



YWISE Words Newsletter

Volume 11 Issue 2 December 2006

Newsletter December 2006



YWCA's Annual Christmas Open House Thursday, December 7 at 3 p.m.

Season's Greetings!

Please join us for the festivities.

We will recognize our partnerships, our partners,
our clients and the bounty we have shared over the year.

Partnership Recognition will start at 4 p.m.

Refreshments will be served – including our traditional mulled wine.

Board of Directors 2006/2007

The YWCA Lethbridge & District elected
the new Board of Directors
at it's Annual General Meeting
on September 27, 2006.

It is with pleasure that we present them to you:



- Darcie James - President
- Barb Pittard - Internal Vice President
- Debbie Middleton-Hope - External Vice President
- Jay Buis - Finance/Monitoring Vice President
- Jaci Zalesak - Past President
- Madeline Balla - Director
- Janice Boehr - Director
- Shirley DeBow - Director
- Jamie Medicine Crane - Director
- Janene Moch - Director
- Jo Wiktorski - Director
- Kristine Cassie - CEO



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Call for Nominations

WOMEN OF DISTINCTION AWARDS are presented to women who have distinguished themselves through their achievements as individuals or as groups, as members of their community and as role models for other women.



The annual presentation of these awards reflects the YWCA Lethbridge and District's commitment to increase the public recognition of the significant contributions made to our community by women in all walks of life.

Nominations open Thursday, December 7, 2006 and close Wednesday, January 31, 2007.

Come to the YWCA and pick up a Women of Distinction nomination form, call 329-0088 or download from our website at www.ywcalethbridge.org

This year's Women of Distinction Awards Ceremony will be held on **Friday, March 9, 2007** at the Lethbridge Lodge at 6:00 p.m. Tickets are \$50 with a \$25 tax receipt.

Sponsorship opportunities for Women of Distinction event are available.

Call Kristine Cassie at 329-0088.

In Memory



On December 6, 2006 there will be a sunrise memorial service at the Legislative Building in Ottawa in observance of Canada's Day of Remembrance and Action on Violence against Women.

We remember:

Those killed at Montreal's Ecole Polytechnique on Dec. 6, 1989.

Genevieve Bergeron (21)	Maryse Laganiere (25)
Helene Colgan (23)	Maryse Leclair (23)
Nathalie Croteau (23)	Anne-Marie Lemay (27)
Barbara Daigneault (22)	Sonia Pelletier (28)
Anne-Marie Edward (21)	Michele Richard (21)
Maud Haviernick (29)	Annie St-Arneault (23)
Barbara Maria Klucznik (31)	Annie Turcotte (21)

Sabrina Darichuk (31) killed in Lockport, Manitoba, 2005

The Amish schoolgirls of Nickel Mines, Pennsylvania, killed on October 2, 2006

Naomi Rose Ebersol (7)	Marian Fisher (13)
Mary Liz Miller (8)	Lena Miller (7)
Anna Mae Stoltzfus (12)	

Please pause in a moment of silence to remember these women and girls who tragically lost their lives and to recognize women and girls worldwide who live with the threat of gender-based violence.



Upcoming Events at the YWCA

- ◆ **Everyday from November 24 – December 24**, our volunteers wrap gifts for shoppers and retailers at the Park Place Shopping Centre. All donations support YWCA Lethbridge & District programs. Volunteers also help with Santa photos. If you would like to have some fun and help out, please call Diana Sim, our Partnerships Manager, at 329-0088 to sign up.
- ◆ **Wednesday, December 6 — National Day of Remembrance** will be observed with a short program and prayer vigil in remembrance of all women who have been impacted by violence. Lethbridge City Hall from 7pm to 8pm. A time for coffee, hot chocolate to follow program.
- ◆ **Thursday, December 7 — YWCA’s Annual Christmas Open House.** Everyone is welcome. 3 p.m. at YWCA, 604– 8 St. South. (See front page of newsletter for details.)
- ◆ **Wednesday, December 13 from 6 p.m. to 9 p.m.** YWCA Harbour House and the Family Center are hosting “**Raising our Futures**”. This is a group for parents who are experiencing problems and/or abuse in their relationship. This workshop will educate parents to the impact their behaviour has on the children in the home. Child care can be pre-arranged if required. Call Tracy Seipp at the YWCA (329-0088) to register or for additional information.

Health and Wellness Open House—January 8-13, 2007.

Those who vary the intensity of their workout tend to burn more calories both during and after their workout. This is because they achieve a higher average level of exercise intensity than those who train at a steady pace.



Come January, we know that people like to get back into a fitness program for their health and wellness. So, we invite you to come in and check out our fitness facilities during **January 8-13**. We will have free tours, free orientations and free classes for the week.

Our volunteer instructors are eager to begin the winter programming.

These programs will be offered this winter:

- Pilates,
- Belly Dancing
- Hula Dancing
- Yoga Fit
- NIA, our brand new addition,
—a fusion of 3 martial arts, 3 healing arts and 3 dance arts.

Also look for a new Health and Wellness package that includes massage therapy and personal training!

Call 329-0088 for more information.

The next Health and Wellness Open House will be in September 2007



Hello From YWCA Child Care

- ☆ Whether you're participating in our Health and Wellness programs or just need a break, take advantage of our excellent childcare services.
- ☆ We keep the children safe and busy by providing various toys and activities for them to do while they are at the Centre. We have theme days, dress up days and holiday celebrations. It is definitely a fun and nurturing place to be.
- ☆ In June 2006, the Childcare Centre had some new and exciting changes, so drop in for a visit to check out our new look.
- ☆ We are open Monday – Friday 8:00am – 5:00pm. Childcare is available for newborns to 12 years old.

Please give us a call or come in if you are interested in using our services or if you have questions. 329-0088.

The Childcare Centre staff would also like to wish you and your family a Merry Christmas and all the best in 2007.



LETHBRIDGE LODGE

HOTEL AND CONFERENCE CENTRE

STAY WITH US THIS HOLIDAY SEASON AND HELP FILL A STOCKING.

FROM \$ 59.99 PER NIGHT!

Stay with us this holiday season and we'll donate \$10 per night to the YWCA Harbour House.

Invite friends and family for a holiday visit::
Help support local charities::
Enjoy a holiday getaway right here at home::



Call 328-1123 and ask for the "Friends in Need" rate.

The Royal Gala

For eight years— Royal LePage South Country Real Estate and the Royal LePage Shelter Foundation have hosted the Royal Gala Auction.

This event is completely sponsored by the community and led by the amazing staff of Royal LePage. Hosted at the Sandman Hotel, the event raised over \$32,000 that directly supports the work of YWCA Harbour House Women's Emergency Shelter. Thanks are extended to all the staff of Royal LePage for their incredible spirit, dedication, and commitment to aiding women and children impacted by violence.

Thank you, Safeway!

The Safeway Fairway Plaza chose YWCA Harbour House as their charity for the "Safeway We Care" program from November 2005 to June 2006. Through the generosity of the people of Lethbridge & District together with Safeway and their caring employees, \$13,370 was donated to Harbour House in September. **And they chose YWCA Harbour House again for next year's donation!**

Thank you Safeway for partnering with the YWCA Lethbridge & District to serve women, youth and children in crisis. Together we are making a difference.

Week Without Violence

The **YWCA Week Without Violence** is a violence prevention initiative organized by **YWCA Canada**. During the week of **October 15 to 21, 2006** YWCA Lethbridge and District connected with numerous other service providers, youth, children and families to build a safer community. Over 400 people participated locally.

- ◆ This year, a total of 30 YWCAs and YMCA-YWCAs organized events in their communities.
- ◆ 2006 was the 10th Anniversary of the YWCA Week Without Violence in Canada. To mark the anniversary, YWCA Canada and its Member Associations developed a signature event: a conference for girls and young women entitled, THE POWER OF BEING A GIRL - a community conference focused on girls' developmental needs to prevent violence in the lives of girls and women. The conference was initially developed and started by the YWCA Lethbridge and District in 2002. Lethbridge hosted its 5th conference with over 150 young women in attendance from grades 9-12.
- ◆ This year, 17 Member Associations hosted this signature event.

Family Violence Prevention Month (November)

In Alberta: We have the highest reported incidents of domestic violence of any province and the second highest rates of spousal homicide in Canada.

- ◆ So far in 2006, there have been 10 deaths suspected to be a result of domestic violence.
- ◆ Approximately 91,000 women and children are admitted to shelters for battered women every year.

In Lethbridge: The YWCA Harbour House Women's Emergency Shelter provided accommodations to 337 women and 331 children (7/05—6/06), but 641 women and children were turned away because the shelter was at full capacity.

- ◆ 1741 crisis calls; 846 women and 718 children were counseled and supported.
- ◆ In 2004 the Lethbridge City Police Service responded to 427 incidents of domestic violence. Of those incidents 86% resulted in charges being laid. (LLRPS 2004 Annual Report).
- ◆ Only 28% of victims of spousal violence reported in incident to police: 36% of female victims / 17% male victims (2004 General Social Survey -Stats Canada).

☆ **Call YWCA Harbour House at 320 -1881 or toll free 1-866-296-0447 for assistance and information. Also see our website: www.ywcalethbridge.org .**

Are you a victim of abuse ?? Do you know someone who is??

Family Violence • Are you a Victim?

SIGNS OF ABUSE

Psychological Abuse:

- Saying things to make you feel bad
- Controlling your activities
- Forcing you to give him/her your money or possessions
- Bullying and threatening you
- Degrading or humiliating you
- Frightening or terrorizing you
- Destroying property or hurting pets

Physical Abuse

- Pushing, slapping, kicking, biting or punching you

Sexual Abuse

- Physical attacks on your genitals or breasts
- Forcing you into sex or unsafe sexual behaviour

A message from Alberta Children's Services

Alberta

familyviolence.gov.ab.ca

Reporting on Canada World Youth



Meet Jen
Bieber
and
Carola
Aranibar!

Jen and Carola are just two of the 18 young people affiliated with Canada World Youth who are in Lethbridge right now. Canada World Youth designs and delivers international educational programs for youth (aged 17-29) with a focus on volunteer work and community development in a cross-cultural setting. Since 1971, more than 22,000 youth have participated in Canada World Youth programs.

As a team, youth live and work in communities in Canada and overseas, learning about local and international development and gaining essential job skills for the future.

Working in partnership with local organizations, the majority of Canada World Youth programs have a phase in Canada and a phase in one of more than 30 countries in Africa, Asia, Latin America, the Caribbean, and Central and Eastern Europe.

Jen and Carola have been assigned to the YWCA here in Lethbridge for 3 months and we asked them about their experiences so far—as they have just arrived here from Santa Cruz, Bolivia, Carola's home city. Carola is affiliated with CEBOFIL (Centro

Boliviano de Filantropia), the partner organization of Canada World Youth. She learned about CEBOFIL through her older sister who also participated. Jen learned about Canada World Youth through a poster at her university in Saskatoon, Saskatchewan and applied to join. In Bolivia they worked with Habitat for Humanity for 3 months. The group's agenda is: On Mondays, Tuesdays and Wednesdays they work at the organization that they are assigned to. Thursday is an education day: each team prepares an education activity on a different topic (such as economy, communication, religion) and presents it to the entire group. On Fridays, they do volunteer work. In Santa Cruz they volunteered at Casa Pian, a daycare agency and canvassed the city to raise money for a new roof and floor for the daycare. Both Jen and Carola agreed that volunteering and seeing the difference that it made for Casa Pian was the most rewarding part of their Bolivian experience. The most fun part was their 3 day guided backpacking trip through the jungle in Park Amboró—the highlight being watching the monkeys. Both women also agreed that learning each other's language has been the most challenging part of their experience, especially for Jen as she had not ever studied Spanish. Carola feels that the relationships she has built with the team (Canada World Youth/CEBOFIL) and particularly with Jen, her counterpart, will always be with her and Jen seconded that and added that she has found a second family—Carola and her family who they lived with in Santa Cruz.

Congratulations and encouragement from all of us here at the YWCA go out to Jen and Carola and the whole Canada World Youth team. We are glad to have them here and proud of our young international citizens.

In Memory of

Jan Chapman - July 3, 2006

Kathryn Ann Cranstoun - June 26, 2006

Brenda Mostowy - July 26, 2006

Mary Skelton

Harlene LaVonne Spotted Bull - October 2, 2006

Barbara Walker— September 26, 2006





YWCA
LETHBRIDGE
& DISTRICT

A TURNING POINT
FOR WOMEN

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 the YWCA Lethbridge & District

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