

# YWISE Words Newsletter Spring 2010

## 2010 Annual General Meeting of the YWCA Lethbridge and District

The public is welcome to attend our **Annual General Meeting on June 24, 2010 at 4:30 p.m.**

You must be a Philosophical Member of the YWCA in order to vote. Memberships are \$15.00 for Active and \$100.00 for Sustaining. Your membership must be purchased at least 30 days prior to the AGM.

(See the membership form on the last page of the newsletter.)



## YWCA welcomes another new program, YPM Sunrise House.

This program is an extension of YWise Choice and provides 3 beds for young adults aged 18 to 24 years who are at risk of homelessness. YPM Sunrise House has an in-house adult role model and provides food and accommodation. Support for these young adults assists them as they get on their feet and reach for self-sufficiency and a productive future. This home is possible through a partnership of YPM Chartered Accountants, Sunrise Rotary Club and Social Housing In Action (City of Lethbridge).



### Contact Information

YWCA Lethbridge and District  
604 – 8th Street South  
Lethbridge, AB T1J 2K1

Phone: 403-329-0088

Fax: 403-327-9112

Email: [inquiries@ywcalethbridge.org](mailto:inquiries@ywcalethbridge.org)

Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)

**Crisis line... 403-320-1881**

**Toll free.....1-800-296-0447**

### Hours of Operation

Monday-Thursday..6:30 am to 9:00 pm

Friday...6:30 am to 8:00 pm

Saturday & Sunday.9:00 am to 4:00 pm

# Upcoming Events and Programs – Spring/Summer 2010

Saturday, June 5.....8:30 am – 4:00 pm  
**YWisE Women Conference**  
 Sandman Hotel (421 Mayor Magrath Drive S.)

This year's speakers are:

- **Renae Barlow** –  
Clear and Simple Living: Finding More Time For Fewer Things
- **Connie-Marie Riedlhuber**  
Personal Regeneration: Discover What You Want To Change
- **Cindy Hubka** –  
Opening Doors to Inner Wellness
  
- In addition, we are offering a trade show, lunch, and Taiko drumming by the Lethbridge Community Taiko Association.



Registration is complete when payment is received and is limited to the **first 100 paid registrations**. **This conference is just \$10 to attend and includes continental breakfast, great sessions, lunch and coffee. Call to register now!**

For catering purposes registrations must be received by June 2nd, 2010. Subsidies are available.

**There are many ways to give including:**

- **Campbell Soup labels**
- **Canadian Tire money**
- **our old cell phones**



Saturday and Sunday, June 26 and 27  
 Lethbridge Rotary Dragonboat Festival at Henderson Lake Park.

**Come out and cheer on the YWisE Women in a Boat, our Dragonboat team!**



YWisE Women in a Boat paddles to support and honour all breast cancer victims.

Thursday, July 1.....12 noon-5pm  
 Neighbourhood Play Program starts with Party in the Park at Henderson Lake Park.

Join us to celebrate Canada Day!

*NPP is a FREE, drop in, non-registration program that provides quality summer programming for children ages 6-12. This program provides a positive and safe environment for children to develop their social, physical and cognitive skills.*



Mondays -Thursdays.....July 5 through August 19  
 9 am - 12 noon and 1 - 3 pm at these locations:

- |                         |                               |
|-------------------------|-------------------------------|
| • Agnes Davidson School | • Galbraith Elementary School |
| • Lakeview School       | • Mike Mountain Horse School  |
| • Blue Fox Park         | • Dr. G.B. Probe School       |
| • Park Meadows School   | • Coalhurst – Miner's Park    |

**Call**

**403-329-0088**  
 for more information.  
 Some of these locations are 4 days a week and others are 2 days a week.

Thursday, July 15..... 12:30p.m.  
 Cheesecake Cafe / YWCA Turning Point  
 Golf Tournament  
 Henderson Lake Golf  
 Course, Lethbridge



- 🏌️ Texas Scramble
- 🏌️ 12:30 noon - Registration opens
- 🏌️ 1:30 p.m. - Shot Gun Start
- 🏌️ Includes: 18 holes of golf, cart, dinner, prizes, great fun!



**Hole Sponsors and Prize Sponsors:** you will get your company's signage at a hole, your listing in our brochure and recognition at the dinner, plus other perks.

**Golfers:** 18 holes of golf, a cart, prizes, dinner, great fun and the satisfaction of helping the women of YWCA Lethbridge and District's Harbour House, all for just \$150 for the whole day! **Save \$100 and register a team!**

To sponsor and/or register and get all the details, contact Diana Sim at (403) 329- 0088 ext. 115, or email [dsim@ywcalethbridge.org](mailto:dsim@ywcalethbridge.org) or go to [www.ywcalethbridge.org](http://www.ywcalethbridge.org)

August 21..... 1:00 - 4:00pm  
 Girls with Tools - Senior Girls Sewing

Learn how! Did you ever wish you were good with tools? Do you want to build things from wood? Lose a button? Have a hole in your sock? Do you want to learn to keep a car in good shape? **All classes require pre-registration. There is no charge for Girls with Tools sessions.**



September 11.....2:00-8:00 pm  
 Girls with Tools - Senior Girls Mechanics

**Get the confidence and knowledge that you need to get it done yourself !**



Monday, September 13  
 'Your Strength' Smoking Cessation  
**Sept. 13 – Nov. 29** (Mondays from 4:30 – 6 pm)  
 .....Your Strength for Youth  
**Sept. 13 – Nov. 29** (Mondays from 6:30 - 8 pm).....Your Strength for Women

The YWCA Lethbridge and District is pleased to offer a **free stop smoking program for youth (16 to 24) and adult women. Your Strength - Smoking Cessation** focuses on four basic elements: health education, fitness, smoking cessation support and nutrition education.



**Call 403-329-0088 to register.**

**NEW!**

## Summer Camps offered

**July 5 – 9 ..... 9 am – 4pm**  
**Leaders in Training Camp** – for youth 13-17  
 \$95 for the week

**This camp offers leadership skill development, basic first aid training and volunteering. This is a great way to get experience and build your resume.**



**July 26-30..... 9 am – 3 pm**  
 GirlSpace Junior Leadership Camp

**Aug 9 – 13..... 9 am – 3 pm**  
 GirlSpace Senior Leadership Camp  
 Bring your own lunch.

**August 2 – 6.....9 am – 3 pm**  
 Project Child Recovery Summer Camp

No charge and lunch is included. Meet at the YWCA. This Summer Camp is for children 6 – 12 years who have witnessed violence.



**All programs require pre-registration. Call the YWCA at 403-329-0088 to reserve your place.**

# Volunteer Recognition 2010

On April 24, 2010, we honoured our volunteers



and celebrated World YWCA Day and the 'Round the World' Breakfast. A great breakfast was provided by the Eagles at the Eagles Lower Hall.



Volunteers: (l-r)

Bev Hranac, Kelly Areshenko, Marquise Bourdon Harris and Natalie Primeau were honoured for their combined contribution of 103 years of volunteering for YWCA Health & Fitness program.



Volunteers and their families gathered to enjoy the breakfast and the recognition event.

Thank you to all of our volunteers. YOU make it happen!



Lena Neufeld, Dayna Daniels, Madeline Balla, and Toni Zobell put their stars on our honour plaque.



Barbara Pittard, President of our Board of Directors was given the Volunteer of the Year Award. Board Directors are volunteers!



Dayna Daniels (left) has been an active member of the YWCA movement for 50 years. Thank you Dayna!

# Thank you Urban Spirits Rotary Club!

Urban Spirits Rotary Club did a reno on our GirlSpace Room. Fantastic! All done in official GirlSpace colours.



## Thank you, Tara-Jean!

Tara-Jean Popowich, winner of 'So You Think You Can Dance Canada 2009' gave some back to Lethbridge in March. She graciously agreed to be the guest speaker at our 2010 Women of Distinction award ceremony. It was a great experience and her remarks were very well received.



She also had an autograph signing for all our GirlSpace young women. 38 young women were thrilled to get a chance to visit with Tara-Jean and get her autograph.

## 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 and District, 604 - 8 Street S., Lethbridge AB T1J 2K1

We wish to recognize our donors in our Annual Report and on our website. 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 and District staff.

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

Phone: 403 329-0088 [www.ywcalethbridge.org](http://www.ywcalethbridge.org)    [inquiries@ywcalethbridge.org](mailto:inquiries@ywcalethbridge.org)

Revenue Canada charitable number: 10822 791 9 RR0001