

Join us for our September Health and Wellness Open House.

For this week only, you will have free access to:
The expert advice of our qualified staff
Our gym and exercise equipment
New group exercise classes
Private women's health club

**Come check us out
September 14 through 20.**

Facilities for women and men!

The YWCA opens at 6:30 a.m. Monday–Friday
and at 9 a.m. on Saturday and Sunday.



For more information: call 403 329-0088
Or go online at www.ywcalethbridge.org



"As the Page Turns" book club

Celebrate our 1st Anniversary with us!

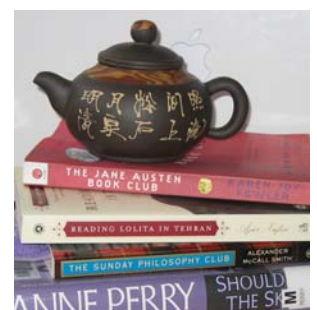
Join us for a wine and cheese celebration on

Thursday, Sept. 24, 2009 at 7 p.m. at the YWCA.

Bring: your favourite short story to share, a short list of books you'd like to read (we'll pick our reading list) and a friend or two!

- Save the 4th Thursday of each month (September through May) for "As the Page Turns".
- Check us out on our website. www.ywcalethbridge.org. Our book club blog is a great place to express your opinion about a book. The blog is open to all.
- This is an open book club. Women and men are invited.

You may join at any time. Contact Anne Remington at the YWCA Lethbridge and District: 403 329-0088 or inquiries@ywcalethbridge.org.



Upcoming Events - Fall 2009

- Saturday, September 12.....**Southern Alberta Bikers Toy Run**
The toys and any proceeds go to YWCA's Harbour House. See page 5.
- September 14 - 20.....**Health & Wellness Fall Open House**
Our twice yearly open house. Try before you buy. See the article on page 3.
- Thursday, September 25.....**Celebrate "As the Page Turns" Book Club**
Join us to celebrate our 1st anniversary! Wine and Cheese, short story readings and selection of our reading list for 2009/2010. 7 p.m. at the YWCA.
- October 12—17, 2009.....**YWCA Canada Week Without Violence**
Wednesday, October 14.....**and Young Girl/Savvy Woman conference**
- Thursday, October 22.....**"As the Page Turns" Book Club**
7 p.m. at the YWCA.
- November 4, 2009.....**11th Annual Royal Gala**
Sponsored by Royal LePage South Country Real Estate.
- Thursday, November 26.....**"As the Page Turns" Book Club**

November is Prevention of Family Violence month.

Family Violence Prevention Month started in 1986 as a local initiative in the town of Hinton, Alberta, where concerned residents launched a family violence education and prevention campaign. This grassroots effort inspired the Alberta Legislature to support family violence prevention as an ongoing provincial initiative, resulting in the inception of Family Violence Prevention Month. Today, hundreds of Alberta communities and thousands of individuals are actively involved in preventing family violence through education and service provision.

Alberta Children and Youth Services has developed [Family Violence Prevention Month 2009 Tools](#) that individuals and communities can easily use to increase awareness of family violence. The kit includes many items including a mayoral proclamation, customizable poster, marketing tools and more.



END the Silence. STOP the Violence. That's the focus of the government's Family Violence Prevention Month campaign which encourages Albertans to call the Family Violence Info Line at **310-1818** and help those impacted by family violence. The 24-hour line is toll-free and available seven days a week.

Important Phone Numbers

- Bullying Help Line1-888-456-2323
- Child Abuse Hotline.....1-800-387-KIDS (5437)
- Child Disability Resource Link.....1-866-346-4661
- Family Violence Info Line....**310-1818 (toll-free, 24/7)**
- Kids Help Phone.....1-800-668-6868
- YWCA Lethbridge Crisis Line.....**403 320-1881**
and toll free Crisis Line.....1-866-296-0447



Open to all
Fitness Professionals

The Alberta Association of YWCA's
presents the 20th annual

AAYWCA BANFF FITNESS LEADER RETREAT

November 6, 7 & 8, 2009

Y Mountain Lodge
102 Spray Avenue
Banff, Alberta

Keynote Speaker
Susan Massitti

Featuring

Tim Borys
Jody Evanson
Neera Garga
Patty Grant
Gary Hodgkinson
Simone Hodgkinson
Lisa Kingston

Early Bird Rate
\$219 + GST

Postmarked by:
September 25, 2009

Regular Rate
\$269 + GST

Postmarked after:
September 25, 2009

Register by September 25 and Save!!

Call YWCA Lethbridge @ (403) 329-0088 or
Check us out online @ www.aaywcabanff.ca



13th Annual YWCA Week Without Violence.....October 11 - 17


Join YWCAs across Canada and around the world in observing and working towards a Week Without Violence. Getting started is easy.


- ◆ Create your own event.
- ◆ Perform random acts of kindness.
- ◆ Celebrate peace!

Week Without Violence events

 **Peace Tree** – celebrating simple acts of peace and kindness
YWCA Lobby -all week

 **“Who I am Makes a Difference”** Ribbon exchange.....all week

 **Mythbusters** – the truths about sexual violence
(community presentation – date and location to be determined)

 **Young Girl Savvy Woman (The Power of Being a Girl)**
 is a day long conference for young women grades 8-12. See your school counselor to sign up or call 403-329-0088 and ask for Jaymie. The 2009 theme is : Beautiful Me: Body Image”. Our special guests will be the Desert Winds Belly Dancers.....Wednesday, October 14

 **Care for the Caregivers luncheon for YWCA Staff**

 **Rape Aggression Defense Workshop for Women. Call Jaymie at 403-329-0088 to register.....Saturday, October 17 (8 a.m. to 2 p.m.)**

**Imagine a week without violence
 now imagine a lifetime!**

YWisE Women in a Boat at the Lethbridge Rotary Dragon Boat Festival



The YWisE Women in a Boat participate annually in the Dragon Boat Festival. They paddle to support breast cancer survivors. This year, the tent was decorated with a hippie theme in honour and in memory of Angie Shaw, a team member, who was a victim of violence. Several members of the YWisE Women in a Boat are staff and Board members at the YWCA Lethbridge and District.



DID YOU KNOW?



YWCA Canada has 33 Member Associations reaching out with essential programs and services to 1 million women and girls every year across Canada, making us the country's oldest and largest multi-service women's organization.

**Paulette Senior,
C.E.O. YWCA Canada**

"Everyday in this country, women are abused, violated, infected and ignored while struggling to care for themselves and their families. And while the media and the popular culture would like to depict violence against women as a woman's issue it impacts us all. Violence against women is the world's largest and most persistent human rights violation."



"The World YWCA is a global network of women leading social and economic change in 125 countries worldwide. It advocates for peace, justice, health, human dignity, freedom and care of the environment, and has been at the forefront of raising the status of women since it was founded in 1855."

Each year, the World YWCA reaches more than 25 million women and girls through work in 22,000 communities. This grassroots development experience shapes the organization's global advocacy agenda. It is a volunteer membership movement, inclusive of women from many faiths, backgrounds and cultures.

We are a movement that stands for social change, a movement which grows leaders, gives voice to women, meets community needs, responds to crisis, builds solidarity across borders, stands up for women's rights and challenges injustice. Our work changes lives and changes communities."

**Susan Brennan,
World YWCA President**



"The third area of focus in our work with communities are young women. There are so many young women in poor communities who are out of school, who are not protected by school guidance or administration. When they lack understanding of the issues surrounding their reproductive health and their reproductive rights, women are disempowered in negotiating safe sex, which makes women vulnerable to HIV infection."

As YWCA is an association for women - and very much so for young women - we are now preparing a robust plan to increase their participation in our own orders. We have made an organizational commitment that our own World Council will revise the constitution and require that at least 25% of the YWCA leadership be below the age of 30. By the same token, at least 25% of our Board must be young women, 25% of our staff must be young women and at least 25% of our resources must be used to reach out to young women. This is a massive commitment."

**Nyaradzayi Gumbonzvanda,
World YWCA General Secretary**



Thank you, Southern Alberta Bikers!

Every year in September, the Southern Alberta Bikers do a Toy Run to benefit the kids in Harbour House.



Thank you so much for your support over the years!

This year's toy run is on Saturday, September 12.



was a huge success.

Everyone who participated and assisted with the program was a great help.

The junior girls constructed and painted a bird house for each of them to take home. The girls successfully built two book shelves in the senior carpentry sessions. These will be donated to the women's residence at the YWCA. In the senior mechanics sessions they learned how to change a tire, change the oil and boost a vehicle battery, among other things.

- ◆ We made valuable partnerships with outstanding companies. We would like to thank: Adora Kitchens, Auto Value, Canadian Home Builders' Association-Lethbridge Region, Galko Homes,



Milestone Mazda, and our sponsor, the City of Lethbridge FCSS.



- ◆ We are hoping to offer more sessions in November or the spring depending on circumstances.

- ◆ **Thank you to everyone who made a contribution to this wonderful new program.**



