



YWCA
LETHBRIDGE
& DISTRICT

A TURNING POINT
FOR WOMEN

YWisE Words Newsletter

September 2007 .

YWCA Lethbridge and District's **Annual Volunteer Appreciation**

Tuesday, September 4, 2007
from 5:00 pm - 7:00 p.m.
at YWCA Serenity Garden
(604 - 8 Street South)

Food: hamburgers, hot dogs and fixin's
Who: YWCA volunteers

RSVP to Diana Sim at 329-0088
or dsim@ywcalethbridge.org
by Monday, September 3, 2007



Come and enjoy the food and the fun!

Save Wednesday evening,
November 7, 2007
for the Royal LePage
Shelter Foundation's
"Royal Gala"!

100% of the proceeds go to
YWCA Harbour House.

Live auction
Silent auction
Raffles
Prizes



Inside the newsletter:

- Safe Visitation—a brand new program
- 2007-2008 Board of Directors
- Rape Aggression Defense
- Health & Wellness Fall Open House
- YWisE Women in a Boat
- Golf Tournament
- Week Without Violence and
Young Girl/Savvy Woman conference
- ◆ Neighbourhood Play Program
- ◆ Sisters in Success

Safe Visitation—YWCA's newest program starts Fall 2007.

“McMahon (1997) indicated that one cannot think of the best interests of the child as if the child stands alone, but only in the context of the power differential between the abuser and the victim. For those of us who have worked within the field of family violence we have witnessed the increase of abusive behaviour from the offending partner following separation of divorce and the use of children by the abuser as a powerful tool to cause further harm to the victim. Safe supervised visitation is based on the need to protect the victims and children while providing an opportunity for the offending parent to see the child and preserve or create a meaningful relationship and bond (Stern and Oehme 2002)”



Dee Dionne, BHS,
Safe Visitation Project Coordinator

- ◆ **YWCA Lethbridge and District** is one of just five Safe Visitation pilot sites in Alberta funded by Alberta Children's Services Ministry.
- ◆ Safe Visitation provides the opportunity for non-custodial parents to have contact with their children in a safe, neutral setting to build healthy relationships.
- ◆ Families will be referred to the program through the Alberta Children's Services Ministry. Both parents must agree to the conditions of safe visitation in order for them to participate. Once the referral has been made, the Safe Visitation Coordinator will conduct intake and assessment interviews with both parents and their children. All visits will be supervised by qualified facilitators for the entire time— between an hour and two hours depending on the age of the child.

For more information, call Dee at the YWCA Lethbridge and District at 329-0088.

Board of Directors for 2007-2008

The YWCA Lethbridge and District elected the Board of Directors for 2007-2008 at its Annual General Meeting on June 20, 2007



Darcie James – President
Jamie Medicine Crane - External Vice President
Janene Moch – Financial Vice President
Barb Pittard - Internal Vice President
Madeline Balla – Director
Janice Boehr – Director
Kalyn Morrison – Director
Coral Semeniuk – Director
Lyndsay Sushelnitski – Director
Angela Talbot – Director
Jo Wiktorski - Director
Kristine Cassie - CEO



is a basic self-defense program for women that provides participants with real life options and self defense tactics.

- ⊛ RAD focuses on empowering women through self defense by utilizing the elements of education, dependency on self, decision making responsibility, and self realization of physical power. R.A.D is an excellent program for women age 16 and over.
- ⊛ Call the **YWCA Lethbridge and District at 329-0088** to book your class. A minimum of 5 people is required to schedule this program.

YWCA's Health and Wellness Program

Come, join us **September 9 - 15, 2007**

as we host our **Fall Health and Wellness Open House.**

- ✦ It's a week full of fun and free access to all classes and the main fitness center.
- ✦ Daily draw prizes as well as a week-end grand prize will be awarded to lucky winners.
- ✦ Classes include: Yoga, Spinning Plus, Muscle Conditioning, Core Stretch and Lower Body Core, FitBall, Circuit 60, and Backpacking Babes, just to name a few.
- ✦ Be sure to check out our Lifestyle Consultation Packages to help achieve your specific goals.
- ✦ Our qualified staff will answer your questions and help design a **fitness program that fits you!**

We are constantly changing and improving our fitness class formats to keep up with the latest trends. The YWCA provides several intermediate to advanced classes for those people looking for a greater physical challenge. Our small class sizes allow for more instructor-participant interaction.



Our exciting fitness schedule creates an opportunity for members and non-members to participate in group fitness classes lead by exceptional AFLCA or CAN FIT PRO certified instructors.

Drop in to the YWCA Lethbridge and District for a facility tour and to learn more about the exciting benefits of belonging to our Health and Wellness Centre.



YWisE Women in a Boat

by Tracy James

YWisE Women In A Boat is a dragon boat team dedicated to the awareness of Breast Cancer. Each member of the team supports and honours all those that have lost and those who have survived breast cancer. Our passions are brought into the boat, each one of us thinking of someone special that has suffered in some way with Cancer. With each stroke of our paddle we



derive strength from these special people and we use their strength to help us cross the finish line. Our accomplishments are great and our spirit strong. We paddle along side Abreast of Bridge, our local

Breast Cancer Survivors team, and have always been with them in some way as they paddle across the finish line. They are true ambassadors of what it means to love life and to live it, we hope that through our support and their spirit, they will be paddling until there is a cure. We represent the YWCA with pride as we believe in the empowerment to fight for health, spirit, and for all that need hope.



The YWisE Women in a Boat are:

Alicia Hansen

Ange la Shaw

Barb Pittard

Dana Braseth

Deb Symes

Debbie Shorten

Dee Dee Michel

Diane Flynn

Elaine Fischer—drummer

Ellen Fano

Fayla Vedres

Jenna Butrencuk

Jennifer Zgurski

Kalie Veres

Michelle Ully

Nadine Houghton

Nancy Graham

Rhonda Houghton

Sandy Sangster

Sheryl McFadzean

Sue Amero

Susan Coyle

Tina_Saturley

Tracy James

Wendy Parkhill

The Cheesecake Cafe/YWCA Turning Point Golf Classic was classic golf fun! July 26, 2007— we got ready, we golfed, and we celebrated with a meal, drinks and some excellent prizes for every participant. The second annual golf tournament earned over \$8,000 for the YWCA Harbour House. Many thanks to our sponsors, our host, the business community for the fabulous prizes and all of our golfers!

It was a great experience.

See you again next July!!



Ready to golf! Let's go.



Helmut and the guys— from Park Place Shopping Centre. Thanks, guys!



Jeff Gliege (Cheesecake Cafe) and Kirk Mearns (107.7 The River)
Two of our fabulous sponsors!

Bridget Mearns and Bridget A. Pastoor, MLA: our hostess with the mostest. Golf towels for everyone!



Team YWCA. 1 - r: Desirae Seitz, Gale Hutchings, Bill Papp, David Hutchings.

It's a family affair. Heather Schmid and daughters: Shauna, Latisha, & Candice.





YWCA
CANADA

**WEEK
WITHOUT
VIOLENCE**

**Young Girl/
Savvy Woman**

ARE YOU READY?

- ◆ The YWCA Week Without Violence[®] is a nationwide effort organized by YWCA Canada to unite all Canadians against the violence that exists in our communities.
- ◆ We encourage people and communities to identify realistic and sustainable alternatives to violence. The support and involvement of schools, politicians, law enforcement agencies, faith groups and national and local community organizations helps create safer places to live, work and play. During the week of **October 14 to 20, 2007** connect with your friends, family and neighbours to build safer communities across Canada. This year, a total of 30 YWCAs and YMCA-YWCAs are organizing events in their communities.
- ◆ Violence in all its forms undermines our quality of life. Because violence reaches into our cities and towns, our schools, our homes, and our work places, it affects all of us. No matter where we live, violence and fear have become part of our everyday lives. To change this we need to take action against violence - to speak out against it and to change and influence the values and attitudes that affect violence. We can begin by imagining a life without violence- we can work to make it reality.

Imagine a week without violence.

Now imagine a lifetime.

Let's make it real!

- ◆ Let's seize this opportunity to participate in the YWCA Week Without Violence[®] so that we can work toward creating safer communities for all Canadians. Our lives are depending on it.
- ◆ You can participate in a number of ways. For example you can make a personal pledge or plan an event in your community. Get involved! **Call YWCA Lethbridge and District (329-0088) or go to the WWV website at www.weekwithoutviolence.ca.**
- ◆ **Everyone is welcome to join us in stopping violence!**

Conference October 17, 2007

The fifth annual Young Girl/Savvy Woman Conference staff expects more than 150 young women from high schools throughout southern Alberta will attend the event.

- ◆ The theme this year is "Relationships"
- ◆ The YWCA Lethbridge is proud of our achievements with this conference, including its national award from YWCA Canada and the growing prospects of the program going to other YWCA's in the country.
- ◆ The support of the City of Lethbridge FCSS and Lethbridge Public School District #51 has helped the YWCA to invest in youth in a meaningful and creative way.

Goals of the conference:

- To explore our inner and outer power
- To celebrate the achievements of young women
- To increase awareness of issues facing young women
- To build capacity for the future
- To build on the positive self esteem of young women
- To increase independence and self reliance

Call the YWCA Lethbridge and District at 329-0088 for more information.

Confronting Violence Against Women

At least 51% of all Canadian women have experienced at least one incident of physical or sexual violence as defined under the Criminal Code, since the age of 16. Many people, including social service and health care providers, are beginning to understand the grim reality of violence against women. Girls and women tend to internalize violence and discrimination against them. Girls and women try to mask their pain through eating disorders, substance abuse, self-harm and attempts at suicide. Girls and women need to know that community resources such as shelters, parenting classes and workshops on healthy relationships and self-esteem are available to help them deal with violence in their lives. Empowering women's self esteem and promoting economic independence can help women speak out against violence.



Creativity,
Trying new experiences,
Kids,
Nurturing,
Leaders,
Cupcakes and
icing,
Hot weather,
Lemonade,
Pajamas!



Neighbourhood

Play Program 2007



Add
them
altogether
to make
**summer
fun!**



Sisters in Success.....a network of women who have each other covered! A YWCA program for the donation of new and used professional clothing. The clothes will be distributed through a mentoring program in support of women entering the business world. Employment agencies are welcome to partner with YWCA and Sisters in Success according to Diana Sim, Partnerships Manager for the YWCA Lethbridge and District. At a recent reception for the Sisters in Success program, Gillian Nish from excusery, said, "Education and training programs such as our company provides need this type of service for their clients. It's a perfect fit!" Deb O'Sullivan from Sullivan and Associates remarked, "We can advise our clients what to wear, what not to wear, but we don't mentor them or provide the clothing."



**Call 329-0088
for more
information
about Sisters
in Success.**



A TURNING POINT
FOR WOMEN

Name: _____

Address: _____

City: _____ Postal Code: _____

Email: _____ Phone: _____

Donation Form:

I'll support the YWCA:

- ◆ where most needed. Enclosed is my support of
 \$25 \$50 \$100 \$500 \$_____ other
- ◆ through my annual membership
 Active \$15 Sustaining \$100
- ◆ 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 St. 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

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

A Deal of a Lifetime!

New giftware items at garage sale prices

at YWCA Lethbridge & District

604 8th Street South

Phone: 329-0088

Wednesday, August 29 to Friday, August 31, 2007

10:00 a.m.—7:00 p.m.

SHOP EARLY for best selection

Invite your friends!



All proceeds to YWCA programs and services