

YWISE Words Newsletter - Spring 2011

Wonderful support from the community !

Solar panels will contribute to 'sustainable housing' for YWCA



YWCA of Lethbridge and District celebrated a \$25,000 grant from The Home Depot Canada Foundation for their sustainable, affordable housing project. The grant is part of the Foundation's Affordable Housing Grant Program and will be used to support their solar power system installation project.

In order to reduce its demand on non-renewable electricity and its contributions to climate change, the YWCA plans to install a solar power system on its main building. The system will take advantage of the abundant sunlight available in the Southern Alberta region and establish the YWCA as a model for other charitable not for profits in sustainable building technology. Our design consists of a 3.5 kilowatt, grid-tie solar power installation that will feed directly into the building electrical grid. Becoming a registered micro-generation facility through the Province of Alberta will allow the YWCA to demonstrate the benefits of solar technology and be an exemplary model of environmental responsibility.

"This project wouldn't have been possible without the funding generously provided by The Home Depot Canada Foundation," said Kristine Cassie, CEO of the YWCA Lethbridge and District.

As part of its commitment to building sustainable homes and communities



for Canadians, The Home Depot Canada Foundation launched its Affordable Housing Grant Program in 2009. Through this program, the Foundation supports affordable housing projects that include environmentally-sustainable building techniques and/or materials. By the end of 2010, The Home Depot Canada Foundation will have distributed \$450,000 in grants to 18 community organizations across Canada through this program.

"Our support of this project is not only part of The Home Depot Canada Foundation's commitment to giving back to the communities we serve, but also part of our commitment to building sustainable homes and communities for Canadians," said Gino DiGiacchino, Chair, The Home Depot Canada Foundation. "By supporting projects such as this, we hope to provide lasting benefits to individuals and families in need."

Successful Accreditation for YWCA's Youth Programs.



The YWCA YWise Choice and LIFE Programs underwent Peer Reviews in December, 2010 and were both granted four year Accreditation terms from the Canadian Accreditation Council. This accomplishment is the direct result of the steadfast dedication demonstrated by front line counsellors, management at all levels and the Board of Directors, reflecting the agency's commitment to excellence in service delivery, highlighting the YWCA's attention to ethical management and reinforcing the programs' emphasis on client-centred care.



An amazing and busy March with 2 fabulous events!

We celebrated **100 years of International Women's Day** on March 5, at the Galt Museum. Music, speeches by some of Lethbridge's most accomplished women, an original reader's theatre, a great lunch, and inspiring discussions were enjoyed by over 100 people.



Many thanks to our generous sponsors: YWCA Lethbridge and District, Syndicat Agriculture Union, University of Lethbridge Women's Studies, Canadian Federation of University Women and UPS.



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 day is now a recognized global celebration to revere women's advancement and to 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.

Women of Distinction 2011 honoured 6 local women: on March 18.



Spirit of Women: Arleen Albiez, the first female Federal Returning Officer in Canada starting in 1979, and STILL our returning officer for the Lethbridge Riding.



Community Commitment: Cheryl Dick, Chief Executive Officer for Economic Development Lethbridge, an exceptional leader and volunteer in our city.



Social Advocate: Bonny Greenshields, owner of Round Street Cafe and a great big heart for people with special needs.



YWCA Champion: Darcie James, Manager of the Victim /Witness Services unit of the Lethbridge Regional Police Service and one of the first women constables in Lethbridge.



Community Leaders: Olga Kovalchuk, medical doctor, cancer researcher and professor in Biological Sciences at the U of L.



Young Woman of Distinction: Kelsey Yule, entrepreneur, business owner and volunteer.

Our guest speaker was **Crystal Flamen**, social entrepreneur, Ironman triathlete and ultra-marathoner.



Looking forward to seeing you at Women of Distinction 2012, March 23, 2012!





Upcoming Events and Programs

Wednesday, June 1, 2011.....Watch for our new website opening: www.ywcalethbridge.org

Saturday, June 4, 2011- 11:30 – 1..... Volunteer Appreciation Event
YWCA Serenity Garden. **If you volunteer with the YWCA, this is for YOU!**

Wednesday, June 22, 2011 at 3 p.m..... YWCA Annual General Meeting
Everyone is welcome. You must be a Philosophical Member to vote.

Thursday, June 23 at 12:30 p.m. Cheesecake Cafe / YWCA Turning Point Golf Tournament
Henderson Lake Golf Course,

-  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.208, or email dsim@ywcalethbridge.org or go to www.ywcalethbridge.org

Saturday and Sunday, June 26 and 27Lethbridge 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.

Friday, 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.



CITY OF
Lethbridge



August 8 – 12, 9 am – 3 pmProject 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.

August 25 and August 27.....R.A.D. (Rape/Aggression Defense)
Thurs, Aug 25: 6-9 p.m. (theory) and Sat, Aug 27: 9 am – 4 pm (physical skills).



R.A.D. is an excellent program for all women age 16 and over, providing the participants with real life options and self defense tactics.

Take charge of your safety, call 403-329-0088 to register and for more information.

September 12 – 18, 2011 Health & Fitness Open House
YWCA Health & Fitness. **This week's on us!**

NEW in September 2011:



TRX is training that uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries.

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.



Call us over the summer for starting dates.

September 23, 2011
Join us and make a difference.

Gentlemen, have you got what it takes to fill these shoes?



We think you do!

Put **Friday, September 23, 2011** on your calendar and watch for more information about this 'sole'ful event.



IN SUPPORT OF THE YWCA



Memberships:

More than 25 million women worldwide have joined the movement to empower women and to ignite change for a better world. With each new member, our local YWCA can continue to provide and expand services that our community needs.

Become a Philosophical Member!

Call our CEO, Kristine Cassie at 403-329-0088 to find out more about philosophical membership or making a social investment in the YWCA.

Become a fan of the YWCA Lethbridge and District on Facebook and Twitter!



By being a member you can help:

- ◆ One teen to learn the skills necessary for life
- ◆ One homeless woman and her children to be housed
- ◆ One abused woman to be safe
- ◆ One young woman to be empowered to lead
- ◆ One dynamic woman to be recognized for her contributions to Southern Alberta
- ◆ One person to reach their fitness goals
- ◆ One girl to have a place to belong
- ◆ One life to be saved

Thank You all for the new kitchen in Residence!

Renovations Proudly Donated by:

C & A Industries Inc.
 Camco Developments Ltd.
 Deltec Power & Control Systems Ltd.
 Ensuite Bath & Kitchen Showroom
 FloorRight Interiors Ltd.
 Lealta Building Supplies
 Leon's Furniture
 Link Homes
 My Automotive
 Scotiabank – Lethbridge Main Branch
 Southland Resources Ltd.
 Tamura Electric
 The Kitchen Center Ltd.
 Timber-Tech Truss Inc.
 Zero Gravity Cranes & Rigging Inc.



