



YWCA
LETHBRIDGE
& DISTRICT

A TURNING POINT
FOR WOMEN

YWISE Words Newsletter

March 2007

Congratulates



2007

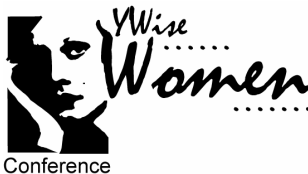
- Social Advocate ★ Sylvia L. Oishi
- Turning Point ★ Laraine Stuart
- YWCA Champion ★ Jean Greer McCarthy
- Community Commitment ★ Patricia A. McMillan
- Spirit of Women ★ Sandra J. Nelson

Women of Distinction 2007 Awards Ceremony *Friday, March 9, 2007*

at the Lethbridge Lodge, 320 Scenic Drive South, Lethbridge, Alberta

Tickets are \$60 and may be purchased at YWCA Lethbridge and District
604 - 8 Street South, Lethbridge or call 329-0088.

Newsletter March 2007



*It's just
one day,*

one day to invest in yourself and your future, and you are worth it! The YWCA Lethbridge and District is committed to programmes for the maturing woman and the challenges that she faces daily and so is encouraging women aged 45 and over to take their day during its second YWise Women Conference.

This conference offers interactive workshops based on the YWCA's theme of Mind, Body and Spirit.

Stay tuned for the date and location.....

What's Inside....

Call for new board members

International Women's Day - 3/8/07

Thank you to
Southern Alberta Bikers

New Health and Wellness
program offered

Canada World Youth says farewell

Donation form

The Lethbridge & District YWCA Board of Directors is actively seeking applicants for consideration as new board members.

- As a new member you will be asked to volunteer your time, energy and enthusiasm by giving back to the community.
- If this is one of your top goals for 2007 the YWCA Lethbridge Board of Directors would like to help you achieve this object.
- This is an opportunity for women of all ages (18+ years) to contribute their time and skills to enhance the quality of life for women and children.
- As a member of our energized team you will meet new people, develop new skills, share your talents and your knowledge, and make a meaningful contribution to our community.

If you are interested, check our website at www.ywcalethbridge.org or contact Darcie James, YWCA Board President, 403-329-3636 or email dajames3@telusplanet by May 1st, 2007. In doing so, you will be offered an information package, an application form and a chance to take a tour of the YWCA.

New Board Directors will be elected at the June 20th, 2007 Annual General Meeting.

Through Movement We Find Health

Nia is a body-mind-spirit fitness and lifestyle practice. Through expressive movement—The Body's Way—Nia empowers people to achieve physical, mental, emotional and spiritual well-being. In



1983 Debbie Rosas and Carlos Rosas, both successful fitness instructors, began to question traditional exercise techniques. With this they developed a new form of exercise, a holistic way of being healthy in one's body. They incorporated mindfulness, the joy of movement, comfort, passion and pleasure into their workouts as the new way to feel and create fitness and well-being. Nia's ground breaking work is now considered one of the most innovative and safe cardiovascular programs to date.

- ◆ FREE Nia demonstration class, Thursday. Feb. 22: 6:10 - 6:40 p.m.— Studio
- ◆ 6 week session starts on Thursday. March 1, 6:15 – 7:15 p.m.
\$25 for members, \$40 for non-members

Intermediate Pilates – Wednesdays, February 28 – April 4, 6:15 – 7:15 p.m.

Integrating the body and mind through the art of the breath and the strength of the core to promote coordination, flexibility and posture.

Yoga – Tuesdays, 7:30 – 8:30 p.m.

A flowing fitness modality fusing traditional yoga postures with dynamic exercises such as squats, sit ups and push ups.

Great for increasing flexibility, increasing and maintaining strength and muscle tone, stress relief, promotes blood flow.

**Check our fitness schedule for more great classes!
Call 329-0088 or stop by the YWCA**

“Thank you for being a friend!”

Southern Alberta Bikers Association is a good friend to YWCA Harbour House. Every year they organize and participate in the ‘Toy Run’, a ride to collect toys for the children that come to Harbour House in desperate circumstances and needing some tender loving care.



Paul Plourde,
Chairman of the Toy Run

🏍️ 20 years ago, the Toy Run was done by the Bikers Rights Organization, but when that organization disbanded, the Toy Run was abandoned too. However, local bikers Paul Plourde and Al Liptak were very aware of the need and decided to revive the Toy Run event under the umbrella of a new motorcycle club started in 1998, the Southern Alberta Bikers.

🏍️ Although the first Toy Run of the new club in 1998 had only 12 riders, by September 2006 it had grown to 100 bikes. Some people ride “2-up” and 30% of the club riders are women, according to Paul. Saturday, September 8 is Toy Run day for 2007. Money is also accepted and is used for a Spending Spree for other items needed for the women and children of YWCA Harbour House.

🏍️ Paul said, in an interview about his involvement in the Toy Run, that he rides a Harley-Davidson motorcycle. When asked why those bikes are so loud, he said, “Loud pipes save lives. Usually, when there is an accident involving a car and a motorcycle or a bicycle, the driver of the car says that he or she did not see the bike! So, being noisy is a safety feature!” And in that spirit, look for a parade in Lethbridge in May in conjunction with International Bicycle and Motorcycle Awareness Month. The purpose is to raise motorists’ awareness of two-wheeled vehicles and promote safe driving habits for bikers and bicyclists too.

🏍️ The Southern Alberta Bikers also do the Teddy Bear Run (that will be on June 17, Father’s Day, this year). The teddy bears donated from this event are given to sick children at local hospitals. For more information:

- ◆ about the Toy Run, call Paul and Gail Plourde at 381-4339,
- ◆ or about the Teddy Bear Run, call Ann Odell at 381-7138,
- ◆ or about Southern Alberta Bikers, call Al and Linda Liptak at 328-4584.



Many thanks to Paul Plourde, Al Liptak, and all the Southern Alberta Bikers, caring and giving members of our community, for their many years of commitment and caring about the kids of Southern Alberta.

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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.



*International
Women's Day
March 8, 2007*

- **The first International Women's Day** (IWD) was honoured March 19, 1911 in Austria, Denmark, Germany and Switzerland. More than one million women and men attended IWD rallies. Russian women campaigning for peace observed their first International Women's Day February, 1913. On Sunday February 23, 1917, (March 8 on the Gregorian calendar) Russian women went on strike for four days for "bread and peace" in response to the death of over 2 million Russian soldiers in WWI. The Czar was forced to abdicate and the new Government granted women the vote.
- **International Women's Day** has grown to become a global day of recognition and celebration across developed and developing countries alike to honour women's advancement and 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.
- **The new millennium** has witnessed significant change in both women's and society's thoughts about women's equality and emancipation. With more women in the boardroom, greater equality in legislative rights, and increased women's visibility as impressive role models in every aspect of life, one could think that women have gained true equality. But, women are still not paid equally to their male counterparts, women are still not present equally in business or politics, and globally women's education, health and the violence against them is worse than that of men. Great improvements have been made, however. We do have female astronauts and prime ministers, women can work and have a family, women have real choices. And so the tone and nature of IWD has moved from being a reminder about the negatives to a celebration of the positives.

Annually on March 8, **thousands of events worldwide** inspire women and celebrate their achievements with activities ranging from political rallies, business conferences, government activities and networking events through to local women's craft markets, theatrical performances, fashion parades and more.

Observe International Women's Day here in Lethbridge!

March 8, 11 a.m. - 2 p.m.International Women's Day Lunch, (\$5)
Guest speakers from the Women's Studies Department.
Students Union Level 3 Ballroom, University of Lethbridge.
Sponsored by Campus Women's Centre & Women Scholars.

March 9, 5 p.m...... YWCA Women of Distinction Awards Ceremony,
Lethbridge Lodge. Call YWCA Lethbridge and District at 329-0088
for your ticket (\$60 with a \$30 tax receipt).

March 10, 7:00 p.m......International Women's Day Celebration (\$5)
Tongue 'n Groove, 312 - 2 Ave. South. Female Hoop dancers, poets, and singers will entertain. Raffle and silent auction. Call Campus Women's Centre, 329-2094 or email trecia.hibbert@uleth.ca for more information. Proceeds will go to local agencies to support women.

Canada World Youth/Cebofil friends say farewell to Lethbridge

We said a sad and fond farewell to Jen and Carola on January 29. It was wonderful to have them with us here at the YWCA Lethbridge and District for November, December and January and it is great to know that we have new friends in these dedicated, intelligent and forwarding-looking young women. We send our best wishes for their health and safe journeys for now and always.

And best wishes also to the whole Canada World Youth/Cebofil team that spent the last three months here in Lethbridge learning and contributing their particular talents and viewpoints to the Lethbridge and Southern Alberta community.

Among the many interesting experiences that the group participated in were visits to the Kainai Reservation where they were treated as honored guests. Carola and Jen reported that the sweat lodge visit was a very spiritual experience with praying and smoking the peace pipe with the Kainai people. They were also invited to a drumming circle and all eighteen of the group were given gifts of T-shirts, feathers and medicine wheels from the Kainai people.

A visit to a local Hutterite colony was also fascinating, especially for the Bolivians. Their tour guides were a group of 5 young girls about 13 years old who took great delight in showing off the colony to the group. The highlight there was a gathering in the Hutterite church where the Hutterites sang some of their songs for our young friends and the Bolivians performed some of their national dances for the whole group.

A weekend visit to Banff for tobogganing, hiking and cross country skiing was also a highlight of their visit.

Jen and Carola, on behalf of the CWY/Cebofil delegation, extend a great big thank you to the City of Lethbridge and particularly Mayor Tarleck. When they arrived here they were given a tour of the city and free bus passes for everyone in the group for the entire length of their visit. They felt very welcome here as the city rolled out its warm western hospitality for these special young people who have taken time off from their education plans and raised the money for the cost of participating in this wonderful cultural and societal exchange that will benefit the future of each one of them individually, and our whole society collectively.



Farewell gathering for Jen Beiber and Carola Aranibar



YWCA
LETHBRIDGE
& DISTRICT

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 YWCA Lethbridge & District

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

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