YWCA has turned their various premises into safe places for vulnerable women particularly the elderly, pregnant women and women with young children.
3. Members of Kenya YWCA are volunteering with the Kenya Red Cross packing and delivering food and clothes to people in the refugee camps.

The World YWCA and Kenya YWCA are actively involved in the mediation efforts initiated by religious leaders working closely with the World Council of Churches (WCC), All Africa Council of Churches (AACC) and the National Council of Churches of Kenya (NCCK). As the United Nations Security Council Resolution 1325 and AU Solemn Declaration on Gender Equality call for the inclusion of women in conflict prevention, resolution and peace building, the YWCA is advocating for **inclusion of women in the key mediation teams working on a political solution between the government and opposition.**

WHAT CAN WE DO?

The World YWCA is calling on member associations, civil society, partners and donors to take the following actions to alleviate the suffering in Kenya:

1. DONATE AND SUPPORT ONGOING EFFORTS. The World YWCA is raising funds and advocating to ensure that the humanitarian response is sensitive to women's needs.

- ✓ **Make a donation today to support humanitarian efforts. Your contribution can help humanitarian efforts at the Kenya YWCA facilities or support volunteers working at one of the local branches.**

2. ADVOCATE FOR WOMEN'S INCLUSION IN PEACE BUILDING. Currently, there are no women in the established mediation teams yet women make up 50% of the population and close to half of registered voters. While the short-term effort is an end to violence, the long-term effort must focus on building communities of respect, tolerance, and reverence for diversity. The leadership of women is crucial in this endeavour.

- ✓ **Send an email to Alpha Konare, chairperson of the African Union imploring him to include women in the mediation. Email: KonareAO@africa-union.org**

3. SAY 'NO' TO IMPUNITY FOR RAPE AND ABUSE OF WOMEN. Reports indicate that hundreds of women and children have been raped and Nairobi Women's Hospital has recorded a two-fold increase in rape cases since the violence started. As Kenya struggles to return to normal, the pain, suffering and injustice perpetrated on women and girls must not go unaddressed. The Kenya government last year passed a progressive sexual offence law and it must be exercised at this time.

- ✓ **Support the Gender Violence Recovery Centre of the Nairobi Women's Hospital.**

4. DEDICATE A PRAYER SESSION TO KENYA. The people of Kenya are praying for peace; media houses simultaneously broadcasted live prayer services on Sunday January 6. "We pray that God will protect all who remain at risk," Rev Dr Sam Kobia, General Secretary of the World Council of Churches said in a statement responding to the crisis in Kenya.

- ✓ **Consider holding a prayer session dedicated to the crisis in Kenya.**

Kim Laing, one of our Women of Distinction 2008, is currently in Kenya as a volunteer and has agreed to do a presentation on the situation in Kenya when she returns to Lethbridge. Call 329-0088 for more information.

Meet the YWCA Lethbridge and District Women of Distinction 2008

Karen Collin is the Business, Financial and Administration Manager at the City of Lethbridge, the mother of a teenage son, her grandmother's primary caregiver and also an active volunteer. She was involved in organizing the 2006 Alberta Games, the Moonlight Run, and Music for the Soul Marathon, to list but some. She also volunteers with the University of Lethbridge Faculty of Management Mentors Program. Colleagues describe Karen as a person who leads by example while encouraging their best work in a team environment. Family plays an important role in her life with Karen hosting a family dinner each Sunday. Karen puts forward a simple life strategy that helps explain her success: "I must respect me" before others will.



Kim Laing is St. John Ambulance's Director of Regional Development, and also volunteers as a First Responder for its Disaster Services. She served with the Red Cross to help Hurricane Katrina victims, returning to Louisiana 5 times. Kim is currently in Kenya to provide medical support for displaced people there, in the wake of the violence following their disputed elections. In addition she founded and owns Safety Works Alberta Ltd., is an active volunteer with Nobleford Emergency Services and the Alberta College of Paramedics; a current executive for Hockey Canada; and a School Board Member. Kim still finds time to frequently participate in family gatherings. Kim was awarded the A Priori of Canada Award in 2005 acknowledging her humanitarian efforts.

Holly Lemieux is the Senior Key Worker at Southern Alcare Manor in Lethbridge, working with adults suffering from the effects of addiction. Holly has her own recovery story as she raised three sons while in an abusive marriage. With counseling and services from a transition home, she began her journey of healing and wholeness, and uses her personal stories to help educate and counsel others. Now happily re-married, she remains close to her children and works tirelessly to point the way for other women facing similar situations. She continues to support many of her clients on a volunteer basis. Holly shows us that everyone can choose freedom from addiction, abuse and family violence. She lives her belief that she can only keep the goodness she has by giving it away, and helping others to find it for themselves.



International Women's Day started in the early 1900's as the oppression and inequality of women spurred them to become more vocal and active in campaigning for change.



- The first International Women's Day (IWD) was March 19, 1911 in Austria, Denmark, Germany and Switzerland. More than one million women and men attended IWD rallies. Russian women campaigning for peace observed their first International Women's Day in 1917. They went on strike for four days for "bread and peace" in response to the death of over 2 million Russian soldiers in WWI. The Czar was forced to abdicate and the new Government granted women the vote.
- International Women's Day has grown to become a global day of recognition and celebration to honour women's advancement and diligently remind us of the continued vigilance and action required to ensure that women's equality is gained and maintained in all aspects of life.
- Here in Lethbridge we gathered at the Galt and enjoyed inspirational speakers: Jennifer Sundsten, Shannon Phillips, Bridget A. Pastoor, Senator Joyce Fairbairn, Elsie Bastien, and Lisa Lambert, fabulous local performers: the Southern Accord Singers, a silent auction, numerous door prizes, a circle dance and making new connections with other women over food and drink. It was a wonderful day: energizing and motivating.



Mark your calendar
and join us for
International
Women's Day,
March, 2009!

Something new and fun coming up.....a book club.

Mission statement: *"The YWCA of Lethbridge and District is an organization committed to women and the enhancement of their lives by providing programs and services which empower them, support equality and promote wellness of mind, body and spirit."*

- Keep the mission statement in mind as you are dreaming up the name for the new book club.
- Win a fabulous YWCA gift basket by submitting the best name for the book club!
- We'll announce the winning name and present the prize at our YWise Women Conference on June 21, 2008. (The winner will receive the prize even if they cannot attend the conference.)
- When the book club has begun, you can participate by blogging on our website if you like.
- Phone, write, email or drop by with your entry by June 18, 2008.

Contact Anne Remington at: inquiries@ywcalethbridge.org or 329-0088 ex. 121 or stop by or mail:604 - 8 Street South, Lethbridge, AB T1J 2K1

YWisE Women Conference Registration Form

Saturday, June 21st, 2008 - 8:30am to 4:00pm

Lethbridge Centre, 2nd Floor Conference Centre

Name: _____ (This conference is for women age 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

Communicating With Ease

Deb O'Sullivan

_____ Body

Healthy Eating

Renaë Putici

_____ Spirit

Healing Moments

Pat Varley

Session 2 (10:45 am – 12:15 pm)

_____ Mind

Career Gumption

Heather Petherick

_____ Body

"The Secret"

Video Presentation

_____ Spirit

Holistic Healing

Wendy English

Session 3 (1:00 pm – 2:30 pm)

_____ Mind

Managing Your Money

Paulette Reid

_____ Body

Self Protection

Hints & Tips

Jaymie Lamers

_____ Spirit

Living Your Own Feng Shui

Cory Watson and Jean Eyre

- ❖ **\$10.00 Registration Fee completes registration.**
- ❖ **Register early, as registration is limited to the first 100 paid women.**
- ❖ **Phone and Fax registrations may be paid with MasterCard or VISA.**
- ❖ **For catering purposes registrations must be received by June 17th, 2008.**
- ❖ **Please submit to the YWCA Lethbridge and District**

- ✓ Phone In: (403) 329-0088
- ✓ Fax In: (403) 327-9112
- ✓ Email: dsim@ywcalethbridge.org
- ✓ On Line: <http://www.ywcalethbridge.org/ywisewomen.htm>
- ✓ Drop Off or Mail: YWCA Lethbridge and District
604 8th Street South, Lethbridge, AB T1J 2K1
Attention: Diana Sim, Partnerships Manager

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



Lethbridge Lifelong
Learning Association



A TURNING POINT FOR WOMEN

The Cheesecake Cafe
YWCA Turning Point Golf Classic
July 24, 2008 • Picture Butte Golf Club
Hosted by Bridget A. Pastoor, MLA

REGISTRATION

Registration and payment can be mailed in, faxed, or made in person at:
YWCA Lethbridge • 604 8 Street South • T1J 2K1 • Phone 329 0088 Fax: 327-9112

Name of Company/Contact: _____

Address: _____ City: _____ Postal Code: _____

Phone: _____ Fax: _____ Email: _____

Sponsorship Levels

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

Please make cheques payable to YWCA

Credit Card Information

Card Type: Visa [] Mastercard [] Card Holders Name: _____

Card Number: _____ expiry date: _____

Golfer Information

Primary Golfer
Name: _____
Handicap: _____
or average score 18 holes _____
Place me in same group as: _____

Golfer 3
Name: _____
Handicap: _____
or average score 18 holes _____
Place me in same group as: _____

Golfer 2
Name: _____
Handicap: _____
or average score 18 holes _____
Place me in same group as: _____

Golfer 4
Name: _____
Handicap: _____
or average score 18 holes _____
Place me in same group as: _____

Part of the 2008 Charity Golf Tour



April Cell Phone Blitz

Lethbridge College students and the YWCA Lethbridge and District

Why: For YWCA Harbour House

How: Drop off your unused cell phones, helping women and children in crisis.

If the cell phone doesn't work, bring it anyway,
we'll recycle it and get a little cash.

Drop-off Locations are:

- ❑ Round Street Cafe, 427-5th Street South
- ❑ The Penny Coffee House, 331-5th Street South
- ❑ Express Coffee and Tea, 222-5th Street South
- ❑ Medicine Tree Center, 1709-2nd Avenue South
- ❑ LA School of Hair Design, 311-8th, Street South
- ❑ Booster Juice, #7, 550 University Drive West
- ❑ Booster Juice, 2412 Fairway Plaza Road South



Questions? Call Diana Sim, YWCA Partnerships Manager, at 329-0088



ARE YOU UP FOR A CHALLENGE???

Then "Walking Wednesdays" is for YOU!!!

Who? Senior volunteers

What? A walking school bus (walk a Grade 3 student home) or a walking challenge (who can put in more miles?? Seniors or Grade 6 students from a local middle school?)

How? Track how many steps you take every Wednesday. (Pedometers will be provided.)

When? Challenge goes from April 28 through May 28th 2008.

We'll have an award event at the end of May with prizes and recognition and lots of fun. Please join us for the fun and the health benefits.

For more information or to sign up please contact:

Stephanie Sinclair at stephanie.sinclair3@uleth.ca or Ph: 317 - 5073 or

Bettyann Petruk-Vanee at bvanee@chr.ab.ca or Ph: 388 - 6655 ext. 3496



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: _____

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 YWCA Lethbridge & District

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

Phone: 403 329-0088 www.ywcalethbridge.org inquiries@ywcalethbridge.org